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Thoughts from the Principal

As I look outside and I have to scratch my head and remember that Nebraska weather doesn't always match the season on the calendar. Hopefully it starts to feel like spring soon and spring makes this newsletter a good time to recognize and thank the members of the Wrestling and Basketball teams for representing the Twin Loup Wolves and Sargent Public Schools. I appreciate the efforts of our athletes and would also like to say THANK YOU to the coaches for the long days, late nights, and the family time they give up to work with our student athletes. Congratulations to the Twin Loup Wrestling team on earning State Duals Runner-Up and finishing Runner-Up at the D-2 district! A special shootout to State Medalists: Keaton Dowse for placing 6th and State Champion Slate Micheel!

The basketball teams both won their holiday tournament and finished their seasons with better records than last year. The girls went on to finish 2nd in the MNAC tournament and finished their season competing well in the toughest class D sub district tournament in the state. We strive for perfection and to win every match and game, but don't forget there are more

lessons to be learned. If you base success solely on a win loss record - high school sports would often be a thankless endeavor. It's not until you look back at the friendships, appreciation for the game/sport, individual growth, and experiencing the commitment to a team that you can see the other "part" of what makes up a successful season. In addition to our athletic teams there are several other activities going on at the school. The FFA and FBLA are getting ready for contests and their state conferences/competitions are coming up in early April. The Music program is also getting ready for the upcoming MNAC and District contests. The Speech team has been gaining momentum through the season with several different students competing. Hopefully things will come together by districts on March 6th in Creighton and several qualify for State. Many of the Jr/Sr High classes use this "changeover" time between sports seasons to push hard before students are gone for field trips, track meets, quiz bowl, speech, band, FFA and FBLA contests. With students being gone so often in the spring please try to schedule wisely and remember that we do not have school on March 10th and again on March 28th, so these days would be a good time to get trips and appoint-

ments in. Be sure to check the school bulletin and the online calendar for updates on events and activities. With all of this going on please be sure to remind your son or daughter to stay on top of their homework and until next month - GO WOLVES!

CONGRATULATIONS to the Twin Loup Wrestling team on earning State Wrestling Dual Runner-Up! Congratulations to Keaton Dowse, Cazen Smith, Garrett Keith, Stetson Bortorf, and Slate Micheel on qualifying for the NSAA STATE Wrestling Tournament! GREAT JOB!

SPEECH TEAM OPEN HOUSE



Date: Thursday 3/2/2023

Location: Sargent High School Library

Time: 7:00 pm

**Come join us and listen to SHS Speech Team Members
perform their speeches**

FBLA News



During the month of February, our FBLA chapter celebrated FBLA week! FBLA week took place February 5th through the 11th. We started off the week with an

appreciation gift for our members. Each member received oreos and a schedule of FBLA week on their locker. Tuesday was "Dress for Success" day, members dressed in their business attire. We also had our February meeting in the Business Room during lunch. On Wednesday, we showed our appreciation for the staff and acknowledged that they are under paid but worth 100 grand! Then on Thursday



we showed our FBLA spirit by wearing an FBLA shirt. We also read and played Kahoot with the elementary students in order to teach them more about money. During the week we also had the "GO Green Coloring Contest", where many kids showed off their creativity by coloring a picture for a chance to win a Ritz certificate. The FBLA officers and some of the members held our annual business appreciation breakfast on Friday. Members brought a variety of

baked goods and casseroles to show our appreciation for the local businesses' support. During breakfast our members and officers visited the local businesses. The high school, elementary, and the community were all involved in FBLA week. Our chapter demonstrated our excitement for FBLA, encouraged future membership, and expressed our appreciation to those who have supported our chapter. Sargent FBLA always stays busy with fun and exciting activities and events. Now that FBLA week has passed we are preparing for the upcoming Kids Carnival. This night is fun and always something that elementary students look forward to. Be on the lookout for more information about the Kids Carnival and other upcoming FBLA events.



FBLA Reporter, Carsen Vincent





**Pre-Order
Your
Sargent Public
Schools
2022-2023
Annual NOW!**

Elementary Yearbook are \$20

Junior High/High School
Yearbooks are \$30

Sargent Public School
PO Box 366
Sargent, NE 68874
Phone (308) 527-4119

Contact Mrs. Tobias
308-527-4119 or
emily.tobias@sargentpublicschools.org

Needing pictures of your child(ren)? *We have you covered!*

Pictures taken of students K-12, on behalf of the Yearbook class, have been uploaded to a website for family and friends to access and purchase.

The website can be accessed by going to the following website: <http://sargentyearbook.zenfolio.com/>



Once at the website, you will need to create an account, and then start adding pictures to your cart. Picture galleries can be browsed by activity/event, in hopes of making your search quicker and easier.

All proceeds go back to the yearbook class to help keep our equipment updated to better serve you.

If you have any questions, please contact Mrs. Tobias.

ACT

The ACT[®] is the most widely accepted college entrance exam in America. The test assesses high school students' general educational development and their ability to complete college-level work. The exam consists of four multiple-choice tests covering: english, mathematics, reading, and science skill areas. Students may also elect to take the writing test which measures skills in planning and writing a short essay. To find out more about the ACT[®] or to register for future tests students or their parents can check out several sites on the internet including <http://www.actstudent.org>

To have the best opportunity we encourage students considering attending a four year college to take the exam at least twice. All juniors will have the opportunity to take it March 21st at no cost to them. This ACT will replace the state test that juniors have taken in the past. I would also encourage them to take it in the fall of their senior year. This year the juniors will have the opportunity to practice for the test by working with their teachers, working through the ACT prep,

I would also encourage you to check out the John Baylor site online at <http://www.johnbaylortestprep.com/> It has a wealth of ACT and college prep information available for free! .

Helping Children Learn[®]

ELEMENTARY SCHOOL

Tips Families Can Use to Help Children Do Better in School

Title I-Educational Service Unit 10



March 2023

Teach your child four strategies for achieving learning goals

Setting goals gives students something to work toward, and visualizing them can keep kids motivated when the going gets tough. You have probably helped your child set learning goals. But does your child know what to do after setting a goal to make it easier to reach?



Help your elementary schooler put these four strategies into action:

- 1. Define the goal in writing.** Make sure that your child's goal is specific, and can be accomplished in a short time frame: "I will learn my multiplication facts by the end of the month" rather than "I will do better in math." Post the written goal in a visible place.
- 2. Decide on steps to take.** What work is your child willing to do to achieve the goal? Together, make a step-by-step plan.
- 3. Share the goal and plan with others.** Making goals public builds commitment. Encourage your child to discuss the plan with the teacher.
- 4. Carry out the plan,** one step at a time. If problems crop up, brainstorm possible solutions together. For example, if your child is too tired to review flash cards in the evenings, reviewing over breakfast might work.

As your child works toward the goal, offer encouragement and support. Praise effort and progress. And when your child achieves the goal, celebrate!



Help your elementary schooler go into tests with confidence

Test anxiety is often caused by self-doubt, and it can keep students from achieving the results they are capable of. Poor performance then reinforces that self-doubt. To help your child break the test-anxiety cycle:

- **Take the pressure off.** Tell your child that tests simply show the teacher what students have learned so far, and what they need help with. Make it clear that you love your child no matter what—and a test score won't change that.
- **Schedule time to review.** Preparation is the best cure for test-anxiety. It's best to study a little each day for several days before the test. Help your child focus first on not-yet-mastered material.
- **Teach your child to use positive self-talk,** such as "I have studied and I am prepared to be successful."
- **Encourage your child** to visualize doing well. You might say, "Close your eyes and picture yourself knowing the answers."

Play an observation game

Scientists notice and remember details. To encourage this, ask your child to describe the front of a familiar building from memory. How many stories is it? What color is the front door? Together, check the reality against the details your child remembered.

Source: S. Berman, *Thinking Strategies for Science*, Corwin Press.

Stir up interest in exercise

Research shows that regular exercise improves children's health and performance in school. To increase your child's physical activity level:



- **Set an example.** Seeing you stay fit can motivate your child.
- **Link screens to movement.** Build fitness breaks into your child's screen time.
- **Play active games,** such as catch, tag and Simon Says.

Source: A. McPherson and others, "Physical activity, cognition and academic performance," *BMC Public Health*.

Encourage critical thinking

Critical thinking helps students analyze information and understand how it relates to a bigger picture. To help your elementary schooler develop this skill:



- **Allow time** for your child to try to solve problems independently. Ask questions like "How could you figure that out?"
- **Encourage reflection.** Ask how your child thinks a completed project or task went. "Did you plan enough time to finish? What did you learn from doing it?"
- **Consider current events.** Have your child read an article and express an opinion on an issue. Then ask, "Why might other people might think differently?"



How can I make writing less painful for my child?

Q: My fifth grader hates to write. When there's a writing assignment, my child just stares at the blank piece of paper. What can I do to help?

A: Many elementary schoolers freeze up at the thought of writing. They worry that what they write won't be any good.

To help your student beat writer's block and learn to communicate effectively in writing:

- **Ask what your child is feeling.** Listen, and allow your child to express frustration. Explain that professional writers have difficulty writing sometimes, too.
- **Encourage your child to make a list** of as many ideas as possible, without worrying about grammar or spelling. Editing for those things can come later.
- **Discuss the ideas with your child.** Ask questions to help your child think them through. After your conversation, it may be easier for your child to write the first draft.
- **Provide positive feedback.** When reviewing written work, focus on what your child is trying to say, not just the rules of writing. Praise what you like. Don't fix your child's mistakes—this sends the message that you don't think your child is capable of fixing them.



Are you teaching your child to be civil?

In school and in life, children must cooperate and learn from other people. Civil behavior smooths the way. Are you showing your child how to interact respectfully with others? Answer *yes* or *no* to the questions below:

- ___ **1. Do you set** an example by being kind and honest with your child and others?
- ___ **2. Do you encourage** your child to admit mistakes and try to make amends?
- ___ **3. Do you show** your child healthy ways to vent anger instead of taking it out on other people?
- ___ **4. Do you model** attentive listening by making eye contact with your child and restating what you hear?

- ___ **5. Do you uphold** rules and consequences fairly and consistently?

How well are you doing?

More yes answers mean you are demonstrating respectful actions and attitudes. For each no, try that idea.

"Respect is how to treat everyone, not just those you want to impress."
—Richard Branson

Foster 'conscientiousness'

Conscientious students work hard, think through choices and fulfill responsibilities. To encourage conscientiousness at home:

- **Teach** your child to take the time to work carefully—even when another activity seems more exciting.
- **Encourage** your child to keep trying—even when work is challenging.
- **Have** your child double-check work.

Boost an interest in history

The best historical fiction gives your child a vivid view of the human side of history's facts, dates and statistics.



To bring history to life through reading:

- **Ask a teacher or librarian** to recommend titles that present history accurately and avoid myths or stereotypes.
- **Choose books** with illustrations.
- **Read books aloud** that are a little above your child's reading level.
- **Have your child** read more than one book about the same era to get different perspectives.

Source: E. Codell, *How to Get Your Child to Love Reading*, Algonquin Books of Chapel Hill.

Chores build school skills

Children who do chores at home can develop skills and attitudes that help in school. Assign chores that help your child learn to:

- **Follow directions.** Completing multi-step chores correctly is good practice for taking tests.
- **Plan and manage time.** Figuring out when to do chores to meet a deadline helps your child learn to prioritize time.
- **Consider others' needs.** This is an important part of teamwork.

Helping Children Learn®

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K-6 Basketball, Hockey & Soccer Night 2023

When: March 17th, 2023 starting @ 6 PM

Where: The Gym @ Sargent Public Schools

Admission: \$1 for adults, students free admission

Concessions Will Be Available

Schedule: Each will play two 10 minute halves

Kindergarten (Soccer)

6:00 to 6:30

1st & 2nd Grade (Hockey)

6:30 to 7:00

3rd & 4th Grade (Basketball)

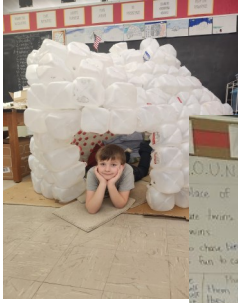
7:00 to 7:30

5th & 6th Grade (Basketball)

7:30 to 8:00

Come cheer on our elementary students and help support our Twin Loup Wrestling team!! Students should be here at least 15 minutes before scheduled game.

ALL THE FEELS IN 4TH GRADE



The 4th graders have had fun studying arctic conditions by learning how to draw and construct an igloo in their classroom. First, students studied the basic structure of an igloo and drew a model or “blueprint” of what an igloo could look like. Next, they watched a video to see how a real igloo is put together. Then, students wrote how to build an igloo step by step. Finally, the 4th graders constructed their own igloo out of milk jugs and hot glue.

This year was unique for the fact that while we were building we, quite fittingly, received a large snow storm which granted us two snow days before a weekend. Upon returning to school, we found our nearly completed structure collapsed! The rebuilding process was a learning experience and our second structure was an improvement from the first.

The students have greatly enjoyed working as math groups within the igloo as well as using it for a quiet, warm place to read!

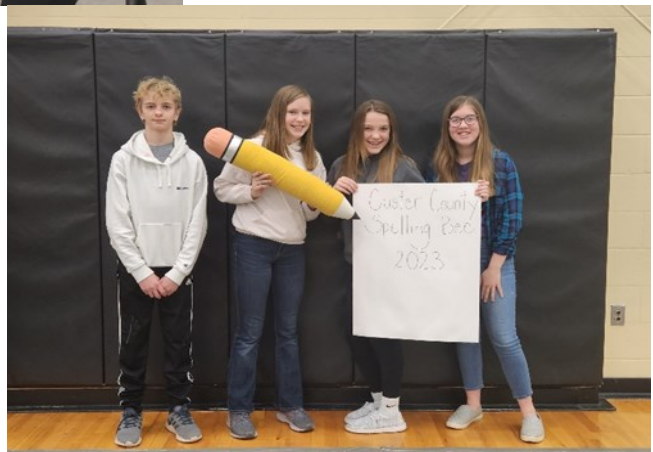
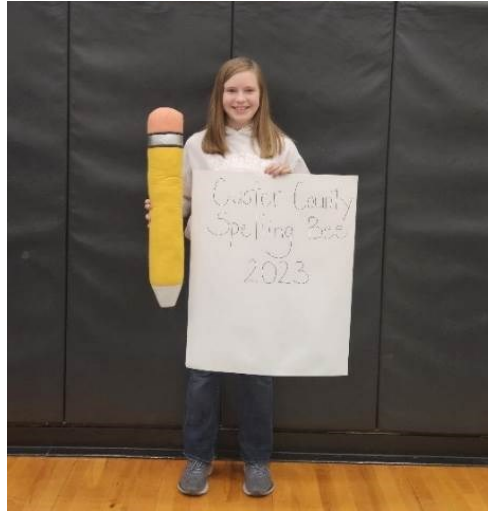


One Makes it to Final Round of Custer County Spelling Bee

Custer County Spelling Bee participants from Sargent for 2023 included: Conner Nelson, Klayton Barker, Annalise Kitt, Alli Smith, Maci Smith, Cooper Busch, Grace Meister, Corbin Bye, Lane Bye, Shae Castaneda, Bambi Warta, and Wyott Fauss. Also qualifying but unable to attend were Luqman and Yahya Harris.

The Bee was held at Ansley Public School on February 8th, beginning with a written round of 50 words and over 55 students competing. With around half of the students eliminated, Conner, Alli, Grace, Annalise moved onto the second written round of 25 words, with Annalise being the sole qualifier to move on to the third and final round of only 12 students, which was oral. Receiving the word “significance” proved too much to spell aloud, as Annalise was our final student eliminated.

All of the students did a great job and I am so pleased with their efforts in competing and representing their school. Well done, super spellers!



2023 DRIVER EDUCATION CLASS is in Ord this Summer!

Families can sign up their students to take a Driver Ed class in Ord this summer! The class will still be taught by instructors through the **Nebraska Safety Center**, and students will sign up through the Safety Center to register for the class: www.unk.edu/dred

The Driver Education Class taught through the Safety Center is an in-depth course with the majority of the coursework done at Ord High School and one day at the driving range in Kearney. If your student is under 18 years of age, passing the course results in a waiver of the written and driving test at the driving examiner's office. This course conforms to the rules and regulations of the Nebraska Department of Motor Vehicles and exceeds the criteria established for insurance discounts. This summer's class is **Monday, June 5 – Friday, June 9; from 8:00 a.m. to 12:30 p.m., and a Range and Simulation in Kearney on Friday, June 9; from 9:00 a.m. to 5:30 p.m.** Scheduling for on-street driving and testing will be arranged at the mutual convenience of the students and instructor and will be conducted in the local area. The fee for the course will be around **\$330.00**. The Safety Center does require that the students have at least a school or learner's permit.

Classes: June 5-9 | 8:00 am to 12:00 pm

Student/Parent Orientation | June 5 | 8am | Ord High School

Upcoming Events

Wed. Mar. 1st - Good News

Thur. Mar. 2nd – Lions Van

Mon. Mar. 6th– JH MNAC Quiz Bowl @
Sandhills Public Schools

Tue. Mar. 7th– District FFA Meat Judging

Wed. Mar 8th- Wayne State Honor Choir

Thurs. Mar. 9th– 1:30 Dismissal Teachers In
service

Fri. Mar. 10– NO SCHOOL Spring Break

Mon. Mar. 13– Smiles Program 10:30

Mon. Mar. 15– Good News

Fri. March 17- St. Patty's Day

State Speech Meet Kearney
PeeWee Basketball & Hockey
6:00

Tue. Mar. 21– Jr. Taking ACT Com. Ctr

Thurs. March 23–24-5th & 6th Grade

Field trip Henry Doorly Zoo

Tues. March 28th– MNAC Music Contest
in Sargent

Wed. March 29-31– State FFA Convention
@ Lincoln

Nurse Notes

The Lions Van will assist with the hearing and vision screening at the school on March 2nd, 2023. If you do not want your child to participate in this screening, you must notify the school by March 1st and provide a copy of a recent vision and/or hearing exam.

All students entering Kindergarten must have a physical **and** an eye exam, **all 7th-grade students** must have a physical, and **all students participating in either junior high or high school sports** must have a physical prior to beginning school and/or practice starting in the fall. Appointments fill up fast, so make your appointments early, especially for vision exams.

For all students with **asthma, diabetes, or seizures**, a yearly action plan must be on file at the school that is signed by a physician and the guardian. If you need a copy of this form to take to your appointment, it can be found on the school website under the parent portal in the health forms link or by contacting the school.

Several optometrists offer free vision exams to children that are age 3. This is an excellent opportunity to have your preschool student's vision checked. If you would like help setting this up, contact Kristin.

All students need to have a birth certificate on file at the school. This can be applied for at <https://dhhs.ne.gov/pages/vital-records.aspx#SectionLink1> either online or by mail.

Contact Kristin at 308-215-0030 if you have questions about what your student needs for immunizations, need help accessing services, or would like a waiver.

Thank You,
Kristin Slagle RN
Corri Keefe RN

Music Notes

Learning piano sharpens fine motor skills, improves dexterity and hand-eye coordination. Last summer, Mrs. Ottun offered piano and instrument lessons to students at the school. There were a total of 14 students who took advantage of this opportunity! Currently, there are six students taking piano lessons with Mrs. Ottun each week. Students meet in the school music room and are working through the Bastien piano method books. They played solos at the Christmas program and will be preparing for a recital for family and friends this spring.

Mrs. Ottun has a passion for offering affordable lessons to students. Her piano teacher, Mrs. Charlotte Wagner, was so committed to teaching children, that she drove to her students' homes and only charged 75 cents a week!

Mrs. Ottun has a desire to continue Mrs. Wagner's example and will be offering piano lessons once again this upcoming summer to students entering third grade and above. In addition, she will be offering ukelele and band instrument lessons. Students are offered band starting in 5th grade and this gives them a jump start on learning the craft of their instrument.



MNAC Band Clinic

On Monday, Feb. 6, fifteen members of the Twin Loup band traveled to Sandhills Public School for MNAC band clinic. It is open to senior high students only. Students practiced four lengthy and rigorous concert band songs leading up to the clinic. They spent the entire day practicing these songs with 128 students from our conference. This valuable experience gave them a chance to be part of a very large music group. Doing so allows them to hear and see instruments that they may never be able to in a small setting.

The clinician, Alex Wieland, is the Director of Instrumental Activities for the Wayne Community School systems in Wayne, NE. He is a very accomplished musician and shared much knowledge with the students (along with some great corny jokes). Several parents attended the event in person and many were



March 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Good News	2 Lions Van	3	4
				Girl's State Basketball Tournament		
5	6 MNAC JH Quiz Bowl @ Sandhills Public Schools	7 District FFA Meat Judging @ Sargent	8 Wayne State Middle School Honor Choir	9 1:30 Dismissal Teacher Inservice	10 NO SCHOOL Spring Break	11
				Boy's State Basketball Tournament		
12	13 Loup Basin SMILES 10:30	14 Board of Education Meeting 7:00	15 Good News	16 G & B TRUNK Invite @ Kearney 1:00	17 State Speech @ Kearney PEE WEE BB, Soccer & Hockey @ 6:00	18
19	20	21 State ACT Test Jr./HS Spring Concert @ Taylor 7:30	22	23	24 G & B Track Wilcox Hildreth Invite @ Wilcox 10:00	25
				5th & 6th Grade Field Trip—Omaha Zoo		
26	27	28 MNAC Music Contest @ Sargent NO SCHOOL	29	30	31	
			State FFA Convention @ Lincoln			