

## The Wolverine

November 2023

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### From the Superintendent- Mr. Collins

As I am writing this article we are enjoying some awesome Fall weather. The Fall activities seasons are winding down and preparations are being made for winter activities. Winter activities in Nebraska are typically held indoors with fans close to the action. I would ask all in attendance to respect the players, coaches and officials and be positive in your support. Each year it seems harder to find people willing to become officials, in part due to the lack of respect and treatment during games. Please represent Wilber-Clatonia with pride and make our school a place that officials want to be at.

In September I announced my intention to retire at the end of my current contract. At the October Board of Education meeting, Board members voted to approve a contract with McPeherson & Jacobson LLC, an executive recruitment and development firm, to conduct a process to recruit and help on board a new superintendent. Wilber-Clatonia has used this firm for the past couple of searches and maybe more. The people who will be working with the Board are Dr. Mike Lucas, Superintendent of Westside Public Schools and Dr. Derrick Joel, Assistant Superintendent at Norris Public Schools. The Board will have at least three special meeting and plan to approve the hire of a new Superintendent at the regular board meeting on January 15th. There will be opportunities for staff, student and patron input with open community forums currently scheduled for December 7th. Dr. Lucas told the Board that they should expect a nice pool of quality candidates both experienced and those looking for their first superintendency. The District has a great reputation, supportive community and excellent

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location and facilities. If you would like to be involved in the process, reach out to a Board member.

While the transition to new leadership can create some anxiety, it is also an opportunity to activate change and continue to create a growth culture and mindset as we work to make a leadership transition that embraces the ideal of making all of our students be the best people they can be.



**Favorite Thanksgiving Movies of Staff members:**

Charlie Brown Thanksgiving

Cowboys vs Redskins NFL Football

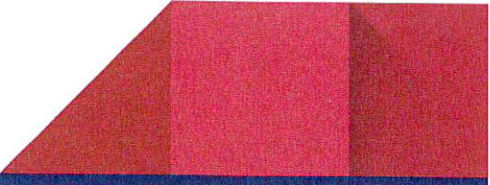
Hallmark Christmas Movies

Blind Side

Planes, Trains and Automobiles

WKRP in Cincinnati Turkey Episode

You've Got Mail



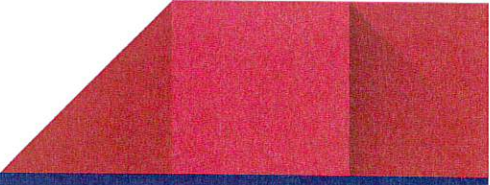
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### Staff members favorite memories of Thanksgiving:

- When we have Thanksgiving on my mom's side we have about 120 people show up and it is the best time catching up with my cousins. -Liz O
  - It was my son's 2nd Thanksgiving. He was about 1 and a half years old and I've never seen that kid so happy over food. He clapped and smiled the whole time with a messy face! -Miss Spencer
  - One of my favorite memories is being with my cousins from out of state at my grandparents' house.-Mrs. Meinke
  - Doing the Turkey Trot with my family.-Mrs. Hajek
  - We would go outside after eating supper at my grandparents. All my cousins, uncles and my brothers and sisters would play keep away with the football until late into the night. We would laugh and laugh, as my uncles were super ornery! -Mrs. Radcliff
  - First of all, I want you to understand that I was never the kid that wanted to help in the kitchen...I could be found outside building forts, playing catch, or shooting baskets in the driveway. So my senior year of high school, my grandma asked me if I would come and help her prepare the Thanksgiving meal for the whole family. So I showed up having NO idea how to make anything and I refused to touch the raw turkey because it totally grossed me out. She laughed at me the entire day, because I was completely useless. I was pretty much assigned to washing and cutting stuff up. It was our last Thanksgiving together, but I had so much fun with her that day and it is one of my favorite memories. - Mrs. Wamsley
  - Having my kids and family here for Thanksgiving.- Mrs. Miller
  - The year my mom burned the pumpkin pie and my Uncle Harley ate it like nothing was wrong with it. - Mrs. Heller
  - Running miles and miles so my kids would eat a Thanksgiving meal and still make weight.- Mr. Bates
  - Our first Thanksgiving in our new home.- Mrs. Pecena
  - My aunt always makes me a turkey birthday cake, since my birthday is usually just the week before.- Mrs. VanWinkle
  - The boys working out with their dad for wrestling. - Mrs. Bates
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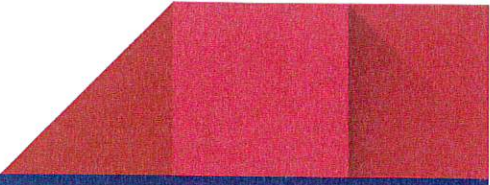
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- My favorite memory is being in the kitchen cooking all morning with my mom and sister. We always had so much fun.- Miss Pam
  - I always love going to my Grandparents house in Syracuse-there are so many people and kids there and we just eat and play cards and have so much fun. -Mrs. Braithwait
  - Every year celebrating as a family.- Mrs. Hormandl
  - Spending time in a cabin by Lake Superior with my family watching it snow.- Mrs. Furstenau
  - Watching football with my dad. - Miss Matulka
  - Cooking Thanksgiving dinner for my husband's Ranger Battalion single buddies.- Mrs. Munyon
  - Playing games at the Cerveny Farm.- Mrs. Kneifl
  - Getting together with family.- Mrs. Brenda Cerveny
  - Just being with my family and my parents.- Mrs. Binder

#### **Some of Staff Member's Favorite Foods at Thanksgiving-**

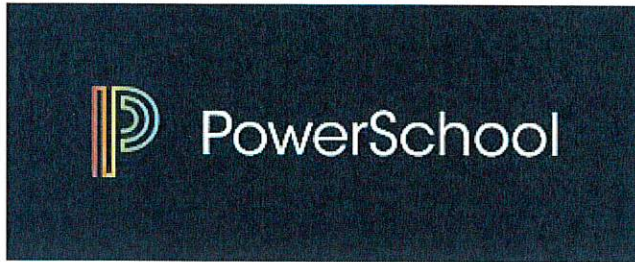
- Homemade stuffing and cranberry sauce
  - Pasta Salad, Stuffed mushrooms, bacon wrapped stuffed jalapenos
  - Mashed potatoes, rolls
  - Corn Casserole
  - My mom's dumplings are the best and her pumpkin cake roll!
  - Ham
  - Cheesy potatoes
  - Turkey, Pie, Pie and Pie
  - Stuffing and Green Bean Casserole
  - Turkey, pie, rolls
  - Mashed potatoes and gravy!!!! And my mom's stuffing!!!!
  - Deviled eggs
  - Pumpkin Bread
  - Dressing with bits of giblets in it.
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- Sage Stuffing
  - Watergate Salad
  - Pumpkin Pie, strawberry pretzel salad

**Staff Member's Family Traditions:**

- The day after Thanksgiving we would go as a family and pick out our real Christmas Tree.
  - Having all the kids create new Christmas ornaments and putting the tree up
  - Watching the parade together on TV
  - Black Friday Shopping
  - Going to my grandparents and getting together with cousins, aunts and uncles.
  - Putting up the Christmas tree
  - Having Thanksgiving with my mom's side of the family on the Wednesday night before Thanksgiving.
  - Getting together with all of our kids.
  - Playing cards. It's all fun and games until my dad outbids my mom on each round of pitch.
  - My aunt always brings a little craft for the kids to do at Thanksgiving and my teenagers still love to make them!
  - Getting our family picture taken
  - Black Friday shopping on Friday, then come back to my parents' house and help them decorate their house for Christmas.
  - We all get together for dinner every year at my mom's house.
  - Playing card games in the afternoon.
  - Watching the Macy's Day parade.
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## Secondary News and Reminders



### PowerSchool Glitch

As some of you may know, there has been an issue with PowerSchool that resulted in some parents losing their ability to log in. We have been in communication with PowerSchool and Final Forms as it appears there has been a break in the ability of the two platforms to communicate. We believe that the issue has been resolved. However, if you are having difficulty logging in to PowerSchool, please contact the HS office. We apologize for this inconvenience.

### Perception Survey

In October a perception survey was emailed out to all middle school students, high school students, staff, and parents (using the parent emails from Final Forms). A team of teachers and administrators reviewed the data and compared the results for all four groups. The data revealed that there are many things all four groups agree that we do well as indicated by a 70-80% agreement. Those include:

- Students and families understand school procedures and feel that rules are fair and consistent.
- Adults intervene when an instance of bullying or unkind behavior is reported.
- Staff form positive relationships with students.
- Staff believes that all students can succeed.
- Staff treat students with respect.
- Students feel a sense of belonging and pride in our school.
- Teachers are passionate about what they teach. They help students who need support.
- Students feel prepared to take a test.

The data also revealed that there are still some things we all agree we need to do better on as indicated by a 40-50% agreement. Those include:

- Student to student respect and student to teacher respect.
- Student voice in school
- Students enjoy school/class
- Still too much bullying and unkind behaviors
- More communication from school to home

A follow up survey to determine what kind of communication and the best way to communicate has been created and sent out to parents/guardians through Final Forms. The additional data will help the team create a plan to increase communication between school and home. Additionally, with identified areas of growth, the team will begin working on including student voice in trying to work toward establishing more respect between students and between students and teachers.

### Fall Concert Photos

A large shout out to our instrumental and vocal music teachers and students! The musical talent of our students is something to be proud of.



Beginning Guitar students



Junior High and High School Choir



Junior High Band

### Veterans Day

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 10, 2023 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 that you have not already submitted, 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 3rd.



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 dessert 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.

# Wilber-Clatonia "Honor a Veteran" Day

Friday, November 10, 2023 9:30 am

At 9:30 am on Friday, November 10, 2023, 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 10, 2023.

Please return this form to school by Friday, November 3, 2023 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 2023

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



## Graduation 2024

Saturday, May 11, 2024

High School Gymnasium

## 2023-2024 ACT Test Dates:

**ACT**<sup>®</sup>

Test Date	Registration Deadline	Late Fee required
Sat, Dec 10, 2023	Fri, Nov 3, 2023	Oct 6, 2023
Sat, Feb 10, 2024	Fri, Jan 5, 2024	Feb 2, 2024
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

**988** SUICIDE & CRISIS  
LIFELINE

## Nebraska College of Technical Agriculture (Curtis)

### Discovery Days:

Monday, November 13<sup>th</sup>

Monday, March 4<sup>th</sup>

Tuesday, April 9<sup>th</sup>

Enjoy a student-led campus tour. Meet the Dean and Faculty; Discover academic programs, clubs, and teams. Apply for admission, financial aid, and prepare to enroll!

Programs include AgriBusiness, Agronomy, Animal Science, Ag Mechanics, Equine Industry Management, Vet Tech, and MORE!

Competitive programs include Rodeo, Ranch Horse, Stock Dog, Shotgun Sports, Crops, and Livestock Judging.

Apply to NCTA for FREE through November 1, 2023. Use Code NCTA  
For more information: [ncta.unl.edu](http://ncta.unl.edu) or 1-800-3CURTIS



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## Chadron State College – Rural Law Opportunities Program (RLOP)



If you are interested in Pre-Law, then now is the time to apply for the Rural Law Opportunities Program (RLOP) at Chadron State College.

RLOP is a partnership between Chadron State, the UNL College of Law, and the Nebraska State Bar Association to recruit future lawyers to practice in rural Nebraska.

Students accepted into the program will receive a four-year full tuition waiver, provisional acceptance to UNL college of Law, rural practice programming, a free LSAT prep course, and annual visits to the UNL College of Law to attend classes and to visit with faculty.

CSC accepts 5 RLOP Participants and 5 Alternates per academic year

### Why choose RLOP at CSC?

- ❖ Licensed attorneys as faculty, both at CSC and UNL
- ❖ A project coordinator serves as a liaison between RLOP students, faculty, and UNL
- ❖ 17:1 student to Professor ratio
- ❖ A Legal Studies program with law-related courses such as Civil Litigation, Criminal Law, Legal Research and Writing, Courtroom Survival, etc.

Nebraska has a shortage of practicing rural attorneys. 11 of Nebraska's 93 counties have no attorneys at all, and 21 other counties have three lawyers or fewer.

For more info: [www.csc.edu/academics/RLOP](http://www.csc.edu/academics/RLOP) or contact Kate Pope @ [kdpope@csc.edu](mailto:kdpope@csc.edu)

DEADLINE: Wednesday, November 15<sup>th</sup>, 2023

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## Northwest Missouri State info

One of their major events is the President's Scholar Day, where high-achieving students compete for the President's Scholarship. It is an invite only event. Students with a minimum of 27 on the ACT (SuperScore) AND at least a 3.85 GPA are eligible. Please let me know if you are interested. I will nominate you.

At right and below are charts with information about other NWMS scholarship opportunities. Consider Northwest!

### OUT-OF-STATE STUDENT SCHOLARSHIP

#### BEARCAT ADVANTAGE!

Out-of-State Students with a 2.75 GPA and above can receive a \$8,052 scholarship!

Out-of-state students can earn IN-STATE rates with the Bearcat Advantage.

\* Students must complete 24 hours per year at Northwest and earn a 3.00 Northwest GPA annually to renew.

- Stackable with merit-based freshman scholarships.
- Over \$30,000 value if renewed for 4 years
- \*100% waiver of out-of-state tuition  
(Estimate based on 30 credit hours per year)



Northwest Missouri State University scholarship opportunities.

### MERIT-BASED SCHOLARSHIPS

Provost Scholar, Dean's Scholar, Distinguished Scholar, Academic Excellence, University Scholar and Northwest Merit are mutually exclusive awards.

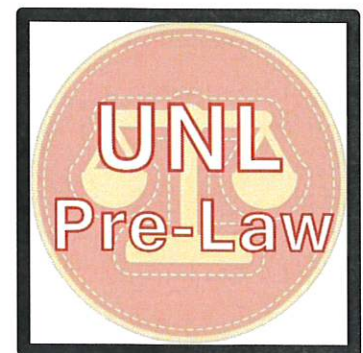
SAT score	ACT score	HIGH SCHOOL GPA						
		3.95+	3.85-3.94	3.75-3.84	3.50-3.74	3.25-3.49	3.00-3.24	2.75-2.99
1390-1600	30-36	\$6,000	\$5,000	\$4,000	\$3,000	\$3,000	\$3,000	\$1,500
1280-1380	27-29	\$5,000	\$5,000	\$4,000	\$3,000	\$3,000	\$3,000	\$1,500
1200-1270	25-26	\$4,000	\$4,000	\$4,000	\$3,000	\$3,000	\$1,500	\$1,500
1130-1190	23-24	\$3,000	\$3,000	\$3,000	\$3,000	\$3,000	\$1,500	\$1,500
1060-1120	21-22	\$3,000	\$3,000	\$3,000	\$1,500	\$1,500	\$1,500	\$1,500
980-1050	19-20	\$3,000	\$1,500	\$1,500	\$1,500	\$1,500	\$1,500	\$1,500
Less than 980 or no SAT test score	Less than 19 or no ACT test score	\$3,000	\$1,500	\$1,500	\$1,500	\$1,500	\$1,000	\$1,000

## UNK Pre-Law Day

On Monday, October 23<sup>rd</sup>, the Department of Political Science at UNK will be hosting UNK Pre-Law Day. At this event, students will learn about the UNK Pre-Law program and the various opportunities and benefits associated with it. Specifically, students will have the chance to interact with current students, faculty and local attorneys, hear about potential scholarship opportunities and participate in a simulated classroom experience.

To register, go to [https://unkearney.my.salesforce-sites.com/events/targetX\\_eventsb\\_events#/esr?eid=a127V0000074pTkQAI](https://unkearney.my.salesforce-sites.com/events/targetX_eventsb_events#/esr?eid=a127V0000074pTkQAI)

The event runs from 9 am – 1 pm Registration is at the Nebraskan Student Union Welcome Help Desk in the Atrium, 1013 W 27<sup>th</sup> St, Kearney, NE 68849





## Kearney Law Opportunities Program (KLOP)

This program is a partnership between UNK and the University of Nebraska College of Law, designed to recruit high school students from rural Nebraska and prepare them to eventually return and practice law in rural Nebraska. Students accepted into this program receive a full-tuition scholarship as well as

several other benefits. THE DEADLINE TO APPLY FOR KLOP IS NOVEMBER 15<sup>th</sup>.

Here is the KLOP website: <https://www.unk.edu/admissions/kearney-law-opportunities-program/index.php>

Questions? Contact Chuck Rowling at [rowlingcm@unk.edu](mailto:rowlingcm@unk.edu)

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## Nebraska Poultry Education Scholarship

The 2024-2025 Nebraska Poultry Education Scholarship is for Nebraska residents who are attending a school in Nebraska. A total of eight \$1000 scholarships may be awarded for the 24-25 academic year. The eight scholarships are awarded based on college credit hours completed (0-26 Freshmen, 27-52 Sophomore, 53-88 Junior, 89 or more Senior).

Application Link:

<https://form.jotform.com/232266604188156>

Application Deadline: Friday, December 15<sup>th</sup>,

2023

Also consider applying for the J.H. and J.W. Claybaugh Memorial Scholarship. This memorial scholarship began in 2022 with a \$5,000 donation from the Claybaugh family.

TWO \$2,500 scholarships will be awarded. Application Deadline: Friday, December 15<sup>th</sup>, 2023.

Application link: <https://form.jotform.com/232266910432148>



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## The Paul & Virginia Engler Foundation scholarship



The Engler program began in 2010 with a \$20 million gift over 10 years from the Paul F. and Virginia J. Engler Foundation. This scholarship is only a small component of the value available to you through engagement in the Engler Agribusiness Entrepreneurship Program. The only requirements to apply for an Engler scholarship – **declare a CASNR major and have participated in 4-H or FFA**. Awards range from \$1000-\$4000 per school year. The Engler program awards approximately 80 scholarships annually.

Application can be found at <https://englerjourney.com/>

Application Deadline: Monday, January 15<sup>th</sup>, 2024 at midnight.

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## Future of Nebraska scholarship for UNL

This is a NEW scholarship opportunity open to first-year students enrolling at UNL this fall; this \$5,000 scholarship has a DEADLINE of Friday, December 1<sup>st</sup>, with the PRIORITY deadline of Wednesday, November 1<sup>st</sup>.

Here's the website:

<https://business.unl.edu/promo/future-of-nebraska-scholarship/>



The Future of Nebraska Scholarship, sponsored by UnitedHealthcare, recognizes high school seniors in Nebraska who demonstrated potential to lead the future and encourages them to make an impact in our state. Examples of leadership potential include starting their own small business, participating in extracurricular activities, leading a volunteer effort, or giving back to their community.

Eligibility requirements: a graduating senior with at least a 3.0 GPA and admitted to UNL for fall of 2024, and a Nebraska resident.

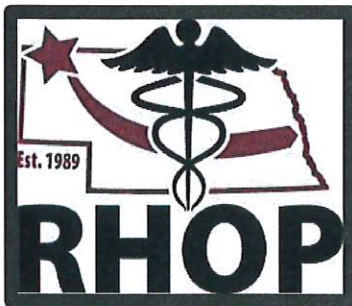
Preference will be given to those who wish to major in a College of Business major (Accounting, Actuarial Science, Agribusiness, Business Administration, Business & Law, Economics, Finance, International Business, Management, Marketing, and Supply Chain Management).

Recipients will be notified on February 1<sup>st</sup>, 2024.

Application:

<https://www.wrike.com/frontend/requestforms/index.html?token=eyJhY2NvdW50SWWQj0NlTQyMTUsInRhc2tGb3JtSWWQj0jExNTg2MzB9CTQ4NDY1ODg4MjgwODgJYj12MTc4ODQ3ZjhNTlXNjNINWVvZGE0YmYzOTRIMWZkOTE0ODdmOGYxNTgwOGUzZDRmNTU5OGNIZTFjMmU0Nw==>

## Wayne State College Rural Health Opportunities Program (RHOP) and the Rural Law Opportunities Program (RLOP)



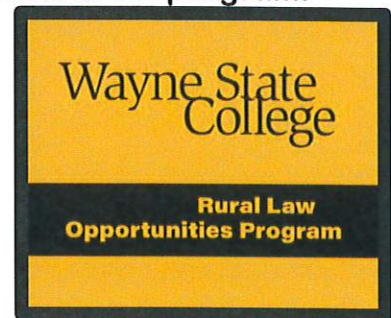
RHOP is a partnership between WSC and UNMC. RLOP is a partnership between WSC and the UNL College of Law. Both RHOP and RLOP are designed to recruit students from rural areas and train them to become health care providers (RHOP) or lawyers (RLOP) who will return and practice in their communities. To be considered for these programs, prospective students must be a rural Nebraska resident and demonstrate strong academic potential. IF selected to participate, students in RHOP and RLOP

will receive the following, contingent upon maintaining the conditions of the program:

- ✚ Wayne State College full tuition scholarship
- ✚ Guaranteed admission to UNL College of Law (RLOP) or UNMC (RHOP)

For RHOP, programs include Medical Laboratory Science, Dental Hygiene, Dentistry, Medicine, Nursing, Occupational Therapy, Pharmacy, Physical Therapy, Physician Assistant, and Radiography.

**BOTH RLOP and RHOP Application Deadline:**  
Friday, December 1<sup>st</sup>



**BOTH RLOP and RHOP Interview Day: Thursday, December 14<sup>th</sup>**  
**Students MUST BE ADMITTED to WSC to APPLY FOR EITHER OF THESE SCHOLARSHIPS.**  
To apply, go to [www.wsc.esu/apply](http://www.wsc.esu/apply)

## Nebraska Wesleyan University



Notes to self:

- ✚ November 1<sup>st</sup> is the Priority Application Deadline  
Students who apply to NWU by November 1<sup>st</sup> will receive a \$500 renewable P-Wolf Priority Scholarship. Apply soon!
- ✚ Access NWU Scholarship Program  
Access NWU Scholarship Program funds 100% of tuition for all first-year students who qualify for the federal Pell Grant. The program serves most students whose family adjusted gross incomes are at or below \$65,000.

Consider Nebraska Wesleyan for your future college journey destination!

## Kansas State University's Fall Engineering Events!

The Carl R Ice College of Engineering will host a variety of events on and off campus this fall. Students can choose the visit experience that works best for you, so we can introduce you to all that K-State Engineering has to offer.

Students will learn more about engineering degrees, scholarships, career opportunities, student leadership development, and much more!

Visit: [engg.us/events](http://engg.us/events) or <https://engg.k-state.edu/events/>

Engineering Senior Experience Day

Wednesday, October 25<sup>th</sup> (Manhattan)

Monday, November 13<sup>th</sup> (Manhattan)

Monday, December 4<sup>th</sup> (Manhattan)

Women in Engineering day

Friday, November 3<sup>rd</sup> (Manhattan)

Nights with K-State Engineering

Kansas City, MO | Burns & McDonnell | Thursday, November 2<sup>nd</sup>

Omaha, NE | Tuesday, November 14<sup>th</sup> | Place TBD



## FAFSA ID

Senior Parents -- IF you have not already done so, you NEED to create your FAFSA ID.

Go to: <https://studentaid.gov/fsa-id/create-account/launch>

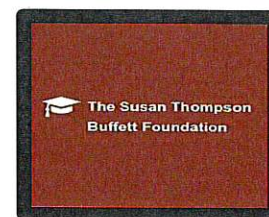
You NEED to create this account and then write it down or put it in your phone notes. You will use this login each year you file the FAFSA (Free Application for Federal Student Aid). Complete this sooner rather than later.

## Susan Thompson Buffett Scholarship

The Susan T. Buffett Scholarship application will be available on November 1<sup>st</sup>, 2023. Go to <https://buffettscholarships.org>

In response to the launch of the "Better FAFSA" sometime in December, the scholarship deadline will now be as follows:

- ✚ February 1<sup>st</sup>, 2024, before 5 pm the APPLICATION must be submitted (all documents including recommendation, EXCEPT for the FAFSA Submission Summary)
- ✚ March 15<sup>th</sup>, 2024, before 5 pm the FAFSA Submission Summary is due.



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## What Parents Neglect to Teach about Gratitude

Research suggests that the experience of gratitude has four parts, but we rarely teach all of them to our kids.

Some parenting experiences are nearly universal. The wonder of an infant's first smile. The excitement of a toddler's first wobbly steps. And the pride in hearing these two words come out of your child's mouth without you first having to nudge them along: "Thank you."

But what does gratitude mean *in children*? Most early studies of children's gratitude focus on acts of appreciation. For example, in one classic 1976 study, researchers made audio recordings of children on their Halloween rounds and found that 11- to 16-year-olds were four times more likely to say "thanks" for the candy than six-year-olds.

Today, psychologists studying gratitude note that being grateful means much more than just saying thank you. Not only is the experience and expression of gratitude broader than thanking others but it requires children to use a set of complex socio-emotional skills. For example, researchers at the University of North Carolina (UNC) at Greensboro argue that gratitude in children involves perspective taking and emotional knowledge, skills that children begin to develop more quickly around ages three to five.

In the [Raising Grateful Children](#) project at UNC Chapel Hill, we've explored gratitude experiences with families as their children have grown from kindergarteners to young teens. Based on the scientific literature and our conversations with parents, we've come to think about gratitude as an experience that has four parts:

- What we **NOTICE** in our lives for which we can be grateful
- 

- 
- How we **THINK** about why we have been given those things
  - How we **FEEL** about the things we have been given
  - What we **DO** to express appreciation in turn

Older children and adults are more likely to spontaneously engage in all four parts of gratitude, but younger children may only engage in some of these parts, only when prompted. Children may show more gratitude as they gain cognitive skills, collect practice with those skills, and begin to connect the NOTICE-THINK-FEEL parts of experiencing gratitude with the DO part of expressing gratitude.


This model emphasizes that gratitude is about how we receive things in the world as well as how we give to others. Indeed, when it comes to children, our team expects that helping them learn to deeply receive things in their lives will help engender genuine experiences of gratitude. These experiences, in turn, may motivate the appreciative behaviors that parents want to see in their children.

How kids learn to give thanks

In addition, the four parts of gratitude give parents several options for how they can help their children learn about gratitude.

Over a ten-day period, we asked 100 parents to tell us how they had tried to foster gratitude in their six- to nine-year-old children on that day. Some of these behaviors focused on how parents encourage their children to show gratitude, like reminding them to say thank you or expressing thanks in ways that go beyond words. The rest of the behaviors focused on what children noticed, thought about, or felt about things they received.

What we found is that parents, like the first gratitude researchers, focused on what children DO to show gratitude. Most parents (85 percent) spurred their children to say thank you and show gratitude in ways consistent with good manners. A smaller portion



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(39 percent) encouraged children to show gratitude in ways that went beyond good manners. About half of parents said they had pointed out to their children that they had received something (a NOTICE behavior). But even fewer parents asked children about how a gift made them feel (a FEEL behavior reported by only a third of parents) or why they thought someone had given them a gift (a THINK behavior reported by 22 percent of parents).

We think children may be understanding what is important about gratitude based on their parents' behaviors. These behavioral messages may in turn shape how children show gratitude.

When parents reported on how often they saw the types of gratitude in their children using these same daily diaries, what children DO to show gratitude won out over what they NOTICE-THINK-FEEL. Almost all parents reported that their children show well-mannered gratitude (like saying "thank you") on any given day of the study, whereas only half said that their children show gratitude in ways that went beyond "good manners." Many parents (over 60 percent) said that their children NOTICE things in their lives for which they could be grateful or connect positive feelings to the experience of receiving. Less than half, however, reported that their children thought about the reasons why someone gave them a gift in a way that engenders gratitude.

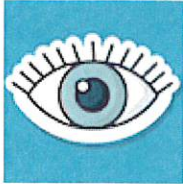
### Questions that foster gratitude

These findings suggest that there are opportunities for fostering gratitude in children that many parents have yet to tap. Finding ways to help children more deeply notice what they have received is an important place to start. But helping them make sense of those gifts, through their thoughts and feelings, may be key to experiences of gratitude more specifically.

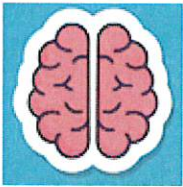


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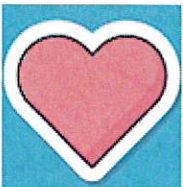
How can parents do that? By asking questions. Here are some examples of **NOTICE-THINK-FEEL-DO** questions parents may ask children about their gratitude experiences.



**NOTICE:** What have you been given or what do you already have in your life for which you are grateful? Are there gifts behind the material gifts for which you are grateful, like someone thinking about you or caring about you enough to give you the gift?



**THINK:** Why do you think you received this gift? Do you think you owe the giver something in return? Do you think you earned the gift because of something you did yourself? Do you think the gift was something the giver had to give you? If you answered no to these questions, then you may be more likely to be grateful.



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**FEEL:** Does it make you feel happy to get this gift? What does that feel like inside? What about the gift makes you feel happy? These questions help the child connect their positive feeling to the gifts that they receive in their lives.



**DO:** Is there a way you want to show how you feel about this gift? Does the feeling you have about this gift make you want to share that feeling by giving something to someone else? Prompting children after experiences of gratitude in order to motivate acts of gratitude, whether they be acts of appreciation or paying it forward, may help children connect their experiences and actions in the world.

We think that these types of questions may help children to more deeply receive gifts from others or notice what they already have in the world. In turn, we think that deeply receiving may motivate acts of gratitude toward others. And that will give parents reasons to feel proud of children who not only say thank you unprompted but, more importantly, mean it.





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

Date: \_\_\_\_\_

# LEFTOVER TURKEY

## Word Search

**DIRECTIONS:**  
Find and circle  
the turkey recipes  
in the grid. Look  
for them in all  
directions including  
backwards and  
diagonally.

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

A La King

Burritos

Casserole

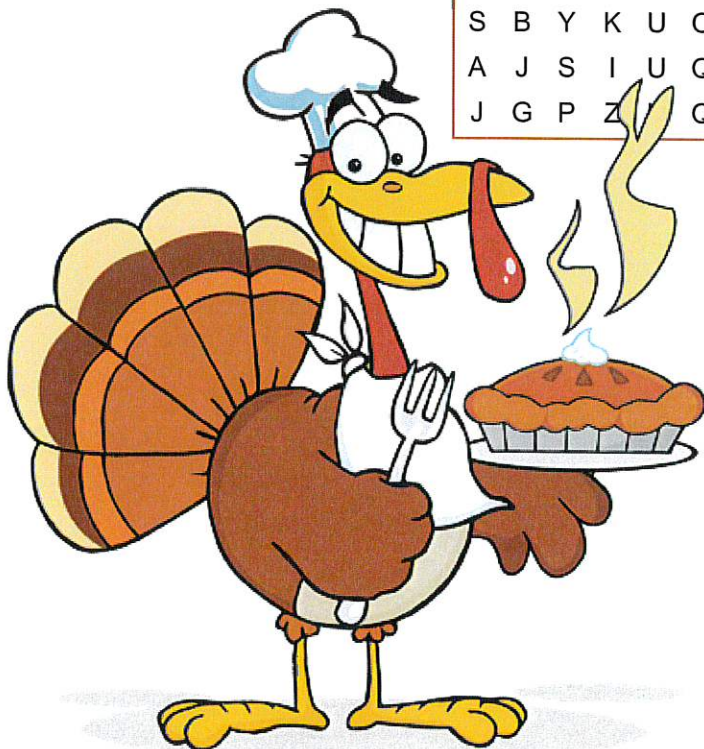
Chili

Chowder

Crepes

Croquettes

Curry



Empanadas

Enchiladas

Hash

Manicotti

Nachos

Panini

Pizza

Pot Pie

Quiche

Salad

Sandwich

Shepherd's Pie

Soup

Stroganoff

Tacos

Tetrazzini

Happy November! Time to be thankful and grateful for healthy meals.

October has been fun but bring on Thanksgiving. I am trying to offer fall fruit (apple crisp and etc.) just a little more as much as I can. I am offering instead of turkey for lunch we will have chicken drumsticks with the fittings.

We will 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.

I have included in the newsletter The Nebraska School Nutrition Association Art Contest. See details and form in the newsletter. Any questions please reach out to Janet Slama.

If you have any questions please reach me at 402-821-2141 ext. 316 or email me at [janet.slama@wilberclatonia.org](mailto:janet.slama@wilberclatonia.org).

#### Breakfast Prices

Grades K-12 Breakfast      \$2.00

Extra Milk/Milk Break              \$0.50

Adult Breakfast              \$2.50

#### Lunch Prices

Grades K-5 Lunch	\$3.05	Extra Entree	\$2.00
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Grades 6-12 Lunch	\$3.25	Extra Potato/Pasta	\$1.00
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Adult Lunch	\$4.00	Extra Milk/Fruit	\$0.50
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Extra Chip/Roll	\$1.00
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## Pumpkin Chocolate Muffins

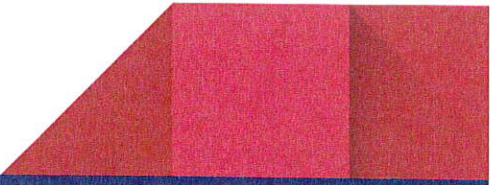
Baking spray with Flour	1 c unsweetened pumpkin puree
½ c Packed light brown sugar	1.2 c granulated sugar
½ c vegetable oil	2 large eggs
¼ c buttermilk	½ tsp vanilla extract
1 ½ c all purpose flour	1 tsp pumpkin pie spice
¾ tsp baking powder	½ tsp baking soda
½ tsp kosher salt	1 c mini semisweet chocolate chips, divided

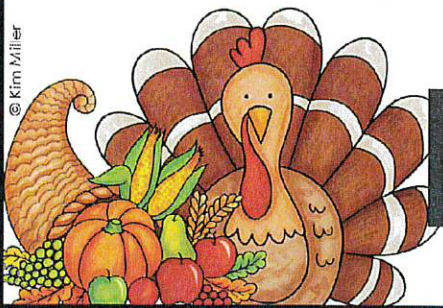
Preheat the oven to 350 degrees. Line a 12 cup muffin tin with cupcake liners, or spray with baking spray with flour.

In a large bowl, whisk together the pumpkin, light brown sugar, granulated sugar, oil, eggs, buttermilk, and vanilla until well combined. Add the flour, pumpkin pie spice, baking powder, baking soda, and salt, stirring until just combined. Fold in ¾ cup mini chocolate chips.

Using a ⅓ cup measuring cup or scoop, drop a level scoop of batter into each lined muffin cup. Top the scooped batter evenly with the remaining ¼ cup mini chocolate chips.

Bake until the tops are golden brown and a wooden pick inserted in the center of a muffin comes out clean, 20 to 22 minutes.

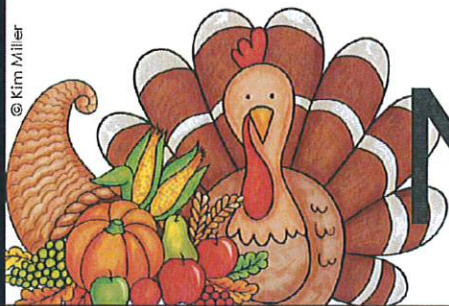




# NOVEMBER

**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY**

<p><b>"This institution is an equal opportunity provider"</b></p> <p>Any Questions please contact Janet Slama janet.slama@wilberclatonia.org</p>	<p><b>Prices Breakfast</b> K-12 \$2.10 Adults \$2.75 <b>Lunch</b> K-5 \$3.15 6-12 \$3.25 Adults \$4.60</p>	<p><b>1 Yogurt &amp; Cereal Bar</b> ***** Grilled Cheese Tomato Soup Vegetable Cup Fruit Milk</p>	<p><b>2 Breakfast Sandwich</b> ***** Super Nachos Lettuce Brownie Fruit Milk</p>	<p><b>3 Oatmeal</b> ***** Lasagna Rollup Garlic Bread Green Beans Fruit Milk</p>
<p><b>6 Waffles</b> ***** Chicken Sandwich Oven Potatoes Baked Beans Fruit Milk</p>	<p><b>7 Breakfast Taco</b> ***** Taco Mexican Rice Corn/Black Beans Fruit Milk</p>	<p><b>8 Donut</b> ***** Potato Soup Hot Ham &amp; Cheese Vegetable Cup Fruit Milk</p>	<p><b>9 Biscuit &amp; Gravy</b> ***** Chicken Alfredo Garlic Bread Peas Fruit Milk</p>	<p><b>10 Breakfast Pizza</b> ***** Pizza Toss Salad Cookie Fruit Milk</p>
<p><b>13 Pancakes</b> ***** Corndog Seasoned Noodles Baked Beans Fruit Milk</p>	<p><b>14 Breakfast Burrito</b> ***** Quesadilla Mexican Rice Toss Salad Fruit Milk</p>	<p><b>15 Ham/Egg/Cheese Bar &amp; Bread item</b> ***** Eggs &amp; Biscuit Tri Tator Vegetable Cup Fruit Milk</p>	<p><b>16 Yogurt &amp; Granola Bar</b> ***** Mandarin Chicken Fried Rice Broccoli Fruit Milk</p>	<p><b>17 Oatmeal</b> ***** Cook's Choice Vegetable Fruit Milk</p>
<p><b>20 Pancake on Stick</b> ***** Chicken Drumstick Mashed Potatoes Green Beans Roll/Pumpkin Pie Fruit/Milk</p>	<p><b>21 Cook's Choice</b> ***** Peanut Butter &amp; Jelly Sandwich Chips Carrots Fruit Milk</p>	<p><b>22</b> NO School</p>	<p><b>23</b> No School</p>	<p><b>24</b> No School</p>
<p><b>27 French Toast</b> ***** Chicken Nugget Rice Pilaf Broccoli Fruit Milk</p>	<p><b>28 Breakfast Burrito</b> ***** Italian Dunkers Toss Salad Pudding Fruit Milk</p>	<p><b>29 Donut</b> ***** Chili Mini Loaf Bread Vegetable Cup Fruit Milk</p>	<p><b>30 Biscuit &amp; Gravy</b> ***** Hamburger Oven Potato Baked Beans Fruit Milk</p>	<p><b>Menus subject to change at anytime</b></p>



# NOVIEMBRE

**LUNES**
**MARTES**
**MIÉRCOLES**
**JUEVES**
**VIERNES**
**Menu sujeto a Cambio**

Any Questions  
please contact

Janet Slama

janet.slama@wilberclatonia.org

**Precios de la Comida**

K-12 \$2.10

Adults \$2.75

Almuerzo

K-5 \$3.15

6-12 \$3.25

Adults \$4.60

**1 el Yogurt y barras de cereal**

Queso a la plancha  
Sopa de tomate  
Cupa vegetal  
Fruta  
Leche

**2 Desayuno Sandwich**

Super Nachos  
la lechuga  
la galleta  
Fruta  
Leche

**3 Avena**

Lasagna Rollup  
ajo pan  
ejotes  
Fruta  
Leche

**6 Gofres**

Sandwich pollo  
papas al horno  
frijoles cocidos  
Fruta  
Leche

**7 desayuno Taco**

Taco  
arroz ala mexicana  
maiz/frijoles negros  
Fruta  
Leche

**8 Donut**

Sopa de papas  
Caliente de jamon  
y queso  
copa vegetal  
Fruta  
Leche

**9 la galleta y el caldo**

Pollo Alfredo  
ajo pan  
el guisante  
Fruta  
Leche

**10 desayuno Pizza**

Pizza  
ensalada  
Cookie  
Fruta  
Leche

**13 Panquesque**

Corndog  
fideos sazonados  
frijoles cocidos  
Fruta  
leche

**14 Desayuno Burrito**

Quesadilla  
arroz ala mexicana  
ensalada  
Fruta  
Leche

**15 jamón/huevo/bar queso y artículo de pan**

Huevos y la galleta  
tri tator  
copa vegetal  
Fruta/Leche

**16 el Yogurt y barra de granola**

Pollo mandarín  
Arroz frito  
Brócoli  
Fruta/Leche

**17 Avena**

elección de cocineros  
Vegetable  
Fruta  
Leche

**20 Panqueque en el palilo**

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

**21 elección de cocineros**

la mantequilla de maniy jalea  
sandwich  
Chips  
la galleta  
Fruta  
Leche

**22**

**NO  
hay  
clases**

**23**

**NO  
hay  
clases**

**24**

**NO  
hay  
clases**

**27 pan frances**

Nuggets polio  
arroz Pilaf  
el Broccoli  
Fruta  
Leche

**28 Desayuno Burrito**

Italian Dunkers  
ensalada  
Pudin  
Fruta  
Leche

**30 Donut**

Con Chili  
mini pan de molde  
Cupa vegetal  
Fruta  
Leche

**30 la galleta y el caldo**

el Hamburguesa  
papas al horno  
frijoles cocidos  
Fruta  
Leche

"Esta institución es un proveedor de igualdad de oportunidades"



Do you have students who like to draw or doodle?

Do you have an art teacher looking for a project?

**Check this out!**

**The 2024 Nebraska School Nutrition Association  
Art Contest is HERE!**

There are four grade categories for the contest: K-1, 2-4, 5-8, and 9-12.

Four winners will be chosen and each will receive a \$50 check from the Nebraska School Nutrition Association.

NSNA Art Contest 2023-24

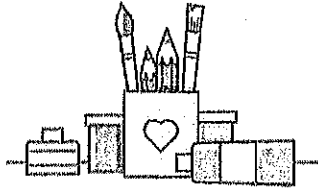
Contest Rules:

1. All entries must be the student's original artwork on an **8 1/2 x 11 inch** sheet of unlined white paper. Do not use white plain poster board as it is not allowed.
2. The theme '**Energize Your Day With School Nutrition!**' must be printed on the artwork.
3. The student's name, address, grade, and school must appear on the back of the artwork.
4. Each entry must be accompanied by a completed entry form signed by the principal and cafeteria manager.
5. Each school district will be allowed to submit four entries for the competition: one for each grade category.
6. Entries must be postmarked by **December 15, 2023**.
7. If any of the above rules are not followed, the entry will be automatically disqualified.
8. Entries will not be returned unless requested.

Send your school district's entries to:

Nebraska School Nutrition Association  
P.O. Box 45527  
Omaha, NE 68145-0527





**NEBRASKA SCHOOL NUTRITION ASSOCIATION ART CONTEST  
ENTRY FORM**

***"Energize Your Day With School Nutrition!"***

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

Contest Deadline: December 15, 2023

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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: \_\_\_\_\_

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(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 (\_\_\_\_)

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**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 Elementary**

**402-821-2508 High School**

**402-821-2266 District**

**402-821-3013 Fax**

**[www.wilberclatonia.org](http://www.wilberclatonia.org)**

