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SUPERINTENDENT NOTES by Jack D. Moles



As has been the norm the past few years this summer flew right by. As I write this I am preparing to miss Administrator Days in Kearney for only the second time as I prepare to head to Virginia for the birth of my first grandchild. For administrators, Administrator Days signals the end of summer. I am excited to have the beginning of the new school year quickly approaching. I love that time when kids and teachers come in with that freshness of a new year.

We add six new members to our teaching staff this year. Wendi Buggi will teach high school English. She will also serve as the Speech Team coach and Play Production sponsor. Mrs. Buggi will be a familiar person in our school as she has lived in Tecumseh for several years as her husband, Dustin, previously served as the Technology Coordinator for JCC. Jessica Ferguson will teach High School Science. She taught last year in South Dakota but grew up in southeast Nebraska. Myranda Lewis will teach Middle School Math and Science, as well as work with English Language Learners in the Middle School. She is a recent graduate of Midland University. Gabe Meints will teach Second Grade and will serve as the Head Football Coach. Mr. Meints is a graduate of Tecumseh High School. Delwinn Novell will teach High School Industrial Technology. He began his teaching career in Auburn, but then moved to Arizona where he and his wife Ginny both taught. They are returning to Nebraska to be closer to their children and grandchildren. Olivia Puffer will serve as the High School Counselor. She most recently served as a Counselor in Iowa. I am very excited to have these six teachers join our staff. They have all expressed great ideas and goals that will help us better serve our students.

PREPARING FOR THE COMING YEAR

As students enter grades 6-12 this fall, I would like to make some recommendations for their parents to enable them to get the most out of their secondary education. It is my belief that these would all be of help to kids. Included are the following:

- Make sure that time is set aside for homework at a somewhat regular time each night. Being involved in activities sometimes makes this difficult, but having the organizational skills to make time available will be a lifelong skill that is developed. Part of this will be for you to make sure your child has a place to study that has as few of distractions as possible. This is a skill that will especially be helpful in college.
- Become active in our school. Of course, the most important way you can be active is by supporting your own child's activities. As a parent who has now had all of his own children graduate I can tell you that those opportunities to watch your kids in activities go way too quickly. Please make the time to support your kids. Also, look for ways to volunteer. Elementary parents are known for being great volunteers. Opportunities to volunteer do not end then, though. In particular, both the Athletic Booster and Band Boosters can use great volunteers.
- Get to know your child's teachers. I am always amazed when parents walk into a Parent-Teacher conference and tell me they don't know who some of the teachers are. We are still a small school and teachers do a good job of making themselves available to kids and parents. It is also a staff that tends to enjoy visiting with parents. Strong communication between the home and school goes a long way in ensuring student success.

- Keep track of your student's grades on our school website. You will be issued log in information to allow you to do this. If you do not receive this please contact the high school or middle school office. As you look at grades please discuss concerns first with your child, then contact the teacher. We do send out progress reports, but I believe regular access to your child's grades is a very good way to monitor their progress. Students tend to become more concerned if they know their parents are monitoring their progress.
- Encourage your child to read. Novels, magazines, newspapers, websites—all help to improve students' reading skills. Reading skills are one of the most important indicators of success in high school and college. A common theme we hear is how much time students spend with video games. Help to move your child(ren) off of the video games for even a small portion of time each day by encouraging reading. We see such an importance in reading that we now provide explicit instruction in middle school and high school for students who may need more help.
- Encourage your child to really prepare for college entrance examinations. Good scores on the ACT can mean thousands of dollars in scholarships for students. Our school sees enough importance in students scoring well on the ACT that we make the Baylor Test Prep class available for our 9-12 graders. This is a class that we will hopefully continue to provide for our students. Many of our students have had nice scores over the past few years and I am sure that the Baylor Test Prep class had a role in this. The other aspect in properly preparing is to look at taking the ACT more than once. Taking the ACT as a freshman or sophomore is not out of the question. My wife and I had each of our children take the ACT as freshmen. A bigger indicator of success on the ACT than either of these strategies, though, is how strenuous of a schedule a student takes. Students who challenge themselves with a difficult class schedule tend to score higher than students who do not challenge themselves. Frequently we see students who do not want to challenge themselves in order to protect their grade point average and class rank. Much more scholarship money goes to students based on ACT scores than either class rank or GPA. One point of emphasis in our move to requiring four years of math and science for graduation is to better prepare students for the ACT. As a side note to this, the State of Nebraska will require almost all juniors to take a college readiness test at least by the 2017-18 school year. This could actually begin this year. The assumption is that the state adopted test will be the ACT. We are making preparations to eventually offer this test in our school, maybe as early as this spring.
- Encourage your child to take on leadership opportunities. FFA and FBLA especially offer a number of such opportunities, but so do activities such as Student Council, athletics, and music. Leadership qualities are especially important to colleges and potential future employers.
- Keep a family calendar posted with your child's activities included. Refer to this calendar frequently. For example, if you notice that testing is coming up you can help to ensure that your child receives proper rest and is prepared for the testing. Also, if a larger event is coming up you can visit with your child about working ahead.
- Have your child become involved in music. Studies show that people who are involved with music tend to perform better academically, especially in the areas of math and language. I have a goal of growing our instrumental and vocal programs. A decision was made to not have field marching last year as the numbers in high school band had dropped off in recent years. I definitely would like to reverse that trend. If cost is a concern for band please visit with the teacher about using school owned instruments. Coupled with music, I believe it is important for students to be involved in the other arts as well, whether in an art class, or in speech or drama. The arts not only have a direct correlation to academic success, they also tend to help to define us as human beings.
- Encourage your child to go out for at least one sport. Our students tend to get a great mental workout each day. A well-rounded individual needs to also have a physical workout. Studies show that students who are active physically tend to improve academically. This can also serve as a great outlet for stress. It has been well documented that American teens are increasingly becoming more out of shape. Also, for Johnson County Central to be able to compete we need better participation.
- Do not allow yourself to get caught up in the "everyone else is doing it" justification for your child being allowed to do things outside of your morals or beliefs, or outside of the law. First of all, not everyone else is doing it. Do not be afraid to tell your child "no". They may resent it and attempt to make life miserable for a short while, but they will come around, especially when they want something from you like money or car keys. I would especially expect you to take this stand when it comes to illegal things for your child: alcohol, drugs, and tobacco for example. We, as adults, can make no valid justification for our kids to partake in these things. As parents, our expectations for our children should be to have them involved in constructive activities, not activities that can take away from possible success.

- Be very careful in allowing your child to quit an activity or a class. My belief is that once a student makes a commitment to something they should see it through. Although there is sometimes an absolute necessity to quit, the vast majority of the time quitting is simply a matter of convenience or not wanting to put in an effort. I do not believe students learn much of a positive nature by quitting. In fact, it may serve to reinforce the idea of “taking the easy way out” and not committing to things in other areas of their lives.
- Know who your child’s friends are. Don’t blindly let your child run around with just anyone. You should set standards of expectations for the types of behaviors your child, and his/her friends, exhibit. If your child’s friends cannot or will not meet these expectations then you may want to consider whether these are good associations for your child.
- Try to talk with your kids frequently to find out what is going on in their lives. Parents who show interest in their child’s lives tend to have a much more positive impact in those lives.
- Support the efforts of your child, but at the same time support the efforts of the school. In either case please do not “blindly” support either. If your child is in error please make sure that he/she knows it and support the teacher. The same goes for the school. If we are in error please be an advocate for your child. Both are fair expectations. Please know that administratively we support parents having the ability to speak up for their children. We do have an expectation that things are handled in a constructive and respectful manner. In doing so we expect that the parent finds out both sides of the issue before they support one side or the other.

NEWS FROM PRINCIPAL RICK LESTER

Welcome back! I hope you had an enjoyable summer and are rejuvenated and ready for a great 2016-2017 school year. I just have a couple of items to get us started on the right foot.

- All students received a pre-registration letter with dates if you want to change your schedule – also enclosed was the schedule for the 2016-2017 school year for you to view. Pre-registration is scheduled for Monday, August 15 and Tuesday, August 16 with grades meeting at these times with our counselor Ms. Puffer and myself:

12 th grade	8:00 a.m.
11 th grade	10:00 a.m.
10 th grade	1:00 p.m.
9 th grade	2:30 p.m.

If no changes we’ll see you on the first day of school Tuesday, August 23.

*All 9th grade students received a letter for iPad orientation which attendance is required for the 9th grade student and a parent. You’ll need to attend one of these scheduled meeting in the high school cafeteria:

Monday, August 15 at 9:00 a.m. or 7:00 p.m.

Or

Tuesday, August 16 at 9:00 a.m. or 7:00 p.m.

- All 10th grade to 12th grade students will receive their iPad on the first day of school as long as you have the insurance form filled out and paid, and policy and procedure form signed and returned. (These students have already gone thru the orientation therefore don’t need to attend again – although if you’re a new student you will need to attend one of the iPad orientation meetings).
- School pictures are scheduled for Wednesday, September 21, 2016.

Middle School & Athletic News from Rich Bacon, Principal & Athletic Director

I hope everyone had an enjoyable summer vacation and is looking forward to the start of another memorable school year. As always, I am looking forward to the start of another school year. One of the best days of every year is the first day of school when everyone is eager and excited for what lies ahead.

This year we welcome a new face to our teaching staff at the Cook site. Ms. Myranda Lewis will be the new 6th Grade Math and Science Teacher this year. This will be Ms. Lewis' first teaching job and we are very excited to have her on our teaching staff.

The Middle School Walk-Through will be held Wednesday, August 17th beginning at 6:00. The walk-through gives students an opportunity to walk through their class schedule, find their classrooms, meet with their teachers, and alleviate some of the anxiety that students may feel on the first day of school. The walk-through will also allow parents to hear the expectations the teachers have of their students and what will be required of their children. There will also be an open house for the 4th and 5th grades on August 17 starting at 5:00. This will allow any student who is not familiar with the Cook site to find his/her classroom, walk the halls, find the restrooms and ask any questions they may have about the upcoming school year.

This year, for the first time, all middle school students will have access to an iPad to enhance student learning. This 1:1 iPad initiative has been utilized in the high school very successfully for the past three years and we are very excited to expand this opportunity to our middle school students this year. Before students are allowed to take these home, however, all students and their parents will need to sign agreement forms. This will be addressed at the Middle School Walk-Through.

All 7th grade students and each 8th grade student who expects to participate in athletics this year will need to turn in a physician's certificate stating that he/she is physically fit for athletic participation. This physical examination must be given during the school year in which the student participates or during the summer vacation period which precedes the school year in which the individual participates and must be turned in before the student can participate in any interschool sport. Coaches would appreciate it if this was completed before the start of organized practice. Also, all incoming 7th grade, freshmen and juniors participating in a contact sport must complete the IMPACT Concussion test to establish a baseline in the event of a head injury. This test will be conducted by school officials and must be done before an athlete is allowed to practice or participate in a contact sport. If an athlete suffers a head injury, the results of the pre-injury test will help to objectively evaluate the athlete's post-injury condition and track recovery for safe return to play.

All students, grades 7-12, who plan to participate in any NSAA sponsored activities need to turn in a signed Parental Consent form. This must be done before a student is eligible for practice and competition in any activity that is under the jurisdiction of the Nebraska School Activities Association. The participating student and one of his/her parents or guardians must sign the certificate of consent and turn this certificate into the school office. By signing this consent form parents and students acknowledge that they understand there are risks involved in any activity.

I hope everybody is looking forward to the start of another school year. Middle school provides an excellent opportunity for students to make friends and memories. I encourage all students to start the school year with an open mind toward their classes and to take advantage of the opportunity to try as many activities as possible. This is the best way for students to learn about themselves, strengthen friendships and have a positive school experience. I hope our staff, students, and parents all start the school year hoping to have a successful and productive year.

CONCUSSION INFORMATION

The [Nebraska Concussion Awareness Act](#) was signed into law Governor Heineman in April, 2012. The bill affects any schools having athletes 19 years old or younger, as well as any sports organization, including youth leagues, club sports, or any organization sponsoring a sporting activity where there is a cost to participants or where such costs are sponsored.

There are 3 primary components to the Nebraska Concussion Awareness Act:

Education – (a) concussion educational training must be made available to all coaches on how to recognize symptoms of a concussion, and how to seek proper medical treatment. (b) Athletes and parents must be provided concussion information prior to an athlete's participation on an annual basis that includes (i) signs & symptoms of a concussion, (ii) risks posed by sustaining a concussion, and (iii) actions an athlete should take in response to sustaining a concussion – including informing their coaches.

Removal of Athlete – an athlete presenting with signs or symptoms of a concussion thereby being “reasonably suspected” of having sustained a concussion (a) must be removed from participation, and (b) may not return to participation until evaluated by appropriate licensed health care professional, *and*,

Written & Signed Clearance for Return to Play (RTP) – an athlete having been removed from participation for the purpose of presenting with signs or symptoms or “reasonably suspected” of having sustained a concussion must have, before RTP or participation is allowed by a coach, (a) written and signed clearance from an appropriate licensed health care professional, and (b) written and signed clearance from the athlete's parents.

This law has changed the way concussions have been handled in the past. Schools/Organizations must notify a parent of a concussed athlete of the date and time of the head injury, the observed signs & symptoms, and action taken. Schools/Organizations will need to have concussion educational information readily available, and they must demand written clearance for RTP from a licensed health care professional and parent for any concussed athlete. Schools should anticipate the number of concussions, if appropriately “recognized”, to increase significantly; on average, 10% of athletes in a contact or collision sport, and 15%-20% of FB players. Coaches will not only have a duty, but will be required to know the “Signs and Symptoms” of a concussion, and will be responsible for “recognizing” concussions and the potential for head injury. Coaches will have to remove any such athlete “reasonably suspected” of having sustained a concussion, and not allow that athlete to RTP without the athlete first being evaluated by an appropriate licensed health care professional, and without the athlete having written clearance from both a licensed health care professional and parent.

So what's the reality of it? The most difficulty in complying with this law will be the understanding of what is considered a concussion by coaches and parents. The most painful aspect for coaches dealing with concussions will be: “a ding is a concussion”. An athlete that got “dinged” or had their “bell rung” is very likely to present with fairly recognizable signs and symptoms and is to be considered having sustained a concussion - regardless at what point the signs and symptoms may clear. Another point is, RTP of a concussed athlete will be essentially out of the hands of a coach, if at any point there are any signs or symptoms, or one is “reasonably suspected” of sustaining a concussion. No longer can there be any reasoning or judgment on the part of a coach, or parent, as to how minor or severe a concussion might be as to when a coach might think it's OK for an athlete to RTP – RTP will be solely restricted to a licensed health care professional's decision. It will be prohibitive for an athlete presenting with signs or symptoms in a game, even briefly, to RTP within the same game, and may become a rarity for an athlete concussed in a Friday night FB game to return for the following week's game.

Conversely, an athlete could essentially resume play, provided an appropriate assessment was made where no such findings were apparent to a coach. Removal, evaluation by a licensed health care professional, and written clearance are necessary in the event “signs and symptoms” were present or a concussion was “reasonably suspected”. Finally, asking an athlete “Are you OK, can you go?” will no longer be an appropriate means to assess their condition. Coaches will need to follow an appropriate method of sideline assessment for recognizing potential concussions.

[Adapted from the Nebraska Sports Concussion Network website]

A Parent's Guide to Concussion in Sports

Taken from the NSAA website and the National Federation of State High School Associations

What is a concussion?

A concussion is a brain injury which results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. An athlete does not have to lose consciousness (“knocked out”) to suffer a concussion.

Concussion Facts

It is estimated that over 140,000 high school athletes across the United States suffer a concussion each year. (Data from NFHS Injury Surveillance System)

Concussions occur most frequently in football, but girls’ lacrosse, girls’ soccer, boys’ lacrosse, wrestling and girls’ basketball follow closely behind. All athletes are at risk.

A concussion is a traumatic injury to the brain.

Concussion symptoms may last from a few days to several months.

Concussions can cause symptoms which interfere with school, work, and social life.

An athlete should not return to sports while still having symptoms from a concussion as they are at risk for prolonging symptoms and further injury.

A concussion may cause multiple symptoms. Many symptoms appear immediately after the injury, while others may develop over the next several days or weeks. The symptoms may be subtle and are often difficult to fully recognize.

What are the signs and symptoms of a concussion?

SIGNS OBSERVED BY PARENTS, FRIENDS, TEACHERS OR COACHES	SYMPTOMS REPORTED BY ATHLETE
Appears dazed or stunned	Headache
Is confused about what to do	Nausea
Forgets plays	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or fuzzy vision
Moves clumsily	Sensitivity to light or noise
Answers questions slowly	Feeling sluggish
Loses consciousness	Feeling foggy or groggy
Shows behavior or personality changes	Concentration or memory problems
Can't recall events prior to hit	Confusion
Can't recall events after hit	Confusion

What should I do if I think my child has had a concussion?

If an athlete is suspected of having a concussion, he or she must be immediately removed from play, be it a game or practice. Continuing to participate in physical activity after a concussion can lead to worsening concussion symptoms, increased risk for further injury, and even death. Parents and coaches are not expected to be able to “diagnose” a concussion, as that is the job of a medical professional. However, you must be aware of the signs and symptoms of a concussion and if you are suspicious, then your child must stop playing:

When in doubt, sit them out!

All athletes who sustain a concussion need to be evaluated by a health care professional who is familiar with sports concussions. You should call your child’s physician and explain what has happened and follow your physician’s instructions. If your child is vomiting, has a severe headache, is having difficulty staying awake or answering simple questions he or she should be taken to the emergency room immediately.

When can an athlete return to play following a concussion?

After suffering a concussion, no athlete should return to play or practice on that same day. Previously, athletes were allowed to return to play if their symptoms resolved within 15 minutes of the injury. Studies have shown us that the young brain does not recover quickly enough for an athlete to return to activity in such a short time. Concerns over athletes returning to play too quickly have led state lawmakers to pass laws stating that no player shall return to play following a concussion on that same day and the athlete must be cleared by an appropriate health-care professional before he or she is allowed to return to play in games or practices. The laws also state that concussion educational training must be made available to all coaches on how to recognize symptoms of a concussion, and how to seek proper medical treatment.

Once an athlete no longer has symptoms of a concussion and is cleared to return to play by a health care professional knowledgeable in the care of sports concussions he or she should proceed with activity in a step-wise fashion to allow the brain to re-adjust to exertion. On average the athlete will complete a new step each day. The return to play schedule should proceed as below following medical clearance:

Step 1: Light exercise, including walking or riding an exercise bike. No weightlifting.

Step 2: Running in the gym or on the field. No helmet or other equipment.

Step 3: Non-contact training drills in full equipment. Weight-training can begin.

Step 4: Full contact practice or training.

Step 5: Game play.

If symptoms occur at any step, the athlete should cease activity and be reevaluated by their health care provider.

How can a concussion affect schoolwork?

Following a concussion, many athletes will have difficulty in school. These problems may last from days to months and often involve difficulties with short and long-term memory, concentration, and organization.

In many cases it is best to lessen the athlete's class load early on after the injury. This may include staying home from school for a few days, followed by a lightened schedule for a few days, or perhaps a longer period of time, if needed. Decreasing the stress on the brain early on after a concussion may lessen symptoms and shorten the recovery time.

What can I do?

Both you and your child should learn to recognize the "Signs and Symptoms" of concussion as listed above.

Teach your child to tell the coaching staff if he or she experiences such symptoms.

Emphasize to administrators, coaches, teachers, and other parents your concerns and expectations about concussion and safe play.

Teach your child to tell the coaching staff if he or she suspects that a teammate has a concussion.

Monitor sports equipment for safety, fit, and maintenance.

Ask teachers to monitor any decrease in grades or changes in behavior that could indicate concussion.

Report concussions that occurred during the school year to appropriate school staff. This will help in monitoring injured athletes as they move to the next season's sports.

Other Frequently Asked Questions

Why is it so important that an athlete not return to play until they have completely recovered from a concussion?

Athletes who are not fully recovered from an initial concussion are significantly vulnerable for recurrent, cumulative, and even catastrophic consequences of a second concussive injury. Such difficulties are prevented if the athlete is allowed time to recover from the concussion and return to play decisions are carefully made. No athlete should return-to-sport or other at-risk participation when symptoms of concussion are present and recovery is ongoing.

Is a “CAT scan” or MRI needed to diagnose a concussion?

Diagnostic testing, which includes CT (“CAT”) and MRI scans, are rarely needed following a concussion. While these are helpful in identifying life-threatening brain injuries (e.g. skull fracture, bleeding, swelling), they are not normally utilized, even by athletes who have sustained severe concussions. A concussion is diagnosed based upon the athlete’s story of the injury and the health care provider’s physical examination.

What is the best treatment to help my child recover more quickly from a concussion?

The best treatment for a concussion is rest. There are no medications that can speed the recovery from a concussion. Exposure to loud noises, bright lights, computers, video games, television and phones (including text messaging) all may worsen the symptoms of a concussion. You should allow your child to rest as much as possible in the days following a concussion. As the symptoms lessen, you can allow increased use of computers, phone, video games, etc., but the access must be lessened if symptoms worsen.

How long do the symptoms of a concussion usually last?

The symptoms of a concussion will usually go away within one week of the initial injury. You should anticipate that your child will likely be out of sports for about two weeks following a concussion. However, in some cases symptoms may last for several weeks, or even months. Symptoms such as headache, memory problems, poor concentration, and mood changes can interfere with school, work, and social interactions. The potential for such long-term symptoms indicates the need for careful management of all concussions.

How many concussions can an athlete have before he or she should stop playing sports?

There is no “magic number” of concussions that determine when an athlete should give up playing contact or collision sports. The circumstances surrounding each individual injury, such as how the injury happened and length of symptoms following the concussion, are very important and must be considered when assessing an athlete’s risk for further and potentially more serious concussions. The decision to “retire” from sports is a decision best reached following a complete evaluation by your child’s primary care provider and consultation with a physician or neuropsychologist who specializes in treating sports concussion.

I’ve read recently that concussions may cause long-term brain damage in professional football players. Is this a risk for high school athletes who have had a concussion?

The issue of “chronic encephalopathy” in several former NFL players has received a great deal of media attention lately. Very little is known about what may be causing dramatic abnormalities in the brains of these unfortunate retired football players. At this time we have very little knowledge of the long-term effects of concussions which happen during high school athletics. In the cases of the retired NFL players, it appears that most had long careers in the NFL after playing in high school and college. In most cases, they played football for over 20 years and suffered multiple concussions in addition to hundreds of other blows to their heads. Alcohol and steroid use may also be contributing factors in some cases. Obviously, the average high school athlete does not come close to suffering the total number or shear force of head trauma seen by professional football players. However, the fact that we know very little about the long-term effects of concussions in young athletes is further reason to very carefully manage each concussion.

Some of this information has been adapted from the CDC’s “Heads Up: Concussion in High School Sports” materials by the NFHS’s Sports Medicine Advisory Committee. Please go to www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm for more information.

Your student will need a physical if:

They are entering 7th Grade.

They are going to play sports, and are in 7th—12th Grade.

They are transferring to JCC from an out-of-state school.

Elementary News

J O N R O T H E R
 E M A I L : J O N . R O T H E R @ J C C E N T R A L . O R G
 T W I T T E R : @ J O N R O T H E R



SPECIAL POINTS OF INTEREST:

- Wed. Aug 17—Cook Site Elem. Open House, 5:00 p.m.
- Mon. Aug. 22—Tecumseh Site Elem. Open House, 5:00 p.m.
- Tues. Aug. 23—1st Day of School!

Back to School!! Open House Agendas for Cook/Tecumseh Sites

Wednesday, August 17, 2016

Cook Site Open House

5:00 p.m.—Take materials to classroom and meet with teachers.

5:30 p.m.—Meet in New Gym for a presentation by Mr. Rother.

**Monday, August 22, 2016
 Tecumseh Site Open House**

5:00 p.m.—Take materials to classroom and meet with teachers.

5:30 p.m.—Meet in Elementary Auditorium for a presentation by Mr. Rother.

Reminders:

- Please make sure you have physicals completed and/or shot records up to date.
- Lunches/breakfast/snacks should be paid in advance.
- Please make sure your contact information is up to date, as this is how we notify you of upcoming events or changes to the calendar.
- School pictures are on Wednesday, September 21.

Parent Involvement

What it is:

- Making sure your child gets their homework done.
- Providing your child a quiet and consistent environment to do their homework.
- Making sure they are well fed and rested.
- Regularly letting them know that their education is important to you and to them.
- Clearly stating your expectations to your child about their work habits, performance and behavior at school.
- Talking with your child about the rules at

school and how they might be different than those at home.

We should have high expectations for all our children. They need to understand that hard work is the key to doing well at any task. There are definitely things we are born with, but we can improve in any area through hard work and perseverance.

What it isn't:

- Making excuses for your child.
- Telling your child that they just aren't good at something.

- Giving them answers or doing work for them.
- Getting in the way of discipline or not supporting discipline.

When we take the struggle and the difficulties away from our children, we weaken them. We must teach our children how to overcome struggle and adversity.

**Johnson County Central Public Schools
District #50 Johnson County**

August 23, 2016

Dear Parent/Guardian:

Children need healthy meals to learn. **Johnson County Central Public Schools** offers healthy meals every school day. Breakfast costs **\$1.65**; lunch costs **PK-5 \$2.45 and \$2.95**. **Your children may qualify for free or reduced price meals**. Reduced price is **\$0.30** for breakfast and **\$0.40** for lunch. If your child(ren) qualified for free or reduced price meals at the end of last school year, you must submit a new application by **October 4 2016** in order to avoid an interruption in meal benefits.

This packet includes an application for free or reduced price meal benefits and a set of detailed instructions. Below are some common questions and answers to help you with the application process.

1. WHO CAN GET FREE OR REDUCED PRICE MEALS?

- All children in households receiving benefits from the Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF) or the Food Distribution Program on Indian Reservations (FDPIR) are eligible for free meals.
- Foster children that are under the legal responsibility of a foster care agency or court are eligible for free meals.
- Children participating in their school's Head Start program are eligible for free meals.
- Children who meet the definition of homeless, runaway, or migrant are eligible for free meals.
- Children may receive free or reduced price meals if your household's income is within the limits on the Federal Income Eligibility Guidelines. Your children may qualify for free or reduced price meals if your household income falls at or below the limits on this chart.

2. HOW DO I KNOW IF MY CHILDREN QUALIFY AS HOMELESS, MIGRANT, OR RUNAWAY? Do the members of your household lack a permanent address? Are you staying together in a shelter, hotel, or other temporary housing arrangement? Does your family relocate on a seasonal basis? Are any children living with you who have chosen to leave their prior family or household? If you believe children in your household meet these descriptions and haven't been told your children will get free meals.

Please contact Johnson County Central Public Schools 402-335-3328

3. DO I NEED TO FILL OUT AN APPLICATION FOR EACH CHILD? No. *Use one Free and Reduced Price School Meals Application for all students in your household.* We cannot approve an application that is not complete, so be sure to fill out all required information. Return the completed application to: **Susie Lacey Elementary Secretary Johnson County Central 358 N 6, Tecumseh NE 68450**

4. MY CHILD'S APPLICATION WAS APPROVED LAST YEAR. DO I NEED TO FILL OUT A NEW ONE? Yes. Your child's application is only good for that school year and for the first few days of this school year. You must send in a new application unless the school told you that your child is eligible for the new school year. If you do not send in a new application that is approved by the school or you have not been notified that your child is eligible for free meals, your child will be charged the full price for meals.

5. I GET WIC. CAN MY CHILDREN GET FREE MEALS? Children in households participating in WIC may be eligible for free or reduced price meals. Please send in an application.

6. WILL THE INFORMATION I GIVE BE CHECKED? Yes. We may also ask you to send written proof of the household income you report.

7. IF I DON'T QUALIFY NOW, MAY I APPLY LATER? Yes, you may apply at any time during the school year. For example, children with a parent or guardian who becomes unemployed may become eligible for free and reduced price meals if the household income drops below the income limit.
8. WHAT IF I DISAGREE WITH THE SCHOOL'S DECISION ABOUT MY APPLICATION? You should talk to school officials. You also may ask for a hearing by calling or writing to: **Jack Moles Superintendent.**
9. MAY I APPLY IF SOMEONE IN MY HOUSEHOLD IS NOT A U.S. CITIZEN? Yes. You, your children, or other household members do not have to be U.S. citizens to apply for free or reduced price meals.
10. WHAT IF MY INCOME IS NOT ALWAYS THE SAME? List the amount that you normally receive. For example, if you normally make \$1000 each month, but you missed some work last month and only made \$900, put down that you made \$1000 per month. If you normally get overtime, include it, but do not include it if you only work overtime sometimes. If you have lost a job or had your hours or wages reduced, use your current income.
11. WHAT IF SOME HOUSEHOLD MEMBERS HAVE NO INCOME TO REPORT? Household members may not receive some types of income we ask you to report on the application, or may not receive income at all. Whenever this happens, please write a 0 in the field. However, if any income fields are left empty or blank, those will also be counted as zeroes. Please be careful when leaving income fields blank, as we will assume you meant to do so.
12. WE ARE IN THE MILITARY. DO WE REPORT OUR INCOME DIFFERENTLY? Your basic pay and cash bonuses must be reported as income. If you get any cash value allowances for off-base housing, food, or clothing, it must also be included as income. However, if your housing is part of the Military Housing Privatization Initiative, do not include your housing allowance as income. Any additional combat pay resulting from deployment is also excluded from income.
13. WHAT IF THERE ISN'T ENOUGH SPACE ON THE APPLICATION FOR MY FAMILY? List any additional household members on a separate piece of paper, and attach it to your application. Contact **Susie Lacey** to receive a second application.
14. MY FAMILY NEEDS MORE HELP. ARE THERE OTHER PROGRAMS WE MIGHT APPLY FOR? To find out how to apply for SNAP or other assistance benefits, please go online to ACCESSNebraska.ne.gov or call 1-800-383-4278.

Joann Gadeken
Food Service Manager

Johnson County Central Public Schools
358 N 6 Street
Tecumseh, NE 68450
402-335-3328 ext. 2203

Free & Reduced Price School Meals Family Application – complete one application per household Attachment C: 2016-17

Part 1: Children in School			
List names of all children, including foster children, in school. If all children listed are foster, skip to Part 4 to sign the form. (First, Middle Initial, Last Name)	Check box below if a foster child	Name of School Child Attends	Grade
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		

Part 2: Assistance Programs – SNAP, TANF or FDIPIR Benefits

Enter **MASTER CASE NUMBER** if household qualifies for SNAP, TANF or FDIPIR: (Social Security numbers, Medicaid numbers and EBT numbers are not accepted.) Skip to Part 4

Part 3: Total Household Gross Income – You must tell us how much and how often.

1. Household Members List everyone in the household, current income each person earns in whole dollars (no cents) & how often. Entering "0" or leaving the income field blank certifies no income to report. A foster child's personal use income must be listed.	2. Gross Income (before taxes) and How Often it was Received					
	Earnings from Work before deductions		Public Assistance, Child Support, Alimony		Pensions, Retirement and All Other Income	
	Income	How often	Income	How often	Income	How often

Total Number of Household Members: (Children and Adults) _____ Last four digits of Social Security Number (SSN) of the adult signing this form: XXX – XXX – _____ Check if no SSN

Part 4: Adult Signature and Contact Information – An adult household member must sign the application.

"I certify (promise) that all information on this application is true and that all income is reported. I understand that this information is given in connection with the receipt of Federal funds and that school officials may verify (check) the information. I am aware that if I purposely give false information, my children may lose meal benefits and I may be prosecuted under applicable State and Federal laws."

Sign here: _____ Print name: _____ Date: _____

Street Address (if available): _____ Zip: _____ Daytime Phone: _____

Part 5: Children's Ethnic and Racial Identities – Optional

Check one Ethnic Identity: – and – Check one or more Racial Identities:

Hispanic or Latino Asian Black or African American Native Hawaiian or other Pacific Islander

Not Hispanic or Latino White American Indian or Alaskan Native

Do Not Fill Out the Section Below - For School Use Only

Annual Income Conversion: Weekly X 52; Every 2 weeks X 26; Twice a month X 24; Monthly X 12

Total Household Size: _____

Total Income: _____ per _____

Year Month 2 X Mo Every 2 Wks Week

Free Reduced Denied

Income Reason for denial:

Categorically eligible: Income too high

SNAP/TANF/FDIPIR Incomplete application

Foster Child

Signature of Determining Official: _____ Date Approved: _____

FOR THE VERIFICATION PROCESS ONLY:

Signature of Confirming Official: _____ Date Confirmed: _____ Date Withdrawn From School: _____

Signature of Verifying Official: _____ Date Verified: _____

Your children may qualify for free or reduced price meals if your household income falls at or below the limits on this chart.

FEDERAL INCOME CHART for School Year 2016-17					
Household size	Yearly	Monthly	Twice per Month	Every Two Weeks	Weekly
1	21,978	1,832	916	846	423
2	29,637	2,470	1,235	1,140	570
3	37,296	3,108	1,554	1,435	718
4	44,955	3,747	1,874	1,730	865
5	52,614	4,385	2,193	2,024	1,012
6	60,273	5,023	2,512	2,319	1,160
7	67,951	5,663	2,832	2,614	1,307
8	75,647	6,304	3,152	2,910	1,455
Each additional person:	7,696	642	321	296	148

The **Richard B. Russell National School Lunch Act** requires the information on this application. You do not have to give the information, but if you do not, we cannot approve your child for free or reduced price meals. You must include the last four digits of the social security number of the adult household member who signs the application. The last four digits of the social security number are not required when you apply on behalf of a foster child or you list a Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF) Program or Food Distribution Program on Indian Reservations (FDPIR) case number or other FDPIR identifier for your child or when you indicate that the adult household member signing the application does not have a social security number. We will use your information to determine if your child is eligible for free or reduced price meals and for administration and enforcement of the lunch and breakfast programs. We MAY share your eligibility information with education, health and nutrition programs to help them evaluate, fund or determine benefits for their programs, auditors for program reviews and law enforcement officials to help them look into violations of program rules.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410
- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov

This institution is an equal opportunity provider.

Solicitud familiar de comidas escolares gratuitas o a precio reducido (Completar una solicitud por familia)

Anexo C: 2016-17

Parte 1: Niños que asisten a la escuela			
Indique el nombre de todos los niños que asisten a la escuela, incluidos los niños en custodia. Si todos los niños que se indican son niños en custodia, omita la Parte 4 para firmar el formulario. (Primer nombre, inicial del segundo nombre, apellido)	Marque la casilla que aparece a continuación si el niño es un niño en custodia	Nombre de la escuela a la que el niño asiste	Grado
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		

Parte 2: Beneficios de SNAP, TANF o FDPIR

Indique el **NÚMERO DE CASO MAESTRO** (Master Case Number) en caso de que la familia califique para los programas SNAP, TANF o FDPIR:

(No se aceptan número de Seguro Social, número de Medicaid ni número de transferencia electrónica de beneficios [Electronic Benefit Transfer, EBT]). Pase a la Parte 4.

Parte 3: Ingresos brutos totales de la familia (Debe informarnos el monto y la frecuencia)

1. Nombres de los integrantes de la familia Indique el nombre de todos los miembros de la familia, el ingreso de cada persona en dólares, en números redondos y la frecuencia con la que lo recibe. Deje el espacio en blanco o introduzca "0" en el campo del ingreso para indicar que no recibe ningún ingreso. Debe incluirse el ingreso para uso personal del niño en custodia.	2. Ingresos brutos y frecuencia					
	Ganancias de trabajo antes de las deducciones		Asistencia pública, manutención de menores, pensión alimenticia		Pensiones, jubilación y demás ingresos	
	Ingreso	Frecuencia	Ingreso	Frecuencia	Ingreso	Frecuencia

Parte 4: Firma y número de Seguro Social (debe firmar un adulto)

Un miembro adulto de la familia debe firmar la solicitud. Si se completa la Parte 3, el adulto que firma el formulario debe indicar los últimos cuatro dígitos de su número de Seguro Social o debe marcar la casilla "No poseo número de Seguro Social" (consultar la Declaración de uso de información en la página 2).

"Certifico (prometo) que toda la información de esta solicitud es verdadera y que se han informado todos los ingresos. Comprendo que esta información se proporciona en relación con la recepción de fondos federales y que los funcionarios escolares pueden verificar (comprobar) la información. Comprendo que si proporciono información falsa de manera intencional, mis hijos podrían perder los beneficios de comidas, y yo podría ser procesado en virtud de las leyes estatales y federales vigentes".

Firme aquí: _____ Nombre en letra de imprenta: _____ Fecha: _____

Dirección (si corresponde): _____ Cód. postal: _____ Teléfono: _____

Número de Seguro Social (últimos 4 dígitos): XXX – XXX- _____ No poseo número de Seguro Social.

Solicitud familiar de comidas escolares gratuitas o a precio reducido (Completar una solicitud por familia)

Anexo C: 2016-17

para recibir comidas gratuitas o a un precio reducido, así como para la administración y el cumplimiento de los programas de almuerzo y desayuno. ES POSIBLE que compartamos su información de elegibilidad con programas de educación, salud y nutrición para ayudarlos a evaluar, financiar y determinar los beneficios de sus programas, con auditores para las revisiones del programa, y con personal de fuerzas de seguridad para ayudarles a investigar infracciones en los reglamentos del programa.

Declaración de no discriminación: aquí se explica qué se debe hacer si considera que le han tratado de manera injusta.

De conformidad con la Ley Federal de Derechos Civiles y los reglamentos y políticas de derechos civiles del Departamento de Agricultura de los EE. UU. (USDA, por sus siglas en inglés), se prohíbe que el USDA, sus agencias, oficinas, empleados e instituciones que participan o administran programas del USDA discriminen sobre la base de raza, color, nacionalidad, sexo, discapacidad, edad, o en represalia o venganza por actividades previas de derechos civiles en algún programa o actividad realizados o financiados por el USDA.

Las personas con discapacidades que necesiten medios alternativos para la comunicación de la información del programa (por ejemplo, sistema Braille, letras grandes, cintas de audio, lenguaje de señas americano, etc.), deben ponerse en contacto con la agencia (estatal o local) en la que solicitaron los beneficios. Las personas sordas, con dificultades de audición o discapacidades del habla pueden comunicarse con el USDA por medio del Federal Relay Service [Servicio Federal de Retransmisión] al (800) 877-8339. Además, la información del programa se puede proporcionar en otros idiomas.

Para presentar una denuncia de discriminación, complete el Formulario de Denuncia de Discriminación del Programa del USDA, (AD-3027) que está disponible en línea en: http://www.ocio.usda.gov/sites/default/files/docs/2012/Spanish_Form_508_Compliant_6_8_12_0.pdf. y en cualquier oficina del USDA, o bien escriba una carta dirigida al USDA e incluya en la carta toda la información solicitada en el formulario. Para solicitar una copia del formulario de denuncia, llame al (866) 632-9992. Haga llegar su formulario lleno o carta al USDA por:

- (1) correo: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; o
- (3) correo electrónico: program.intake@usda.gov.

Esta institución es un proveedor que ofrece igualdad de oportunidades.

**Johnson County Central
Middle School
Fall Walk-Through
Wednesday, August 17th
6:00 pm @ Cook site**

To: 6th, 7th, & 8th Grade Students and Parents

Middle School is a critical step in a student's education. It presents new changes and challenges. We hope to help make this a smooth transition with the Fall Walk-Through by allowing students to see their schedules, find their rooms and lockers, and meet with their teachers. This time will also allow the parents to see what is expected of their children in each class regarding homework, lecture notes, deadlines, note taking, etc.

The Fall Walk-Through will begin at 6:00 pm in the commons area where students will receive their 2016 - 2017 schedules as well as forms to be completed. Following a short welcome in the main gym, students and parents will be dismissed to the student's 1st period class. Each period will meet for approximately 5 minutes. During this time teachers will explain their expectations and guidelines for their classes, plus provide an opportunity for parents and students to ask questions. After the last period, forms will be collected in the commons area and a limited amount of supplies will be available for students to purchase. All students are expected to come prepared for each class with paper, pencils/erasers, pens, highlighter, Kleenex, etc. **Student Planner/Assignment Books and Handbooks will handed out to all students the first day of school.*

Lunch money will be collected in the commons area following the Walk-Through or students may bring money for lunches the first day of school. All lunches are to be paid in advance. **Free & Reduced lunch applications are available.*

School physicals are required for ALL students entering the 7th grade and immunizations must be up to date! School physicals are also required for all 8th grade students who are participating in any sport.

School Physical forms/NSAA Parent Consent forms are available at the Middle School office, High School office or can be found on the school website: www.jccentral.org. Please bring your student's Physical Clearance Form and NSAA Student/Parent Consent Form to the Walk-Through. If you have any questions, please feel free to contact the Middle School @ (402)-864-4181.

Hope to see everyone there!

Please pay for your students lunch/breakfast in advance.

2017-2017 prices are:

Breakfast \$1.65

**Lunch K-5 \$2.45
Lunch 6th—12th \$2.95**

**Ala-cart \$1.00
Milk 35 cents
O.J. 40 cents**

**Reduced Prices
Breakfast— .30 cents
Lunch— .40 cents**

2016-2017 School Year

Elementary Classroom Supplies

Please label all items with your student's name

Kindergarten: Mrs. Grotrian & Mrs. Borrenpohl

Pencil box
10-12 Pencils
Eraser
4 boxes of Crayons: 1-8 pk., 1-16 pk., 2-24 pks.
8-10 glue sticks
1 small bottle of white glue
A Plastic mat or small blanket for rest time
Book Bag
Paint Shirt (man's T-shirt works well)
2 Large boxes of Kleenex
Fiskar Scissors—No Sharp Points
1-2 Containers of anti-bacterial wipes
Small water bottle, 20 oz. or less (preferably flip top)

1st Grade: Mrs. Benson & Mrs. Faris,

2 dozen #2 pencils
3 pks. of 8 crayons & 1 BIG pack of many colors
1 large pencil box
1 paint shirt
1 bottle of Elmer's glue & 8 glue sticks
1 pair (no sharp points) scissors
1 box of Kleenex
4—2 pocket folders: 1 Red, 1 Blue, 1 Green, 1 Yellow
1 drawing tablet
1 large eraser
1—2" binder
1 large shoe box with lid or plastic container with lid
1 container of anti-bacterial wipes
P.E. shoe
1 roll of paper towels
1 box of quart or gallon zip lock baggies

2nd Grade: Mrs. Hemmingsen, Mr.s Robeson & Mr. Meints

2 dozen yellow #2 pencils
1 big eraser
2 glue sticks
1 spiral notebook, wide ruled
1 box 24 crayons
2 pks of 3x5 ruled index cards
1 small pencil box or bag
1-2" binder (3 hole punch)
2 large boxes of Kleenex
2 containers of anit-bacterial wipes
1 roll of paper towels
P.E. Shoes
School bag
1 pair pointed Fiskers scissors

3rd Grade: Mrs. Dieckgrade & Mrs. Heidemann

1 pk of pencils with erasers
1 pk of pencil top erasers
1 pair of scissors
8 glue sticks
1 box of 8 crayons
1 box of colored pencils
1 red checking pen
1 pk. low odor Expo Markers
1 pencil bag
2 wide rule notebooks
1 pk. 3x5 index cards
1 Clorox anti-bacterial wipes
2 boxes of kleenex
P.E. Shoes
1-1 inch 3 ring binder for Mrs. Heidemann

4th Grade: Mrs. Naber & Mrs. Dorsey

1 pocket folder for homework
Colored Pencils
Crayons
12 yellow, six-sided #2 pencils, sharpened
Red pen
1 spiral notebook
3 boxes of Kleenex
4 glue sticks
1 bottle of white glue
Scissors (Fiskers if possible)
1-2" pink eraser
1 plastic storage box (shoebox sized)
P.E. shoes to be left at school

NO large trapper keepers or binders

5th Grade: Mrs. Crotty & Mrs. Tubbesing

24 Pencils—NO mechanical pencils
Box of 24 or less crayons or colored pencils
Pocket folder
4 glue sticks
Erasers
2 Red checking pens
3 large boxes of Kleenex
P.E. shoes to leave at school
Scissors
2 Spiral notebooks
1 pk. filler notebook paper
1—1" 3-ring binder

NO large trapper keepers or binders



Summary of the School Immunization Rules and Regulations 2016-2017

Student Age Group	Required Vaccines
Ages 2 through 5 years enrolled in a school based program not licensed as a child care provider	<p>4 doses of DTaP, DTP, or DT vaccine</p> <p>3 doses of Polio vaccine</p> <p>3 doses of Hib vaccine or 1 dose of Hib given at or after 15 months of age</p> <p>3 doses of pediatric Hepatitis B vaccine</p> <p>1 dose of MMR or MMRV given on or after 12 months of age</p> <p>1 dose of varicella (chickenpox) or MMRV given on or after 12 months of age. Written documentation (including year) of varicella disease from parent, guardian, or health care provider will be accepted.</p> <p>4 doses of pneumococcal or 1 dose of pneumococcal given on or after 15 months of age</p>
Students entering school (Kindergarten or 1 st Grade depending on the school district's entering grade)	<p>3 doses of DTaP, DTP, DT, or Td vaccine, one given on or after the 4th birthday</p> <p>3 doses of Polio vaccine</p> <p>3 doses of pediatric Hepatitis B vaccine or 2 doses of adolescent vaccine if student is 11-15 years of age</p> <p>2 doses of MMR or MMRV vaccine, given on or after 12 months of age and separated by at least one month</p> <p>2 doses of varicella (chickenpox) or MMRV given on or after 12 months of age. Written documentation (including year) of varicella disease from parent, guardian, or health care provider will be accepted. If the child has had varicella disease, they do not need any varicella shots.</p>
Students entering 7 th grade	<p>Must be current with the above vaccinations</p> <p>AND receive</p> <p>1 dose of Tdap (contain Pertussis booster)</p>
Students transferring from outside the state at any grade	<p>Must be immunized appropriately according to the grade entered.</p>

Source: Nebraska Immunization Program, Nebraska Department of Health and Human Services. . For additional information, call 402-471-6423.

The School Rules & Regulations are available on the internet: <http://www.hhs.state.ne.us/reg/t173.htm> (Title 173: Control of Communicable Diseases - Chapter 3; revised and implemented 2011)
Updated 5/2015

Resumen del reglamento de vacunas requeridas para la escuela 2016-2017

Grupo de estudiantes por edades	Vacunas requeridas
Niños de 2 a 5 años inscritos en un programa de escuela que no esté licenciado como proveedor de cuidado infantil.	<p>4 dosis de una de las siguientes vacunas: DTaP, DTP o DT,</p> <p>3 dosis de la vacuna contra el Polio,</p> <p>3 dosis de la vacuna Hib o 1 dosis de la Hib colocada a los 15 meses o después,</p> <p>3 dosis de la vacuna para niños contra la Hepatitis B,</p> <p>1 dosis de la vacuna MMR o MMRV colocada a los 12 meses o después,</p> <p>1 dosis de la vacuna contra la varicela o de la vacuna MMRV colocada a los 12 meses o después. Se aceptará documentación escrita (incluyendo el año) de la enfermedad (varicela) de alguno de los padres del niño, guardián o proveedor de salud.</p> <p>4 dosis de la vacuna contra los neumococos o 1 dosis de la vacuna contra los neumococos colocada a los 15 meses o después.</p>
Estudiantes que ingresan a la escuela (kindergarten o 1 ^{er} grado, dependiendo del grado inicial en el distrito escolar)	<p>3 dosis de una de las siguientes vacunas: DTaP, DTP, DT o Td, una de las cuales debe haber sido colocada a los 4 años o después.</p> <p>3 dosis de la vacuna contra el Polio,</p> <p>3 dosis de la vacuna para niños contra la Hepatitis B o 2 dosis de la vacuna para adolescentes si el estudiante tiene de 11 a 15 años de edad.</p> <p>2 dosis de la vacuna MMR o MMRV, colocada a los 12 meses o después y con diferencia de al menos un mes,</p> <p>2 dosis de la vacuna contra la varicela o de la vacuna MMRV colocada a los 12 meses o después. Se aceptará documentación escrita (incluyendo el año) de la enfermedad (varicela) de alguno de los padres del niño, guardián o proveedor de salud. Si el niño ya ha tenido la varicela, no necesita ninguna vacuna contra la varicela.</p>
Estudiantes que ingresan a 7 ^{mo} grado	<p>Debe estar al día con las vacunas indicadas arriba</p> <p>Y recibir</p> <p>1 dosis de Tdap (contiene refuerzo de tosferina)</p>
Estudiantes que son transferidos de fuera Del estado de cualquier grado	<p>Deben ser inmunizados adecuadamente de acuerdo con el grado al que ingresen</p>

Source: Nebraska Immunization Program, Nebraska Department of Health and Human Services. . For additional information, call 402-471-6423.

The School Rules & Regulations are available on the internet: <http://www.hhs.state.ne.us/reg/t173.htm> (Title 173: Control of Communicable Diseases - Chapter 3; revised and implemented 2011)
Updated 5/2015

Johnson County Central Lunch Menu

August 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			
Menu subject to change						
"THIS INSTITUTION IS A EQUAL OPPORTUNITY PROVIDER"						

Johnson County Central Lunch Menu

September 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Rib Patty / WG Bun Potato Fruit & Veggie Bar Milk	2 Br. Beef Fingers Mac & Cheese Fruit & Veggie Bar Milk	3
4	5 NO SCHOOL LABOR DAY	6 Chicken Patty/ WG Bun Fruit & Veggie Bar Cookie Milk	7 Walking Taco Fruit & Veggie Bar B & B Milk	8 Meat Ball Sub Green Beans Fruit & Veggie Bar Milk	9 Pizza Corn Fruit & Veggie Bar Milk	10
11	12 Cr. Chicken / WG Biscuit Peas Fruit & Veggie Bar Milk	13 Ham & Cheese WG Bun Sun Chips Fruit & Veggie Bar Milk	14 Cheese Stick / marinara sauce Fruit & Veggie Bar Cookie Milk	15 Hotdog Eiern.& MS WG Bun Chili Dog HS WG Bun Fruit & Veggie Bar Cake Milk	16 Chicken Nuggets Fruit & Veggie Bar Pasta Salad Milk	17
18	19 Chicken Tender Wrap L & T Pudding Fruit & Veggie Bar Milk	20 Sloppy Joe WG Bun Potato Fruit & Veggie Bar Milk	21 Cheese Steak Crescent Fruit & Veggie Bar Cookie Milk	22 Cheeseburger /w/ bun Baked Beans Fruit & Veggies Milk	23 Chefs Choice	24
25	26 Garlic Bread HS Spaghetti / Meat Sauce Green Beans Fruit & Veggie Bar Milk	27 Br. Pork Patty/ WG Bun Tater Tots Fruit & Veggies Milk	28 Sloopy Nacho's Black Bean Salsa Fruit & Veggie Bar Milk	29 Sh. BBQ Pork / WG Bun Veggie Salad Fruit & Veggie bar	30 Pizza Jell-O / Fruit Fruit & Veggie Bar Milk	
<p>Important Reminders: Menu is subject to change</p> <p>"This Institution Is A Equal Opportunity Provider"</p>						

Johnson County Central Public Schools

PO Box 338
Tecumseh, NE 68450

PO Box 255
Cook, NE 68329

Phone: 402 335-3320 Superintendent @ Tecumseh
402 335-3328 Principal @ Tecumseh
402 864-2024 Elementary Office @ Cook
402 864-4171 Principal @ Cook
402 864-4181 MS Office @ Cook
Web Site www.jccentral.org

This newsletter is produced monthly to inform parents, district patrons and others about school events, classroom events, and student achievements in the classroom and extra curricular activities. This information is submitted by faculty and staff members. Information may be submitted to offices at Tecumseh and Cook.

The school reserves the right to edit information in the interest of space and content.

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POSTAL PATRON

Non-Discrimination

It shall be the policy of Johnson County Central Public Schools to not discriminate on the basis of race, color, religion, national origin, sex, handicap, or age in its educational programs, activities, or employment practices. There is a grievance procedure for discrimination concerns. Inquiries concerning any of the above, or Title IX and Rehabilitation Act Regulations (504) should be directed to the Superintendent of Schools, 358 N 6th Street, Tecumseh, NE 68329; (402)335-3320.

Child find

Children that are birth to 5 years old who are experiencing problems with speech language, cognitive, emotional and/or physical development or have a disability can receive services through Early Childhood Education Services. If interested or in need of more information please contact Rebecca Kling, Special Education Coordinator or Jack Moles, Superintendent at 402-335-3320.

School Starts:

Kindergarten - 12th Grade is *Tuesday, August 23rd*

Preschool is Monday, August 29th

