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## Superintendent Report April 2020

by Dr. Galen Boldt



From the Superintendent April 2020

Greetings!!!

Well, nothing like breaking new ground! This is a little bit like when the pioneers trekked across the country from the East not knowing what they would find, and probably not prepared for all of the challenges that lay in front of them.

Actually, I am telling everyone here that the chaos surrounding our response to the coronavirus reminds me so much of my experience at Norris Public Schools as Assistant Superintendent when the tornado hit in 2004. We made a new agenda each day and just worked through the details as we went along. I find myself engaged in the same type of activity right now with the difference being that then, our school was the only one in the state hit with such significant damage, and now every school in the state is being hit by the ramifications of the coronavirus.

I am very proud of our entire staff in our ability to stay positive and treat this experience as an opportunity as opposed to a problem. We are all learning a new normal. All of the things that we are doing are pretty much listed on our website. As a summary of things we have planned and are doing, the following captures most of it:

1. We will base decisions on excluding students and staff from the school buildings on the advice of the Governor, Commissioner of Education, and Grant Bruggemann, Director of the Southeast District Health Department.
2. Currently we are closed as of Wednesday, March 18 until May, 1 for students. The closure represents a decision made at the state and regional level for all schools in ESU #4.
3. Starting on Monday, March 23, all staff, professional and support, will start on a schedule in which they report to school from 8:30 am until 2:00 pm each Monday, Tuesday, and Thursday. We will observe all regulations detailed by the CDC to maintain a six-foot distance from anyone and no more than 10 people in any one room at any one time. During this time, teachers will conduct Zoom sessions with the kids about lessons that they have made available to them. The lessons will be available either through the use of email or Google Classroom, which is a technology tool that many of our teachers already are using. In the case of elementary teachers, they will be contacting students and parents by a variety of other sources including paper and pencil assignments. Each teacher works with their principal in discussing how we can continue with learning activities and many could be doing different things, just as many teachers do different things in the classroom. It will be very interesting to watch as we go through this to see what happens,

but one thing that I know will happen is that our teachers are going to grow in thinking about new ways we can deliver teaching and learning opportunities.

4. We have told support staff that we will be honoring our commitment to paying them for the number of hours that they would have worked between now and the end of the school year. For almost all of them, the hours will be fulfilled in roles that look much different than the roles they have when school is in session. We have been meeting to discuss how we might get some of the things done now that normally wait until summer.
5. Our teachers will still be working 5 days per week, 8 hours a day as before, and with Wednesdays and Fridays, their work will entirely be done from home.
6. We have some staff that fit into the target category of "High Risk" regarding becoming infected by the virus. We will not want them on site to do their work, but will try and involve them in some ways in which they can work from home doing a few things.

Our plan is evolving a little each day, but we feel like we have a good handle on those things we think are important going into this period of uncertainty. We will monitor the circumstances in our own community and listen to what the leadership team at the state level is telling us to make decisions for the future. I believe we have a great team put together from the Governor down to local officials, and trust the directions that they are giving us. I am very thankful for the attitude of our staff when it comes to supporting our kids and our school, and am also thankful for the patience and understanding of our community. We are also working closely with the hospital, county officials, and city officials in collaboration regarding how we can support each other, and we will take into consideration anything that our lawyers say won't get us into trouble, although, I think they believe we can get into trouble on most things:)

No matter what, we are committed to continue our support of students in the pursuit of their hopes and dreams. The Commissioner of Education, Matt Bloomstedt, has given all schools the charge of providing alternate means of educating our students so that they are prepared for entry into the next level. We look at this situation as an opportunity, not a problem, and we know that we are all going to grow from the experience.

**Having said that, we also know that the number one focus at this time is to STAY SAFE, SUPPORT OUR COMMUNITY IN OUR RESPONSE TO MINIMIZING THE SPREAD OF THE CORONAVIRUS, FOLLOW THE GUIDELINES OF THE WHO AND CDC, AND BE A PART OF THE SOLUTIONS TO THE CHALLENGES THAT WILL ARISE FROM OUR ACTIONS NOW, AND IN THE FUTURE!!!**

Stay safe, and God Bless!!



# NEWS FROM PRINCIPAL RICK LESTER

Never has anyone experienced this pandemic we are going through –it’s like our common flu and the coronavirus is benefited by the things people do. We are social creatures that like to congregate for sporting events, celebrate weddings and birthdays and hang out with your friends. We greet people with handshakes or high fives and hug our family members – And now all of this has come to a screeching halt.

JCC has one goal that is the utmost important – keep our students and community as safe as possible. As schools and communities within our state prepare for and respond to a COVID-19 outbreak, it is important that we stay informed. I’ve listed below some important info that you need to be aware of:

- JCC will continue education with our students – it will look different, but we will move forward to successfully complete the 2019-2020 school year.
- Before school closing, teachers had been working the past 6 days with their students preparing them on their new educational practices.
- Students and teachers will be communicating and contacting each other utilizing: iPad, zoom, google classroom, emails and phone.
- Teachers will make instructional videos for students to download either through zoom or email (flipped classroom format).
- Teachers will use zoom to have face to face conversations/questions with students.
- Teachers will be present at school on Mondays, Tuesdays and Thursdays from 8:30 a.m. to 2:00 p.m. This will be used to make contact with students using different technologies. Students will need to make sure they have internet access during these days and times.
- Students and teachers were given a new class schedule – The schedule has 8 periods that are 25 minutes long. Each period, has a number of classes – teachers and students will be able to make contact on Mondays, Tuesdays and Thursdays. This will give everyone a little structure and organization with very little overlapping when everyone is trying to make contacts.
- Students were encouraged by teachers and principal to show effort in their work - teachers will also be giving feedback on student’s work. Teachers will be giving grades.

I’m confident our teachers and students are prepared for this new educational practice we will be using until we are informed we can resume school. If you have any questions or concerns, please call the school and I will assist you anyway I can. Please touch base with your students, making sure they are taking the time to work on school assignments. Please remember to keep them safe and at home as much as possible during this pandemic – remember, don’t be around any group more than 10 people.

I have hope we will be back in school – stay safe!

## **NOTES FROM THE HIGH SCHOOL COUNSELOR Ms. Olivia Reuter**

### **Senior Scholarships- Updates**

The local scholarship form along with many other scholarship opportunities and forms have been emailed to all JCC seniors. Seniors are welcome to ask Mrs. Reuter for help with any of these scholarships. It is very important that they start working on these scholarship forms well before the deadline dates as several require a number of steps to complete. Many also require teacher or counselor recommendation letters. Students will need to ask for these letters at least a week or two ahead of time. The deadline to turn in most scholarships was March 27<sup>th</sup>. However, I will accept all scholarship applications until April 8<sup>th</sup>, due to our current situation of not being in school. Applications that are to be returned to Mrs. Reuter can be emailed to [olivia.reuter@jccentral.org](mailto:olivia.reuter@jccentral.org) or mailed to the high school. Applications that are to be mailed directly to a business, organization, or scholarship donor need to be mailed to that business, organization, or person by the deadline listed on the form. Please follow the specific instructions on each scholarship form.

### **Bryan College of Health Sciences- Summer Healthcare Camps**

Bryan College of Health Sciences in Lincoln is offering two healthcare camps this summer for high school students who are at least 16 years old. The first camp is Biomedical Sciences Camp. This will be held June 24<sup>th</sup> and June 25<sup>th</sup> and is for students interested in pre-med, pre-PA, and sciences. The cost is \$100. Students will learn hands-on in Bryan's science labs, explore career paths in healthcare, see the cadaver lab, and much more. The second camp is Health Career Camp. This will be held from July 13<sup>th</sup> through July 16<sup>th</sup> and is for students interested in nursing, sonography, view simulators, and job shadow. The cost for this camp is \$250. Students can start registering for these camps on March 1<sup>st</sup> by visiting the following website [bryanhealthcollege.edu/events](http://bryanhealthcollege.edu/events)

# **Go Thunderbirds!**

## Meet the Class of 2020

This month, I am continuing to feature the Class of 2020 in my newsletter article. I only received information from two seniors this month. Hopefully, I will receive information from all other seniors soon, so I can feature the rest of the class next month.

### JAZDIA ASCHEMAN

Jazdia Nicole Ascheman is the daughter of Charles and April Ascheman of Tecumseh. She has three siblings, Ava (21), Logan (19), and Marie (17). She also has a four-year old cousin, Azura, who lives with her family. Jazdia's favorite classes at JCC have been all of her art classes and chemistry. Art gives her a calm way to express things freely and she liked chemistry because of her teacher, Dr. Boone. Her most challenging high school class was Finite/Trigonometry because she just isn't that good at math. During high school, Jazdia's extracurricular activities have included basketball, soccer, band, cheerleading, and cross country. Her favorite school lunch is the popcorn chicken bowl and the best thing about being a senior is, "You can cut in the lunch line and no one says anything." Outside of school, Jazdia's main hobby is baking. She especially enjoys baking pies. Her advice to freshmen is, "Enjoy who you have as friends now because eventually people fade in and out, but you will find some people no matter the distance or time who will always be there for you." After she graduates from high school, Jazdia plans to attend Peru State College and double major in chemistry and criminal justice to earn a forensic science degree. In ten years, Jazdia hopes that she has a full passport and a job that she loves. She wants to be a forensic scientist and may have a family in ten years too, but that is hard to set in stone when the future is so unknown.



### ELI WARING



Eli Waring is the son of Russ and Christy Waring of Tecumseh. He has two brothers, Mason (22) and Jack (12). Eli's favorite classes have been his history classes because he loves history, his business classes because that is what he is going to college for, and his PE and strength training classes because he loves staying active. All of his math classes have been his most challenging classes and have required him to put in a lot of hard work. According to Eli, the best thing about being a senior is, "Seeing where all of the kids you grew up with are planning to go after we graduate and what they are going to do." As for school lunch, Eli's favorites are tochos and the popcorn chicken bowl. Outside of school, Eli likes to golf and play ping pong. Eli has been involved in many school activities during his high school years including football, basketball, golf, quiz bowl, Legion baseball, FBLA, HOSA, FFA, NHS, student council, one act, play/musical, and unified bowling. He has also been a class officer and attended Boys State last summer. Eli's advice for freshmen is, "My best advice to freshman would be to get involved in as many different clubs and activities as you can to really expand your horizons. On top of that, focus on your schoolwork now because this is where you build your foundation and it is almost impossible to recover if you set yourself back. Lastly, just show up to school and be respectful and you will do well." After high school graduation, Eli plans to attend the college of business at the University of Nebraska-Lincoln and major in business administration. In ten years, Eli hopes to have moved back to Nebraska, to own his own business, and have a happy, healthy family.

# MIDDLE SCHOOL & ATHLETIC NEWS

BY RICH BACON

With our school doors being closed through May 1<sup>st</sup> we will continue to operate in an alternate digital learning environment. Hopefully, all students will be fairly comfortable with each of their teachers' methods and expectations. It is important that students and teachers continue to have contact with each other multiple times each week for feedback and to have an opportunity to ask questions. Most of this communication will probably happen through Google Classroom or email. Lessons will be provided in a digital format, such as a "flipped classroom" setting or through online programs such as IXL. In the "flipped classroom" students will be able to watch a short lesson provided digitally by the teacher and then "meet" with the teacher through a Zoom session at an assigned time for a discussion or to ask questions. Of course, things may change as teachers develop more effective ways to deliver instruction through this unprecedented time. One thing we ask of our students is that they stayed engaged in their education. Hopefully, students will not treat this as a vacation from school work and learning. Students need to consistently communicate with their teachers. They should set time aside each day for school work and submit work as requested by their teachers. When we are able to resume a normal day we plan to hit the ground running. Students need to be caught up with their work so we can make the most of the time that we will have left in the school year.

Johnson County Central is providing breakfast and lunch for all JCC students. This service is free of charge for all JCC students, ages 18 month-18 years. This will include a brown bag lunch and a cold breakfast for the next morning. To sign up for this, parents/guardians please fill out the Google Form on the JCC school website. The form will include one week's worth of days. If you have trouble with the Google Form or are unable to access it, please call the office at the appropriate site. These lunches can be picked up at school from 11:00 am to 12:30 pm at either the Cook or Tecumseh site. Please stay in your vehicle. The food will be brought out to you. If you are unable to get to school to pick it up you can request the food to be delivered directly to your home.

With the disruption to the school year there have been numerous postponements and cancellations. The Nebraska School Activities Association has cancelled all NSAA activities practices and competitions through May 1<sup>st</sup>. This, along with school being closed, means that the Spring activity schedule has been cancelled through the month of April, and, in all likelihood, through the remainder of the school year.

While we ride out the Coronavirus pandemic it is important that all of us are doing are part to help stop the spread of this virus. There are some simple, everyday steps you can take to reduce your chances of exposure and to protect others. These are the same steps that we would take to prevent illnesses such as the flu and the common cold:

- Wash your hands often with soap and water for 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60 percent alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover coughs and sneezes with a tissue (or sleeve) and throw the tissue away.
- Clean and disinfect surfaces that are often touched.
- Stay home if you are sick.
- Avoid close contact with people who are sick.
- Take care of your health overall. Staying current on your vaccinations, including the flu vaccine, eating well, and exercising all help your body stay resistant to disease.
- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to spread mainly from person-to-person.
  - o Between people who are in close contact with one another (within about 6 feet).
  - o Through respiratory droplets produced when an infected person coughs or sneezes.

**Johnson County Central Middle School Honor Roll  
Third Quarter 2019-2020**

**Grade 8**

**Catherine Blomstedt (All A's)**

**Brett Bohling (All A's)**

**Arely Cabrales (All A's)**

Jovany Cabrales-Peña

Juan Ceballos

Ruby Duarte

Ava Klein

**Wyatt Ludemann (All A's)**

Nathaly Martinez

Sulymar Peña

**Sunnie Rother (All A's)**

Kaityn Schuster

Keven Silos

**Bailee Sterup (All A's)**

**Maya Straka (All A's)**

Terry Trew

**Sergio Valles (All A's)**

River White

**Grade 7**

**Kayden Badertscher (All A's)**

**Gabriel Burki (All A's)**

**Salena Conley (All A's)**

**Alexander Cruz (All A's)**

Kali Drake

Jersey Graham

Madison Jansen

**Keegan Jones (All A's)**

Levi Mahoney-Boardman

**Lydia Mejia (All A's)**

**Logan Topp (All A's)**

\*Nolan Wellensiek

Jaxon Zimmerman

**Grade 6**

**Ashley Beethe (All A's)**

**Charlyn Bobadilla (All A's)**

**Elizabeth Bstandig-Rowland (All A's)**

Trevin Huskey

**ChanhviLay Kongmanyvong (All A's)**

\*Marisol Mandl

Abriella Mejia

\*Levi Othmer

**Briana Robeson (All A's)**

**Saige Rother (All A's)**

**Wesley Swanson (All A's)**

**Jack Waring (All A's)**

**Owen Weber (All A's)**

\*Catherine Wendt

\*Cameron Werner

**Honor Roll students have no grade lower than a B.**

**\*Honor Roll with distinction is based on student's having all A's with only one B**

## ***UPDATE!!!***

Based on recommendations from the Southeast District Health Department and the Nebraska Commissioner of Education, Johnson County Central Schools and St. Andrew Catholic School are extending their closure date through May 1, 2020, with the possibility of closing for the remainder of the 2019-20 school year to help prevent the spread of COVID-19. Each school will continue to provide educational learning opportunities for their students according to their own school plan.

JCC will continue to offer free lunches and cold breakfasts. If you have already signed up, we will continue to extend these services to you unless you tell us otherwise. If you have not signed up for the lunch program and would like to, please contact any JCC office to get registered.

Johnson County Central teachers will continue to provide materials and educational opportunities to your children. Please maintain contact with your student's teachers to receive updates and communications.

Take care and stay safe!

Jon H. Rother





# 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:



## Certain Uncertainty

I guess I've never given much thought to the idea that education centers worldwide would be shut down. However, I do live by the principle that there are very few absolutes in this life. Who doesn't love when the well thought-out plan goes exactly as it should? In my experience, this doesn't happen very often and plans do have to change. This is adversity and requires a positive attitude and flexibility. I come across sayings and mantras expressing such all the time:

- "Everyone has a plan until they get punched in the mouth." - Mike Tyson
- "A little uncertainty is good for everyone." - Henry Kissinger
- "To the victim, adversity is bad. To the leader and warrior hard times are life's richest times of growth, opportunity and possibility. Use them to fly." - Robin Sharma
- "When nothing is sure, everything is possible." - Margaret Drabble
- "Hardships often prepare ordinary people for an extraordinary destiny." - C.S. Lewis
- "Strength doesn't come from what you can do. It comes from overcoming the things you once thought you couldn't." - Anonymous
- "In times of adversity and change, we really discover who we are and what we're made of." - Howard Schultz

And there are many, many more from wise, experienced people throughout the ages.

I've always heard it said that athletics is a great revealer of character. This is due to the challenges and adversity involved in competition. It is also due to the emotional ups and downs that can occur in athletics. However, it is also during times of change, adversity and turmoil that reveals one's character.

- Do people look inward or outward?
- Do they think of themselves or others?

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- Do they look to help others or how others can/should help them?
- Do they think of others' needs as well as their own?
- Do we see threat or opportunity?
- Do we look to blame or to take responsibility?
- Do we point out problems or do we find solutions?
- If solutions are found, are we part of a team to work to implement solutions, or do we expect someone else to do it.

I can always recall John F. Kennedy's quote from his inaugural address in 1961, "Ask not what your country can do for you—ask what you can do for your country." Wow! This statement really causes me to look at every situation I am in and ask, "What can I do to help?"

Beyond thinking about how we can be helpful, it is always helpful to think more about what is going right with the world, than what is going wrong with the world. These are sometimes just the little things. And, there is a word for this. It's called being "grateful". Waking up. Getting *some* sleep. A meal. A warm smile. The sunrise (or sunset). Breath. Just knowing someone for whatever time we've known them. And, the list *should* go on and on. Gratefulness takes practice just as embracing change and adversity takes practice.

If you're worried about whether our children are learning anything or not; don't worry. They're learning about how the adults in their lives respond. They're learning about how a community can come together. They're learning about adversity. They're learning to adapt. They're learning to use their imagination and be creative. And hopefully, they're learning some new skills from their families. What an opportunity to have a child learn something that you've always thought they should! How to tie their shoes. How to change oil in a car. How to shoot a bow and arrow. How to cook something. How to do laundry. There are a multitude of opportunities here to be had! Now that there are NO formal, scheduled activities, we can do activities with our families again. Play a board game. Go for a walk. In general, togetherness!

I don't know what's going to be happening by the time you read this. Maybe we're back in school. Maybe not. I do know that, so far, I have been greatly impressed with the people of our school and community! I have heard way more positive comments than negative. To me, positivity, gratefulness, a hug, a smile and a helping hand are all the things I need to help me conquer tough times. And to those of you who have sent an encouraging message or an offer of help, "Thank you!"

Adversity, changes in plans, these are part of life. We need to expect the unexpected and be ready to support each other, and do so in a way that is encouraging and uplifting. We have a lot of great people in our community working in health care, law enforcement, at the city, county and state levels, in education, in public service and in private entrepreneurship. It only takes a few minutes talking with these people that brings me great confidence in our community! Take care everyone!

# Congratulations February Thunderbirds!



Kindergarten (l to r): Everest Droge, Evelyn Little, Tyson Shirley, Bryson Williams, Nora Britt, Ivan Cornejo, Zoelly Rentas, Axel Prado, Alivia Gottula



1st Grade (l to r): Isaac Buchanan, Valen Moscoso, Carter Allen, Mackenzie Sell, Britton Gormon, Brock Carter  
Not pictured: Ada Goodrich, Kolby Kunzman, Kali Smail



2nd Grade (l to r): Kloie Neemann, Natalya Kirkendall, Saul Cabrales, Kyndall Meints, Lucas Cropp, Journi Brooks, Brynn Weber, Sophie Kirkland  
Not pictured: Zander Coenen



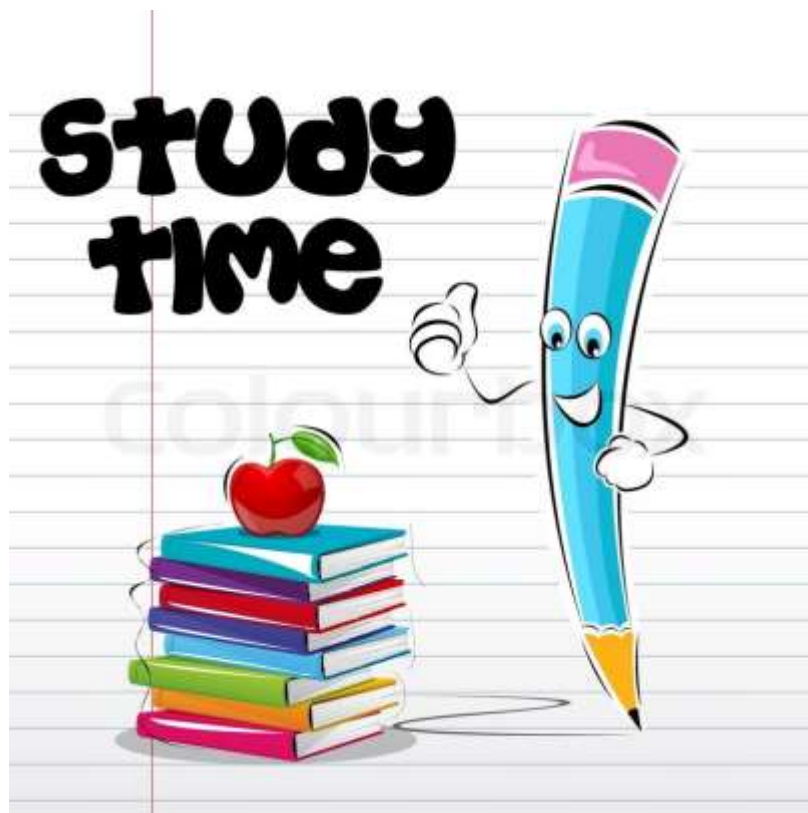
3rd Grade (l to r): Diego Martinez, Ella Hood-Shirley, Hadley Hartman, Wyatt Lueders, Jose Aguilar, Brealyn Kage, Marvin Najera



4th/5th Grade (l to r): Regan Campbell-Thies, Bodhi Klein, Tony Orozco, Leighton Beethe, Riley Wellensiek, Haylee Trew, Tegan Topp, Wesley Schmid, Erik Prado, Tracy Wake, Memphis Pingel  
(front & center): Phineaus Kuhl

Greetings from Mr. Meints' 2nd Grade Class! I know that all Parents/ Guardians of our class received a packet of daily work, and a schedule that will hopefully help guide you through over the next couple of weeks. I also sent home the best way of communication, at this point, which would be my email address: [gabe.meints@iccentral.org](mailto:gabe.meints@iccentral.org). If you have not done so already, please send me a quick message from the email account that you wish to communicate through. Lastly, I included the days and hours that I would be available to return an email, or answer a phone call, if you wish to call the school. Those times are Mondays, Tuesdays, and Thursdays from 8:30am to 2:00pm. Please take care of your little ones as I miss them already!

Mr. Meints



# BAND NEWS

## How are we going to do Online Band?

The whole idea of trying to make a performance class online is crazy. There really is no good way to go about it. But, in order to continue preparation for next year, we can't lose out on practice time and honing in our skills. Google Classroom and email will be my primary way of contact, but there will be some Zoom meetings as well and most students have my phone number in case they need it (402) 335-7362. So here is the detailed list of what I have assigned to the 6-12 Band students on Google Classroom.

## Online Band Class Information and Instructions!!!

Important information - please read all.

- **All assignments will be turned in through google classroom (directions below).**
- **All assignments are due to google classroom by every Sunday. You can decide when you want to work/record.**
- **HS Band has 4 songs, 7/8 Band has 5 songs, and 6th Band has 4 songs they should be practicing/working on.**
- **Our Zoom meetings for full band will be:**
  - HS Band: Tuesdays at 9:00am.**
  - MS Band: Tuesdays at 1:00pm**
  - 6th Band: Tuesdays at 2:00pm**
- Until further notice, there is no Jazz Band. If the time comes when I think we may need to start practicing again, I will upload copies of parts for both songs.
- If you have original music still....please take care of it, it will need to be turned back in.
- Any assignments I assign through google classroom are subject to be graded. This means that if you submit a 15 min recording and only play for 5 of that, you will not get full credit for that recording.
- At some point, we may end up doing short 10-15 min lessons individually through Zoom if this goes longer than 2 weeks.
- Any other information will be emailed to you or posted on google classroom.

## How to Submit your recordings and ingenious quizzes!!! WE WILL NOT SEND BY EMAIL.

1. Record your audio in voice record pro -or- take the picture of your ingenious history.
2. Save the file to your photos.
3. Open your google classroom and find the assignment you wish to submit.
4. Click on add attachment and find your file in your photos.
5. Click "Turn In"/"Submit"/"Done" in order to submit your assignment.

This should be the easiest way to submit your assignments. We will do everything through Google Classroom (not email). **\*\*\*Pro Tip\*\*\*** Make sure not to delete your recordings/pictures until you know I have received/graded them in case something goes wrong.

## Other classes that I teach:

5th Band: Students are to continue working through their red book. If they have access to the internet and would like to do a few individual mini lessons with me, we can set these up through Zoom. Just text the number above and we can set something up. Otherwise, they can text/email me with questions. Much of what we are missing this year will be gone over again in 6th grade band. Keep practicing!

4-6 Music: I have sent home two theory worksheets and a packet of songs. The worksheets are things we have been working on, but if they need help, the internet is a wonderful place. The packet of songs are the ones we are planning on singing at the Spring concert in May. They have all of the words there to sing along with youtube links of versions of the songs to sing with. I told them they need to have a parent's permission before going onto youtube.

If you have any questions about ANYTHING, please don't hesitate to email/call me. This would be a great opportunity to get your student's instrument looked at, tuned up, or cleaned through Dietze.

As we navigate the next few weeks together, I want to remind students and families of the social emotional resources available to them online with the program Second Step. As a district, we utilize the Second Step resources in our classrooms, and now they are providing parents with resources to help their students at home.



Second Step is a Committee for Children program designed to provide skills for academic and social emotional learning to students grades PK-8.

Free Second Step online resources can be found for parents at : <https://www.secondstep.org/covid19support>

Below are free resources provided by Second Step for parents to utilize at home during the school closure:

**The Imagine Neighborhood**: This new podcast for families is designed to help children and grown-ups practice their social-emotional skills. Each episode tells a story that's amazing, fantastical, and maybe a little bananas, while it tackles the big feelings that come with growing up.

**Mind Yeti®**: Fifteen of our mindfulness program sessions are now available for anyone to use, no experience necessary! Designed for educators and families to do alongside children, or for older children to do on their own, Mind Yeti provides a great way for everyone to practice mindfulness during this difficult time.

**Little Children, Big Challenges**: Committee for Children and Sesame Street have partnered to create a collection of resources for young children facing significant challenges. These materials, aimed at building children's resilience, may be useful for educators and families.

**Go Noodle**: Sometimes it is nice to just get up and move! At <https://www.gonoodle.com/> students can enjoy dancing and music with free families activities that are familiar to our students. Help your student get up and move even when they are at home!

These free resources can be found at the [Second Step](#) link above or at the indicated website. As always, I can also be contacted about cares or concerns at the school through the phone, through zoom or email at: (402) 864-4171 or [marsha.bacon@jccentral.org](mailto:marsha.bacon@jccentral.org).

## Using Social-Emotional Learning to Support Students

### 1. Provide Opportunities to Process

It is important to acknowledge that the situation is happening and give students an opportunity to process everything they're experiencing.

-Invite students to write or draw about their experience if they wish to, so that they know it is not a taboo topic.

### 2. Talk about the feelings your child is experiencing.

-It may help to explain fear as a normal emotion that can remind us to do things to keep ourselves safe, like remembering to wash hands frequently and keep an appropriate distance between people to stay healthy.

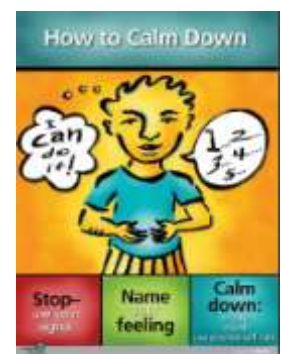
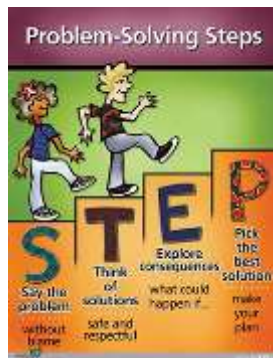
### 3. Helping Students Manage Emotions and Anxiety

-Even if students don't fully understand what is happening, they are aware of how the situation is affecting their lives. It can be helpful to talk to your child to help them deal with any anxiety and to help manage their strong emotions.

-Useful strategies your student has learned in school to help with overwhelming or negative feelings include:

- Belly breathing (deep breathing)
- Mindfulness exercises with the 5 senses.
- Counting to 10, and back to 1, slowly
- Positive Self-Talk

Throughout the year during guidance classes students talk about strong emotions and how to work through them. Visit with your student about what works best for them.



## Census Collection Time

It is important for all of our Johnson County Central residents to understand the importance of an accurate accounting of our people for many reasons, but in particular for the benefit of our school. According to information from the US Census Bureau we all need to understand the importance of accuracy because:

The Census determines how funds are spent for Early Childhood care, K-12 and higher education  
The Census determines how funds are spent for technology training

At Stake in the 2020 Census are some 300 federal programs that distribute more than \$800 billion in federal dollars to states. A recent analysis by George Washington University found that Nebraska in 2016 received just under \$4 billion through such programs. At those funding levels, each person missed in the 2020 Census costs the state about \$21,000 over the 10 years until the next Census. If the state count is off by one-tenth of a percent, it would cost Nebraska \$400 million over those 10 years.

Information regarding the collection will be coming out in Mid-March about how to respond to the invitation to participate. Please make a conscious decision to provide accurate information to the government that will result in benefits for the students at Johnson County Central.

*Information taken from resources from:*

US 2020 Census <https://2020census.gov/en.html>

US Census Bureau U.S. Census 2020

Be A Census Taker <https://2020census.gov/en/jobs>



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JOHNSON COUNTY CENTRAL MIDDLE SCHOOL



TBIRDSOAR

# #GOJCC



# APRIL 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>1 Johnson County Central Schools are extending their closure date through May 1, 2020, with the possibility of closing for the remainder of the 2019-20 school year to help prevent the spread of COVID-19.</p>	2	3	4 Jr/Sr Prom— Postponed until May 29
All NSAA activity practices and competitions are suspended through May 1st.						
5	6	7	8 JCC BOARD of Education MEETING @ Tecumseh Site HS Computer Lab—6:30 pm	9	10	11
12 Happy Easter	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30 FFA American Red Cross Blood Drive—Date/ Place TBD		

# Johnson County Central Public Schools

PO Box 338  
Tecumseh, NE 68450

PO Box 255  
Cook, NE 68329

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

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

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

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### 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 Dr. Galen Boldt, Superintendent at 402-335-3320.

