

Sargent Public School

October Newsletter

Junior Class Fundraiser	2
FBLA News	3
Loup Basin Calendar	4
Title Newsletter	5-6
News from the School Nurse	7-8
October Breakfast Menu	9
October Lunch Menu	10
October Calendar	11



A long overdue thank you is going out to Mrs. Marlene Sasek! She contacted Twin Loup Music in May and donated this beautiful Roland electric piano which belonged to her late husband, Dan. Having been a music teacher himself, as well as a trombonist in the service, Dan was a big supporter of the music program. It is our honor to have his piano in our classroom and be able to continue the love for music that Dan had. Thank you, Marlene, for your generous donation to our music program. We are very grateful!



School Picture Day is Thursday Oct 3
DON'T FORGET YOUR MONEY and PICTURE PACKETS

Did you know that your old shoes can help support **Sargent Public Schools Junior Class** **fundraise for Prom!** This year, our class is hosting a shoe drive fundraiser from September 19th until the beginning of **December!**

We are looking for family, friends, and members of our community to participate by recycling their gently worn, used, and new shoes. Can you help us collect shoes to reach our goal?

Here's how it works:

Start by checking around your home for pairs of shoes you have outgrown, don't fit correctly, or are no longer in style or season. These shoes can be tennis shoes, sandals, boots, dress shoes, heels, or flats. Once you have gone through your stash, ask your family or neighbors to do the same! Once you have collected your shoes, you can drop them off at **Trotters Woah & Go in Sargent, Sargent Corner Market, or Sargent Public Schools.** Our class will also be holding different drop offs during sporting events at Sargent High School! No matter how many pairs of shoes you collect, every pair helps! Remember at no expense to you, you can help our class raise funds for Prom 2025!

Where do the shoes go?

The shoes our class collects will help raise funds for **Prom** and will be kept out of landfills! After that, they are repurposed to help support microenterprises in developing nations such as Haiti, Cambodia, and Ghana.

Drop off Date and Location in October:

October 3, 2024	VB Triangular 5/6/7 Sargent High School Gym
October 7, 2024	JV VB vs Ord 6:00 pm Sargent High School Gym
October 18, 2024	"Fill the Truck" FB vs Burwell 7:00pm Sargent Football Field
October 25 & 26, 2024	Save the Pumpkins Friday- 4:00 pm Saturday- 10:00 am The Hitching Post Burwell, NE

We look forward to your help! If you have any questions regarding drop off locations or shoe qualifications, contact Mrs. Taylor or Miss Phillipps at the school!

Sargent Public Schools: (308)527- 4119

FBLA NEWS

The Sargent FBLA chapter began the year with an officer retreat, where the officer team met and planned out important dates and activities and set goals for the upcoming year. This year's officer team includes Kooper Keefe as President, Carsen Vincent as Vice President, Hayden Nelson as Secretary and Treasurer, and Alli Smith as Reporter.

On August 22nd, we kicked off the year with an ice cream social during Wolf Time. During the social we indulged in a yummy treat while discussing expectations and duties of FBLA members. Our first meeting was held on September 5th during Wolf Time where Kooper provided delicious snacks. During the meeting we held a new member induction.

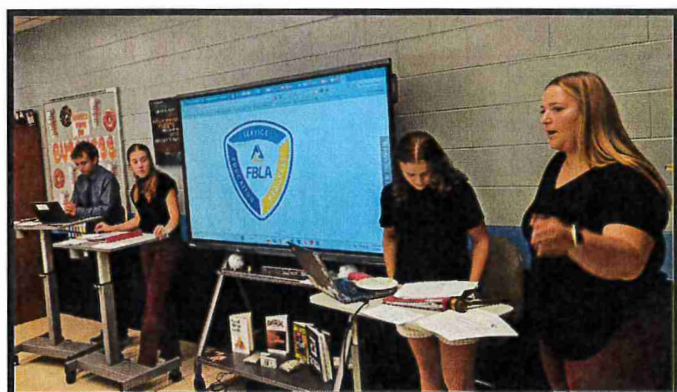


We recently concluded our first fundraiser, selling Butter Braids. The profits will help with expenses in sending our members to conferences like state and nationals. Our members did a phenomenal job with sales. The top sellers were Miah Handley with 50 boxes sold, Yahya Harris and LoReena Schauda each sold 34 Butter Braids. Miah earned \$50 cash for selling the most!

The Wolf Den has been busy at the start of the year and our sales have been popular. The officers will be working on marking down a few more items and would like to order a new long sleeve shirt and crewneck sweatshirt, along with a few other possible additions. We are open during all home games and events and can also open upon request! Recommendations for new items are encouraged!

FBLA is involved with the Custer County Food4Youth Challenge that runs until Wednesday, Sep 25th. We are having a competition in school with the top class in elementary and also top class in jh/hs receiving an ice cream party for the most food items collected. All donations (food and monetary) will go to the backpack program and help us earn the Feed Nebraska ribbon at the State Conference. Also, be on the lookout for flamingos in yards in the area as a fundraiser for the FBLA Foundation and March of Dimes. The Fall Leadership Conference will be held in Kearney on Tuesday, September 24th for our officers.

We are excited to see what the upcoming year brings! The Sargent FBLA chapter is starting strong and we have our supportive and caring community to thank! We appreciate all that you do and look forward to working with you in the future! Thank you!



Alli Smith, Reporter

Loup Basin Public Health Dept.

Calendar

October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>9:00am: Flu Shot Clinic @ VCHS Foot Clinic- Loup City</p> <p>10:00am: Flu Shot Clinic @ Arnold Public School</p> <p>1:00pm: Flu Shot Clinic at First Nebraska Bank in Arcadia</p>	<p>2</p> <p>9:00am: Flu Shot Clinic @ VCHS Foot Clinic- St. Paul</p> <p>1:00pm: Flu Shot Clinic @ VCHS Foot Clinic- Wolbach</p>	<p>3</p> <p>1:00pm: Flu Shot Clinic @ Ord St. Mary's School</p>	<p>4</p> <p>9:00am: Flu Shot Clinic at Broken Bow High School</p> <p>12:30pm: Flu Shot Clinic at North Park Elementary School</p>	<p>5</p>
<p>6</p>	<p>7</p> <p>10:30am: Flu Shot Clinic at Callaway School</p>	<p>8</p> <p>1:00pm: Flu Shot Clinic @ VCHS Foot Clinic- Comstock</p>	<p>9</p> <p>9:00am: Flu Shot Clinic @ VCHS Foot Clinic- Ansley</p> <p>1:00pm: Flu Shot Clinic @ VCHS Foot Clinic- Litchfield</p>	<p>10</p> <p>10:00am: Flu Shot Clinic at Grocery Kart in Broken Bow</p> <p>10:30am: Flu Shot Clinic at Prairie Pioneer in Broken Bow</p> <p>12:30pm: Flu Shot Clinic at City of Broken Bow</p>	<p>11</p>	<p>12</p>
<p>13</p>	<p>14</p> <p>Closed for Columbus Day</p>	<p>15</p> <p>9:30am: Flu Shot Clinic at Sargent School</p> <p>11:30am: Flu Shot Clinic at Burwell Red Cross</p> <p>1:00pm: Flu Shot Clinic @ VCHS Foot Clinic- Arcadia</p>	<p>16</p> <p>9:00am: Flu Shot Clinic @ VCHS Foot Clinic- St. Paul</p> <p>1:00pm: Flu Shot Clinic @ VCHS Foot Clinic- North Loup</p>	<p>17</p> <p>9:00am: Flu Shot Clinic at Anselmo/Merna School</p> <p>10:00am: Flu Shot Clinic at Custer Courthouse</p> <p>12:30pm: Flu Shot Clinic at Sandhills School</p>	<p>18</p>	<p>19</p>
<p>20</p>	<p>21</p> <p>9:00am: Flu Shot Clinic at Region 26</p> <p>10:30am: Flu Shot Clinic at Loup County School</p>	<p>22</p> <p>9:00am: Flu Shot Clinic @ VCHS Foot Clinic- Sargent</p> <p>9:30am: Flu Shot Clinic at Farmers Merchants Bank</p> <p>1:00pm: Flu Shot Clinic @ VCHS Foot Clinic- Ord</p>	<p>23</p> <p>1:00pm: Flu Shot Clinic @ VCHS Foot Clinic- Burwell</p>	<p>24</p> <p>8:30am: Flu Shot Clinic at Central Valley Wolbach School</p> <p>10:00am: Flu Shot Clinic at Central Valley Elementary School</p> <p>1:00pm: Flu Shot Clinic at Central Valley High School</p>	<p>25</p>	<p>26</p>
<p>27</p>	<p>28</p>	<p>29</p> <p>1:00pm: Flu Shot Clinic at Loup City School</p>	<p>30</p> <p>7:30am: Flu Shot Clinic at Centura School</p> <p>10:30am: Flu Shot Clinic at Elba School</p> <p>11:00am: Flu Shot Clinic at Loup City Red Cross</p>	<p>31</p>		

Helping Children Learn[®]

Tips Families Can Use to Help Children Do Better in School

Title I-Educational Service Unit 10

ELEMENTARY SCHOOL



October 2024

Read aloud regularly to build skills and reading comprehension

Whether your child is just learning to read or is reading whole books with ease, read alouds with you provide skill-boosting benefits. When you read aloud, you can introduce and explain words and ideas that are new to your child. And everything you read together adds to your child's storehouse of knowledge—which helps with comprehension of future reading.



As you read aloud, help your child:

- **Build vocabulary.** Define the words your child doesn't know. Together, think of words that have a similar or opposite meaning.
- **Sharpen listening and thinking skills.** After you read a passage, have your child summarize it. Ask specific questions—*What did the main character do? Where did the action take place? How did the other characters feel about it?*
- **Practice recalling.** Before you start on a new chapter of a book you've been reading together, ask your child to tell you about what was happening in the story when you stopped reading last time.
- **Boost word recognition.** Stop reading from time to time and ask your child to read a sentence or two to you. Help your child sound out unfamiliar words and then read the sentences again.



Support a healthy frame of mind

Mental well-being is important for success in school. It makes it easier for children to cooperate with others, behave appropriately and do their best academically. To support your child's mental well-being:

- **Focus on essentials:** good nutrition, adequate sleep and exercise. These are key to overall wellness.
- **Laugh together.** Encourage family members to share funny stories, memes and jokes.
- **Talk about the good things.** At mealtime, have everyone take turns sharing something positive that happened that day.
- **Practice stress relief.** Teach your child to take deep breaths, go for a walk or listen to relaxing music when feeling anxious or stressed.
- **Stay connected.** Listen when your child shares concerns, and offer reassurance. If you become worried about your elementary schooler, consult a school counselor or pediatrician.

Sleep is crucial for learning

Too little sleep negatively affects your child's ability to plan, solve problems, control mood and behavior, pay attention and retain information. To promote healthy sleep, help your child get plenty of fresh air and exercise during the day. Set a technology curfew one hour before bed. Then, stick to a bedtime schedule that lets your child get nine to 12 hours of sleep each night.

Plan to attend a conference

At a parent-teacher conference, you will get helpful information specifically about your child. For the most benefit:



- **Prepare.** Make a list of things to tell the teacher about your child. Ask your child if there is anything you and the teacher should discuss. Also list your questions—about your child's strengths, weaknesses, friendships, etc.
- **Maximize time.** Arrive on time. Take notes on your child's progress. Make a plan with the teacher to address concerns.
- **Report back** to your child. Share positive comments as well as the teacher's suggestions and how you will carry them out.

Set weekly learning goals

Setting short-term goals and experiencing the thrill of achieving them can help your child stay motivated. Each week, help your child:



1. **Choose one goal** at the beginning of the week, and write it down.
2. **Plan steps to take** to achieve the goal.
3. **Brainstorm solutions** for any snags that crop up along the way.
4. **Evaluate what worked** and what didn't and set a new goal.



How can I help my shy child reach out and make friends?

Q: Shyness is making it difficult for my first grader to make friends at school. What can I do to help?

A: Having friends at school increases students' sense of belonging. It takes self-confidence to make them easily. While you can't change your child's personality, you can help your student build confidence when speaking and working with others.

This kind of self-confidence comes with practice. Help your child:

- **Rehearse things to say.** Say, "Let's pretend you're at recess. Lucas and Jack are playing a fun game you want to join. What could you say?" At first, have your child pretend to be one of the other children, while you pretend to be your child. Then, change roles.
- **Think about what good friends** do and don't do. Read and discuss books about friends together. Thinking about what makes a good friend can help your child identify someone in class who could be one.
- **Get to know a classmate.** Invite one child over to play with your child. Interacting with one person may be more comfortable than a crowd.
- **Meet children with similar interests.** Does your child like art? The outdoors? Look for activities at a community or nature center. Learning about interests with kids who like them too can make it easier to make friends—and build your child's confidence to make friends at school.



Are you helping your child recover after setbacks?

It's natural to want to protect your child from failure. But overcoming setbacks and disappointments teaches students valuable lessons. Are you helping your child learn to cope when problems arise? Answer *yes* or *no* below:

1. **Do you tell** your child that setbacks are common, and they are usually temporary?
2. **Do you let** your child try to solve problems rather than jumping in to help right away?
3. **Do you offer** your child more positive ways to view the situation? "You didn't ace your test, but you earned a higher grade than last time!"
4. **Do you help** your child brainstorm things to do differently next time?
5. **Do you talk** about your own mistakes and how you are going to fix them?

How well are you doing?

More yes answers mean you are helping your child keep moving forward. For each no, try that idea.

"Challenges are inevitable, defeat is optional."

—Roger Crawford

Show that math matters

To help your child understand why learning math is important, demonstrate how essential it is in everyday life. Involve your child when you:

- **Follow recipes.** Let your child help with measuring and weighing. Talk about fractions, adding and dividing.
- **Go places.** Before leaving, measure the air pressure in your car or bike tires together. Calculate the distance you'll travel, and how long it will take.
- **Shop.** Help your child use a calculator to keep a running tally of purchases and figure out prices after coupon discounts.
- **Save money.** Choose a family goal to save for. How much can you save a week? How long will it take to reach your goal?



Discuss respectful behavior

A positive learning environment is founded on respectful behavior. Explain to your child that for students, this includes:

- **Listening** and paying attention.
- **Raising hands** and waiting to be called on by the teacher.
- **Accepting corrections** and directions from the teacher without creating a fuss.

Prevent procrastination

Your child probably likes some subjects more than others, and that's OK. But it's not OK to put off schoolwork in the less-liked subjects. Remind your child that:

- **Everyone has to do** things they don't like. Give an example from your life.
- **Putting tasks off** makes them seem worse.
- **Finishing tough tasks** feels great!

Source: R. Emmett, *The Procrastinating Child*, Walker Books.

Helping Children Learn®

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News from the School Nurse

Student Illnesses

School office staff (school nurse, principal, or secretary) will notify parents when a student needs to be sent home from school due to illness. Conditions requiring a student be sent home include: temperature of 100 degrees Fahrenheit or greater, vomiting, diarrhea, unexplained rashes, live head lice, a determination by the school nurse that the child's condition prevents meaningful participation in the educational program, presents a health risk to the child or others, or that medical consultation is warranted unless the condition resolves.

Staying Home When Sick

Staying home when sick can lower the risk of spreading infections. Under routine circumstances, some illness spread among school communities is expected. In general, children with improving symptoms should be able to participate in school.

If a child's needs while sick with an infectious illness would interfere with school staff's ability to teach and care for other students, the child should stay home. Schools must balance the risk of infectious disease spread with educational, social, and mental health needs of children when determining when students should stay home.

Schools, parents, and caregivers often do not know what specific illness a child may have; rather, children present with symptoms. If someone has the following symptoms, they should stay home because their illness could affect their ability to participate in school and there is concern that they might spread an infection to staff and students.

- Fever, including a fever with a new rash.(100 F)
- Vomiting more than twice in the preceding 24 hours.
- Diarrhea that causes 'accidents', is bloody, or results in greater than two bowel movements above what the child normally experiences in a 24-hour period.
- Skin sores that are draining fluid on an uncovered part of the body and are unable to be covered with a bandage.
- Respiratory virus symptoms that are worsening or not improving and not better explained by another cause such as seasonal allergies.



Time Out



Keeping your child and other kids healthy!

The best way to prevent the spread of germs is to get your kids to wash their hands often, even when they feel well.

Keep your child at home if they have any of the following:

- fever (temp over 37.5°C)
- stomach ache with vomiting
- stomach ache with diarrhoea (3 or more times in 24 hours)
- cough with fever
- body sores or rash with fever
- sore eyes with pus or thick mucus
- sore throat with fever
- no appetite, are tired, pale, cranky, or not feeling well.

Viral illnesses are often contagious **BEFORE** your child shows any symptoms of being sick.



Working with your early childhood education centre or school

Your child care centre, kindergarten, preschool or school is required by law (*Public Health Act 2005*) to exclude children with certain infectious diseases until the child is well and/or has been cleared by a doctor to return to care/school.

Exclusion protects children from getting diseases from a sick child.



Exclusion rules will help your own child to stay healthy.



Gastroenteritis occurs often in young children. It is highly infectious and can be passed from person to person very easily.

What to do if your child has gastro:

- Look after your child at home.
- Keep your child away from other children until the diarrhoea has stopped.
- Your baby or child is infectious so wash your hands well with soap and warm water, particularly before feeding and after nappy changes.

Your child cannot return to care for at least 24 hours or longer for some gastro illnesses.

2024

OCTOBER

Breakfast Menu

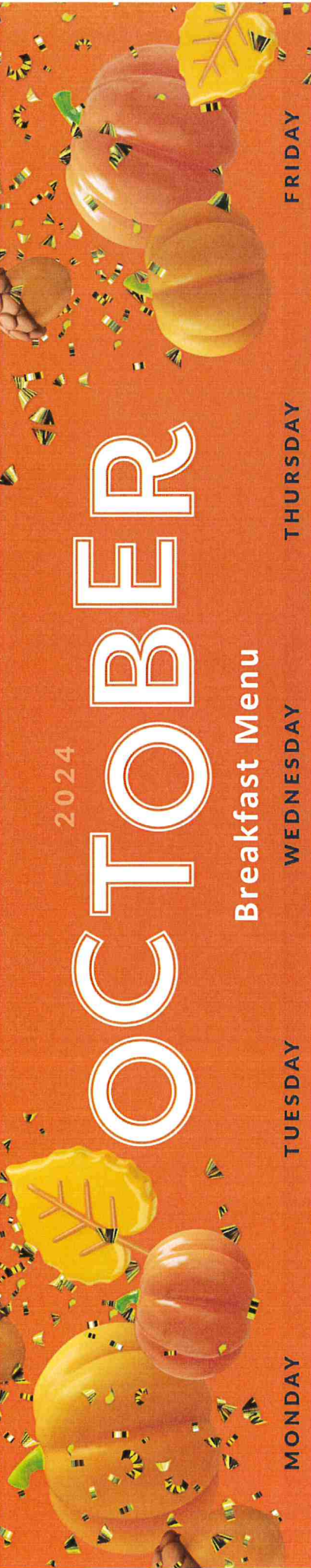
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



<p>7</p> <p>Cereal – toast Or pancake Juice – fruit Milk - yogurt</p>	<p>1</p> <p>French toast Sausage or egg Juice - fruit Milk - yogurt</p>	<p>2</p> <p>Pop tart – PBJ Or protein ball Juice – fruit Milk - yogurt</p>	<p>3</p> <p>Pizza or Omelet w/ toast Juice – fruit Milk – string cheese</p>	<p>4</p> <p>Cereal or Donut Juice – fruit Milk - yogurt</p>
<p>14</p> <p>Cereal – toast Or pancake Juice – fruit Milk - yogurt</p>	<p>8</p> <p>French toast Egg or sausage Juice – fruit Milk - yogurt</p>	<p>9</p> <p>Pop tart – PBJ Or protein ball Juice – fruit Milk - yogurt</p>	<p>10</p> <p>Breakfast sandwich Or omelet w/ toast Juice – fruit Milk - yogurt</p>	<p>11</p> <p>Cereal or Muffin Juice – fruit Milk - yogurt</p>
<p>21</p> <p>Cereal – toast Or pancake on a stick Juice – Fruit Milk - Yogurt</p>	<p>15</p> <p>French toast Egg or sausage Juice – fruit Milk - yogurt</p>	<p>16</p> <p>Pop tart – PBJ Or granola bar Juice – fruit Milk - yogurt</p>	<p>17</p> <p>Cereal or muffin Juice – fruit Milk - yogurt</p>	<p>18</p> <p>Fall Break – No School</p>
<p>28</p> <p>Cereal – toast Or pancakes Juice/fruit Milk-yogurt</p>	<p>22</p> <p>French Toast Egg or Sausage Juice – Fruit Milk - Yogurt</p>	<p>23</p> <p>Pop Tart – PBJ Or Protein Ball Juice – Fruit Milk - Yogurt</p>	<p>24</p> <p>Sausage Gravy w/Biscuit Or Omelet w/Toast Juice – Fruit Milk - Yogurt</p>	<p>25</p> <p>Cereal or Cinnamon Roll Juice – Fruit Milk - Yogurt</p>
<p>29</p> <p>French Toast Egg or sausage Juice – fruit Milk/yogurt</p>	<p>30</p> <p>Pop tart – PBJ Or protein ball Juice – fruit Milk - yogurt</p>	<p>31</p> <p>Burrito or omelet w/ toast Juice/fruit Milk/yogurt</p>		

2024

OCTOBER

Lunch Menu

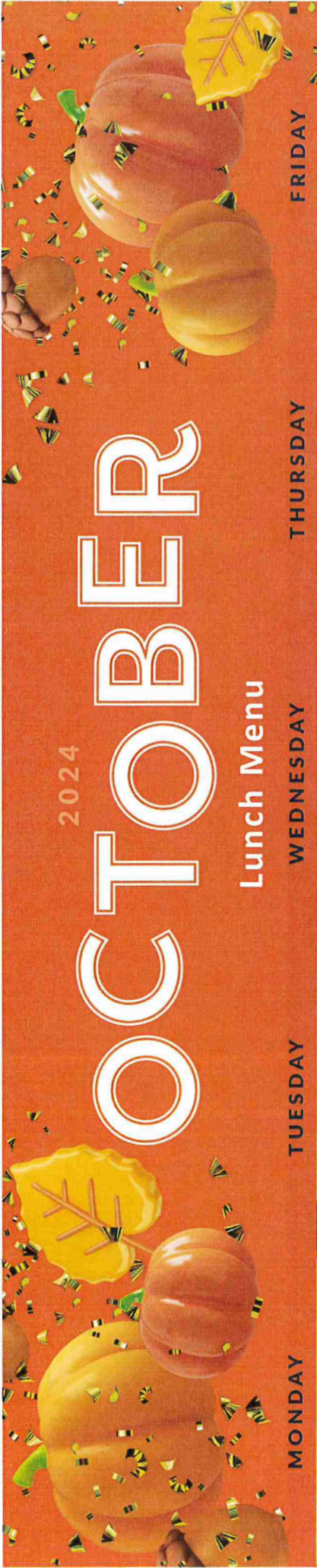
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



<p>7</p> <p>Taco w/ lettuce-cheese-salsa corn fruit cup milk</p>	<p>1</p> <p>Roast beef or ham Mashed potatoes w/ gravy Fruit / berry crisp Dinner roll milk</p>	<p>2</p> <p>Chicken & rice or Vegetable beef soup w/ cheese crackers fruit cup dinner roll milk</p>	<p>3</p> <p>Spaghetti w/ meat sauce Green beans Fruit cup Garlic bun / string cheese milk</p>	<p>4</p> <p>Sub sandwich Chips Fruit cup milk</p>
<p>8</p> <p>Chicken noodle Mashed potatoes Fruit cup / strawberry cake Dinner roll milk</p>	<p>8</p> <p>Chicken noodle Mashed potatoes Fruit cup / strawberry cake Dinner roll milk</p>	<p>9</p> <p>Turkey Sandwich Taters Fruit Cup Milk</p>	<p>10</p> <p>Chicken nuggets Green beans Fruit cup Dinner roll milk</p>	<p>11</p> <p>Corndog or plain dog Chips Baked beans Fruit cup milk</p>
<p>14</p> <p>Burrito w/ lettuce-cheese-salsa green beans fruit cup milk</p>	<p>15</p> <p>Pizza Corn Fruit cup – apple crisp milk</p>	<p>16</p> <p>Chili or ham & bean soup w/ crackers & cheese fruit cup cinnamon roll milk</p>	<p>17</p> <p>Chicken sandwich Chips Baked beans Fruit cup milk</p>	<p>18</p> <p>Fall Break – No School</p>
<p>21</p> <p>Pig In the blanket or Runza Taters Fruit cup milk</p>	<p>22</p> <p>Creamed chicken w/ biscuit Mashed potatoes Fruit / peach crisp milk</p>	<p>23</p> <p>Chicken & rice or vegetable beef w/ crackers & cheese fruit cup dinner roll milk</p>	<p>24</p> <p>Lasagna or macaroni & cheese Green beans Fruit cup Garlic bun milk</p>	<p>25</p> <p>Hot ham & cheese Chips Baked beans Fruit cup milk</p>
<p>28</p> <p>Chicken Nuggets Cheesy Green Beans Fruit cup Dinner Roll Milk</p>	<p>29</p> <p>Chili Cheese Fries Or stuffed potatoes Fruit- cake Milk</p>	<p>30</p> <p>Chicken Noodle soup w/ crackers & cheese Fruit cup Dinner roll Milk</p>	<p>31</p> <p>Tater tot casserole or Cheesy potatoes w/ ham Broccoli Fruit cup Dinner roll Milk</p>	<p>[</p>

Sargent Public Schools

Calendar

October 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		8:00am: CC District Entry (Oct 7)	CC District Entry (Oct 7)	VB Parents Night CC District Entry (Oct 7) 8:30am: School Pictures 4:00pm: Cross Country @ Atkinson West Holt 5:00pm: Varsity Volleyball Triangular Home (S) vs Sandhills Valley and South Loup	12:00am: CC District Entry (Oct 7) 7:00pm: Varsity Football vs Central Valley @ Wolbach	12:00pm: Varsity Volleyball Triangular vs Mullen & Cody Kilgore @ Mullen
6	7	8	9	10	11	12
	6:00pm: JV Volleyball Home (S) vs Ord	Cross Country MNAC @ Arnold Meet Time TBD 7:00pm: School Board Meeting		5:00pm: Varsity Volleyball Triangular vs Burwell & Riverside @ Burwell Time TBD	End of 1st Quarter 3:00pm: Varsity Football vs Anselmo/Merna @ Merna	9:00am: JH VB Tourney
13	14	15	16	17	18	19
	8:00am: Volleyball District Entry (Oct 20th) 2:30pm: JH VB vs Sandhills Thedford 2:30pm: JH FB vs Sandhills Thedford 4:15pm: JV Football vs Sandhills / Thedford @Dunning 4:15pm: JV Volleyball vs Sandhills Thedford	Volleyball District Entry (Oct 20th) 9:30am: Flu Shot Clinic	Auditors Volleyball District Entry (Oct 20th)	MNAC Volleyball Tournament Cross Country Districts TBD Volleyball District Entry (Oct 20th) 1:00pm: Dismissal - Inservice	No School- Fall Break Football Parents Night 12:00am: Volleyball District Entry (Oct 20th) 5:00pm: Hamilton Telephone Tailgate Party 7:00pm: Varsity Football Home (S) vs Burwell (Football Parents Night)	MNAC VB Consolations & Finals
20	21	22	23	24	25	26
	No School - Staff Development 3:00pm: JH VB vs Anselmo Merna 4:00pm: JH FB vs Anselmo Merna 5:00pm: JV VB vs Anselmo Merna	5:00pm: Varsity Volleyball Triangular vs SEM & Arcadia/Loup City @ Loup City	National FFA Convention	1st Round of Football Playoffs TBD National FFA Convention	State Cross Country- TBD National FFA Convention	National FFA Convention
27	28	29	30	31		
	Varsity Volleyball Subdistricts TBD	Varsity Volleyball Subdistricts TBD Spanish Trip				