

THE WOLVERINE

March 2023



From the Superintendent– Mr. Collins

As we finish out the winter season and look to the Spring, I have been reflecting on “snow day announcements” and it looks like I am 1 for 4 for maybe 2 for 4 when judging if the “right” call was made. I guess this also means the folks who make the predictions we rely on are also about 50-50 at best. While I hate to use a day that was not needed it is also important to note that we try to error on the side of caution. There are still some chances for weather closures in the future but spring is just around the corner with warmer weather, longer days and renewed optimism.

The Wilber Clatonia Foundation held their annual meeting on February 6th. The annual meeting agenda is usually rather lengthy. Some of the significant items included; the election of officers and reports from the chairman and publicity committee as well as updates on several scholarships. The Foundation Board of Directors reviewed the Treasurer’s report and heard from Jon Glasser of Iowa Wealth Management. The Board has reviewed gift agreements and has utilized input from Iowa Wealth to create an investment plan that keeps funds in CD’s and Bond’s when required by agreement but also utilizes other investment vehicles when allowed by the agreement. Ultimately the class of 2023 will receive \$45,000 + in scholarships as compared to \$27,000 in 2022. The Wilber Clatonia Foundation continues to be one of the great things about our school and community. The forethought by the people who started the Foundation is exemplary. Foundation officers and members are: Sheryl Kastanek, Chairman; Chris Linhart, Vice Chairman; Susan Fritz, Treasurer; Justin Kuntz, Josh Heller, Lana Musil, Jennifer Pospisil, Russ Schuerman, members and Ray Collins, Superintendent is the appointed Secretary.

Progress continues on the comprehensive facility assessment. Architects from CMBA were on-site to tour and take notes on our current facility. They met with small groups of staff to clarify survey data and take additional input. CMBA has provided a survey link for students in grades 5-12 to give input. At some time in the near future we will be seeking input from parents and patrons. The goal of this project is to develop a prioritized long-range plan for facilities at Wilber-Clatonia. This can serve as a guide for administrators and the Board of Education as they provide for a high quality learning environment as we work to help our students the best that they can be.

THE FORCE IS STRONG AT WILBER CLATONIA...

***SECONDARY ACADEMIC AWARDS
AND FINE ARTS CELEBRATION***

SAVE THE DATE

MAY 4TH, 2023 (7:00 – 8:00 P.M.)

Please mark your calendar for the first annual Wilber Clatonia Academic Awards and Fine Arts Celebration on May 4th - ***MAY THE FOURTH BE WITH YOU!***

We will take time that evening to celebrate academic success in our content classes, MAPS growth, ACT scores, National Honor Society members, Student Council members, Fine Arts awards and letters, as well as perfect attendance to name a few. It will be an evening to celebrate all that our students do in and out of the classroom. Please be on the lookout for more information about the night and an invitation to those that will be recognized as we get closer to May!

the BEST THINGS about MARCH

YAY, SPRING!



ST. PATRICK'S DAY!



BASKETBALL
FEVER!



WARM
BREEZES!



High School Counseling News

March 2023

Jill Shea-Carpenter

jill.shea@wilberclatonia.org

402-821-2508, ext. 309

GRADUATION 2023

Saturday, May 13th -- 2:00 pm
High School Gymnasium

ACT Test Dates:



Test Date	Registration Deadline	Late Fee required
April 15, 2023	March 10	March 24
June 10, 2023	May 5	May 19
July 15, 2023	June 17	June 24
Fee: \$63.00	Fee w/writing: \$88.00	Late fee: \$36.00

JUNIORS —START VISITING YOUR COLLEGE CHOICES!

If you haven't done so already, begin to visit the colleges you are interested in attending. Follow these tips for a successful college visit:

- ◆ **Contact the college admissions office at least two weeks in advance** to schedule your visit. You can do this online. The visit request form will allow you to schedule appointments with admissions, financial aid, housing, faculty members, and perhaps coaching staff.
- ◆ **Check out the college website before you visit.** Make sure that your college choice has your major available. You can also take visual tours of campus to allow you familiarity with the layout (and where to park park!)
- ◆ **Visit while school is in session if possible.** You need to get the true feel of campus. Eat on campus. Check out the library and rec center.

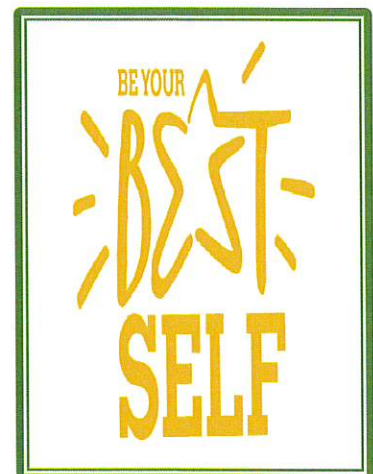
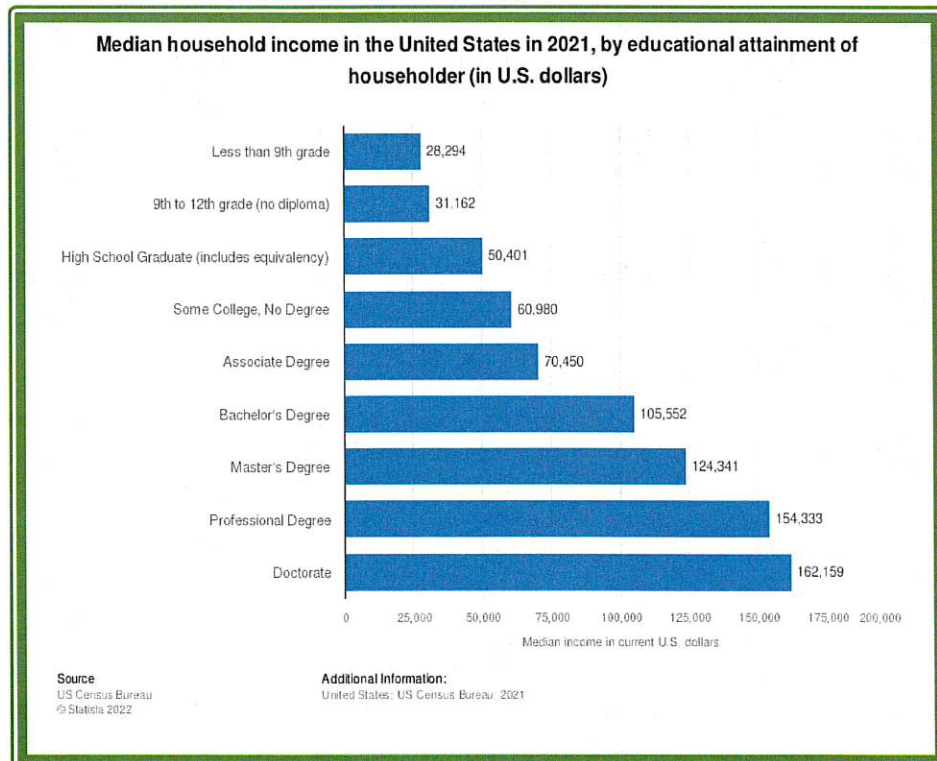
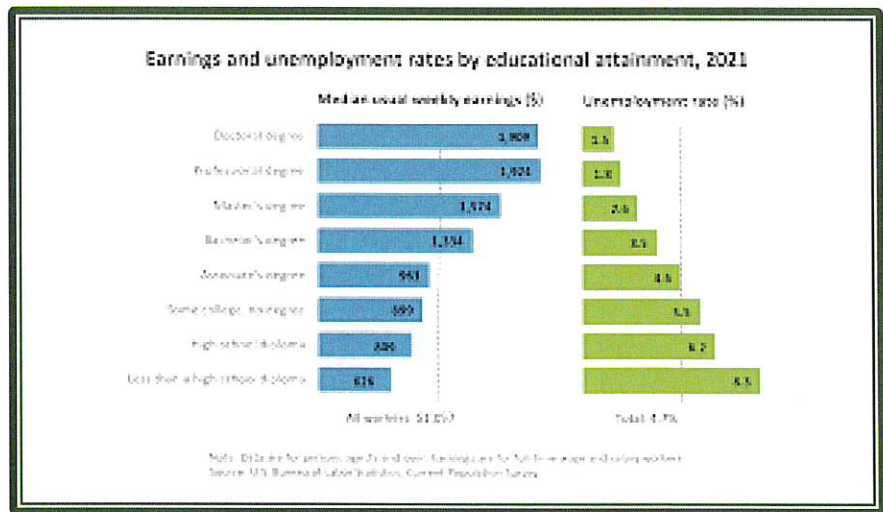
GRADUATION

Saturday, May 13th, 2023 — 2:00 p.m.
High School Gymnasium

Education pays.

But also consider the military, apprenticeships, as well as two- or four-year colleges and universities.

Preparing yourself now for the future is critical. Plan for the best case scenario!



Kids and adults alike are struggling to cope and deal with a myriad of issues these days. Understanding that struggles and failures are part of life and part of the growing process is critical. As adults, we know that we have failed and struggled, but we needed to have our pity party, feel our emotions, talk it through and do our best to move forward. We cannot allow ourselves to wallow in self-pity; yes, mental health is huge and we need to care for ourselves, but we also need to be reminded of grit and resiliency and help to teach our children to problem solve, critically think, and grow. To move forward, we need to go through the issue, not around it or under it or ignore it. Work through it.

10 Tips for Raising Resilient Kids

Psych Central 2022

Kids are adaptable problem solvers. They face unfamiliar or tough situations and strive to find practical solutions. While adulthood is filled with serious responsibilities, childhood isn't exactly stress-free. Kids take tests, learn new information, change schools, change neighborhoods, get sick, get braces, encounter bullies, make new friends and occasionally get hurt by those friends. They also face real-world, unfiltered traumas.

What helps kids in navigating these kinds of challenges is resilience.

Defining resilience for parents

Lynn Lyons is a licensed social worker and psychotherapist in Concord, New Hampshire, who co-authored the book "Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children" with psychologist and anxiety expert Dr. Reid Wilson.

Lyons says when resilient kids step into a situation they "have a sense they can figure out what they need to do and can handle what is thrown at them with a sense of confidence."

She said that this doesn't mean that kids have to do everything on their own. Rather, they know how to ask for help and can problem-solve their next steps.

Resilience isn't a birthright. It can be taught. Lyons encourages parents to equip their kids with the skills to handle the unexpected, which contrasts our cultural approach.

"We have become a culture of trying to make sure our kids are comfortable. We as parents are trying to stay one step ahead of everything our kids are going to run into." The problem? "Life doesn't work that way."

Anxious people have an especially hard time helping their kids tolerate uncertainty simply because they have difficulty tolerating it themselves.

"The idea of putting your child through the same pain you went through is intolerable," Lyons said. So anxious parents try to protect their kids and shield them from worst-case scenarios.

However, she said that a parent's job isn't to be there all the time for their kids. It's to teach them to handle uncertainty and to problem-solve. Below, Lyons shared her valuable suggestions for raising resilient kids.

1. Not accommodating every need

According to Lyons, "whenever we try to provide certainty and comfort, we are getting in the way of children being able to develop their own problem-solving and mastery." (Overprotecting kids only fuels their anxiety.)

She gave a "dramatic but not uncommon example." Suppose a child gets out of school at 3:15. But they worry about their parent picking them up on time. So the parent arrives an hour earlier and parks by their child's classroom so they can see the parent is there.

In another example, parents let their 7-year-old sleep on a mattress on the floor in their bedroom because they're too uncomfortable to sleep in their room.

2. Avoiding eliminating all risk

Naturally, parents want to keep their kids safe. But eliminating all risks could rob kids of learning resiliency.

In one family Lyons knows, the kids aren't allowed to eat when the parents are not home because there's a risk they might choke on their food. (If the kids are old enough to stay home alone, they're old enough to eat, she said.)

The key is to allow appropriate risks and teach your kids essential skills. "Start young. The child who's going to get his driver's license is going to have started when he's 5 [years old] learning how to ride his bike and look both ways [slow down and pay attention]."

Giving kids age-appropriate freedom helps them learn their limits, she said.

3. Teaching kids to problem-solve

Let's say your child wants to go to sleep-away camp, but they're nervous about being away from home. An anxious parent, Lyons said, might say, "Well, then there's no reason for you to go."

But a mindful approach is to normalize your child's nervousness and help them figure out how to navigate being homesick. So you might ask your child how they can practice getting used to being away from home.

When Lyons's son was anxious about his first final exam, they brainstormed strategies, including how he'd manage his time and schedule to study for the exam.

In other words, engage your child in figuring out how they can handle challenges. Give them the opportunity, over and over, "to figure out what works and what doesn't."

4. Teaching your kids concrete skills

To paraphrase the adage, 'If you give a kid a fish, you feed them for a day. If you teach a kid to fish, you feed them for a lifetime.'

When Lyons works with kids, she focuses on the specific skills they'll need to learn to handle certain situations themselves.

She asks herself, "Where are we going with this [situation]? What skill do they need to get there?" For instance, she might teach a shy child how to greet someone and start a conversation.

5. Avoiding 'why' questions

"Why" questions don't help promote problem-solving. If your child left their bike in the rain, and you ask, "why?" "what will they say? I was careless. I'm an 8-year-old," Lyons said.

Try asking "how" questions instead. "You left your bike out in the rain, and your chain rusted. How will you fix that?" For instance, she said that they might go online to see how to fix the chain or contribute money to a new chain.

Lyons uses "how" questions to teach her clients different skills. "How do you get yourself out of bed when it's warm and cozy? How do you handle the noisy boys on the bus that bug you?"

6. Not providing all the answers

Rather than providing your kids with every answer, start using the phrase "I don't know," "followed by promoting problem-solving," Lyons said. Using this phrase helps empower kids to learn to tolerate uncertainty and think about ways to deal with potential challenges.

Also, starting with small situations when they're young helps prepare kids to handle bigger trials. She said they won't like it, but they'll get used to it.

For instance, if your child asks if they're getting a shot at the doctor's office, instead of soothing them, say, "I don't know. You might be due for a shot. Let's figure out how you're going to get through it."

Similarly, if your child asks, "Am I going to get sick today?" instead of saying, "No, you won't," respond with, "You might, so how might you handle that?"

If your child worries they'll hate their college, instead of saying, "You'll love it," you might explain that some freshmen don't like their school and help them figure out what to do if they feel the same way, she said.

7. Avoiding talking in catastrophic terms

Try to pay attention to what you say to your kids and around them. Anxious parents, in particular, tend to "talk very catastrophically around their children," Lyons said.

For instance, instead of saying, "It's really important for you to learn how to swim because it'd be devastating to me if you drowned!" you might try just saying, "It's really important for you to learn how to swim."

8. Letting your kids make mistakes

"Failure is not the end of the world. [It's the] place you get to when you figure out what to do next," Lyons says. Letting kids mess up is tough and painful for parents. But it helps kids learn how to fix slip-ups and make informed decisions next time.

According to Lyons, if a child has an assignment, anxious or overprotective parents typically want to ensure the project is perfect, even if their child is not interested in doing it in the first place. But it's helpful in the long run to let your kids see the consequences of their actions.

Similarly, Lyons said that if your child doesn't want to go to football practice, you might let them stay home. If next game they sit on the bench, they might also be sitting with the weight of their decision.

9. Help them manage their emotions

Emotional intelligence (EQ) and self-regulation are key to resilience.

You can teach your kids that all emotions are OK, Lyons says. It's OK to feel angry that you lost the game or someone else finished your ice cream. Caregivers can also teach kids that after feeling their feelings, they need to think through what they're doing next, she said.

"Kids learn very quickly which powerful emotions get them what they want. Parents have to learn how to ride the emotions, too."

You might tell your child, "I understand that you feel that way. I'd feel the same way if I were in your shoes, but now you have to figure out what the appropriate next step is."

If your child throws a tantrum, she says, be clear about what behavior is appropriate (and inappropriate). You might say, "I'm sorry we're not going to get ice cream, but this behavior is unacceptable."

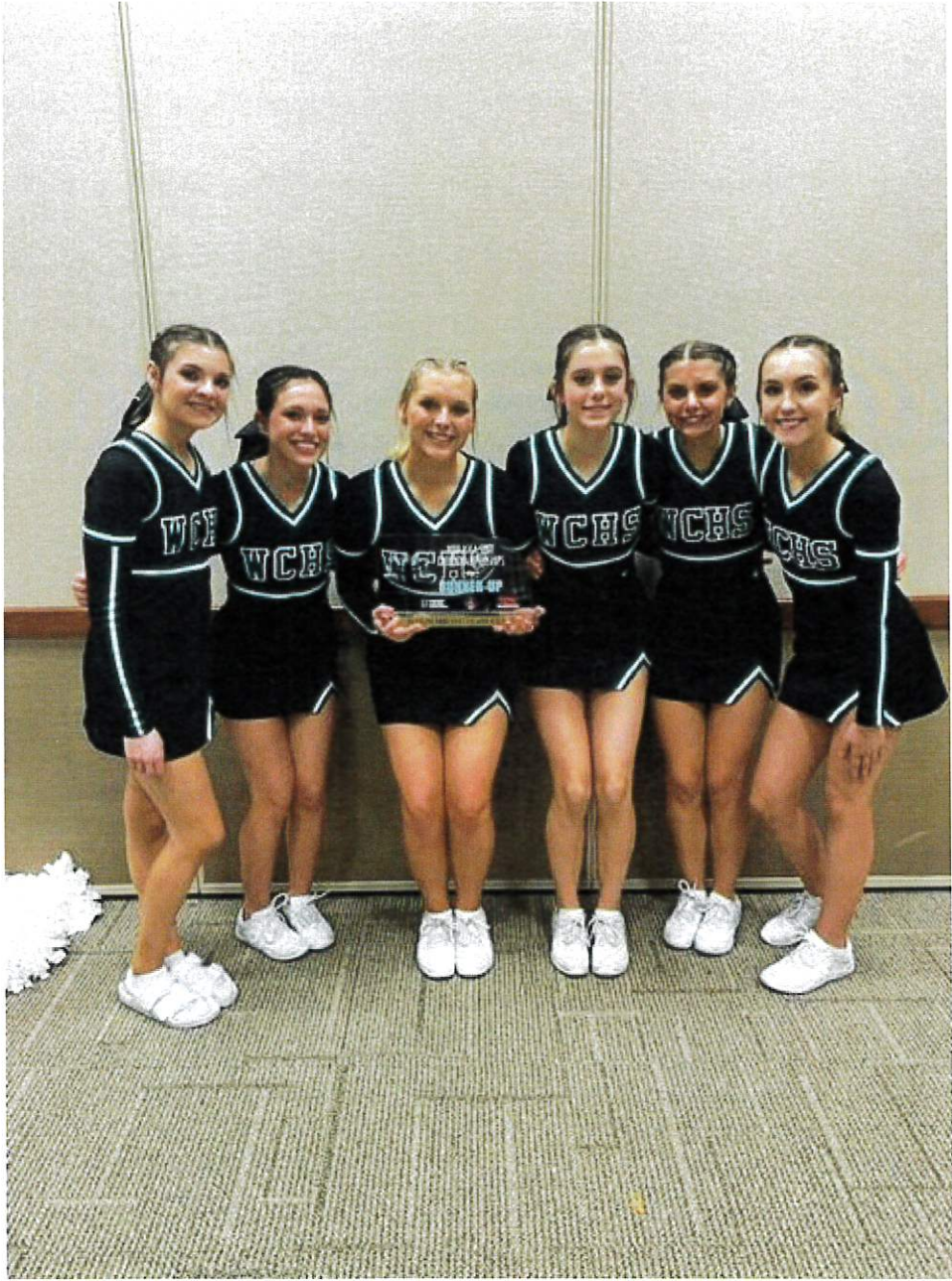
10. Modeling adaptability

Of course, kids also learn from observing their parents' behavior. Try to be calm and consistent, Lyons said. "You cannot say to a child you want them to control their emotions while you yourself are flipping out."

"Parenting takes a lot of practice and we all screw up." When you do make a mistake, admit it. You could say, "I really screwed up. I'm sorry I handled that poorly. Let's talk about a different way to handle that in the future," Lyons said.

Resiliency helps kids navigate the inevitable trials, triumphs and tribulations of childhood and adolescence. Resilient kids also become resilient adults, able to survive and thrive in the face of life's unavoidable stressors.

The Wilber-Clatonia cheer team competed in the Nebraska State Cheer competition on February 17, Where they were the Runners up in the Non-tumbling category. Member are Ayana Steffensneier Senior, Tatiana Meza, Brooklyn Davidson Juniors, Addie Combs, Danya Formanek sophomores, Sierra Timmerman Freshman



Way to Go

CONGRATULATIONS



The Wilber-Clatonia Speech Team has enjoyed a lot of success this year throughout its long season. Our kids have competed in nine different meets throughout the year (not including the State Championships) at schools ranging from Ashland-Greenwood to Superior. Out of the 25 individuals who have competed on the Speech team, 24 have placed in at least one meet throughout the year in either the Novice or Varsity divisions. Members of the team include (Seniors:) Ellinor Bengtsson and Marie Slama, (Juniors:) Lena Eschiti, Lillian Korbel, Jessica Martinez, Angel Nateras, Gracy Patrick, Tristan Pearce, Carson Radcliff, and Stone Thelen, (Sophomores:) Mackenzie Anthony, Channer Koepke, Sarina Lavilay, Joey Pucket, Kevin Salcido, and Star Thelen, and (Freshmen:) Harley Bloom, Jameson Conway, Reegan Kracke, Grant Kuhlmann, Carter Lytle, Ashley Milla-Lujan, Aubrey Ninneman, Kelsey Zoubek, and Monica Zoubek. The team is coached by Jordan Martin.

Highs for the team this year include hosting the 2nd annual Wolverine Winter Classic at Wilber-Clatonia and placing 6th there in the team points. Two more meets await the team with Conference on February 25th and Districts on March 7th in Fairmont, Nebraska. At the District meet, the top 3 entries will move on to the State Championships in Kearney.

LEGO Robotics Team Competitions!

This season we had three teams of 4th - 8th graders competing in the Nebraska First LEGO League competitions. We had 7 returning kids and 9 new, the team were divided with some experienced and some new on each team. The competition has four parts, an innovation project, a robot game, robot design and LEGO core values competition. The students have to build a LEGO robot, then program it to complete missions on the game board. They also have to create an innovative project that goes along with the program theme, this year the theme was SuperPowered (energy) and present it to a panel of judges. The LEGO core values are Fun, Innovation, Discovery, Teamwork, Inclusion, and Impact. The LEGO Logic team presented an idea of creating a combined solar and wind powered car. The Flying Squirrels team project was using solar panels to power drones. The Wolverine Bots proposed a trash truck powered by incinerating the trash it is picking up. The three teams competed at the State Qualifying tournament in Henderson at the beginning of February, and the Wolverine Bots qualified for the State competition on Feb 18 in Columbus. The Bots continued to improve their robot programs and innovation project, sharing with more people and incorporating ideas.



Scan the code to watch the robot game

or click <https://youtu.be/pUJKv53-MyY>







Preparing to renew your Medicaid coverage

Starting March 1, 2023, Nebraska Medicaid will once again be reviewing all Medicaid members' coverage to see who still qualifies.

Medicaid members should watch their mail for important updates from DHHS.

Medicaid members should make sure their contact information is up to date. This includes their email address, mailing address, and phone number.

To check their renewal date and update their contact information, Medicaid members can:

Visit us online at ACCESSNebraska.ne.gov
Email us at DHHS.ANDICenter@nebraska.gov
Fax us at (402) 742-2351

Call us at:

Toll Free: 855-632-7633
Lincoln Local Calls: 402-473-7000
Omaha Local Calls: 402-595-1178
TDD: 402-471-7256

NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

MLTC-OTH-51 1/2023

KIDS HEALTH ZONE



RESURGENCE OF GROUP A STREPTOCOCCAL DISEASE IN CHILDREN

CDC issued a warning about an increase in invasive group A strep (iGAS) infections among children in the United States for 2022-2023. iGAS infections include [streptococcal toxic shock syndrome](#) (a rare but serious bacterial infection that can rapidly develop a sunburn-like rash or generalized erythroderma, low blood pressure, multiorgan failure, and sometimes death), and [necrotizing fasciitis](#) (flesh-eating disease).

Pediatricians and parents should make sure that children are up to date on all childhood vaccines especially against [influenza](#) and [chickenpox](#) since getting these infections can increase the risk of getting an iGAS infection.

WHAT IS STREP THROAT?

Strep throat (streptococcal pharyngitis) is caused by group A *Streptococcus* (group A strep) which can be very contagious and can be spread by respiratory droplets and direct contact. It usually takes 2-5 days for someone exposed to strep A to show symptoms and become sick. Acute strep throat is mostly seen in school-age children and is rare under age 3.

Symptoms:

Sore throat, pain when swallowing, red swollen tonsils sometimes with white patches or pus, small spots on the roof of the mouth (palatal petechiae), fever, swollen tonsillar lymph nodes (front of neck under the jaw), headaches, body aches, sunburn-like rash, nausea, or vomiting.

COUGH OR RUNNY NOSE ARE NOT symptoms of Strep A.

Other severe symptoms include skin infection ([cellulitis](#) and [impetigo](#)), [scarlet fever](#), [post-influenza bacterial pneumonia](#), [streptococcal toxic shock syndrome](#), and [necrotizing fasciitis](#).



Red and swollen tonsils, sometimes with white patches and streaks of pus - [Strep throat](#) - Mayo Clinic



[Cellulitis](#) is a common bacterial skin infection that causes redness, swelling, and pain in the infected area of the skin

QUICK LINKS

- [Group A Streptococcal \(Group A Strep\) Infections](#)
- [Molecular Epidemiology and Genomics of Group A Streptococcus](#)
- [Group A Streptococcus Fact Sheet](#)
- [Group A Strep Surveillance](#)
- [Increasing incidence of invasive Group A Streptococcus disease, Idaho, USA, 2008-2019](#)
- [ABCs Bact Fact Interactive Data Dashboard](#)

Signs and Symptoms of Strep Throat

Usually include:

- ✓ Sore throat starts quickly
- ✓ Pain when swallowing
- ✓ Fever
- ✓ Red and swollen tonsils, sometimes with white patches or streaks of pus
- ✓ Tiny red spots on the roof of the mouth
- ✓ Swollen lymph nodes in the front of the neck

Typically do not include:

- ✗ Cough
- ✗ Runny nose
- ✗ Hoarseness
- ✗ Conjunctivitis (pink eye)



Happy New Year
2023

KIDS

zone

HEALTH



Diagnosis:

Usually, healthcare providers will determine the type of illness by asking about symptoms and conducting a physical exam which mainly involves looking for fever, throat soreness, and redness or swollen tonsils or lymph nodes. If they think it is strep throat, they will do a test by swabbing the child's throat.

RAPID STREP TEST (antigen test): This test quickly shows if group A strep bacteria are present. If the test is POSITIVE, the provider will prescribe antibiotics. If it is NEGATIVE and the provider still suspects it is strep throat, then a throat culture swab is taken for the test.

THROAT CULTURE: Detects strep throat if missed by the rapid strep test.

Treatment:

Antibiotics are used to treat strep throat. **TAKE PRESCRIBED ANTIBIOTICS EXACTLY AS THE DOCTOR SAYS TO.** [Penicillin and amoxicillin](#) are most commonly used to treat group A strep. Nearly 30% of group A strep isolates are resistant to clindamycin and macrolides (e.g., azithromycin), so these antibiotics should only be used in case of true penicillin allergy.

There is a national [shortage of amoxicillin](#) that is anticipated to last several months. Alternate products are available.



STREP A CASES AND OUTBREAKS

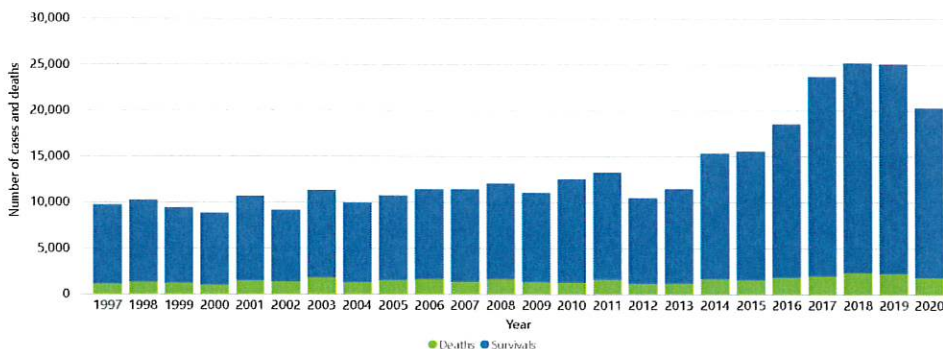


CDC estimates 14,000 to 25,000 cases of invasive group A strep disease have occurred each year in the US, for the past five years. Among children, group A strep cases are [increasing](#).

[Streptococcus Surveillance](#)

[ABC Bact Fact Interactive Dashboard](#)

Estimated number of cases and deaths of invasive GAS infections in the US*



[Number of Streptococcus cases by State](#)



LIGHTNING SAFETY FOR YOU AND YOUR FAMILY

WHEN THUNDER ROARS, GO INDOORS!

Each year in the United States, there are about 25 million cloud-to-ground lightning flashes and about 300 people struck by lightning. Of those struck, about 30 people are killed and others suffer lifelong disabilities. Most of these tragedies can be prevented. When thunderstorms threaten, get inside a building with plumbing and electricity, or a hard-topped metal vehicle!

The National Weather Service collects information on weather-related deaths to learn how to prevent these tragedies. Many lightning victims say they were "caught" outside in the storm and couldn't get to a safe place. Other victims simply waited too long before seeking shelter. With proper planning, similar tragedies can be avoided.

Some people were struck because they went back outside too soon. Stay inside a safe building or vehicle for at least 30 minutes after you hear the last thunder. While 30 minutes may seem like a long time, it is necessary to be safe.

Finally, some victims were struck inside homes or buildings while they were using electrical equipment or corded phones. Others were in contact with plumbing, outside doors, or window frames. Avoid contact with these electrical conductors when a thunderstorm is nearby!



Lightning discharge on a golf green. Photo: E. Philip Krider

AVOID THE LIGHTNING THREAT

- ✓ **Have a lightning safety plan.** Know where you'll go for safety and ensure you'll have enough time to get there.
- ✓ **Postpone activities.** Consider postponing activities if thunderstorms are forecast.
- ✓ **Monitor the weather.** Once outside, look for signs of a developing or approaching thunderstorm such as towering clouds, darkening skies, or flashes of lightning.
- ✓ **Get to a safe place.** If you hear thunder, even a distant rumble, seek safety immediately. Fully enclosed buildings with wiring and plumbing are best. A hard-topped metal vehicle with the windows closed is also safe. Stay inside until 30 minutes after the last rumble of thunder. Sheds, picnic shelters, tents or covered porches do NOT protect you from lightning.
- ✓ **If you hear thunder, don't use a corded phone except in an emergency.** Cordless phones and cell phones are safe to use.
- ✓ **Keep away from electrical equipment and plumbing.** Lightning can travel through the wiring and plumbing if your building is struck. Don't take a bath or shower, or wash dishes during a storm.



Stadiums and other outdoor venues should have a lightning safety plan. Photo: NOAA



WHAT YOU MIGHT NOT KNOW ABOUT LIGHTNING

- ✓ **All thunderstorms produce lightning and are dangerous.** Fortunately, people can be safe if they follow some simple guidelines when thunderstorms are forecast.
- ✓ **Lightning often strikes outside the area of heavy rain and may strike as far as 10 miles from any rainfall.** Many lightning strikes occur ahead of storms before any rain arrives or after storms have seemingly passed and the rain has ended.
- ✓ **If you can hear thunder, you are in danger.** Don't be fooled by blue skies. If you hear thunder, lightning is close enough to pose an immediate threat.
- ✓ **Lightning leaves many victims with permanent disabilities.** While only about 10 percent of lightning victims die, many survivors must live the rest of their lives with intense pain, neurological disabilities, depression and other health problems.



When Thunder Roars, Go Indoors!

STOP all activities.

Seek shelter in a substantial building or hard-topped vehicle.

Wait 30 minutes after storm to resume activities.

 www.lightningsafety.noaa.gov 

ORGANIZED OUTDOOR ACTIVITIES

It's essential that people in charge of organized outdoor activities understand the dangers of lightning and have a lightning safety plan. Don't be afraid to ask. If you hear thunder, it's time to get to a safe building or vehicle. Speak up!

DON'T GET CAUGHT OUTSIDE

No place outside is safe when a thunderstorm is in the area. Get inside as soon as you hear thunder. Run to a substantial building or hard-topped metal vehicle as fast as you can. If you can't get to a safe building or vehicle:

- ✓ **Avoid open areas.** Don't be the tallest object in the area.
- ✓ **Stay away from isolated tall trees, towers or utility poles.** Lightning tends to strike the taller objects in an area.
- ✓ **Stay away from metal conductors such as wires or fences.**
Metal does not attract lightning, but lightning can travel long distances through it.
- ✓ **If you are with a group of people, spread out.** While this actually increases the chance that someone might get struck, it tends to prevent multiple casualties, and increases the chances that someone could help if a person is struck.

IF SOMEONE IS STRUCK

Cardiac arrest is the primary cause of death for those who die. Lightning victims do not carry an electrical charge and may need first aid immediately.

- ✓ **Call for help. Call 9-1-1.**
- ✓ **Give first aid. Begin CPR if you are trained.**
- ✓ **Use an Automatic External Defibrillator if one is available.**
These units are lifesavers!
- ✓ **Don't be a victim.** If possible, move the victim to a safer place. Lightning CAN strike twice.



National Weather Service



THUNDERSTORM SAFETY FOR YOU AND YOUR FAMILY

BEFORE A THUNDERSTORM

- ✓ **Be Weather-Ready:** Check the forecast regularly to see if you're at risk for severe thunderstorms. Listen to local news or a NOAA Weather Radio to stay informed about watches and warnings. Preparation is key to staying safe and minimizing impacts.
- ✓ **Sign Up for Notifications:** Know how your community sends warnings. Check media severe thunderstorm alerts available in your area.
- ✓ **Create a Communications Plan:** Have a family plan that includes an emergency meeting place. Pick a safe room in your home such as a basement, storm cellar or an interior room on the lowest floor with no windows.
Get more details at [ready.gov/make-a-plan](https://www.ready.gov/make-a-plan)
- ✓ **Practice Your Plan:** Conduct a family severe thunderstorm drill regularly so everyone knows what to do if damaging wind or large hail is approaching. Don't forget pets.
- ✓ **Prepare Your Home:** Keep trees trimmed near your house. If you have time before severe weather hits, put away loose objects, close windows and doors, and move valuable objects inside or under a sturdy structure.
- ✓ **Help Your Neighbor:** Take CPR training so you can help if someone is hurt during severe weather. Conduct a drill with elderly or disabled neighbors.



Sit down with your family or friends and develop a communications plan. Photo NOAA

DURING A THUNDERSTORM

- ✓ **Stay Weather-Ready:** Continue to listen to local news or a NOAA Weather Radio to stay updated about watches and warnings.
- ✓ **At Your House:** Go to your secure location if you hear a severe thunderstorm warning and damaging wind or large hail is approaching. Take your pets if time allows.
- ✓ **At Your Workplace or School:** Stay away from windows if you are in a severe thunderstorm warning. Damaging wind or large hail could blow a heavy object at windows. Do not go to large open rooms such as cafeterias, gymnasiums or auditoriums.
- ✓ **Outside:** Go inside a sturdy building immediately if severe thunderstorms are approaching. Sheds and storage facilities are not safe. Taking shelter under a tree can be deadly. The tree may fall on you and you are at risk of getting struck by lightning.
- ✓ **In a vehicle:** Being in a hard-topped vehicle is safer than being outside; however, if you have time, drive to the closest secure shelter.

AFTER A THUNDERSTORM

- ✓ **Stay Informed:** Keep your NOAA Weather Radio or portable radio with you in your safe place/shelter, so you can listen for updates on watches and warnings and know whether the threat has passed.
- ✓ **Contact Your Family and Loved Ones:**
Let your family and close friends know you're okay so they can help spread the word. Power may be out and phone lines may be down.
- ✓ **Assess the Damage:** After you are sure the severe weather threat has ended, check your property for damage. When walking through storm damage, wear long pants, a long-sleeved shirt and sturdy shoes. Contact local authorities if you see power lines down. Stay out of damaged buildings. Be aware of insurance scammers if your property has been damaged.
- ✓ **Help Your Neighbor:** If you see someone injured, call 911. Then, if you are trained, provide first aid until emergency responders arrive.

For more information, visit [weather.gov/safety/thunderstorm](https://www.weather.gov/safety/thunderstorm)



SEVERE THUNDERSTORM RISK CATEGORIES

	Thunderstorms (No Label)	<ul style="list-style-type: none"> ✓ No Severe Thunderstorms Expected, Lightning/Flooding threats exist with all thunderstorms, Winds to 40 mph, Small hail.
1	MARGINAL (MRGL)	<ul style="list-style-type: none"> ✓ Isolated severe thunderstorms possible, Limited in duration and / or intensity. Winds 40 - 60 mph. Low tornado risk.
2	SLIGHT (SLGT)	<ul style="list-style-type: none"> ✓ Scattered severe thunderstorms possible. ✓ Short-lived and / or not widespread, isolated intense storms possible. One or two tornadoes. ✓ Reports of strong wind damage ✓ Hail - 1", Isolated - 2"
3	ENHANCED (ENH)	<ul style="list-style-type: none"> ✓ Numerous severe thunderstorms possible ✓ More persistent and / or widespread. ✓ A few tornadoes. Several reports of strong wind damage. ✓ Damaging hail - 1 - 2"
4	MODERATE (MDT)	<ul style="list-style-type: none"> ✓ Widespread severe thunderstorms likely ✓ Long-lived, widespread and intense. ✓ Strong tornadoes. ✓ Widespread wind damage ✓ Destructive hail - 2"+
5	HIGH (HIGH)	<ul style="list-style-type: none"> ✓ Widespread severe thunderstorms expected. ✓ Long-lived, very widespread and particularly intense. ✓ Tornado Outbreak. ✓ Derecho

Developed by the Storm Prediction Center (SPC)



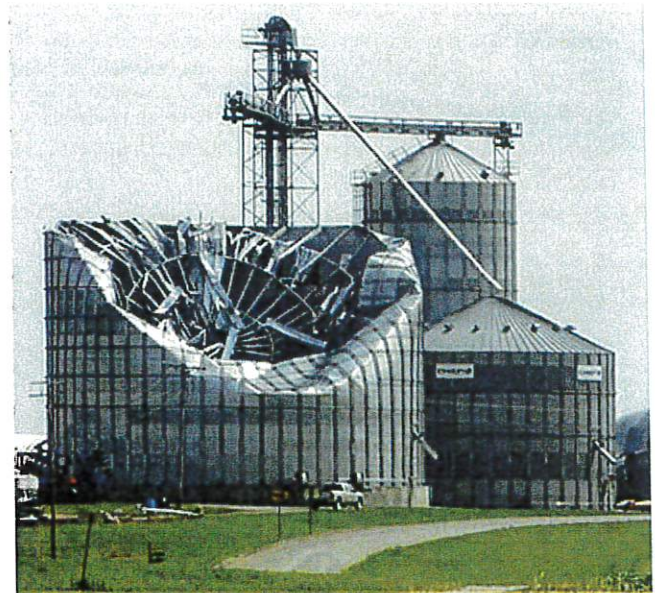
THUNDERSTORMS WATCH VS. WARNING

Severe Thunderstorm Watch: **Be Prepared!**

Severe thunderstorms are possible in and near the watch area. Stay informed and be ready to act if a severe thunderstorm warning is issued. Watches are issued by the Storm Prediction Center (spc.noaa.gov) for counties where severe thunderstorms may occur. The watch area is typically large, covering numerous counties or even states.

Severe Thunderstorm Warning: **Take Action!**

A severe thunderstorm has been indicated by radar or reported by a spotter producing hail one inch or larger in diameter and/or winds exceeding 58 mph. Warnings indicate imminent danger to life and property. Take shelter in a substantial building. Severe thunderstorms can produce tornadoes with little or no advance warning.



After a tornado, watch out for dangerous debris, such as sharp metal, glass, or downed power lines.. Photo: NOAA



FLOOD SAFETY

FOR YOU AND YOUR FAMILY

BEFORE A FLOOD

- ✓ Stay informed: Visit weather.gov or tune into your local news for the latest forecast.
- ✓ Determine whether your home, school or work is in an area likely to flood.
- ✓ Learn which roadways are likely to flood and find an alternative route so you can avoid them.
- ✓ Create a communications plan so your family will know how to connect during an emergency.
- ✓ Assemble an emergency kit.
- ✓ Prepare for possible evacuation. Pack your bags and include items for your pets so you are ready to leave at a moment's notice.
- ✓ Charge all essential electronics.
- ✓ Be Proactive: Leave before the flooding starts to avoid getting stranded.



DURING A FLOOD

- ✓ Stay informed: Tune into your local news for updates on flooding in progress.
- ✓ Get to higher ground if you are in an area that is subject to flooding.
- ✓ Follow evacuation orders and heed warning signs.
- ✓ If you have time before you evacuate, disconnect utilities and appliances.
- ✓ Avoid floodwaters: It is NEVER safe to drive or walk through them.

AFTER A FLOOD

- ✓ Stay informed: Tune into your local news for updates on affected areas and the safety of your drinking water.
- ✓ Avoid floodwaters: Standing water can hide chemicals that can make you sick, power lines that can cause electrocution and sharp debris that can seriously harm you.
- ✓ Avoid disaster areas: Your presence may hamper emergency operations.
- ✓ Heed road closure and cautionary signs.
- ✓ Wait for the "all-clear" before returning to an area that was impacted by flooding.
- ✓ Contact your family and loved ones to let them know you are okay.



Image from the FEMA Photo Library



National Weather Service

TURN AROUND DON'T DROWN®

MOST FLOOD-RELATED DEATHS AND INJURIES COULD BE AVOIDED IF PEOPLE FOLLOWED THIS SIMPLE ADVICE:

Turn Around Don't Drown®. More than 50 percent of flood-related deaths are due to someone driving or walking into floodwaters.

- ✓ **6 INCHES OF FAST-MOVING WATER** can knock adults off their feet and sweep them away.
- ✓ **12 INCHES OF MOVING WATER** can carry off a small car.
- ✓ **18 TO 24 INCHES OF MOVING WATER** can carry away larger vehicles including trucks, vans and SUVs.

If you come to an area that is covered with water, you may not know the depth of the water or the condition of the road or ground underneath. This is especially true at night, when your vision is limited. Play it safe. Whether driving or walking, any time you come to a flooded area, Turn Around Don't Drown®.



Forces on Vehicles Crossing Streams

The car will be carried when:
Buoyancy force **Greater Than** Vehicle Weight



There is no friction force once the vehicle is lifted off the road

Nearly half of all flood fatalities are vehicle related

For more information, visit weather.gov/safety/flood



TORNADO SAFETY FOR YOU AND YOUR FAMILY

BEFORE

- ✓ **BE WEATHER-READY:** Check the forecast often to see if a tornado is coming. Listen to local news or a NOAA Weather Radio to stay informed about tornado watches and warnings.
- ✓ **SIGN UP FOR NOTIFICATIONS:** Know how to get warnings. Media broadcasts and smart phones can alert residents of severe storms capable of producing tornadoes.
- ✓ **CREATE A PLAN:** Have a family plan that includes an emergency meeting place and shelter spaces. Pick a safe room in your home, such as a basement, storm cellar or an interior room on the lowest floor with no windows.
- ✓ **PRACTICE YOUR PLAN:** Conduct a drill regularly so everyone knows what to do if a tornado is approaching. Make sure all family members know where to go when a tornado warning is issued. Don't forget pets if time allows.
- ✓ **PREPARE YOUR HOME:** Consider having your safe room reinforced. You can find plans for reinforcing an interior room to provide better protection at [fema.gov/safe-room-resources](https://www.fema.gov/safe-room-resources)
- ✓ **HELP YOUR NEIGHBOR:** Encourage your loved ones to prepare for the possibility of tornadoes. Take CPR training so you can help if someone is hurt.

DURING

- ✓ **STAY WEATHER-READY:** Continue to listen to local news or a NOAA Weather Radio to stay updated about tornado watches and warnings.
- ✓ **AT YOUR HOUSE:** If you are in a tornado warning area, go to your basement, safe room or an interior room away from windows. Don't forget pets if time allows.
- ✓ **AT YOUR WORKPLACE OR SCHOOL:** Follow your tornado drill and proceed to your tornado shelter quickly and calmly. Stay away from windows and do not go to large open rooms such as cafeterias, gymnasiums or auditoriums.
- ✓ **OUTSIDE:** Seek shelter inside a sturdy building immediately if a tornado is approaching. Sheds and storage facilities are NOT safe.
- ✓ **IN A VEHICLE:** Being in a vehicle during a tornado is NOT safe. The best course of action is to drive to the closest shelter. If you are unable to make it to a safe shelter, either get down in your car and cover your head, or abandon your car and seek shelter in a low lying area such as a ditch or ravine.

AFTER

- ✓ **STAY INFORMED:** Keep listening to local news or NOAA Weather Radio for updates about more tornado watches and warnings that may be coming. The next round of thunderstorms may bring more tornadoes.
- ✓ **CONTACT YOUR FAMILY AND LOVED ONES:** Let your family and close friends know you are okay so they can help spread the word. Send text messages or posts updates on social media. These posts are more reliable forms of communication than phone calls.
- ✓ **ASSESS THE DAMAGE:** After the tornado threat has ended, check for property damage. When walking through storm damage, wear long pants, a long-sleeved shirt and sturdy shoes. Contact utilities if you see power lines down and stay away from them. Stay out of damaged buildings. Be aware of insurance scammers.
- ✓ **HELP YOUR NEIGHBOR:** If you see someone injured, call 911. Then, if you are trained, provide first aid until emergency responders arrive.



If you don't have a tornado shelter, stay in an inside room or hallway and cover your head. Photo: NOAA



After a tornado, watch out dangerous debris such as sharp metal, glass or downed power lines. Photo: NOAA



TORNADO WATCH VS. WARNING

TORNADO WATCH: BE PREPARED!

Tornadoes are possible in and near the watch area. Review and discuss your emergency plans and check supplies and your safe room.

Be ready to act quickly if NWS issues a warning or you suspect a tornado is approaching. Acting early helps save lives!

Watches are issued by the Storm Prediction Center for counties where tornadoes may occur. The watch area is typically large, covering numerous counties or even states.

TORNADO WARNING: TAKE ACTION!

A tornado has been sighted or indicated by weather radar. There is imminent danger to life and property. Move to an interior room on the lowest floor of a shelter. Avoid windows.

If you are in a mobile home, a vehicle or outdoors, move to the closest substantial shelter and cover your head to avoid flying debris.

Warnings typically encompass a much smaller area, around the size of a city or small county. Warnings are issued when a tornado is spotted on the ground or identified by a forecaster on radar.



Photo by Brad Goddard

WIRELESS EMERGENCY ALERTS CAPABLE



HORSEBACK RIDING LESSONS

At **Thunderstruck Farms Riding Academy** all students, whether beginning or advanced, are encouraged to develop their personal horsemanship skills. If your child has never touched a horse, but is horse crazy, we can help them gain the confidence and skill set required to safely handle them.

TFRA Medal and Merit Patch Level Program is for youth riders of all ages and skill levels!

TFRA Level Medals and Merit Patches are awarded sequentially. TFRA Levels are a combination of riding and horse science or unmounted learning. Each level builds on the previous information learned as a progressive learning model. Riders are evaluated and scored on mounted exercises as well as written tests by TFRA Level Testers.

Yellow- Level 1 Beginner, **Green-** Level 2 Beginner Intermediate, **Blue-** Level 3 Intermediate

Red- Intermediate Advanced, **Black Bronze-** Advanced 1, **Black Silver-** Advanced 2,

Black Gold- Advanced 3

Riders are awarded Medals, pins and Merit Patches to be added to TFRA jackets when skill levels are passed to show their **accomplishments**.

FAQs

How do I start?

- Schedule a Rider Evaluation lesson for your youth. The Rider Evaluation is a private lesson for the instructor to assess skill level and match rider with appropriate horse and accurate placement within a group lesson.

What is the commitment?

- 2x week for **12 week session** commitment. Mounted lessons: 1 hour weekly, Unmounted: 1 hour weekly

What do I need to bring?

- Long pants, flat soled heeled boots and weather appropriate clothing. TFRA provides horse, all equipment and helmet.

What is the cost?

- *Spring Session Tuition is \$280.00 / Month*

SIGN UP NOW!!!

Spring Session starts April 1, 2023 Limited spots available



Thunderstruck Farms

Home of Thunderstruck Farms Riding Academy

13500 W Pella Rd Wilber, NE 68465

Tricia Brown **402. 826.1259**

Thunderstruck Farms LLC is a full service performance horse training, breeding, showing, sales, lesson, and CHA Accredited facility located on 240 acres near Crete NE. Jeff and Tricia Brown own and operate TF. Tricia is ARI Certified, AQHA Professional Horseman, Equistrian Life Coach, with over 35 years experience teaching, training and showing horses.



Happy St Patrick's Day! We will celebrate Dr. Seuss' birthday by having a favorite lunch of Green Eggs and Ham. I, as a child, love reading this book.

I would like to remind everyone that with Late Starts (if we have anymore) breakfast will not be served.

We would like to remind everyone to please check your child/children's account and make sure they are paid. I will be sending home notes/emails if the balances are low or negative. We have talked it over with the administration. Students will need to check their lunch balance before they can get seconds. Any student who is negative will not be able to get any seconds. Any parent not wanting their child/children to have extras, please talk to your child and send me a note or email (janet.slama@wilberclatonia.org). We do accept cash to cover the extras at checkout, however we will not be able to make change in the checkout line.

Since we are in March, there may be days we will have to move menus around, as the weather is unpredictable. I will do my best to keep everyone informed. Please check the website page, Facebook and other media outlets to know what the menu will be.

Our mission is to provide and serve healthy and balanced meals to our children. We have a newer kitchen team and they are excited to be part of the WC Kitchen staff.

If you, or someone you know is looking for work while the kids are in school, please reach out to me and let me know as we are looking for another staff member to join our crew. We would love to have you on our team. You may pick up an application in the District office at school

If you have any questions please reach me at 402-821-2141 ext 316 or email me at janet.slama@wilberclatonia.org.



MARCH



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Menu is subject to change at anytime</p>		<p>1 Breakfast Pizza ***** Green Eggs & Ham Oven Potato Muffin Fruit Milk</p>	<p>2 Pancakes ***** Cream Chicken Mashed Potatoes Green Beans/Roll Fruit Milk</p>	<p>3 Yogurt & Muffin ***** Grilled Cheese Tomato Soup Vegetable Cup Fruit Milk</p>
<p>6 Bagel ***** French Toast & Sausage Oven Potato Broccoli Fruit Milk</p>	<p>7 Breakfast Taco ***** Taco Mexican Rice Corn/Black Bean Fruit Milk</p>	<p>8 Donut ***** Potato Soup Hot Ham & Cheese Sandwich Vegetable Cup Fruit Milk</p>	<p>9 Biscuit & Gravy ***** Pizza Toss Salad Cookie Fruit Milk</p>	<p>10 NO SCHOOL</p>
<p>13 Pancake on Stick ***** Chicken Sandwich Oven Potato Baked Beans Fruit Milk</p>	<p>14 Ham/Egg/Cheese Bar ***** Quesadilla Mexican Rice Oven Potato Fruit Milk</p>	<p>15 Oatmeal ***** Sub Sandwich Chips Carrots Fruit Milk 1pm Dismissal</p>	<p>16 Breakfast Sandwich ***** Choice of Sandwich Oven Potato Green Beans Fruit Milk</p>	<p>17 Yogurt & Cereal Bar ***** Fish Mac & Cheese Peas Fruit Milk</p>
<p>20 French Toast ***** Chicken Nuggets Rice Pilaf Broccoli Fruit Milk</p>	<p>21 Breakfast Taco ***** Chili Mini Bread Loaf Vegetable Cup Fruit Milk</p>	<p>22 Donut ***** Hot Dog Oven Potato Coleslaw Fruit Milk</p>	<p>23 Biscuit & Gravy ***** Wolverine Fried Rice Carrots Fruit Milk</p>	<p>24 Pancakes ***** Italian Dunkers Toss Salad Pudding Fruit Milk</p>
<p>27 Pancake on Stick ***** Corn Dog Seasoned Noodles Baked Beans Fruit Milk</p>	<p>28 Ham/Egg/Cheese Bar ***** Peanut Butter & Jelly Sandwich Chips/Carrots Fruit Milk 1pm Dismissal</p>	<p>29 Bagel ***** Grilled Cheese Tomato Soup Vegetable Cup Fruit Milk</p>	<p>30 Breakfast Pizza ***** Hamburger Oven Potato Peas Fruit Milk</p>	<p>31 Oatmeal ***** Fish Sandwich Rice Pilaf Broccoli Fruit Milk</p>



MARZO

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

<p>El menú está sujeto a cambios en cualquier momento.</p>		<p>1 desayuno Pizza ***** Huevos Verdes Y Jamón Papas al Horno mini pan de molde Fruta Leche</p>	<p>2 Panqueques ***** pollo con crema Puré de papas ejotes/pan de role Fruta Leche</p>	<p>3 el Yogurt y Muffin ***** Queso a la Plancha Sopa de tomate Copa vegetal Fruta Leche</p>
<p>6 el Beigel ***** Carne Frita pure edde papas Maiz/pan de role Fruta Leche</p>	<p>7 Desayuno Taco ***** Taco arroz ala Mexicana Frutas Leche</p>	<p>8 Donut ***** Potato Soup caliente de jamon y queso copa vegetal Frutas Leche</p>	<p>9 la Galleta y el caldo ***** Pizza ensalada la galleta Frutas Leche</p>	<p>10 NO Hay Clases</p>
<p>13 panqueque en el palillo ***** Sandwich Pollo papas al horno Frijoles cocidos Frutas Leche</p>	<p>14 Jamón/huevo/bar queso ***** Quesadilla arroz ala mexicana papas al horno Frutas/Leche</p>	<p>15 Oatmeal ***** Sandwich Sub chips la zanahoria Fruit leche 1pm despido</p>	<p>16 desayuno sandwich ***** eleccion de sandwich papas al horno ejotes Fruta Leche</p>	<p>17 el Yogurt & barras de cereal ***** Pedazos de pescado mac arrones con queso el guisante Fruit/Leche</p>
<p>20 Pan frances ***** Nuggets de pollo arroz pilaf la zanahoria Fruta Leche</p>	<p>21 desayuno Taco ***** Con Chili Mini Pan de molde Copa vegetal Frutas Leche</p>	<p>22 Donut ***** Peros Calinetes papas al horno Coleslaw Frutas Leche</p>	<p>23 la Galleta y el caldo ***** Wolverine arroz fried la zanahoria Fruta Leche</p>	<p>24 Panqueques ***** Pedazo de pan ensalada Pudin Fruta Leche</p>
<p>27 panqueque en el palillo ***** Corn Dog Fideos Sazonados Frijoles cocidos Frutas Leche</p>	<p>28 Jamón/huevo/bar queso ***** la mantequilla de maní y jalea sandwich Chips la zanahoria Fruta/Leche</p>	<p>29 el Beigel ***** Queso a la Plancha Sopa de tomate Copa vegetal Fruta Leche</p>	<p>30 desayuno Pizza ***** La Hamburguesa papas al horno le guisante Fruta Leche</p>	<p>31 Oatmeal ***** Pedazos de pescado arroz pilaf la zanahoria Fruta Leche</p>

March



2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Speech Districts TBD 7 pm PTO Mtg	2 Speech Districts TBD G State BB	3 No School for Kindergarten Kindergarten Round Up 8 am Speech	4 Speech Districts TBD Girls State BB
5	6 SNC Quiz Bowl @ WC	7	8 JH/Open State Livestock Eval Contest	9 Make a Wish Auction B State BB	10 NO SCHOOL B State BB 8 am Harvard Show Choir Competition 10 am FFA Hosting UNL Ag Ed Students	11 WC Wrestling Club Tournament B State BB
12	13	14 7:30 a.m Mobile Dairy Classroom 7 pm JH Pre Contest Concert	15 1 pm DISMISSAL	16 8 am State Speech @ Kearney 4 pm JH Music Contest	17 10 am V Track @ Doane	18 7 am Class C All State Band
19 7 pm Regular Board Mtg	20	21	22	23 ACT Test 10 am Tennis @ Ryder Park -GI	24 3:30 pm Track Invite @ Louisville	25 8 am Alumni BB & VB Tournament 9 am Exeter Feeders & Breeders
26 Alumni BB Tournament	27 6:30 pm FFA Mtg 7:00 Friends of Music Mtg	28 1 pm DISMISSAL 2 pm W-C Track Invitational	29 State FFA Convention 4 pm Tennis vs Hastings @ Wilber	30 State FFA Convention 10 am JH Track Invite @ Friend	31 State FFA Convention	

Be the Best Person You Can Be!

PRIDE:
Positive Responsible Individuals Dedicated to
Excellence

Wilber Clatonia Public Schools

PO Box 487, 900 S Franklin St

Wilber, NE 68465

402-821-2266 District 402-821-2508 High School 402-821-2141 Elementary 402-821-3013 Fax

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