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SUPERINTENDENT NOTES by Dr. Galen Boldt



Greetings!

I am more excited than before about the prospects of learning at Johnson County Central Public Schools after getting to see so many friends and students that I knew during my first tenure here as principal, and meeting so many new people that are dedicated to the well-being of this school!!!! Some of you may remember me from the 1981-88 era when I was the Jr.-Sr. High School Principal and boys basketball coach. My family grew up in Tecumseh (as the school was known at the time), and loved living in this community and going to this school. I am so grateful for the opportunity to return in a capacity that provides value to you as a transition is made from one era of leadership to a new one that continues to develop our school in the coming years. We must make a commitment to our students that we will do everything possible for them to pursue their hopes and dreams.

I can't be happier about our jumping off place as we begin the transition. Jack Moles has brought the school to a great place where opportunity and vision can create an environment that is challenging, yet nurturing. The process will require building and developing a system that incorporates things that we now know maximizes learning for all students. I am impressed that the school has already bought into the learning model promoted by Robert Marzano and incorporates learning research and science that we know promotes learning. The staff has already been trained in strategies that are research-proven, and our job now will be to continue to develop our abilities to put those strategies into place that make sense for Johnson County Central. The system that we develop must be built together with the staff, Board of Education and community working together. The system has to support learning, bring value to the time we spend with students, build confidence in 21st Century skills that will make them competitive on an international scale. The system requires commitment from everyone. The system requires new learning for administrators and teachers, and support for staff development that allows that learning to happen. Our system must include all aspects of schooling including all the activities that students love to participate and compete in. The system requires that students do their part in working hard to pursue their hopes and dreams.

I am looking forward to the opportunity and will work hard to help this school and community continue to be something that all can be proud of.

NEWS FROM PRINCIPAL RICK LESTER

Welcome back! I hope you had an enjoyable summer and are rejuvenated and ready for a great 2018-2019 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 2018-2019 school year for you to view. Pre-registration is scheduled for Monday, August 13 and Tuesday, August 14 with grades meeting at these times with our counselor Mrs. Reuter:

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

If no changes, we'll see you on the first day of school Tuesday, August 21.

All 9th thru 12th grade students will receive their iPad on the first day of school as long as you have the insurance form filled out and paid, and policy and procedure form signed and returned. 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.

School pictures are scheduled for Friday, September 7, 2018.

Remember: Students 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.

Johnson County Central High School supports and values student participation in extracurricular activities and school functions, but such participation in such activities and functions is a privilege and not a right. Students in all extracurricular activities in grades 9-12 shall be subject to mandatory random drug testing for the presence of alcohol or illegal drugs. The purpose of this policy is as follows:

1. The school district recognizes that students who use illegal drugs and /or alcohol pose a threat to the health and safety of themselves, other students, teachers, administrators, and other persons;
2. To undermine the effects of peer pressure by providing legitimate reason for students to refuse use of illegal drugs and/or alcohol;
3. The school district seeks to deter the use of illegal and prohibited drugs and alcohol among students;
4. To encourage students who use illegal drugs and/or alcohol to participate in appropriate treatment programs.

The administration at JCC would like to host a number of parent/student/community member meetings to inform this group how the process of the drug testing program works and answer any questions you might have on this program. We strongly encourage you to attend any of the meetings listed below so everyone understands this process.

(All meetings will be held in the high school cafeteria)

Thursday, August 2, 2018 1:00 p.m.
Tuesday, August 7, 2018 6:30 p.m.
Tuesday, August 14, 2018 6:30 p.m.
Wednesday, August 22, 2018 6:30 p.m.



MIDDLE SCHOOL & ATHLETIC NEWS BY RICH BACON

Welcome back to the start of another school year. I hope everyone had an enjoyable summer vacation and is looking forward to making the 2018-2019 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 few new faces to our teaching staff at the Cook site. Mrs. Mary Robison will be teaching 7th & 8th grade math this year. Mrs. Robison has spent the past several years teaching at Lewiston. Ms. Maddie Kohrs will be teaching 4-8 Special Education. Ms. Kohrs is a recent graduate of Peru State College and this is her first teaching assignment. Mr. Justin Damme will be teaching 6-8 social studies this year. Mr. Damme finished the last two months as a long-term substitute for us last year. This will be his first full-time teaching assignment after graduating from Concordia University last December.

The Middle School Walk-Through will be held Wednesday, August 15th 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. We hope to see everyone on the 15th.

We get a lot of phone calls prior to the start of the school year about the school supplies that need to be purchased for the upcoming year. While we don't have a list of required supplies, individual teachers may have suggestions which will specifically pertain to their particular class. As parents begin shopping for school supplies it would be a good idea to purchase items that will help your student stay organized. One of the leading causes of academic problems for middle school students is lack of organizational skills. Anything that can be purchased to help your child stay organized may help them be more successful in school. Also, as you shop for clothes, keep in mind the school dress code. Some clothing that students wear during the summer or on the weekend may not be acceptable for the school setting. Students should not wear clothing that shows an inappropriate amount of bare skin or underwear. Clothes that will not be allowed in school include tops that show midriffs, are made of see-through mesh, have spaghetti straps, sagging pants or pants that can't be kept on the hips, clothes, including jeans, with excessive holes, rips, or tears, or any underwear that is being worn as exterior clothing (boxer shorts, men's sleeveless t-shirts, etc.). Clothing that display advertisements for drugs, alcohol, tobacco, gambling, or the promotion of violence and clothing that exhibits nudity, or makes sexual references will not be permitted.

All 7th grade students and each 8th – 12th 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. *Coaches would appreciate it if this was completed before the start of organized practice, as you will not be allowed to practice until this is turned in. Also, all incoming 7th grade, freshmen and juniors participating in a contact sport must complete the ImPACT Concussion test to establish a baseline in the event of a head injury. This test will be conducted by school officials and must be done before an athlete is allowed to practice or participate in a contact sport. If an athlete suffers a head injury, the results of the pre-injury test will help to objectively evaluate the athlete's post-injury condition and track recovery for safe return to play.*

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

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

CONCUSSION INFORMATION

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

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

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

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

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

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

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

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

[Adapted from the Nebraska Sports Concussion Network website]



A Parent’s Guide to Concussion in Sports

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

What is a concussion?

A concussion is a brain injury which results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. An athlete does not have to lose consciousness (“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. Concussions can cause symptoms which interfere with school, work, and social life.

An athlete should not return to sports while still having symptoms from a concussion as they are at risk for prolonging symptoms and further injury. A concussion may cause multiple symptoms. Many symptoms appear immediately after the injury, while others may develop over the next several days or weeks. The symptoms may be subtle and are often difficult to fully recognize.

What are the signs and symptoms of a concussion?

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

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

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

When in doubt, sit them out!

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

When can an athlete return to play following a concussion?

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

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

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

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

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

Step 4: Full contact practice or training.

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.



Johnson County Central Middle School Fall Walk-Through Wednesday, August 15th 6:00 pm @ Cook site

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

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

The Fall Walk-Through will begin at 6:00 pm in the commons area where students will receive their 2018 - 2019 schedules as well as forms to be completed. Following a short welcome in the main gym, students and parents will be dismissed to the student’s 1st period class. Each period will meet for approximately 5 minutes. During this time teachers will explain their expectations and guidelines for their classes, plus provide an opportunity for parents and students to ask questions. After the last period, forms will be collected in the commons area and a limited amount of supplies will be available for students to purchase. All students are expected to come prepared for each class with paper, pencils/erasers, pens, highlighter, Kleenex, etc. **Student Planner/Assignment Books and Handbooks will handed out to all students the first day of school.*

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

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

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

Hope to see everyone there!

Elementary News

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

**SPECIAL
POINTS OF
INTEREST:**



- Wed. Aug 15—Cook Site Elem. Open House, 5:00 p.m.
- Mon. Aug. 20—Tecumseh Site Elem. Open House, 5:00 p.m.
- Tues. Aug. 21—1st Day of School!

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

Wednesday, August 15, 2018
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.

Tuesday, August 21, 2018
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.

2018-2019 Lunch Prices:

- Breakfast—\$1.65
- PK-5 Lunch—\$2.70
- 6-12 Lunch—\$3.05
- Adults—\$3.55
- A La Carte—\$1.25
- Milk—\$0.35

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.

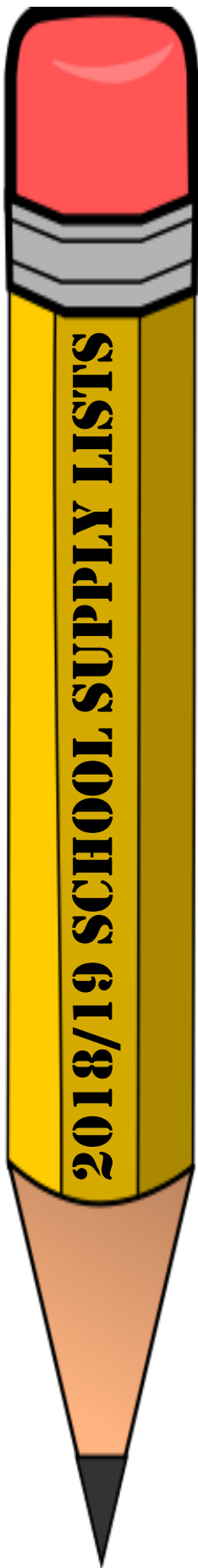
- Talking with your child about the rules at school and how they might be different than those at home.

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 word 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.



Kindergarten:
Mrs. Grotrian & Mrs. Borrenpohl

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- 20oz. or less

1st 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 larger eraser
1- 2in binder
1 larger 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- 2in 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

3rd 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
1 pk of loose leaf paper (wide rule)
1 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

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- 2in pink eraser
1 plastic storage box (shoebox size)
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
2 pocket folders
4 glue sticks
Erasers
2 red checking pens
3 large boxes of Kleenex
P.E. shoes (used daily)
Scissors
2 spiral notebooks
NO large trapper keepers or binders
NO pencil boxes

Free & Reduced Price School Meals Family Application – complete one application per household Attachment C: 2018-19

Return Completed Application to:		(Insert School name, mailing address here)					
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.							
1. Household Members		2. Gross Income (before taxes) and How Often it was Received					
List everyone in the household, current income each person earns in whole dollars (no cents) & how often. Entering "0" or leaving the income field blank certifies no income to report. A foster child's personal use income must be listed.		Earnings from Work before deductions		Public Assistance, Child Support, Alimony		Pensions, Retirement and All Other Income	
		Income	How often	Income	How often	Income	How often
Total Number of Household Members: _____ (Children and Adults)		Last four digits of Social Security Number (SSN) of the adult signing this form: XXX – XXX – _____				Check if no SSN <input type="checkbox"/>	
Part 4: Adult Signature and Contact Information – An adult household member must sign the application.							
<i>"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."</i>							
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:		Check one or more Racial Identities:					
– and –							
<input type="checkbox"/> Hispanic or Latino	<input type="checkbox"/> Not Hispanic or Latino	<input type="checkbox"/> Asian	<input type="checkbox"/> White	<input type="checkbox"/> Black or African American	<input type="checkbox"/> American Indian or Alaskan Native	<input type="checkbox"/> Native Hawaiian or other Pacific Islander	
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: _____		<input type="checkbox"/> Free		<input type="checkbox"/> Reduced		<input type="checkbox"/> Denied	
Total Income: _____ per		<input type="checkbox"/> Income		Reason for denial:			
<input type="checkbox"/> Year <input type="checkbox"/> Month <input type="checkbox"/> 2 X Mo <input type="checkbox"/> Every 2 Wks <input type="checkbox"/> Week		<input type="checkbox"/> Categorically eligible:		<input type="checkbox"/> Income too high			
		<input type="checkbox"/> SNAP/TANF/FDPIR		<input type="checkbox"/> Incomplete application			
		<input type="checkbox"/> 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 2018-19					
Household size	Yearly	Monthly	Twice per Month	Every Two Weeks	Weekly
1	22,459	1,872	936	864	432
2	30,451	2,538	1,269	1,172	586
3	38,443	3,204	1,602	1,479	740
4	46,435	3,870	1,935	1,786	893
5	54,427	4,536	2,268	2,094	1,047
6	62,419	5,202	2,601	2,401	1,201
7	70,411	5,868	2,934	2,709	1,355
8	78,403	6,534	3,267	3,016	1,508
Each additional person:	7,992	666	333	308	154

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

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

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

This institution is an equal opportunity provider.

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

Anexo C: 2018-19

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 2018-19					
Cantidad de integrantes de la familia	Anual	Mensual	Dos veces por mes	Cada dos semanas	Semanal
1	22,459	1,872	936	864	432
2	30,451	2,538	1,269	1,172	586
3	38,443	3,204	1,602	1,479	740
4	46,435	3,870	1,935	1,786	893
5	54,427	4,536	2,268	2,094	1,047
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7	70,411	5,868	2,934	2,709	1,355
8	78,403	6,534	3,267	3,016	1,508
Cada persona adicional:	7,992	666	333	308	154

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, FDIPIR) u otro identificador del FDIPIR 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.

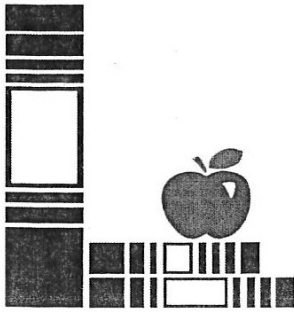
De acuerdo con las regulaciones y políticas de los derechos civiles de la Ley Federal de Derechos Civiles y del Departamento de Agricultura de los Estados Unidos (U.S. Department of Agriculture, USDA), está prohibido que el USDA, sus agencias, oficinas y empleados y las instituciones que participan o 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 cualquiera 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, 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

Esta institución ofrece igualdad de oportunidades.



Johnson County Central Schools have the opportunity to participate in the Food Backpack Program. This program is made possible through partnerships with the Lincoln Food Bank, Johnson County Central Schools, Southeast Nebraska Community Action, Invest an Acre and Matt Davison. On the last day of each school week during the school year, we will send home a grocery bag filled with approximately 4-6 pounds food, including items such as cereal, juice, canned fruit or vegetables, tuna helper, peanut butter and jelly, or mac n' cheese will be sent home for your family. Each family is limited to one backpack. Your child will be responsible for picking up the grocery bag on Fridays. A voucher for a carton of eggs will be sent home approximately 6 times throughout the school year and a voucher for bread will be given out approximately 10 times a school year. These can be redeemed at Tecumseh Central Market, Super Saver, Russ's and ALPS. If you would like to participate in the program please sign and return this form to the school office. If you have any questions please contact the school office.

Please be aware that the program is limited in the number of participants. We will work very hard to meet the needs of all families who show interest.

Sincerely,

Sally Hutt
Johnson County Backpack Program Coordinator

Family Name: _____

_____ Yes, our Family would like to participate in the Johnson County Food Bank Backpack Program.

_____ No, our family is not interested in the Backpack Program at this time.

Parent or Guardian Signature

PLEASE RETURN AS SOON AS POSSIBLE

Summary of the School Immunization Rules and Regulations

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

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

The School Rules & Regulations are available on the internet: http://dhhs.ne.gov/Pages/reg_t173.aspx (Title 173: Control of Communicable Diseases - Chapter 3; revised and implemented 2011)
Updated 01/26/2018

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Student Age Group	Required Vaccines
<p>Ages 2 through 5 years enrolled in a school based program not licensed as a child care provider</p>	<p>4 doses of DTaP, DTP, or DT vaccine 3 doses of Polio vaccine</p> <p>3 doses of Hib vaccine or 1 dose of Hib given at or after 15 months of age 3 doses of pediatric Hepatitis B vaccine</p> <p>1 dose of MMR or MMRV given on or after 12 months of age</p> <p>1 dose of varicella (chickenpox) or MMRV given on or after 12 months of age. Written documentation (including year) of varicella disease from parent, guardian, or health care provider will be accepted.</p> <p>4 doses of pneumococcal or 1 dose of pneumococcal given on or after 15 months of age</p>
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Updated 01/26/2018

AUGUST 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>1 -Summer Cheer Practice, 7-10am, HS Gym -Band Rehearsal, 6pm@ HS</p>	<p>2 -Community Info Mtg- HS Drug Testing @ 1pm, HS Caf�</p> <p>-Youth FB Equip Checkout, 5:30pm @ Tec Aud -Boys BB Skills Night (3rd-6th GR @ 5:30pm) (7-11th GR @ 7pm)</p>	<p>3</p>	<p>4</p>
<p>5 -4-H Fashion Show @ Elem Aud, 3pm</p>	<p>6 -Community Band Rehearsal, HS Music Room @ 7:15pm</p>	<p>7 -Community Info Mtg- HS Drug Testing @ 6:30pm, HS Caf�</p>	<p>8 -Summer Cheer Practice, 7-10am, HS Gym -Band Rehearsal, 6pm@ HS</p> <p>-Board of Education Meeting, Cook Media Center, 7.30pm</p>	<p>9</p>	<p>10</p>	<p>11</p>
<p>12</p>	<p>13 -Community Band Rehearsal, HS Music Room @ 7:15pm -HS Pre-Registration @ HS, 9am</p>	<p>14 -Community Info Mtg- HS Drug Testing @ 6:30pm, HS Caf� -HS Pre-Registration @ HS, 9am</p>	<p>15 -Teacher Work Day -Cook Site Open House @ 5pm -Prek Orientation Night @ Cook, 5pm -MS Walk-Through, 6pm -Band Rehearsal, 6pm@ HS</p>	<p>16 -Teacher Work Day</p>	<p>17</p>	<p>18</p>
<p>19 -Band @ Johnson County Parade, 5pm</p>	<p>20 -Teacher Work Day I- Tecunseh Site Elem Open House @ 5pm -Community Band Rehearsal, HS Music Room @ 7:15pm</p>	<p>21 CLASSES RESUME</p>	<p>22 -Community Info Mtg - HS Drug Testing @ 6:30pm, HS Caf�</p>	<p>23 -V G Golf @ Syracuse, 9am -V CC @ Auburn, 4:30pm</p>	<p>24 -V FB @ North Bend Central, 7pm</p>	<p>25 -Band @ NE State Fair, Grand Island, 11:30am</p>
<p>26</p>	<p>27 -ECNC Leadership Summit @ Conestoga HS, 9am -V G Golf @ Syracuse, 4pm</p>	<p>28</p>	<p>29 -Northwest Missouri State Campus Visit, 9:30am</p>	<p>30 -V, JV Volleyball @ Falls City, 5pm</p>	<p>31 -V Girls Golf @ Beatrice, 9am -V CC @ Home, 9am -V FB @ JCC, 7pm</p>	

AUGUST 2018

2018-2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	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	1
Chicken Taco Refried Beans Fruit & Veggie Bar Milk	Sub Sandwich Corn Chips Fruit & Veggie Bar Milk	Sh. Pork wg Bun Potato Fruit & Veggie Bar Milk	Chicken Nug- gets WG Dinner Fruit & Veggie Bar Milk	Hotdog wg Bun Baked Beans Fruit & Veggie Bar Milk	Pizza Corn Fruit & Veggie Bar Milk	Taco Salad Cheese Bread Fruit & Veggie Bar Milk

Menu is subject to change with out notice. "This Institution is An Equal Opportunity Provider"

Middle School/High School Lunch Prices

\$3.05 per lunch
 \$61.00 (20 days)
 \$30.50 (10 days)
 \$15.25 (5 days)

Elementary Pre-K Lunch Prices

\$2.70 per lunch
 \$54.00 (20 days)
 \$27.00 (10 days)
 \$13.50 (5 days)

Breakfast Prices

\$1.65 per breakfast
 \$33.00 (20 days)
 \$16.50 (10 days)
 \$8.25 (5 days)

Reduced Prices

Red. Lunch \$0.40
 Red. Breakfast \$0.30

Ala Carte
 \$1.25 each

*Free & Reduced Lunch Applications
 Available*

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!

Johnson County Central Public Schools

PO Box 338
Tecumseh, NE 68450

PO Box 255
Cook, NE 68329

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

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

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

NON-PROFIT ORGANIZATION
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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.



Classes begin August 21st!

SENCA will be handing out school supplies to students in Johnson County.

Sterling school start date: August 14th.

JCC school start date: August 21st.

Backpacks will be handed out at the Tecumseh Action Center on August 2nd from 9am-1pm and on August 3rd from 1-4pm.