

Callaway Public Schools

"Creating Positive Stories"

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August 26, 2025

Superintendent's Corner

I would title this month's corner as "not just a shameless plug." You know when you read those articles that are really just a commercial dressed up like a story. Well, if you want to stop reading now, that is what this is.

Last weekend we had a regional TeamMates meeting in Grand Island. TeamMates has been a tremendously successful mentoring program for the past 30ish years in large part because it was started by Coach Tom Osborn and his wife Nancy. As time has passed, TeamMates has continued to impact youth in Nebraska and most of the surrounding states, but the kids no longer know who Coach Osborn was. So the folks at TeamMates are working hard to do some rebranding and marketing to keep TeamMates relevant to kids and younger adults.

In Callaway, we have a very active TeamMates chapter ran by Mrs. Karen Weverka. Over 40 matches of mentors and mentees that meet regularly. Fortunately, we have a large group of kids that want to be a part of TeamMates. Unfortunately we struggle to find enough mentors, especially male mentors, to get all of our kids paired up. I think we battle a perception that only troubled kids need a mentor. If a child has a good family, then it is unnecessary for them to have a mentor. TeamMates is really pushing the idea that mentoring is for all kids and that everyone can benefit from the mentor/mentee relationship. So here is where my story, or my not so shameless plug begins.

When I was growing up there was a guy in Mullen named Club Wright. Club was a grumpy old guy who used to holler at the kids for being too loud when we played basketball in the lumber yard he ran. Club had a limp from the shrapnel of a German grenade from World War II in his leg. Club cussed too much and probably drank a little more than he should, but he also liked to play cribbage. As it turns out, I loved to play cribbage when I was a kid as well. I realize this was long before TeamMates was even a thought, and I was the kid who had a great family and was taught all the necessary lessons at home that would create the moral compass of my life. But my time playing cribbage with Club made a huge mark on my life. Club has a little pocket note pad and he would tally when he won or when I would win. I am sure there were at least 500 tallies through the years in that little book that he kept just to track our little competition. While I thought I was just playing a game of cribbage, I was learning about the things that Club thought were the most important in life. Hard work, honesty (to a fault sometimes), and service to your country and your community were the side effects of a simple card game.

I have asked myself many times in life if I have ever been some kid's Club Wright? Are there any kids that gleaned lessons from being around me that they will take with them the rest of their life? So Club didn't go through any background checks (he probably wouldn't have passed ☹), and he didn't sign a sheet at the office tracking when we met, but he was my TeamMate when I was a kid and I am glad I had him. If you think that you have lessons to teach a child and about an hour a week to spend with them, please consider joining our mentoring team. Contact me or Karen at the school and we will help you with the process. Remember, you don't have to be perfect you just have to be there, and all of our kids would benefit from a mentoring relationship!

October

Bobcats of the Month

Aaron Johnson



Facing everyday with a positive attitude is Aaron's gift to all of us. He says "good morning" accompanied by a smile as he enters my classroom, and says, "Have a good day," as he leaves. His kind manners set an example for his classmates. Even if kindness is not reciprocated, it does not deter him. Aaron always puts forth everything he has as he works on his assignments. Aaron's consideration for others makes our school a better place. Mrs. Leibhart

Sophomore Class

They were nominated for showing amazing moral character during the parade and other events of homecoming. - Mr. Furrow

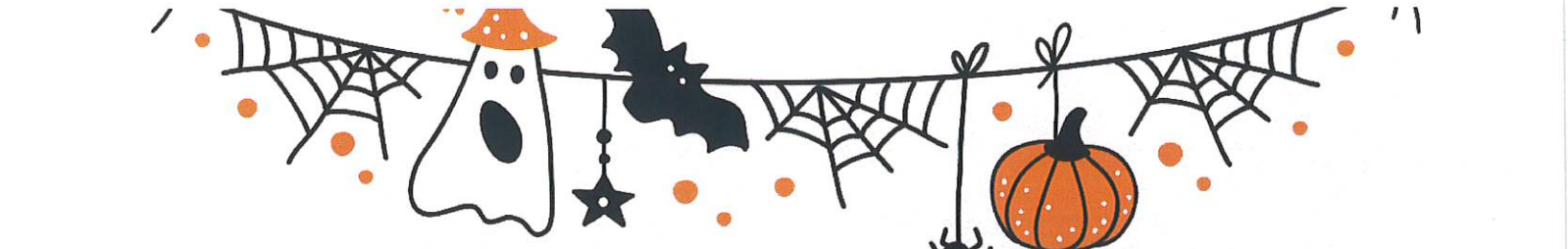


Miranda Tucker



Miranda is always a positive light in the hallway and during BDT. She is kind to others, motivated to do her best, and is a great support to the people around her. Miranda is a girl who knows what she wants and puts full effort into achieving her goals. Way to go! -

Mrs. Donegan



HAPPY OCTOBER!

HELLO EVERYONE!



It's already October! Can you believe it? Students have been working steadily to make it to fall break. Junior High students have been taking MAPS Testing this past month.



Sports are in full swing and athletes have been working hard both on and off the court/field.



Did you know that Halloween first started as a Celtic tradition that took place at the end of Summer? People would celebrate with dancing, bonfires, and spooky costumes to ward off evil spirits. With dress-up days, please make sure that your student is ready to ward off any "bad vibes" that may come their way.



-The Broadcasting/Journalism Team



Wednesday Oct 1 -FCCLA Pop Tab Collection Starts - 8AM ASVAB - Juniors

Thursday Oct 2

12:40 PM FCCLA Chapter Meeting
8AM Elementary Pumpkin Patch Field Trip
5PM SH Volleyball @ Arnold Vs. Sandhills Valley/Twin Loup
5PM Senior Volleyball and Cross Country Parents Night @ Arnold
7PM SH Football @ Pleasanton

Friday Oct 3 - 8AM Bear Bank

Monday Oct 6

10AM Flu Shot Clinic
2:30PM JH Volleyball @ Dunning Vs. Sandhills/Thedford
4:30PM JH Football @ Dunning Vs. Twin Loup
6:00PM JV Football @ Dunning Vs. Sandhills/Thedford

Tuesday Oct 7

10AM MNAC SH/JH Cross Country @ Arnold
5PM SH Volleyball @ Maxwell Vs. Maxwell/Cambridge

Wednesday Oct 8

8AM FFA Livestock Eval @ Ord
8AM Senior College Fair @ Broken Bow

Thursday Oct. 9 - 6PM SH Volleyball @ Cozad

Friday Oct. 10 - 7PM SH Football @ Callaway Vs. Ravenna

Saturday Oct. 11

9AM JH Volleyball Tournament @ Ansley
9AM JV Volleyball Tournament @ Litchfield
9AM SH Volleyball Tournament @ Loup City

Monday Oct. 13

3:30 PM JH Football @ Arnold Vs. Brady
3:30 PM JH Volleyball @ Arnold Vs. Brady
8PM School Board Meeting

Tuesday Oct. 14 - 8AM Fall ACT

Wednesday Oct. 15

8AM Juniors Career Day @ Kearney
1:30PM Dismissal

Thursday Oct. 16

TBA - District Cross Country @ TBA
TBA - MNAC Volleyball
7PM Football @ Loup City Vs. Arcadia/Loup City

Friday Oct. 17 - End of Quarter 1 / 8AM Bear Bank

Saturday Oct. 18 - TBA - MNAC Volleyball

Tuesday Oct. 21

5PM SH Volleyball @ Stapleton Vs. Arthur County/Sandhills Valley

Wednesday Oct. 22

7:30AM Teammates Donuts
8AM FCCLA District Leadership Conference @ NPCC

Friday Oct. 24 - No School Fall Break

Monday Oct. 27 - No School Teacher Inservice

TBA - District Volleyball

Friday Oct. 31 - 8AM Bear Bank

October

Monday	Tuesday	Wednesday	Thursday	Friday
6 B - Breakfast Pizza L - BBQ Rib Sandwich	7 B - Pancake Sandwich L - Square Pan Pizza	8 B - Fruit Parfait L - Chicken Stuffing Casserole	9 B - Breakfast Bars L - Tater tot Casserole	10 B - Grab & Go L - Walking Tacos
13 B - Sausage & Hashbrowns L - Hamburger	14 B - Tornadoes L - Breakfast for Lunch	15 B - Grab & Go L - Chili Cheese Dogs or Plain	16 B - Breakfast Burritos L - Spaghetti	17 B - Grab & Go L - Chicken Fajitas
20 B - Pancake on a Stick L - Chicken Patty Sandwich	21 B - Oatmeal L - Runza Casserole	22 B - Breakfast Sandwich L - Popcorn Chicken Bowl	23 B - Cinni Minni L - Chicken Alfredo	24 No School
27 No School	28 B - Pancakes L - Pulled Pork Sandwich	29 B - Long Johns L - Mexican Casserole	30 B - Tornadoes L - Goulash	31 B - Grab & Go L - Chicken Legs

Breakfast Includes: Milk, Juice,

OR Fruit and main Breakfast

Item Breakfast will not be
served on 10:00am Starts

Extra Milk: \$.45

Seconds: \$.80

Extra Juice: \$.40

Breakfast: \$2.50

Lunch: \$2.95

7-12: \$3.10

Adults: \$4.25

Breakfast & Lunch Menu

Lunch Includes: Veggies/Fruit
Bar and Milk

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provider and employer.

October 2025

POP TAB *collection*



**FCCLA IS HOLDING THEIR ANNUAL POP
TAB COMPETITION FOR THE RONALD
MCDONALD HOUSE IN OMAHA**

Dear Parents and Guardians,

As part of your school's general health curriculum, your child will soon be participating in a research-based youth e-cigarette prevention program called *CATCH My Breath* at school. This program was developed by health education experts from The University of Texas School of Public Health (UTHealth) in Austin and is designed to help your child make healthy choices and avoid risky behaviors when it comes to e-cigarettes.

Most teens are curious about e-cigarettes. In 2019, about 28% of high school students and 11% of middle school students reported having used an e-cigarette in the last 30 days. In some areas, nearly half of high school students have tried an e-cigarette.

Most teens believe that e-cigarettes are safe. In reality, e-cigarettes contain nicotine and toxins, some of which are known to cause cancer. Nicotine is highly addictive, especially to a developing teen brain. What begins as experimentation can easily lead to a lifetime of nicotine addiction.

It does not take that long for young people to become addicted to **nicotine** because:

- E-cigarettes provide nicotine in doses as large as, or larger than, regular cigarettes
- Children and youth become addicted to nicotine much faster than adults
- Nicotine has more harmful effects on the developing adolescent brain, making it worse for kids than adults
- Nicotine is thought to be a social and biological "gateway" for the use of other substances, like initiating combustible cigarette use, alcohol, and other drugs.

Additionally, all states prohibit the **sale, purchase, or use** of e-cigarettes or liquid **nicotine** (e-liquid) containers by anyone under the age of 21.

Most states also prohibit e-cigarette use anywhere on school property or at school-sponsored events.

The CATCH My Breath program is disseminated nationally by CATCH Global Foundation with funding support from CVS Health. The program is also at the core of *Be Vape Free* (bevapefree.org), a youth vaping prevention initiative in partnership with the CVS Health Foundations, and Discovery Education.

Be sure to ask your child what he or she is learning in the program and what he or she thinks of e-cigarettes and cigarette smoking. As a parent or guardian, you have a lot of influence over your child's choices.

It is not always easy for parents and kids to talk about these topics together. Yet research has shown that when parents tell their teens not to use tobacco, they are much less likely to do so.

CATCH My Breath was created to give you a starting place for communicating about e-cigarettes with your child. CATCH My Breath is part of the family of CATCH healthy nutrition, physical activity, and oral health programs. To learn more about CATCH programs, materials, and training, visit the CATCH Global Foundation website at <http://catchinfo.org/>.

We hope that you and your family will find the program helpful. Please contact catchmybreath@catch.org if you have any questions about the program.

Sincerely,

Steven H Kelder, PhD, MPH
The University of Texas School of
Public Health in Austin
Associate Dean
and Professor, Division of Epidemiology,
Human Genetics, and Environmental Sciences
Beth Toby Grossman Distinguished
Professor in Spirituality and Healing

Duncan Van Dusen, MPH
CATCH Global Foundation
Founder & CEO

PARENT INFORMATION

CATCH My Breath is a youth E-cigarette prevention program developed by the Michael & Susan Dell Center for Healthy Living at the UTHealth School of Public Health. The program's goal is to prevent the use of E-cigarettes by students 10-18 years old – or 5th - 12th grades.



WHAT'S INCLUDED IN THE PROGRAM?

- Four 35-minute classroom sessions suitable for grades 5-12.
- An online platform (CATCH.org) where teachers and parents can find supporting materials.
- Printable posters, school signs, and other media for display in the school.

Sample CATCH My Breath lessons and supporting materials are available at catchmybreath.org

WHAT WILL STUDENTS LEARN?

The CATCH My Breath youth E-cigarette prevention program teaches students to:

- Understand that E-cigarettes are addictive, unhealthy, and not as popular as they think.
- Understand E-cigarette advertising tricks and techniques.
- Resist curiosity to experiment with E-cigarettes and practice resisting peer pressure.
- Influence others to not use E-cigarettes.

7 OUT OF 8 
MIDDLE SCHOOLERS
say they're less likely to smoke E-cigarettes

because of participating in CATCH My Breath.*

*According to a 2016 pilot study involving 2,200 middle schoolers across 5 states.

WHY IS EDUCATION ABOUT E-CIGS NEEDED?

- Nicotine is proven to be an addictive substance which has negative effects on the developing brain.
- The majority of E-cigarettes, including flavored ones, contain nicotine.
- E-cigarettes are the most commonly used tobacco product among youth and are strongly associated with the use of other tobacco products.
- It is illegal for anyone under 21 to buy or use e-cigarettes.

For more info about the CATCH My Breath Program, visit:
www.catchmybreath.org

For more information, contact:
catchmybreath@catch.org
855-500-0050 x803

Helping Children Learn®

ELEMENTARY SCHOOL

Tips Families Can Use to Help Children Do Better in School

Title I-Educational Service Unit 10



October 2025

Learning from mistakes builds skills and self-confidence

Nobody's perfect, and like all kids, your child will sometimes make mistakes on tests or assignments. But that's no reason for either of you to get discouraged!

Research shows that when children are encouraged to learn from their errors, they do better in school. When they fix their mistakes, students learn that they can improve. And when they avoid repeating the errors, they learn they can get smarter—and that boosts their confidence about their ability to learn.

Begin any discussion about your child's schoolwork by pointing out what your elementary schooler did well. Then, to help your child concentrate on learning from mistakes:

- **Ask if your child understands** why an answer is wrong. If so, have your student correct it. If your child isn't sure, offer suggestions or encourage your child to ask the teacher for help.
- **Talk about ways** your child can avoid making that kind of mistake again—by reading carefully, slowing down, double-checking work, etc.
- **Celebrate progress.** Did your child make fewer mistakes on this test than the last one? Praise the improvement and talk about how learning from past mistakes likely made a difference.



Source: H.S. Schroder and others, "Neural evidence for enhanced attention to mistakes among school-aged children with a growth mindset," *Developmental Cognitive Neuroscience*, Elsevier B.V.



Take your child on a virtual STEM trip

Digital media offers exciting ways to spark your child's interest in science, technology, engineering and math (STEM) fields. By taking virtual field trips online together, you can help your child experience:

- **Museum exhibits.** You and your child can take a self-guided tour of the Smithsonian's National Museum of Natural History (www.naturalhistory.si.edu/visit/virtual-tour). See 360-degree views of exhibits about dinosaurs, oceans, gems and minerals and more. Help your child read the exhibit text to learn more about the items on display.
- **National parks.** See the natural wonders of the Grand Canyon and Yellowstone without leaving home (www.nps.gov/subjects/npscelebrates/find-your-virtual-park.htm).
- **Mars.** Footage from NASA's Perseverance rover lets your elementary schooler explore the Jezero Crater on the red planet's surface (www.youtube.com/watch?v=yOpITCgnJFQ).

Give a responsibility lesson

Doing chores at home teaches children about responsibility—and that pays off in school. Chores can help your child:

- **Develop school skills**, such as following directions and timeliness.
- **Feel invested** in work and take pride in successful effort.
- **Learn basic life skills**, such as caring for clothes and keeping things clean.

Ask your child to teach you

Having your child teach you can reinforce newly-learned information in your student's memory—and reveal gaps in comprehension. Try these strategies:

- **Ask your child** to explain an assignment, teach you a concept or read a passage from a school text aloud.
- **Let your child give you** a quiz about topics the class is studying. Ask questions, even if you understand everything.
- **Present a "problem"** you are having, and ask your child to help you solve it. What should you do first?



Graphics clarify meaning

Photos, maps, graphs and illustrations can give students a clearer understanding of a text's meaning. Encourage your child to study graphics before reading and ask:

- *What do the images show?*
- *What details are included?*
- *What might the material be about based on these graphics?*
- *Why might the author have included them?*





How seriously should I take my child's negativity?

Q: My child keeps saying "I hate school." I'm not sure how to respond. I don't want to make a big thing out of a casual moan, but I don't want to ignore a real problem, either. What should I do?

A: You are right that not all children who say they hate school actually do. Sometimes, they are just looking for attention, or for a chance to delay doing schoolwork. However, since your child has said this more than once, something may be going on.

To figure out what it is:

- **Start a conversation.** At a time when you are both calm, say, "You've said you hate school a few times. What's making you feel this way?"
- **Ask follow-up questions** if your child can't identify the problem. Is your child struggling in a subject, or feeling lonely or overwhelmed?
- **Brainstorm together** about actions your child can take, such as increasing study time, joining a school activity or asking for help.
- **Point out that almost all** situations have pros as well as cons. Ask what your child likes about school.
- **Reach out to the teacher.** Explain how your child is feeling and ask for suggestions and support.



Are you teaching decision-making?

Your child will make many decisions in school that can affect achievement: To tackle a challenge or give up, to give in to peer pressure or do what's right, etc. Are you teaching your child how to choose wisely? Answer *yes* or *no* below:

- ___ **1. Do you tell** your child that all choices have consequences?
- ___ **2. Do you include** your child in family decision-making discussions?
- ___ **3. Do you set** an example by thinking through decisions aloud as you make them?
- ___ **4. Do you encourage** your child to ask questions and gather relevant information before making a choice?
- ___ **5. Do you offer** plenty of chances to make decisions

and then expect your child to live with the outcomes?

How well are you doing?

More yes answers mean you are helping your child learn to think decisions through. For each no, try that idea.

"You cannot make progress without making decisions."
—Jim Rohn

Optimize test outcomes

In addition to learning the subject matter before tests, your child will also benefit from learning effective test-taking strategies. Encourage your elementary schooler to:

- **Pay careful attention** to directions, and ask the teacher for clarification if they are confusing.
- **Answer all questions** and show all work. The teacher may award partial credit, and blank answers won't earn points.
- **Read all answer choices** on multiple choice questions and cross out those that can't be right before choosing an answer.
- **Use extra time to review** answers and check for careless mistakes.

Exercise is brain-building

Getting regular exercise is vital for your child's physical and mental health. And studies show it boosts children's alertness and memory, too. To add exercise to your child's life in fun ways:

- **Start family traditions** that include physical activity, such as taking a hike every weekend.
- **Perk up chores.** Play upbeat music or race to finish the job.
- **Include your child** in your own exercise activity, such as jogging or stretching.

Source: A. McPherson and others, "Physical activity, cognition and academic performance," *BMC Public Health*.

Help make schoolwork work

Schoolwork should be a priority for your child. If your student can't finish assignments because of other activities, adjust the schedule to allow your child enough time to focus on the schoolwork. Also remember that assignments are meant to help students practice skills. Your child's best effort, not perfect work, is the goal.



Helping Children Learn®

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