



Wilber Clatonia Public Schools

The Wolverine

March 2024

From the Superintendent-Mr. Collins

Congratulations to all of the winter activities participants. We are currently winding down the “winter seasons” and gearing up for spring. In my career the spring has always seemed to “fly by” and I am certain this year will be no different. Both students and staff will be busy with mandatory State testing, finishing up academic requirements and several activities and awards banquets.

We are interviewing or have interviewed for 10 different teaching or classified positions so far. Five of these are open due to retirement, including myself. One (Spanish) is a position that has been open for a couple of years. Other positions are open as different staff are relocating to their “home” district or moving to be closer to partners etc. We do continue to receive applications but the number of applicants are fewer than when I started in school administration some 30 years ago.

The Wilber Clatonia Foundation Board held their annual meeting in February. They discussed several items including the identification of candidates for the foundation Board of Directors. Two members, Chris Linhart and Josh Heller indicated they would not be seeking another term. Thank you to both for their dedicated service to the Wilber Clatonia Foundation. The group identified Greg Zoubek and Connie Strouf as candidates to fill the vacated positions and the Board of Education approved them at their February meeting. The Foundation treasurer also reported \$1,827,300.02 in assets as of January 31st and noted additional funding may be coming in after the settlement of some estates. The Foundation continues to be one of the gems our District has.

There are some projects on the horizon: 1) summer carpet replacement in 6 elementary classrooms and the two high school music rooms; 2) replacement of antiquated equipment and enhance our internal network; 3) install keyless entry, update cameras and select security devices to improve building access control.

I continue to work on transition with Mr. Petersen who will be taking over on or about July 1. Personally, it is becoming a little odd to be making choices and decisions that I probably won't see to the end. I still, as always keep in mind our mission of helping Wilber Clatonia students be the best people they can be as I work toward the end of my career. As always, stay in touch. Go Wolverines!

2024-2025

Calendar Dates

<u>Aug 9th</u> New Staff Orientation	<u>Jan 6</u> Staff Workday
<u>Aug 12, 13, 14</u> Teacher Inservice/Workdays	<u>Jan 7th</u> Classes Resume
<u>Aug 15th</u> First Day of School 1:00 p.m Dismissal	<u>Jan 10</u> 1:00 p.m Dismissal Home Wrestling Dual
<u>Aug 16th</u> 1:00 p.m. Dismissal	<u>Feb 12</u> 1:00 p.m. dismissal- <u>P/T Conferences</u> 3:30-8:00 p.m
<u>Sept 2nd</u> NO SCHOOL - Labor Day	<u>Feb 13</u> NO SCHOOL-Data Retreat <u>P/T</u> Conferences 3:30-7:30 p.m.
<u>Sept 25th</u> 1:00 p.m Dismissal P-T Conferences 3:30-8:00 p.m.	<u>Feb 14</u> NO SCHOOL-Comp Day
<u>Sept 26th</u> 1:00 p.m. Dismissal P-T Conferences 3:30-8:00 p.m.	<u>Feb 21</u> NO SCHOOL
<u>Sept 27th</u> NO SCHOOL- Comp Day	<u>Mar 5th</u> 1:00 p.m. Dismissal
<u>Oct 9th</u> 1:00 p.m. Dismissal	<u>Mar 14th</u> NO SCHOOL
<u>Nov 1st</u> NO SCHOOL Fall Break	<u>Apr 1</u> 1:00 p.m. Dismissal
<u>Nov 27-29</u> NO SCHOOL- Thanksgiving Break	<u>Apr 18- Apr 21</u> NO SCHOOL Spring Break
<u>Dec 4th</u> 1:00 p.m Dismissal	<u>Apr 30th</u> 1:00 p.m. Dismissal
<u>Dec 20</u> 1:00 p.m. Dismissal Last Day before break	<u>May 17th</u> 2:00 p.m. Graduation
<u>Dec 23</u> -Jan 3 NO SCHOOL Winter Break	<u>May 20th</u> Last Day of School 1 pm dismissal
<u>Dec 22-Dec 26th</u> NSAA 5 Day Winter Practice Moratorium	<u>May 21st</u> Staff Workday

Driver's Education Classes for 2024

There will be **NO CLASSROOM PHASE** this year for Driver's Education classes, all will be done **ONLINE**.

Each student will be required to complete the **ONLINE** instruction on their own. Once you have registered and paid the fee, you will be given further instructions for the **ONLINE** class. The instructor will determine the driving phase.

The class will be limited to the first 40 students who register for the program. Registration will conclude on **Friday, March 29, 2024**.

The State of Nebraska mandates that the students must be 14 years and 2 months of age to get a Learner's Permit and must have a permit (LPE, LPD, SCP), by the time they begin driving on public roadways while learning to drive. This includes class driving.

For rules mandated by the State, please see the reverse side. Any questions regarding the program should be directed to Mr. Nick Behring at 402-821-2508 or nicholas.behring@wilberclatonia.org

Anyone interested in the class must bring a **COPY OF THEIR PERMIT, completed bottom portion of this form along with the TUITION of \$300.00 to:**

Wilber Clatonia High School

ATTN: Nick Behring

P.O. Box 487

Wilber, NE 68465

The tuition for the class must be paid for at the time of registration. The tuition is non-refundable once the student begins any phase of the program. Please make checks payable to Wilber-Clatonia Public School.

*******RETURN THE BOTTOM PORTION WITH PAYMENT*******

Student's Full Name: _____

Student's Date of Birth: _____

Student Cell # _____ Parent Cell #: _____

Student Email: _____ Parent Email: _____

Student Current Grade: _____

***** OVER*****

As of January 1, 2013, the Department of Motor Vehicles began processing School Permit/Provisional Operator's Permit waivers electronically. All students are being **REQUIRED** to have a school or learner's permit prior to the Driver Safety Course. You must present your school/learner's permit to the instructor.

Once your student has successfully completed the course, they will be given a card with the necessary information for the student to process their application on line.

1. Applicants must be at least 14 years and two months old, but younger than 16 years and three months to be issued a School Permit (SCP). The SCP expires when the individual is 16 years and three months of age.
2. No Provisional Operator's Permit (POP) can be issued until such person:
 - A. Has possessed a Learner's Permit (LPD) for at least six months (a School Learner's Permit (LPE) and School Permit (SCP) will also be accepted to meet this requirement; and
 - B. Has not accumulated three or more points on their driving record during the six month period immediately preceding the POP application date.
3. During the first six months of the POP, the holder can only operate a motor vehicle with no more than one passenger who is not an immediate family member and who is under nineteen years of age.
4. Individuals presenting a **50 Hour Certification** form when applying for a POP must also indicate that at least 10 hours of motor vehicle operation was between sunset and sunrise.
5. The holder of an LPE, SCP, LPD or POP shall not use any type of interactive wireless communication device while operating a motor vehicle. Interactive wireless communication device means any wireless electronic communication between two or more parties, including, but not limited to, a mobile or cellular phone, a text messaging device, or a personal digital assistant that sends or receives messages, an audio-video player that sends or receives messages, or a laptop computer.
6. Enforcement of the hours of operation and passenger limitation for POP holders and no use of a wireless device while operating a motor vehicle for LPE, SCP, LPD and POP holders is a secondary action when the permit holders have been cited or charged with a violation of some other law.

Band Students and Parents,

Summer is just around the corner and I am sure many of you have already started making plans. Hopefully, this summer band schedule reaches you soon enough that we can limit our conflicts. We should be able to prepare in a few short rehearsals, but it is important that our band program is well represented at Czech Days.

***All grade levels refer the students' grade level during the upcoming 2024-2025 school year.**

If your child needs a Czech outfit, please begin making those arrangements soon. I know that students are very busy during this weekend, but we want to make sure our band program is well represented at Czech Days as this is one of our most attended performances of the year. It is very important that students are in attendance for rehearsals and performances. All incoming 6th graders and students who have not marched before will need a lyre and flip book for their instrument. These can be ordered from any music store or many places online. If you need help finding these items, send me an email and I can point you in the right direction. Please let me know as soon as possible if your child has any conflicts so that I can plan accordingly. My email (leighann.campbell@wilberclatonia.org) is the best way to reach me.

Sincerely,
Leighann Campbell

Summer Band Lessons- All Incoming Grades 6-12

Any student in grades 6-12 is welcome to take individual lessons during July. This is a great opportunity if you are learning a different instrument for jazz band, preparing for future auditions, or just looking to get ahead. Additional times/days may be made available as time slots fill. Please contact Ms. Campbell as soon as possible if you are interested in individual lessons. Please include your top 3 choices for days/times. I will try to give everyone their first choice, but it will be on a first come first serve basis.

Summer Band lessons will be on July 2-3, 9-10, 16-17, and 23-24. Camp for all students is July 30, 31, and August 1 and Czech Days is August 2-4.

Where: Lessons will be in the band room.

What you need to bring: Instruments, Czech Days music, and your current method book

TIME	TUESDAY	WEDNESDAY
10:00-10:30 AM	7 th & 8 th Grade Percussion	6 th Grade- Percussion
10:30-11:00 AM	7 th & 8 th Grade Alto Sax, Trumpets	6 th Grade- Trumpets, Trombones, and Baritones
11:00 AM - Noon	7 th & 8 th Grade Flutes/Clarinet 11:00-11:30	6th Grade Band (all 6th grade band students)
	7 th & 8 th Grade Trombone, Baritone, Tuba, Tenor Sax, & Bari Sax 11:30-12:00	
12:00-12:30 PM	Lunch	6 th Grade - Flutes, Alto Sax, and Clarinets
12:30-1:00 PM	Individual Lesson	Lunch
1:00-1:30 PM	Individual Lesson	Individual Lesson
1:40-2:00 PM	Individual Lesson	Individual Lesson
2:00-2:20 PM	Individual Lesson	Individual Lesson
2:20-2:40 PM	Individual Lesson	Individual Lesson
2:40-3:00 PM	Individual Lesson	Individual Lesson
3:00-3:20 PM	Individual Lesson	Individual Lesson
3:20-3:40 PM	Individual Lesson	Individual Lesson
3:40-4:00 PM	Individual Lesson	Individual Lesson

Czech Days Week Schedule

Tuesday, July 30th

8:30-10:00 AM	7-12 grade - Rehearsal in the band room
10:30-11:30 AM	6 th Grade - Rehearsal in the band room

Wednesday, July 31st

8:30-10:00 AM	7-12 grade - Rehearsal in the band room
10:30-11:30 AM	6 th Grade - Rehearsal in the band room

Thursday, August 1st

8:30-10:00 AM	7-12 grade - Rehearsal in the band room
10:30-11:30 AM	6 th Grade - Rehearsal in the band room

FRIDAY, August 2nd – Children’s Parade

6th Grade Band

6:30 PM	Meet at the Library in Czech Days Uniform
7:00 PM	Parade in Wilber

SATURDAY & SUNDAY, August 3rd and 4th – Downtown Parade

7TH-12TH Grade Band

12:30 PM	Meet at the Post Office in Czech Days Uniform
1:00 PM	Flag Raising Ceremony
1:30 PM	Meet at 7 th and School Street in Czech Days Uniform
2:00 PM	Czech Days Parade

Uniforms

All Grades - Uniforms for Czech Days

Guys/Girls: black shorts, vest, white shirt, tennis shoes and socks.

Optional Girls: Czech colored skirts, vest, white blouse, tennis shoes and socks.

Czech outfits are available at the Craft Cottage downtown, you may make your own, and there are several people in town who also make them. Check on this early!!!

Bring all instruments and equipment to each rehearsal. Wear appropriate outdoor rehearsal clothing and athletic shoes. **NO SANDALS OR BARE FEET.** Protect your feet from blisters and skin from sunburn. Bring water bottles for outdoor rehearsals.

High School Counseling News

March 2024

Jill Shea-Carpenter
jill.shea@wilberclatonia.org
402-821-2508, ext. 309



Graduation 2024
Saturday, May 11, 2024
2 pm - High School Gymnasium

2023-2024 ACT Test Dates:



Test Date	Registration Deadline	Late Fee required
Sat, Apr 13, 2024	Fri, Mar 8, 2024	Apr 5, 2024
Sat, June 8, 2024	Fri, May 3, 2024	May 31, 2024
Sat, July 13, 2024	Fri, June 21, 2024	July 5, 2024
Fee: \$66.00 Test option change: \$25.00	Fee w/writing: \$91.00 Additional Score reports: \$18.00	Late fee: \$36.00 Test Date Change: \$42.00

Students planning to attend any SCC campus

The scholarship window for High School Seniors only opens on Friday, December 1st, 2023. It will remain open until March 1st, 2024. **DON'T FORGET TO APPLY!**

Acting Out in School: When Your Child is the Class Troublemaker

By James Lehman, MSW, December 2024, *Empowering Parents*

When students engage in talking out of turn, ignoring instructions, or using disrespectful language in the classroom, it disrupts the learning environment.

Moreover, disregarding the teacher's authority and making rude comments are also considered disrespectful behaviors that can negatively impact the overall classroom dynamic and student achievement.

It's essential to address and discourage such behaviors to maintain a respectful and conducive atmosphere for learning.

Now, many of you may be thinking “this does not pertain to me or to my children”, but before you completely ignore, think about this. One child talking may not be a big deal, but one child leads to the next and the next and pretty soon, no one is paying attention. So many kids turn in work that is awful, then complain because they don’t have a good grade. Kids want to be entertained now instead of learning because society jumped into technology before realizing the impact. Kids cannot stay focused, and often the teachers are blamed, which is not the case. Learning is interactive. Teachers can teach, but students need to take the initiative to want to learn. Often they don’t because they would rather stare at a screen. And some parents push screens on children because they don’t want to deal with behaviors.

Every parent of an acting-out child knows that once your kid has a reputation for being a troublemaker at school, it’s very difficult to undo that label. That’s because your child *becomes* the label. When the teacher looks at your child, the teacher often just sees a troublemaker.

Sadly, it’s hard to change that image because even when your child tries harder, the label is reinforced when they slip up.

And then they’re really in trouble, because not only are they still a troublemaker—now they’re seen as a manipulator, too.

We all know that teachers and other adults (including us) assign labels to kids all the time. And we know that doing so doesn’t help the problem. Labels are unfair, subjective, and stick with a child even if that child manages to change for the better.

Nevertheless, school teachers, like all of us, label kids. And that’s not going to change. Make no mistake, teachers talk and are well aware of who the troublemakers are before they get to their class at the beginning of the year. After all, it’s part of their job to anticipate and plan for the behavioral issues they will be dealing with in their classroom.

Be Honest with Yourself About Your Child’s Behavior

I advise parents to be honest with themselves about their child’s behavior. Have an open mind about your child so that you can help the school improve your child’s behavior.

Part of what you have to do as a parent is distinguish between the label and your child’s style of functioning in school. In other words, if your child has been called a troublemaker, ask yourself what exactly that means. How do they make trouble? Do they speak out of turn in class? Are they easily distracted and bothersome to the students sitting next to them? Or are they disrespectful, threatening, or abusive?

Don’t Defend Your Child When They’re in the Wrong

It’s important to assert yourself as a parent and advocate for your child at school. But it’s just as important *not* to defend them when they’re in the wrong.

Understand that defending your child when they have behaved inappropriately will not help them develop appropriate behavior skills. So if your child is known as a school troublemaker and is disruptive and rude in class, you must acknowledge that.

Don’t forget, for many parents of kids with behavior problems, it’s easier to fight with the school than it is to change their child’s behavior. And when you fight with the school, you let your child off the hook instead of having him or her make needed changes.

Therefore, whenever possible, though it can be difficult, parents need to work in tandem with teachers and the school.

Don’t Undermine the Teacher’s Authority

If parents have a problem with a teacher or the school, they should never discuss it in front of their child. Make no bones about it, if you undermine the teacher openly at home, it becomes almost impossible to get your child to behave appropriately with that teacher.

I understand that parents won’t always agree with their child’s teacher. In certain cases, I thought my son’s teachers had some rules that didn’t make sense. My wife and I talked about it and discussed it with the teacher, but my son never knew it. That was because we wanted to uphold the image of the school as an entity that has to be respected—and one in which our son knew he had to behave respectfully.

Teach Your Child That Life Isn’t Always Fair

Don’t try to eliminate everything your child doesn’t like in life. Instead, help them manage things even when life isn’t fair. After all, there’s going to be injustice in school and life, and parents should explain that to their kids. I think it’s good to say to your child:

“That’s an injustice, and you’ll have to deal with it. Life isn’t always fair.”

Some things in life aren’t fair, and part of growing up is learning to deal with that fact. There is no such thing as a school where everything is fair, and there is no such thing as a workplace where everything is fair.

Teach Your Child That School is Like a Job

In my opinion, going to school is like having a job. You coach your child through their school career the same way you might give them advice when they start a profession. You can say:

“You have to learn to get along. There are going to be good people and bad people. There are going to be good times and bad times. There are going to be people who don’t like you and people you don’t like.”

When I worked with kids who didn’t get along with their teachers, I would say:

“Look, it’s your job to get along with your teacher, not your teacher’s job to get along with you.”

A teacher’s job is to be respectful of their students and to help them learn. It’s not their job to humor kids when they’re in a bad mood or when they act out. No workplace does that. So when your child complains about their teacher, I would say:

“Whether you work at a gas station or a law firm, your boss and co-workers won’t put up with that kind of behavior. You have to learn how to get along. That’s part of becoming a grown-up.”

We all know that some of the most important criteria for success at a job are: “How well does this person manage adversity? How well do they get along with people they don’t like? How do they deal with supervisors who are a pain in the neck?”

We’re all going to have that in life. So the idea is to give your child the skills to get along no matter who he or she is dealing with.

When to Give Additional Consequences at Home for Behavior at School

Let’s face it: every parent whose child acts out in class gets sick of hearing from the school—even if they know their child is legitimately a problem.

Many parents don’t want to hear from the school about their child’s behavior. Rather, they want the school to handle it. But, often, the school thinks parents should be more involved in dealing with inappropriate behavior.

So when should parents get involved? I think the answer to that is straightforward. In my opinion, it depends on whether the problem is *functional* or *relational*. Let me explain.

A functional problem is an inability to follow the rules consistently. Functional problems include being late for class, chewing gum, or running down the hall. I think schools should handle those problems. It’s their school, and they need to manage it. I do not think parents should give additional consequences at home for functional behavior problems.

But the whole game changes when it comes to *relational* problems. Relational problems are an inability to get along with others or an inability to respect the rights and property of others. Disrespect, threatening, verbal, and physical abuse are all relational problems.

If your child steals, if he’s physically abusive, if he’s threatening, if he gets into a fight, the parents need to hold him accountable and give consequences at home in addition to the consequences the school assigns.

How to Handle Functional Problems — The Inability to Follow Rules

If your child tells you, “I got detention because I was running in the hall,” the thing to ask them is:

“All right, so what are you going to do differently next time? What did you learn from this?”

Don’t give speeches. Rather, just ask simple questions that help your child clarify the situation. Don’t judge them and be as matter-of-fact as possible. Just shrug and say:

“Well, that’s life. You can’t run down the halls in school.”

And teach your child by simply saying:

“Look, you know what you’re doing. You made a choice. Now take your consequences and learn from them.”

And leave it at that—no long lectures. Just state the facts and allow them to bear the consequences of their choices to break the rules.

Don’t Shield Your Child from Consequences

Again, one of the things parents have to avoid is shielding their child from consequences. You’re making a big mistake if your child destroys property or assaults someone at school, and you do everything you can to protect them so that they don’t have to face the consequences.

I think it’s okay to support your child while they deal with consequences—I would. But the more you shield them from consequences, the less likely their behavior will change. Let’s face it, people don’t change until there’s pressure to change. And unfortunately, that pressure often comes from negative consequences, whether it’s a ticket for speeding or a suspension for being physically aggressive in school.

As adults, we understand that people get tickets all the time for speeding. You may not like getting a ticket. And you may not think it’s fair that you were singled out. But the bottom line is that the ticket makes you look at your behavior and change it.

When a child gets in serious trouble at school, many parents become worried that it will go on their permanent record. Is that a legitimate worry for a parent? Yes. But you don’t soothe those worries by sweeping the problem under the rug.

Let me be clear: if your child assaults someone at school and doesn’t get a record now, they’re going to get a worse one later—that’s all there is to it.

Tell the Teacher What Works for Your Child

I recommend that you tell your child’s teacher how you deal with their behavior at home. If your child has a history of behavior problems, meet with their teacher early on in the year and say:

“We know that Jake can be disruptive. This is how we deal with it at home. And if there’s any way we can help you, please let us know.”

Certainly, you should tell a teacher what works and what doesn’t work at home. This doesn’t mean you’re limiting them. Instead, you’re helping them be more effective with your child’s behavior in the classroom.

So if you have specific techniques you use, share them. An example might be:
“We find Jake does his homework better when his door is open, or he’s sitting at the dining room table. So he might do better in school if you have him sit close to your desk.”

Or:
“We find Jake does better at home when we get him started. So if you could take a minute to get him going on the assignment, it might work out better.”

Be sure to ask your child’s teacher how you can be helpful. Be open to what they say—they might have some great ideas. Ask the teacher:

“What can we do at home to help support you at school?”

Parents and Teachers: Be on the Same Team

Parents and teachers should be on the same team. But too often, they’re not. There was a time when teachers and parents worked together—when if the teacher called a parent, the parent genuinely worked on changing their child’s behavior. Kids were held accountable at home, and their behavior was better at school. Nonsense just wasn’t tolerated the way it is today.

Things are different now. Too often, parents blame teachers, and teachers blame parents. And children are in the middle and often get away with their inappropriate behavior by playing their teachers and parents off one another. Kids can be highly manipulative in this respect. A misbehaving child doesn’t want the parent and teacher on the same team.

I think the parent’s attitude should be, “How can we help the teacher do their job? What can we do at home?”

Similarly, the teacher’s attitude should be, “In what areas do I need the parents’ support, and what is my responsibility? How can we work together to get this child on track?”

I’ve heard a lot of stories about bad teachers. I’ve met one or two myself. But, by and large, I believe most teachers are trying their best. And if you have an issue with a teacher, I recommend you go to that teacher and talk about it. And if that doesn’t work, set up a meeting with an administrator.

Just realize that the more adversarial your relationship with the school, the more your child’s behavior will go unchecked. And the more the troublemaker label is going to stick. And that’s not good for your child. Don’t forget, when parents and teachers fight, nobody wins. And the result is that your child doesn’t feel they have to change their behavior.

Conclusion

The bottom line: support your school if your child has a discipline problem. That is what is best for your child. It may not feel best for your ego, but that is what’s best for your child. Is this a lot of work? Yes, it is. But I think parents need to try to find the time to do it.

I know that sometimes I expect a lot from parents. But kids need a lot of parenting nowadays. And often, that means working with your child’s school.

Be aware. Be helpful.
Be supportive. Be understanding.



ALWAYS CHOOSE KIND.

What is your Leprechaun Name?

First Letter of Your First Name

- | | |
|---------------|--------------|
| A Goldie | N Charming |
| B Shamrock | O Sneaky |
| C Lucky | P Cabbage |
| D Emerald | Q Playful |
| E Blessed | R Ginger |
| F Fortunate | S Paddy |
| G Soda | T Kind heart |
| H Speedy | U Fortunate |
| I Greeny | V Flowery |
| J Charmed | W Tradition |
| K Magical | X Evergreen |
| L Mischievous | Y Fruity |
| M Rainbow | Z Blessed |

Your Birth Month

- | | |
|-----------|----------------|
| January | Rainbow Hair |
| February | Dancing Clover |
| March | Gold Hat |
| April | Green Cheeks |
| May | McNaughty |
| June | O' Spud |
| July | McAle |
| August | Pointy Shoes |
| September | Pot O' Gold |
| October | Orange Tooth |
| November | Twinkle Toes |
| December | O' Rich |





saint patrick's day

What are Leprechauns? Mad Libs

The 1. _____-haired, 2. _____-clothed Leprechaun is commonly associated with 3. _____ The original Irish name for these figures of 4. _____ is "lobaircin," meaning "5. _____-bodied fellow." Belief in leprechauns likely stems from Celtic belief in 6. _____— tiny men and women who could use their 7. _____ powers to serve good or evil. In Celtic folktales, leprechauns were 8. _____ souls, responsible for mending the shoes of the other 9. _____s.

2

1. Name of a color _____
2. Name of another color _____
3. Name of a Holiday _____
4. Noun _____
5. Adjective _____
6. A magical being _____
7. Adjective _____
8. Adjective _____
9. A magical being _____

1





saint patrick's day

Baking Irish Soda Bread Mad Libs

Irish soda bread originated in 1. _____ back in the early 2. _____ and since it could be 3. _____ in an iron pot or on a 4. _____ it allowed 5. _____s who didn't have an oven (which was most 5. _____s at the time) to make bread. Nowadays, it's much 6. _____ to recreate a traditional soda bread recipe with the use of an oven, as long as you have some 7. _____ baking soda, buttermilk, salt and a few other simple 8. _____s on hand. Serve it warm with 9. _____ butter.



1. Name of a country _____

2. A year _____

3. Past tense Verb _____

4. Noun _____

5. Living creatures _____

6. Adjective _____

7. Name of an edible _____

8. Noun _____

9. Adjective _____



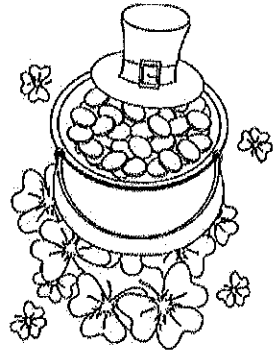
Name: _____

Date: _____

Class: _____

Teacher: _____

St. Patrick's Day Word Search



Z U L R A I N B O W J Q K P P E S D M K
T B W A X M V V O O F I K Y A O Y K K K
S G A K F A I H I I P O C K I T T W S T
L G A P Q G D J H X R C L D R A R T A J
X O W A C I M R C Y J I Z K E I B I E P
A L R R L C C E L T I C S H L N J P C D
K D S A O U K V I J X Q A H A O D D L K
K U H D V F O E I X L U C K N Q R X P Z
Z C A E E I G R E E N G F S D Y L E U V
K S M D R R L B Y U T I Q L W D E J W G
Z S R O E E J G Z L E P R E C H A U N S
Z S O X L W W W L F C T F M B J V O N X
Q A C B V I P K M U V P L P A N G L S V
L I K T E S O K W M T A Q N P R S H V M
Z N U O S H X J F W H C H W Q G C M P V
X T B M P C O R N E D B E E F S Q H Z N

FOLKLORE
PARADE
IRISH
CELTIC
LUCK

CLOVER
PATRICK
RAINBOW
GREEN
WISH

SHAMROCK
POT
CORNER BEEF
SAINT
ELVES

MAGIC
IRELAND
LEPRECHAUNS
MARCH
GOLD

Healthy Habits Start Early



Good eating habits begin early in your child's life. As early as infancy, you can help your child grow lifelong healthy eating habits. You are your child's best role model so while you help her to eat healthy, try to do the same too!

Healthy Feeding and Eating

For Your Infant

- It is important to breastfeed for at least 6 months. She will be more likely to have a healthy weight as she gets older.
- Put breast milk or formula, not cereal, in your baby's bottle. Cereal adds extra calories that she doesn't need.
- Try to wait until your baby is around 6 months to start healthy solid foods like pureed vegetables, jarred baby foods, and infant cereals. Starting solid foods too early can lead to problems with overweight and obesity later.
- Around 8 or 9 months try offering your baby small amounts of healthy finger foods like grilled chicken, cooked carrots, and cut up strawberries. This will help your baby learn to eat healthy.
- Breast milk, formula, and water are the best drink choices for your baby. Soda pop, 100% fruit juice, and sport drinks add extra calories to her diet and can harm her new teeth.

For Your Toddler

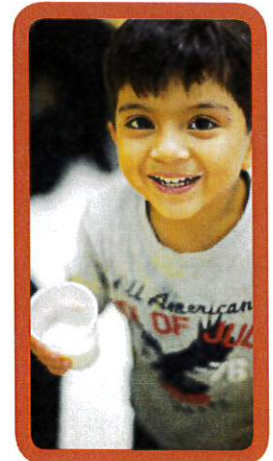
- Offer your toddler healthy snacks like small cubes of cheese, sliced banana, or whole grain crackers two to three times per day. This will help him stay full in between meals and reduce hunger-related temper tantrums.
- Try to be patient with picky eaters. He may need to try a food 10 to 15 times over several months before he will eat it.
- Try giving your toddler a choice between two healthy options. He will be more likely to eat healthy food if he picks it out.
- Milk and water are the healthiest drink choices for your toddler. Soda pop, 100% fruit juice, and sport drinks add extra calories to his diet and can harm his teeth.

For Your Preschooler

- Let your child help you in making healthy meals and snacks. She will be more likely to try healthy foods if she helps out.
- Try to keep your kitchen stocked with simple, healthy snacks like carrots, sliced apples and peanut butter, or string cheese. This will help you and your preschooler eat healthy, even on busy days.
- Milk and water are the healthiest drink choices for your preschooler. Soda pop, 100% fruit juice, and sport drinks add extra calories to her diet and can harm her teeth.

For Yourself and Family

- Your child is learning healthy habits by watching you. Try to eat healthy too.
- Set playtime, mealtime, and bedtime routines to make day-to-day life less stressful.
- Talk with your child's doctor, Head Start staff, and other parents to get healthy eating tips.



Los buenos hábitos para la salud empiezan temprano

Los hábitos para una buena alimentación empiezan temprano en la vida de su hijo. Desde que su hijo es bebé usted puede ayudarle a desarrollar hábitos alimenticios saludables. Usted es el mejor ejemplo para su hija, y por eso, al tiempo que le ayuda a ella a comer de manera saludable, ¡trate de hacerlo usted también!

Cómo alimentar a su hijo para que este coma de forma saludable

Para su bebé

- Es importante dar pecho a su bebé por lo menos durante seis meses. Su hija tendrá la tendencia a tener un peso saludable a medida que vaya creciendo.
- Ponga leche materna o maternizada en la botella de su bebé, y no cereal. El cereal agrega calorías adicionales que su bebé no necesita.
- Trate de esperar a que su bebé haya cumplido seis meses de edad antes de que comience a darle alimentos saludables sólidos, tales como puré de verduras, comida para bebé enfrascada y cereales para bebé. Comenzar a darle alimentos sólidos demasiado pronto a su hijo pudiera dar lugar a problemas de sobrepeso y de obesidad más adelante.
- Alrededor de los ocho o nueve meses de edad trate de ofrecerle a su bebé cantidades pequeñas de alimentos saludables que puedan comerse con las manos, como pollo a la parrilla, zanahorias cocidas y fresas picadas. Eso ayudará a que su bebé aprenda a comer saludablemente.
- Las mejores opciones de bebidas para su bebé son la leche materna, maternizada y el agua pura. Las gaseosas, las bebidas que contienen 100% de jugo y las bebidas deportivas agregan calorías adicionales a la dieta alimenticia y pueden dañarle los dientes de leche.

Para su niño pequeño

- Dos o tres veces al día, ofrezca a su niño pequeño refrigerios saludables, como por ejemplo, cubitos de queso, rebanadas de plátano o galletas de granos integrales. Esto le ayudará a permanecer satisfecho entre las comidas y reducirá las pataletas que le den por tener hambre.
- Trate de ser paciente con los niños quisquillosos para la comida. Es posible que tengan que probar cierto alimento de 10 a 15 veces antes de que lo coman.



- Trate de darle a su niño pequeño la opción entre dos alimentos saludables. Será más probable que coma alimentos saludables si él los selecciona.
- La leche y el agua pura son las opciones de bebidas más saludables para su niño pequeño. Las gaseosas, las bebidas que contienen 100% de jugo y las bebidas deportivas agregan calorías adicionales a la dieta alimenticia y pueden dañarle los dientes de leche.

Para su niño en edad preescolar

- Permita que su hija le ayude a preparar comidas y refrigerios saludables. Será más probable que ella pruebe alimentos saludables si usted permite que ella le ayude.
- Trate de mantener abastecida su cocina con refrigerios sencillos y saludables como zanahorias, rebanadas de manzana con mantequilla de maní o queso de hebra. Eso ayudará para que, aun en los días más ocupados, usted y su hijo pequeño coman saludablemente.
- La leche y el agua pura son las opciones de bebidas más saludables para su niño en edad preescolar. Las gaseosas, las bebidas que contienen 100% de jugo y las bebidas deportivas agregan calorías adicionales a la dieta alimenticia y pueden dañarle los dientes de leche.

Para usted y su familia

- Su hijo aprende hábitos saludables al observarla a usted. Trate de comer alimentos saludables también.
- Establezca rutinas para las horas de juego, las horas para la comida y la hora de acostarse para que la vida diaria sea menos estresante.
- Hable con el médico de su hijo, el personal de Head Start y con otros padres para obtener sugerencias para comer saludablemente.

Hello from WC Kitchen

Happy Birthday Dr. Seuss! March 2nd
Read Across America March 4-8th
National School Breakfast Week March 4-8th
Winter Activities come to an end and Spring Activities start

I want to apologize for ordering the wrong flatbread which was in the pizza kits. By the time I realized they were wrong I couldn't return them. I was trying to use them instead of throwing them away.

It was suggested that I should send out a survey. I have been thinking about it and I am going to try and get it out in the next few weeks for all ages. Please watch your emails for them. I want everyone's input but remember I do have to follow State and Federal regulations.

Just a reminder weather is very unpredictable in March, **if there is a late start Breakfast will NOT be served.** We will do our best to communicate with everyone. Nobody knows what the weather will bring.

We continue to offer a well healthy balanced meal to all and any student. If students choose, with parents permission, to get seconds; they will need to have money in their account or we can take cash/check. Please have a talk with your student if you wish them not to get seconds.

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

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

Breakfast Prices

Grades K-12 Breakfast	\$2.10
Extra Milk/Milk Break	\$0.50
Adult Breakfast	\$2.75

Lunch Prices

Grades K-5 Lunch	\$3.15
Grades 6-12 Lunch	\$3.35
Adult Lunch	\$4.60



MARCH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Menu is subject to change at anytime

Any Questions please contact Janet Slama
janet.slama@wilberclatonia.org
 "This institution is an equal opportunity provider"

Prices
Breakfast
 K-12 \$2.10
 Adults \$2.75
Lunch
 K-5 \$3.15
 6-12 \$3.25
 Adults \$4.60

1 Oatmeal & Eggs

 Fish Sandwich
 Mac & Cheese
 Mixed Vegetables
 Fruit
 Milk

4 Breakfast Sandwich

 Chicken Sandwich
 Oven Potato
 Baked Beans
 Fruit
 Milk

5 Breakfast Taco

 Green Eggs & Ham
 Biscuit
 Oven Potato
 Broccoli
 Fruit
 Milk

6 Donut

 Potato Soup
 Hot Ham & Cheese Sandwich
 Carrots
 Fruit
 Milk

7 Ham/Egg/Cheese Bar

 Chicken Alfredo
 Garlic Bread
 Peas
 Fruit
 Milk

8 NO SCHOOL

11 Oatmeal & Muffin

 French Toast & Sausage
 Oven Potato
 California Blend
 Fruit
 Milk

12 Breakfast Burrito

 Super Nachos
 Lettuce
 Brownie
 Fruit
 Milk

13 Pancake on Stick

 Grilled Cheese
 Tomato Soup
 Vegetable Cup
 Fruit
 Milk

14 French Toast

 Lasagna Rollup
 Garlic Bread
 Corn
 Fruit
 Milk

15 Yogurt & Granola Bar

 Eggs & Waffle
 Cheese Potatoes
 Mixed Vegetables
 Fruit
 Milk

18 Waffles

 Quesadilla
 Mexican Rice
 Green Beans
 Fruit
 Milk

19 Biscuit & Gravy

 Baked Potato
 Chili
 Mini Bread Loaf
 Broccoli
 Fruit
 Milk

20 Donut

 Hot Dog
 Oven Potato
 Coleslaw
 Fruit
 Milk

21 Cereal & Eggs

 Wolverine Seasoned
 Noodles
 Carrots
 Fruit
 Milk

22 Bagel

 Pizza
 Toss Salad
 Cookie
 Fruit
 Milk

25 Pancakes

 Shrimp
 Mac & Cheese
 Peas
 Fruit
 Milk

26 Poptart & Ham

 Peanut Butter & Jelly Sandwich
 Chips/Carrots
 Fruit
 Milk
 1pm Dismissal

27 Yogurt Parfait

 Hamburger
 Oven Potato
 Baked Beans
 Fruit
 Milk

28 Breakfast Pizza

 Mandarin Chicken
 Fried Rice
 Broccoli
 Fruit
 Milk

29 NO SCHOOL



MARZO

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

El menú está sujeto a cambios en cualquier momento.

cualquier pregunta por favor póngase en contacto
Janet Slama
janet.slama@wilberclatonia.org

"Esta institución es un proveedor de igualdad de oportunidades"

Precios De La Comida
Desayuno
K-12 \$2.10
Adults \$2.75
Almuerzo
K-5 \$3.15
6-12 \$3.25
Adults \$4.60

1 Oatmeal y Huevos

Sandwich
Pedazos de pescado
mac arrones con queso
verduras mixtas
Fruta
Leche

4 desayuno sandwich

Sandwich pollo
papas al horno
Frijoles cocidos
Fruta
Leche

5 Desayuno Taco

Huevos Verdes Y
Jamón
galleta
Papas al Horno
el brocoli
Fruta
Leche

6 Donut

Potato Soup
caliente de jamon
y queso
la zanahoria
Fruta
Leche

7 Jamón/huevo/bar queso

Pollo Alfredo
ajo pan
el guisante
Fruta
Leche

8 NO Hay Clases

11 Oatmeal y mollete

Carne Frita y
embutido
papas al horno
mezcla de
california
Fruta/Leche

12 Desayuno Burrito

Super Nachos
ensalada
Salsa
la galleta
Fruta
Leche

13 el Bagel

Queso a la
Plancha
Sopa de tomate
copa vegetal
Fruta
Leche

14 Pan Frances

Lasagna Rollup
ajo pan
ejotes
Fruta
Leche

15 el Yogurt & barras degranola

Huevos y Gofres
patatas con
queso
verduras mixtas
Fruta/Leche

18 el Bagel

Quesadilla
arroz ala
mexicana
el guisante
Fruta
Leche

19 la Galleta y el caldo

Papa horneada
Con Chili
Mini Pan de molde
el brocoli
Fruta
Leche

20 Donut

Peros Calinetes
papas al horno
Frijoles cocidos
Fruta
Leche

21 cereales y huevos

Wolverine
arroz fried
la zanahoria
Fruta
Leche

22 gofres

Pizza
ensalada
la galleta
Fruta
Leche

25 panqueques

Camarón
mac arrones con
queso
el guisante
Frutas
Leche

26 tarta de pop y jamón

la mantequilla de
maní y jalea
sandwich
Chips
la zanahoria
Fruta/Leche
1pm Despido

27 parfait de yogurt

La Hamburguesa
papas al horno
le guisante
Fruta
Leche

28 desayuno Pizza

elección de
cocineros
Vegetable
Fruta
Leche

29 NO Hay Clases

March

2024

Wilber Clatonia Public Schools

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 7 pm Parent Mtg for Yellowstone Trip 7 pm Speech Showcase	2 Speech @ Fairbury Invite
3	4	5	6 7 pm PTO Mtg	7	8 NO SCHOOL	9
10 7 pm Booster Club Mtg	11 6 pm HS W Pizza Party	12 7 pm JH Pre Contest Concert band & choir	13 4 pm Teammates Board Mtg	14	15 NO SCHOOL FOR KG KG Round Up 10 am HS Track @ Doane	16 Class C All Stat4e Band @ Kearney
17	18 7 pm Board Mtg	19	20	21 State Speech @ Kearney 10 am Tennis @ GICC 4 pm JH Milford Music Contest	22 3:30 pm Track @ Louisville	23 Alumni BB/VB Tournament
24 Alumni BB/VB Tournament	25 6:30 pm FFA Mtg 7 pm Friends of Music Mtg	26 1 pm Dismissal 2 pm Track -Home 4 pm V Tennis - Home	27 NSBA State Concert Band Festival @ UNO	28 10 am JH Track @ Friend	29 NO SCHOOL Last day to register for Driver's Ed	30
31						



Be the best person you can be!

PRIDE:

**Positive Responsible Individuals Dedicated to
Excellence**

Wilber Clatonia Public Schools

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