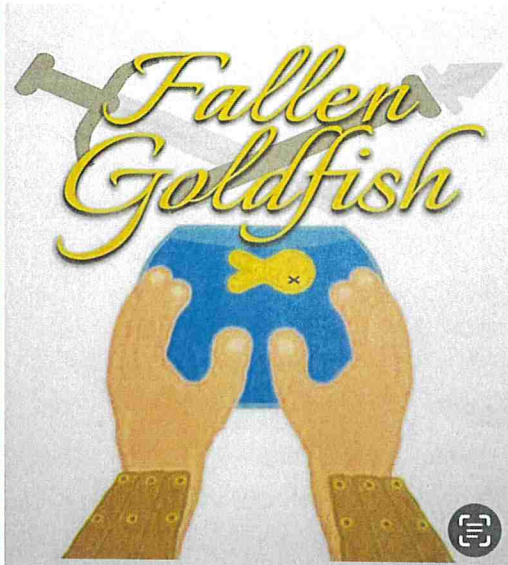


January Newsletter

One Act 2024

One Act	2-3
Speech Team	3
Helping Children Learn	4-5
Breakfast Menu	6
Lunch Menu	7
Jan Calendar	8



Sargent's One Act team had a very successful season, earning Runner-Up at MNAC and a 3rd place finish at Districts. This year's play was Fallen Goldfish by Dean Philipps II. The story was about Thomas (Xackary Lowry) trying to cover up the fact that Stanley, his son's (Hayden Nelson) goldfish, died by purchasing a new goldfish. Thomas realized that Stanley the Goldfish had a past life as a Viking Warrior when Jazar (Kooer Keefe) and her troop of Vikings barged in to hold a funeral for Stanley. Thomas and his wife Jane (Carsen Vincent) learn the story of Stanley's past life as a beloved Warrior in this ridiculously funny story of Fallen Goldfish.



Director-Kina Stefka, Assistant Coach-Kyla Stefka; Actors-Xackary Lowery, Carson Vincent, Kooer Keefe, Wyatt Fauss, Travin Schauda, Yahya Harris, TJ Horky, Miah Handley, Alli Smith, LoReena Schauda, Maci Smith, Corbin Bye, and Hayden Nelson; Crew-Bambi Conner, Gabe Lunde, Klayton Barker, Cooper Buch, Brennan Beran, and Oran Grint; Student Manager-Kinley Keefe



Acting Awards this year went to:

Central Valley: November 13, 2024 The team received superior ratings

Xackary Lowry
Kooper Keefe
Miah Handley
Carsen Vincent

MNAC November 19, 2024: The team received superior ratings and brought home 2nd place

Kooper Keefe,
Xackary Lowry,
Carsen Vincent,
Hayden Nelson,
LoReena Schauda

Districts December 4, 2024: The team received superior ratings and brought home 3rd place

TJ Horky,
Xack Lowry,
Hayden Nelson,
Kooper Keefe,
Yahya Harris

Mrs. Stefka, Kooper Keefe, Carsen Vincent, Miah Handley, Xack Lowry, and TJ Horky traveled to Norfolk to watch the Class D2 State One-Act Championships in Norfolk on December 11th.



Academic All-State Awards for One Act

Kooper Keefe: - Academic All-State Award

Kooper (Jazar) was voted team co-captain by her peers this year and has proven to be a great leader. Kooper works hard, is very coachable, and is willing to change her acting style for the show's benefit.

She earned an acting award at every competition this year and works well with her coaches to help lead and communicate with the team.



Hayden Nelson:- Academic All-State Award

Hayden Nelson (Lewis) is a quiet yet hard-working member of our team. He is always ready to go on time, knows his lines, and is very coachable. Hayden also won superior acting awards this year at conference and district competitions, which was the hardest competition to earn them.

Speech Meet Schedule

1/25/2025	Broken Bow
2/1/2025	Ord
2/15/2025	Burwell
2/22/2025	Loup City
3/10/2025	Conference Meet
TBA	Parent's Night (Sargent)
TBA	District Meet
3/28/2025	State Speech Meet (A student must qualify by earning a 1st, 2 nd , or 3 rd place medal at districts)

Helping Children Learn[®]

Tips Families Can Use to Help Children Do Better in School

Title I-Educational Service Unit 10



January 2025

Use encouraging words to boost your child's motivation to learn

Positive words from you can affect your child's motivation to learn. And experts agree that it is better to go beyond simple praise, like saying "Great job," to offering encouragement, such as "You have really learned a lot about this. Tell me some more!"

What's the difference between the two?

Simple praise:

- **Is results oriented.** "You got a 99 on your test! That's great!"
- **Uses words that express** your opinion, such as *good*, *terrific* and *wonderful*.
- **Is usually given** when your child does what's expected.

Encouragement:

- **Acknowledges effort and progress.** "Look at that project. I can see how much thought and care you put into it. It must feel good to know you really worked hard."
- **Describes specific aspects** of your child's work. "You picked up *without being asked*. Look at that *clean floor*!"
- **Doesn't depend on performance.** "That didn't go the way you planned, but I know you'll try again. What could you do differently?"

The big difference is that encouragement leads children to form their own positive opinions about themselves and their work, rather than depending on praise from other people.



Hand over responsibilities

Are you still packing your child's lunch? How about making the bed? If so, pass the duties on to your child. Most elementary schoolers are capable of handling such tasks. Don't pile on too many chores, but expect your child to regularly complete self-care tasks. This fosters feelings of capable independence along with responsibility.

Nurture a love of reading

Students who like to read do more of it. In the process, they build reading skills and overall learning power. To encourage reading enjoyment:

- **Make reading** an event. Choose books together at the library, then go for a tasty snack and read them.
- **Branch out.** Read a variety of kinds of books together. If your child usually reads fiction, try a biography. Or, help your child find a new book series to start.
- **Inspire curiosity.** Ask your child an interesting question. "How did our town get its name?" Help your child find out by reading.



Test-taking strategies improve results

Your child needs two kinds of knowledge for success on tests. One is knowledge of the subject matter. But it is also important for your child to know the test-taking strategies that help students earn every point they deserve.

Review these strategies together:

- **Write down memorized facts** and formulas as soon as the test starts. Your child can refer to them later when answering questions.
- **Read the directions** carefully. If something is confusing, your child should ask the teacher.
- **Read all the questions** before starting to answer. Then, your child can calculate how much time to spend on each.
- **Cross out options** on multiple choice questions that can't be right and choose among the rest. On *true/false* questions, remember that if any part of the answer is false, the whole answer is false.
- **Leave time to double-check** answers before turning in the test.

Teach lessons about money

When children learn about money, they build math skills and life skills at the same time.

To foster financial literacy:

- **Consider giving** your child a small amount of money. Managing their own money builds children's respect for it. Have your child keep a record of purchases and calculate how much is left.
- **Demonstrate what budgeting** looks like. Say things like, "I'd love to order pizza tonight, but it will have to wait. Payday isn't until Friday."





What can I do to increase my child's patience?

Q: My kindergartner hates to wait and doesn't do it quietly. The teacher says this impatience is becoming a distraction at school. How can I help my child develop more patience?



A: Many parts of learning in school involve patience: waiting for a turn to speak, reading all the way to the end of a book to find out what happens, trying to understand a concept that isn't immediately clear.

To help your elementary schooler develop more patience:

- **Be understanding.** Say that you know waiting patiently isn't always easy. Explain that it is something everyone has to learn, and you will help.
- **Do activities together** that require patience, such as playing board games, putting together jigsaw puzzles, baking and planting seeds.
- **Help your child save** up money to buy a desired item, rather than just providing it right away.
- **Be a role model.** Show how you make waiting more pleasant. While waiting in traffic, say something like, "Let's use this time to make up a story." Read to pass time between activities. Observe things around you.
- **Offer practice.** When your child asks for something, say, "In a minute." If you are busy, use a hand signal that means, "When I'm finished."



Are you enriching read-aloud time?

When you have fun reading aloud together every day, your child strengthens reading skills and learns to associate reading with pleasurable times with you. Are you making the most of read-aloud time? Answer *yes* or *no* below:

1. **Do you read** aloud together for at least 20 minutes a day?
2. **Do you encourage** your child to pick some cozy or fun places to read?
3. **Do you take** turns being the reader? Alternate reading sentences or paragraphs, or take on different characters when reading dialogue.
4. **Do you pause** to discuss what you're reading or let your child ask questions?
5. **Do you end** the day's reading at an exciting place, so

your child will want to read again the next day?

How well are you doing?

More *yes* answers mean you are reading with your child in productive ways. For each *no*, try that idea.

"I think that when you can escape into a book it trains your imagination to think big and to think that more can exist than what you see."
—Taylor Swift

Investigate science at home

You don't need fancy equipment to help your child learn about science. Just point out the science that's all around you, in things like:

- **Food.** Which cereals get soggy in milk? Does cheese get moldy faster on the counter or in the refrigerator? Help your child experiment to find out. 
- **The night sky.** Observe the changes in the moon and stars over several months.
- **Household items.** Give your child something to take apart—a ball-point pen, a candle, an old toy. Can your child figure out how it works?

Improve talks about school

If conversations with your child about school are going nowhere, try this: Instead of asking lots of questions as soon as your child gets home, share a few things about your own day first. Then, ask open-ended questions about your child's day: "What was the most surprising thing that happened today at school?"

This works when discussing schoolwork, too. Talk about what you notice first (but don't point out mistakes). Then, ask your child to tell you more about it.

Make expectations work

It's important to set realistic expectations for your child. If they are too high or too low, your child may do poorly. For success:

- **Check with the teacher** if you aren't sure about your child's abilities.
- **Be consistent.** Don't lower expectations to make your child happy. Don't raise them because you've had a bad day.
- **Celebrate progress** your child makes along the way.

Helping Children Learn®

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JANUARY 2025

BREAKFAST



Sargent Public Schools



Nutrition Tip: Happy New Year! If you made a food resolution turn it into a real solution by teaming up with a friend and celebrating your success along the way.



Reference: USDA MyPlate

MONDAY



No School

6

Cereal – Toast
Or Pancake
Juice – Fruit
Milk - Yogurt

13

Cereal – toast
Or Pancakes
Juice – Fruit
Milk - Yogurt

20

Cereal – Toast
Or Pancakes
Juice – Fruit
Milk - Yogurt

27

TUESDAY

Cereal
Toast or pancakes
Juice – Fruit
Milk - Yogurt

7

French Toast
Egg or sausage
Juice – Fruit
Milk - Yogurt

14

French Toast
Egg or Sausage
Juice – Fruit
Milk - Yogurt

21

French Toast
Egg or Sausage
Juice – fruit
Milk - Yogurt

28

WEDNESDAY

No School

1

Pop Tart – PBJ
Or Protein Ball
Juice – Fruit
Milk - Yogurt

8

Pop Tart – PBJ
Or Protein Ball
Juice – Fruit
Milk – Yogurt

15

Pop Tart – PBJ
Or Protein Ball
Juice – Fruit
Milk - Yogurt

22

Pop Tart – PBJ
Or Protein Ball
Juice – Fruit
Milk - Yogurt

29

THURSDAY

No School

2

Biscuits & Gravy or
Omelet w/ Toast
Juice – Fruit
Milk - Yogurt

9

Pizza or omelet w/ toast
Juice – Fruit
Milk - Yogurt

16

Burrito
Or omelet w/ toast
Juice – Fruit
Milk – Yogurt

23

Breakfast Sandwich
Omelet w/ Toast
Juice – Fruit
Milk - Yogurt

30

FRIDAY

No School

3

Cereal or Muffin
Juice – Fruit
Milk - Yogurt

10

Cereal or Cinnamonroll
Juice –Fruit
Milk - Yogurt

17

Cereal or Muffin
Juice – Fruit
Milk – Yogurt

24

cereal
Or Donut
Juice – Fruit
Milk - Yogurt

31

JANUARY 2025

LUNCH



School Information:
Sargent Public Schools



Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.



Reference: Eat Right

MONDAY



No School

6

Burrito
w/ Lettuce Cheese Salsa
Corn
Fruit Cup
Milk

13

Chicken Nuggets
Corn
Fruit cup
Dinner roll
Milk

20

TUESDAY



Spaghetti w/Meat Sauce
Corn
Fruit cup / blueberry
cake
Garlic Bun
Milk

7

Chicken Noodle
Mashed Potatoes
Fruit cup / Apple Crisp
Dinner Roll
Milk

14

Sliced Ham
Corn
Fruit cup
Dinner Roll
Milk

21

WEDNESDAY



No School

1

Chicken & rice or
Vegetable beef soup
w/ crackers & cheese
Fruit cup
Dinner roll / cookie
Milk

8

Chili Cheese Fries or
Stuffed Potato
Carrots 'fruit cup
Dinner Roll
Milk

15

Macho Nachos
Carrots & Peas
Fruit cup
Dinner Roll
Milk

22

THURSDAY



No School

2

Tater Tot Casserole
Or Mac & Cheese
Carrots
Fruit cup
Dinner Roll
Milk

9

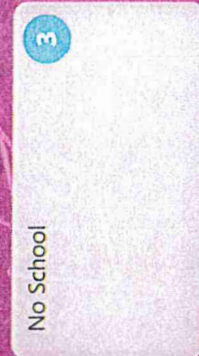
Lasagna or Chicken
Alfredo
Green Beans
Fruit cup / Garlic Bread a
Milk

16

Pig in a Blanket
Or Runza
Cheesy Green Beans
Fruit cup
Milk

23

FRIDAY



No School

3

Corndog or Plain
Chips
Baked Beans
Fruit cup
Milk

10

Chicken Sandwich
Chips
Baked Beans
Fruit cup and Milk
Milk

17

Bacon Cheeseburger
wrap
Chips / Baked Beans
Fruit cup
Milk

24



No School

2

Tater Tot Casserole
Or Mac & Cheese
Carrots
Fruit cup
Dinner Roll
Milk

9

Lasagna or Chicken
Alfredo
Green Beans
Fruit cup / Garlic Bread a
Milk

16

Pig in a Blanket
Or Runza
Cheesy Green Beans
Fruit cup
Milk

23



No School

1

Chicken & rice or
Vegetable beef soup
w/ crackers & cheese
Fruit cup
Dinner roll / cookie
Milk

8

Chili Cheese Fries or
Stuffed Potato
Carrots 'fruit cup
Dinner Roll
Milk

15

Macho Nachos
Carrots & Peas
Fruit cup
Dinner Roll
Milk

22



Spaghetti w/Meat Sauce
Corn
Fruit cup / blueberry
cake
Garlic Bun
Milk

7

Chicken Noodle
Mashed Potatoes
Fruit cup / Apple Crisp
Dinner Roll
Milk

14

Sliced Ham
Corn
Fruit cup
Dinner Roll
Milk

21



No School

6

Burrito
w/ Lettuce Cheese Salsa
Corn
Fruit Cup
Milk

13

Chicken Nuggets
Corn
Fruit cup
Dinner roll
Milk

20

TUESDAY



Spaghetti w/Meat Sauce
Corn
Fruit cup / blueberry
cake
Garlic Bun
Milk

7

Chicken Noodle
Mashed Potatoes
Fruit cup / Apple Crisp
Dinner Roll
Milk

14

Sliced Ham
Corn
Fruit cup
Dinner Roll
Milk

21

WEDNESDAY



No School

1

Chicken & rice or
Vegetable beef soup
w/ crackers & cheese
Fruit cup
Dinner roll / cookie
Milk

8

Chili Cheese Fries or
Stuffed Potato
Carrots 'fruit cup
Dinner Roll
Milk

15

Macho Nachos
Carrots & Peas
Fruit cup
Dinner Roll
Milk

22

THURSDAY



No School

2

Tater Tot Casserole
Or Mac & Cheese
Carrots
Fruit cup
Dinner Roll
Milk

9

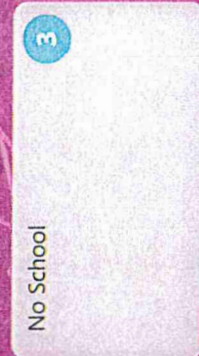
Lasagna or Chicken
Alfredo
Green Beans
Fruit cup / Garlic Bread a
Milk

16

Pig in a Blanket
Or Runza
Cheesy Green Beans
Fruit cup
Milk

23

FRIDAY



No School

3

Corndog or Plain
Chips
Baked Beans
Fruit cup
Milk

10

Chicken Sandwich
Chips
Baked Beans
Fruit cup and Milk
Milk

17

Bacon Cheeseburger
wrap
Chips / Baked Beans
Fruit cup
Milk

24



No School

2

Tater Tot Casserole
Or Mac & Cheese
Carrots
Fruit cup
Dinner Roll
Milk

9

Lasagna or Chicken
Alfredo
Green Beans
Fruit cup / Garlic Bread a
Milk

16

Pig in a Blanket
Or Runza
Cheesy Green Beans
Fruit cup
Milk

23



No School

1

Chicken & rice or
Vegetable beef soup
w/ crackers & cheese
Fruit cup
Dinner roll / cookie
Milk

8

Chili Cheese Fries or
Stuffed Potato
Carrots 'fruit cup
Dinner Roll
Milk

15

Macho Nachos
Carrots & Peas
Fruit cup
Dinner Roll
Milk

22



Spaghetti w/Meat Sauce
Corn
Fruit cup / blueberry
cake
Garlic Bun
Milk

7

Chicken Noodle
Mashed Potatoes
Fruit cup / Apple Crisp
Dinner Roll
Milk

14

Sliced Ham
Corn
Fruit cup
Dinner Roll
Milk

21

TUESDAY



Spaghetti w/Meat Sauce
Corn
Fruit cup / blueberry
cake
Garlic Bun
Milk

7

Chicken Noodle
Mashed Potatoes
Fruit cup / Apple Crisp
Dinner Roll
Milk

14

Sliced Ham
Corn
Fruit cup
Dinner Roll
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No School

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Chicken & rice or
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Fruit cup
Dinner roll / cookie
Milk

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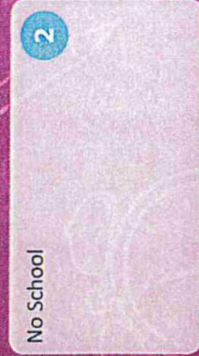
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Milk

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Macho Nachos
Carrots & Peas
Fruit cup
Dinner Roll
Milk

22

THURSDAY



No School

2

Tater Tot Casserole
Or Mac & Cheese
Carrots
Fruit cup
Dinner Roll
Milk

9

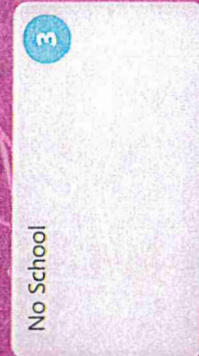
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FRIDAY



No School

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Corndog or Plain
Chips
Baked Beans
Fruit cup
Milk

10

Chicken Sandwich
Chips
Baked Beans
Fruit cup and Milk
Milk

17

Bacon Cheeseburger
wrap
Chips / Baked Beans
Fruit cup
Milk

24



No School

2

Tater Tot Casserole
Or Mac & Cheese
Carrots
Fruit cup
Dinner Roll
Milk

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Green Beans
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Dinner Roll
Milk

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THURSDAY



No School

2

Tater Tot Casserole
Or Mac & Cheese
Carrots
Fruit cup
Dinner Roll
Milk

9

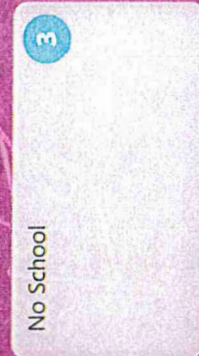
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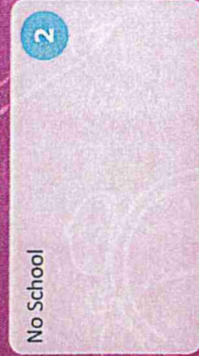
10

Chicken Sandwich
Chips
Baked Beans
Fruit cup and Milk
Milk

17

Bacon Cheeseburger
wrap
Chips / Baked Beans
Fruit cup
Milk

24



No School

2

Tater Tot Casserole
Or Mac & Cheese
Carrots
Fruit cup
Dinner Roll
Milk

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Lasagna or Chicken
Alfredo
Green Beans
Fruit cup / Garlic Bread a
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Pig in a Blanket
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23



No School

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Chicken & rice or
Vegetable beef soup
w/ crackers & cheese
Fruit cup
Dinner roll / cookie
Milk

Sargent Public Schools

Calendar

<div style="display: flex; justify-content: center; gap: 10px;"> January ▾ 2025 ▾ </div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			No School-Christmas Break	No School-Christmas Break	No School-Christmas Break	No School-Christmas Break
						9:00am: Wrestling @ Pleasanton Invite
5	6	7	8	9	10	11
No School-Christmas Break	Teacher Inservice/ Work Day	1st Day of 2nd Semester- Classes Resume		5:00pm: Wrestling Triangular @ Ravenna	11:30am: Wrestling @ Burwell Invite	3:30pm: Girls Varsity Basketball vs Pleasanton @ Pleasanton
	No School-Christmas Break	1:00pm: JH Girls BB Home (LC) Vs CWC 2:00pm: JH Boys BB Home (LC) Vs CWC 6:00pm: Girls Varsity Basketball Home (LC) vs CWC 7:30pm: Boys Varsity Basketball Home(LC) vs CWC			6:00pm: Girls Varsity Basketball vs Ansley/Litchfield @ Ansley 7:30pm: Boys Varsity Basketball vs Ansley/ Litchfield @ Ansley	5:00pm: Boys Varsity Basketball vs Pleasanton @ Pleasanton
12	13	14	15	16	17	18
		2:00pm: JH Boys BB Home (LC) vs Sandhills Thedford 3:00pm: JH Girls BB Home (LC) vs Sandhills Thedford 7:00pm: School Board Meeting	FFA District 10 LDE @ Atkinson	5:30pm: Girls Varsity Basketball Home (LC) vs Hyannis 7:00pm: Boys Varsity Basketball Home (LC) vs Hyannis	4:00pm: Girls Jv 2 qrts at North Central Boys JV 2 Qrts to follow. 6:00pm: Girls Varsity Basketball vs North Central @ Bassett 7:30pm: Boys Varsity Basketball vs North Central @ Bassett	10:00am: Wrestling @ Sandhills/Thedford Invite @ Dunning
19	20	21	22	23	24	25
	4:00pm: JH Boys Basketball vs Burwell in Sargent	6:00pm: Girls Varsity Basketball Home (LC) vs Mullen 7:30pm: Boys Varsity Basketball Home (LC) vs Mullen	JH Quiz Bowl @ Merna	Blood Drive @ Community Center	11:00am: Wrestling @ South Loup Invite @ Callaway	
				1:00pm: JH Boys BB Home (S) vs Anselmo-Merna 2:15pm: JH Girls BB Home (S) vs Anselmo-Merna		
26	27	28	29	30	31	
	MNAC Girls Basketball Tournament TBD	MNAC Boys Basketball Tournament TBD		MNAC Girls and Boys Semi-Finals TBD	MNAC Girls and Boys Basketball Tournament Consolations	
	1:00pm: JH Boys BB vs Ansley/Litchfield 1:00pm: JH Girls BB vs Ansley/ Litchfield				5:00pm: Wrestling @ Ainsworth Duals (3 Duals)	