

Sargent Public School

December Newsletter

FBLA News

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It was another busy yet exciting month for the Sargent FBLA Chapter! The March of Dimes Committee discussed ways to educate students about helping families with premature babies. On Thursday, November 21st, the Sargent FBLA Chapter encouraged students and staff to wear purple. World Prematurity Day is held on November 17th, however that was on a Sunday and there were events that took students out of school Monday through Wednesday so we went with Thursday. World Prematurity Day is a movement to raise awareness of premature birth.



With Christmas right around the corner, the Wolf Den is ready to help you with your Christmas shopping. We will have an online Wolf Den open in the coming week for those not able to make it into the Wolf Den to shop in person. This will be posted on our facebook page. We should be getting new arrivals by the 10th of December, which is right before our first home wrestling and basketball games. These items include: black t-shirts for adult and youth, gray long-sleeve t-shirts, maroon crewneck sweatshirts, a maroon and gray trucker hat, and a gray fleece ¼ zip long sleeve shirt/sweatshirt. We have discounted some of our older items. The Wolf Den is open during all home events in Sargent or by appointment by calling Jan Osborn at (308) 215-8009. Thank you for supporting Sargent FBLA!

Alli Smith, FBLA Reporter

FBLA NEWS

The FBLA has been staying busy, especially with community service! We were involved in the Custer County Food4Youth Challenge raising 213 food donations and \$82 in monetary donations! We chose to hold an elementary and junior high/high school class challenge to see which class could donate the most food. The elementary classes donated 133 food items and the junior high/high school donated 62 items. We also had boxes out before a football game and collected mostly monetary donations and gave out \$1.00 coupons to the concession stand for donating that night. Thank you to everyone who donated!



The Flamingo Frenzy is a fun way to raise money for one of our projects and this year, we will give our donations to the Nebraska FBLA Foundation Trust. We receive a ribbon for giving to the foundation at the State Leadership Conference and the money is used for speakers, scholarships, and stipends to students that make it to Nationals. As of October 30th, we have brought in \$55 thanks to the community and these cute flamingos!



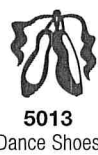
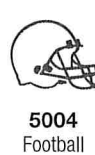
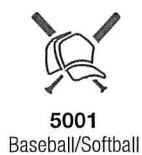
We are planning to purchase some new items for the Wolf Den to hopefully be received before Christmas. We are also considering having an online store open for 2-3 weeks for those that would rather purchase that way. We want to add new long sleeve shirts and crewneck sweatshirts, but if you have an idea, please let an officer know. We have also discounted some items.

October also brings out the creative spirit in students. We had members sign up to judge elementary student's Halloween costumes and decorated pumpkins, as well as walk classes down main street to show off their costumes in the costume parade.

Alli Smith, Reporter

2025 PERSONALIZATION ICONS

Jostens



Helping Children Learn[®]

Tips Families Can Use to Help Children Do Better in School

Title I-Educational Service Unit 10



December 2024

Practice skills that help students in the upper grades and beyond

In the upper grades of elementary school, students are learning and developing the skills that will help them handle more challenging content and the responsibility for learning it. To reinforce these skills at home, help your child learn to:



- **Manage time.** Recommend productive ways to use small amounts of time. In the 10 minutes before dinner is ready, your child could practice recalling multiplication facts. On the drive to basketball practice, your child could make a supply list for a project.
- **Stay organized.** Emphasize the importance of writing school assignments and events, such as Spirit Week, in a planner, and reviewing it every day. Suggest ways to organize school papers so your child can find them easily, then schedule a weekly school bag and study space tidy-up.
- **Take notes.** Your student can practice this while reading at home. Have your child identify and write down key words and information, then summarize the essential points in the chapter or passage.
- **Think ahead.** Help your child plan and schedule time to complete projects and study for tests. Start by having your child brainstorm lists of everything that will need to be completed. Then together, mark times on the calendar when your child will complete each task.



Exercise strengthens learning ability

Making sure your child gets plenty of daily exercise is important to support learning as well as health. Studies show that adding daily aerobic activities can improve children's impulse control, working memory and mental flexibility. These cognitive abilities all boost school performance.

To raise your child's activity level:

- **Exercise together.** Bundle up and head to the park for a brisk walk on a Sunday afternoon. Or, pretend to be mountaineers and reach and climb on the stairs.
- **Suggest active games** when your child's friends come to play, such as tag, jumping rope, Simon Says or Red Light, Green Light.
- **Pause screen time.** Have your child take fitness breaks when watching TV or videos. How many sit-ups can your child do while an ad plays?
- **Let your child see** that you also exercise daily to stay fit.

Source: T. Ishihara and others, "Baseline Cognitive Performance Moderates the Effects of Physical Activity on Executive Functions in Children," *Journal of Clinical Medicine*, MDPI.

Rally cooperation at home

To foster a willingness to cooperate in your child, try these strategies teachers use to keep a class full of students on task:

- **Add excitement** to ordinary tasks. Put on some music and clean up to the beat.
- **Use silent signals.** Flick the lights on an off to give a five-minute warning before bedtime.
- **Ask your child** to do meaningful tasks that benefit your family.

Make a game of research

Elementary schoolers may be comfortable with computers, but they still need help developing online research skills. Here's a family contest that can make it fun:



- **Choose a famous** person or event from history.
- **Brainstorm key words** together that could make searching for information about the person or event more effective.
- **Give everyone** 15 minutes to search online for interesting facts.
- **Share what you each learned** and vote on the fact that surprised, fascinated or intrigued family members the most.

Unlock geography's secrets

No subject is more "real-world relevant" than geography. To begin to orient your child in geography, talk about direction. Take a local map outside together. Use it to show your child which way is *north*, *south*, *east* and *west*, as well as *northeast*, *northwest*, *southeast* and *southwest*. Then, take turns describing where things in your town are in relation to other things. "The library is *southeast* of the fire station." "My school is *north* of my house."



Clowning isn't really funny

Constantly disrupting class with jokes, silliness and body sounds can negatively affect students' learning and relationships with classmates. If your child is clowning around:

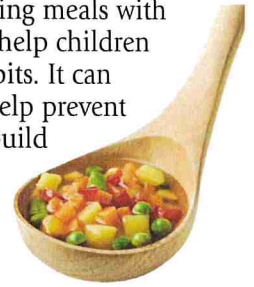
- **Look for the reason.** Sometimes kids want attention or to impress other kids. Or, they may want to cover up academic shortcomings.
- **Talk with the teacher** about what may help. A child who needs help settling down after recess might be assigned to hand out worksheets, for example.
- **Talk with your child** about when it's OK to be silly and when being funny is actually being disrespectful.

Source: L.A. Barnett, "The Education of Playful Boys: Class Clowns in the Classroom," *Frontiers in Psychology*, Frontiers.

Family meals feed success

Research shows that eating meals with family does more than help children learn healthy eating habits. It can also relieve stress and help prevent mental disorders, and build communication skills.

To maximize results, turn off distracting digital devices. Include your child in mealtime conversation and avoid arguing or criticizing. It's OK to be flexible about which meals to enjoy together, but try to gather around the table at least a few times a week.



Source: E.J. Curran, "Science-Based Benefits of Family Mealtime," Parents.

Offer a daily morale boost

Children who succeed in school believe in themselves. They know their families believe in them, too. Each day, praise at least one thing your child has done well. Talk about what your elementary schooler did to achieve a positive outcome. And try to forget at least one of your child's mistakes.

Helping Children Learn[®]

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Q&A How much help should I be giving with schoolwork?

Q: My child asks me so many questions whenever there's schoolwork to do at home. I'm worried that I help too much. Where should I draw the line?

A: Whether the topic is ancient Greece or the times tables, your child is not only learning facts, but is also learning *how* to learn. To promote both kinds of learning:

- **Make a rule** that your elementary schooler has to *try* every assignment question before asking you questions. Suggest starting with the easiest ones first to boost your child's confidence.
- **Let your child ask for help** when really stuck. Then, keep this goal in mind: Students don't simply need correct answers. They need to learn *how* to figure out what the answers should be.
- **Offer guidance** instead of solutions whenever possible. For example, if your child asks how to spell something, suggest getting out a dictionary. Show your child how to look words up.
- **Review your child's work** together. Don't let your student just hand it to you and walk away. Praise progress and correct work, then address trouble spots by asking questions. "Can you see anything in question four that needs to be fixed?"
- **Contact the teacher** to ask about other ways to support and encourage independent learning.



Parent Quiz

Are you staying in touch with the school?

Two-way communication between families and schools strengthens the teamwork that helps students succeed. Are you communicating in ways that support your child's learning? Answer *yes* or *no* to the questions below:

___ **1. Have you met** with your child's teacher at least once this year?

is struggling, do you ask the teacher how to help?

___ **2. Do you read** the information that the school sends home and ask questions if anything is unclear?

How well are you doing?

More yes answers mean you are working with the school to help your child learn. For each no, try that idea.

___ **3. Do you talk** with your child each day about school and what the class is doing?

___ **4. Do you ask** for the teacher's point of view if something your child says concerns you?

___ **5. Do you review** your child's schoolwork? If your student

"In many ways, effective communication begins with mutual respect, communication that inspires, encourages others to do their best."
—Zig Ziglar



10 Tips for Managing **Mental Health** & The Holidays

1. Be Practical and Sensible
2. Protect Your Time
3. Steer Clear of Drama
4. Don't Overreach Financially
5. Practice Moderation
6. Stay Healthy
7. Have an Exit Plan
8. Avoid Isolation
9. Set Realistic Expectations
10. Take Care of Yourself



From Nurse Linda - enjoy the Holidays and stay healthy!!)

Here are 10 Tips for Managing Mental Health and the Holidays

There are so many ways to practice good mental health during the holidays, or any time of the year.

Some work better than others and each person is different, so it's important to find the ones that are most effective and focus on those.

Here are suggestions that have worked well for others and they are timely for end of the year festivities.

Tips for Good Mental Health to Get Through the Holidays

1. Be Practical and Sensible

Don't expect to be filled with joy just because every commercial says that's how we should feel at this time of the year. It's simply not practical or sensible to do what you think you're "supposed" to do as a result of the holidays.

We may be dealing with a recent loss, struggling with physical health, or coping with a troubled relationship. Whatever the situation, life doesn't stop happening during the holidays.

2. Protect Your Time

The sheer number of parties and gatherings this time of year can overcome even the most organized people, especially for working couples with professional obligations.

Trying to get to them all can add unneeded stress to our days, so understand it's okay to decline some invitations.

Yes, this may mean missing a holiday party or two, but that also frees up your time to attend any gatherings that will truly bring joy and surrounds you with people you really care about, and who care about you.

3. Steer Clear of Confrontation or Drama

As an addendum to protecting your time, avoid any social situations where there are potentially bad feelings with others. The worry and fear of going to a social setting where there may be a problem is not worth it.

Certainly, there may be time for healing a damaged relationship, but it is unlikely that it will be at a holiday party where people are drinking and emotions can flare.

4. Don't Overreach Financially

We all want to be the bearers of beautiful, and sometimes expensive, gifts. That might not be feasible at this particular time though, and that's okay.

A small, but thoughtful gift or even a handwritten card to someone important to us can be just as inspiring a present as something pricier. The idea that we should take on debt to satisfy what's often passed off as tradition only causes more stress and worry.

5. Practice Moderation and Don't Overdo It

Abundance is on full display during the holidays and it can be incredibly easy to stay out late, hit multiple parties in one night, or drink and eat to excess, all of which can lead to feeling sluggish, hung-over, and generally in a bad mood.

Practicing a little moderation can help us protect our overall mental health during the holidays. By not burning the candle at both ends, we're able to reserve our energy and stay mentally health to make better choices.



6. Stay the Healthy Course

To piggyback on not overdoing it, it's easy to let go of some of our healthier habits during the holidays, especially if we're traveling. If at all possible, try to keep a normal and healthy routine.

This doesn't mean you have to find a gym and workout every day if on the road traveling, but try to get in a brisk walk each day, find a quiet moment to meditate, avoid drinking too much alcohol, and get restful sleep.

7. Have an Exit Plan

If there's an event you're obligated to attend for professional reasons, or a gathering you may not particularly want to be at, create an exit plan ahead of time and stick to it.

Make the rounds to speak with everyone you need to see and then leave at the time you set. Let everyone know you have other obligations but wanted to see them, even if it was for a short time.

Another exit plan example may mean preparing transportation for yourself if you plan to drink alcohol while out, so you don't compromise your own safety or others by driving under the influence.

Making a plan ahead of time for whatever situation you expect to encounter will reduce the stress of dealing with almost any type of situation. This simple approach works well for decreasing unnecessary anxiety.

8. Avoid Isolation

While some people stress over having to see too much of family and friends, others may struggle with not having a large social circle or a close-knit family.

It's also common for some to shut down during the holidays and "shut in" as a way of avoiding social interaction.

In these cases, it's healthy to find opportunities to be with others. This may mean volunteering at a local shelter, food bank, or a toy drive for kids. Being of service to others provides an incredible boost to our mental health during the holidays.

9. Set Realistic Expectations

Some individuals experience pressure and stress from hosting family or friends, throwing a party, or being the most decorated house on the block.

Learning to set reasonable and realistic expectations is a productive way to avoid disappointment.

It's okay if the food wasn't perfect or not as many people attended our party as we hoped for. These things will be something to laugh about in the years to come, and are not worth worrying about right now.

10. Remember to Take Care of Yourself

If you're dealing with depression, anxiety, or any other mental health issues, remember to take care of yourself during the holidays.

Take steps to stay in your comfort zone, stay on any prescribed medications, and give yourself leeway to feel whatever you feel as it happens.

If the weather permits, get outside for some fresh air, exercise, and sunshine.

This is a good time of the year to continue with yoga, meditation, journaling, or simply focusing on "me time" for you.

Being grateful for the positive things or people in your life is a healthy way to focus on the good while staying clear of the bad.

Avoid Addiction Triggers For Sobriety and Good Mental Health During the Holidays

Struggling with a substance use disorder for drugs or alcohol during the holidays can be especially challenging.

For those already in recovery, particularly early recovery, make it a point to avoid old haunts and problematic friends.

Just because the holidays are upon us, it does not mean a visit home is necessary if there's a chance it may lead to addiction triggers.

If addiction triggers or cravings do appear, find a sober support group in your area and take the time to go to a meeting whenever possible or check in with a sponsor.

Make sure you have someone you can rely on at all times to call if you're feeling vulnerable.

Drugs and alcohol actually make stress, anxiety, and depression worse, so avoiding them can help improve mood and make it easier to stay positive with so much happening at this busy time of the year.

The holidays may not be the best time to quit using drugs or alcohol alone without a detox treatment program because withdrawal symptoms can be dangerous. But cutting back can certainly make it easier to deal with anxiety or depression.

After the holidays are over and things become more manageable, the timing might be better to begin a program of recovery.

Hopefully these tips for managing mental health and the holidays can make this time of year more enjoyable for anyone prone to the holiday blues.

DECEMBER

2024



MONDAY

TUESDAY

WEDNESDAY

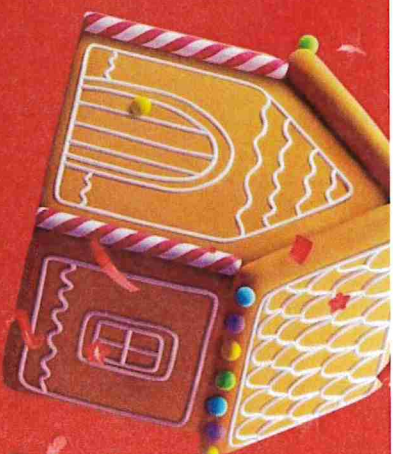
THURSDAY

FRIDAY

2 Cereal or Pancake on a stick Juice - Fruit Milk - Yogurt	3 French Toast Egg or Sausage Juice - Fruit Milk - Yogurt	4 Poptarts - PBJ Or Protein Ball Juice - Fruit Milk - Yogurt	5 Pizza or Omelet w/Toast Juice - Fruit Milk - Yogurt	6 Cereal or Muffin Juice - Fruit Milk - Yogurt
9 Cereal or Pancakes Juice - Fruit Milk - Yogurt	10 French Toast Egg or Sausage Juice - Fruit Milk - Yogurt	11 Pop Tart - PBJ or Protein Ball Juice - Fruit Milk - Yogurt	12 Cereal or Cinnamon Roll Juice - Fruit Milk - Yogurt	13 NO SCHOOL
16 Cereal - Toast or Pancakes Juice - Fruit Milk - Yogurt	17 French Toast Stix Egg or Sausage Juice - Fruit Milk - Yogurt	18 Pop Tart - PBJ or Protein Ball Juice - Fruit Milk - Yogurt	19 Burrito or Omelet w/toast Juice - Fruit Milk - Yogurt	20 Cereal or Muffin Juice - Fruit Milk - Yogurt
23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL
30 NO SCHOOL	31 NO SCHOOL			

This institution is an equal opportunity provider. Menu is subject to change. A variety of milk is offered each day.

2024 DECEMBER



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Lunch Menu

2 Burrito
w/lettuce, cheese, salsa
Green beans
Fruit cup
Milk

3 Pigs in the blanket or Runza
Chips
Baked beans
Fruit /strawberry cake
Milk

4 Grilled chicken wrap
w/lettuce, cheese, salsa
Corn
Fruit cup
Milk

5 Chicken & rice
or Potato soup
w/ crackers & cheese
Dinner Roll – cookie
Milk

6 Cheeseburger
French fries
Fruit cup
Milk

9 Pizza
Green beans
Fruit cup
Cookie
Milk

10 Chicken noodles
Mashed potatoes
Fruit/blueberry crisp
Dinner roll
Milk

11 Tater Tot casserole or
Macaroni & cheese
Broccoli
Fruit cup
Dinner roll
Milk

12 Chicken Philly's
Chips
Baked beans
Fruit cup
Milk

13 NO SCHOOL

16 Chicken Strip Wrap
w/Lettuce, Cheese, Salsa
Corn
Fruit cup
Milk

17 Turkey or Ham w/Stuffing
Mashed potatoes w/gravy
Fruit cup /Strawberry pie
Dinner roll
Milk

18 Chili w/crackers & cheese
Fruit cup
Cinnamon roll
Milk

19 Chicken Sandwich
Chips
Baked Beans
Fruit
Milk

20 Breakfast Only
11:30 Out

23 NO SCHOOL

24 NO SCHOOL

25 NO SCHOOL

26 NO SCHOOL

27 NO SCHOOL

30 NO SCHOOL

31 NO SCHOOL

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Calendar

<div style="display: flex; justify-content: space-between; align-items: center;"> December ▾ 2024 ▾ </div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 9:00am: Threat Assessment Training 1:00pm: JH Wrestling @ Sandhills/ Thedford	4 District One-Act TBD	5 7:30pm: Twin Loup Winter Music Winter Concert in Taylor	6 11:00am: Wrestling @ Ravenna Invite 6:00pm: Girls Varsity Basketball vs South Loup @ Callaway 7:30pm: Boys Varsity Basketball vs South Loup @ Callaway	7 4:00pm: Girls Varsity Basketball Home (LC) vs Sandhills/Thedford 5:30pm: Boys Varsity Basketball Home (LC) vs Sandhills/ Thedford
8	9 1:00pm: JH Wrestling @ Anselmo-Merna Invite	10 7:00pm: School Board Meeting	11	12	13 No School- Teacher Work Day 11:00am: Wrestling Twin Loup Invite @ Sargent 6:00pm: Girls Varsity Basketball vs Stuart @ Staurt 7:30pm: Boys Varsity Basketball vs Stuart @ Stuart	14 Boys Varsity Basketball Home (S) vs Brady Time TBD Girls Varsity Basketball Home (S) vs Brady Time TBD 10:00am: Wrestling @ Meridan invite @ Daykin
15	16 7:00pm: Sargent Elementary Christmas Concert	17 6:00pm: Girls Varsity Basketball Home (S) vs Palmer 7:30pm: Boys Varsity Basketball Home (S) vs Palmer	18	19	20 End of 1st Semester 11:30am: Dismissal- Christmas Break 5:00pm: Wrestling @ Ansley/Litchfield Quad (3Duals) 6:00pm: Girls Varsity Basketball vs Sandhills Valley @ Stapleton 7:30pm: Boys Varsity Basketball vs Sandhills Valley @ Stapleton	21 10:00am: Wrestling @ Cambridge Invite 3:30pm: Girls Varsity Basketball Home (LC) vs Riverside 5:00pm: Boys Varsity Basketball Home (LC) vs Riverside
22 NSAA Moratorium- Gym Closed	23 No School-Christmas Break NSAA Moratorium- Gym Closed	24 No School-Christmas Break NSAA Moratorium- Gym Closed	25 No School-Christmas Break NSAA Moratorium- Gym Closed	26 No School-Christmas Break NSAA Moratorium- Gym Closed	27 No School-Christmas Break	28 No School-Christmas Break
29 No School-Christmas Break	30 No School-Christmas Break 10:00am: Girls Varsity Basketball @ Elba Holiday Tournament 10:00am: Boys Varsity Basketball @ Elba Holiday Tournament	31 No School-Christmas Break 10:00am: Girls Varsity Basketball @ Elba Holiday Tournament 10:00am: Boys Varsity Basketball @ Elba Holiday Tournament				