

## From the Superintendent Mr. Collins

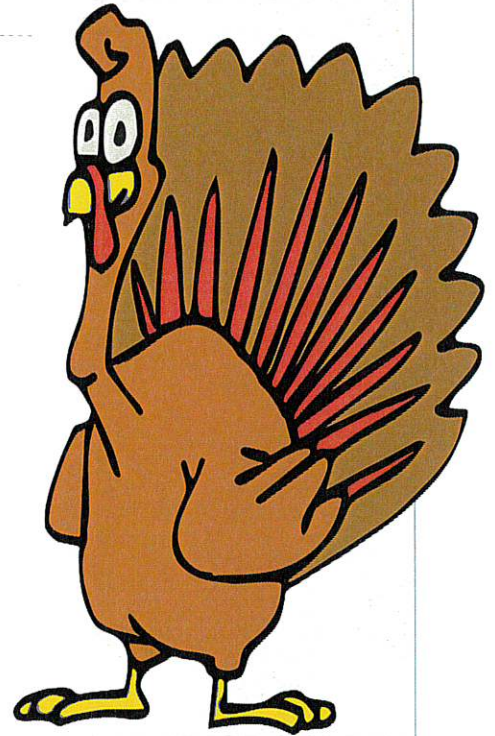
This time of year brings the end of the Fall activity season and we usher in the start of Winter sports and activities. During the winter season fans are much nearer to the action and I ask that you display good sportsmanship by supporting students as they play, support the decisions of officials and be positive no matter how the game or activity progresses.

During October the District office staff is busy making final claims for reimbursement of State and Federal funds. The District also has an auditing firm conduct our audit of the District's finances and financial processes. District office staff also completed and uploaded the Special Education Financial Report and the Annual Financial Report (AFR). The Special Education report is used to calculate our partial reimbursement of expenditures for Special Education. The AFR is used to calculate allowable budget growth and certain state aid factors.

During the October Board of Education meeting the board acted to retain CMBA Architects to conduct a comprehensive facility study. Their approach is to DISCOVER existing conditions and needs (this will include some surveys to you), INSPIRE ideas for growth and IMPLEMENT a plan to achieve the best possible teaching and learning environment for our students now and into the future. The Board also voted to work with Facility Advocates to help coordinate the repair or replacement to some pressing needs in the facility's HVAC system. The Board also reviewed the timeline for teacher negotiations as established by State Statute and reviewed the adjusted valuation report from the State Treasurer's office which is used in the State Aid calculation.

As I look forward, we have an upcoming election which will bring at least 2 new faces to the Board of Education as incumbents Bob Sykes and Scott Havel decided not to seek re-election.

I also had the opportunity to visit with Senator Brandt after he met with the Government classes. We discussed the upcoming election and possible bills that could have an impact on education. It seems there will be much to watch in the upcoming months as we continue to do the things necessary to help our students be the best people they can be with Wolverine Pride.



The Wolverine



On behalf of the Wilber-Clatonia Public Schools, Louis-Milan Legion Post #101 and Auxiliary, we would like to invite you to the Veterans Day Program on Friday, November 11, 2022 at 9:30 AM in the high school gymnasium.

Wilber-Clatonia Public Schools would like to recognize the contributions that veterans have made to our country. As part of the program, we want to give the Wilber Clatonia students the opportunity to honor a veteran or active duty member of the military. The recognized veteran may be a family member, living or deceased. If you know such a person, we would like you to submit their name using the form on the next page. Students will have the opportunity to pick up a form as well in the office. Completed forms are due to the HS office no later than Friday, November 4th. If you are a veteran, or are currently in the service, we would welcome your attendance. We are asking all veterans and those currently in the service who will be in attendance to contact us at 402-821-2508, so we can reserve a special seat on the floor. Please feel free to wear your uniform to the program.

The Wilber-Clatonia Student Council will be hosting a reception for our guests at the conclusion of the program. Coffee and cookies will be provided by our student council for veterans, current members of the military, and all guests. Please join our student council members in the high school commons in appreciation of your service to our country.

Please copy and share this invitation with anyone in our communities as we recognize the contributions of our service people.

Shannon Furstenau, Principal

# Wilber-Clatonia "Honor a Veteran" Day

Friday, November 11, 2022 9:30 am

At 9:30 am on Friday, November 11, 2022, Wilber-Clatonia Public Schools will be hosting a special Veterans Day program. Veterans Day is a national holiday honoring all veterans.

As part of the program, we want to give the Wilber Clatonia students the opportunity to honor a veteran or active duty member of the military. Your veteran may be a family member, living or deceased. If you know such a person we would like you to submit their name using the form below. **IF YOU HAVE SUBMITTED THE NAME OF YOUR VETERAN IN THE LAST 5 YEARS, THEY WILL BE ON THE LIST. NO NEED TO RESUBMIT.**

The names submitted by all students will be published on the program and recognized during the ceremony on November 11, 2022.

Please return this form to school by Friday, November 4, 2022 so that these names can be added to the program.

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**Students Name:** \_\_\_\_\_

## **Veteran 1**

Name: \_\_\_\_\_

Branch of Service: \_\_\_\_\_

Years: \_\_\_\_\_

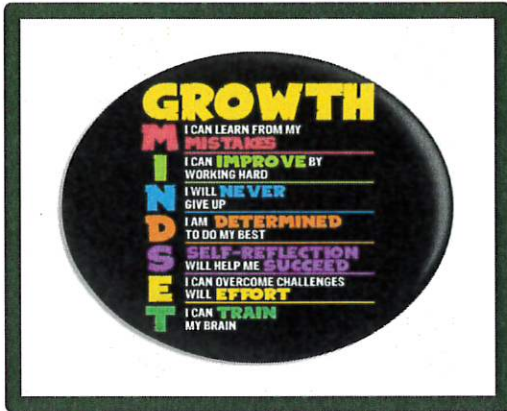
## **Veteran 2**

Name: \_\_\_\_\_

Branch of Service: \_\_\_\_\_

Years: \_\_\_\_\_

Use the back as needed



# High School Counseling News

November 2022

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

## Students attend NGage Field Trip

On Thursday, October 6<sup>th</sup>, 41 juniors and seniors loaded a bus and headed to Beatrice, Nebraska, to take part in the NGage Manufacturing Day Field Trip. Manufacturing Day is a partnership among NGage, area public schools, and local manufacturers. Students from Wilber-Clatonia, Southern, Beatrice, Diller-Odell, and Freeman were able to tour manufacturing facilities to learn about all careers available. W-C students first toured Precise Fabrication, which is located in Industrial Park. Precise Fabrication is a part of Kinney Manufacturing and is a contract metal manufacturer that provides laser cutting, forming, and welding services to local and regional companies. Precise Fabrication employs around 35 people and runs two shifts; they continue to bring in additional people, new equipment with new technology, and provide services to existing and potential customers.

Next, the W-C students were able to tour Rare Earth Salts, which is located not far south of the Beatrice Medical Center/Hospital on the north side of town. Rare Earth Salts is a privately-held industrial and applications technology company focused on the separation and refining of 16 rare earth elements to high purity from various feedstocks worldwide. Rare Earth Salts is the only company in the US that separates these valuable and rare elements organically. Their mission is to leverage their superior technology to build the world's leading rare earth processing and distribution company.



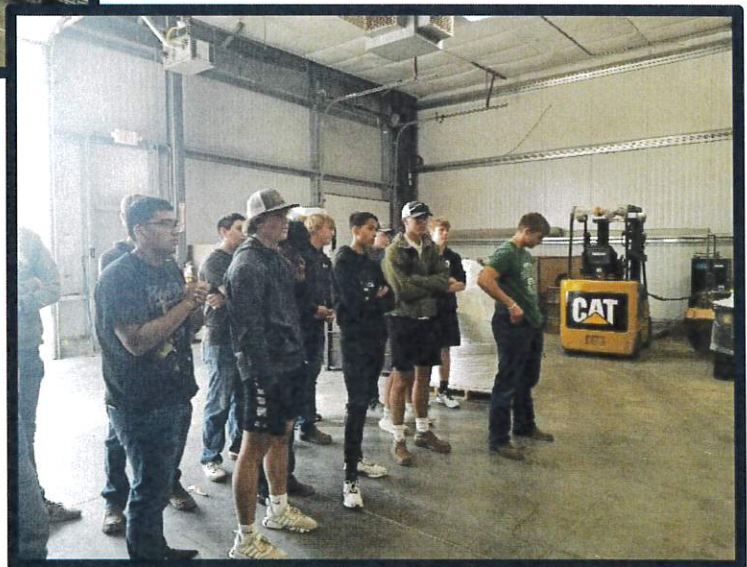
The students had a great day and we had many conversations about different opportunities!

**Left: Students hearing from Precise Manufacturing employees.**

**At right: students touring  
Precise Manufacturing.**

**Below left: students at Rare  
Earth Salts.**

**Below right: students touring  
Rare Earth Salts.**



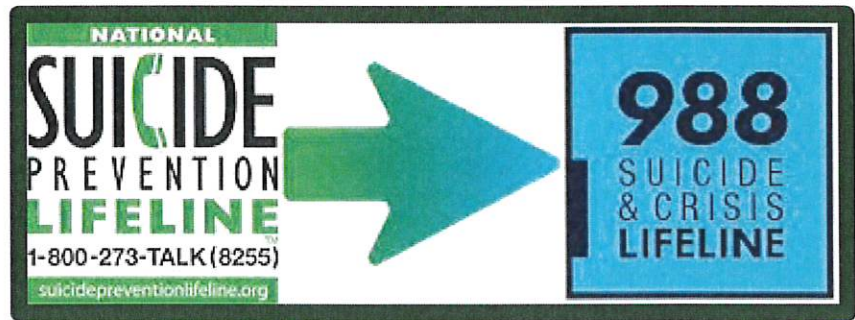
**Thanks to NGage for hosting this opportunity!**

## TCBY Highway Trash Pickup

On a brisk Saturday morning, October 8<sup>th</sup>, 2022, 33 9<sup>th</sup>-12<sup>th</sup> grade TCBY students helped the Wilber Lions Club with their Highway Trash Pickup project. These students arrived at the Wilber Care Center by 9 a.m., enjoyed doughnuts, juice, and milk supplied by the Wilber Lions Club-members, Daryl Wusk, Tim McDermott, and Russ Kalkwarf. The students divided into groups and headed north on Hwy 103 for approximately two miles. The TCBY students were excited to give back to the community!



**Call 988  
anytime. It can  
save a life.**



**Graduation:** Saturday, May 13<sup>th</sup>, 2023  
2 p.m.  
High School Gymnasium

**Class colors:** Black, Green, and White/Gold

Also, start planning ahead. Wilber-Clatonia Foundation and Local Scholarships will be distributed to you in January of 2023. Scholarship applications will be due in March. It's never too early to begin/revise your cover letter and resume. Check with the college(s) of your choice for additional scholarships.



**ACT TEST DATES:**

Test Date	Registration Deadline	Late Fee required
December 10, 2022	November 4	November 11
February 11, 2023	January 6	January 20
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

# Positive Parenting Tips for Healthy Child Development

## Middle Childhood (6-8 years of age)

### Developmental Milestones

Middle childhood brings many changes in a child's life. By this time, children can dress themselves, catch a ball more easily using only their hands, and tie their shoes. Having independence from family becomes more important now. Events such as starting school bring children this age into regular contact with the larger world. Friendships become more and more important. Physical, social, and mental skills develop quickly at this time. This is a critical time for children to develop confidence in all areas of life, such as through friends, schoolwork, and sports.

Here is some information on how children develop during middle childhood:

### Emotional/Social Changes

Children in this age group might:

- Show more independence from parents and family.
- Start to think about the future.
- Understand more about his or her place in the world.
- Pay more attention to friendships and teamwork.
- Want to be liked and accepted by friends.

### Thinking and Learning

Children in this age group might:

- Show rapid development of mental skills.
- Learn better ways to describe experiences and talk about thoughts and feelings.
- Have less focus on one's self and more concern for others.

### Positive Parenting Tips

Following are some things you, as a parent, can do to help your child during this time:

- Show affection for your child. Recognize her accomplishments.
- Help your child develop a sense of responsibility—ask him to help with household tasks, such as setting the table.
- Talk with your child about school, friends, and things she looks forward to in the future.
- Talk with your child about respecting others. Encourage him to help people in need.
- Help your child set her own achievable goals—she'll learn to take pride in herself and rely less on approval or reward from others.
- Help your child learn patience by letting others go first or by finishing a task before going out to play. Encourage him to think about possible consequences before acting.
- Make clear rules and stick to them, such as how long your child can watch TV or when she has to go to bed. Be clear about what behavior is okay and what is not okay.
- Do fun things together as a family, such as playing games, reading, and going to events in your community.



- Get involved with your child's school. Meet the teachers and staff and get to understand their learning goals and how you and the school can work together to help your child do well.
- Continue reading to your child. As your child learns to read, take turns reading to each other.
- Use discipline to guide and protect your child, rather than punishment to make him feel bad about himself. Follow up any discussion about what *not* to do with a discussion of what *to* do instead.
- Praise your child for good behavior. It's best to focus praise more on what your child does ("you worked hard to figure this out") than on traits she can't change ("you are smart").
- Support your child in taking on new challenges. Encourage her to solve problems, such as a disagreement with another child, on her own.
- Encourage your child to join school and community groups, such as a team sports, or to take advantage of volunteer opportunities.

## Child Safety First

More physical ability and more independence can put children at risk for injuries from falls and other accidents. Motor vehicle crashes are the most common cause of death from unintentional injury among children this age.

- Protect your child properly in the car. For detailed information, see the American Academy of Pediatrics' Car Safety Seats: A Guide for Families.
- Teach your child to watch out for traffic and how to be safe when walking to school, riding a bike, and playing outside.
- Make sure your child understands water safety, and always supervise her when she's swimming or playing near water.
- Supervise your child when he's engaged in risky activities, such as climbing.
- Talk with your child about how to ask for help when she needs it.
- Keep potentially harmful household products, tools, equipment, and firearms out of your child's reach.

## Healthy Bodies

- Parents can help make schools healthier. Work with your child's school to limit access to foods and drinks with added sugar, solid fat, and salt that can be purchased outside the school lunch program.
- Make sure your child has 1 hour or more of physical activity each day.
- Limit screen time for your child to no more than 1 to 2 hours per day of quality programming, at home, school, or afterschool care.
- Practice healthy eating habits and physical activity early. Encourage active play, and be a role model by eating healthy at family mealtimes and having an active lifestyle.

A pdf of this document for reprinting is available free of charge from  
<http://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/middle.html>

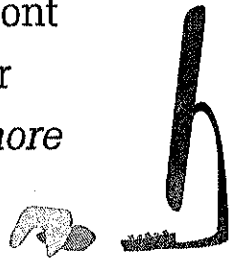
## ***Additional Information:***

<http://www.cdc.gov/childdevelopment>  
 1-800-CDC-INFO (800-232-4636) <http://www.cdc.gov/info>

# parent tips

## Help Your Kids Reduce Screen Time and Move More

Here are some tips to help your children spend less time in front of a TV, computer, or video games—and *more* time being active.



### Get started:

- First, track your family's screen time.
- Use the **We Can!** Screen Time Chart to write down all of your family's screen time. Screen time is any seated time in front of:
  - > The TV or a DVD.
  - > Video games.
  - > Cell phones and other hand-held video devices.
  - > Computer or Internet (except for schoolwork).
- Then, track your family's physical activity.

### Share goals and set limits:

- The goal for screen time is no more than 2 hours each day.
- Try to be more active over time. The goal for physical activity for children is at least 60 minutes each day.

### My goal:

- I will limit my children to no more than \_\_\_\_\_ hours of screen time each day.

### Suggest active fun instead of screen time:

- Don't let watching TV or playing video games get to be a habit for your family.
- Give your family ideas for other activities, like:
  - > Playing outside with friends.
  - > Learning an active hobby.

### My goals:

- I will suggest that my children do these activities instead of screen time:

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- I will give my family the following ideas for things to do instead of screen time:

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### Make mealtime family time:

- Turn off the TV during family meals, instead talk with your children. (You could talk about a new physical activity to try!)
- Try to have family meals at least two or three times a week. Families who eat together tend to eat healthier.

### My goal:

My family will eat together \_\_\_\_\_ times each week.

### Be a good role model:

- Studies show that children and teens really listen to their parents.
- Children follow their parents' actions. If you reduce your screen time and move more, your children will too.

### My goals:

I will do \_\_\_\_\_ instead of screen time.

I will be active \_\_\_\_\_ minutes a day for \_\_\_\_\_ days per week.

## The link between TV and food choices:

- Many ads on TV are for foods like sugar-sweetened cereal, candy, and fast food.
- Ads may use cartoon or movie characters to make those foods look "fun" or "exciting."
- Children who watch a lot of television may make less healthy food choices.



*We Can!* is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WECAN.

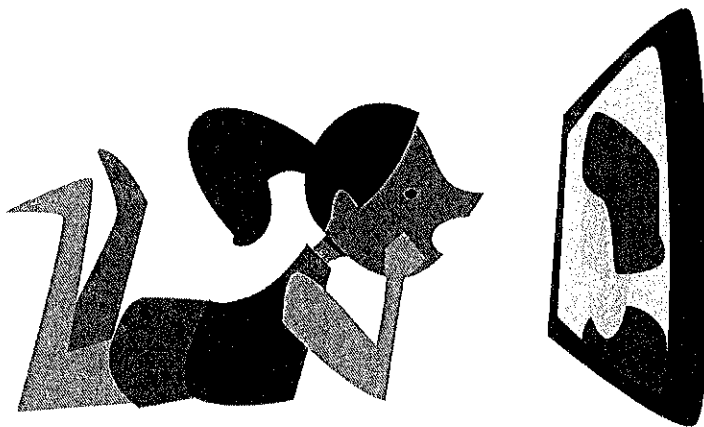
*We Can!* Ways to Enhance Children's Activity & Nutrition, *We Can!*, and the *We Can!* logos are registered trademarks of the U.S. Department of Health & Human Services (DHHS).



# consejos para padres

## **¡Podemos! ayudar a nuestros niños a ser más activos y pasar menos tiempo frente a la pantalla**

Siga estos consejos para ayudar a sus hijos a pasar menos tiempo frente a la televisión, la computadora o los videojuegos y motivarlos a pasar más tiempo realizando actividades físicas.



### **¡Comience ya!**

- Anote el tiempo que su familia pasa frente a la pantalla utilizando la tabla en la parte de atrás de esta hoja.
- Escriba todo el tiempo que pasa su familia frente a diferentes pantallas:
  - > Televisor
  - > Videojuegos
  - > Computadora o Internet (no cuente el tiempo de hacer tareas escolares)
  - > Teléfonos celulares y otros aparatos portátiles
- Después, anote el tiempo que su familia pasa haciendo alguna actividad física.

### **Establezca los objetivos y los límites para su familia:**

- Lo ideal es limitar o el ver televisión a no más de 2 horas al día.
- Con el paso del tiempo, incluya más actividades físicas a la rutina diaria de su familia. Los niños deberán hacer actividades físicas al menos durante 60 minutos cada día.
  - > Trate estas actividades:
    - Jugar afuera con los amigos
    - Salir a caminar después de comer
    - Realizar una fiesta de baile con la familia
- Convierta la hora de comer en un momento familiar.
  - > Apague el televisor y deje a un lado el teléfono celular y otros aparatos portátiles.
  - > Coma junto a su familia al menos dos o tres veces a la semana. Las familias que comen juntas suelen comer más saludable.

### **¿Sabía usted?**

En promedio, los niños pasan más de 11 horas cada día frente a una pantalla o usando el teléfono celular u otros aparatos portátiles, de las cuales 4.5 horas son frente al televisor.

### Desarrolle sus propios objetivos:

- Voy a limitar el tiempo que mis hijos pasan frente a la pantalla a no más de \_\_\_\_ horas por día.
- Voy a sugerir las siguientes actividades para que mi familia se mantenga más activa:  
\_\_\_\_\_
- Comeremos juntos en familia \_\_\_\_ veces a la semana.

¡Sirva de ejemplo para sus hijos! Los estudios muestran que los niños imitan las acciones de sus padres. Si usted

pasa menos tiempo frente a la pantalla y realiza más actividad física, es probable que sus hijos hagan lo mismo.

### Ejemplo de la tabla de ¡Podemos! sobre tiempo frente a la pantalla

- Escriba las horas que pasa frente a las diferentes pantallas cada día. Luego, incluya el total de las horas para cada día en la columna "Total Diario". Utilice el ejemplo de la tabla de abajo.
- Trate de que su meta sea menos de 2 horas al día.

Nombre: Juan

Fecha: 8/5

	Televisión	Videojuegos	Aparatos Portátiles	Computadora	Total Diario
Lunes	2 horas	1 hora	1 ½ horas	1 hora	5 ½ horas
Martes	3 horas	0 horas	2 horas	2 hora	7 horas
Miércoles	1 hora	1 ½ horas	1 hora	3 horas	6 ½ horas
Jueves	2 horas	½ hora	2 horas	1 hora	5 ½ horas
Viernes	3 horas	1 hora	1 hora	1 ½ horas	6 ½ horas

### Complete esta tabla para reducir el tiempo que su familia pasa frente a la pantalla

Nombre:

Fecha:

	Televisión	Videojuegos	Aparatos Portátiles	Computadora	Total Diario
Lunes					
Martes					
Miércoles					
Jueves					
Viernes					
Sábado					
Domingo					

¡Podemos!® es un programa desarrollado por los Institutos Nacionales de la Salud (NIH, por su siglas en inglés). ¡Podemos! ofrece instrucciones, herramientas y consejos gratuitos a los padres, personas a cargo del cuidado de niños y a las comunidades, para ayudar a los niños de 8 a 13 años a mantener un peso saludable mejorando su alimentación, aumentando su actividad física y reduciendo el tiempo que pasan delante de una pantalla.

Para obtener más información, visite <http://wecan.nhlbi.nih.gov/espanol> o llame al 1-866-359-3226.

¡Podemos! y los logotipos de ¡Podemos! son marcas registradas del Departamento de Salud y Servicios Humanos de los Estados Unidos (U.S. Department of Health & Human Services, DHHS, por su siglas en inglés).



## HOW TO IMPROVE YOUR CHILD'S MENTAL HEALTH (PART 1) BY AMY MORIN, LCSW

If you're like most parents, you're probably very diligent about taking your kids to their well-child visits, getting immunizations, offering nutritious food, and helping with their schoolwork. How often, though, do you think about how to take care of your child's mental health?

A child's mental health is just as important as their physical health, particularly when it comes to dealing with stress, behavior, and academics. The Centers for Disease Control and Prevention (CDC) estimates that 1 in 5 children experience a mental disorder in any given year. And while not all mental health issues can be prevented, you can take steps to help keep your child as mentally healthy as possible.

### Take Care of Your Mental Health

One of the best things you can do to keep your child mentally healthy is to take care of your own mental health. Not only will you be modeling the habits that improve mental health, but you'll also be creating a healthier environment for your child.

Remember, kids look to parents to know how to deal with stressful and anxiety-provoking situations. Make sure you not only address any mental health issues but also take time to relax and de-stress. Your kids learn by watching you. So make sure you set a positive example of how to deal with stressful situations and maintain good mental health.

When parents have untreated mental health issues, children are more likely to develop mental health problems of their own. This means that if you are feeling down, have lost energy, or notice changes in your eating or sleeping habits, you should talk with your doctor. These symptoms could mean that you're struggling with depression or anxiety.

Keep in mind that untreated mental illness may make family life inconsistent or unpredictable. It also can affect your ability to discipline your kids and may strain your relationship with your partner or other family members. When that happens, it can take a toll on your child's psychological well-being.

What's more, children are at an even greater risk of developing mental illness when both parents have mental health problems. So, if you or your partner have a mental health problem, get treatment. Research shows when a parent receives therapy or medication to address mental illness, children's mental health symptoms improve as well.

## 15 WAYS TO BOOST SCHOOL SUCCESS

1. Insist on a good night's sleep
2. Check the backpack
3. Always go to open-school night.
4. Know the daily routine.
5. Talk to other parents.
6. Volunteer whenever you can.
7. Show you care.
8. Go on family adventures.
9. Play board games.
10. Read together.
11. Teach your child to ask for what he needs.
12. Focus on manners and social skills.
13. Rehearse at home.
14. Get organized.
15. Give them room to work.



## WHY YOU SHOULD MAKE A THANKFUL LIST

Lists of things to be thankful for help remind us just how many good things we have in our lives. This is especially important during times where it feels like many things are going wrong. Thankful lists can consist of big things (like your home or job) to little things (like having an abnormally short commute to work). These lists can be made in

your existing gratitude journal, on a normal notepad, or even on the napkin of your daily coffee. The most important part of these lists is to remind you how much you have to be thankful for, so you shouldn't stress on doing them the "right" or "wrong" way.

*"We must find time to stop and thank the people who make a difference in our lives."- John F. Kennedy*

## GRATEFUL TURKEY

*A fun tradition that helps kids focus on gratitude and thanksgiving.*



## START A THANKFUL TURKEY CRAFT

If you are looking for a family Thanksgiving tradition to start then try the "Thankful Turkey" craft.

This easy Thanksgiving activity for families involves taping a paper turkey template to your wall and let your kids write one thing each day that they are thankful for on a colored paper "feather" each day. Then you simply tape the feather to the turkey's body, and by the time Thanksgiving day rolls around, you will have an awesome paper turkey filled with colorful feather reminders of everything that your family has to be grateful for.

This activity is an awesome way to teach kids about gratitude...and what better lesson to learn during the Thanksgiving holiday!

## NON-DISCRIMINATION STATEMENT

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.education.ne.gov/wp-content/uploads/2022/09/USDA-discrimination-form.pdf>, from any USDA office, by calling (866)632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

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

This institution is and equal opportunity employer.

## SCOOP FROM THE KITCHEN

Let's give thanks as November is here and we are still making healthy meals for our children. 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.

Nebraska School Nutrition Association is having an Art Contest. Theme for this year is "School Nutrition is for Everyone!" I have included the entry form if any child is interested. Any questions please let me know.

This year will be some challenges with increase prices on food and fuel. I will do my best to stick with the menu items as there are still shortages out there.

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 or email me at [janet.slama@wilberclatonia.org](mailto:janet.slama@wilberclatonia.org).

**NEBRASKA SCHOOL NUTRITION ASSOCIATION ART CONTEST  
ENTRY FORM*****"School Nutrition is for Everyone!"***

Mail this entry form with student's artwork to: Nebraska School Nutrition Association, P.O. Box 45527, Omaha, NE 68145-0527

Contest Deadline: December 16, 2022

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*Please type or print the following information:*

Student's Name: \_\_\_\_\_

Home Address: \_\_\_\_\_ Home Phone: (\_\_\_\_) \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Grade: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

School: \_\_\_\_\_ School Phone: (\_\_\_\_) \_\_\_\_\_

School Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Principal: \_\_\_\_\_ Cafeteria Manager: \_\_\_\_\_

\_\_\_\_\_  
(Principal's Signature)

\_\_\_\_\_  
(Cafeteria Manager's Signature)

FOR STATE ASSOCIATION USE ONLY – DO NOT WRITE IN THE BOX

Date Received: \_\_\_\_\_  
Initials of Recipient \_\_\_\_\_

Check Entry Category: Grade K-1 (\_\_\_\_) Grade 2-4 (\_\_\_\_) Grade 5-8 (\_\_\_\_) Grade 9-12 (\_\_\_\_)

## KITCHEN HELP WANTED

Wilber Clatonia Public Schools is looking for an employee in the school kitchen for the 2022-2023 school year. Duties include: prepare fruits, vegetables and entrees, serve and clean. Must be able to work in a fast-paced environment. Starting pay is \$15.90 - \$16.90 an hour. Please pick up applications in the Superintendent's office. Please direct any questions about job duties to janet.slama@wilberclatonia.org or call Janet Slama at 402-821-2141



*Please contact the Superintendent's office to get an application form for these positions.*

## SPED PARA WANTED

Wilber Clatonia Public Schools is looking for a Special Education Paraeducator.

The person in this position works under the general supervision of the Principal with direct supervision from a Special Education Teacher, provides assistance in implementing plans and programs related to the academic or functional skill attainment for students with mental, physical, and/or emotional learning challenges. Works directly with students, individually or in small groups, and performs clerical work as assigned. Performance is evaluated annually.

### Essential Job Functions

- Provides academic and physical assistance to students with disabilities as directed in one-to-one or in small groups.
- Assists teachers with academic instruction and the implementation of Individual Education program (IEP)
- Ability to lift and carry non-ambulatory students.
- Provide clerical support to teachers and other professional staff.
- Performs other duties as assigned.

Minimum Education, Training and Experience: High School diploma or equivalent. No required licenses or certificates.

Other Desirable Qualifications: Prior experience working with children. Eagerness to work with students with disabilities. Possesses initiative, ingenuity and patience.

# KIDS HEALTH ZONE

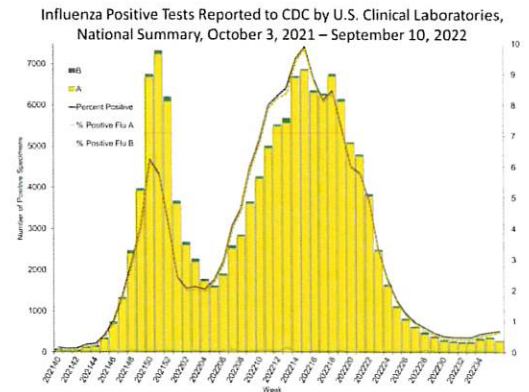
## IT'S THAT TIME OF THE YEAR AGAIN – FLU SEASON...

### WHAT IS INFLUENZA OR “FLU”?

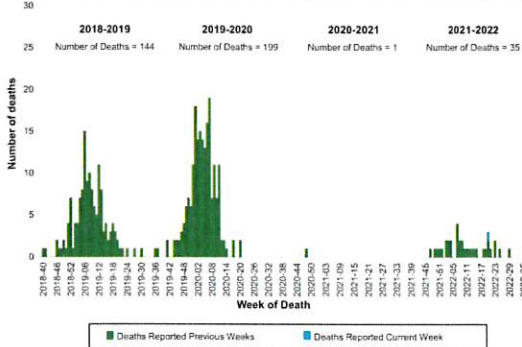
**Influenza or FLU** is a contagious respiratory illness caused by the influenza viruses that infect the nose, throat, and lungs. There are two main types of Influenza Virus (Type A and Type B) mainly responsible for the FLU SEASON. **Who is at high risk?** Pregnant woman, young children (especially younger than 5 years old), older adults, and people with compromised immune system.

### WHAT DO THE NUMBERS LOOK LIKE FOR FLU?

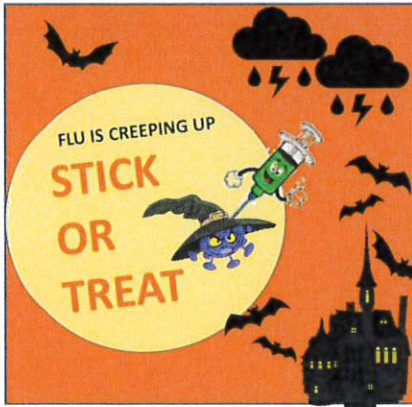
The graph on the right shows “**Influenza Positive Tests**” reported to the CDC by U.S. Clinical Laboratories for the **2021-2022 flu season**. A total number of 40,698 specimens were tests, resulting in 279 total positives (mainly Type A).



Influenza-Associated Pediatric Deaths by Week of Death, 2018-2019 season to 2021-2022 season



One Influenza-related pediatric death occurred during week 36 of 2020-2021 season. A total of **35 influenza-related pediatric deaths** occurring during the **2021-2022 season** have been reported to the **CDC**. As of September 19<sup>th</sup>, 2022, in **Nebraska**, a total of 10,242 have been tested positive for Flu (502 pediatrics).



### QUICK LINKS

- [FLU-VIEW. Influenza-associated Pediatric Mortality](#)
- [Flu MYTHS and FACTS](#)
- [Flu information for Nebraska Schools](#)
- [Coinfection in SARS-CoV-2 infected patients: Where are influenza virus and rhinovirus/enterovirus?](#)
- [School & Childcare Providers](#)
- [Similarities and differences between Flu and COVID-19](#)
- [NE-DHHS- Flu Activity and Data](#)



### DO WE EXPECT A SIGNIFICANT FLU SEASON? YES!

The US had a much-reduced flu season in 2020-2021 and somewhat reduced season in 2021-2022, probably due to COVID-19 mitigatio methods in place (like staying home, masking, and school closures). However, based on southern hemisphere data, it is expected that the US will have a significant and likely early flu season this year.

### WHY DO WE NEED TO GET FLU SHOTS EVERY YEAR?

Like most viruses, **flu viruses evolve so quickly**, that last year’s vaccine may not protect you from this year’s viruses. New flu vaccines that are released every year is to keep up with the rapidly adapting flu virus.

### WHAT CAN WE DO TO PREVENT THE FLU AND KEEP OUR FAMILIES SAFE?

**GET VACCINATED**, avoid close contact with people who are sick, cover your nose and mouth when you cough or sneeze (throw the tissue in the trash after use), and wash your hands with soap and water.

# KIDS HEALTH

# zone

## WHAT OTHER VIRUSES CAN BE CONFUSED WITH THE INFLUENZA VIRUS...

### IS IT A COLD OR FLU?

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

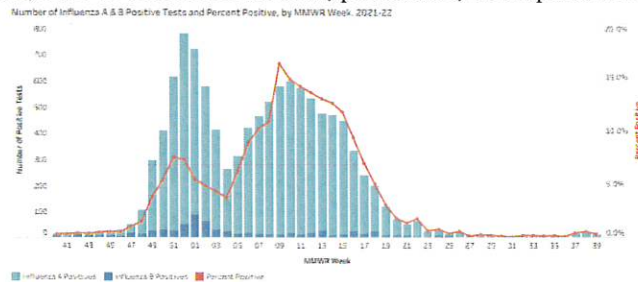
#FIGHT FLU



Influenza virus and the common cold are both contagious respiratory illnesses but caused by different viruses. As discussed above, flu is caused by influenza viruses ONLY. However, common cold can be caused due to different viruses, such as rhinoviruses, [seasonal coronaviruses](#), and parainfluenza viruses.

Seasonal coronaviruses should NOT be confused with SARS-COV-2 (commonly known as the COVID-19).

Because common cold and flu have similar symptoms, it can be difficult to tell the difference between them. Colds are usually milder than flu. Colds normally do not result in serious health problems, such as bacterial infections, pneumonia, or hospitalizations.



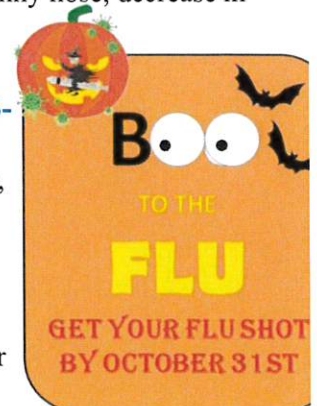
[NE Influenza & Other Respiratory Disease Surveillance Report, 2021-2022](#)

**1** Human rhinoviruses (HRVs) were first discovered in the 1950s, are responsible for more than one-half of the cold-like illnesses. Rhinoviruses can easily pass from one person to another, especially when a child has a runny nose, liquid from the nose gets to the hand, and eventually end up on tables, toys, and other places. Most children may experience symptoms of a common cold such as watery, runny nose discharge that later becomes thicker into gray, brownish, or greenish color. Other symptoms include sneezing, mild fever (101°F – 102°F or 38.3°C – 38.9°C), sore throat, cough, muscle aches, and headaches.

**2** Respiratory Syncytial Virus (RSV) is a common respiratory virus that usually causes mild, cold-like symptoms. Most people would recover in a week or two, however, it can be serious, especially for infants and older adults. RSV causes inflammation of the small airways in the lung called bronchiolitis and might cause pneumonia in younger children below the age of 1 year. Symptoms are similar to other cold-like illnesses such as runny nose, decrease in appetite, sneezing, fever, coughing, and wheezing.

**3** Common human coronaviruses should **NOT BE CONFUSED WITH COVID-19 (SARS-COV-2) virus**. Common seasonal coronaviruses includes types such as 229E, NL63, OC43, and HKU1 that usually cause mild to moderate upper-respiratory tract infection and illnesses, much like the common cold.

Coronaviruses are influenced by weather conditions and are more common in the winter months. Studies suggest that low temperature and low sunlight increase the coronaviruses' survival. Increased preventative measures such as face covering, physical distance, hand washing, staying away from people who are sick should reduce the transmission in the winter months.



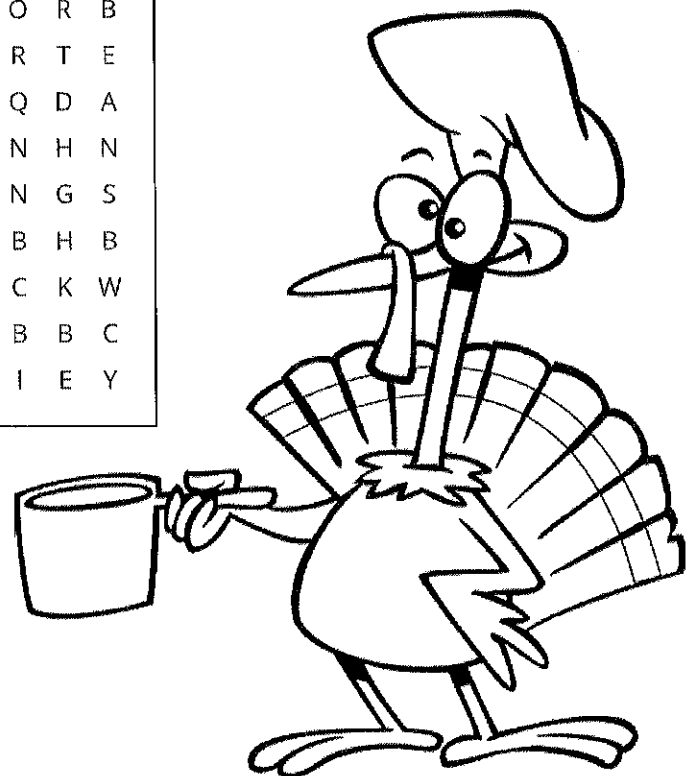
# Thanksgiving Word Search

## Difficult #1



Find and circle the hidden words. The words can appear in any direction: horizontally, vertically, diagonally and even backwards.

- |                |         |          |              |        |
|----------------|---------|----------|--------------|--------|
| APPLE          | BEETS   | BLESSING | BREWSTER     | BROWN  |
| CHILLY         | CIDER   | COLONY   | CORNUCOPIA   | DEER   |
| DRESSING       | EAT     | GRAVY    | GREENBEANS   | LOVE   |
| NASHEDPOTATOES | NATIVES | ROLLS    | THANKSGIVING | TURKEY |





# 30 Days of Gratitude Challenge

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
		1 Start a gratitude journal & add to it throughout the month.	2 Go out of your way to help someone today.	3 Send a loved one a handwritten note.	4 Offer someone a heartfelt compliment.	5 Bake a treat for your neighbors.
6 Thank your pastor for his hard work.	7 Think about a tough situation in your life that helped you grow.	8 Smile as often as you can.	9 Spend time with someone you care about today.	10 Leave a note of encouragement in a public place.	11 Thank a veteran in your life for their service.	12 Spend 10 minutes doing some gentle stretches.
13 Write down Colossians 2:6-7 & put it someplace you will see it	14 Make time to stop & breathe in your favorite scent.	15 Replace every complaint with a blessing.	16 Give someone a small gift, just because.	17 Lend a hand to someone needing help.	18 Go on a walk and find something beautiful.	19 Make yourself your favorite hot drink today
20 Be watchful & thankful in your prayers today (Colossians 4:2).	21 Show yourself grace. Do your best & let that be good enough.	22 Cheer on somebody else's achievements out loud.	23 Close your eyes & picture 10 things you are thankful for.	24 Tell your loved ones <i>why</i> you love them. Be specific.	25 Call a parent or grandparent & be an active listener.	26 Volunteer to do an unpleasant task.
27 Hug someone.	28 Think of someone who made a difference in your life. Tell them..	29 Do a random act of kindness.	30 Read over your gratitude journal for the month.			

# Marshmallow Treat Turkey Dessert

Whether you enjoy these right after Thanksgiving dinner or wrap them up for guests to take to go, these cute turkey treats will become an instant favorite holiday dessert recipe (especially with the kids).

By **BHG Test Kitchen** · Published on July 24, 2017

**Prep Time:** 40 mins

**Stand Time:** 1 hrs

**Total Time:** 1 hrs 40 mins

## Ingredients

- Nonstick cooking spray
- ¼ cup butter
- 1 10 ounce package tiny marshmallows
- 1 13 ounce jar marshmallow creme
- 2 teaspoon vanilla
- Pinch of salt
- 10 cup crisp rice cereal
- 24 ounce semi-sweet or milk chocolate, chopped and melted
- 12 peanut butter sandwich cookies with peanut butter filling
- 108 pieces candy corn
- 24 candy eyes
- 6 yellow chocolate-coated candy pieces, halved
- 12 red chocolate-covered sunflower seeds

## Directions

### Step 1

Line a 15x10x1-inch baking pan with foil, extending foil over the edges. Coat foil with nonstick cooking spray; set aside.

### Step 2

In a 4- to 6-quart Dutch oven, melt butter over low heat. Add marshmallows; cook until melted. Stir in marshmallow crème, vanilla, and salt. Remove from heat. Gently stir in cereal. Transfer to prepared pan. Use greased wax paper to press firmly. Cover the treats with a sheet of wax paper and a sheet of foil. Place another 15x10x1-inch baking pan on top of the treats; add a few unopened cans of food to the top of the pan for weight. Weigh treats down and let stand at least 1 hour.

### Step 3

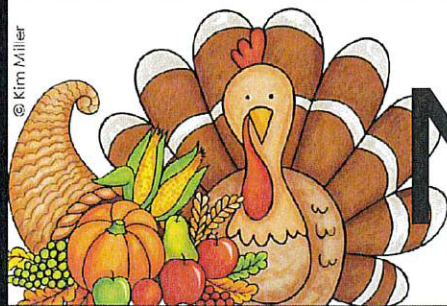
Using a 3-inch round cutter, cut 12 circles out of the marshmallow treats. Dunk each circle treat in melted chocolate. Press a sandwich cookie on top, leaving 1/2-inch of space from the top of the cookie to the edge of the circle treat. Place 5 candy corn pieces around the cookie to mimic tail feathers (place one candy corn in the 1/2-inch space above the cookie top). Use remaining melted chocolate as glue and attach candy eyes, yellow candy as beaks and red candy as snoods.



# NOVEMBER

**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY**

	<b>1 Pancake on Stick</b> ***** Chicken Nuggets Rice Pilaf Broccoli Fruit Milk	<b>2 Yogurt &amp; Cereal Bar</b> ***** Grilled Cheese Tomato Soup Vegetable Cup Fruit Milk	<b>3 Breakfast Sandwich</b> ***** Super Nachos Corn/Black Beans Salsa Brownie Fruit Milk	<b>4 Oatmeal</b> ***** Italian Dunkers Toss Salad Cookie Fruit Milk
<b>7 Waffles</b> ***** Hamburger Oven Potatoes Baked Beans Fruit Milk	<b>8 Breakfast Taco</b> ***** Pizza Toss Salad Pudding Fruit Milk	<b>9 Donut</b> ***** Sub Sandwich Chips Carrots Cookie Fruit Milk	<b>10 Biscuit &amp; Gravy</b> ***** Chicken Alfredo Garlic Bread Corn Fruit Milk	<b>11 Breakfast Pizza</b> ***** Quesadilla Toss Salad Oven Potato Fruit Milk
<b>14 Pancakes</b> ***** Corndog Oven Potatoes Baked Beans Fruit Milk	<b>15 Ham/Egg/Cheese Bar</b> ***** Mandarin Chicken Fried Rice Broccoli Fruit Milk	<b>16 Yogurt &amp; Muffin</b> ***** Wolverine Oven Potatoes Peas Fruit Milk	<b>17 Breakfast Sandwich</b> ***** Chicken Drumstick Mashed Potatoes Green Beans Roll/Pumpkin Pie Fruit/Milk	<b>18 Oatmeal</b> ***** Chili Vegetable Cup Cinnamon Roll Fruit Milk
<b>21 Pancake on Stick</b> ***** Country Fried Steak Mashed Potatoes Corn/Roll Fruit Milk	<b>22 Breakfast Taco</b> ***** Peanut Butter & Jelly Sandwich Chips & Salsa Carrots Fruit Milk	<b>23</b> NO School	<b>24</b> No School	<b>25</b> No School
<b>28 French Toast</b> ***** Chicken Nugget Rice Pilaf Broccoli Fruit Milk	<b>29 Ham/Egg/Cheese Bar</b> ***** Sloppy Joe Oven Potato Baked Beans Fruit Milk	<b>30 Donut</b> ***** Chicken Noodle Soup Cheese Stick Vegetable Cup Cinnamon Roll Fruit Milk		



# NOVIEMBRE

**MONDAY**
**TUESDAY**
**WEDNESDAY**
**THURSDAY**
**FRIDAY**
**1 Panqueque en el palilo**

\*\*\*\*\*

 Nuggets polio  
arroz Pilaf  
el Broccoli  
Fruta  
Leche

**2 el Yogurt y barras de cereal**

\*\*\*\*\*

 Queso a la plancha  
Sopa de tomate  
Cupa vegetal  
Fruta  
Leche

**3 Desayuno Sandwich**

\*\*\*\*\*

 Super Nachos  
Maiz/Black Beans  
Salsa  
la galleta  
Fruta  
Leche

**4 Avena**

\*\*\*\*\*

 Italian Dunkers  
ensalada  
la galleta  
Fruta  
Leche

**7 Gofres**

\*\*\*\*\*

 la Hamburgersa  
papas al horno  
frijoles cocidos  
Fruta  
Leche

**8 desayuno Taco**

\*\*\*\*\*

 Pizza  
ensalada  
Pudin  
Fruta  
Leche

**9 Donut**

\*\*\*\*\*

 Sandwich Sub  
Chips  
la zanahoria  
la galleta  
Fruta  
Leche

**10 la galleta y el caldo**

\*\*\*\*\*

 Pollo Alfredo  
ajo pan  
Maiz  
Fruta  
Leche

**11 desayuno Pizza**

\*\*\*\*\*

 Quesadilla  
ensalada  
papas al horno  
Fruta  
Leche

**14 Panquesque**

\*\*\*\*\*

 Corndog  
papas al horno  
frijoles cocidos  
Fruta  
leche

**15 jamon/huevo/bar queso**

\*\*\*\*\*

 Pollo Mandarina  
arroz frito  
el Brocoli  
Fruta  
Leche

**16 el Yogurt y mollete**

\*\*\*\*\*

 Wolverine  
papas al horno  
el guisante  
Fruta  
Leche

**17 Desayuno Sandwich**

\*\*\*\*\*

 musio de pollo  
pure de papas  
ejotes/pan de role  
Pastel de calabaza  
Fruta/Leche

**18 Avena**

\*\*\*\*\*

 Con Chili  
Cupa vegetal  
rollo de canela  
Fruta  
Leche

**21 Panqueque en el palilo**

\*\*\*\*\*

 Carne Frita  
pure de papas  
Maiz/pan de role  
Fruta  
Leche

**22 desayuno Taco**

\*\*\*\*\*

 la mantequilla de maniy jalea  
sandwich  
Chips & Salsa  
la galleta  
Fruta  
Leche

**23**
**NO  
hay  
clases**
**24**
**NO  
hay  
clases**
**25**
**NO  
hay  
clases**
**28 pan frances**

\*\*\*\*\*

 Nuggets polio  
arroz Pilaf  
el Broccoli  
Fruta  
Leche

**29 jamon/huevo/bar queso**

\*\*\*\*\*

 Pan de hamburgesa  
papas al horno  
frijoles cocidos  
Fruta  
Leche

**30 Donut**

\*\*\*\*\*

 Pollo con fideos  
sopa  
Queso stick  
Cupa vegetal  
rollo de canela  
Fruta  
Leche

**Menu sujeto a  
Cambio**

 Any Questions  
please contact  
Janet Slama

[janet.slama@wilberclatonia.org](mailto:janet.slama@wilberclatonia.org)
**Precios de la  
Comida**

 K-12 \$2.00  
Adults \$2.50  
Almerzo  
K-5 \$3.05  
6-12 \$3.25  
Adults \$4.00

# November

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
			2 pm Unified Bowling- Sun Valley Lanes 7 pm PTO mtg	State VB TBD	State VB TBD 8 a.m. SCIP Flu Shot Clinic	State VB TBD
6	7	8	9	10	11	12
				4:30 pm JH GBB @ Friend	Veteran's Day Program	8 am Fairbury One Act Invite
13	14	15	16	17	18	19
	4:30 pm JH GBB @ Tri County	One Act SNC-David City	NE All State Band/Choir	NE State Middle Level Chorus-Lincoln 4 pm Unified Bowling @ Tecumseh	NE All State Band/Choir	
20	21	22	23	24	25	26
	2 pm Unified Bowling @ Sunset Bowl 4:30 pm JGBB @ Milford 7 pm Board Mtg		<b>NO SCHOOL</b>	<b>NO SCHOOL</b> HAPPY THANKSGIVING	<b>NO SCHOOL</b>	10 am BB Jamboree- Home
27	28	29	30			
	JH Wrestling @ Wilber 6:30 pm FFA Mtg 7 pm Friends of Music Mtg	9:30 am Unified Bowling Districts -York-Sunset Bowl	9:00 am District One Act-Geneva			

{GIVE THANKS}

for each new morning  
with its light  
FOR REST AND SHELTER  
OF THE NIGHT  
for health and food  
for love and friends  
FOR EVERYTHING  
THY GOODNESS SENDS

~ralph waldo emerson~

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

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

