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SUPERINTENDENT NOTES by Jack D. Moles



The school year is off and running. We are off to a great start and everyone seems to be ready to have an outstanding year. Watching staff and kids in the first few days I know they are all excited to begin a new year. I join them as each year brings new adventures, challenges, and rewards.

As part of my opening with our staff this year I shared with them my theme for the year. The theme around which I want to shape this school year is: "Are You The One?" This theme is built around the concept that we will only do our best work when we have positive relationships with our students. It is also incumbent on us that we have positive relationships with parents and our community. We have these positive connections with many of our students, but not necessarily with all of them. That is something we work on every year and this year is no difference. Once these positive connections take place truly wonderful things happen for kids. I want to make sure that we do not overlook any students.

The summer brought a great deal of physical change to the school in terms of grounds and facilities. Highlights include:

- The auditorium in the elementary building in Tecumseh has received a much needed facelift. The most noticeable change is that we replaced all of the seats. Pastor Robert Clark alerted me to an opportunity to possibly get theater seats for little cost as a church in the Kansas City area was building a new sanctuary and replacing their old sets. I contacted the church and we were able to obtain 400 seats for free. These seats were installed earlier this summer. We also repainted the floor, then placed carpet in the aisles and at the front of the auditorium. New paint on all the walls also contributes to a "new" auditorium.
- The two locker rooms in the high school are in the process of being renovated. This is a project that was long overdue. Once the new locker rooms arrive later this week (as I write this) and are installed, our high school student-athletes will have new homes.
- The main hallway at the Cook site received new tiles this summer. This project came about as a result of a break in a fire sprinkler connection earlier in the school year. The project was covered by property insurance.
- The high school weight room was reconfigured and some new equipment was added. With the new configuration more student-athletes can be active at a given time, thus making work in the weight room more efficient.
- Several classrooms and other areas received new paint jobs. I have developed a schedule in which we will attempt to have rooms receive new paint on a regularly scheduled basis.
- Some classrooms have received new lighting fixtures. This has dramatically improved lighting in those rooms. As with painting classrooms, my plan is to improve lighting in most classrooms over the next several years. Not only is lighting improved, but the fixtures are also more economical. The maintenance guys are also working on changing lighting in a couple of classrooms over the Christmas break each year.
- We had some rooms that received new carpet at the Cook site. These rooms had not had new carpeting in many years and it was definitely showing.

I would like to take this opportunity to thank those who played a major role in working to complete these projects. Those who worked summer maintenance jobs for us through the entire summer were outstanding in their work. To all of you who helped: job well done!

Some other projects are still being planned that will help to improve the conditions of our buildings and grounds. Examples of projects still to come:

- We will be considering roof projects at the Cook site in the next few years. All of the roofs at the Tecumseh site have been addressed over the past several years and now attention needs to turn to the Cook facility. The roof on the old gym was replaced a few years ago, but the others have not been addressed. We have actually put a hold on beginning these projects for a couple of years but we cannot put the process off much longer.
 - We have a goal of replacing the two main restrooms in the high school next summer.
 - We will continue to address painting and lighting in classrooms as we move forward. These projects will be addressed over a series of 4-5 years.
 - The track at the Tecumseh site will need to receive a new overcoat in the next year or two.
- A long term goal I have is to replace locks on doors on all classrooms and offices.

Keeping facilities in good shape is, of course, an expensive undertaking. Any homeowner can vouch for that. The Board has done a very good job of supporting the improvement of our buildings. For this purpose we have had a Special Building Fund levy to provide the revenues to address these issues. This fund is not part of the General Fund. Although it would be nice to have a large sum of money in the Special Building Fund, we have taken the approach of “pay as we go” in which we identify the main projects needed then raise the funds annually to address those needs. That approach has made us more financially conservative. However, it does tend to limit us when “surprise” projects such as the retaining wall issue pop up.



NEWS FROM PRINCIPAL RICK LESTER

School has started off great students have their final schedule and extra-curricular activities are already in full gear.

JCC will have all 10th and 11th grade students complete the John Baylor ACT Test Prep to prepare for the ACT test then JCC will have students officially take the ACT test on a prior date to be announced later in the year free of charge. The juniors will be required to take the ACT test as they were last year.

All JCC students will still have full access at home to all the ACT Prep sessions, bonus materials, and college counseling content using their iPad. JCC students can use the John Baylor ACT Test Prep as much as they want at school or home.

Bringing the John Baylor Test Prep program on-line to JCC district is an investment by the district in our students ACT score: an important measure used for college admission and financial aid. Most test prep courses cost hundreds of dollars, JCC student’s will complete the John Baylor ACT Test Prep at school and have access at home as well free of charge.

We truly believe the best and most efficient way for a student to maximize his/her potential on the ACT test is to take challenging core classes throughout their high school career. The John Baylor Test Prep program is another tool to help students reach their potential on the ACT test.

If you are interested in your student taking the John Baylor Test Prep program at home, please make sure your student fills out the form they received at school.

NEWS FROM RICH BACON, MIDDLE SCHOOL PRINCIPAL & ATHLETIC DIRECTOR

The 2017-2018 school year officially began with the Middle School walk-through and the Preschool and 4th and 5th grade Open House on Tuesday, August 15th. Once again all of these events were very successful with most of our students and parents in attendance. The start of a new school year is always refreshing as it provides everyone involved with a fresh start and a new beginning. Hopefully, that excitement will motivate our students to reach their goals and accomplish great things here at JCC Middle School.

Middle School students and staff are all excited as we continue the 1:1 iPad initiative. We believe the iPad can be a tremendous resource which can be used to enhance learning for all of our students. However, with the iPads comes a great deal of responsibility for the students and their parents. Students and parents need to read and understand all JCC iPad policies and procedures and use the device in a responsible and ethical manner. Parents are encouraged to keep informed of how the iPad is being used in the classroom. Students need to bring their iPad to school every day with a full charge. And, as with all technology, parents should supervise their child's use of the iPad at home. As always, if you have any questions or concerns throughout the year, please don't hesitate to contact your child's teacher or myself.

Junior High football, volleyball and cross country practices are underway with their first contests rapidly approaching. Due to low numbers the Junior High football team has entered a coop with Sterling this year. Instead of struggling to have enough athletes to participate and complete the season, we have 23 boys from both schools combined. This will give our coaches the opportunity to do a little more live scrimmaging where we have 11 players on both sides of the ball.

At the start of any season we should take time to think about the purpose of athletics in a Middle School setting. While everyone wants to win and winning is our goal, it cannot be the purpose of our sports program at this level. Middle School activities need to encourage participation and the development of fundamentals that will help them succeed at the varsity level. Instead of placing the emphasis on winning and losing, we need to focus on hard work, effort and teamwork. If students can learn to work hard, give maximum effort, and put team success ahead of individual glory at a young age they are learning skills that will help them succeed for the rest of their lives. Please support our young athletes this year by attending games and cheering their efforts, win or lose. Go Thunderbirds!

ImPACT Concussion Testing Program

Johnson County Central is, once again, utilizing the ImPACT Concussion Testing Program for all athletes grades 7-12 to help improve the school's and coaches' care for athletes with sports-related concussions. This program is being provided by Nebraska Orthopaedic & Sports Medicine, and Saint Elizabeth Regional Medical Center of Lincoln, through the Nebraska Sports Concussion Network. The ImPACT Test is an online computerized test that is specifically designed for managing sports-related concussions. The test measures brain reaction time, processing speed, memory, attention, and allows medical professionals to obtain a "snap-shot" of how one's brain functions in normal conditions. Athletes are baseline tested in the pre-season, and if an athlete sustains a head injury, they are re-tested. Post-injury scores are then compared to pre-injury, baseline scores. If differences exist between the baseline and post-injury tests, athletes will be restricted from activity until further test results return to normal. As post-injury scores return to baseline, or normal, this indicates an athlete is recovered sufficiently to resume a step-wise progression back into activity and full participation. This form of testing and return-to-play helps avoid prolonging the recovery from a concussion, and prevents athletes returning to play too soon before the brain has had time to fully heal, risking serious or catastrophic injury.

This year Thunderbird athletes in 7th, 9th and 11th grades and any new athletes participating in contact sports (football, volleyball, wrestling, boys & girls basketball, and track-jumpers) will be tested. The cost of the baseline testing is being funded and implemented by the Nebraska Sports Concussion Network. Post-Injury testing, if necessary, will be conducted by a health care professional trained in ImPACT and usual office visit charges will likely apply. School personnel have been trained to conduct baseline tests at school, and all coaches will have taken an online Concussion Training for Coaches course in an effort to improve the recognition of potential head injuries. Additional information in recognizing head injuries is available for parents and athletes at

www.NebSportsConcussion.org. Johnson County Central would like to thank Nebraska Orthopaedic & Sports Medicine, Saint Elizabeth Regional Medical Center, Johnson County Hospital, Tecumseh Family Health and our area doctors for making the ImPACT Testing Program available to our athletic programs, and helping us ensure we are doing our absolute best in caring for your sons and daughters.

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:

- Mon. Sept. 4—NO SCHOOL, Labor Day.
- Tues. Sept. 12—Red Cross Blood Drive in High School, 8:30 a.m.-2:30 p.m.

Promoting Great Habits for a Successful future

Creating good habits starts young and requires consistency. Early in our lives we learn to work hard, to play hard, to complete tasks, to say “please” and “thank you” and to listen when others speak; amongst a multitude of others.

As parents, guardians, caregivers and adults in our children’s lives, when can have a powerful impact on the habits that our children create. These very same habits can carry them on to be successful students, musicians, artists and athletes in high school. Then, on to be successful, content adults.

Playing with our children and providing, or requiring, that they engage in active play outside can make a big difference in our children’s overall physical health. Think of playing tag or touch football, bike riding, hide-and-seek and

even make-believe play outside. Think of all the running and jumping involved, kids running red-faced and panting up to the water hose to quench their thirst during a break. These children are staying fit and forming the foundation for future fitness and they don’t even know it! Now, think of the motivation and the memories if a loved adult joins in! Those memories will last a lifetime and will continue to motivate a child their whole life!

The same goes for homework and work. How many times have we heard adults say that the reason they are, or were, successful is because their parents had them do work or set up expectations for them.

Working with your child is a great time to get to know them. Setting a task together and achieving it together

builds diligence and teamwork skills. It is also a learning moment for them, as they are learning about whatever it is you are working on.

Setting up homework parameters will not only help your child when they reach the stage in their lives when they need to do such things on their own, but it also provides another valuable memory and family moment

Take the time. Take the time to create memories for your child that will also build in them the skills to be successful later in life. You can do this through modeling, participating with or setting the expectations for work and play.

School Activities With Your Family

I find it very impressive when I see children at school activities sitting with their parents and enjoying the game together. This is for two reasons.

First, those children and their parents are forming a tight bond. (These bonds will come into play, and will be vital, as the child grows and is tested in the world.) And, again, the children are creating fond memories of “remember when”.

Second, the child is learning about the activity they are at. They are learning about the activity and how to behave as a spectator at the

activity. We all know that this will look different when you are at a basketball game versus when you are at a play.

However, should your child be one of the spirited youngsters who wants to get up to run around or go to the playground, I have several suggestions.

1. Get a babysitter. Why pay to bring your child somewhere they don’t want to be?
2. Stay with your child. Set up some parameters before leaving like, “You have to always be able to see me and I have to be able to see you.”

3. Sit somewhere where managing your child is easier, like a lawn chair at the playground or near the exits.

Remember, you are the parent. You are in charge. And, if your child is with you, they are learning from *you*.

The Thunderbird Way

By Marsha Bacon, K-8 School Counselor

When at school or at school events, encourage your student to follow the Thunderbird Way. The Thunderbird Way, part of the Johnson County Central curriculum in the elementary and middle school is a pro-social behavior program that promotes positive behaviors, social skills, and problem solving strategies and is utilized by all JCC staff in grades PK-8.

Below is the Thunderbird Way poster that explains what the school expectations are in different areas in school. These posters can be found throughout the school; in classrooms, hallways and offices. Students are excited to be Learners as well as Safe, Respectful and Responsible Thunderbirds. We want our students to enjoy coming to school and to learn something new every day.



Johnson County Central Behavior Expectations
"It's the Thunderbird Way!"

The Thunderbird Way: Will create a successful learning environment!

Area	Be Safe	Be Respectful	Be Responsible
<i>Classrooms</i>	<ul style="list-style-type: none"> • Keep hands, feet and objects to self 	<ul style="list-style-type: none"> • Follow adult directions 	<ul style="list-style-type: none"> • Follow school rules • Bring all necessary items to class every day
<i>PE/ Free Time</i>	<ul style="list-style-type: none"> • Use equipment appropriately 	<ul style="list-style-type: none"> • Play fairly with everyone 	<ul style="list-style-type: none"> • Follow playground rules
<i>Hallways</i>	<ul style="list-style-type: none"> • Walk on the right 	<ul style="list-style-type: none"> • Keep hands to yourself 	<ul style="list-style-type: none"> • Quiet voices
<i>Restrooms</i>	<ul style="list-style-type: none"> • Wash hands & put paper towel in the trash container 	<ul style="list-style-type: none"> • Give people privacy 	<ul style="list-style-type: none"> • Flush toilet & return to class
<i>Lunchroom</i>	<ul style="list-style-type: none"> • Keep hands, feet and objects to self 	<ul style="list-style-type: none"> • Use good manners 	<ul style="list-style-type: none"> • Clean up

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The Thunderbird Way also encourages students to be positive leaders. All students are leaders and can help those around them make appropriate behavior choices through their example. The purpose of a positive behavior program is to support and promote appropriate and exceptional behaviors. To encourage positive behaviors, staff members may compliment students with their choice or provide students with ticket which can be used for rewards in both the elementary and middle school. There are many ways students demonstrate positive behavior choices. It may be when a student picks up trash in the hall, is kind to another student who needs a friend, or when a student brings their homework every day. A component of the Johnson County Central mission statement is to create lifelong learners. The Thunderbird Way provides students the tools they need to be successful at school and life by promoting safety, responsibility, education, respect and leadership.

The Thunderbird Way is part of student life at Johnson County Central. Encourage your student to be the best Thunderbird they can be every day at home and at school by discussing the importance of the components of the Thunderbird Way.

Cook Site Assembly

Friday, September 8 there will be an assembly for students addressing stresses of student life and resources available to them to help cope with personal difficulties. Our students are balancing many items including academics, extracurricular activities, friendships, social media, gaming and much more. For some students, the pressures can seem overwhelming. Students are always welcome to visit with school counselors and teachers if they need help. The assembly will be for students' grades 4-8. If you have questions or concerns about the assembly, please contact me at: marsha.bacon@jccentral.org or (402)864-4171 or (402)335-3320.

#ThunderbirdsRise



NOTES FROM THE HIGH SCHOOL COUNSELOR

Ms. Olivia Reuter

2017/2018 ACT Test Dates

The remaining ACT testing dates and registration deadlines for the 2017-2018 school year are listed below. The registration deadline for the September test has already passed, so the next test to register for is the one in October.

<u>ACT Test Date</u>	<u>Registration Deadline</u>
Saturday, October 28, 2017	Friday, September 22, 2017
Saturday, December 9, 2017	Friday, November 3, 2017
Saturday, February 10, 2018	Friday, January 12, 2018
Saturday, April 14, 2018	Friday, March 9, 2018
Saturday, June 9, 2018	Friday, May 4, 2018
Saturday, July 14, 2018	Friday, June 15, 2018

Students must electronically submit a photo with the application and the admission ticket will have the student's picture printed on it. When students go to take the test, they must have a state or school issued picture ID (driver's license, school ID card, etc. and their ACT admission ticket. They will not be allowed to test without those two items.

All students must also indicate the school they attend when registering. Johnson County Central High School's **school code number** is **282-319**. Students choose their testing location as a part of the registration process. Many JCC students test in Auburn, but there are other test center options in locations such as locations in Beatrice, Palmyra, Lincoln, etc.

Students may register online at www.actstudent.org. Online registration is possible 24/7 on any computer connected to the internet. A MasterCard or VISA must be used to pay fees online. (Fee Waivers are available for juniors and seniors who qualify-see Mrs. Reuter for waiver eligibility).

Start Applying to College Now

Seniors should start applying to colleges and universities now. Students should apply to at least their top two or three colleges and universities. Most all colleges and universities have options for students to apply online and many also have application fee waivers for students who qualify for the free and reduced lunch programs at their schools. If students have questions or need help applying to college, they can come see me anytime at school and I'd be glad to help them.

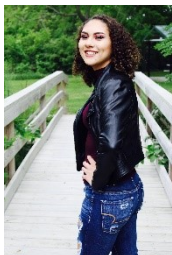
NHS September Blood Drive

JCC National Honor Society members will host a Red Cross Blood Drive on Tuesday, September 12th from 8:30 a.m. to 2:30 p.m. Students, staff, parents and community members who wish to give to help save a life should contact National Honor Society members to schedule a donation time. You may also email Mrs. Reuter at olivia.reuter@jccentral.org to schedule a donation time or register online at www.redcrossblood.com. One unit of blood given can help save up to three lives! The entire donation process takes about an hour from registration through refreshments. The actual donation takes about eight minutes. Drinking plenty of fluids the day of and the day before the donation and eating a good breakfast help ensure a positive experience. Please bring Red Cross Donor Card and/or Picture Identification. Students who are 16 will also need a signed parent consent form to be able to give. Walk-ins are welcomed but appointments are preferred. Contact Mrs. Reuter or register online to be a lifesaver!

Meet the JCC Class of 2018

During the school year, I will be featuring this year's JCC seniors in my newsletter article. Now, meet the first three...

Gabriela Alvarado



Gabriela lives in Tecumseh and is the daughter of Amy Bradley. She has three siblings, Evan, Alex, and Johan. Her favorite school subject is math and her greatest high school accomplishment is being in the top ten in her class in academics. Her favorite school lunch is hot ham and cheese. After high school, Gabriela plans to attend the University of Nebraska-Lincoln and major in either psychology or something in the math or engineering fields. In ten years, Gabriela sees herself living in a city in Nebraska or Texas possibly working in her own office. Her advice to underclassmen is, "Work hard, don't stop trying, and don't lose motivation. The high school years go by fast so enjoy them!"

Mackenzie Eltiste



Mackenzie Eltiste is the daughter of Russ and Christine Eltiste and Michelle Eltiste. She has one sister, Courtney, and one step-sister, Taylor. Mackenzie's favorite class at JCC is Biology II and her favorite school lunch is the popcorn chicken bowl. She is very involved in school activities including FBLA, FFA, National Honor Society, and student council. The high school accomplishment that she is most proud of is gaining leadership skills from both in and out of the classroom and setting a positive example for others. After high school, Mackenzie plans to major in Business Administration at the University of Nebraska-Lincoln, and in ten years she sees herself having a career in business and living in Kansas City in a nice house with a small family of her own. Her advice to students younger than her is, "Participate in as many activities as you can, it makes high school much more enjoyable."

Colton Lotter



Colton is the son of Kristie Wemhoff of Cook. He participates in golf, FFA, and FBLA at JCC. His favorite school lunch is the popcorn chicken bowl. Colton's favorite class in school is welding and in the future, he plans to attend the Tulsa Welding School in Jacksonville, Florida and enter into the professional pipefitting program. In ten years, Colton sees himself living in Florida and well established into a welding career. Colton's advice for younger students is, "Enjoy high school because it goes fast and you will miss it."

Girls Golf 2017 – Coach Ben Swanson

Practices for the fall golf season began on August 7th at the Tecumseh Country Club. There are ten girls on the team this season. We have four golfers returning that have two or more years of experience golfing in varsity tournaments. With this experience, I expect that we should compete very well as a team, and hope to win many of our tournaments this season. Our goal this season is to place in the top three teams of our 12 team district, and qualify for the state tournament. After losing six seniors off of last season's team, I was very pleased to gain four new team members as underclassmen. These newcomers haven't played much golf in the past, but they have been great listeners and hard workers in practice and show a lot of promise. You can follow results of our tournaments and see photos of our golfers in action on our JCC Golf twitter account @jcccentralgolf.

Team members include: (* letter winner)

Seniors – Charla Eggleston*, Taylor Gerdes*, Trinity Mahoney*, Emalee North, Macee North

Juniors – Erika Cruz*, Cassidy Parks

Sophomore – Gwen Goracke

Freshmen – Kylie Kleespies, Mandy Colsden

Competition Dates:

8/24 @ Syracuse Invite, Syracuse Country Club (Varsity and JV)

8/28 @ Auburn Triangular 4:00, Auburn Country Club (Varsity and JV)

9/1 @ Tri County Invite, Hidden Acres (Varsity)

9/5 Dual vs. @ HTRS, Kirkmans Lakeview Golf Course (Varsity and JV)

9/12 @ Bennington Invite, Stone Creek Golf Course (Varsity)

9/14 JCC Invite. Tecumseh Country Club (Varsity and JV)

9/18 @ HTRS Invite, Kirkmans Lakeview Golf Course (Varsity and JV)

9/25 @ Auburn Invite, Auburn Country Club (Varsity)

10/3 Districts @ Hidden Valley Golf Course, Lincoln

10/9 – 10/10 State @ Lake Maloney Golf Course, North Platte

JCC VOLLEYBALL 2017

The JCC Volleyball team has dedicated their time over the past 5 weeks, 2 weeks of conditioning then 3 weeks of practice, to start the process of building their team. In this time, big improvements in their volleyball and team skills has been accomplished with much more still to be developed as the season progresses. The Team chose 'All In, All Out' for their team standard focusing on being committed, disciplined, loyal, coachable, responsible, and able to self-manage. Priority areas of focus are team communication (on and off the court), use of self-management (BRAVO), and to be disciplined (sustained focus and effort) to become the competitive volleyball team, they want to be. Seniors are Maddie Moran (MH), Macey Pietzyk (OS), and Lis Serrano (DS). Juniors Haley Beethe (S/DS), Hailey Clark (MH), Lexie Graham (OS), and Nadia Klein (OS). Sophomores Carrie Beethe (RS/S), Jordan Hunzeker (DS/L), Grace Kirkland (OS), and Celine Rukin (OS). Freshmen Britney Bonilla (OS), Denise Kim (OS/DS), Morgan Moran (RS/S), Hayley Neeman (S), Zadie Plager (MH/S), Saylor Rother (MH/S), and Ruby Valles (DS/OH). Coaches are Sue Borchert and Kaitlyn Schleif. The Team looks forward to seeing you at their games!

Football 2017

Are you ready for some football! The 2017 Thunderbird football program has made many efforts to improve from a year ago. For starters, we saw the weight training program drastically improve, thanks to the help of Coach Derek Kuhl and his program. In addition, several football players participated in 7 on 7 camps against HTRS (also one of our opponents for this season) and our Team Camp. We also put on a clinic for our youth program which was a huge success! We are making every effort to work together with the community to establish a new culture that is positive and will create some success on the field. We are excited that the season is finally here and we are ready to compete.

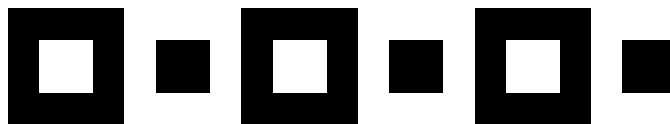
Coach Meints



“Hello from the JCC Drug Free Group!

With the year off to a smooth start, we look forward to getting together with former and new group members to get drug free activities off and moving!

Have a great school year!



Speech News!

It's hard to believe that school is in session again. It seems like just yesterday I was enjoying the cool temperatures of Scandinavia on vacation. Over the summer, I got married! My new name is Mrs. Mueller. I am so excited for this school year and to begin seeing your students in speech. Speech sessions this year are going to incorporate learning goals. This will help the students to know the rationale for coming to speech and hopefully motivate them to achieve their goals. The first few sessions will focus on 'I can' statements. The students will be reminded of their goals every session and will rate their progress each day. If I provide speech or language services to your student, feel free to ask them what their 'I can' statement is. I'm looking forward to a great school year! –Mrs. Mueller

One District One Book

This year our school, grades PK-8 will be embarking on a special project, a district-wide book club called One School/One Book. Every family will receive a copy of the same books – Betty G. Birney's *The World According to Humphrey* and *The One and Only Ivan* – and will be asked to read them together at home this fall and next spring. Please take the time so that your family can participate in this special activity.

Reading aloud at home is valuable because it better prepares your child to be an effective reader, and it is also a fun, worthwhile family activity. With the One School/One Book program, we aim to build a Community of Readers throughout our entire school district. Everyone in grades PK-8, parents, teachers, even administrative staff – will be literally all on the same page.

Your child will receive a copy of *The World According to Humphrey* in September and *The One and Only Ivan* next January. Along with the book, you will receive a reading schedule so that you can keep up at home. Generally, you will be asked to read about 10-15 minutes each night.

In school, your child will be invited to answer daily trivia questions to encourage and reward attentive listening. In class, students will explore the book through activities and discussions. You will want to make sure your family keeps up so that your child can be included.

For once children of all grade levels will all be listening to their parents read the same book. It actually makes sound educational sense. Reading professionals recommend reading material out loud that is beyond a child's own reading level. We also believe that you can and should continue reading chapter books with your older children, even when they are able to read by themselves.

We have selected titles that can be followed and understood and enjoyed by younger students, but will still capture and stimulate interest in older children.

We hope that you'll enjoy this special reading time with your children.

“When a whole district reads a book, there's a lot to talk about.”

Mrs. Peters
School Librarian

Early Childhood Development: Birth-Three
By Lisa Othmer

Most parents wonder at times if their young child is growing and developing like other children the same age. Each child develops differently.

If a child's growth or learning is slower than that of other children the same age, it is best to check it out as soon as possible. The same is true if a child has a health condition that could be long lasting. There are times when children do not "out-grow" a problem. They may need extra community services and support to live healthy and successful lives.

It's never too early to ask questions about your child's development. Listed below are some guides to see how your child is developing.

0-1 YEARS

- Holds head up by four months
- Picks up objects by six months
- Responds to sounds by six months
- Makes some of the sounds made by others by nine months
- Uses furniture to pull self to standing position by 12 months

1-2 YEARS

- Holds out arms and legs while being dressed by 18 months
- Points to objects he/she wants by 18 months
- Walks without help by 18 months
- Says two words by 18 months
- Drinks from a cup by two years
- Shows one body part (eyes, nose) when asked by two years

2-3 YEARS

- Speaks in 2-3 word sentences by three years
- Walks up and down stairs without help by three years
- Plays with an adult by three years
- Undresses self by three years
- Asks some questions by three years
- Speaks so non-family members understand most words by three years

For your questions or concerns regarding your child's development contact: Mr. Moles, Rebecca Kling or Lisa Othmer at Johnson County Central Public Schools: (402) 335-3320.

September is Suicide Prevention Awareness Month

September is Suicide Prevention Awareness Month. National Suicide Prevention week is September 10 – 16, 2017, beginning with World Suicide Prevention day on the 10th. Suicide is a very serious and very real problem with our youth. Spreading awareness is the first step to helping this problem.



In Nebraska....

- In Nebraska, suicide is the 1st leading cause of death for ages*
- 10 - 14 years & 2nd leading cause of death for ages 15 - 24 years*
- 270 male and 61 female youth, ages 10-24, died by suicide in Nebraska between 2005 - 2014. *

*2015 Reports from Center for Disease Control

Warning signs that we look for in school.

- changes in school performance (e.g. grades, attendance)
- changes in mood
- complaints of illness
- increased disciplinary problems at school
- problems experienced at home or family situations (stress, trauma, divorce, substance abuse, poverty, domestic violence)
- communication from teachers about problems at school
- dealing with existing mental health concerns

Some warning signs may help you determine if a loved one is at risk for suicide, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change.

- Eating or sleeping too much or too little
- Pulling away from people and things
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs
- Feeling unusually confused or forgetful; on edge, angry, or upset; or worried and scared
- Fighting with family and friends
- Unable to get rid of troubling thoughts and memories
- Thinking of hurting or killing yourself or someone else
- Unable to perform daily tasks like taking care of your kids or getting to school or work

- dealing with existing mental health concerns

Resources

National Suicide Prevention Lifeline 1-800-273- TALK (8255)

Everyone should have this number on hand in case there is ever an emergency with yourself or someone you love.

National Suicide Prevention Chatline

<http://suicidepreventionlifeline.org>

Safe Place: 1-888-290-7233

Project Safe Place provides access to immediate help and supportive resources for young people in crisis

911

You would not hesitate to call this number if someone else's life was in danger... don't hesitate to call for your own life.

Suicide is a topic that is very difficult for everyone but if we can be aware of the warning signs for others, for ourselves, we might be able to save a life. If you ever have questions or concerns about a student, please contact us. Our most important job at school is to help students/families with emotional concerns.

NATIONAL
SUICIDE
PREVENTION
LIFELINE™
1-800-273-TALK
1-800-273-8255
www.suicidepreventionlifeline.org



A crisis, resource and referral number for KIDS and PARENTS.
24 hours a day, 7 days a week
BOYS TOWN NATIONAL HOTLINE™
1-800-448-3000
parenting.org
youthifyourvoice.org
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Respectfully,

Mrs. Marsha Bacon
PK-8 School Counselor
marsha.bacon@jccentral.org
(402)864-4171 or (402)335-3320

Mrs. Olivia Reuter
9-12 School Counselor
olivia.reuter@jccentral.org
(402)335-3328



1-888-866-8660

- Trained counselors 24/7/365
- Children's behavioral issues
- Parent/child conflict resolution
- Youth mental health referrals

www.nebraskafamilyhelpline.ne.gov

A STATEWIDE HELP-LINE SUPPORTED BY
THE NEBRASKA DEPARTMENT OF HEALTH AND HUMAN SERVICES

Bryan Health

Bryan Counseling Center
Use Bryan West Campus,
2300 S. 16th St.
main medical center entrance

Blue Valley
Behavioral Health
"Where Healing Begins"

September Newsletter
Fourth Grade
Kelli Dorsey

There are so many great things happening each day in Fourth Grade! We are quickly adjusting to the schedule of a new school year.

Reading, Spelling, English, and Writing, all come from our series called Reading Streets. We get to enjoy great literature like "Because of Winn Dixie", "Lewis and Clark and Me", "On the Banks of Plum Creek", and "The Horned Toad Prince". We also practice skills like word analysis, conventions, and vocabulary.

In Math, we are learning many new concepts using Saxon Math. We are adding and subtracting with missing numbers, reviewing place value, and working on reading and writing large numbers. We can't wait to do multiplication, division, square roots, and fractions.

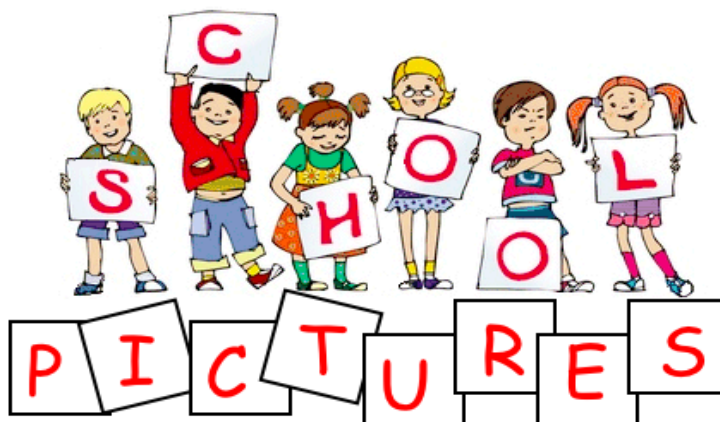
Every day students have Accelerated Reading time where they read independently and take comprehension tests on the computer, it is amazing by the end of the year how many points they will have accumulated.

For literature, students are enjoying a story called Jennifer Murdley's Toad, where they are learning that it is more important to be beautiful inside than out.

During Social Science time, we have begun reading and discussing the history of Nebraska. From the state symbols to questions about the capitol if you need to know ask a fourth grader!

As you can see our daily schedule gets pretty busy, we are looking forward to a year filled with lots of learning and excitement in Fourth Grade!

School Picture Day Friday, September 8th



September 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4 NO SCHOOL Labor Day	5 V Golf @ @HTRS 4:00 pm V VB vs. Syracuse/Wilber @ JCC HS 5:30 pm 5th Grade Band Intro Meeting w/Dietze @ JCC Cook 6:30 pm	6	7 V XC @ Camp Calvin Crest JV, V VB @ Palmyra 4:45 & 6:00 pm	8 School Picture Day! V FB @ Conestoga 7:00 pm	9 JV VB Tournament @ Syracuse 8:30 am
10	11 V MUDECAS VB @ Beatrice 3:30 pm JV FB @ Elmwood-Murdock 6:30 pm	12 Rd Cross Blood Drive @ HS Gym 8:30 am V Golf @ Bennington 9 am V VB MUDECAS @ Beatrice JV VB @ Bennett 4:00 pm	13 FFA @ Husker Harvest Days	14 JV, V XC @ Hidden Hills Country Club V Golf @ Tecumseh CC 9:00 am V VB MUDECAS @ Beatrice JV VB @ JCC MS 4:30	15 MS Band @ Richardson Country Fair Parade 11:00 am V FB @ Southern 7:00 pm	16 JV VB @ Louisville HS 8:00 am HS Band @ Applejack Parade 1:00 pm
7	18 C Team VB @ Johnson-Brock HS V Golf @ HTRS 9:00 am JV FB vs. HTRS @ JCC HS 6:00 pm	19 JV & V XC @ Branched Oak Lake C Team, JV, V VB @ Elmwood/Murdock	20	21 JV VB @ JCC MS 4:30 pm V XC @ Hebron Country Club 5:00 pm JV, V VB @ Wymore 6:00 & 7:00 pm	22 V FB vs. Freeman @ JCC HS 7:00 pm	23 V VB @ Louisville HS 8:00 am
25 FBLA @ Marriott in Lincoln 8:30 am V Golf @ Auburn 9:00 am JV VB @ JCC MS 4:30 pm JV FB @ Conestoga 5:00 pm JV VB @ JCC HS 5:30 pm	26 JV VB @ HTRS 4:30 pm V VB @ Louisville 5:00 pm	27 SENCA Poverty Simulation For Seniors @ JCC HS 8:15 am HS MAPS Testing	28 V VB @ JCC HS 5:00 pm JV FB @ JCC HS 4:30 pm	29 JV, V XC @ Syracuse Country Club V FB @ JCC HS 7:00 pm	30 V VB @ JCC MS & HS 9:00 am	



Johnson County Central Lunch Menu

September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Beef Fingers Mashed Potato Fruit & Veggie Bar Dinner Roll Milk	2
3	4 Labor Day NO SCHOOL!!!	5 Pizza Corn Fruit & Veggie Bar Milk	6 Chicken Patty Wg Bun Fruit & Veggie Bar Cookie Milk	7 Walking Taco Fruit & Veggie Bar Bread Stick Milk	8 Meat Ball Sub Green Beans Fruit & Veggie Bar Milk	9
10 Grandparents Day	11 C. Chicken/ WG Biscuit Peas Fruit & Veggie Bar Milk	12 Ham & Cheese WG Bun Sun Chips Fruit & Veggie Bar Milk	13 Cheese Stick/Marina Sauce Cookie Fruit & Veggie Bar Milk	14 Corn dog Baked Beans Fruit & Veggie Bar Milk	15 Chicken Nuggets Potato Fruit & Veggie Bar Milk	16
17	18 Chef's Choice Fruit & Veggie Bar Milk	19 Sloppy Joe / WG Bun Potato Fruit & Veggie Bar Milk	20 Chicken Tenders Corn WG Dinner Roll Fruit & Veggie Bar Milk	21 Cheese Steak Crescent Green Beans Fruit & Veggie Bar Milk	22 Cheeseburger WG Bun Baked Beans Fruit & Veggie Bar Milk	23
24	25 Spaghetti/ Meat Sauce Fruit & Veggie Bar Milk Garlic Bread	26 Br. Pork Patty WG Bun Fruit & Veggie Bar Milk Tater Tot	27 Sloppy Nacho's Rice Fruit & Veggie Bar Milk	28 Sh.BBQ Pork WG Bun Mac & Cheese Fruit & Veggie Bar Milk	29 Cheese Pizza Fruit & Veggie Bar Brownie Milk	30 Yom Kippur
<p>Menu is subject to change with out notice</p> <p>This Institution Is An Equal Opportunity Provider"</p>						
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Johnson County Central Public Schools

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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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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.