

Blue's News

The Cat's Out of the Bag!

From the Principal's Desk

Parents-

It is that time of year when the conditions outside are changing all the time. We have windy, rainy, warm and frigid days. Please dress your children appropriately as the mornings have been especially cool. It is important to layer this time of year as the temperature can fluctuate and we do live in Nebraska so the weather is constantly changing. Please help students come to school prepared as we plan on being outside every day we can. Dressing appropriately minimizes your child's chance of getting sick. Our policy is we will be outside for recess if the outside temperature plus the wind chill is above 10 degrees.



Thank you!

Stem Lab

By Carson Mason

The Stem Lab is back at Callaway Public School, and if it's anything like last years, it is sure to be a lot of fun for the students to use. A few of the labs available are the virtual reality headset, filled with fun games, and sights, the vinyl cutter station, the electronics lab, and the makmakey.

There are a few new additions to the Stem Lab this year, including a 3D camera and the Dobot (A robotic hand that can be made to write and draw.) Also this year, there are two contests. The first one is to use the virtual reality to make a map of your school or community. The second is to make a candy machine using multiple stem labs.

While the Virtual Reality headset seems to be the most popular with the students, the 3D printer is also quite popular.

The stem labs offer ways to make many interesting creations, and while the Stem Lab won't be here for long I'm really interested in seeing what creative things people will make before it leaves.

FCCLA

By: Suzy Heusman

The District Leadership Conference was held in North Platte. In the morning, they did community service for the Nebraska Extension Office. They painted horse jumping posts white and pulled tomato plants. They had some competitions like a knowledge bowl, bucket auction, posters, infomercial and more. They placed 3rd in the bucket auction and 2nd in infomercial. They did not attend the mini workshops because they were competing the knowledge bowl. There were over 200 students in District 10 that came includes: Callaway, Brady, Cozad, Mullen, Maxwell, Thedford, and Overton. The FCCLA 2018-2019 members are: Ryleigh Doyle, Matti Stout, Sydnee Sallach, Brittany Ellison, Addie Hild, Sharon Jones, Sophia Doyle, Irelyn Rosfeld, Emalee Glendy, Jocelyn Bailey, Louie Doyle, Jazlynn Bechtold, Maggie Birkel, Josie Reiff, Tesa Pandorf, Brandi Coons, Taylor Fedderson, and Caylie Wooters. Brandi Coons, Taylor Fedderson, and Caylie Wooters were unable to attend.



Jr. High Spanish

By: Calyn Laible

This year, the Jr. High added a class to their schedule: Spanish. I talked a little bit with Mr. Glaze to get some information about the class. Mr. Glaze said he really enjoys teaching Jr. High Spanish. His favorite thing about teaching it is that the kids are very active and interested. On the other end, his least favorite thing is that they are very easily distracted. The Jr. High learns numerous things in this class such as days of the week, numbers, colors, greetings, how to say their birthday, and food items. He says that the kids pick up Spanish very quickly and that it is better to get started learning a new language at a young age.

Bobcat of the Month

By: Suzy Heusman



Mrs. Glendy is always happy to step in and fill a need. She works hard to make sure her students are given what they need to be successful. Mrs. Glendy goes above and beyond to help where needed. She is a team player! Good Job, Mrs. Glendy

~Anonymous

Cody always is very willing to help other students and teachers. He is a great asset to working on projects or activities in class.

~Mr. Koepke



Gigi is always a sweet and thoughtful student. She kindly works in partners and will always work to her highest potential.

She is a great 6th grader!

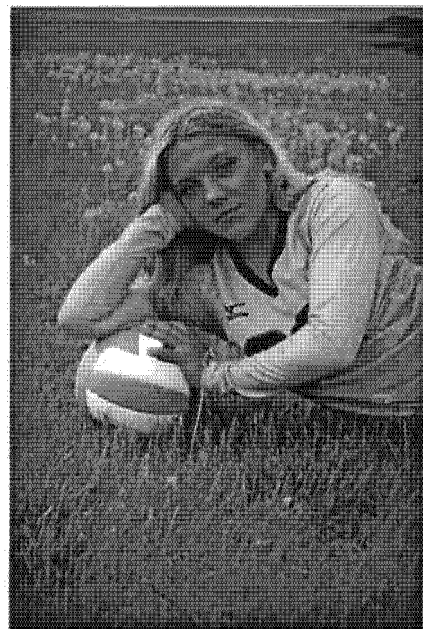
~Mrs. Cooksley



- Name: Ellana Willis
- Parents: Lynette Svenson and Jeff Willis
- High School Activities: Volleyball, One Act, Art Club, YLCC, Journalism
- Most Memorable Memory: Going to state for One Acts.
- Plans After Graduation: Go to Southeast Community College and be apart of a medical field.
- Best Advice from My Parents: Always do your best.
- One Thing You are Proud of: Always working my hardest, to do my best.
- High School in Three Words: Busy, Memorable, Crazy
- Most Embarrassing School Memory: Senior homecoming skit
- Most Challenging Task In-School: Finding the balance of not stressing too much in classes but still do well.
- Advice for Freshmen: Don't stress too much and enjoy every moment.



- Name: Adrianna Hild
- Parents: Brandi and Keith Hild
- High School Activities: Volleyball, basketball, track, One Acts, FFA, FCCLA, National Honor Society, Art Club
- Most Memorable Memory: Hannah full on screaming at Kaitlyn in Spanish.
- Plans After Graduation: Attend the UNiversity of Wyoming and get a major in Architectural Engineering and a minor in Interior Design.
- Best Advice from My Parents: Never forget "I love yous."
- One Thing You are Proud of: Transferring to Callaway and making some of my best friends.
- High School in Three Words: Memorable.
- Most Embarrassing School Memory: Hitting two deer in two days and basically totaling my car.
- Most Challenging Task In-School: Time management: it can be tough to balance sports, extracurriculars and school. Always remember, no matter how important you think sports are, your academics always come first.
- Advice for Freshmen: You can never take to many showers. It goes by quick so enjoy it.



EducationQuest Foundation

College Planning Bulletin

A monthly college planning guide for Nebraska high school students

November 2018

Seniors...a reminder of what to do this fall

There's A LOT going on right now with the financial aid and college admission processes, but don't get overwhelmed! Here's a recap of tasks you should complete this fall to stay on track to college.

Complete the Free Application for Federal Student Aid (FAFSA)

- First, create an FSA ID for you and one for a parent at fsaid.ed.gov. You'll need it to access and sign the FAFSA. [Click here](#) for instructions.
- Review our [FAFSA Checklist](#) for a list of items to gather before you start the form.
- Complete the FAFSA at fafsa.gov. You may also complete it via the new myStudentAid app for iOS and Android.
- For free help with the FAFSA, see [FAFSA Tools](#) at EducationQuest.org or call EducationQuest to make an appointment: Omaha – 888.357.6300, Lincoln – 800.303.3745, Kearney – 800.666.3721, or Scottsbluff – 800.303.3745, ext. 6654.

Apply to your top college choices

If you attend one of nearly 200 Nebraska high schools holding *Apply2College* events this fall, you'll get help (or already have) with your applications. If not, [here are steps](#) you should take to apply.

Retake the [ACT](#) and/or [SAT](#). Colleges use your best scores for college admission and scholarships.

Get serious about applying for scholarships. See [ScholarshipQuest](#) at EducationQuest.org for Nebraska-based scholarships and a list of national search sites.

Juniors...start researching colleges

If you narrow your college choices by the end of your junior year, your senior year will be less stressful. Here's how to get started:

Review [College Profiles](#) at EducationQuest.org for information about colleges in Nebraska and across the country. If you're interested in an out-of-state school, check out the [Midwest Student Exchange Program](#) to learn about tuition discounts.

Meet with college representatives who visit your school, and then visit the websites of the colleges that interest you to learn more about the schools.

Once you've narrowed your choices, [schedule campus visits](#). Try to visit in the spring of your junior year while colleges are still in session.

For more tips, see the [Selecting a College section](#) at EducationQuest.org.

You app-solutely need this to stay on track to college!

EducationQuest's new app will give you easy access to tools like *Activities Resume*, *College Profiles*, *College Timeline*, *Reality Check*, and *ScholarshipQuest*. There's also a calendar that will guide you through college-planning steps - and you can personalize it with your own tasks.

Download the app and encourage your friends to do the same!

[Apple](#) [Android](#)

November "To Do" List

Seniors...complete these tasks in November to stay on the path to college:

- _____ Complete the [FAFSA](#).
- _____ Apply to your top college choices.
- _____ Download the [EducationQuest app](#).
- _____ [Register](#) by November 2 for the December 1 SAT.
- _____ [Register](#) by November 2 for the December 8 ACT.

Juniors...complete these tasks:

- _____ Research colleges that interest you.
 - _____ Take a prep course for the ACT college entrance exam.
 - _____ Download the [EducationQuest app](#).
-

For free help with college planning, contact EducationQuest Foundation:

Omaha	Lincoln	Kearney	Scottsbluff
402-391-4033	402-475-5222	308-234-6310	800-303-3745 ext. 6654
888-357-6300	800-303-3745	800-666-3721	

[EducationQuest.org](#)

Follow us on [Facebook](#), [Twitter](#) and [Instagram](#)!

Your Journey to College Begins with Us

Daily Learning Planner

*Ideas parents can use to help children
do well in school*

Title 1 Cooperative
Educational Service Unit #10



THE
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November 2018

Daily Learning Planner: Ideas Parents Can Use to Help Children Do Well in School—Try a New Idea Every Day!

- ☐ 1. Teach your child how to prepare nutritious after-school snacks.
- ☐ 2. Find a book or website that describes holidays around the world. Choose a new holiday for your family to observe, or invent one.
- ☐ 3. Let your child pick a color and try to spot it everywhere he goes today.
- ☐ 4. Resist the urge to schedule all of your child's time. Kids need downtime to think, imagine and play.
- ☐ 5. Watch a TV show with your child. Talk about decisions the characters made. What would your child have done?
- ☐ 6. Talk with your child about mistakes. Tell her that learning from mistakes makes people smarter.
- ☐ 7. With your child, learn more about an interesting news story.
- ☐ 8. Have a music-sharing night. Share your favorite music with each other. Talk about how it makes you feel.
- ☐ 9. Ask family members to write down two positive things about each member of the family. Read your lists aloud at dinner.
- ☐ 10. Help your child make her own dictionary with her spelling or vocabulary words.
- ☐ 11. Ask your child to write directions for making a sandwich. Then, follow them exactly.
- ☐ 12. Have your child look at a group of various objects on a tray. Then, have him close his eyes and name as many as he can remember.
- ☐ 13. Challenge your child to invent something that will make life easier.
- ☐ 14. At dinner, discuss the best and the worst parts of everyone's day. Give each family member a turn to share.
- ☐ 15. Show your child how to take her pulse. Have her jump up and down 15 times and take it again. Has it changed?
- ☐ 16. Talk to your child about ways to resist peer pressure to cheat.
- ☐ 17. Have everyone pitch in for a half-hour "blitz" of house cleaning. It teaches children responsibility.
- ☐ 18. Suggest that your child write a story from an unusual point of view, such as a birthday party from a present's point of view.
- ☐ 19. Ask your child to name his favorite sport. What does he like about it?
- ☐ 20. Make a special effort to reinforce manners today. Remind family members to say *please*, *thank you* and *excuse me*.
- ☐ 21. Talk with your child about a book she likes.
- ☐ 22. Make a list of all the things that make your family thankful.
- ☐ 23. Have your child read to you as you're cleaning up after dinner. Or read to your child as he cleans up!
- ☐ 24. At the grocery store, have your child compare two sizes of the same product. Which is the best buy?
- ☐ 25. Ask your child to name places where water is found.
- ☐ 26. Create a word search by hiding words in a grid and surrounding them with random letters. Let your child find the words.
- ☐ 27. Tell your child some family stories as you show her family pictures.
- ☐ 28. Ask your child which famous historical person he'd like to be. Why?
- ☐ 29. Challenge your child to do a secret good deed for someone.
- ☐ 30. Find a kid-friendly recipe. Help your child make it today.

Helping Children Learn
Tips Families Can Use to Help Children Do Better in School

ELEMENTARY SCHOOL

Daily Learning Planner

*Ideas parents can use to help students
do well in school*

Title 1 Cooperative
Educational Service Unit #10



THE
PARENT
INSTITUTE

November 2018

Daily Learning Planner: Ideas Parents Can Use to Help Students Do Well in School—Try a New Idea Every Day!

- ☐ 1. Encourage your child to go to dances, plays and other school events. They are great ways to meet new friends.
- ☐ 2. Let your child plan a five-minute break after every 20-30 minutes of homework time.
- ☐ 3. Start a family bulletin board. Everyone can post things they find interesting. Talk about the posts.
- ☐ 4. Suggest that your child make an audio recording of key ideas from a chapter he's reading and play them back to study.
- ☐ 5. Ask your child, "What's the most hectic part of your day?" Brainstorm about ways to make it more organized.
- ☐ 6. Have your child teach you something she needs to learn for homework. It's an effective way to reinforce learning.
- ☐ 7. Remind your child of a time when persistence helped him succeed.
- ☐ 8. With your child, learn how to count to 10 in three languages.
- ☐ 9. Let your child choose from a list of chores.
- ☐ 10. Does your child study well with others? If so, consider letting her start a study group.
- ☐ 11. Schedule some one-on-one time with your child this month.
- ☐ 12. When your child studies for a test, have him start at a different place in his notes every time.
- ☐ 13. How many different coin combinations can your child use to make change for a dollar?
- ☐ 14. When your child tells you something important, repeat it to make sure you understand.
- ☐ 15. Ask your child what she would do with a million dollars.
- ☐ 16. When your child voices an opinion, ask him *why* he feels that way.
- ☐ 17. Let your child invite friends to stay for a family dinner. It's a great way to learn more about her peer group.
- ☐ 18. Bake cookies together. Have your child figure out the amounts of ingredients you'd need if you doubled the recipe.
- ☐ 19. Think of some sayings, such as "Beauty is only skin deep" and "Winning isn't everything." Discuss their meanings with your child.
- ☐ 20. Have your child use each letter in his name to begin a line of a poem.
- ☐ 21. Suggest that your child keep a journal about her thoughts, memories or observations.
- ☐ 22. At dinner, have everyone write down two positive things about each member of the family, including themselves.
- ☐ 23. Ask your child to name two ways he could be a better friend.
- ☐ 24. Take a walk with your child tonight and look for constellations.
- ☐ 25. Teach your child how to fill the car's tank with gas and check the oil.
- ☐ 26. Post a meaningful quotation you love where your child will see it.
- ☐ 27. Ask your child's opinion of something. Show respect for her views.
- ☐ 28. Start a list of places your family would like to visit. Have your child research and collect information about these places.
- ☐ 29. Ask your child to turn on lively music to keep everyone moving during chore time.
- ☐ 30. When you watch TV, ask your child questions: "Did that person make a good decision?" "What would you have done?"

Helping Students Learn

Tips Families Can Use to Help Students Do Better in School

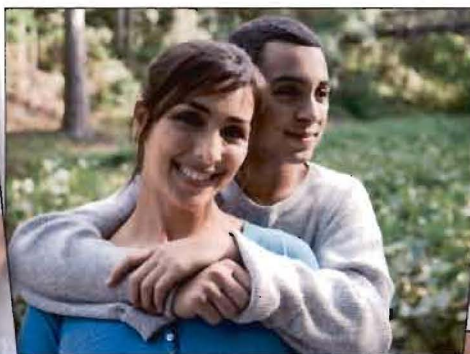


MIDDLE SCHOOL

Daily Learning Planner

*Ideas parents can use to help students
do well in school*

Title 1 Cooperative
Educational Service Unit #10



THE
PARENT
INSTITUTE

November 2018

Daily Learning Planner: Ideas Parents Can Use to Help Students Do Well in School—Try a New Idea Every Day!

- ☐ 1. Before your teen attends a party, make sure a responsible adult will be present.
- ☐ 2. Keep talking about school. Every day, ask your teen what she's doing and thinking about.
- ☐ 3. Watch the news with your teen. Suggest he learn more about a story that interests him.
- ☐ 4. Ask your teen to help you organize a room in the house.
- ☐ 5. Have your teen name two ways she could be a better friend.
- ☐ 6. It's election day in the U.S. Discuss the importance of voting.
- ☐ 7. Ask your teen about his hardest school subject. Together, brainstorm ways to make it easier.
- ☐ 8. After your teen takes notes, have her review them for key ideas. She can draw a picture to illustrate them.
- ☐ 9. Have your teen figure out how much he would need to save for a down payment on a car. What would monthly payments be?
- ☐ 10. Look for a skill you and your teen can learn together.
- ☐ 11. Don't be *too* understanding. Your teen needs a parent more than just another friend.
- ☐ 12. Is your teen having a problem at school? Have her brainstorm ways she could solve it—without your help.
- ☐ 13. Teach your teen that sports are for fun. Winning isn't always the goal.
- ☐ 14. Ask your teen to tell you some of the low-cost things you've done together that he most enjoyed. Plan to do them again.
- ☐ 15. Use new words in conversations with your teen. Curiosity may lead her to the dictionary.
- ☐ 16. Choose a number, then have your teen list all the things he can think of that come in that number.
- ☐ 17. Challenge your teen to draw a self-portrait.
- ☐ 18. Have everyone in the family spend a half hour cleaning up the house. Many hands make light work.
- ☐ 19. Talk with your teen about her character traits that will serve her well in the workplace, and why.
- ☐ 20. Help your teen draw up a monthly budget. Be sure to plan for unexpected expenses.
- ☐ 21. No homework? Have your teen review or read ahead.
- ☐ 22. Make a list of all the things that make your family members thankful.
- ☐ 23. Ask for your teen's input on a family decision.
- ☐ 24. Declare this an Acts of Kindness Day. Make a special effort to be kind to one another.
- ☐ 25. Be sure to pass on compliments you hear about your teen.
- ☐ 26. Ask your teen to do research before you make a major family purchase.
- ☐ 27. Make tonight Teens Night in the Kitchen.
- ☐ 28. Have your teen play a favorite song for you. Listen to the lyrics and discuss what you hear.
- ☐ 29. If your teen doesn't already do his own laundry, teach him how.
- ☐ 30. Leave a quote or cartoon your teen will enjoy by her place at breakfast.

Helping Students Learn

Tips Families Can Use to Help Students Do Better in School

HIGH SCHOOL

Helping Children Learn®

Tips Families Can Use to Help Children Do Better in School



ELEMENTARY SCHOOL

November 2018



What should I do if my child feels left out at school?

Q: My eight-year-old has recently been saying he doesn't want to go to school. He says he has no friends. How do I handle this?

A: It's not unusual for a child who feels left out not to want to go to school. But you are right to take this seriously. Kids who feel they have no friends may turn to negative or dangerous behaviors as a way of fitting in. Their grades may also begin to drop.

To support your child and help him build the skills he needs to get along with others:

- **Appreciate his honesty.** Many kids are embarrassed to tell Mom and Dad they don't have anyone to play with.
- **Reassure him that you will help him** make the situation better. Be gentle. Kids who feel rejected often feel it is their fault.
- **Ask his teacher if there have been any recent changes** in the classroom that might be affecting your child, such as seating changes or the arrival of a new student. Enlist the teacher's help to find solutions.
- **Find ways for him to meet children** who share his interests. Sign him up for an extracurricular activity he likes. Enjoying the activity with the other kids will make it easier for him to relate to them.



Are you on your child's school team?

Working as a team with the school helps your child get a better education. Decades of research show that kids with involved parents learn more and do better in school. Are you a team player? Answer *yes* or *no* below:

1. **Do you review** all the information your child brings home from school?
2. **Have you discussed** the school rules with your child? Have you made it clear you expect her to follow them?
3. **Do you make sure** your child gets to school on time each day, well-rested and ready to learn?
4. **Have you met** with your child's teacher at least once this year?

5. **Do you ask** the teacher how you can help if your child is struggling?

How well are you doing?

More yes answers mean you are supporting the school and your child. For each no, try that idea.

*"It takes both sides to build a bridge."
—Fredrik Naef*

Maintain a healthy balance in your child's schedule

Kids can learn a lot from structured after-school activities. But they also need plenty of free time when they can relax and choose for themselves what to do. This ability to self-direct helps them in school.

Review your child's schedule. Does he have enough time for schoolwork, sleep and playing with friends—and still have some free time? If too many activities are getting in the way, ask him to choose only one or two he really enjoys. He'll be happier and healthier—and he'll do better in school.

Source: J.E. Barker and others, "Less-structured time in children's daily lives predicts self-directed executive functioning," *Frontiers in Psychology*.

Encourage your child to plan for responsibility

If keeping track of assignments and turning them in is a challenge for your child, talk about ways to get organized. Then, ask her to develop a plan. "You're having trouble getting to school with all your homework. Can you come up with a plan that would help you remember? Think about it, and we'll discuss it tonight."



Fitness enhances learning

Getting plenty of daily exercise can improve students' memory and concentration. To add movement to your child's day:

- **Play active games**, such as Tag. Shoot hoops or jump rope.
- **Put on fast music** and do chores to the beat.
- **Limit recreational screen time.**
- **Set an example.** If your child sees you making time for exercise, he may, too.

Source: L. Mongeau, "How a growing number of states are hoping to improve kids' brains: exercise," *The Hechinger Report*, niswc.com/futkids.

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How can I help my child overcome writer's block?

Q: My daughter hates writing. She doesn't seem to know where to begin with writing assignments. Now she thinks she "can't" write. How can I help her?

A: Middle schoolers worry a lot about other people's opinions of them. When it comes to writing, many worry so much that what they write won't be any good—or that they'll be made fun of—that they freeze.

To thaw your child's writing abilities:

- **Let her know** that even professional writers struggle sometimes.
- **Encourage** her to write down her ideas just as they come. She can write anything that comes to mind, no matter how silly. Later she can decide what to use.
- **Criticize carefully.** If she asks you to read what she's written, discuss what you like first. Focus on what she's trying to say, not on the mechanics of her writing.
- **Help her plan** time to edit. No one writes perfectly from the start. She should edit for flow, grammar and spelling. Don't fix her mistakes for her—that sends the message that you don't think she's capable.
- **Listen.** Allow your child to express her frustration. It takes time to become a good writer.



Are you helping your child handle anger?

Anger is a normal human emotion. But left uncontrolled, anger can destroy relationships, hinder learning and worse. Are you showing your child how to manage this strong emotion in positive ways? Answer *yes* or *no* below:

1. **Do you talk** with your child about positive ways to vent anger, like exercise and talking it out?
2. **Do you model** these ways of handling your emotions when you are angry?
3. **Do you make** it clear to your child that physical violence is never acceptable?
4. **Do you wait** to discuss a conflict with your child until you are both calm?
5. **Do you make** an effort to listen more than you talk

when you disagree, especially when you are upset?

How well are you doing?

More yes answers mean that you are teaching your child to keep anger under control. For each no, try that idea.

"Don't point your finger to the heights your children should go. Start climbing and they will follow."
—Wilfred A. Peterson

Talk about report cards

Your child's report card is one of the ways the school communicates with you. It should also be a tool for you to talk with your child about his progress. When discussing a report card with your child:

- **Notice the positives first.** Ask him what he is most proud of. Talk about what he did to produce a good result.
- **Get to the root of poor grades.** Ask your child what he thinks the problem is. Sometimes, it isn't academic ability as much as poor study habits or test anxiety.
- **Set realistic goals** for improvement.

If your child doesn't understand why he earned the grades he did, ask the teachers for their view of what is happening.

Encourage volunteer spirit

Students who volunteer in the community are more likely to stay in school, and less likely to engage in risky behaviors than kids who don't volunteer. They can also gain valuable skills, such as organizing a group, writing a letter or working with people.

Help your child check with libraries, religious organizations and community service groups, such as DoSomething.org, for information about ways to get involved.

Family meals nourish body and mind

Eating a nutritious diet will help your child perform in school. And when your family eats meals together, it helps even more. Studies link frequent family meals to healthier eating patterns and better grades. So toss a salad and gather your family around the table. Turn off the devices and turn on the conversation. And if you can't eat dinner together, try breakfast!



Source: "The Benefits of the Family Table," American College of Pediatricians, nismc.com/nourish.

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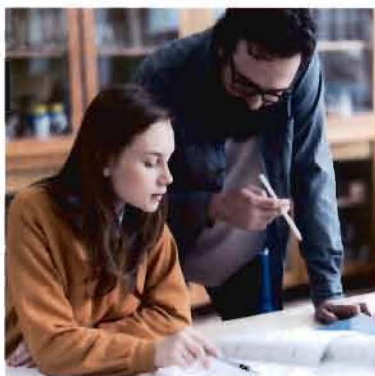
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How can I help when my teen's efforts aren't enough?

Q: Learning a foreign language is proving to be a challenge for my daughter. She always does the homework for her Spanish class, but her grades are getting worse—and I'm afraid she'll fail. What can I suggest?

A: Working responsibly with little result is frustrating. But don't let your teen give up yet! Teach her that when one strategy isn't working, it's time to look for others to try. Suggest that your teen:



- **Meet with the teacher.** Your daughter should let the teacher know how much time she spends on Spanish each night. Then she can ask what problems the teacher sees with what she's doing, and what else she can try. Can the teacher recommend books, websites or apps that will help?
- **Go back to the beginning.** Have your teen work through her old homework. When she encounters material she can't remember or doesn't understand, she'll know where she has to start reviewing.
- **Increase the time she spends** studying Spanish. Your teen should devote at least 20 minutes each day to learning vocabulary words (practicing with flash cards can help). Then she can work on her reading or verbs.
- **Get extra help.** Have her ask at school about students who tutor. Could she practice conversation with a family friend who speaks Spanish?



Are you staying in touch with your teen?

Your chatty child may have grown into a silent teen. But staying in touch with what is going on in his life will help keep him safe and support his learning. Are you maintaining communication? Answer *yes* or *no* below:

1. **Can you name** the students who eat lunch with your teen?
2. **Do you know** the names of your teen's teachers? Do you know how he feels about them?
3. **Do you know** which social media networks your teen uses and who he interacts with on the internet?
4. **Do you listen** to your teen's music sometimes? Do you know his favorite songs?
5. **Do you talk** with your teen about what is going on in the

world? Do you ask about his opinions and worries?

How well are you doing?

After you take the quiz, discuss your answers with your teen. See if he can answer similar questions about you.

"Information is giving out; communication is getting through."
—Sydney J. Harris

Peer pressure's plus side

Peer pressure isn't always negative. For teens, positive relationships with peers can increase perseverance and engagement in school and lead to better mental health. To help your teen make friends who share her interests and values, encourage her to:

- **Get involved** in extracurricular activities at school.
- **Consider joining** a local service club or volunteer group for teens.
- **Find a study buddy** who also wants to do well in school.

Sources: C. Mitchell, "For English-Learners, a Positive Side to Peer Pressure," Education Week, nswc.com/ellpeer; "Close friendships in high school predict improvements in mental health in young adulthood," Science Daily, nswc.com/pos.

Use discipline to teach

To help your teen make wise decisions for himself, focus on guiding and setting limits—rather than controlling him. Figure out what's non-negotiable, such as issues related to school responsibilities and safety. Let him know you won't give in on those. But be willing to discuss and compromise on issues like clothes, hair and schedules.

Source: A.R. Simpson, "Raising Teens: Five Basics of Parenting Adolescents," Massachusetts Institute of Technology Work-Life Center.

Promote daily exercise

Daily exercise can improve your teen's mood, her confidence and even her memory. Unfortunately, many teens—especially girls—get less exercise than they did when they were younger. To encourage your teen to be physically active, talk about the benefits, including feeling less stressed, sleeping better, being more alert and doing better in school. Keep the emphasis on health, rather than on weight or appearance.



Source: J. Howard, "How much exercise your kid needs, based on the latest research," CNN, nswc.com/moveforfun.

Helping Students Learn®

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Callaway HS (South Loup) - November 2018

Sun	Mon	Tue	Wed	Thur	Fri	Sat
				1 7:00 AM FFA all member meeting 7:00 PM One Act Practice	2 STEM Lab Leaves TBA Loup City One Acts TBA FFA- Pathways to Careers at Fonner Park 2:00 PM B JH WR @ Sutherland High School	3 TBA FFA- Pathways to Careers at Fonner Park
4 1:00 PM Legion Oratorical Contest	5 11:40 AM UNL College Rep 7:00 PM One Acts Practice	6 Quarter Finals - Football Playoffs TBA Callaway One Acts	7 Teacher In-Service 1:30 dismissal 8:00 AM ASVAB for Juniors Periods 1-4	8 2:00 PM B JH WR South Loup Jr. High Wrestling Tourm. in Arnold 7:00 PM One Act Practice	9 TBA Arnold One Acts	10
11	12 Volleyball All Conference Nominations Due Football Playoffs Semi Finals 8:00 AM FFA EDGE Conference 8:00 AM Chadron State College Rep @ 8:00am 8:00 PM Board Meeting	13 10:30 AM YLCC - leave @ 10:30am 7:00 PM One Act Practice	14	15	16 1:00 PM B JH WR @ Medicine Valley High School	17 11:00 AM Minden One Acts
18	19 Football Finals in Lincoln	20 MNAC Play Production at Ansley	21 2:40 Dismiss for Thanksgiving	22 No School -Thanksgiving	23 No School- Thanksgiving	24
25	26	27 1:00 PM B JH WR @ Sandhills Thedford Knights	28 TBA District One Acts in Ansley 8:00 AM Ag/Construction Career Day	29	30 4:00 PM G JV BKB CO-OP Twin Loup 5:00 PM B JV BKB CO-OP Twin Loup 6:00 PM G V BKB CO-OP Twin Loup 7:30 PM B V BKB CO-OP Twin Loup	

Callaway HS (South Loup) - December 2018

Sun	Mon	Tue	Wed	Thur	Fri	Sat
						1 9:30 AM B V WR @ Broken Bow Invile 1:00 PM G JV BKB Amherst High School 2:00 PM B JV BKB Amherst High School 3:00 PM G V BKB Amherst High School 4:30 PM B V BKB Amherst High School
2	3 1:00 PM B JH WR @ Anselmo-Merna High School	4 5:00 PM G JV BKB @ Hershey HS 6:30 PM G V BKB @ Hershey HS	5	6 TBA PreK-6 Band & Choir Concert	7 1:00 PM B V WR @ CO-OP Twin Loup 4:00 PM G JV BKB @ Cambridge High School 4:30 PM B JV BKB @ Cambridge High School 6:00 PM G V BKB @ Cambridge High School 7:30 PM B V BKB @ Cambridge High School	8 10:00 AM B V WR @ Anselmo-Merna High School 4:30 PM B JV BKB @ Pleasanton High School 4:30 PM G JV BKB @ Pleasanton High School 6:00 PM G V BKB @ Pleasanton High School 7:30 PM B V BKB @ Pleasanton High School
9 7:00 PM Thesbians Christmas Play	10 8:00 PM Board Meeting	11 5:30 PM G JV BKB Sumner-Eddyville-Miller High School 7:00 PM G V BKB Sumner-Eddyville-Miller High School	12 TBA FFA- LDE's @ Ravenna 7:15 AM FFA all member member	13 TBA 7-12 Christmas Concert	14 4:00 PM G JV BKB @ Medicine Valley High School 5:00 PM B JV BKB @ Medicine Valley High School 6:00 PM G V BKB @ Medicine Valley High School 7:30 PM B V BKB @ Medicine Valley High School	15 10:00 AM B V WR @ Sutherland High School
16	17 TBA B V BKB @ Maxwell Holiday Tournament TBA G V BKB @ Maxwell Holiday Tournament	18 TBA B V BKB @ Maxwell Holiday Tourn. TBA G V BKB @ Maxwell Holiday Tournament	19	20	21 12:00 Dismissal End of 2nd Quarter and 1st Semester 12:00 PM FFA Christmas Party	22 Start of five day moratorium - No Practices
23	24	25	26	27 Basketball and Wrestling Practices may resume	28	29
30	31					

CALLAWAY PUBLIC SCHOOLS LUNCH MENU

NOVEMBER 2018

Monday Breakfast includes: Lowfat and fat free flavored milk, 100% juice or fruit cup Choice of whole grain cereal or whole grain Poptarts available everyday	Tuesday Lunch: Fresh Fruit and Veggie bar and lowfat and fat free milks	Wednesday Breakfast: \$2.25 K-6: \$2.60 7-12: \$2.75 Adults: \$3.95 Extras: Milk-\$0.40; Juice-\$0.25; Seconds-\$0.40	Thursday 1 Turnovers Pork Patty	Friday 2 Frudels Pizza Chz Sticks
5 Tornados Mini Corndogs	6 Pancakes Chicken & Noodles	7 Biscuits & Gravy Hamburgers	8 Breakfast Bar Spaghetti	9 Waffles Pigs N A Blanket
12 French Toast Sticks Walking Tacos	13 EggStravaganza Chicken Patty Sandwich	14 Frudels Roasted Turkey	15 Breakfast Sandwiches TaterTot Casserole	16 Omelettes & Bagels Pork Patty
19 Breakfast Pizza Chili	20 Long John's Hot Dog Bar	21 Breakfast Burritos Chicken Nuggets 2:40 Dismissal	22 No School	23 No School
26 Donuts Chicken Strips	27 Tornados Hot Ham and Cheese Sandwich	28 Muffins Runzas	29 EggStravaganza Hamburgers	30 Cini Minis Chicken Alfredo

- Callaway Public Schools is an equal opportunity provider
- Fruit and Vegetable bar is offered daily
- All grains are whole grain rich and a variety of low fat and fat free milks are offered daily

The Bobcat
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Calendars

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