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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 once again head off to Administrator Days in Kearney next week (week of July 24). 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 two new members to our teaching staff this year. Holly Hawley and Cheryl Panko join us as Early Childhood teachers. We are in the process of expanding our early childhood focus, and these two will enable us to meet some of our goals: (A) expand our offerings for 3-year-olds, and (B) better address the needs of Birth to Age 3 children in our district. Lisa Othmer, previously one of our Early Childhood classroom teachers, now moves into the role of Early Childhood and Birth to Age 3 Coordinator. I believe this will have a very positive long term effect on our school.

The beginning of the school year calendar is a little different this year. We normally have three “teacher workdays” in which we prepare for the start of the school year. This year we scheduled four workdays as two of the days will involve all of our teachers and administrators taking part in Marzano Instructional Model training. This training is a huge move by the district as it will help to identify for all staff what research tells us is great instruction. This will be the centerpiece of teacher efforts in the classroom and principal efforts as they work with teachers.

As in the past, we do not have classes scheduled for the Monday after the Johnson County Fair ends, August 21. However, a major event takes place that day: a rare total eclipse. This is a big enough event that the school is still going to be involved even though we are not having classes. Students and their families are invited to take part in activities at the school. Some highlights available:

- The Johnson County Historical Society will sponsor a presentation by astronomer Steve Diesso in the elementary auditorium at 10:00 a.m. The presentation is open to the public.
- We will provide transportation for students who live in Talmage, Cook, and Elk Creek who want to attend the events, then take them back to the pickup sites after the eclipse events are over. An “all-call” will go out to all families prior to that day to provide more details. Students who we transport will be under direct supervision of staff members. It is, however, recommended that students attend with their parents to share this historic event.
- The eclipse viewing will take place at the football field complex. Special glasses will be available for all attending. The glasses are free and provided courtesy of Peru State College, NASA Nebraska Space Grant, and Johnson County Historical Society.



## NASA Nebraska Space Grant

## 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 login 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 now requires almost all juniors to take the ACT. We are making preparations to eventually offer this test in our school, maybe as early as this spring, so that other JCC students can take the ACT here.
- 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 2017-2018 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 2017-2018 school year for you to view. Pre-registration is scheduled for Monday, August 7 and Tuesday, August 8 with grades meeting at these times with our counselor Mrs. Reuter:

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

If no changes, we'll see you on the first day of school Tuesday, August 22.
- All 9<sup>th</sup> thru 12<sup>th</sup> grade students will receive their iPad on the first day of school as long as you have the insurance form filled out and payed, and policy and procedure form signed and returned. We strongly encourage students to take care of this before school starts. You can come to the HS office anytime between 8:00 a.m. – 4:00 p.m. to return forms and payment. If students have completed these instructions, they will get their iPad on the first day of school without any delay.
- We are strongly encouraging parent to download the Power school app – this is free of charge. This app will keep you informed if your student is missing any daily assignments and you as a parent also have the opportunity to monitor your student's academic progress. There are more advantages to this app which you will learn as school progresses.
- School pictures are scheduled for Friday, September 8, 2017.

### NEW LOCKER/BOOK BAG POLICY FOR JCC HIGH SCHOOL STUDENTS:

- Each student will be assigned a locker - students should not share their combination with anyone. Students are expected to keep all books, etc., in their assigned locker. Students are also responsible for the cleanliness inside their locker and the door of their locker. **Students are not to carry ANY kind of book-bag or back-pack in the classroom or cafeteria or anywhere else on school grounds during school hours from 8:15 a.m. to 3:43 p.m.**



## MIDDLE SCHOOL NEWS—RICH BACON

Welcome back to the start of another 2017 - 2018 school year. I hope everyone had an enjoyable summer vacation and is looking forward to making the 2017-2018 school year a memorable one. 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. Mrs. Cheryl Panko will be the new Preschool teacher this year. Mrs. Panko has spent the past few years teaching at Saint Andrews.

The Middle School Walk-Through will be held Tuesday, August 15<sup>th</sup> 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. We are excited this year to, again, be able to continue our 1:1 iPad program at the middle school. The initial orientation for students and parents will be covered at the Walk-Through. As was the case last year, upon receipt of the signed iPad insurance form, all students, grades 6-8, will be loaned an iPad for the school year. This insurance form will be handed out at the Walk-Through. iPads will be checked out to students on the first day of school if we have received the insurance form. This, and other concerns dealing with iPads, will be addressed at the Middle School Walk-Through.

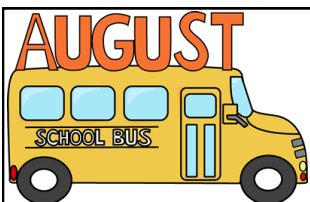
All 7<sup>th</sup> grade students and each 8<sup>th</sup> grade student who expects to participate in athletics this year will need to turn in a physician's certificate stating that he/she is physically fit for athletic participation. This physical examination must be given during the school year in 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 7<sup>th</sup> 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.

# 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:

- Tues. Aug 15—Cook Site Elem. Open House, 5:00 p.m.
- Mon. Aug. 21—Tecumseh Site Elem. Open House, 5:00 p.m.
- Tues. Aug. 22—1st Day of School!

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

**Tuesday, August 15, 2017**  
**Tecumseh 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 21, 2017**  
**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 are to 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 Friday, September 8.

## 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.

## 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 (“knockedout”) 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?**

<b>SIGNS OBSERVED BY PARENTS, FRIENDS, TEACHERS OR COACHES</b>	<b>SYMPTOMS REPORTED BY ATHLETE</b>
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.

#### **Just remember:**

- A concussion is a brain injury and all are serious.
- Most concussions occur without loss of consciousness.

Recognition and proper response to concussions when they first occur can help prevent serious injury or even death.

Although sports-related concussions are in the news, a concussion can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth. Health care professionals may describe a concussion as a "mild" brain injury because concussions are usually not life-threatening. Even so, their effects can be serious.

A concussion, no matter how mild it may seem at the time, is a brain injury. We know from studies that a concussion disrupts the brain on a cellular level. It challenges the balance between chemicals within the cell (potassium) and chemicals outside the cell (calcium). As a result, the brain cell, whose job is to efficiently supply the brain with fuel (glucose), is compromised. The more demand placed on the brain for fuel, the more potential for the student to flare with symptoms (Giza & Hovda, 2001).

Immediately after a concussion, the simplest physical or mental demand can bring about severe symptoms. Within a few days, the brain cells begin to heal themselves; therefore, light cognitive activity may still flare symptoms, yet symptoms are usually short-lived and respond well to intermittent periods of rest.

Physical and cognitive rest is the best intervention for healing the brain cells. In the first few days, sleeping as much as possible has the highest yield. The rule of thumb is that if a student is physically or mentally exerting to the point of flaring a symptom, then physical/mental activity should be cut back. One size does not fit all in severity of concussion and amount of time for recovery.

Since a concussion is a medical event, and its recovery spans the home and school setting for several weeks, the management of the concussion is best accomplished by a seamless system of communication and collaboration among parents, the school, and the healthcare providers (McAvoy, 2009).

This multidisciplinary team approach to concussion management lends itself to consensus decision-making. It is best practice that the concussed student always returns to school with a signed release of information in place allowing for two-way communication between the school and the healthcare provider.

### **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.

## **Study and Research Aides for K-12**

During your study times don’t forget to use Nebraskaccess and World Book online. They are great nonfiction resources including dictionaries, atlases, special encyclopedias, biographies, book reviews, full text magazine articles, and so much more. Elementary students have their own section on World Book to find pictures, short video clips, activities, games and articles.

The World Book online user name: jcc password: tbirds

You don’t need a login for Nebraskaccess using a school computer. At home all you need is a Nebraska driver’s license # as the passwords change about twice a year. Here is the most recent login: 1867scant22.

I hope you take advantage of these great resources as you study this year.

# **Johnson County Central Middle School Fall Walk-Through**

**Tuesday, August 15<sup>th</sup>  
6:00 pm @ Cook site**

**To: 6<sup>th</sup>, 7<sup>th</sup>, & 8<sup>th</sup> 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 2017 - 2018 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 1<sup>st</sup> 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 7<sup>th</sup> grade and immunizations must be up to date!** School physicals are also required for all 8<sup>th</sup> 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](http://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!

# Johnson County Central Public Schools

358 N 6<sup>th</sup> Street  
PO Box 338  
Tecumseh, NE 68450



407 N 1<sup>st</sup> Street  
PO Box 255  
Cook, NE 68329

**"HOME OF THE THUNDERBIRDS"**

Jack D. Moles, Superintendent  
402-335-3320

Rick E. Lester, High School Principal  
402-335-3328

Rich Bacon, Middle School Principal  
402-864-4181

Jon Rother, Elementary Principal  
402-335-3320

July 31, 2017

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 **Elementary \$2.45 Middle School and High School \$3.05**. **Your child(ren) may qualify for free or reduced price meals.** Reduced price is **.30** for breakfast and **.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 **30<sup>th</sup> operating day or October 3 2017** 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.

Frequently asked questions

**. 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.

**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:

**Johnson County Central Public Schools.**

Susie Lacey  
PO Box 338  
Tecumseh, NE 68450  
Ph: 402-335-3320

**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 call or e-mail **Johnson County Central Public Schools, homeless liaison or migrant coordinator.**

**SHOULD I FILL OUT AN APPLICATION IF I RECEIVED A LETTER THIS SCHOOL YEAR SAYING MY CHILDREN ARE ALREADY APPROVED FOR FREE MEALS?** No, but please read the letter you got carefully and follow the instructions. If any children in your household were missing from your eligibility notification, contact Johnson County Central Public Schools, 402-335-3320 immediately.

**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.

**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.

**Will the information I give be checked?** Yes. We may also ask you to send written proof of the household income you report.



# Johnson County Central Public Schools

358 N 6<sup>th</sup> Street  
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402-864-4181

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402-335-3320

July 31, 2017

**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.

**What if I disagree with the school's decision about my application?** You should talk to school officials. You may also ask for a hearing by calling or writing to:

Johnson County Central Public Schools  
Susie Lacey  
PO Box 338  
Tecumseh, NE 68450  
PH: 402-335-3320  
[susan.lacey@jccentral.org](mailto:susan.lacey@jccentral.org)

**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.

**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

**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.

**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.

**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 **Johnson County Central Public Schools** to receive a second application

If you have other questions or need help, call **402-335-3320**

Sincerely,  
**Joann Gaden**  
Food Service Director

Return Completed Application to: **Johnson County Central Schools Att: Susie Lacey**

**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 FDPIR Benefits**

Enter **MASTER CASE NUMBER** if household qualifies for SNAP, TANF or FDPIR: (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.**

<b>1. Household Members</b> List <b>everyone</b> in the household, current income each person earns in <b>whole dollars</b> (no cents) & how often. Entering "0" or leaving the income field blank certifies no income to report. A foster child's <b>personal use</b> income must be listed.	<b>2. Gross Income (before taxes) and How Often it was Received</b>					
	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: \_\_\_\_\_ 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/FDPIR       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 2017-18					
Household size	Yearly	Monthly	Twice per Month	Every Two Weeks	Weekly
1	22,311	1,860	930	859	430
2	30,044	2,504	1,252	1,156	578
3	37,777	3,149	1,575	1,453	727
4	45,510	3,793	1,897	1,751	876
5	53,243	4,437	2,219	2,048	1,024
6	60,976	5,082	2,541	2,346	1,173
7	68,709	5,726	2,863	2,643	1,322
8	76,442	6,371	3,186	2,941	1,471
Each additional person:	7,733	645	323	298	149

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](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](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.

**Devuelva la solicitud completada a:** *Susie Lacey, Escuelas Centrales del Condado de Johnson, 358 N 6th Street, Tecumseh*

**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: Programas de asistencia: Beneficios de Programa de Asistencia Nutricional Suplementaria (Supplemental Nutrition Assistance Program, SNAP), del Programa de Asistencia Temporal para Familias Necesitadas (Temporary Assistance for Needy Families, TANF) o del Programa de Distribución de Alimentos en Reservaciones Indígenas (Food Distribution Program on Indian Reservations, FDIPIR)**

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

<b>1. Miembros de la familia</b> Indique el nombre de <b>todos</b> los miembros de la familia, el ingreso actual de cada uno en <b>dólares, en números redondos</b> (sin centavos) y la frecuencia con la que lo recibe. Ingresar "0" o dejar el campo de ingreso en blanco certifica que no existe ningún ingreso para informar. Debe incluirse el ingreso para uso <b>personal</b> del niño en custodia.	<b>2. Ingreso bruto (sin impuestos) y frecuencia con la que se recibió</b>					
	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

Número total de miembros de la familia: \_\_\_\_\_ (Niños y adultos)      Últimos cuatro dígitos del Número de Seguro Social (Social Security Number, SSN) del adulto que firma este formulario: XXX – XXX – \_\_\_\_ – \_\_\_\_      Marque esta opción si no hay SSN

**Parte 4: Firma del adulto e información de contacto - Un miembro adulto de la familia debe firmar la solicitud.**

"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 está disponible): \_\_\_\_\_      Código postal: \_\_\_\_\_      Teléfono durante el día: \_\_\_\_\_

**Parte 5: Identidades étnicas y raciales de los niños (opcional)**

**Marcar una identidad étnica:**    – y –    **Marcar una o más identidades raciales:**

Hispano o latino                       Asiático                       Negro o afroamericano                       Nativo de Hawái u otra isla del Pacífico  
 No hispano ni latino                       Blanco                       Indio americano o nativo de Alaska

**No complete la sección siguiente (Para uso escolar solamente)**

Conversión del ingreso anual:      Semanal X 52      Cada 2 semanas X 26      Dos veces al mes X 24      Mensual X 12 Cantidad total de integrantes de la familia: _____ Ingreso total: _____ por _____ <input type="checkbox"/> Año <input type="checkbox"/> Mes <input type="checkbox"/> Dos veces al mes <input type="checkbox"/> Cada dos semanas <input type="checkbox"/> Semana	<input type="checkbox"/> Gratuitas <input type="checkbox"/> Ingreso <input type="checkbox"/> Elegible según categoría: <input type="checkbox"/> SNAP/TANF/FDIPIR <input type="checkbox"/> Niño en custodia	<input type="checkbox"/> Reducidas <input type="checkbox"/> Rechazado Motivo del rechazo: <input type="checkbox"/> Ingreso demasiado elevado <input type="checkbox"/> Solicitud incompleta
--	--	--

Firma del funcionario que determina: \_\_\_\_\_      Fecha de aprobación: \_\_\_\_\_  
**PARA EL PROCESO DE VERIFICACIÓN SOLAMENTE:**      Fecha de retiro \_\_\_\_\_

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

Anexo C: 2017-18

Firma del funcionario que confirma:	Fecha de confirmación:	de la escuela:
Firma del funcionario que verifica:	Fecha de verificación:	

Es posible que sus hijos califiquen para recibir comidas gratuitas o a un precio reducido si su ingreso familiar se encuentra en el límite o debajo de los límites que se detallan en dicho cuadro.

CUADRO DE INGRESO FEDERAL para el año escolar 2017-18					
Cantidad de integrantes de la familia	Anual	Mensual	Dos veces por mes	Cada dos semanas	Semanal
1	22,311	1,860	930	859	430
2	30,044	2,504	1,252	1,156	578
3	37,777	3,149	1,575	1,453	727
4	45,510	3,793	1,897	1,751	876
5	53,243	4,437	2,219	2,048	1,024
6	60,976	5,082	2,541	2,346	1,173
7	68,709	5,726	2,863	2,643	1,322
8	76,442	6,371	3,186	2,941	1,471
Cada persona adicional:	7,733	645	323	296	149

La **Ley Nacional de Almuerzo Escolar Richard B. Russell** exige la información que aparece en esta solicitud. No tiene que brindar la información, pero si no lo hace, no podemos autorizar que su hijo reciba comidas gratuitas o a un precio reducido. Debe incluir los últimos cuatro dígitos del número de Seguro Social del miembro adulto del hogar que firma la solicitud. Los últimos cuatro dígitos del número de Seguro Social no son necesarios si usted envía la solicitud en nombre de un niño en custodia, si indica el número de caso del Programa de Asistencia Nutricional Suplementaria (Supplemental Nutrition Assistance Program, SNAP), el Programa de Asistencia Temporal para Familias Necesitadas (Temporary Assistance for Needy Families, TANF) o el Programa de Distribución de Alimentos en Reservaciones Indígenas (Food Distribution Program on Indian Reservations, FDPIR) u otro identificador del FDPIR para su hijo, o si indica que el miembro adulto del hogar que firma la solicitud no tiene número de Seguro Social. Utilizaremos su información para determinar si su hijo es elegible 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.

De acuerdo con las regulaciones y políticas de los derechos civiles de la Ley Federal de Derechos Civiles y del Departamento de Agricultura de los Estados Unidos (U.S. Department of Agriculture, USDA), está prohibido que el USDA, sus agencias, oficinas y empleados y las instituciones que participan o administran los programas del USDA discriminen según raza, color, origen nacional, sexo, discapacidad, edad o tomen represalias por una actividad anterior sobre los derechos civiles en cualquier de los programas o actividades manejados o patrocinados por el USDA.

Las personas con discapacidad que necesiten medios alternativos de comunicación para conocer la información del programa (es decir, Braille, letra grande, video con audio, lenguaje estadounidense de señas, etc.), deben comunicarse con la Agencia (estatal o local) donde solicitaron los beneficios. Las personas sordas, con dificultades auditivas, o con discapacidad del habla pueden comunicarse con el USDA a través del servicio federal de retransmisión al (800) 877-8339. Además, la información del programa puede estar disponible en otros idiomas además del inglés.

Para presentar una queja por discriminación, complete el Formulario de quejas por discriminación del Programa del USDA (AD-3027). Encuéntrelo en Internet en [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), en cualquier oficina del USDA o escriba una carta al USDA donde proporcione toda la información solicitada en el formulario. Si desea obtener una copia del formulario de queja, llame al (866) 632-9992. Envíe su formulario completo o carta al USDA por:

- (1) Correo postal: 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](mailto:program.intake@usda.gov)

Esta institución ofrece igualdad de oportunidades.



## 2017 – 2018 Meal Prices

<b>Elementary PK – 5</b> .....	<b>\$2.55</b>
<b>Middle School 6 – 8</b> .....	<b>\$3.05</b>
<b>High School 9 – 12</b> .....	<b>\$3.05</b>
<b>Breakfast PK – 12</b> .....	<b>\$1.65</b>
<b>Reduced Lunch PK-12</b> .....	<b>\$.40</b>
<b>Reduced Breakfast PK – 12</b> .....	<b>\$.30</b>
<b>Extra Milk</b> .....	<b>\$.35</b>
<b>Extra Juice</b> .....	<b>\$.50</b>
<b>Ala Carte</b> .....	<b>\$1.25</b>
<b>Adult Meals</b> .....	<b>\$ 3.45</b>
<b>Adult Ala Carte</b> .....	<b>\$1.50</b>
<b>Coffee</b> .....	<b>\$.50</b>
<b>Ice Tea</b> .....	<b>\$.25 / \$.50</b>
<b>Lemonade</b> .....	<b>\$.25 / \$.50</b>

Student lunches need to be paid in advance. You may send payment to school with your student, or pay online with credit card.  
Thank you!

## 2017-2018 Elementary Classroom Supplies

*Please label all items with your student's name*

### Kindergarten: Mrs. Grotrian & Mrs. Borrenbohl

A pencil box  
Eraser  
10-12 Pencils  
4 boxes of Crayons: Sizes 8, 16, and 2-24's  
1 small bottle of white glue  
Rug, Towel, mat, or SMALL blanket for rest time  
A book bag  
2 large boxes of Kleenex  
Fiskars Scissors (no points)  
1-2 containers of anti-bacterial wipes  
Small water bottle – 20 oz. or less

### 1<sup>st</sup> Grade: Mrs. Benson & Mrs. Faris

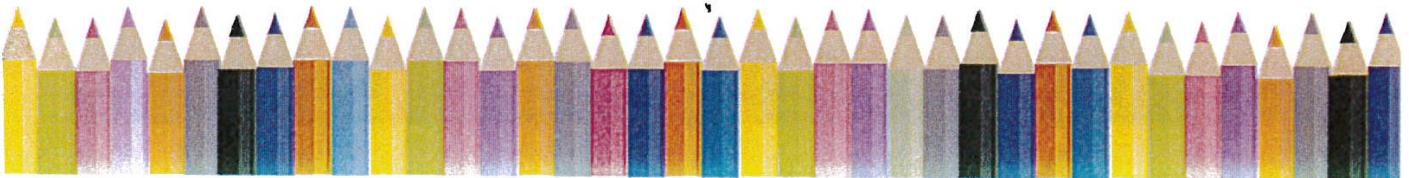
2 dozen SHARPENED #2 pencils  
3 pks of 8 crayons & 1 big pk of many colors  
1 large pencil box  
1 paint shirt  
1 bottle of Elmer's glue & 8 glue sticks  
1 pair (no sharp points) scissors  
2 boxes of Kleenex  
4 – 2 pocket folders: 1 red, 1 blue, 1 green, 1 yellow  
1 drawing tablet  
1 large eraser  
1 – 2 inch binder  
1 large shoe box with lid or plastic container with lid  
1 container of anti-bacterial wipes  
P.E. shoes  
1 roll of paper towels  
1 box of quart or gallon zip lock baggies

### 2nd Grade: Mrs. Robeson & Mr. Meints

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

### 3<sup>rd</sup> Grade Mrs. Dieckgrafe, Mrs. Heidemann & Mr. Dierking

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 of low odor dry erase markers  
1 pencil bag  
2 wide rule notebooks  
1 pk 3x5 index cards  
1 container anti-bacterial wipes  
1 roll of paper towels  
2 boxes of Kleenex  
P.E. shoes  
1 – 1 inch 3 ring binder for Mrs. Heidemann



2017-2018 School Year

**Elementary Classroom Supplies**

*Please label all item's with your student's name*

**4th Grade: Mrs. Dorsey & Mrs. Naber**

- Colored Pencils
- Crayons
- 12 yellow, six-sided, #2 pencils, sharpened
- 2 Red pens
- 1 Roll paper towels
- 3 boxes of Kleenex
- 4 glue sticks
- 1 bottle of white glue
- Scissors (Fiskars if possible)
- 1 - 2 inch pink eraser
- 1 plastic storage box (shoebox sized)
- P.E. shoes (we change everyday)
- NO large trapper keepers or binders
- NO pencil sharpeners

**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 inch 3-ring binder
- NO large trapper keepers or binders
- NO pencil boxes or bags





## Attention students from 7<sup>th</sup> grade and up, 2017-2018 school year!

### Nebraska School Immunization Requirements:

Tdap (Tetanus, Diphtheria and Pertussis (*whooping cough*)) Vaccine: 1 Dose,

DTaP, DTP DT or Td Vaccine: 3 doses, *one given on or after the 4<sup>th</sup> birthday*,

Polio Vaccine: 3 doses,

Hepatitis B Vaccine: 3 doses,

MMR (Measles, Mumps, and Rubella), or MMRV (Combination Shot of Measles, Mumps, Rubella & Varicella (Chickenpox) Vaccine: 2 doses, given on or after 12 months of age; separated by at least one month,

Varicella (Chickenpox) or MMRV Vaccine: 2 doses, given on or after 12 months of age;

Written documentation (including year) of Varicella disease from the parent, guardian, or health care provider will be accepted. If the child has had chickenpox, they do not need any Varicella shots.

### Shots that are strongly recommended by CDC (Center's for Disease Control):

Menactra/ Menveo; Bexero/Trumemba (Meningitis): 1 dose starting at age 11-15 and/or one dose after 16 years of age. Meningitis is rare, but can be very serious. In as little as 12 hours, meningitis has been known to cause permanent brain damage, limb amputation and death. It is spread by coughing, kissing or sharing drinking glasses. It's not worth the risk. (Older students, ask your medical provider about Bexero or Trumemba.)

Gardasil (Human Papillomavirus (HPV)): \*(NEW Schedule) 2 doses, 6 months apart; when done *before* age 15. Gardasil is a safe and proven way to *prevent future cancers* caused by HPV infection. Studies have shown there is a better immune response by the body when given at a younger age. This shot can be given as early as age 9 -10 years of age.

Hepatitis A: 2 doses; 6 months apart. Hepatitis A is a contagious liver disease that can range in severity from a mild illness lasting a few weeks, to a severe illness lasting several months. *One* way Hepatitis A can spread is by eating foods prepared by someone that did not wash their hands well after using the bathroom.

Southeast District Health Department  
2511 Schneider Ave  
Auburn, Nebraska 68305  
Phone: (877) 777-0424 or (402) 274-3993  
Fax: (402) 274-3967

#### Reminder:

Even though Southeast District Health Department no longer has the *traveling* Immunization Clinics, we still provide immunizations to those that qualify for Vaccines for Children (VFC). This is offered at our Auburn office. We kindly ask for a \$15.00 administration fee. Please call for an appointment. A Spanish interpreter is available upon request.

*For more information on immunizations, contact your Health Care Provider, Southeast District Health Department, or [www.cdc.gov](http://www.cdc.gov)*

## **Requirements for School Attendance in Nebraska**

***Preschool***—Immunization records, State Certified Birth Certificate

***Kindergarten***—Physical/Vision Screening or Parental Objection Affidavit, updated Immunization record

***7th Grade***—Physical, Updated Immunization record, Or Parental Objection Affidavit

***Transfer Students from Out of State***—Physical/Vision Screening, Immunization records, State Certified Birth



## SCHOOL STARTS

Sterling starts August 15<sup>th</sup>

Johnson County Central starts  
August 22<sup>nd</sup>

## NEED SCHOOL SUPPLIES

SENCA WILL BE HANDING OUT  
SCHOOL SUPPLIES AND BACK  
PACKS

AT THE SENCA ACTION CENTER

August 3<sup>rd</sup> 9 am to 1pm

August 4<sup>th</sup> 1pm to 4 pm

August 2017

Dear friends of Johnson County Central Schools,

The Johnson County Backpack Program has hopes of being as successful as last year, with your help!

Thank you to all Churches, businesses, organizations, and individuals of the Johnson County area and beyond, for the generous contributions given in the name of the Backpack Program.

Last year 58 backpacks were picked up by students each Friday during the school year. When school wasn't in session on Fridays, they were distributed on Thursday.

Letters are being sent out now throughout the Johnson County area again. "Invest An Acre", a program which involves both farmers and other members of rural communities can make donations to help southeast Nebraskans who are struggling. "Invest An Acre" often matches your contribution, dollar for dollar to double your impact!

Six different meal menus, which are rotated on a weekly basis, are set up by the Lincoln Food Bank. A sample menu might include: macaroni and cheese, canned vegetable, canned fruit, canned soup and cereal.

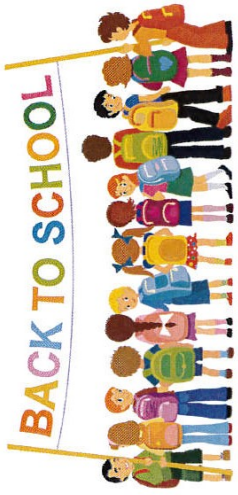
According to the most recent data available, Johnson County is at 11.9% or 620 people are food insecure. (*Food insecure: lacking reliable access to a sufficient quantity of affordable, nutritious food.*) Children make up 18.4% or 180 of all people who are food insecure in Johnson County. Hungry children don't perform as well at school as they could. Proper nutrition insures that their brains, bones, teeth, and muscles develop properly. Hungry children might not be focused or happy. Regardless of why these children don't have enough to eat, it isn't their fault or something they should worry about.

A backpack for the whole school year for one student will cost approximately \$250. The good news is that the cost didn't increase over last year! Please consider helping the students with this important part of their educational program. Let's fight childhood hunger together! Please consider a tax-free donation to the Johnson County Backpack Program.


Please make your check, **this year**, to Invest an Acre. You write Johnson County on the memo line. Please send all checks to:

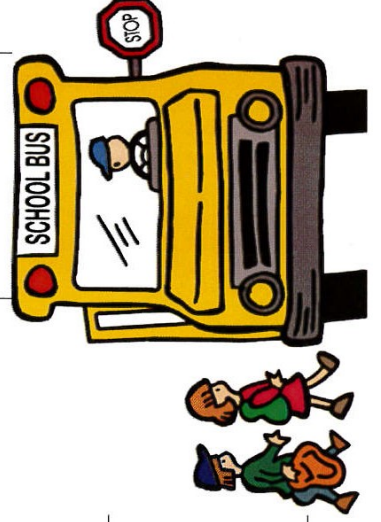
Sally Hutt  
Box 274  
Tecumseh NE 68450

Sincerely,  
Jon Rother, Elementary Principal, JCC  
Terri Brethouwer, SENCA (Southeast Nebrask Community Action)  
Sally Hutt, Backpack Committe Chairperson



# August 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15 Teacher Workday Cook Elem. Open House 5:00 PM MS Walk-Through 6:00 pm HS Football Gatorade Scrimmage 7:00 pm	16 Teacher Workday	17 Teacher Workday	18	19
20 HS Band @ Johnson County Fair 5:00 pm	21 Teacher Workday Tec. Elem. Open House 5:00 pm	22 	23	24 V Golf @ Syracuse 9:00 am	25 V Football vs. Fillmore Central @ JCC 7:00 pm	26
27	28 V Golf @ Auburn 4:00 pm	29	30	31 V VB vs. Falls City/HTRS @ JCC HS 5:00 pm		



# Johnson County Central Breakfast Menu August 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
Menu is subject to change with out notice This Institution Is An Equal Opportunity Provider"						
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	1	2

Fruit Juice Milk

Juice Milk

Juice Milk

Fruit Juice Milk

Juice Milk

Juice Milk

Jump Start Breakfast  
pak or Toast & Yogurt  
Juice Milk

Cereal / Toast or  
Breakfast Burrito  
Fruit

Cereal / Toast or  
Sausage Gravy  
/Biscuit Fruit

Cereal / Toast or WG  
Pancakes

Cereal / Toast or  
Breakfast Pizza  
Fruit Juice Milk

Fruit Juice Milk

Juice Milk

Juice Milk

Jump Start Breakfast  
pak or Toast & Yogurt  
Fruit Juice Milk

Cereal / Toast or  
Sausage Gravy /Biscuit  
Fruit

Cereal / Toast or  
French Toast Sticks  
Fruit Juice Milk

Cereal / Toast or  
Breakfast Pizza  
Fruit Juice Milk

20

21

22

23

24

25

26

13

14

15

16

17

18

19

6

7

8

9

10

11

12

30

31

1

2

3

4

5

Menu is subject to change with out notice

This Institution Is An Equal Opportunity Provider"

# August 2017

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		
<p><b>Menu is subject to change with out notice</b>  <b>"This Institution Is An Equal Opportunity Provider"</b></p>						
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# 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](http://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.

## Classes begin August 22nd!

