



THE WOLVERINE

FROM THE SUPERINTENDENT-MR. COLLINS

Welcome to October! This month brings the end of the 1st academic quarter and as the end of the month approaches conference tournaments and district play in several NSAA activities happens.

The Wilber Clatonia Board of Education met on September 19th to hold budget hearings and hold their regular Board meeting. The big items included the replacement of lighting fixtures throughout the building with LED fixtures or bulbs. The savings in energy costs will be significant and the projected payback in energy savings will be 7 years. We anticipate using Depreciation Funds to complete this lighting replacement project. Work is anticipated to begin in May of 2023. The Board also voted to adopt the 2022-2023 budget. The budgets for all funds the District uses went up less than 1% (\$62,248). The tax request for all funds went up \$194,575. This increase was primarily in the General Fund. Part of the increase is due to loss in other revenue sources, most notably State Aid (-\$60,130) and no longer qualifying for REAP (Rural Education Achievement Program) funding (-\$42,000) due to an average daily membership over 600 K-12 students. We also had significant increases in contracted services for students, staff costs, transportation costs and all insurances. Other factors effecting the budget and levy process included a 1.9% increase in valuation (taxing base) and little additional state certified budget authority. What is the net effect to property tax you pay to the school's funds? The levy up \$0.008 (8/10th of a cent) this increases taxes \$8 on a \$100,000 piece of property. If your valuation stays the same you will experience a slight increase in taxes due to the rate or levy increase. If you valuation increased then there will be an increase in taxes paid and if valuation decreased you will see either a similar tax bill or decrease. The Board of Education continues to provide the resources necessary to meet the educational needs of all students in the district.

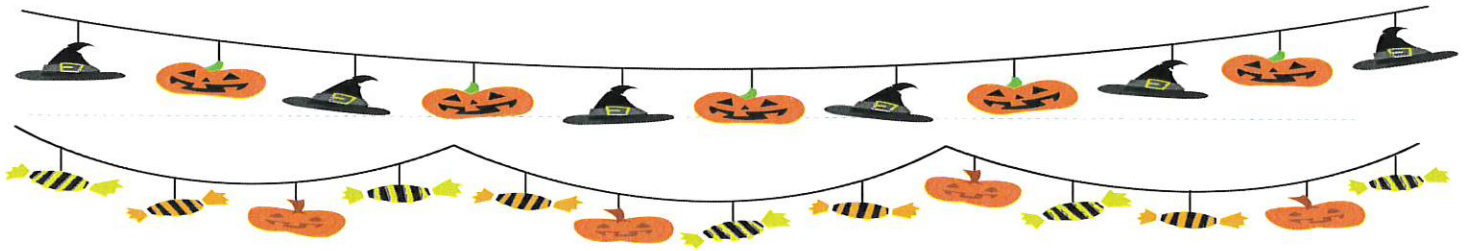
Education today is occurring in an increasingly complex technology environment. The school system monitors activity that occurs in District devices and has software that flags or blocks sites that would be considered inappropriate. We do not block or monitor smart phone activity other than having students turn in their cell phones during instructional time. Many students also have one or more social media accounts they can access with their smart phones. We do conduct assemblies and provide instruction on the potential dangers of social media and are required to involve law enforcement should we believe a law is broken. Because of some of the things we are hearing about I would encourage you to speak with your child about what they say and pictures they post to their social media accounts.

Planning for the future is something the Board of Education is tasked with. To identify potential facility changes the Board will be meeting with some companies to conduct a comprehensive facility assessment. (continued on next page)

FROM THE SUPERINTENDENT CONTINUED

Depending on the chosen scope for this process it could take 6-12 months to complete. Upon completion the Superintendent and Board will have a prioritized list of building and possibly program items to address. Part of the process will be to seek input from students, staff and members of the public.

There are always numerous things happening in and around school. Please be involved and as always, thank you for your questions and support.



SCHOOL HEALTH SCREENINGS

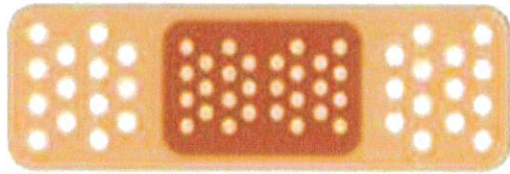


The Lions Club will be at school on **Friday, October 14, 2022** for school health screenings. Students in grades PK-4th, 7th and 10th will be participating.

Screenings include: Height, weight, oral, vision and hearing.

Please remind those students who wear contacts, or have corrective lenses to wear or bring them on this day.

FLU SHOT



FIGHT - THE - FLU

PREVENTING THE FLU....STARRING YOU!

Public Health Solutions does not want you to get sick with the flu. When more people get the flu vaccine, many less people will become sick with the flu and thus there will be less people spreading influenza to others. This is especially important if you are around infants 6 months or younger or the elderly as they are at a greater risk to have serious complications due to flu. Most healthy school aged children may not experience flu complications, but could risk exposing an elderly grandparent or baby brother/sister to the virus.

Public Health Solutions district Health Department will again be offering flu immunization clinics for students at your school. Prior to the start of clinics, students will bring home consent forms and fact sheets explaining the importance of getting the flu immunization. Parents and guardians are encouraged to read the information carefully, complete and sign the consent form, and send it back to school with their student.

**** Due to Covid 19 Vaccine updates, we will be providing Pfizer boosters to children ages 5-11 and primary Pfizer doses to children 12 and older. Your child's Covid-19 vaccine card will need to be present on the day of the SKIP Flu clinic and we will verify all prior Covid 19 vaccinations. If this is a first primary does, we will administer the Pfizer Covid 19 vaccine accordingly. This information is not stated in the original packed and we thank you for your understanding.

Show the Flu Bug who is the winner! Not only will students have received protection against the flu by getting a flu shot, they will also be entered into a drawing. All students who return a completed permission form AND get the flu shot the day of the school clinic will be entered into a drawing for a \$20.00 gift card. Do not let the flu bug win!

Public Health Solutions District Health Department will be at your school **November 14th.**

For more information, contact your school health office, or Public Health Solutions at 402-826-3880.

*Know the
truth. You
have it in
you to
climb every
mountain.-
Hiral
Nagda*





830 East 1st Street - Suite 300 ▪ Crete, NE 68333
phone 402-826-3880 ▪ toll free 844-830-0813 ▪ fax-826-4101

Public Health *Solutions*

District Health Department

The SKIP Flu immunization clinic will be offered at your child's school on **Friday November 4, 2022.** _

Public Health Solutions will offer flu immunizations within the school this October. We will also offer the Pfizer Covid-19 Vaccine for anyone aged 12 and over. This year's theme is "Preventing the Flu... Starring You!".

We realize that the flu vaccine and Covid-19 vaccine do not guarantee 100% protection against either virus, but they help reduce symptoms if you do become ill. It is important for as many people as possible to get the flu and Covid-19 vaccine to help with the spread of both viruses and to protect our family and friends.

***** IF YOU OR YOUR CHILD ARE SIGNED UP FOR THE COVID-19 VACCINE, THEIR CARD MUST BE WITH THEM ON THE DAY OF THE IMMUNIZATION CLINIC*****

To have your child vaccinated, please do the following:

- 1. Complete and Sign the Permission Form.**
You must complete the attached Permission Form/Forms and answer **all** the Screening Questions. Return the completed form to your child's school. **Children without a completed and signed consent form will not be immunized. All questions must be answered.**
- 2. Insured? - - Just include a copy of your insurance or Medicaid/Medicaid Managed Care Cards**
Please **include a photocopy** of your insurance or Medicaid/Medicaid Managed Care card. There will be **no cost to your family** as we bill the insurance company. If you are requesting a Covid-19 Vaccination only, no insurance information is necessary.
- 3. Are you uninsured?**
Mark the uninsured box on the Permission Form. There will be **no charge** for the vaccination thanks to the support from the county boards and from federal vaccine funding.
- 4. Show these Viruses who is the Winner!**
Every student who turned in their Consent Form **and** got the flu shot the day of the clinic will be entered into a drawing for a \$20.00 gift card.

Children under the age of nine who have never had the flu vaccine before, or did not receive two doses prior to this year, will need a second dose (booster). Our nurses will review your child's record and will let you know if a booster is needed.

If you need a flu shot, or know someone who needs one, and are unsure where to go, please call us! **Remember— your flu shot protects both you and those you love!** Questions? Call Public Health Solutions District Health Department at 402-826-3880 or toll-free 1-844-830-0813.

This program is supported by Public Health Solutions Board of Health and County Commissioner / Supervisor Boards which help provide funding for anyone who is uninsured.

Sincerely,

Kimberly Showalter
Health Director



Public Health Solutions Vaccine Screening/ Permission Form 2022-2023

The information on this form will be used to make sure we have permission to give vaccine. The vaccination will be recorded on Nebraska's state immunization site.

Name: _____ Date of Birth: _____ Sex: Male Female
 Address: _____ City/State/Zip: _____ Phone: _____
 School: _____ Doctor: _____

Insurance (COPY ATTACHED) Medicaid/Managed Care (COPY ATTACHED) Uninsured

SCREENING QUESTIONS - Parent/Guardian: Please Answer ALL the questions below with YES or NO.
Vaccine will not be given if this information is not completed, signed and returned to school on or before vaccine clinic.

Does the person getting flu/Covid-19 vaccine feel sick or have a fever today?	YES / NO
Has this person ever had a severe allergic reaction to anything, including vaccine?	YES / NO
Has this person ever had <i>Guillain-Barré syndrome</i> within 6 weeks of receiving the flu vaccine? <small>*Guillan-Barré syndrome- a disease of the nerves. Symptoms are muscle weakness and decreased feeling in the legs and moving upward, sometimes causing a person to be paralyzed or have trouble breathing.</small>	YES / NO
Have you ever received a dose of COVID-19 vaccine?	YES / NO
If yes, which vaccine did you receive? a. Pfizer b. Moderna c. Other _____ d. not applicable	
Do you currently have COVID-19 infection?	YES / NO

Permission: Please Read Carefully.

- I have been given a copy of the 2022-2023 Influenza & COVID-19 Vaccine Information Statement (VIS), and I have read and/or had explained to me the information for both vaccines.
- I've had the opportunity to ask questions and have those questions answered to my satisfaction.
- I understand the risks and benefits of the offered vaccinations, and I request that the influenza and/or COVID-19 vaccine be given to me or the person named above for whom I am authorized to make this request.
- I understand and agree that Public Health Solutions and my child's school are not responsible for any adverse reactions that may occur and that is my responsibility to seek medical attention for my child or myself should an adverse reaction occur.

For Covid-19 vaccines to be given, updated Covid-19 cards must be present at the vaccine clinic.

INFLUENZA VACCINE: I give my child/myself permission to receive the inactivated injectable Seasonal Influenza Vaccine.

Signature: _____ Date: _____

COVID-19 VACCINE(PFIZER): I give my child/myself permission to receive the Covid-19 vaccine.

Signature: _____ Date: _____

For Office Use Only:

Nurse Signature: _____

Nurse: Please attach vaccine information sticker(s) here and sign form.

Seasonal Flu & COVID-19 (2022-2023)

Influenza (Flu) Vaccine (Inactivated or Recombinant): *What you need to know*

Many vaccine information statements are available in Spanish and other languages. See www.immunize.org/vis

Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite www.immunize.org/vis

1. Why get vaccinated?

Influenza vaccine can prevent **influenza (flu)**.

Flu is a contagious disease that spreads around the United States every year, usually between October and May. Anyone can get the flu, but it is more dangerous for some people. Infants and young children, people 65 years and older, pregnant people, and people with certain health conditions or a weakened immune system are at greatest risk of flu complications.

Pneumonia, bronchitis, sinus infections, and ear infections are examples of flu-related complications. If you have a medical condition, such as heart disease, cancer, or diabetes, flu can make it worse.

Flu can cause fever and chills, sore throat, muscle aches, fatigue, cough, headache, and runny or stuffy nose. Some people may have vomiting and diarrhea, though this is more common in children than adults.

In an average year, **thousands of people in the United States die from flu**, and many more are hospitalized. Flu vaccine prevents millions of illnesses and flu-related visits to the doctor each year.

2. Influenza vaccines

CDC recommends everyone 6 months and older get vaccinated every flu season. **Children 6 months through 8 years of age** may need 2 doses during a single flu season. **Everyone else** needs only 1 dose each flu season.

It takes about 2 weeks for protection to develop after vaccination.

There are many flu viruses, and they are always changing. Each year a new flu vaccine is made to protect against the influenza viruses believed to be likely to cause disease in the upcoming flu season.

Even when the vaccine doesn't exactly match these viruses, it may still provide some protection.

Influenza vaccine **does not cause flu**.

Influenza vaccine may be given at the same time as other vaccines.

3. Talk with your health care provider

Tell your vaccination provider if the person getting the vaccine:

- Has had an **allergic reaction after a previous dose of influenza vaccine**, or has any **severe, life-threatening allergies**
- Has ever had **Guillain-Barré Syndrome** (also called "GBS")

In some cases, your health care provider may decide to postpone influenza vaccination until a future visit.

Influenza vaccine can be administered at any time during pregnancy. People who are or will be pregnant during influenza season should receive inactivated influenza vaccine.

People with minor illnesses, such as a cold, may be vaccinated. People who are moderately or severely ill should usually wait until they recover before getting influenza vaccine.

Your health care provider can give you more information.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

4. Risks of a vaccine reaction

- Soreness, redness, and swelling where the shot is given, fever, muscle aches, and headache can happen after influenza vaccination.
- There may be a very small increased risk of Guillain-Barré Syndrome (GBS) after inactivated influenza vaccine (the flu shot).

Young children who get the flu shot along with pneumococcal vaccine (PCV13) and/or DTaP vaccine at the same time might be slightly more likely to have a seizure caused by fever. Tell your health care provider if a child who is getting flu vaccine has ever had a seizure.

People sometimes faint after medical procedures, including vaccination. Tell your provider if you feel dizzy or have vision changes or ringing in the ears.

As with any medicine, there is a very remote chance of a vaccine causing a severe allergic reaction, other serious injury, or death.

5. What if there is a serious problem?

An allergic reaction could occur after the vaccinated person leaves the clinic. If you see signs of a severe allergic reaction (hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, or weakness), call **9-1-1** and get the person to the nearest hospital.

For other signs that concern you, call your health care provider.

Adverse reactions should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your health care provider will usually file this report, or you can do it yourself. Visit the VAERS website at www.vaers.hhs.gov or call **1-800-822-7967**. *VAERS is only for reporting reactions, and VAERS staff members do not give medical advice.*

6. The National Vaccine Injury Compensation Program

The National Vaccine Injury Compensation Program (VICP) is a federal program that was created to compensate people who may have been injured by certain vaccines. Claims regarding alleged injury or death due to vaccination have a time limit for filing, which may be as short as two years. Visit the VICP website at www.hrsa.gov/vaccinecompensation or call **1-800-338-2382** to learn about the program and about filing a claim.

7. How can I learn more?

- Ask your health care provider.
- Call your local or state health department.
- Visit the website of the Food and Drug Administration (FDA) for vaccine package inserts and additional information at www.fda.gov/vaccines-blood-biologics/vaccines.
- Contact the Centers for Disease Control and Prevention (CDC):
 - Call **1-800-232-4636 (1-800-CDC-INFO)** or
 - Visit CDC's website at www.cdc.gov/flu.





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phone 402-826-3880 ▪ toll free 844-830-0813 ▪ fax-826-4101

Public Health Solutions

District Health Department

La clínica de vacunación de SKIP Flu se ofrecerá en la escuela de su hijo/a **el viernes 4 de noviembre del 2022**. Public Health Solutions ofrecerá vacunas contra la gripe dentro de la escuela en octubre 2022. También se ofrecerá la Vacuna Pfizer contra el Covid-19 para toda persona mayor de 12 años. ¡Este año los animamos a "Prevenir la influenza.....Empezando por ti!".

Hoy día es importante tratar de mantenerse lo más saludable posible ya que existe un mayor riesgo con el virus del Covid-19. Es muy importante que la mayoría de las personas reciban la vacuna de la Gripe y Covid-19 este año. Con el propósito de reducir la propagación de la Influenza (gripe) y Covid-19. Sabemos que una vacuna contra la influenza no garantiza la protección al 100% de la gripe, pero puede reducir la duración y gravedad de los síntomas en caso de que se contagie con gripe. También protege su familia y amigos. La vacuna del Covid-19 te ayudara a protegerte de una enfermedad grave si tu estas expuesto al Covid-19.

***** SI ANTERIORMENTE USTED O SU HIJO HAN RECIBIDO ALGUNA DOSIS DE LA VACUNA DEL COVID, DEBEN PRESENTAR SU TARJETA DE LA VACUNA EL DIA DE LA CLINICA*****

Para vacunar a su hijo debe seguir los siguientes pasos:

1. Complete y firme el formulario de autorización.

Debe completar los formularios de autorización que se incluyen y responder a todas las preguntas de evaluación. Devuelva el formulario completo a la escuela de tus hijos. Sin el consentimiento de la vacuna **completado y firmado, los niños no serán vacunados. Todas las preguntas deben ser respondidas.**

2. ¿Tienes Seguro médico? –Favor de incluir una copia de tu Seguro médico o Medicaid/ Medicaid Managed Care Cards. Usted no tendrá que pagar ya que facturamos a nombre de la compañía de seguros. Si tu estas solicitando sólo la Vacuna del Covid-19, no es necesaria la información de su seguro médico.

3. ¿No tienes Seguro médico? En el formulario marca la casilla que indica que no tienes seguro médico. No habrá ningún cargo por la vacuna.

4. ¡Deja saber a estos virus quien es el Ganador! Cada estudiante que entregue su formulario de consentimiento y reciba la vacuna contra la influenza el día de la clínica, puede participar en un sorteo de un certificado de regalo de \$20.00

Los niños menores de nueve años que nunca se han vacunado contra la influenza, o no que no han recibido dos dosis anteriormente, necesitarán una segunda dosis (refuerzo). Nuestras enfermeras revisaran el registro de su hijo y le dejaran saber si es necesario un refuerzo.

Si tu necesitas la vacuna de la influenza o conoces a alguien que la necesita, y no sabes a donde ir, ¡por favor llámanos! **¡Recuerda--La vacuna contra la influenza te protege a ti y a tus seres queridos!** ¿Preguntas? Llama al Departamento de Salud de Public Health Solutions al 402-826-3880 o llama al 1-844-830-0813.

Este programa es apoyado por Public Health Solutions Board de Health y County Commissioner/ Supervisor Boards que ayuda a proporcionar fondos para vacunar a toda persona que no tiene seguro médico.

Sinceramente,

Kimberly Showalter
Directora de Salud.



Public Health Solutions Formato de Evaluación/Consentimiento 2022-2023

La información en esta forma será usada para asegurarnos que tenemos su autorización recibir la vacuna. La vacuna se registrará en el sitio de inmunización del estado de Nebraska.

Nombre: _____ Fecha de Nacimiento: _____ Sex: Masculino Femenino

Dirección: _____ Ciudad/Estado/Código Postal _____ Teléfono: _____

Escuela: _____ Doctor: _____

Seguro Médico (Incluya una copia) Medicaid/Managed Care (Incluya una copia) No tengo Seguro

PREGUNTAS DE EVALUACION: Padre/Guardian: Por favor responda TODAS las preguntas de abajo indicando SI o NO. No se administrará la vacuna si esta información no se ha completado en su totalidad, está firmada y no se ha devuelto a la escuela, antes de la clínica de vacunas.

La persona que se va a poner la vacuna contra la Influenza/Covid-19 se siente enfermo o tiene fiebre hoy?	SI / NO
¿Ha tenido esta persona alguna vez una reacción alérgica severa ha algo incluyendo la vacuna?	SI / NO
¿Alguna vez esta persona ha tenido el síndrome de Guillain Barre dentro de las 6 semanas posteriores a recibir la vacuna contra la influenza? <small>*Síndrome de Guillain-Barre – Una enfermedad de los nervios. Los síntomas son debilidad muscular y disminución de la sensibilidad en las piernas y movimiento hacia arriba, lo que a veces hace que la persona quede paralizada o tenga problemas para respirar.</small>	SI / NO
¿Alguna vez ha recibido una dosis de la vacuna de Covid-19?	SI/NO
¿Si su respuesta fue SI, Cual vacuna recibió? a. Pfizer b. Moderna c. Otra _____ d. no aplica	
¿Actualmente está infectado de Covid-19?	SI / NO

Autorización: Por favor lea cuidadosamente.

- Me han entregado una copia de la declaración de información de la vacuna contra la influenza y el Covid-19 2022-2023, y he leído y/o me han explicado la información para ambas vacunas.
- He tenido la oportunidad de hacer preguntas y que las respondan satisfactoriamente.
- Entiendo los riesgos y beneficios de las vacunas ofrecidas, y solicito que me administren la vacuna contra la influenza y/o COVID-19 a mí o a la persona nombrada anteriormente para quien estoy autorizado a realizar esta solicitud.
- Entiendo y acepto que Public Health Solutions y la escuela de mi hijo no son responsables de ninguna reacción adversa y que es mi responsabilidad buscar atención médica para mi hijo o para mí en caso de que ocurra una reacción adversa.

***Para que se administren las vacunas Covid-19, la tarjeta de Covid-19, deben de presentarse el día de la clínica de vacunas. ***

VACUNA DE LA INFLUENZA: Doy permiso a mi hijo/a o a mí mismo para recibir la vacuna contra la influenza estacional inyectable inactivada.

Firma: _____ Fecha: _____

VACUNA COVID-19 (PFIZER): Doy permiso a mi hijo/hija para recibir la vacuna de COVID-19.

Firma: _____ Fecha: _____

For Office Use Only:

Nurse Signature: _____

Nurse: Please attach vaccine information sticker(s) here and sign form.

Seasonal Flu & COVID- 19 (2022-2023)

UNK (Kory Moldenhauer!) – Thursday, October 13th @ 8:45 am

Doane University - Thursday, October 27th @ 8:45 am



Graduation: Saturday, May 13th, 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
October 22, 2022	September 16	September 30
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

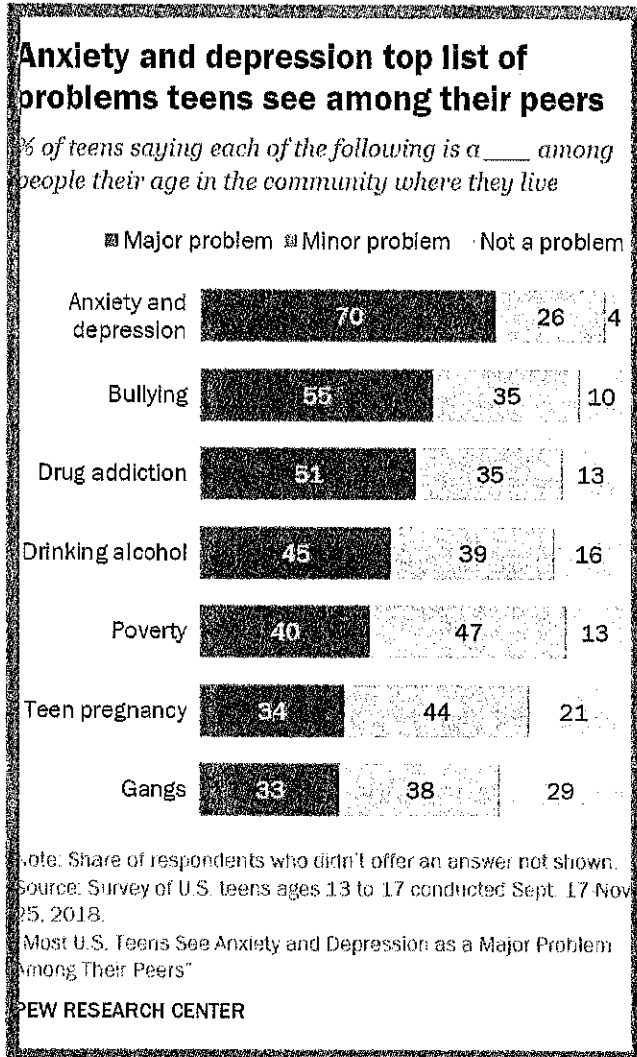
The ACT is broken down into four sections: English, Math, Reading, and Science. Students also have the option to take the writing portion of the ACT, but it is not required, with the exception of the State ACT that all juniors take in the spring.

How long is the ACT?

<i>English</i>	<i>Math</i>	<i>Reading</i>	<i>Science</i>
45 <small>minutes</small>	60 <small>minutes</small>	35 <small>minutes</small>	35 <small>minutes</small>

Anxiety and Depression: Resources to Cope

Anxiety and depression are topics that have been discussed often, especially in the recent past. And it's an issue that continues to grow instead of lessening. This is something that teachers and staff are painfully aware of, and we are doing our best to help each and every student whom we are in contact with. Parents and other supportive people want to help, but often are at a loss over what to do or how to handle the issue.



To the left is a graphic from 2018 from the Pew Research Center. At that time, 70% of teens ages 13-17 stated that anxiety and depression is a major problem, and that number continues to rise. What can we do to help our children?

Start by creating space in the calendar for down time. No one should expect to be "on" for every waking moment. Take time to experience solitude. Quietness. Simplicity. Take control of your time instead of always letting the busyness be in control of us. Intentionally unplug. Will kids say they are bored? Probably. But what's wrong with that? Patience is learned through waiting.

Thinking about unplugging. Let's be honest. Cell phones have changed our lives. Then the smart phone, and bam! We now have a computer in our hands, with access to unlimited information 24/7/365. With all of these wonderful attributes, subtle and somewhat sinister aspects arrived as well. There is no longer a break. And between 2008 and 2018, anxiety and depression levels in teens skyrocketed. A 2014 study shows that "teens who spend five or more hours online per day were 71% more likely than

those who spent only one hour per day to have at least one suicidal ideation or attempt." WOW. I doubt that when these new gadgets came out, parents were not thinking of the negative aspects of technology, because technology was pushed as the newest of learning tools. Again, yes, there are positive aspects of technology, but the more time that passes, and the more research that is completed, we are finding that there are more negatives than anyone had first anticipated. Think about this: taking away a child's cellphone is often a fate worse than death according to the child. Would you put a bottle of alcohol next to an

alcoholic's bedside table or have a full bottle constantly in an alcoholic's hand? Then why is it okay to constantly allow a teenager to have a cellphone?

According to a Sparks and Honey research article from 2014, kids from Generation Z (Gen Z is the generation born between 1997 and 2012 and are currently between 9 and 24 years old) have average attention spans of about eight seconds, down from 12 seconds for teens in 2000. And attention spans continue to decrease. Why? Because of the continuous availability of technology to keep them entertained.

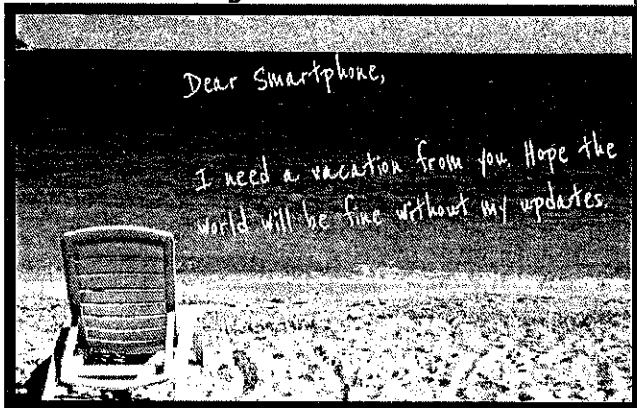
Currently, one of the things young kids complain about is boredom. They hate to be bored and struggle to find things on their own to entertain themselves, other than picking up a device. Neuroscientists have shared that during down time (times of boredom

included) is when humans develop empathy and creativity. This is a time to reflect. To grow. To become better people. Think about a typical adolescent's or teen's life; it's filled with noise and pings and notifications and vibrations constantly. Heaven forbid they leave anyone unread. These kids are mostly reacting to everything instead of learning how to learn and grow. They seem to be in continuous partial attention mode; partially being involved in the actual world around them and partially worrying what they are missing through their phones. Brains are becoming wired differently. And not only are anxiety and depression on the rise, but aggression and frustration are as well.

So stay aware of the newest trends, social media apps, cultural statistics, daily cellphone usage. Watch what your children are doing. Ask questions and talk with them, even if they do not seem willing to talk.

Monitor their social media accounts. And know that kids are tech savvy. They know the newest apps to hide apps and photos they don't want their parents or other adults to see. Be vigilante.

Communicate "unplugged" times and curfews. Set boundaries for the entire family regarding times on devices. These "unplugged" times might be challenging at first, but hold your ground, and the liberation felt from not being tethered will be welcomed. Complaints about not having an alarm clock? Get a cheap \$5 battery operated one. Adults will struggle



with this too, but we need to model positive behaviors for our children. Boundaries are necessary, and positive mental health demands that we separate ourselves from our devices.

We live in a crazy, busy, always-on-the-run world, and time is an issue for many. But nothing can replace time spent together. We need a digital detox. Device free. Talking. Enjoying one another. Tomorrow is never a given. Time together is priceless.



THE BARNYARD MESSENGER

First Things First, I wanted to send a warm thank you to all who participated and helped out our local FFA chapter. Through many donations and hours of hard work we can notch another successful summer. I was very happy and greatly appreciated all who helped make this year another successful one. Activities included: FFA Food Stand, 2 parades, 2 County Fairs, and State Fair where members exhibited all projects including livestock, artwork, garden vegetables, and baked goods.

I wanted to congratulate those who competed at the Nebraska State Fair. The results were as follows:

Elsie Woerner FFA Beef: 1st purple red angus heifer, 3rd purple simm. bull, purple showmanship

Hayden Woerner:blue showmanship, blue breeding heifer

Carly Rains FFA Beef: Champion Foundation Simmental Bull

Trenton Kracke: Reserve champion Spot barrow, 2nd purple breeding gilt

Reegan Kracke:6th purple mkt hog, 2nd purple breeding gilt

Kelsey Kotas:Blue commercial Breeding Heifer, blue showmanship

Devin Homolka:Blue Breeding heifer

Riley Haack:Purple Bull calf, Grand Champion Red Angus bull, reserve Champion Red Angus Bull, blue breeding heifer

Jordan Musil FFA Sheep: Champion Sophomore showmanship, 3rd purple breeding ewe, 2-top4 purples mkt lambs.

Note to Parents: I apologize for not getting a picture of every showman at State Fair. I am asking for a picture of each exhibitor with their entry, (showing, fitting, feeding, etc.) to hang on our SAE board in the ag classroom.



Record Books:

As the summer is ending, please remember to spend some time remembering and writing down how many hours you worked the past couple of months, skills you learned while working and money you earned and spent. We'll enter this information into your record books every two weeks in class.

New Members:

We are blessed with an abundant number of new members this school year! The 23 incoming Freshman and 17 7/ 8th graders who will be called Wilber-Clatonia FFA members will be required to purchase official dress.

Freshman: Official Jacket, black pants for men/black pants or skirt for ladies, official FFA Tie, black closed toe shoes, and white button shirt with collar.(I will order the jacket and and ties).

8th graders: for contest you will need blue jeans and a nice button-up collared shirt.

What's Next?

Monday Sept 26th : Chapter Meeting 6:30pm in the ag room

Wednesday October 5th: Land Judging Contest TBA

Wed. Sept. 28th-Industry Tour Corteva York, NE

Tuesday November 2nd- District Livestock Evaluation Contest TBA

Hope to see all of you at the fun activities coming up!

“ You can usually judge the character of a man by how he treats those who can do nothing for him.”

- Johanne Wolfgang Von Goethe

Mr. Bruss

Ag Ed Instructor/FFA Advisor
Wilber-Clatonia Public Schools

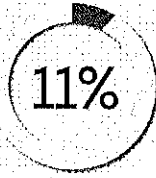
Mental Health Facts

CHILDREN & TEENS

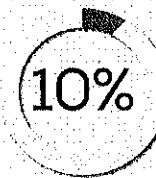
Fact: 1 in 5 children ages 13-18 have, or will have a serious mental illness.¹



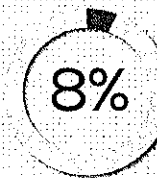
20% of youth ages 13-18 live with a mental health condition.¹



11% of youth have a mood disorder.¹



10% of youth have a behavior or conduct disorder.¹



8% of youth have an anxiety disorder.¹

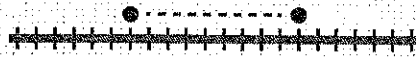
Impact



50%

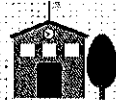
50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.¹

10 yrs



The average delay between onset of symptoms and intervention is 8-10 years.¹

37%



37% of students with a mental health condition age 14 and older drop out of school—the highest dropout rate of any disability group.¹

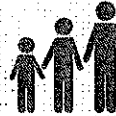
70%



70% of youth in state and local juvenile justice systems have a mental illness.¹

Suicide

3rd



Suicide is the 3rd leading cause of death in youth ages 10-24.¹



90%

90% of those who died by suicide had an underlying mental illness.¹

Warning Signs



Feeling very sad or withdrawn for more than 2 weeks (e.g., crying regularly, feeling fatigued, feeling unmotivated).



Trying to harm or kill oneself or making plans to do so.



Out-of-control, risk-taking behaviors that can cause harm to self or others.



Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing.



Not eating, throwing up or using laxatives to lose weight; significant weight loss or gain.



Severe mood swings that cause problems in relationships.



Repeated use of drugs or alcohol.



Drastic changes in behavior, personality or sleeping habits (e.g., waking up early and acting agitated).



Extreme difficulty in concentrating or staying still that can lead to failure in school.



Intense worries or fears that get in the way of daily activities like hanging out with friends or going to classes.

4 Things Parents Can Do



Talk with your pediatrician



Get a referral to a mental health specialist



Work with the school



Connect with other families

Follow Us!

facebook.com/officialNAMI

twitter.com/NAMIcommunicate

KIDS HEALTH zone

QUICK LINKS

- [WHO: Multi-country Monkeypox Outbreak: Situation Update](#)
- [WHO-Monkeypox](#)
- [U.S. Map and Case Tracking](#)
- [What Pediatricians need to know about Monkeypox?](#)

MONKEYPOX AND WHAT IT IS...

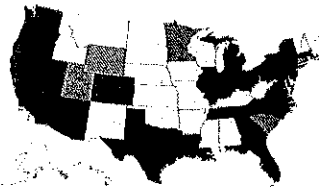
Monkeypox (MPX) is a viral disease that until recently was primarily found in sub-Saharan Africa. From its discovery in the 1970's until 2022, monkeypox virus was thought to be transmitted primarily from animals to humans. Its name is misleading, as the natural reservoir and source of most human infections is thought to be small rodents.

Two different groups (or "clades") of the virus exist - one in central Africa (primarily in the Congo River basin and one in West Africa. The mortality of the West African clade is much lower - <1% vs roughly 10%.

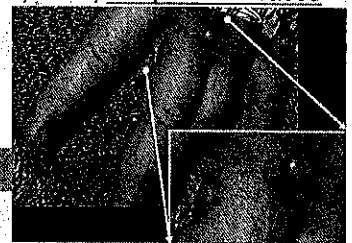
As of August 31st, 2022, there are a total of **51,257 confirmed cases of MPX in 94 countries and 15 total deaths**. [MPX 2022 Outbreak Trends](#).

In the **U.S.**, a total of **18,989 cases** of MPX were confirmed as of August 31st, 2022. (*Nebraska has 27 confirmed cases*) [2022 U.S. Map & Case Count](#) The [CDC](#) recorded **17 MPX cases in children below 16 years of age in the US**.

Although monkeypox in Africa has predominantly affected children, only a small number of **children** have been infected so far in the current global outbreak. As of August 3rd, 2022, **two pediatric cases** has been recorded in the US. Young children with eczema and other skin conditions, and children who are immunocompromised may be at increased risk of severe disease.



Monkeypox is NOT related to Chickenpox. It is more closely related to smallpox and cowpox.



Visual Images of Monkeypox Rashes



Photo credit: NHS England High Consequence Infectious Diseases Network

CHARACTERISTICS	MONKEYPOX
TRANSMISSION	In children, it can be transmitted via direct close contact with respiratory secretions, skin lesions of an infected person, prolonged face-to-face contact, exposure to animals, mother to her fetus or breastmilk.
SIGNS AND SYMPTOMS	Fever, intense headache, swelling of lymph nodes, back pain, muscle aches, lack of energy, rashes with lesions with a flat base to slightly raised firm lesions, lesions filled with clear or yellowish fluid, etc. Signs and Symptoms
DIAGNOSIS	Available through the Laboratory Response Network (LRN), commercial and academic laboratories. Polymerase chain reaction (PCR) is the preferred laboratory test given its accuracy and sensitivity.
VACCINATION	<ul style="list-style-type: none"> • JYNNEOSTM FDA gave Emergency Use Authorization to Jynneos on August 9, 2022, to prevent the Monkeypox disease for 18 years of age or younger children. • ACAM200 (Monkeypox & Smallpox vaccine guidance)
TREATMENT	Tecovirimat (available both intravenous & oral) may be considered for treatment in people infected with Monkeypox virus (Treatment for Monkeypox)
PREVENTION	<ul style="list-style-type: none"> • Prevent infection by isolating infected patients from the children who could be at risk for infection. • Practice good hand hygiene after contact with infected animals or humans. For example, washing your hands with soap and water or using an alcohol-based hand sanitizer.

*Animal-to-human transmission

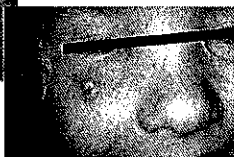
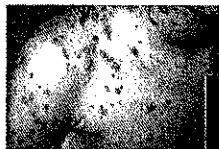
<https://www.who.int/news-room/fact-sheets/detail/monkeypox> ; <https://www.cdc.gov/poxvirus/monkeypox/clinicians/smallpox-vaccine.html>

KIDS

HEALTH

zone

WHAT MONKEYPOX ISN'T...



CHICKEN POX

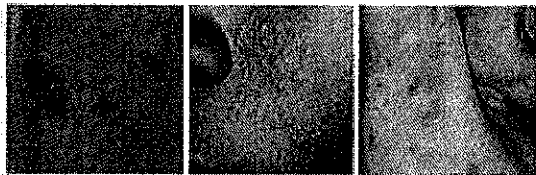
Chickenpox is a highly contagious disease caused by the varicella-zoster virus (VZV). Previously a very common disease, chickenpox is now rarely seen in the US due to widespread vaccination. Chickenpox rashes can be **itchy, blister-like** that first appears on the chest, back, and face, and eventually spread over the entire body. Chickenpox lesions are fragile. IMAGE SOURCE: [CDC](#)

BULLOUS IMPETIGO

Impetigo is a highly contagious and common bacterial (*Streptococcus* and *Staphylococcus aureus*) skin infection that mainly effects infants and young children. The rashes are **reddish sores** that start usually around mouth and nose and on hands and feet. The sores burst and develop honey-colored crusts after a week. **Bullous impetigo** causes **larger blisters** on the trunk of infants and young children. IMAGE SOURCE: [CDC & NHS-UK](#)



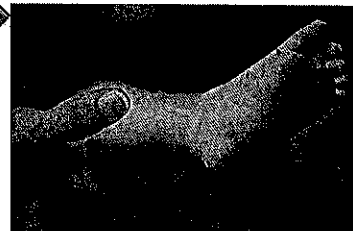
MOLLUSCUM CONTAGIOSUM



Molluscum contagiosum is a viral infection caused by a poxvirus. It causes a mild, benign skin lesions (growths) that may appear on any part of the body. Mollusca (lesions) are **small, raised, white, pink or flesh-colored with a pit or dimple** in the center. They are usually the size of a pinhead that often appear pearly.

HAND, FOOT, AND MOUTH (HFMD)

Hand, foot, and mouth disease is a very common disease caused by enterovirus among children under 5 years old, but anyone can get it. It is very contagious and spreads quickly in day care centers and schools. Symptoms include mouth sores, drooling, fever, and sore throat. Skin rashes are not itchy usually but **appear flat to slightly raised and may cause blisters** sometimes at the area of redness.



POISON IVY RASH

The old saying "Leaves of three, let it be!". Poison ivy plants can cause red, itchy, swollen, sometimes blister like rash.

RAISING DOUGH FOR THE CAUSE!

ANDES MINT



COOKIE MONSTER



JESÚS



CLASSIC SPRINKLE



FRUITY PEBBLES



CARAMEL DELIGHT



THE BROWNIE



LITTLE TIMMY



BLUEBERRY STREUSEL



STREUSEL



OLD FASHIONED



ONEO CHEESECAKE



THE HURTS DOZEN
EACH DOZEN SOLD AS PICTURED



HURTS BAGGED COFFEE
(SOLD INDIVIDUALLY)

W-C Friends of Music

WE ARE SELLING
HURTS DOZENS
TO RAISE MONEY FOR:



W-C Friends of Music – Hurts Donut Fundraiser

Just in time for fall break, the W-C Friends of Music has the perfect treat for your weekend. The world famous Hurts Donuts will be made fresh on October 28th and delivered to the school just in time for your student to bring home or for anyone to pick up after school. But wait, you don't have to have a student at Wilber-Clatonia Schools to indulge in this great cause, just return an order form to one of the locations listed below and you can enjoy these tasty treats. Each dozen donuts come in the mix shown on the reverse side of this flyer. Also available are two choices of the Hurts Donut private label coffee for those of you who do not like donuts. Although is there anyone who really doesn't like donuts?

Order forms can be picked up and dropped of at the following locations:

Wilber-Clatonia Schools District Office
Wilber-Clatonia Schools Elementary Office
Farmers & Merchants Bank – Wilber Branch
First State Bank – Wilber Branch

Please return this portion with a check payable to W-C Friends of Music or cash for exact amount by 10/13/2022

Name: _____ Phone: _____

_____ dozen mixed donut box(es) @ \$24.00 each

_____ bag(s) maple bacon coffee and/or _____ bag(s) organic coffee @\$15.00 per bag

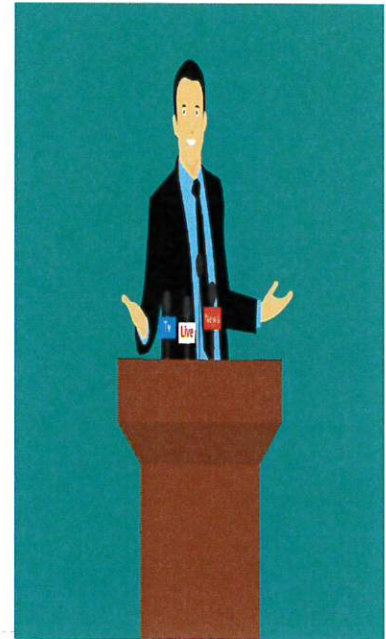
Please send home with _____ in _____
Classroom Student's Name Elementary Homeroom Teacher

I will pick up between 4 p.m. & 5 p.m. in the Elementary Commons on
October 28, 2022



Speaker Tom King will present a program on Andrew Carnegie on October 20th from 2:00 p.m. to 2:46 p.m. and 2:49 p.m. to 3:35 p.m.

This presentation is made possible by Humanities Nebraska, the Nebraska Cultural Endowment and Wilber Clatonia Public Schools as part of the HN speakers Bureau.



“Don’t chase happiness. Enjoy your life”

AN OLD MAN LIVED IN THE VILLAGE

An old man lived in the village. He was one of the most unfortunate people in the world. The whole village was tired of him; he was always gloomy, he constantly complained and was always in a bad mood.

The longer he lived, the more bile he was becoming and the more poisonous were his words. People avoided him, because his misfortune became contagious. It was even unnatural and insulting to be happy next to him.

He created the feeling of unhappiness in others.

But one day, when he turned eighty years old, an incredible thing happened. Instantly everyone started hearing the rumor: **“An old man is happy today, he doesn’t complain about anything, smiles and even his face is freshened up.”**

The whole village gathered together. The old man was asked: “What happened to you?”

“Nothing special. Eighty years I’ve been chasing happiness, and it was useless. Ant then I decided to live without happiness and just enjoy life. That’s why I’m happy now.”



THE INSIDE SCOOP-FROM THE KITCHEN

Fall is hopefully here to stay. Leaves are turning colors and falling off the trees. In the kitchen we are having fun serving the kids healthy meals. 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 if the balances are low or negative.

The Pizza Kits are a hit in the Elementary. We will continue to offer Pizza kits on Tuesday and Thursday of each week. I will have a cart out by the Elementary kitchen door with slips of papers for them to fill out with their First and Last Name.

This year will be some challenges with increased 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



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
Grades 6-12 Lunch	\$3.25
Adult Lunch	\$4.00
Extra Entrée	\$2.00
Extra Potato/Pasta	\$1.00
Extra Milk	\$0.50
Extra Chip/Roll	\$1.00

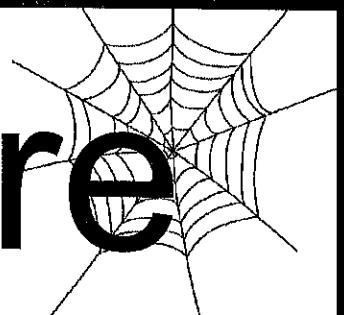
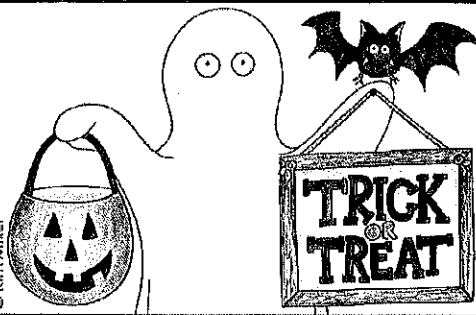
© Kim Miller



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

3 Pancake on stick ***** Chicken Nuggets Rice Pilaf Broccoli Fruit Milk	4 Ham/Egg/Cheese Bar ***** Wolverine Seasoned Noodles Carrots Fruit/Milk	5 Yogurt ***** Hotdog Oven Potatoes Baked Beans Fruit Milk	6 Breakfast Sandwich ***** Sloppy Joe Oven Potatoes Corn Fruit Milk	7 Oatmeal ***** Soft Shell Taco Corn/Black Beans Mexican Rice Brownie Fruit Milk
10 French Toast ***** Italian Dunkers Toss Salad Pudding Fruit Milk	11 Breakfast Taco ***** Chicken Drumstick Mashed Potato Corn/Roll Fruit Milk	12 Eggs & Toast ***** Pizza Kit (Elem) Philly Sandwich (High) Chips Carrots Fruit/Milk 1 pm Dismissal	13 Biscuit & Gravy ***** Corn Dog Oven Potatoes Baked Beans Fruit Milk	14 Breakfast Pizza ***** Quesadilla Toss Salad Tri Tator Fruit Milk
17 Pancake ***** Chicken Sandwich Oven Potatoes Carrots Fruit Milk	18 Ham/Egg/Cheese Bar ***** Macaroni&Cheese Smokies Peas/Mini Bread Loaf Fruit/Milk	19 Bagel ***** Pizza Toss Salad Cookie Fruit Milk	20 Breakfast Sandwich ***** Lasagna Rollup Corn Garlic Bread Fruit Milk	21 Oatmeal ***** French Toast Sausage Link Oven Potato Fruit Milk
24 Pancake on Stick ***** Cream Chicken Mashed Potatoes Green Beans Roll Fruit Milk	25 Breakfast Taco ***** Hamburger Oven Potatoes Baked Beans Fruit Milk	26 Donut ***** Chicken Noodle Soup Cheese Stick Vegetable Cup Cinnamon Roll Fruit Milk	27 Biscuit&Gravy ***** BBQ Pork Sandwich Oven Potatoes Broccoli Fruit Milk	28 Breakfast Pizza ***** Wolverine Oven Potatoes Peas Fruit Milk
31 NO School				

Octubre



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

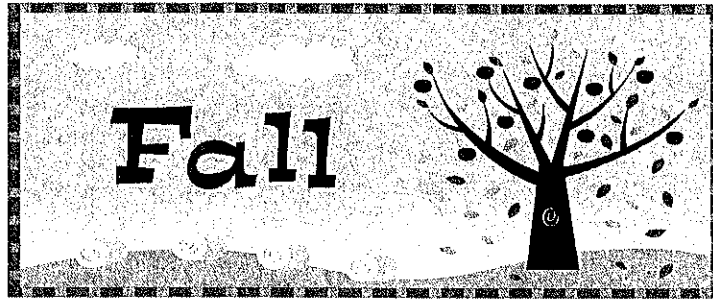
<p>3 Panqueque en el palilo ***** Nuggets pollo arroz Pilaf el Broccoli Fruta Leche</p>	<p>4 Ham/Egg/Cheese Bar ***** Wolverine Fideos Sazonados la zanahoria Fruta/Leche</p>	<p>5 Yogurt ***** Pedazo de pan papas al horno Frijoles cocidos Fruta Leche</p>	<p>6 Breakfast Sandwich ***** Pan de hamburguesa papas al horno Maiz Fruta Leche</p>	<p>7 Oatmeal ***** un taco tortilla de harina Maiz/Black Beans Mexican arroz Brownie Fruta Leche</p>
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<p>10 French Toast ***** Italian Dunkers ensalada Pudin Fruta Leche</p>	<p>11 Breakfast Taco ***** musio de pollo pure de papas Maiz/pan de role Fruta Leche</p>	<p>12 Eggs & Toast ***** Pizza Kit (Elem) Philly Sandwich (High) Chips la zanahoria Fruta/Leche 1 pm Dismissal</p>	<p>13 Biscuit & Gravy ***** Corn Dog papas al horno frijoles cocidos Fruta Leche</p>	<p>14 Breakfast Pizza ***** Quesadilla ensalada papas al horno Fruta Leche</p>
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<p>17 Pancake ***** Sandwich pollo papas al horno la zanahoria Fruta Leche</p>	<p>18 Ham/Egg/Cheese Bar ***** mac arrones con queso/smokies el guisante pan de role Fruta/Leche</p>	<p>19 Bagel ***** Pizza ensalada Cookie Fruta Leche</p>	<p>20 Breakfast Sandwich ***** Lasagna Rollup Maiz ajo pan Fruta Leche</p>	<p>21 Oatmeal ***** pan de frances salchichas papas al horno Fruta Leche</p>
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<p>24 Pancake on Stick ***** pollo con crema pure de papas frijoles verdes pan de role Fruta Leche</p>	<p>25 Breakfast Taco ***** la Hamburgersa papas al horno frijoles cocidos Fruta Leche</p>	<p>26 Donut ***** pollo con fideos sopa quseo rollo de canela vegetal Fruta Leche</p>	<p>27 Biscuit&Gravy ***** barbacoa sandwich papas al horno el brocoli Fruta Leche</p>	<p>28 Breakfast Pizza ***** Wolverine papas al horno el guisante Fruta Leche</p>
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<p>31 NO hay clases Any Questions please contact Janet Slama janet.slama@wilberclatonia.org</p>	<p>Breakfast Choice of Cereal or Item on Menu each day menu sujeto a Cambio</p>	<p>Lunch High will have a Choice of Sub Sandwich or Item on menu each day</p>	<p>Precios de la Comida K-12 \$2.00 Adults \$2.50 Almerzo K-5 \$3.05 6-12 \$3.25 Adults \$4.00</p>	
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N N C N F A L L I N G L E A V E S
 P I L G R I M K M R N K K P W N Y
 F M H K Y Z R X P N X D H X X F W
 N G P A Q T F A U T U M N H A E D
 O G N U Y T N F K H D R R C Y A J
 O Z N Y M R P R D L R M O Q T S D
 M A O I L P I V P L M R H B N T E
 T I V W V L K D K E N B D J V H M
 S P E X L I I I E A R O G B A F U
 E O M T L R G H N V O J S L G B T
 V C B Y A M F S C E L C L A C K S
 R U E E F C G M K S C O T N E Z O
 A N R K X L H R M N W P R O B S C
 H R L R D P A R M E A Z N M B L F
 X O J U L K N M E Y H H T R N E M
 B C L T E N K N M K D K T D M X R
 Z G A U T U M N A L E Q U I N O X

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acorn

falling leaves

October

autumn

feast

pilgrim

autumnal equinox

Halloween

pumpkin

chilly

harvest moon

rake

cornucopia

hayride

season

costume

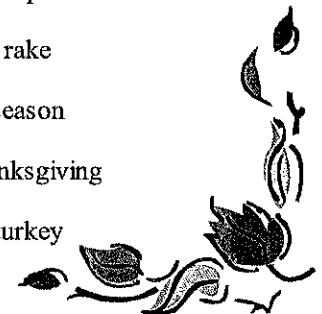
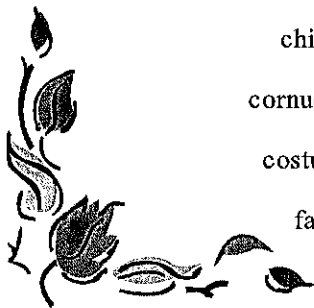
leaves

Thanksgiving

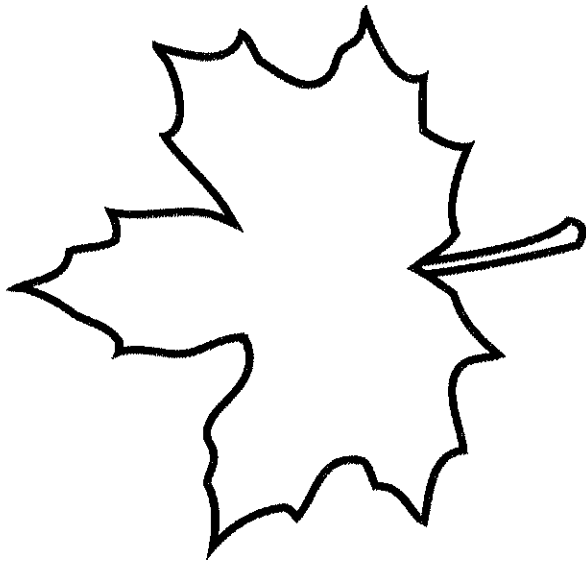
fall

November

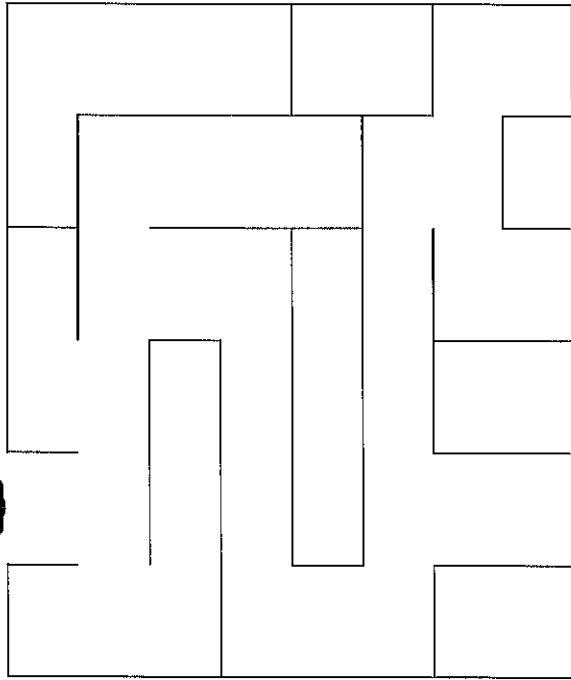
turkey



Imagine you were walking through the woods in the fall and found the most unusual leaf you'd ever seen. Color in the leaf to show what it would look like.

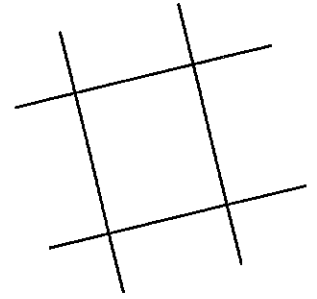
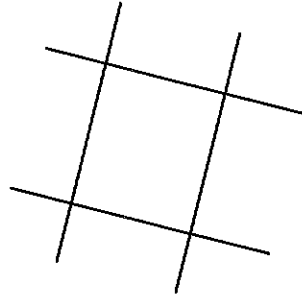
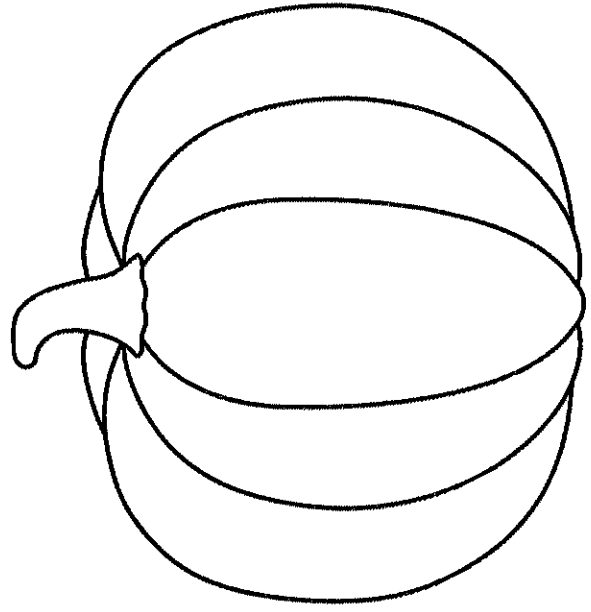


Find your way through the maze to put the apple in the apple basket.



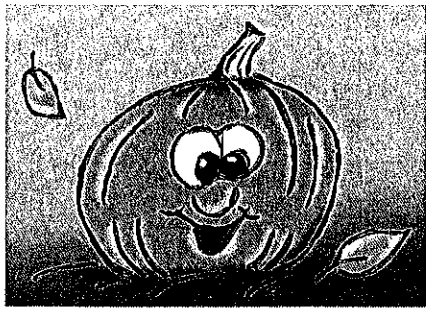
- acorn
- apples
- autumn
- crisp
- fall
- hayride
- harvest
- leaves
- pumpkins
- rake

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





OCTOBER



October 2022

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
						1 8:30 am JH VB @ Southern Homecoming Dance
2	3 8:30 pm SB Districts 4:30 pm JH FB Away-Fillmore Central 6 pm JV FB @ Home-Fillmore Central	4 4:30 pm JH VB Home-Lincoln Christian	5 District FFA Land Evaluation 7 pm PTO Mtg	6 4:30 pm CC SNC @ Fairbury 4:30 pm JH VB @ Fillmore Central	7 7 pm V FB @ Centennial	8
9	10 4:30 pm JH FB @ Fairbury 6 pm JV FB @ Fairbury	11 PICTURE RETAKES 7 pm HS Music Concert - Parents Night	12 1:00 pm Dismissal State SB	13 8:30 am. CC Districts 5 pm VB @ Fillmore Central	14 3 pm Little Rah Rah Cheer Camp 7 pm V FB @ Home-Milford	15 9 am VB @ Centennial 8 am JH VB @ Thayer Central
16	17 SNC VB 7 pm Board Mtg	18 VB SNC Championship 6:30 pm Title 1 Reading Café Night	19	20	21 State CC @ Kearney 7:30 am Mobile Dairy Classroom-Elem 7 pm V FB @ Malcolm	22
23	24 6:30 pm FFA mtg 7 pm Friends of Music Mtg	25	26	27	28 FB Playoffs	29 9:30 am Unified Bowling @ Wilber
30	31 NO SCHOOL 4-6 pm Downtown Trick or Treat					

Be The Best Person You Can Be

PRIDE:

Positive Responsible Individuals Dedicated
to Excellence

WILBER CLATONIA
PUBLIC SCHOOLS

Elementary

402-821-2141

High School

402-821-2508

District Office

402-821-2266

Fax 402-821-3013

900 S Franklin St

PO Box 487

Wilber, NE 68465

