



Superintendent Monthly Update

Welcoming You into the 2021-2022 School Year!

Hitting the Ground Running

by **Jon Rother**. August 2021

It has been a busy summer here at school! There definitely is no lack of tasks, emails, meetings, Zoom calls, documents to be read, etc. Even though there are no students and few staff, there is still much going on.

As you return to school this year, here are some items to take note of:

- Carpet has been added to many of the high school classrooms (looks sharp!).
- The superintendent's office has moved to room 205 of the Tecumseh Site Elementary.
- Light fixtures in the high school are continuing to be converted to LED in the hallways and classrooms.
- JCC now has employed our own custodial team! This will be a significant change away from outsourcing this service.

The summer cleaning and maintenance teams have worked very hard this summer to thoroughly clean our schools and make any needed repairs. I am really appreciative of their work and their dedication to our students and the school district!

Is there something you'd like to know more about? Send your questions to:

jon.rother@jccentral.org

**JCC Mission Statement:
Journey together...
Creating opportunities...
Committed to excellence!**

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The Board of Education

Curriculum & Standards

by **Jon Rother**. August 2021

When it comes to adopting new curriculum and standards, Johnson County Central's School Board has the following policy:

Article 6 – Education – Policy 6210 Curriculum – Development and Adoption

It shall be the policy of Johnson County Central Public Schools that all major program adoptions and/or major course revisions shall be subject to the approval of the Board of Education.

Major program adoptions and/or major course revisions may be proposed by a district-wide curriculum committee and/or building curriculum committees and approved, rejected or revised and approved by the Superintendent before being submitted to the Board of Education for final approval.

The professional staff of the district is encouraged to seek improvement of the educational program of the school. Experimental programs and "pilot studies" must have the approval of the Superintendent of Schools.

Therefore, any major changes to the curriculum (including standards) must be approved and adopted by the school board. Without this step, JCC will not be adopting any new standards in any curricular area. The only standards that must be adopted are those in the areas of English Language Arts, Math, Reading, Science and Social Studies. This is in accordance with Nebraska's Rule 10 Statute 004.01B which states:

School districts adopt academic content standards in the subject areas of reading and writing (language arts), mathematics, and science determined by each district to be measurable quality standards that are the same as, equal to, or more rigorous than the state academic content standards in Appendix A (English Language Arts Standards), Appendix B (Mathematics Standards), Appendix C (Science Standards), and Appendix D (Social Studies Standards) pursuant to 79- 760.01 R.R.S.

In the following statute, 004.01C, additional curriculum is addressed:

The school system has written guides, frameworks, or standards for all other areas of the curriculum. In connection with this requirement, school systems are encouraged to adopt the Fine Arts Standards adopted by the State Board March 4, 2014. The school system also has a written description of the library media and guidance programs.

Nebraska Department of Education has recently released a first draft for state health standards. In response to stakeholder feedback, the state is now revising these standards and will be re-releasing them for additional feedback. As stated previously in Rule 10, Health Standards are NOT part of the core requirements for standards. Therefore, school districts are not obligated to adopt them. Also, there is no funding (federal, state, local or otherwise) connected to adopting or not adopting Health standards. The standards can be found on the front page of NDE's website:

<https://www.education.ne.gov/>

I encourage anyone interested to give feedback to NDE concerning these standards.

Johnson County Central currently addresses the subject of Health through the Physical Education Department in the form of general hygiene, nutrition and sleep patterns for students in grades PK-12. In addition, students in 5th grade receive a 2-hour Puberty Instruction Program titled "Always Changing and Growing Up". The boys currently receive instruction from Mr. Ryan Haughton (4-8 PE) and the girls from Mrs. Lisa Kuhl (JCC School Nurse). Parents are notified of this program prior to its' instruction as well as the opportunity to opt their child out of the instruction. You can find the program here:

<https://www.pgschoolprograms.com/Educators>

JCC freshmen take a Health course with Mr. Neil Bowman for half of their freshman year and Physical Education for the other half. Mr. Bowman uses a pacing guide he has developed through his years of teaching health and physical education. Copies of this guide can be seen on request at the high school office.

In conclusion:

- Health standards (new or old) are not mandated in Nebraska.
- Any new curriculum MUST be approved by the local school board.
- No funding is connected to the adoption, or refusal to adopt, state Health standards.
- JCC has not adopted, nor plans to adopt, Nebraska Health standards as presented.

As always, should you have any further questions, please feel free to contact me directly.

Back to School Plan

Through the American Rescue Plan (ARP) and Elementary and Secondary School Emergency Relief Fund (ESSER), Johnson County Central is allocated to receive \$784,461 in federal funds to address the needs of students, their safe return to school and loss of learning that may have occurred during the COVID pandemic. As such, JCC is required to develop a plan for returning to in-person learning. Community input for this plan is appreciated.

You may recall that last year's return to school plan consisted of various threat levels. This plan has been revised and includes various elements required by the ARP and ESSER grants.

In addition, it is expected that all students will participate in in-school learning unless otherwise stated through a 504 plan or IEP.

Johnson County Central Public Schools Plan for Safe Return to In-Person Instruction and Continuity of Services

REVISED: July 14, 2021

*(Southeast District Health Department will be the primary resource for aiding JCC in any viral outbreak related decisions.)

In accordance with the American Rescue Plan and Elementary and Secondary School Emergency Relief Fund (ESSER), Johnson County Central Public Schools has developed the following plan for safe return to school. In order to receive ARP ESSER funds, JCC must address the following areas:

- a) **Universal and correct wearing of masks.**
The use of masks or facial coverings is optional at all times for JCC students, staff and visitors. Should the use of masks be needed at any point throughout the 2021-2022 school year, JCC staff will instruct students on the proper situations to use masks and their proper fitting.
- b) **Modifying facilities to allow for physical distancing.**
Should conditions facilitate the need for physical distancing at JCC, all staff are prepared to organize student spaces to allow for appropriate distancing.
- c) **Handwashing and respiratory etiquette.**
Students at JCC are regularly taught appropriate sanitary practices. All lavatory spaces are equipped with instructive posters for proper handwashing procedures.
- d) **Cleaning and maintaining healthy facilities, including improving ventilation.**
JCC employs a full team of custodial staff to ensure clean, healthy facilities. The sanitation of classrooms is taught to students and staff who also help in sanitation efforts. Up-to-date HVAC systems are in place with regular maintenance of air filters.
- e) **Contact tracing in combination with isolation and quarantine, in collaboration with State, local, territorial, or Tribal health departments.**
Health regulations and recommendations concerning isolation and/or quarantine will be taken into account for each individual case at JCC, as well as clinical advice from family practitioners.
- f) **Diagnostic and screening testing.**
In the event of a symptomatic student or staff member, JCC health services will implement current health/illness protocols and policy.
- g) **Efforts to provide vaccinations to school communities.**
JCC health services and administration will cooperate with the SEDHD to determine if and when a vaccine shot clinic is warranted. JCC staff will help organize vaccination efforts and requests by students, staff and patrons.
- h) **Appropriate accommodations for children with disabilities with respect to the health and safety policies.**
Any health and safety concerns for students with disabilities will be addressed through decisions made by the Individualized Education Plan (IEP) Team.
- i) **Coordination with State and local health officials. Including the needs for support and technical assistance to implement strategies consistent to the greatest extent practicable, with relevant CDC guidance.**
JCC will continue to partner with SEDHD through weekly meetings as well as clinical advice from local family practitioners. Communication with local family practitioners will be done on an "as needed" basis.

ESSER III Funds

The third round of ESSER (Elementary and Secondary School Emergency Relief Fund) funds from the American Rescue Plan Act is allocating \$784,461 to JCC. We are seeking community feedback on how to meet our district needs with these funds. Please contact any school office with your thoughts and ideas.

You can read more about it here ESSER III (ARP) <https://www.education.ne.gov/esser/esser-iii-arp/> .

20% must be used for:

- Meeting students' social, emotional, mental and physical health, and academic needs, including through meeting basic student needs; reengaging students; and providing access to a safe and inclusive learning environment;
- Addressing the impact of COVID-19 on students' opportunity to learn, including closing the digital divide; implementing strategies for accelerating learning; effectively using data; and addressing resource inequities; and
- Supporting educator and staff well-being and stability, including stabilizing a diverse and qualified educator workforce.

Other allowable uses are the following:

- Any activity authorized by the ESEA of 1965, IDEA, AEFLA, and Perkins. Note: McKinney-Vento was not included as an allowable use under ESSER III ARP Act.
- Coordination of preparedness and response efforts.
- Activities to address the unique needs of low-income students, children with disabilities, English learners, racial and ethnic minorities.
- Developing and implementing procedures and systems to improve the preparedness and response efforts of LEAs.
- Training and professional development for LEA staff on sanitation and minimizing the spread of infectious diseases.
- Purchasing supplies to sanitize and clean the facilities of a LEA, including buildings operated by such agencies.
- Planning, coordinating, and implementing activities during long-term closures.
- Purchasing educational technology (including hardware, software, and connectivity) for students who are served by the LEA that aids in regular and substantive educational interaction between students and their classroom instructors, including low-income students and children with disabilities, which may include assistive technology or adaptive equipment.
- Providing mental health services and supports.
- Planning and implementing activities related to summer learning and supplemental after-school programs.
- Implementing evidence-based activities to meet the comprehensive needs of students.
- Providing information and assistance to parents and families on how they can effectively support students, including in a distance learning environment.
- Tracking student attendance and improving student engagement in distance education.
- New ESSER III Development of strategies and implementation of public health protocols that align with Centers for Disease Control and Prevention guidance on reopening and operating school facilities to maintain the health and safety of students, educators, and other staff. CDC Guidance can be found at: Centers for Disease Control and Prevention's (CDC) Operational Strategy for K-12 Schools
- Other activities that are necessary to maintain the operation and continuity of services in LEAs and continuing to employ existing staff of the LEA. Any entity that receives funds under the Education Stabilization Fund shall, to the greatest extent practicable, continue to pay its employees and contractors during the period of any disruptions or closures related to COVID-19.

2021-2022 School Event Calendar

July 2021

Su	M	Tu	W	Th	F	Sa
				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

July
4 Independence day

August 2021

Su	M	Tu	W	Th	F	Sa
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				

August
11-13 Teacher Work Days
16 First Day for Students (Start 1st Semester)
1 PM Dismissal
20 Teacher Work Day (No school for students)
19-22 Johnson County Fair
11 student days 15 teacher days

September 2021

Su	M	Tu	W	Th	F	Sa
			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		

September
6 Labor Day (No School)
22 Parent-Teacher Conferences 4-8 PM
23 2 Hour Late Start - Teacher InService
24 NO SCHOOL FOR STUDENTS
P-T Conferences 8 AM-12 PM.
20 student days 21 teacher days

October 2021

Su	M	Tu	W	Th	F	Sa
					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						

October
14 End 1st Quarter
15 Teacher InService - NO SCHOOL for STUDENTS
18 Begin 2nd Quarter
20 student days 21 teacher days

November 2021

Su	M	Tu	W	Th	F	Sa
	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				

November
12 1 PM Dismissal - Teacher InService
24-26 Thanksgiving - No School
19 student days 19 teacher days

December 2021

Su	M	Tu	W	Th	F	Sa
			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	

December
17 End 2nd Quarter/1st Semester
18-31 Winter Break
22-26 NSAA Winter Moratorium
13 student days 13 teacher days
Total 1st Sem. Student Days - 83
Total 1st Sem. Teacher Days - 89

January 2022

Su	M	Tu	W	Th	F	Sa
						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					

January
3 Teacher Work Day
4 Begin 3rd Quarter
17 Martin Luther King Jr. Day
20 student days 21 teacher days

February 2022

Su	M	Tu	W	Th	F	Sa
		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					

February
4 Teacher InService - NO SCHOOL FOR STUDENTS
ESU4 Engaging Education Conference
16 Parent-Teacher Conferences 11 AM-7 PM
NO SCHOOL FOR STUDENTS
21 Presidents Day
18 student days 20 teacher days

March 2022

Su	M	Tu	W	Th	F	Sa
		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		

March
10 End 3rd Quarter.
11 Spring Break - NO SCHOOL.
14 Spring Break - NO SCHOOL.
15 Begin 4th Quarter
21 student days 21 teacher days

April 2022

Su	M	Tu	W	Th	F	Sa
					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

April
1 1 PM Dismissal - Teacher InService
15 Good Friday - NO SCHOOL
18 Easter Monday - NO SCHOOL
19 student days 19 teacher days

May 2022

Su	M	Tu	W	Th	F	Sa
	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			

May
7 JCC High School Graduation
19 End 4th Quarter/2nd Semester
Last day for students, 11 AM dismissal.
20 Teacher Work Day
14 student days 15 teacher days
Total 2nd Sem. Student Days - 92
Total 2nd Sem. Teacher Days - 96

June 2022

Su	M	Tu	W	Th	F	Sa
		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			

June
2021-2022 TOTAL = 175 Student Days
2021-2022 TOTAL = 185 Teacher Days

NEWS FROM PRINCIPAL RICK LESTER

Welcome back! I hope you had an enjoyable summer and are rejuvenated and ready for a great 2021-2022 school year. I have a couple of items to inform you on to get us started on the right foot for the year:

- We are excited about the new changes taking place in the high school. A lot of work has been put into updating the facilities. We are hosting an Open House (walk-thru) on Thursday, August 12, 2021 at 6:00 p.m. We would like to invite all parents and students to walk through the high school to view the upgrades and take some time to visit with teachers in their classrooms. We have done a lot of painting and added items to upgrade our facility – Come Take a Look!
- All students received a pre-registration letter with dates if you want to change your schedule – also enclosed was the schedule for the 2021-2022 school year for you to view. Pre-registration is scheduled for Monday, August 9th and Tuesday, August 10th with grades meeting at these times with our counselor Mrs. Reuter:

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

If no changes, we'll see you on the first day of school Monday, August 16th.

- 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 have 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 high school 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 3, 2021.
- 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, illegal drugs and tobacco products. The purpose of this policy is as follow:
 1. The school district recognizes that students who use illegal drugs, alcohol and/or tobacco products 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, alcohol and/or tobacco products;
 3. The school district seeks to deter the use of illegal and prohibited drugs, alcohol and/or tobacco products among students;
 4. To encourage students who use illegal drugs, alcohol and/or tobacco products to participate in appropriate treatment programs.

The administration at JCC would like to host a couple of meeting for parents, students and community members to inform them how the process of the drug testing program works and answer any question you might have on this program. We strongly encourage you to attend one of the meetings listed below so everyone understands this process. All meetings will be held in the high school cafeteria.

Tuesday, August 10, 2021	1:00 p.m.
Tuesday, August 10, 2021	6:30 p.m.

MIDDLE SCHOOL & ATHLETIC NEWS

BY RICH BACON

Welcome back to the start of another school year. Hopefully, everyone had a restful and enjoyable summer and are ready to return to another exciting year at Johnson County Central Middle School. I look forward to the challenge of another year and the opportunity to work together with you.

This year we welcome a new face to our teaching staff at the Cook site. Mr. Cody Franklin will be the new 7th & 8th Grade Math Teacher this year. Mr. Franklin has been coaching high school volleyball at JCC the past couple of years and will continue in this role. We are excited to have Mr. Franklin as part of our team. Mrs. Robison, who had been teaching 7th & 8th grade math has graciously agreed to teach 4th grade where she will do an outstanding job.

Although we would all like to think that the pandemic is behind us, there is still a chance that it will rear its ugly head again this school year. If that does, in fact, happen we will adapt and adjust as needed. We will expect everyone in that comes in the school to have masks available and to wash and sanitize their hands frequently. With that being said, we are planning to start the year with 100% on-site learning. Remote learning will not be an option when we come back to school this year.

The Middle School Walk-Through and 4th & 5th grade Open House will be held Wednesday, August 11th beginning at 6:00. The Walk-Through and Open House 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 meet with their child's teachers and ask any questions they may have. We are excited this year to, again, continue our 1:1 iPad program for all students in grades K-12. 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 11th.

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 for middle school students, individual teachers may have suggestions which will specifically pertain to their particular class. Students in grades 4 and 5 should have received a supply list for this coming school year last spring with their report cards. Students should have at least two reusable masks and a water bottle available in case they are needed. 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. All students and parents are strongly encouraged to read through the Student-Parent Handbook for further information about the school dress code.

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

All 7th grade students and each 8th – 12th grade student who plans 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 graders, freshmen and juniors 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 (football, volleyball, basketball, wrestling, jumping events in track & field).

I hope everybody is looking forward to the start of another school year and all staff, students, and parents begin the school year with a positive outlook toward school and plan to have a successful and productive year.



Bus Drivers Wanted

- Activities drivers (\$15/hour)
- Substitute route/shuttle drivers (\$32/route, \$28/shuttle)

Interested persons will need to:

- Complete Level 1 Class (11 hours split between 2 days).
- Complete a medical exam.
- Pass a CDL driving test.
- Complete behind-the-wheel training & pre-service evaluation.

Upon the successful completion of all bus driver license requirements, Johnson County Central Public Schools will reimburse registered parties for expenses incurred to obtain the license. Please contact the school office (402-335-3320) for more information or date and locations for Level 1 classes.

Greetings Thunderbird Family!

I hope you had an excellent summer and are ready for what we hope is a much more normal school year. We are all excited to get started! Our student-athletes have been working hard in the weight room and camps this summer and are itching to show their improvements in their respective sports. I want to say thank you to the coaches for putting in their time to work the weight room, sponsoring team camps, individual skill sessions, and holding team cross country runs to help our athletes improve. I also would like to thank Kerri Miller at 57Fitness for also helping out our athletes by taking them in and working on their conditioning free of charge! Speaking of sports, fall practices officially start on Monday, August 9th. Before students can start practice they need to have the necessary paperwork/testing done before they can participate. There is more information on that below. I strongly encourage you to take care of this before practice starts so your athlete isn't missing valuable practice time.

Here are the coaches for our upcoming fall sports as there have been a couple of changes from last year.

Cross Country: Nick Weber, Angie Huskey

Girls Golf: Ben Swanson

Football: Ryan Haughton, Terry Kuhl, Neil Bowman, Kirk Faris, Jon Rother

Volleyball: Tim Hedger, Cody Franklin, Leah Phillips

Junior High Football: Dan Jones, Rick Lester

Junior High Volleyball: Karen Hunzeker, Susan Peoples

Cheerleading: Devon Roesener

Please reach out to a coach and tell them thank you for all the time they put in and sacrifices that they make to help our athletes be successful!

Good luck to our athletes and coaches as we get started on this upcoming season! Go Thunderbirds!

Garrett Collin



Go Thunderbirds!

****IMPORTANT INFORMATION****

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

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. We do encourage any students who have a medical history (recent surgery or concussion, heart issue, etc.) to get a Pre-Participation Athletic Physical if possible, even if they are exempt this year. All incoming freshmen and 7th graders will still be required to provide the school with the Pre-Participation Physical Examination paperwork that is dated no earlier than May 1, 2021. Also, all incoming 7th graders, freshmen and juniors 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 (football, volleyball, basketball, wrestling, jumping events in track & field).

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:

1. **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.
2. **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*,
3. **Written & Signed Clearance for Return to Play (RTP)** – an athlete having been removed from participation for the purpose of presenting with signs or symptoms or “reasonably suspected” of having sustained a concussion must have, before RTP or participation is allowed by a coach, (a) written and signed clearance from an appropriate licensed health care professional, and (b) written and signed clearance from the athlete's parents.

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

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

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

[Adapted from the Nebraska Sports Concussion Network website]

A Parent's Guide to Concussion in Sports

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

What is a concussion?

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

Concussion Facts

- It is estimated that over 140,000 high school athletes across the United States suffer a concussion each year. (Data from NFHS Injury Surveillance System)
- Concussions occur most frequently in football, but girls' lacrosse, girls' soccer, boys' lacrosse, wrestling and girls' basketball follow closely behind. All athletes are at risk.
- A concussion is a traumatic injury to the brain.
- Concussion symptoms may last from a few days to several months.
- Concussions can cause symptoms which interfere with school, work, and social life.
- An athlete should not return to sports while still having symptoms from a concussion as they are at risk for prolonging symptoms and further injury.
- A concussion may cause multiple symptoms. Many symptoms appear immediately after the injury, while others may develop over the next several days or weeks. The symptoms may be subtle and are often difficult to fully recognize.

What are the signs and symptoms of a concussion?

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

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

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

When in doubt, sit them out!

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

When can an athlete return to play following a concussion?

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

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

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

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

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

Step 4: Full contact practice or training.

Step 5: Game play.

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

How can a concussion affect schoolwork?

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

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

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.

Come Join Us for an **OPEN HOUSE**

COOK SITE

AUGUST 11, 2021

Cook Site Preschool Orientation - 6:00 p.m.

4th & 5th Grade Open House - 6:00 p.m.

Middle School Walk-Through - 6:00 p.m.

This will give students transitioning to the building or into middle school an opportunity to find their classrooms, meet with their teachers, find their lockers and alleviate some of the anxiety that students may feel on the first day of school. Looking forward to seeing you on the 11th.

The Open House for the **Tecumseh Elementary** will be at 6:00 p.m. on August 12th. All Kindergarten through 3rd Grade students & Parents and any new students will be able to find their classrooms and meet their new teachers for this year.

Tecumseh Site Preschool Orientation will be at 6:00 p.m.

We have an Open House scheduled for the **HIGH SCHOOL** students and parents on Tuesday, August 12, 2021 at 6:00 p.m. The objective of our Open House is to give students and parents an opportunity to visit the high school and to meet teachers in their classrooms. Parents and students should first go to the office and get their class schedule and be free to visit any classroom they want.

School Office Notices

Writing Checks

When writing checks to the school for items such as lunch accounts, iPad insurance and activity fees—

PLEASE make out separate checks.

These each go into different accounts.

Thanks in advance for your help.

Census: We Need Your Help!

Nebraska Law requires that the Board of Education take an annual census. If you have recently moved into our area and have a child between the ages of 0-18 or have recently given birth to a child, please help us update our records by calling 402-335-3320.

Thanks again for your help!

BACK TO SCHOOL PHYSICALS...

It is time to start thinking about physicals for sports and school participation.

- ♦ **ALL Kindergarten students** (entering school for the first time) are required to receive a physical/vision screening, and immunization screening from a healthcare provider.
- ♦ **ALL 7th grade students are required** to receive a school physical with immunizations reviewed for booster shots if needed.
- ♦ **ALL students transferring from out-of-state** require a school physical/vision screening, and immunization screening.
- ♦ **ALL students, grades 7-12, that plan to participate in athletics** will need a sports physical.

NSAA physical forms are available at the Tecumseh and Cook sites. Please bring completed physical clearance forms to your child's school after their physical is completed.

*Please call your healthcare provider to schedule an appointment.

ALL PHYSICALS MUST BE COMPLETED PRIOR TO THE START OF SCHOOL, AND PRIOR TO THE START OF THE FALL ATHLETIC SEASON FOR ALL ATHLETES. Coaches will need to receive completed physical forms prior to an athlete's participation in practice.

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

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

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

Resumen del reglamento de vacunas requeridas para la escuela

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

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

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

Updated 01/26/2018

Johnson County Central T-Bird Booster Club

Dear Prospective Sponsor:

The T-Bird Booster Club supports student athletes and all sports programs at JCC High School and Middle School. Funds are raised through various fundraising activities, and through the generous donations of our sponsors. These contributions are used to enhance the sports programs at JCC. Recent purchases include a new Dektronics speaker system for the football field/track along with High School & Middle School boys & girls basketball uniforms. We were also able to give out scholarships to 4 JCC seniors last school year.

The T-Bird Booster Club is organized and run by volunteers who coordinate with the Athletic Director and JCC coaches to determine the needs of each program. We are always searching for more volunteers! T-Bird Booster Club is a great way to support student athletes. Please contact us with any interest or questions.

We are currently looking for sponsors for the 2021-2022 sports seasons! Sponsors will have their names listed in all home game sports programs. All donations are tax deductible.

Sponsorship Levels for Individuals and Businesses

Thunderbird	\$250
Gold	\$100
Red	\$50
Black	\$25



This year we would like to focus on updating more uniforms-starting with volleyball; High School & Middle School, followed by football.

*Name as you want it to appear in the programs.

Please Print:

Name _____

Address _____

Please mail checks and completed form to:

**T-Bird Booster Club
P.O. Box 338
Tecumseh, NE 68450**

THANK YOU FOR YOUR SUPPORT!!!

#GoJCC

Kindergarten Supply List

- A pencil box
- Eraser
- 10 – 12 pencils
- 4 boxes of Crayons: (Crayola prefer)
- 1 box of 8 count & 1 box of 16 count,
and 2 boxes of 24 count
- 10 -12 glue sticks
- 1 small bottle of white glue
- Small plastic rest mat
- Book Bag
- 2 large boxes of Kleenex
- Fiskar Scissors (no points)
- 2 Containers of Anti-Bacterial Wipes
- 2 – 4 Expo Black Dry Erase markers
- Small Water Bottle – 20 oz. or less

(We will be keeping these at our desks, refilling them daily, and sending them home on the week-ends to be washed. This is so they can have plenty of water to drink every day!)

Please label all items (clothing, etc.)
with student's name!

Thank You!





SUPPLY LIST

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/sketch pad
- 1 larger eraser
- 1- 2in binder
- 1 larger shoe box with lid or plastic container with lid
- 2 container of anti-bacterial wipes
- P.E. Shoes
- 3 rolls of paper towels
- 1 box of quart or gallon zip lock baggies

2nd Grade:

Mrs. Robeson & Mrs. Doeden

- 2 dozen yellow #2 pencils
- 1 big eraser
- 4 glue sticks
- 1 spiral notebook, wide ruled
- 2 boxes 24 crayons
- 1 small pencil box
- 3 large boxes of Kleenex
- 3 container of anti-bacterial wipes
- 1 roll of paper towels
- P.E. shoes
- School bag
- 1 pair pointed Fiskars scissors
- Box of quart sized Ziploc Bags

3rd Grade: Mrs. Dieckgrafe & Mrs. Heidemann

- 1 pk of pencils with erasers
- 1 pk of pencil top erasers
- 1 pair of scissors
- 8 glue sticks
- 1 box of 8 crayons
- 1 box of colored pencils
- 1 red checking pen
- 2 pk of low odor dry erase markers
- 1 pencil bag
- 2 wide rule spiral notebooks
- 1 container anti-bacterial wipes
- 1 roll of paper towels
- 2 boxes of Kleenex
- P.E. shoes

4th Grade:

Mrs. Dorsey & Mrs. Robison

- Colored pencils
- Crayons
- 24 yellow, six-sided, #2 pencils, sharpened, no mechanical pencils
- 2 red pens
- 1 roll paper towels
- 3 boxes of Kleenex
- 3 containers of antibacterial wipes
- 2 glue sticks
- 1 bottle of white glue
- Scissors (Fiskars if possible)
- Zipper Pencil Bag
- Water Bottle with lid
- Stylus for iPad
- P.E. shoes (we change everyday)
- NO large trapper keepers or binders
- NO pencil sharpeners

5th Grade:

Mrs. Crotty & Mrs. Phillips

- 24 pencils- NO mechanical pencils
- 24 count crayons or colored pencils
- 3 pocket folders
- 2 glue sticks
- Stylus for iPad
- Cap Erasers—no block erasers
- 2 large boxes of Kleenex
- 3 containers of antibacterial wipes
- P.E. shoes (used daily)
- Scissors
- 1 pk of ruled loose leaf paper
- 1 spiral notebook
- NO large trapper keepers or binders
- NO pencil boxes



6th Grade Recommended Supply List

Math, Science & Keyboarding (Mrs. Mandy Goodrich)

- 2 graph paper notebooks
- 2 zipper pencil bags
- pencils (wooden or mechanical)
- lead refills-if using mechanical
- erasers
- colored pencils
- Student Planner (optional)
- 2 small rolls of tape (scotch or decorative)
- 2 containers of play-doh
- headphones or earbuds to keep at school
- jumbo sized book cover (optional)
- ruler (for nome)

Language Arts (Mrs. Julie Beach)

- notebook
- folder
- pens/pencils
- kleenex

Social Studies (Mr. Justin Damme)

- spiral notebook
- pens/pencils
- folder or 3-ring binder
- 3x5 index cards
(1 pkg plain/1pkg ruled)
- kleenex

7th & 8th Grade Recommended Supply List

- 1 large 3-ring binder (2-3 inch)
- pencil bag to go inside of binder
 - index tab dividers
 - pocket folders
 - loose leaf paper
- 3 or 5 subject notebook
 - pens/pencils
 - highlighters
- 2 boxes of Kleenex


Mindfulness and Calm Down Strategies to Help Your Student

By: Marsha Bacon

As students prepare to return to school, August is filled with many school and community activities. It is an exciting time that can also be a little stressful. Last school year, students learned a variety of mindfulness exercises to help manage uncomfortable feelings such as anxiety and stress. Mindfulness can also help with focus and learning. It is important as children continue to learn and develop that they learn to manage their emotions and handle them appropriately. There are a variety of mindfulness techniques to help your student focus on what is happening in the present, improve gratitude and spark their imagination utilizing imagery and engaging their senses.

Deep breathing, or Belly Breathing as we call it in school, is a great mindfulness skill for young people to utilize when they are upset, need to calm down or to help with focus. To help your child Belly Breathe- incorporate bubbles! Have your child focus on taking a deep, slow breath, and exhale steadily to fill the bubble. They can pay close attention to how the bubbles form, detach and pop or blow away. At school, we have students take several deep breaths when learning how to Belly Breathe. Breathing is a great way to help calm oneself when upset or nervous, but it also helps when practicing mindfulness. Below are visual examples of incorporating mindfulness with deep breathing while engaging all of the 5 senses.

Trace and Breathe
Trace along the rainbow with your finger as you breathe in and out



5-4-3-2-1 Mindfulness
List...
5 things you can see
4 things you can touch
3 things you can hear
2 things you can smell
1 thing you can taste

5 4 3 2 1
SLOW DOWN & CALM DOWN
FIRST- TAKE 3 SLOW BELLY BREATHS!

5 List 5 things you can SEE 

4 List 4 things you can FEEL 

3 List 3 things you can HEAR 

2 List 2 things you can SMELL 

1 List something you like to TASTE 

FINISHED? - TAKE ANOTHER 3 SLOW BELLY BREATHS


Sometimes, when feeling overwhelmed, a break is what is needed. Just like adults, children experience uncomfortable feelings such as anxiety, anger, jealousy and frustration. Helping our children manage these feelings is important as they grow and develop. Remember also that kids may express their feelings in different ways and may not always be able to articulate what they are feeling, but they may be able to describe how it is making their body feel. When you notice that your child needs to take a break, utilizing calming techniques can help them process their feelings and handle them appropriately.



We all feel uncomfortable feelings, learning how to manage them is a skill that all students need to develop. I always look forward to a new school year. It brings feelings of excitement and joy. However, it can also give young people of feeling of anxiety or nervousness as they meet their teachers and classmates and learn a new routine. Support your student by talking to them about their feelings and giving them tools to help them manage successfully.

Mindfulness and Calm Down Strategies are just two components of Social-Emotional Learning. Social-Emotional Learning (SEL) helps students improve cooperation, communication, and decision-making. One of the curriculums utilized with SEL instruction is Second Step, a program designed by Committee for Children, a leader in social-emotional learning and child well-being. Guidance and classroom staff utilize the Second Step Lessons to support student's social and emotional development. More information about Second Step can be found at: <https://www.secondstep.org/>.

August 2021 Johnson County Central Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
Menu Is Subject to Change Without Notice "This Institution Is An Opportunity Provider"						
8	9	10	11	12	13	14
Welcome Back !! Hope you all had a great summer break!! JCC Kitchen Staff						
15	16	17	18	19	20	21
	16 Crispy Chicken Wrap Fruit & Veggie Bar Cookie Milk	17 Shredded Pork/wg Bun Potatoes Fruit & Veggie Bar Milk	18 Chicken Nuggets Fruit & Veggie Bar WG Dinner Roll Milk	19 Hordog wg Bun Baked Beans Fruit & Veggie Bar Milk	20 NO SCHOOL TEACHER WOKDAY	21
22	23	24	25	26	27	28
	23 Taco Salad Fruit & Veggie Bar Bread Stick Milk	24 Horgie Corn Chips Fruit& Veggie Bar Milk	25 Corn Dog Mac & Cheese Fruit & Veggie Bar Milk	26 Cheeseburger wg Bun Potato Fruit & Veggie Bar Milk	27 Pizza Fruit & Veggie Bar Cookie Milk	28
29		30	31			
		30 Chicken Fajita Wrap Black Bean Salsa Fruit & Veggie Bar Milk	31 Sloppy Joe wg Bun Baked Beans Fruit & Veggie Bar Milk			

August 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 HS Band Camp @ JCC HS 8:30-10 am	3 HS Cheer Practice @ JCC HS 6:30 -7:30 am HS Band Camp @ JCC HS 8:30-10 am	4 HS Band Camp @ JCC HS 8:30-10 am	5 HS Cheer Practice @ JCC HS 6:30 -7:30 am HS Band Camp @ JCC HS 8:30-10 am SPECIAL JCC School Board Mtg. @ JCC HS-9 am	6 HS Band Camp @ JCC HS 8:30-10 am	7
8	9 Volleyball Youth Camp- Incoming 3rd-6th Graders @ JCC HS-10 am-12 pm JCC School Board Retreat @ KSB Lau-1pm HS Band Summer Marching Rehearsal @ JCC HS-6-7 pm	10 HS Cheer Practice @ JCC HS 6:30 -7:30 am Volleyball Youth Camp-Incoming 3rd-6th Graders @ JCC HS- 10 am-12 pm HS Drug Testing Information Meeting @ JCC HS- 1 pm and 6:30 pm	11 Teacher Workday JCC School Board Meeting @ JCC HS Cafeteria-6:00 pm Preschool Orientation at Cook Site-6 pm 4th & 5th Grade Open House @ Cook Site - 6 pm Middle School Walk Thru @ Cook Site - 6:p.m.	12 HS Cheer Practice @ JCC HS 6:30 -7:30 am Teacher Workday Preschool Orientation at Tecumseh Site-6 pm Tecumseh Elementary Open House-6 pm High School Open House @ JCC HS-6 pm	13 Teacher Workday	14
15	16 FIRST DAY OF SCHOOL-Both Sites 1:00 PM DISMISSAL	17 HS Cheer Practice @ JCC HS 6:30 -7:30 am	18	19 HS Cheer Practice @ JCC HS 6:30 -7:30 am	20 NO SCHOOL Teacher Workday	21
22 High Band @ Johnson County Parade	23 V Volleyball - Jamboree @ JCC HS-5 pm	24 HS Cheer Practice @ JCC HS 6:30 -7:30 am FIRST DAY OF PRESCHOOL BOTH SITES	25	26 HS Cheer Practice @ JCC HS 6:30 -7:30 am Girls Golf Invite @ Syracuse Country Club-9 am Cross Country Invite @ Auburn Country Club-4:30 pm V Volleyball Tri - Elmwood- Murdock & Yutan @ Elmwood-Murdock - 5 pm	27 High School Band at the State Fair, Grand Island-perform @ 11:45 am V Football vs Tri County @ JCC HS -7:00 pm	28
29	30 C Team, JV, V Volleyball vs Conestoga @ JCC HS . 5, 6 & 7 pm	31 HS Cheer Practice @ JCC HS 6:30 -7:30 am Girls Golf Tri @ Syracuse Coun- try Club-1:30 pm JV/V Volleyball vs Mead @ Mead - 6, 7 pm		ALL ACTIVITIES ARE SUBJECT TO CHANGE		

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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ECRWS

POSTAL PATRON

Non-Discrimination

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

Child find

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

Classes begin August 16th! (1:00 Dismissal)
No School August 20th (Teacher Workday)

****Preschool starts August 24th ****

