



From the Elementary Principal's Desk

It has been wonderful to have students back in the building and to hear their excitement! They have shared many great stories about Christmas break, snow days, and other experiences they have endured. It certainly was an eventful January with all the snow! Through all the excitement and craziness they have continued to work hard in the classroom.

The snow on the playground has been the place to be the past month and from the way it is looking the snow is going to be around for a while. The students are loving the opportunity to play in the snow. If your student has snow gear (pants, gloves, hats, boots, coats) please send it to school with them. This allows them to stay warm while playing in the snow while eliminating them from getting wet.

Our kids in Discovery Zone have been busy experimenting with the snow ranging from snow volcanoes, snowman challenges, building igloos, to making ice cream. Discovery Zone is currently for students in grades 3-6 and runs Monday through Thursday afternoon until 6. If you would like your child to attend please contact the front office.

Parent teacher conferences will be held on February 9th. This is a great opportunity to check out what your student has been doing in school and also meet with your student's teacher to discuss any celebrations, or areas of concerns. Please remember that you may always reach out to your student's teacher at any time, not just at parent teacher conferences. We look forward to seeing you.

As always thank you for all you do to make your student successful at school. Please reach out if you ever have any questions.

Mrs. Jesseph



Bobcats of the Month -January

Jazlynn Bechtold

When things need done, Jazlynn is the one to go to. She shows initiative by taking the lead on projects. Her determination to see things through shows responsibility and dependability. I admire her desire to improve herself and set personal goals. She sets a fine example for all of our students.

Mrs. Leibhart



Tasia Trotter

Tasia is always going above and beyond for the people around her. She is the first to lend a helping hand when she sees somebody in need. She comes to school ready and excited to learn every single day! She has a smile on her face and works hard to spread joy around the classroom. Tasia is a hard working, thoughtful, and kind student!

Miss Reish



Bobcats of the Month -January



Cruz Mason

Cruz has really invested in his learning. In his free time at school he chooses to read, instead of playing games. Cruz is a good advocate for himself and others. He is not afraid to have a voice and stand up for what he feels is right.

Mrs. Jesseph

Breckn Dogget

Breckn has been a wonderful addition to our classroom and school. She is always looking out for others and wants to help in any way she can. She works hard to improve herself and pushes others to do the same. Her positive attitude and drive set a good precedent for all to follow.

Mrs. Brogan



Helping Students Learn®

Tips Families Can Use to Help Students Do Better in School

Title I-Educational Service Unit 10



February 2023

Research has answers to common questions about studying

Study time is useful only if it helps your teen learn and recall information. Research on learning offers insight into *how*, *where*, and *when* students should study to maximize results. Discuss the answers to these questions with your teen:

• How should students study?

Experts say that mixing related topics up in a study session—foreign language vocabulary, verb forms and reading, for example—works better than studying one topic at a time. Variety seems to leave a deeper impression on the brain.



• **Where is the best place to study?** Studies show that studying the same material in different places may be the way to go. In one study, researchers gave college students a list of vocabulary words. Half of the students memorized the words while sitting in the same spot on each of two days. The other half studied in a different room each day. The second group remembered more of the vocabulary words.

• **When is the best time to study?** Sleep consolidates memory, and studies have found that students retain more when they study before getting a good night's sleep. Students also remember more if their studying is spaced out over several days. That leads to better results, without having to spend more total time studying.

Source: M.N. Imundo and others, "Where and how to learn: The interactive benefits of contextual variation, restudying, and retrieval practice for learning," *Quarterly Journal of Experimental Psychology*; Brigham and Women's Hospital, "Want to remember new names? Sleep on it," *EurekaAlert!*

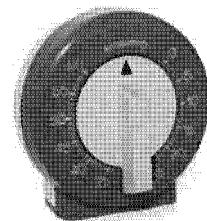
Boost internal motivation

Motivation from within leads to lifelong learning. To foster it in your teen:

- **Help your teen set** learning goals.
- **Praise progress**, effort and knowledge more than grades.
- **Encourage self-evaluation.** How does your teen rate performance so far?
- **Express your belief** in your teen.

Join in a reading challenge

When students read for pleasure, they build skills without even realizing it. To promote pleasure reading, take a 15-minute challenge with your teen. Make a pact that you will *both* spend 15 minutes a day reading for fun. That adds up to almost two hours each week, or 90 hours a year—to strengthen skills your teen will need and use in school and beyond.



Focus timed essay writing

Writing an essay in a limited amount of time takes focused thinking. Share these tips with your teen:

1. **Think about the words** in the question. For example, *discuss* means give factual information about the topic. *Show* means support points with facts.
2. **Jot down ideas** on the topic and decide how to link them together.
3. **Write an introduction** that briefly explains what the essay will be about.
4. **Use each following paragraph** to answer a specific part of the question.
5. **Summarize the main argument** and the points that support it in a conclusion.



Closeness is what counts in friendships

During the teen years, friends take on a new importance. But it's the quality, not the quantity, of friendships that matters.

Research shows that teens who have a few close friends do better over time. By age 25, they have a stronger sense of self-worth and are far less likely to be depressed than kids who seek popularity.

What about online friends? In one study, researchers found that close online friendships had the same benefits as real-life ones. That's because good friends behave in the same core ways wherever they meet.

They chat about everyday life. They reach out to each other in times of stress. They encourage each other, and try to resolve their conflicts.

Discuss the qualities your teen looks for in a close friend. Does your teen's own behavior reflect them?

Source: R.K. Narr and others, "Close Friendship Strength and Broader Peer Group Desirability as Differential Predictors of Adult Mental Health," *Child Development*; J.C. Yau and S.M. Reich, "Are the Qualities of Adolescents' Offline Friendships Present in Digital Interactions?" *Adolescent Research Review*.

CALLAWAY SCHOOL—FEBRUARY 2023

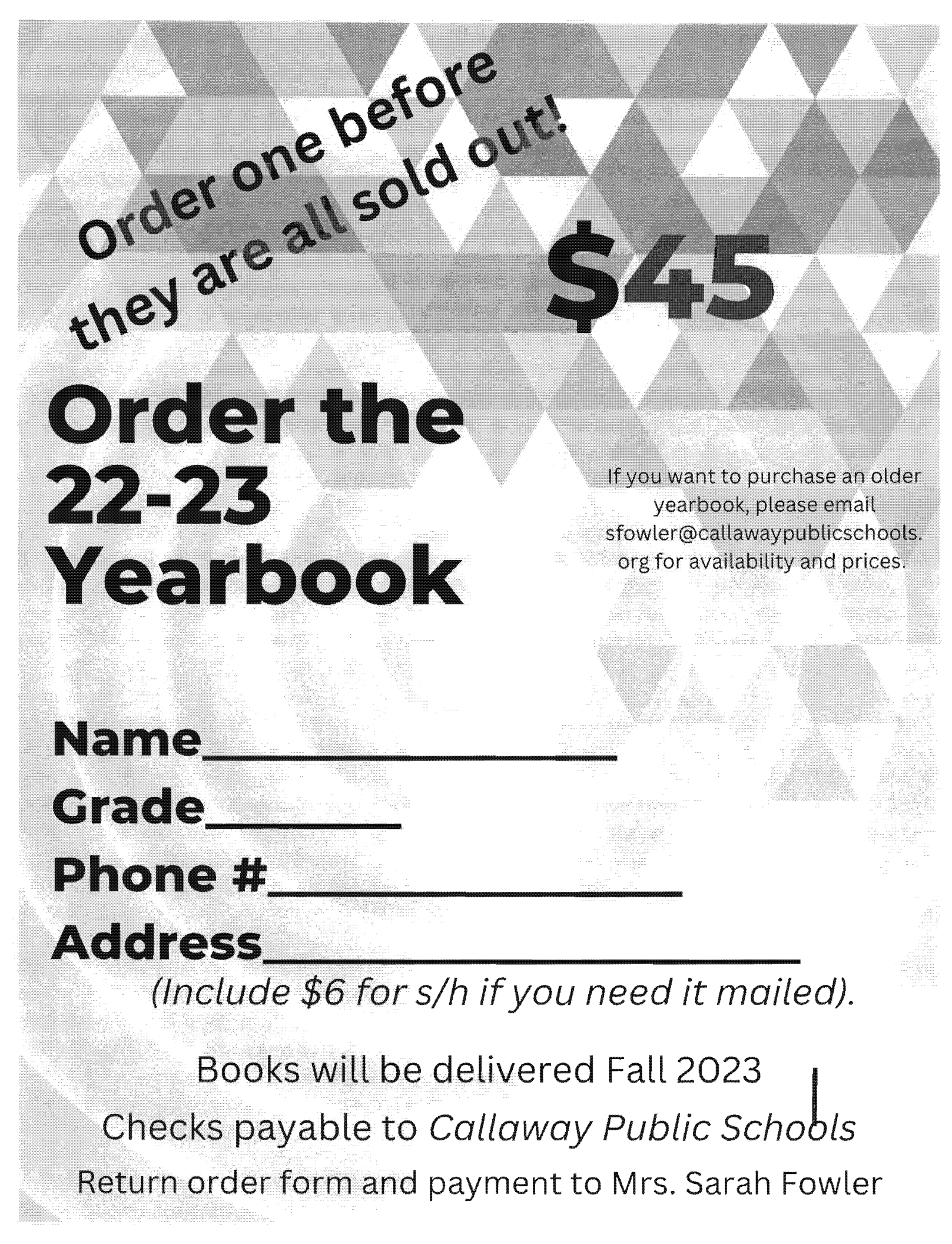
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 FFA State Degree 1:00 Jr. High Quiz Bowl @ Merna 8:00am—Business Tour	2 12:30—FCCLA Chapter Meeting 1:00pm -JH Basketball @ Arnold vs Sandhills Thedford Girls—Arnold Community Center Boys—Arnold High School	3 Basketball @ Mullen 4:30pm-GJV No Boys JV 6:00pm—BV 7:30pm-GV 2:00 Wrestling -Arcadia Loup City Duals	4 8:00am—Speech @ Gothenburg Basketball @ Southern Valley 2:00pm-GJV 2:00pm-BJV 3:30pm—GV 5:00pm-BV
5	6 1:00 JH Girls Basketball @ Sargent 2:00 JH Boys Basketball @ Sargent 7:00pm—FFA Meeting MNAC Music in Dunning	7 Basketball @ Arnold vs Anslemo-Merna 4:00pm-GJV 5:00pm-BJV 6:00pm—GV 7:30pm-BV Basketball and Wrestling Parents Night @ Arnold	8 FFA CDE @ Grand Island 9:00am -Custer County Spelling Bee @ Ansley 1:00pm -JH Basketball @ Callaway vs Maxwell Girls—Callaway High School Boys—Callaway Community Center 1:00—Sr. High Quiz Bowl @ Merna	9 1:30pm—Dismissal Parent-Teachers Conferences 2-8	10 NO SCHOOL Basketball @ Eustis-Farnam 3:30pm-GJV 4:30pm-BJV 5:30pm—GV 7:00pm-BV 3:00pm-District Wrestling @ Pender	11 8:15am—Speech @ North Platte School 10:00am-District Wrestling @ Pender
12	13 FCCLA Week 7:00 Board Meeting	14 FCCLA Week	15 FCCLA Week 8:00am—State FFA Officer Applications Due	16 FCCLA Week State Wrestling	17 FCCLA Week Basketball @ Callaway vs SEM 4:30pm—BJV 6:00pm—BV 8:00-11:00pm—Jr. High Dance @ Callaway State Wrestling	18 Speech @ Loup City State Wrestling
19	20 National FFA Week	21 National FFA Week	22 2:40pm—Dismissal National FFA Week High School Quiz Bowl @ Broken Bow 8:00am—FFA Cattlemen's Classic @ Kearney	23 National FFA Week JR High Quiz Bowl @ Broken Bow	24 National FFA Week	25 8:00am—MNAC Speech @ Mullen
26 8:00am—FCCLA Peer Education Conference	27 8:00am—FCCLA Peer Education Conference 7-12 graders No School 10:00am—MNAC Quiz Bow @ Callaway	28				

*All times are in Central Time Zone

* Events are subject to change

*Need more info? Call 308-836-2272

*Basketball JV starting times are listed all Varsity games will follow immediately after JV games regardless of time listed



Order one before
they are all sold out!

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Order the 22-23 Yearbook

If you want to purchase an older
yearbook, please email
sfowler@callawaypublicschools.org
for availability and prices.

Name_____

Grade_____

Phone #_____

Address_____

(Include \$6 for s/h if you need it mailed).

Books will be delivered Fall 2023

Checks payable to *Callaway Public Schools*

Return order form and payment to Mrs. Sarah Fowler

FEBRUARY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Tornados Cheeseburgers	2 Breakfast Bars Chili	3 Waffles Corn Dogs	4
5	6 French Toast Sticks Fish Sandwich	7 Muffins Chicken Strips	8 Glazed Donuts Pizza	9 Pancake Wrap Chicken Alfredo	10 No School	11
12	13 Breakfast Sandwich French Dip	14 Roller Bites Pigs-n-blanket	15 Cinnamon Rolls Salisbury Steak	16 Breakfast Pizza Nacho Bar	17 Turnovers Pepperoni Cheese Sticks	18
19	20 Breakfast Burrito Runza	21 Bagels Spaghetti	22 Cini Mini Popcorn Chicken	23 Pancakes Chili Cheese Dog	24 Tornados Italian Chicken	25
26	27 Mini Donuts TatorTot Casserole	28 Tritator & Sausage Mesquit Chicken Sandwich				

BREAKFAST
INCLUDES:
MILK, JUICE, OR
FRUIT AND MAIN
BREAKFAST ITEM.
BREAKFAST WILL
NOT BE SERVED
ON 10:00
STARTS.

Breakfast: \$2.25
Lunch: \$2.70
7-12: \$2.85
Adults: \$4.00
Extra Milk: \$.40
Seconds: \$.75
Extra Juice: \$.25

Breakfast & Lunch Menu

Lunch Includes: Veggie/Fruit Bar and Milk

USDA is an equal opportunity provider and employer.

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BOXHOLDER

