November 2012

## PONCA PUBLIC SCHOOL

505 3<sup>rd</sup> Street, P O Box 568 Ponca, NE 68770

www.poncaschool.org

223 North John Street, P O Box 67 Jackson, NE 68743



#### Information from Joan M. Reznicek, Superintendent of Schools

There is plenty of information in the newsletter concerning the Ponca Elementary *PLAYGROUND*. We have applied for numerous grants to help defray the costs of establishing a new playground for the elementary children. Beth Foulks has included voting information with regards to the Clorox grant in which we could win \$50,000 specified for building a playground. PLEASE VOTE!! Thank you Beth Foulks and Nikki Carnell for working on those grants for us!!!

The flu and cold season has already come upon us at Ponca Public School. Please remember to call Patti in the elementary office or Judy in the high school office by 8:10 a.m. to let the respective office know of your child's absence for the day. Remember, your child must be without a fever for 24 hours before returning to school.

As the weather turns colder, please make sure your elementary child is dressed appropriately for school and recess. Please send gloves, a hat, a heavy coat, snow pants, and snow boots. We will go outside for recess on any day when the wind chill factor is 10 degrees or higher. We will use our best judgment and common sense about the amount of time the students stay outside. If for any reason your child needs to stay in from recess due to sickness, a parent can write a note for ONE DAY ONLY.

Does your high school student have a WINTER SURVIVAL KIT in his/her vehicle??

As the winter season begins, school MAY be dismissed due to inclement weather. Last year, the school purchased the rights to the SchoolReach System. The SchoolReach system will call the phone numbers that were given to the school as emergency contact numbers. If the individual does not answer his/her phone, a message will be left on voicemail. The system will also send text messages and emails if so desired. So PLEASE listen to the message or to your voicemail if there is a call from the school when there is inclement weather.

We will continue to issue the weather information to the local television stations concerning late starts, early dismissals, or complete cancellations. If at all possible, I try to make the decision for a late start or to close school in the evening to allow more planning time for parents/guardians.

#### **UPCOMING EVENTS:**

The Lewis & Clark Conference Vocal Clinic will be held in Walthill on Monday, November 5<sup>th</sup> with a concert at 7:00 p.m. Please attend to listen to the Conference Choir.

The Lewis & Clark Conference Quiz Bowl will be held at Wayne State College on November 7th.

On Thursday, November 8<sup>th</sup> at 10:00 a.m., Ponca Public Schools will have the **Veteran's Day Program**. The program will honor our past and present hero's who have fought for our freedom. The program is open to the public, so please come to honor our Veteran's.

There will be NO SCHOOL for the students on Friday, November 9th due to Teacher Professional Development.

The Lewis & Clark One-Act Play will be hosted in Ponca on Monday, November 19th.

Thanksgiving vacation will begin on Wednesday, November 21<sup>st</sup> at NOON. There will be NO school lunch on Wednesday. Thanksgiving vacation --- Thursday, November 22<sup>nd</sup> and Friday, November 23<sup>rd</sup>. Happy Thanksgiving!!!

The District One-Act Play Contest will be hosted in Ponca on November 26th.

<u>Christmas Vacation will begin with a 2:10pm dismissal on Friday, December 21st.</u>
<u>There will be a Teacher In-Service on Thursday, January 3rd.</u>

SECOND SEMESTER WILL START ON FRIDAY, JANUARY 4<sup>TH</sup>.

#### Notes from the High School

#### Ms. Rinas, Principal

"Red Ribbon Week started in 1985 when Kiki Camarena was killed during a drug investigation. He was trying to stop drug trafficking from Mexico into the United States. Camarena was kidnapped tortured and killed in 1985. After that happened his community wanted to honor him and started red ribbon week to educate the community on the dangers of drugs. Then in 1988, President Reagan made it a national week.

Ponca students celebrated "Red Ribbon Week" October 22-26. "De-Feet Drugs" was our theme for the week. Students were involved in several activities throughout the week to remind everyone the importance of living a healthy and drug free life. Students decorated classroom doors, decorated feet, wore crazy hair and learned of the dangers associated with abusing drugs.

When it comes to alcohol, tobacco and drug use among children, parents are the greatest prevention tool our community has. Listed below are "Ten Ways to Drug-Proof Your Child" from "We Can Keep Our Kids Drug Free for Life", Parade Magazine, 1/16/00, interview with Gen. Barry McCaffrey.

- 1. Set a family standard on drug and alcohol use: Tell your children the rules early in grade school and repeat them often. Live by them yourself.
- 2. Let kids know there are consequences and punishments for violating all family rules, like no car or TV. Make them clear and fair and enforce them.
- 3. Set aside time every day to talk with your kids about their lives, how they feel, what they think. Listen and care.
- 4. Help your children establish realistic personal goals in academics, athletics and social life. Then encourage and help them to achieve their goals.
- 5. Know your children's friends and spend time with them.
- 6. Get excited about the things your kids care about. Do fun things as a family.
- 7. Be aware. Find out the warning signs of drug abuse, from physical changes to hostility to loss of interest in school or hobbies, and watch for them.
- 8. Talk with your children about the future. Discuss responsibilities—yours and theirs.
- 9. Enjoy your kids. Make your home a happy, positive place.
- 10. Be a nosy parent. Ask your children questions, know where they are and who they are with. Let your children know you are asking because you love them.

The month of November is filled with music and drama events. On Monday, November 5, the vocal music students travel to Walthill for the Conference Music Clinic. Vocal music students will spend their day with a clinician rehearsing selected pieces of music. That night the conference vocal music students will perform in concert at 7:00 p.m. in the gym at Walthill. The public is invited to attend the concert. Congratulations are extended to Dustin Brewer, Jacob Oswald, Christiana O'Neill, Rachel Krause, Alexis Eifert and Lauren Brickett, for being selected for All State Music. All State alternates are Joshua Masin, Zachary Heaton, Spencer Criddle and Kianna Kramper. The public is invited to the All State Music Send-Off Rally on November 14, at 8:40 a.m. in the west gym.

We are excited to show-off our new fine arts theatre on November 19, when we host the Conference One-Act competition. Our One-Act cast under the direction of Jennifer Schindler will be performing "Laffin' School Reunion". The public may attend the Conference One-Act performances on November 19, in the Ponca Fine Arts Performing Center.

School will not be in session on Friday, November 9. The Ponca School faculty will be working on School Improvement in the morning. In the afternoon Chance Buss, NENCAC Prevention Specialist, will present the award winning training program, "Darkness to Light Stewards of Children", which teaches adults how to prevent, recognize and react responsibly to child sexual abuse.

## Elementary News

The first quarter flew by and that means the holiday season is just around the corner!

There is a problem with non-bus students arriving at school before their designated time of arrival. Non-bus students are arriving earlier and earlier as the school year continues. Students in Ponca should not arrive at school before 8:00am and students in Jackson should not arrive before 8:15am.

The Ponca Indian Football team is enjoying a banner season and marching on in the playoffs. Because of game times beginning in the early afternoon or long distances to travel, school could have early dismissals or late starts. Please realize the school does not have much control over the playoff schedule. Please check the school website or notes home from school regarding this information. We will do our best to keep you informed of developments.

With the winter season upon us it is important to be ready for school cancellations, late starts, and early dismissals. Please realize Jackson will follow the Ponca schedule concerning dismissals and cancellations. There will **not** be a separate announcement for Jackson Elementary. If Ponca has a two hour late start, classes in Jackson will begin 15 minutes after the start time in Ponca. Example: Two hour late start in Ponca means school in Ponca will begin at 10:10am which means school in Jackson will begin at 10:25am. If there is an early dismissal, Jackson will dismiss 20 minutes before Ponca. Example: If Ponca is dismissing at 1:30pm, Jackson will dismiss at 1:10pm.

Another winter weather concern is dressing the students appropriately for winter weather. Please make sure students have a coat, some type of snow pants, gloves, and something to cover their ears. The Ponca/Jackson Elementary will be going outside for recess on most days unless the weather is too severe.

We are having a problem with students wanting to stay in from recess because of illness. We understand there are times when students need to stay inside, but please do not abuse this situation. Studies show the fresh air is good for students; it causes them to be more alert and refreshed. If a student is too ill to go out for recess, they might be too ill to be in school. Students are not required to run at recess, they can do a variety of activities that are not strenuous.

As you know the flu season will be here soon. We have experienced a few incidents already with students coming to school sick. If your child is ill please keep them at home until their fever has gone away and they're symptoms have subsided. We will do everything in our power to combat the flu. We sanitize our lockers, desks, door handles, drinking fountains, and rest rooms routinely. We insist on hand washing often and protect against sharing items as much as possible. Please help by keeping your child home when they are feeling under the weather.

	Nove	mber Preschoo	ol Schedule	2
M	Т	W	TH	F
			1 Angelfish	2 Starfish
5 Starfish	6 Angelfish	7 Starfish	8 Angelfish	9 No School
12 Starfish	13 Angelfish	14 Starfish	15 Angelfish	16 Angelfish
19 Starfish	20 Angelfish	Starfish Early Dismissal @ 11:40	No School	No School
26 Starfish	27 Angelfish	28 Starfish	29 Angelfish	30 No Preschool- Assessment Day

Happy Thanksgiving,

#### **HOBY Leadership Workshop**

#### <u>Ponca School Sophomore Parents:</u> Great Leadership Opportunity for your Son or Daughter

It is time for Ponca School to nominate an outstanding sophomore leader to participate in the Hugh O'Brien Youth Leadership (HOBY) Workshop scheduled for May 31 – June 2, 2013, at Hastings College in Hastings, Nebraska.

As the nation's foremost youth leadership development organization — with more than 345,000 alumni — HOBY invites schools from every state in the nation to select a young student (sophomore) to attend a three-day interactive conference on leadership. During the conference students are introduced to distinguished leaders of business, technology, education, arts, science, media, and non-profit. HOBY participants enhance their leadership skills and discover that they are not alone in their desire to lead and to make their schools and communities better places.

Ponca High School sophomores are indeed fortunate as the participation in the conference is sponsored by the Bank of Dixon County. The BDC pays the \$150 registration fee and also provides \$50 to help defray travel expenses to the conference.

All sophomores are given an application to complete. Those students who return the completed application by the deadline are eligible for selection. A panel of P.H.S. teachers review and score the applications. The applicant with the highest score is nominated to attend the conference. Ponca School can select the nominee and one alternate.

<u>Ponca sophomores received the applications on Monday, October 22, 2012, and completed applications are due to Mrs. Hassler by Monday, November 5, 2012, at 3:40 P.M.</u> Late applications will not be accepted. Parents please encourage your son or daughter to apply for this great leadership opportunity.

Reference Website: www.hoby.org

Thank you to Caden Schram and Chip Watchorn for the book donations to our school library!



**SENIORS......** Senior formal pictures are due! Please take your picture to Mrs. Templemen's room ASAP. The picture can be on a flashdrive, disk, or emailed to jtempleman@esu1.org. Pictures are due by December 1st! Turn your senior formal picture in or your school picture will be used in the yearbook. Thanks!

# Congratulations to Ponca's 2012 All-State Chorus Members

Christiana O'Neill Soprano 1 Lexie Eifert Alto 1 Jacob Oswald Bass 1 Lauren Brickett Soprano 2 Rachel Krause Alto 2 Dustin Brewer Bass 2

#### **Alternates**

Kianna Kramper Alto 2 Zach Heaton Bass 2 Josh Masin Bass 1 Spencer Criddle Bass 2

All-State Chorus will be held in Lincoln, Nebraska on November 14 – 16 The final concert is in the Lied Center on November 16<sup>th</sup> at 3:30 p.m.



#### Lewis and Clark Vocal Conference Clinic Monday, November 5th, 2012 Walthill High School Gymnasium, Nebraska



Participating Schools: Allen, Bancroft-Rosalie, Emerson-Hubbard, Homer, Ponca, Wakefield, Walthill, and Winnebago

- \* 200 talented musicians join together to create a night of entertaining music.
  - \* Mr. J.R. Gould will be the guest clinician.
  - \* Medals are awarded to the top 24 vocalists.
- \* A trophy is given to the school with the most audience members present! (The host school is excluded.)

Please support our conference, our school, and most importantly our students at the concert held at 7:00 p.m.

JOIN US!!!

Concert Admission: \$4 Adults \$3 Students

Pre-School-No Charge

Conference Passes Are Honored

#### Mark Your Calendars-Christmas Concerts!!!

Ponea Elementary Christmas Concert 3rd-6th Vocal and 5th and 6th Grade Bands November 30th, 2012 7:00 P.M. (Ponea Gymnasium)



Ponea High School and Junior High Madrigal Band and Vocal Students December 8th and December 10th, 2012 5:45 P.M. Meal 7:30 P.M. Concert Tickets will be available November 9th

Jackson Clementary Christmas Concert Preschool — 2<sup>nd</sup> Grades Pecember 7th, 2012 7:00 P.M. (Ponca Gymnasium)



# Ponca Weight Room and West Gym Membership



The Ponca weight room and west gym are available for membership. Below is information regarding hours of usage and guidelines.

Membership contracts need to be turned into Patti Boyle, Elementary Secretary at Ponca Public School. If you have any questions regarding membership, please contact Bob Hayes at (402) 755-5727.

#### Ponca Weight Room/West Gym Membership Contract

Congratulations on your Membership. Your membership entitles you and your immediate family (college students included) access to the Ponca Weight Room and West Gymnasium from 6:00 a.m. to 9:00 p.m., Monday through Friday, and from 6:00 a.m. to 9:00 p.m., on weekends. Use outside of the 8:00 a.m. to 4:00 p.m. community access time and on weekends will require the use of your membership fob.

If you access the building with your membership fob, you are responsible for securing the building when leaving. This membership entitles access to the weight room and west gymnasium. Use of any other part of the facility is prohibited and may result in loss of membership. The guidelines listed below provide additional guidance in the proper use and care of this facility.

#### **GUIDELINES: Weight Room and West Gym**

- 1. Sign in before exercising and sign out when finished.
- 2. Family membership \$100.00 per year. Senior citizen and college membership \$50.00 per year.
- Check with your doctor before using this facility if there is any question of physical health problems that may be complicated by exercise.
- 4. Become knowledgeable about <u>safety</u> and <u>correct</u> use of equipment before exercising. (See video for proper instruction and safety.)
- 5. No food or drink in weight room area.
- 6. No children under 12 (7<sup>th</sup> grade) are allowed to use the weight room. Members are allowed to bring one guest with them when using the weight room.
- 7. When using the free weights in the weight room there must be a spotter present.
- 8. Be courteous. Limit yourself to no longer than 30 minutes on one piece of equipment.
- 9. Rack weights and wipe down pads on equipment when finished.
- 10. Report any problems with facilities and equipment on forms at the front desk.
- 11. Secure the building if you use it beyond school hours.
- 12. You must provide adult supervision in the immediate area if you sponsor your children in the weight room or gymnasium.
- 13. You may be held responsible for any damage resulting from intentional misuse of the facility or equipment or failure to properly secure the facility.
- 14. Elementary coaches are required to pay a \$10.00 deposit for a fob which is refundable at the end of the season.

I understand there are certain health risks associated with exercise. Therefore, I agree to assume the responsibility for any injury or health problems that may develop as a result of exercise.

I also agree to assist in enforcing the above rules to ensure a safe and well-maintained fitness center. I understand that failure to follow these rules may result in the loss of membership and privilege to the facility.

This agreement expires on	<del>-</del>	
Ponca Public School reserves the right to scheduprecedent over individual community access.	ule activities and/or close the facility.	Scheduled activities take
Member Signature	 Date	



Visit www.powerabrightfuture.com and search for **Ponca** 

Voting begins November 5th and ends December 12th

POWER FUTURE A BRIGHT FUTURE



GRANTS FOR SCHOOL PROGRAMS

**HELP US WIN A** 

\$50,000

**GRANT FOR A NEW PLAYGROUND!** 



#### WE NEED A PLAYGROUND!

#### Help Ponca Elementary School Win a Power a Bright Future grant from Clorox!

Ponca Elementary School needs your help to win up to \$50,000 in The Clorox Company's *Power A Bright Future* grant program! Help us secure funding for a **new playground** by visiting <a href="www.PowerABrightFuture.com">www.PowerABrightFuture.com</a> and voting once per day per person beginning **November 5**, 2012 through **December 12**, 2012 for Ponca Elementary School. The nomination with the most votes overall will receive a \$50,000 grant.

#### Voting is easy!

- 1. Go to www.PowerABrightFuture.com
- 2. Click "View Nominees"
- 3. In the location search box type: Ponca
- 4. VOTE!

#### You can also help with simple acts like:

- Posting on Facebook to encourage your friends and family to vote.
- Tweeting the link to our voting page so your followers can vote.
- Sending an email to your family and friends, letting them know the great news and telling them how to vote!

Visit www.PowerABrightFuture.com to view our nomination and for official rules.

## ATTENTION: JR. AND SR. PARENTS

#### Post Prom Planning Meeting



Wednesday, November 14<sup>th</sup> 5:00 p.m.

#### **Ponca Public School**

We are planning a pre-prom meal and a Post prom party for our students.

We will need LOTS of help with planning and preparation!!



The Ponca Public School requests your help in locating handicapped children. The school implements the Federal Handicapped Children's Act (PL 94-142) and Nebraska statute which guarantees a free appropriate educational program for all children between birth and 21 years of age.

## **Attention Parents!!!**

#### **UPCOMING DENTAL SCREENINGS**

This is a reminder that on November 6<sup>th</sup> Siouxland Community Health Center is coming to Ponca Public School to provide Pre-K-6<sup>th</sup> graders with a dental screening and fluoride varnish. You



should have received a consent form on October 1<sup>st</sup> in your child's backpack. If you haven't sent your consent form back to school yet, please do so as soon as possible. If you did not receive a consent form and you are interested in this service, please stop by the school to obtain one. Pre-K students in

the Monday-Wednesday class need to be brought to the school on Tuesday at 9:00 a.m. if you want your child screened.

Thank you, Mrs. Herfel

FEB. 22<sup>nd</sup>-23<sup>rd</sup>

#### 2012-13 VARSITY WRESTLING SCHEDULE

NOV. 12 <sup>TH</sup>	HS PRAC. BEGINS 4:00 PM in W	restling Room
NOV. 26 <sup>th</sup>	SCRIMMAGE & PAREN	T MEETING
	7PM in Wrestling Room	
DEC. 1st	HOWELLS INVITE	10AM @ HOWELLS
DEC 3rd	PONCA 9-10 INVITE	4PM @ PONCA
DEC. 8 <sup>TH</sup>	AKRON INVITE	10AM @ AKRON
DEC. $15^{TH}$	. OSMOND INVITE	10AM @ OSMOND
		•
JAN. 5 <sup>TH</sup>	ELGIN INVITE	10AM @ ELGIN
JAN. 7 <sup>TH</sup>	OAKLAND-CRAIG JV	TBA@ OAKLAND
JAN. 12 <sup>TH</sup>	BATTLECREEK INV	9:30AM @ BC
JAN. 19 <sup>TH</sup>	OAKLAND CRAIG INV.	9AM @OAKLAND
JAN. 22 <sup>nd</sup>	PONCA/RAND/LAUREL	6PM @LAUREL
JAN. 26 <sup>TH</sup>	PLAINVIEW INVITE	10AM @ PLAINVIEW
<b>JAN. 29</b> <sup>TH</sup>	CONF. QUAD	5:30PM @ PONCA
FEB. 2 <sup>nd</sup>	WAKEFIELD INV.	9AM @ WAKEFIELD
FEB. 8 <sup>TH</sup>	DISTRICTS	3PM @ TBA
FEB 9 <sup>TH</sup>	DISTRICTS	10AM @ TBA
PPD 14TH 16	TH CTATE NIDECTI DIG TO	
FEB 14 <sup>TH</sup> -16	STATE WRESTLING, TBA	(a) OMAHA QWEST

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TBA

#### The Public is invited to the:

# Fine Arts Showcase Gala

Sunday, November 11, 2012

4:00-4:30 P.M. Socializing w/refreshments 4:30-5:30 P.M. Fine Arts Entertainment and

Donor Recognition



Ponca Public School

Performing Arts Center 505 3rd St.

Ponca, NE

Hosted by

Ponca Pubic School (Fine Arts Department)

&

Ponca Community Educational Foundation

### Press Release

Ponca Public School DATE: 10-22-2012

#### Ponca Public Schools and Ponca Community Educational Foundation to host Fine Arts Showcase Gala

Mark your calendars for Sunday, November 11, 2012, at 4:00 PM to attend the Fine Arts Gala, an event scheduled to showcase the newly renovated Performing Arts Theater at Ponca School.

To recognize and thank the many donors, supporters, and friends of the Fine Arts Fundraising Blitz that the PCEF sponsored in 2010, Ponca Public Schools administrators and the PCEF Board of Directors are hosting an afternoon of entertainment in this beautiful new performing arts facility. From 4:00 PM to 4:30 PM there will be social time with refreshments; then, from 4:30 PM to 5:30 PM entertainment and donor recognition has been scheduled. Entertainment includes a demonstration of the sound and lighting systems, vocal and instrumental performances by Ponca School alumni and community members, and there will also be a performance from Ponca School's One Act Play. There are a few surprise guest speakers for the gala as well. Inclement weather date for the Showcase Gala: Sunday, December 2, 2012. Check <a href="https://www.poncaschool.org">www.poncaschool.org</a>

Historical Note: Ponca volunteers rallied when they learned that Ponca's passage of the 2009 bond issue did not adequately fund the total costs of the new school. One of the resulting cuts to the overall budget was the fine arts program. When the PCEF learned about the required cuts to the new school construction budget, caused by higher than expected bids, Lionel Froseth, current PCEF President, encouraged the PCEF to form a fundraising committee to help finance the fine arts building project. The PCEF's Fine Arts Fundraising Blitz assisted the school district to totally refurbish the 1939 Auditorium as part of Phase II of the 7-12 building project which was finished in time for the 2012 - 2013 school year. The timeline of the Fundraising Blitz was November 21, 2010 (Blitz kick off night) to January 17, 2011 (check presentation to the Ponca School Board). During those two months more than \$127,000 was raised through donations from over 270 donors. With the addition of grant money and in kind donations approximately \$197,000 were used to modernize the 1939 auditorium with new sound and lighting technology, retractable theater style seating, new oak stage floor, sound proof practice and recording rooms, new stage curtain systems, updated storage units and rooms, and renovated office space. A kiln was also purchased for the art department.

# The Public is Cordially invited to the...

# Vetans Day Program

to be held at

Ponca Public School

(Gymnasium)

Thursday,

November 8, 2012

10:00 A.M.

Legion and Auxiliary Members from Ponca, Jackson, Dakota City, Newcastle, (All Veterans & their families welcome)

Ponca Elementary & High School Student
Council Representives &
Ponca High School Band & Chorus Members
are part of the program!





#### VETERAN'S DAY PROGRAM

Ponca Public School will present a Veteran's Day Program, "Long Standing Traditions" in the gym at 10:00 A.M. on November 8, 2012. The public is invited to attend this program along with the Ponca, Jackson, and area Veterans/Auxiliary Women, and the 3-12 students/staff at Ponca School to help recognize the service and commitment of our Veterans, Auxiliary Women and active military men and women.

Plans are being made for PreK-2<sup>nd</sup> grade students at Jackson Elementary to recognize Veteran's Day during the week of November 5-9.



Ponca School Newsletter Ponca Public School P O Box 568 Ponca, Nebraska 68770

CHANGE SERVICE REQUESTED

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E C R W S S Postal Patron

PONCA PUBLIC SCHOOL
NOVEMBER 2012



# **tips**Nutrition Education Series

# make celebrations fun, healthy & active



**10 tips** to creating healthy, active events

**Eating healthy and being physically active can be a fun part of parties and events.** Great gatherings are easy to do when tasty, healthy foods from all the food groups are offered in a fun, active environment. Above all, focus on enjoying friends and family.

make healthy habits part of your celebrations

Food and beverages are a part of an event, but they do not have to be the center of the occasion. Focus on activities to get people moving and enjoy being together.

make foods look festive
Decorate foods with nuts or seeds
or use new shapes for vegetables.
Add a few eye-catching fruits to a favorite
dish, serve up a new recipe, or add a
sprinkle of almonds or green onions to
add just an extra something.

offer thirst quenches that please

Make fun ice cubes from 100% juice or add slices of fruit to make water more exciting. Create a "float" by adding a scoop of low-fat sorbet to seltzer water.

Savor the flavor

Take time to pay attention to the taste of each bite of food. Make small changes in your old recipes or try dishes from another culture to liven things up.

use ChooseMyPlate.gov to include foods from the food groups for your party
Offer whole-grain crackers, serve a spicy bean dip and a veggie tray, make fruit kabobs, layer yogurt and fruit to create a sweet parfait. Use whole grains and veggies to make a savory, healthy salad.

make moving part of every event Being physically active makes everyone feel good. Dancing, moving, playing active games, wiggling, and giggling add fun to any gathering.

try out some healthier recipes
Find ways to cut back on sugar, salt,

and fat as you prepare your favorite recipes. Try out some of the recipes on ChooseMyPlate.gov.

keep it simple
Have others participate by contributing
a prepared dish, helping with the clean up,
or keeping the kids active and moving.

Shop smart to eat smart
Save money by offering foods that fit your budget.
Buy in-season produce when it costs less and tastes
better. Plan in advance and buy foods on sale.

be a cheerleader for healthy habits
It's never too early for adults to set an example.
Keep in mind that children

follow what the adults around them do—even at parties.



#### Northeast Nebraska Youth Basketball League

For Boys and Girls

Grades 3<sup>rd</sup>-6<sup>th</sup>

Registration Fee is \$15.00

(Make Checks Payable to Ponca Elementary Basketball)

Games will begin on January 6th, 2013 and continue weekly for 4-5 weeks

Game location varies each week depending on the participating schools -TBA



Please Send Registrations to:

Jeana Gill P.O. Box 612 Ponca, NE 68770



#### Or return the form to:

Adam Poulosky Head Boys Basketball Coach Head Girls Basketball Coach

Interested in coaching this age group? Yes

or **Brady Starkweather** 

or

No

*Detach the below section and return with registration fee.* Player Name\_\_\_\_ Grade\_\_\_\_ Cell phone #\_\_\_\_ Parents Name Email\_\_\_\_\_ Home phone #\_\_\_\_

Sign up deadline is Friday, Nov. 9th, 2012

# November 2012

25	18	11	4		
	. &	I Fine Arts Showcase Gala 4:00 p.m.			Sun
District One-Act @ Ponca 8:30 a.m.	School Board Meeting 7:30 p.m. Conference One-Act @ Ponca	I2  Jr. High Wrestling Randolph Invite 4:00 p.m.  Start of Winter Practice	5 Conference Vocal Clinic @ Walthill Concert 7:00 p.m.		Mon
Jr. High Wrestling Battle Creek 3:00 p.m	Jr. High Wrestling Elgin Invite 3:00 p.m.  State Football Final	13 State Football Semi-Final	6  Dental Health Checks  State Football  Quarter-Final		Tue
28	EARLY DISMISSAL @ 12:00 p.m. (no lunch served)	All-State Music Send-Off Rally @ 8:40 a.m.  Post Prom Meeting 5:00 p.m. @ school	7 Conference Quiz Bowl @ WSC  Music Booster Meeting 6:00 p.m. @ Outlaw Pizza		Wed
Girls Varsity BB @ Hartington 6:15 Boys BB @ Hartington  JV & Varsity	Thanksgiving	Nebraska All-State Music Convention (NMEA)	8 Veterans' Day Program Coffee @ 9:00 a.m. Program @ 10:00 a.m.  Jr. High Wrestling Ponca Invite 4:00	I	Thu
Ponca Elementary Christmas Concert Grades 3– 6 7:00 p.m.		9th Grade NECC Career Day	No School Teacher M-Service State Volleyball	2 SAN Honor Choir @ Lincoln	Fri 💪
	Jamboree BB Game Vs. West Point CC Girls Varsity-12:00 Boys Varsity-1:30	17 Jr. High Wrestling Howells Invite 10:00 a.m.	Jr. High Wrestling Winside Invite 9:00 a.m.  Ponca Community Craft Show West Gym/Commons (9:00 a.m2:00 p.m.)	3 SAN Honor Choir @ Lincoln	Sat

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Fruit and Veggie Bar			Fruit and Veggie Bar	Fruit and Veggie Bar
Cookie	Fruit and Veggie Bar	Fruit and Veggie Bar	Corn	Roll
Refried Beans	Mashed Potato/Gravy	Baked Beans	Potato Cubes	Mashed Potato/Gravy
Burrito	Chicken Fried Steak	Deli Turkey Sand	Hamburger/Bun	Chicken Patty
30	29	28	27	26
			Fruit and Veggie Bar	
SCHOOL	SCHOOL	Jackson Dismissal @ 11:40	Cookie	Fruit and Veggie Bar
	)	SERVED	Chips/Salsa	Potato Cubes
NO	NO	NO LUNCH	Enchilada/Sauce	Super Nachos
23	22	21	20	19
Fruit and Veggie Bar				Fruit and Veggie Bar
Roll	ggie Bar	Fruit and Veggie Bar	Fruit and Veggie Bar	Garlic Sticks
Peas	Green Beans	Potato Wedge	Tri– Tater	Corn
Chicken and Noodles	Tater Tot Casserole	Tavern	Chicken Fajita	Goulash
16	15	14	13	12
	Fruit and Veggie Bar	Fruit and Veggie Bar	Fruit And Veggie Bar	
SCHOOL	Baked Beans	Roll	Roll	Fruit and Veggie Bar
NO	Scalloped Potato	Green Beans	Mashed Potato/Gravy	Cinnamon Roll
	Ham Sandwich	Chicken and Rice	Pork Fritter	Chili/Crackers
9	00	7	6	5
Fruit and Veggie Bar	Fruit and Veggie Bar			
Peas	Garlic sticks			
Chicken and Biscuits	Spaghetti/Meat Sauce			
2	I			
Pri	Thu	Wed	Tue	HOTAL
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	consideration of the same		2	



# Jackson Elementary November 2012



Sun	Won	Tue	Wed	Thu	Fri
Novemb Novemb Novemb Novemb	November 6 - Dental Screenings November 9 - No School November 21 - Early Dismiss /Jackson @11:40, Ponca @Noon November 22 & 23 - No School - Have a Happy Thanksgiving!	son @11:40, Ponca @Noon ave a Happy Thanksgiving!		I Walking Taco Lettuce/Tomato/Cheese Bread Stick Pineapple	2 Pizza Cooked Carrots Raspberry Applesauce
4	5	6	7	8	9
	Smoked Turkey Melt	Chicken A La King	Chicken Noodle Soup	Pancakes	
O change	Beets	Lettuce	P.B. & J	Sausage	NO SCHOOL
CLOCK	Baked Apples	Roll	Carrots	Beans & Bacon	
		Pears	Pineapple	Sliced Oranges	
II	12	13	11	15	16
	Popcorn Chicken	Mac & Cheese	Vegetable Beef Soup	Breakfast Wrap	Dog on a Log
	Wax Beans	Veggies with Hummus Dip	Carrots	Potato Wedges	Lettuce Salad
	Roll	Apple	Corn Bread	Pumpkin Muffin	Banana
	Pears		Strawberries	Peaches	
18	19 Baked Chicken	20	21 EARLY DISMISSAL	~ \\ \( \) \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\	23
	Mashed Potatoes with	Cheeseburger	Jackson @ 11:40		NO SCHOOL
	Gravy	Sweet Potato Fries	Ponca @ Noon		
	Green Beans	Mixed Fruit	Lunch Will Not		
					H IANG CH V HI I CO.
10	20	2/	28	29	30
	Spaghetti with Meat	McRib Sandwich	Chili	Hot Dog on a Bun	French Toast
	Sauce	Veggies with Ranch Dip	Cinnamon Roll	Baked Beans	Sausage
100	Salad	Peaches	Carrots	Apple	Tri-Taters
E T	Orange Slices	2	Pears		Orange Juice