



September 2023

The Wolverine

From the Superintendent- Mr. Collins

The 2023-2024 school year has begun and students and staff are back in the building working to become the best people they can be. My take on the start of school is that it has been very positive. The only hiccups are the heat wave and water restrictions and a couple of air conditioning units waiting for a factory start up technician the first two weeks of school. The elementary gym was pretty warm. Any other areas received enough cool air from the hallways or other areas that they were manageable. I believe other than a boiler test - start up inspection the Elementary HVAC upgrade project is nearly complete.

A second project to retrofit and/or install LED lighting is nearly complete. We are waiting on a few fixtures that need to be changed out as opposed to receiving a retro-fit kit. This project should save on energy costs moving forward. The projected savings were nearly \$18,000 annually. Some of the fixtures were in even worse shape than we were aware of so the replacements were much needed. The improvement in lighting should also provide a better learning environment. During the summer we also replaced some carpet in elementary classrooms and the baskets, backboards and hardware in the High School gym.

I have also been working on the budget and tax request for the upcoming year. We experienced a 5.28% valuation increase and with the new revenue cap we can't raise taxes. The overall net effect on individuals should be: if your property value stayed the same-your property taxes for the school will go down; if your property value went up about 5.25% your taxes for the school will stay about the same and if your values went up more than 5.25% you will see an increase.

My first take on the revenue cap is that for the first year or two schools will be ok but any system experiencing growth or increasing needs will have to look elsewhere for funding or consider program cuts or changes. These changes will not happen in the next year or two but added revenue appears to be hard to come by a few years out, which will have an impact. As always we will monitor our financial picture and make the best choices we can to provide the required education and services to students. There is a lot of activity in and around the building. Come out to support the Wolverines! Go Big Green!

2023-2024 BUTTONS

ORDER FORM

W-C Button Picture Day: Friday September 1st!
***Outside front entrance BEFORE School starts for the day.**

ONE ORDER FORM PER STUDENT!

First Name to be printed on button: _____
Please PRINT neatly!

3" BUTTONS

Students first name printed on button

1 BUTTON \$8

OR

2 BUTTONS \$12

STEP 3: Delivery will be made to your school in about 2 business weeks.
Please complete this portion in case we need to contact you with questions.

Athlete Name _____
Phone# _____
Grade _____
Mailing address _____
City _____ State _____ Zip _____

QUANTITY	PRICE	TOTAL

MAKE CHECKS PAYABLE TO:

blue skies 
PHOTOGRAPHY

402-446-7211 rlbartels81@gmail.com

- PAID check# _____ cash
 VENMO: @Rebecca-Bartels-5 *NOTE NAME/ITEM
 NOT PAID

Secondary Message from Mrs. Furstenau

Wolverine Pride is definitely what I am feeling as these first few weeks of school come to a close. Pride in our student body and pride in our staff for embracing the changes this year to the bell schedule and to the grading system. Pride in staff consistently upholding and reinforcing building expectations and policies. Pride in our students rising up to meet the expectations staff has in place. We also welcomed seven new staff members to the secondary building and I am proud of the work they put in getting ready for the year. I am impressed with the teaching and learning that I see in their classrooms and in all classrooms. The secondary staff is a hard working and passionate group.

A little over a year ago, I sent out a survey to students, staff, and parents to find out what W-C does well and to find out what our areas for growth are. The results of that survey identified the following as areas of growth: curriculum (provide academic challenge), staff collaboration and teamwork, classroom behavior (student accountability and consistent expectations), focus on academics, equity for activities, student to student relationships, teacher accountability, and support and interventions for struggling students. The changes put in place for this school year will help us move toward growing in these areas. These are all important areas to grow in and they are also all areas where there is no easy quick fix. It will take a lot of small steps to move us forward toward achieving our goals. The theme for the school year is, "The best view comes after the hardest climb." I think that this theme embraces the idea that getting better takes effort from everyone. When we work together we will see growth and enjoy the view!



Secondary News and Reminders

With one identified area for growth being a focus on academics, parents are encouraged to check student grades periodically using PowerSchool. Below please find information on how to create a PowerSchool parent account.



On mobile devices download PowerSchool on the iPhone app store or on the Google Play store.

To log in for the first time:

1. Create an account in the parent portal.
2. Store your username and password in a secure manner.
3. Wilber Clatonia's District code is PHLZ.
4. Add your students using the unique access ID provided by contacting Wilber Clatonia schools (402-821-22266).

Once you have created an account:

1. Visit the parent portal on the website or in the app.
2. Enter your username and password.

The secondary building goal for the year is to increase reading scores by utilizing tier one literacy strategies across all contents. When we looked at our scores, we identified math and reading as our biggest areas for improvement. Knowing that all teachers are reading teachers and utilize text in their classes, we decided to focus on reading this year. All teachers will be learning or reviewing reading strategies they can use in their classrooms to help students improve their reading throughout the year. These strategies will then be used in all classes which should help students practice their reading skills and therefore improve their reading scores on the state tests.



Jordan Martin has received a Fulbright Teachers for Global Classrooms Program Award. As a Fulbright recipient he will get the opportunity to take a global education online course, participate in a global education symposium in Washington D.C., and spend 2-3 weeks abroad in an international field experience. As a Fulbright teacher, Mr. Martin will engage in cutting-edge research and expand his professional network. This is a wonderful opportunity for Mr. Martin and we are looking forward to him sharing his experience and new understanding of education from a global perspective this year!

Advisory Door Challenge Winners and Honorable Mention

To start the year off, each secondary advisory was challenged to create a door display showing off our adventure/mountain school theme. The top high school door display and the top middle school door display received an ice cream sundae bar as a reward! Below please find the winning doors and the honorable mention doors.



Mrs. Henk's 6th Grade Advisory



Mrs. Binder's 11th Grade Advisory

Honorable Mention Door Decoration Submissions:



Mr. Martin



12th Grade with Mr. Kiesel



9th Grade with Ms. Matulka



10th Grade with Mr. Platt
and Mrs. Holtorf



6th Grade with Mrs. Wamsley

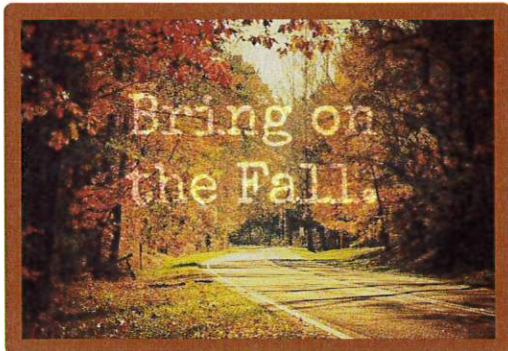


Mrs. Heller

High School Counseling News

September 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:

Test Date	Registration Deadline	Late Fee required
Sat, Oct 28, 2023	Fri, Sept 22, 2023	Sept 30, 2023
Sat, Dec 10, 2023	Fri, Nov 4, 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

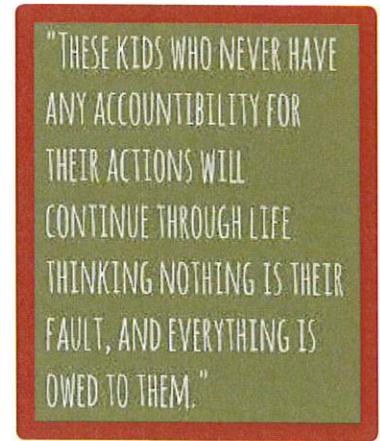
ACT[®]

988 SUICIDE & CRISIS
LIFELINE

Accountability

Accountability is defined by Merriam Webster as the quality or state of being accountable; *especially*: an obligation or willingness to accept responsibility or to account for one's actions. And accountability has been a struggle for many. It's easier to blame others and to be entitled than to hold ourselves accountable for our actions. We are the only ones who are responsible for the choices we make. Nothing in life should be handed to us. We need to prove ourselves as capable instead of just sliding through.

The following essay has been shared on a variety of social media platforms, and I believe that it's important to share with all of you. We are raising the future. We all need to be more accountable.



I'll never forget it.

I was a high school freshman, and we were in the middle of a heated basketball game with one of our rivals.

I was on the floor when I heard my coach yelling for me, "Mandy! Mandy!"

I heard him. But I was blatantly ignoring him.

On the third, "Mandy!" I turned away from the court to the bench and yelled "WHAT?!?"

My hands were in the air to signal I was annoyed.

This coach was not one to mess with. He knew basketball like the back of his hand, and he DID NOT DEAL with disrespect. His face immediately got beet red and his eyes were bulging out of the sockets.

I heard the buzzer blaring for a sub and I knew I was coming out of the game.

I went to sit in an open seat at the top of the bench and he said, "no. You go take a seat at the end of the bench. And get comfortable."

It was the first quarter, and I didn't play another second of that game.

During halftime he said to me, "if you ever talk to me like that again - if I ever hear you talking to a referee or another coach like that - you will be so far down on this bench you won't even see the court."

NOTED.

After the game, he walked up to my Dad, who was a long-time boys' basketball coach. He wanted to explain why I was benched but my Dad cut him off. "You're the coach. You don't owe me any explanation when it comes to your team."

I think about that moment a lot because I think we've drifted so far past that when it comes to teaching our kids about accountability.

In our house, if you're not playing, that's on you. Work harder so you leave no doubt (even if politics are involved).

You look cross-eyed at your coach, I hope you are benched.

You're not focused in school? Benched.

You tear down a teammate? Benched.

Youth sports have changed so much...some days the stories I hear or see firsthand it's like inmates running the asylum.

Coaches are too afraid to hold kids accountable because parents lobby to have them fired



And it's sad because a lot of the parents are my generation...and come on, we know we learned and benefited the most from the teachers and coaches who pushed us the hardest and held us ACCOUNTABLE.

I love youth sports because it's so much more than scores and records.

It teaches us teamwork, builds and reveals character, we learn to work through adversity...the list goes on and on.

There's nothing wrong with coaches holding our children to higher standards by saying "that's not how we behave here."

I don't know about you, but my kids need that because I'm trying like hell to make sure I'm not raising narcissistic, entitled and self-absorbed humans.

They're going to make mistakes...

They're going to have low-character days...

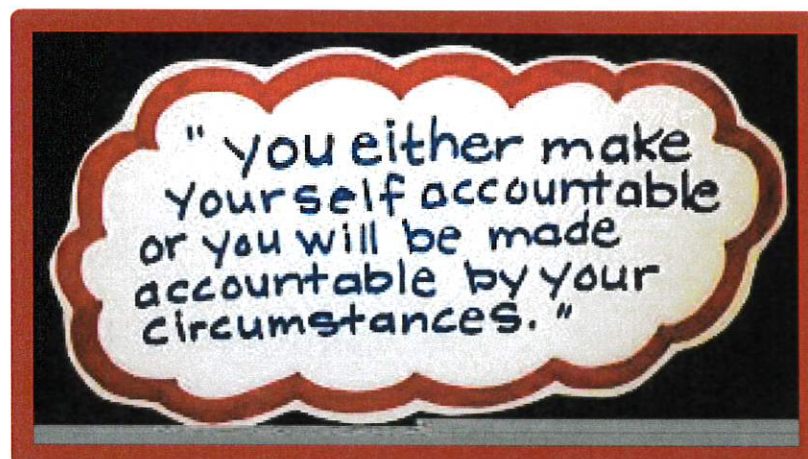
They're still learning and growing...

I just hope every coach and teacher knows that I have their backs when they tell my kids: "nope. Take a seat."

Forever grateful for Coach H for telling me to get comfortable on the bench. Nothing I could have done on that court that night could have overridden my disrespect.

In order for youth sports to do its job, parents need to stay out of it. Park the helicopter and stop hovering.

It's the fighting through the adversity that will lead our kids to endless success. Truly. Character is greater than athletic ability.



Welcome back to school/routine. We are excited to announce our lunch program is using Wordware/Edutrak software. You will be receiving letters/emails with directions to how to set up and follow your child/children's lunch account. You are given the opportunity to set limits on your child/children's daily spending on extras. Please feel free to reach out to me if you have any questions about anything.

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 do take cash/check. Please have a talk with your student if you wish them not to get seconds.

Exciting news for 4th and 5th graders started Tuesday September 12th, they will get to order a Pizza Kit as their Entree on Tuesday and Thursdays. For example Hotdogs are the entree and they don't want it they can order a Pizza Kit before school. I will have the basket on the table out by the Elementary kitchen door with slips of papers for them to fill out with their First and Last Name and/or lunch number. I will be talking with the kids during lunch about this choice. They will be excited!

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

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

Breakfast Prices

Grades K-12 Breakfast \$2.00

Extra Milk/Milk Break \$0.50

Adult Breakfast \$2.50

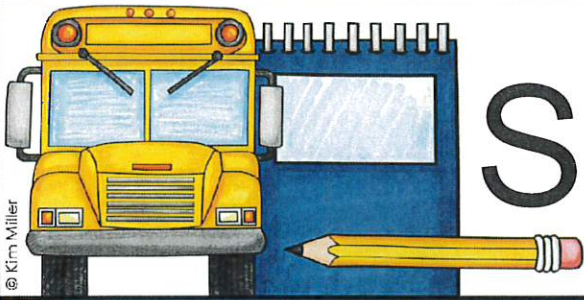
Lunch Prices

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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SEPTEMBER

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MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

Breakfast Choice of Cereal or Item on Menu each day
Lunch
High will have a Choice of Sub Sandwich or Item on menu each day
 Any Questions please contact
 Janet Slama
 janet.slama@wilberclatonia.org

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

"This institution is an equal opportunity provider"

1 Breakfast Sandwich

 Pizza
 Toss Salad
 Cookie
 Fruit
 Milk

4
No School!
 Menu is subject to change at anytime

5 Breakfast Taco

 Fish
 Mac & Cheese
 Peas
 Fruit
 Milk

6 Bagel

 Italian Dunkers
 Toss Salad
 Pudding
 Fruit
 Milk

7 Biscuit & Gravy

 Super Nachos
 Lettuce
 Brownie
 Fruit
 Milk

8 Eggs & Muffin

 Country Fried
 Steak
 Mashed Potatoes
 Green Beans
 Roll
 Fruit
 Milk

11 Pancakes

 Corndog
 Seasoned
 Noodles
 Baked Beans
 Fruit
 Milk

12 Breakfast Burrito

 Taco
 Mexican Rice
 Corn/Black Beans
 Fruit
 Milk

13 Yogurt & Granola Bar

 Wolverine
 Oven Potatoes
 Vegetable Cup
 Fruit
 Milk

14 Bagel

 French Toast & Sausage
 Oven Potato
 Broccoli
 Fruit
 Milk

15 Ham/Egg/Cheese Bar & Bread Item

 Chicken Alfredo
 Garlic Bread
 Peas
 Fruit
 Milk

18 Waffles

 Chicken Sanwich
 Oven Potato
 Baked Beans
 Fruit
 Milk

19 Breakfast Sandwich

 Eggs & Biscuit
 Tri Tator
 Wango Mango
 Fruit
 Milk

20 Yogurt Parfait

 Peanut Butter & Jelly
 Chips
 Carrots
 Fruit
 Milk
 1 pm Dismissal

21 Breakfast Pizza

 Philly Sandwich
 Oven Potato
 Green Beans
 Fruit
 Milk
 No School for K-5
 Grades
 1 pm Dismissal High

22
No School!

25 French Toast

 Chicken Nuggets
 Rice Pilaf
 Carrrots
 Fruit
 Milk

26 Pancakes

 Quesadilla
 Mexican Rice
 Salsa
 Fruit
 Milk

27 Donut

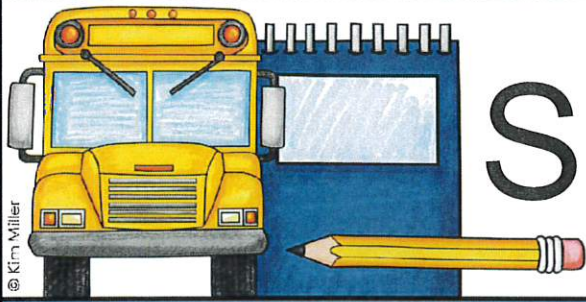
 Sloppy Joe
 Oven Potato
 Coleslaw
 Fruit
 Milk

28 Biscuit & Gravy

 Mandarin Chicken
 Fried Rice
 Broccoli
 Fruit
 Milk

29 Yogurt & Cereal Bar

 Lasagna Rollup
 Garlic Bread
 Corn
 Fruit
 Milk



SEPTIEMBRE

© Kim Miller

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

Desayuno Elección de cereal o artículo en el menú cada día
Almuerzo
 High tendrá una opción de sándwich secundario o artículo en el menú todos los días
 Cualquier pregunta por favor póngase en contacto
 Janet Slama
 janet.slama@wilberclatonia.org

Precios
 Desayuno
 K-12 \$2.10
 Adultos \$2.75
 Almuerzo
 K-5 \$3.15
 6-12 \$3.25
 Adultos \$4.60

“Esta institución es un proveedor de igualdad de oportunidades”

1 desayuno sandwich

 Pizza
 ensalada
 la galleta
 Fruta
 Leche

4
¡No hay clases!
 Menús sujetos a cambios en cualquier momento

5 Desayuno Taco

 Pedazos de pescado
 mac arrones con queso
 el guisante
 Fruta/Leche

6 el beigel

 pedazo de pan
 ensalada
 Pudín
 Fruta
 Leche

7 la galleta y el caldo

 Súper Nachos
 la lechuga
 la galleta
 Fruta
 Leche

8 Huevo y pan

 Carne Frita
 pure de papas
 ejotes
 pan de platano
 Fruta
 Leche

11 panqueques

 Corndog
 fideos sazonados
 frijoles cocidos
 Fruta
 Leche

12 desayuno burrito

 Taco
 arroz ala mexicana
 maiz/frijoles negros
 Fruta
 Leche

13 el yogurt y barra de granola

 Wolverine
 Papas al Horno
 Copa vegetal
 Fruta
 Leche

14 el beigel

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

15 jamón/huevo/bar queso y artículo de pan

 Pollo Alfredo
 ajo pan
 el guisante
 Fruta
 Leche

18 gofres

 Sandwich pollo
 papas al horno
 frijoles cocidos
 Fruta
 Leche

19 desayuno Sandwich

 Huevos y la galleta
 tri tator
 copa vegetalFruta
 Leche

20 el yogurt parfait

 la mantequilla de maniy jalea
 sandwich
 Chips
 Zanahorias
 Fruta
 Leche
 1pm Despedida

21 desayuno pizza

 Sandwich Philly
 Papas al Horno
 ejotes
 Fruta
 Leche
 No hay clases para los grados K-5
 1 pm Despedida High

22
¡No hay clases!

25 pan frances

 Nuggets de pollo
 pilaf de arroz
 Zanahorias
 Fruta
 Leche

26 panqueques

 Quesadilla
 arroz ala mexicana
 Salsa
 Fruta
 Leche

27 donut

 pan de hamburguesa
 papas al horno
 Coleslaw
 Fruta
 Leche

28 la galleta y el caldo

 Pollo mandarín
 Arroz frito
 Brócoli
 Fruta
 Leche

29 el yogurt y barras de cereal

 Lasana
 ajo pan
 maiz
 Fruta
 Leche



PARENTS

Are my kids getting enough physical activity?

You know kids need physical activity to grow up strong and healthy.

But did you know it can help them feel better right away?



Better sleep



Better mood



Better grades

And when your kids are feeling good, your life is easier, too. So find ways to help your kids fit more activity into their day.

How much do they need?

Kids and teens ages 6 to 17 need at least **60 minutes** every day.

Most of it can be **moderate-intensity aerobic activity**. Anything that gets their heart beating faster counts.



At least 3 days a week, encourage your kids to step it up to **vigorous-intensity aerobic activity**.



Is it moderate or vigorous? Use the "talk test" to find out.

When you're being active, try talking:

- ✓ If you're breathing hard but can still have a conversation easily, it's **moderate-intensity activity**
- ✓ If you can only say a few words before you have to take a breath, it's **vigorous-intensity activity**

As part of their daily 60 minutes, kids and teens also need:

Muscle-strengthening activity
At least 3 days a week



Anything that makes their muscles work harder counts — like climbing or swinging on the monkey bars.

Bone-strengthening activity
At least 3 days a week



Bones need pressure to get stronger. Running, jumping, and other weight-bearing activities all count.

My kids are younger than 6. What about them?

Younger kids love to be active naturally!

- Aim to keep them moving 3 hours a day — and more is better
- Limit time when they're just sitting around (like screen time)

What counts?

Whatever gets them moving!



Encourage active play with friends



Give them rewards for active chores



Sign them up for free or low-cost sports or classes

Or get active together!



Make your morning walks a race



Dance while dinner's in the oven



Show them your favorite ways to move

Most of all, help them find activities they really like to do!

It all adds up. And so do the benefits.

Help them get active now, and they'll build healthy habits for life.

So take the first step. Get your kids moving. And when you can, move with them!

Find out how your kids can get 60 minutes of activity every day.

health.gov/MoveYourWay/Get-Kids-Active



MUÉVETE
A TU MANERASM

¿Hacen mis hijos suficiente actividad física?

Tú sabes que los niños necesitan la actividad física para crecer fuertes y sanos. Pero, ¿sabías que la actividad física también ofrece otros beneficios?



Mejor calidad de sueño



Mejor estado de ánimo



Mejores calificaciones

Y cuando tus hijos se sienten bien, tu vida también es más fácil. Busca formas de ayudarles a agregar más actividad física al día.

¿Cuánta actividad necesitan?

Los niños y adolescentes de entre 6 y 17 años necesitan por lo menos **60 minutos** todos los días.

La mayoría de estos minutos pueden ser de **actividad aeróbica moderada**. Todo lo que haga que el corazón lata más rápido cuenta.



Por lo menos 3 días por semana anímalos a esforzarse más y a hacer **actividades aeróbicas intensas**.



¿Es moderada o intensa? Averígualo con la "prueba del habla."

Cuando estés haciendo la actividad, trata de hablar:

- ✓ Si respiras más rápido pero todavía puedes conversar fácilmente, es una **actividad moderada**.
- ✓ Si solo puedes decir unas pocas palabras antes de tomar aliento, es una **actividad intensa**.

Dentro de los 60 minutos diarios, los niños y adolescentes también necesitan:



Actividades para fortalecer los músculos por lo menos 3 días por semana

Toda actividad que haga que los músculos trabajen más que de costumbre cuenta, como trepar o colgar de las barras del patio de juegos.



Actividades para fortalecer los huesos por lo menos 3 días por semana

Los huesos necesitan presión para ser más fuertes. Las actividades como correr y saltar cuentan, así como otras en que se soporta peso.

Mis niños tienen menos de 6 años. ¿Qué hago en ese caso?

A los niños más pequeños les encanta mantenerse activos por naturaleza.

- Procura que estén en movimiento 3 horas diarias. Y más sería mejor.
- Limita el tiempo que pasen sentados (por ejemplo, frente a una pantalla).

¿Qué cuenta?

¡Cualquier cosa que los haga moverse!



Anímalos a participar en juegos activos con sus amigos.



Dales premios por hacer oficios activos en la casa.



Inscríbelos en los deportes o las clases de ejercicio gratuitos o económicos.

¡O manténganse activos juntos!



Conviertan la caminata de la mañana en una carrera.



Bailen mientras la cena sale del horno.



Muéstrales tus formas favoritas de moverte.

Pero sobre todo, ayúdales a encontrar actividades que de veras les gusten.

Todo se va sumando. Los beneficios también se suman.

Ayuda a tus hijos a mantenerse activos ahora. Así, ellos aprenderán costumbres sanas para toda la vida. Da el primer paso. Anima a tus hijos a moverse más. Y cuando puedas, ¡muévete con ellos!

Aquí encontrarás consejos para ponerte en movimiento y hacer un plan semanal de actividad física.

health.gov/MoveYourWay/Get-Kids-Active/es





THE NATIONAL SCHOOL LUNCH PROGRAM

1. What is the National School Lunch Program?

The National School Lunch Program (NSLP) is a federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. It provides nutritionally balanced, low-cost or no-cost lunches to children each school day. The program was established under the Richard B. Russell National School Lunch Act, signed into law by President Harry Truman in 1946.

About 7.1 million children participated in the NSLP in its first year. Since then, the Program has reached millions of children nationwide: 1970: 22.4 million children; 1980: 26.6 million children; 1990: 21.1 million children; 2000: 27.3 million children; 2010: 31.8 million children; and 2016: 30.4 million children.

2. Who administers the NSLP?

The Food and Nutrition Service (FNS) of the United States Department of Agriculture (USDA) administers the Program at the Federal level. At the State level, the NSLP is administered by State agencies, which operate the Program through agreements with school food authorities. State agency contact information is available at: <https://www.fns.usda.gov/school-meals/school-meals-contacts>.

3. How does the Program work?

The NSLP is generally operated by public or non-profit private schools of high school grade or below. Public or non-profit private residential child care institutions may also participate in the NSLP, and charter schools may

participate in the NSLP as public schools. Participating school districts and independent schools receive cash subsidies and USDA Foods for each reimbursable meal they serve. In exchange, NSLP institutions must serve lunches that meet Federal meal pattern requirements and offer the lunches at a free or reduced price to eligible children. School food authorities can also be reimbursed for snacks served to children who participate in an approved afterschool program including an educational or enrichment activity."

4. What are the nutrition requirements for NSLP lunches?

All NSLP lunches must meet Federal requirements, though decisions about the specific foods to serve and the methods of preparation are made by local school food authorities. Information about the NSLP nutrition standards, along with technical assistance and guidance materials, may be found on the School Meals website: <https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>.

5. How can children qualify for free or reduced price school lunch?

Children may be determined "categorically eligible" for free meals through participation in certain Federal Assistance Programs, such as the Supplemental Nutrition Assistance Program, or based on their status as a homeless, migrant, runaway, or foster child.



Children enrolled in a federally-funded Head Start Program, or a comparable State-funded pre-kindergarten program, are also categorically eligible for free meals.

Children can also qualify for free or reduced price school meals based on household income and family size. Children from families with incomes at or below 130 percent of the Federal poverty level are eligible for free meals. Those with incomes between 130 and 185 percent of the Federal poverty level are eligible for reduced price meals. Schools may not charge children more than 40 cents for a reduced price lunch. To see the current Income Eligibility Guidelines, please visit: <https://www.fns.usda.gov/school-meals/income-eligibility-guidelines>.

6. What are the current reimbursement rates for participating schools?

School food authorities are reimbursed for meals based on children's free, reduced price, or paid eligibility status. For current reimbursement rates, please visit: <http://www.fns.usda.gov/school-meals/rates-reimbursement>. School food authorities that are certified to be in compliance with the Program meal pattern receive an extra 6 cents for each lunch served. Additionally, schools in Alaska, Hawaii, and Puerto Rico are eligible for a higher reimbursement rate, due to the higher cost of food in those areas.

7. What types of foods do participating schools receive from USDA?

In addition to cash reimbursements, schools receive USDA Foods. States select USDA Foods for their schools from a list of foods purchased by USDA and provided through the NSLP. Schools can also receive bonus USDA Foods as they are available from surplus agricultural stocks. The variety of USDA Foods schools receive depends on available quantities and market prices. For more information about USDA Foods, please see: <https://www.fns.usda.gov/fdd/food-distribution-programs>.

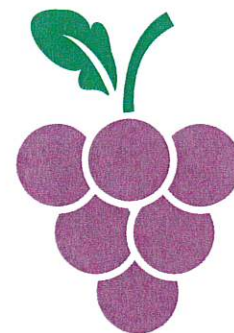
8. What additional support do schools receive from FNS?

Through its Team Nutrition initiative, FNS provides training and technical assistance to school nutrition professionals to enable them to prepare and serve nutritious meals that meet the Program meal pattern requirements and appeal to children. The Team Nutrition Resource Library has web-based resources available to help children and school nutrition professionals understand the link between diet and health. State and local Program operators may request free printed copies of certain Team Nutrition materials. To learn more, visit: <http://www.fns.usda.gov/tn/team-nutrition>.

FNS is also working to increase the availability of fresh produce in schools. The Fresh Fruit and Vegetable Program introduces children at participating low-income elementary schools to a variety of produce they otherwise might not have the opportunity to taste. In addition, through the Farm to School initiative, FNS helps school food authorities incorporate fresh, local produce into school lunch menus.

9. Where can I go to learn more about the NSLP?

For more information about the NSLP, please contact the State agency responsible for the administration of the Program in your State: <https://www.fns.usda.gov/school-meals/school-meals-contacts>.





EL PROGRAMA NACIONAL DE ALMUERZO ESCOLAR

1. ¿Qué es el Programa Nacional de Almuerzo Escolar?

El Programa Nacional de Almuerzo Escolar (NSLP) es un programa Federal de comidas que opera en escuelas públicas y escuelas privadas sin fines de lucro e instituciones residenciales de cuidado para niños. Le provee almuerzos nutricionalmente balanceados, a bajo costo o sin costo, a los estudiantes cada día escolar. El programa fue establecido bajo la Ley Nacional de Almuerzo Escolar Richard B. Russell, firmada por el Presidente Harry Truman en 1946.

Alrededor de 7.1 millones de niños participaron en el NSLP en su primer año. Desde entonces, el Programa ha servido a millones de niños a nivel nacional: 1970: 22.4 millones de niños; 1980: 26.6 millones de niños; 1990: 21.1 millones de niños; 2000: 27.3 millones de niños; 2010: 31.8 millones de niños; y 2016: 30.4 millones de niños.

2. ¿Quién administra el NSLP?

El Servicio de Alimentación y Nutrición (FNS) del Departamento de Agricultura de los Estados Unidos (USDA) administra el Programa a nivel Federal. A nivel estatal, el NSLP es administrado por agencias de Estado, las cuales operan el Programa a través de acuerdos con autoridades escolares de comida. La información de contacto de la agencia de Estado está disponible en: <https://www.fns.usda.gov/school-meals/school-meals-contacts>.

3. ¿Cómo funciona el Programa?

El NSLP es generalmente operado por escuelas públicas o escuelas privadas sin fines de lucro que sirven a los estudiantes en grado 12 y menores. Instituciones residenciales públicas o privadas sin fines de lucro de cuidado de niños también pueden participar en el NSLP, y las escuelas "charter" pueden participar en el NSLP como escuelas públicas.

Los distritos escolares participantes y escuelas independientes reciben subsidios en efectivo y productos agrícolas domésticos de USDA por cada almuerzo reembolsable que sirvan. A cambio, las instituciones NSLP deben servir almuerzos que cumplan con los patrones y requisitos Federales de comida y ofrecer almuerzos gratuitos o a los precio reducido a los niños elegibles.

Las autoridades de comida escolar también pueden ser reembolsadas por meriendas servidas a los niños que participan en un programa previamente aprobado que incluye actividades educacionales al final del día escolar.

4. ¿Cuáles son los requisitos de nutrición para los almuerzos de NSLP?

Todos los almuerzos NSLP deben cumplir con requisitos Federales, pero las decisiones sobre el menu y preparación y servicio de alimentos son hechas por las autoridades locales de comida escolar. Información acerca de los estándares de nutrición del NSLP, así como asistencia técnica y materiales de guía, pueden ser encontrados en la página web de Comidas Escolares en: <https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>.

5. ¿Cómo pueden los niños cualificar para almuerzo escolar gratuito o a precio reducido?

Los niños son elegibles para comidas gratis o a precio reducido si también participan en ciertos Programas de Asistencia Federal, como el Programa Suplemental de Asistencia Nutricional, o si son identificados por las autoridades como niño sin hogar, migrante, que huye, o está bajo el cuidado de otra familia.



Los niños inscritos en un Programa de fondos Federales de Head Start, o un programa comparable de jardín de infantes financiado por el estado, también son categóricamente elegibles para comidas gratuitas.

Los niños también pueden cualificar para comidas escolares gratuitas o de precio reducido basado en el ingreso y tamaño del grupo de vivienda. Los niños de viviendas cuyos ingresos son 130 por ciento o menos del nivel Federal de pobreza son elegibles para comidas gratuitas. Aquellos con ingresos entre el 130 y 185 por ciento del nivel de pobreza Federal son elegibles para comidas a precio reducido. Las escuelas no deberán cobrarle a los niños más de 40 centavos por un almuerzo a precio reducido. Para ver las Guías de Elegibilidad por Ingreso actualizadas, por favor visite: <https://www.fns.usda.gov/school-meals/income-eligibility-guidelines>.

6. ¿Cuáles son las tasas de reembolso actuales para escuelas participantes?

Las autoridades de comida escolar son reembolsadas por los almuerzos servidos a los estudiantes elegibles para comidas gratis, a precio reducido, o pagado. Para las tasas de reembolso por favor visite: <http://www.fns.usda.gov/school-meals/rates-reimbursement>. Las autoridades de comida escolar que son certificadas en cumplimiento con el Programa de patrones de comida reciben 6 centavos extra por cada almuerzo servido. Adicionalmente, las escuelas en Alaska, Hawaii, y Puerto Rico también reciben una tasa más alta de reembolso, debido al costo incrementado de los alimentos en esas áreas.

7. ¿Qué tipos de comida reciben las escuelas participantes del USDA?

En adición a reembolsos en efectivo, las escuelas reciben productos agrícolas domésticos de USDA, los cuales son seleccionados por las agencias estatales de una lista de productos adquiridos por USDA, y provista a través del NSLP. Las escuelas también pueden recibir de USDA productos agrícolas que existen en exceso. La variedad de productos de USDA que las escuelas reciben depende de cantidades disponibles y precios del mercado.

Para más información acerca de los productos USDA Foods, por favor visite: <https://www.fns.usda.gov/fdd/food-distribution-programs>.

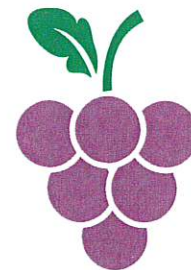
8. ¿Qué apoyo adicional reciben las escuelas de FNS?

A través de su iniciativa del Equipo de Nutrición, el FNS provee entrenamiento y asistencia técnica a profesionales de nutrición escolar para ayudarles a preparar y servir comidas nutritivas que cumplen con los requisitos de patrones de comida del Programa y apelan a los niños. La Biblioteca de Recursos Nutricionales del Equipo tiene recursos disponibles basados en la web para ayudar a los niños y a los profesionales de nutrición escolar a entender el lazo entre dieta y salud. Los operadores de programas locales y estatales pueden solicitar copias impresas gratuitas de ciertos materiales del Equipo de Nutrición. Para aprender más, visite: <http://www.fns.usda.gov/tn/team-nutrition>.

FNS también está trabajando para incrementar la disponibilidad de alimentos frescos en las escuelas. El programa de Frutas y Vegetales Frescos también introduce a los niños de escuelas elementales de bajo ingreso a una variedad de alimentos que ellos, de otra manera, no tendrían la oportunidad de probar. En adición, a través de la iniciativa "Campo a la Escuela" el FNS ayuda a las autoridades de comidas escolares a incorporar productos locales frescos en el menú de almuerzo escolar.

9. ¿Dónde puedo ir para aprender más del NSLP?

Para más información acerca del NSLP, por favor contacte la agencia estatal responsable de la administración del Programa en su Estado en <https://www.fns.usda.gov/school-meals/school-meals-contacts>. Escoja su Estado de la caja del menú desplegable, y entonces haga clic en "apply."



MYPLATE GUIDE TO SCHOOL BREAKFAST

for Families



FRUITS

A full cup of fruit is available every day, providing nutrients that are important for kids' health, such as potassium, dietary fiber, vitamin C, and folate (folic acid).



MILK

Kids and teens need the calcium, protein, and vitamin D found in milk for strong bones, teeth, and muscles.



VEGETABLES

Every breakfast does not include vegetables, but schools may offer them in place of fruits.



GRAINS

Starting every day the whole grains way gives kids and teens B vitamins, minerals, and fiber to feel fuller longer so they stay alert to concentrate at school.



PROTEIN FOODS

Some breakfast menus may offer items such as eggs, nuts, or meats to pair with whole-grain options.



Visit teamnutrition.usda.gov for additional tips and activities.



HOW DOES SCHOOL BREAKFAST HELP FAMILIES?



Fuels learning

Kids and teens can concentrate on their schoolwork better when they're not hungry. Studies show that kids do better in school when they eat breakfast.



Provides better nutrition

Studies show that people who eat breakfast have higher intakes of dietary fiber, B vitamins, calcium, iron, and other nutrients.



Saves time

School breakfast can simplify mornings for families by offering kids and teens healthy options that fit into their schedule.

HOW CAN FAMILIES HELP THEIR CHILD EAT A HEALTHY BREAKFAST?

- Read the menu with your child to make sure your student knows about all the foods that are included in their school breakfast.
- Find out how your parent organization can work with school nutrition professionals to promote breakfast options at your school, such as Breakfast in the Classroom.



Visit ChooseMyPlate.gov/Families for additional tips and activities for families.

The School Breakfast Program (SBP) provides cash assistance to States to operate nonprofit breakfast programs in schools and residential child care institutions. The USDA Food and Nutrition Service administers the SBP at the Federal level. State agencies administer the SBP at the State level, and local school food authorities operate the Program in schools.

Learn more at: www.fns.usda.gov/sbp/school-breakfast-program-sbp.

FNS-633

August 2016

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MYPLATE GUIDE TO SCHOOL LUNCH

for Families



GRAINS

Whole grains give kids B vitamins, minerals, and fiber to help them feel fuller longer so they stay alert to concentrate at school.



VEGETABLES



A variety of vegetables helps kids get the nutrients and fiber they need for good health.

MILK



Low-fat (1%) or Fat-free milk. Children and teens need the calcium, protein, and vitamin D found in milk for strong bones, teeth and muscles.



PROTEIN FOODS

Meat, poultry, fish, dry beans, peas, eggs, nuts, and seeds provide many nutrients including protein and iron. Portion sizes are based upon the nutrition needs of children in various grade groups. School meals also allow cheese, tofu, and yogurt to count as the meat/meat alternate in the school lunch.

FRUITS



Every school lunch includes fruits as well as vegetables. Only 1/2 of the fruits offered may be 100% juice, since whole and cut-up fruits have more fiber.



Visit teamnutrition.usda.gov for additional tips and activities.



HOW DOES SCHOOL LUNCH HELP FAMILIES?



Provides a balanced meal

It meets one-third of the nutrition needs of most children for the day.



Helps kids learn where foods come from

Farm to school programs are in 42 percent of schools which increase kids access to locally produced foods and learning activities such as farmers' visits and school gardening.



Saves time

If you spend 10 minutes a day packing lunch, that adds up to 30 hours (1,800 minutes) each school year.



Supports learning at school

Research shows that kids with healthier eating patterns have better academic performance.

“We grow fruits and vegetables in our school greenhouse, which are harvested and given to the cafeteria to serve on the salad bar. It's great because the landscaping class gets involved, the leadership classes get involved, and even all the marketing plan classes get involved.”

Nebraska student

HOW CAN FAMILIES HELP THEIR CHILDREN ENJOY SCHOOL LUNCH?

- Try new foods at home. Kids need many opportunities to taste a new food to “get used to it.”
- Talk with your child about what's on the menu. Make sure he or she knows about all the foods that are included in his or her school.
- Eat lunch at school with your child. Learn more about what's offered and meet school nutrition staff.
- Encourage your child or teen to join in taste-testing events or surveys about school lunch, when available.

Visit Choosemyplate.gov/Families for additional tips and activities for families.

The National School Lunch Program is a federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. It provides nutritionally balanced, low-cost or free lunches to children each school day.

Learn more at: www.fns.usda.gov/nslp/national-school-lunch-program-nslp.

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OFFER VERSUS SERVE (OVS) Tip Sheet for School Food Service Managers



National School Lunch Program

What is OVS?

The goal of OVS is to reduce food waste and allow students to choose the foods they want to eat. Everyone plays a role. When students and cafeteria staff understand OVS, lunch lines move smoothly, allowing students to make the most of the lunch break and enjoy the wholesome and appealing foods they are served. It also helps reduce overall food costs.

Schools must offer all five food components in at least the minimum required quantities:

- A **food component** is one of five required food groups in reimbursable lunches. These are meats/meat alternates, grains, fruits, vegetables, and fluid milk*.
- A **food item** is a specific food offered within the five food components. For example, spaghetti (whole grain-rich pasta with tomato sauce) is one food item that contains a grain and a vegetable component.

Under OVS, students must select *three meal components* to ensure they get the nutritional benefits of a meal. OVS is required for lunches served in high schools, but is optional in middle and elementary schools. OVS is not required for meals offered as part of field trips or for any other meals served away from the school campus.

The required five food components must be offered for school lunch. Students must select at least three of the five required food components, including at least ½ cup of fruit and/or vegetable, to have a reimbursable lunch. See the **Required Food Components** table for a listing of required food components and their minimum quantities that must be offered. Meats/meat alternates and grains are measured in ounce equivalents (oz eq is considered the amount of food product that is equal to 1 ounce).

Required Food Components

Required Food Component	Daily Minimum Requirements for Each Grade Level			
	K-5	6-8	K-8	9-12
Vegetables	¾ cup	¾ cup	¾ cup	1 cup
Fruits	½ cup	½ cup	½ cup	1 cup
Grains	1 oz eq	1 oz eq	1 oz eq	2 oz eq
Meats/Meat Alternates	1 oz eq	1 oz eq	1 oz eq	2 oz eq
Fluid Milk*	1 cup	1 cup	1 cup	1 cup

Is it Reimbursable?

Use this simple checklist to determine if student lunches are reimbursable under OVS:

- Does the meal offered to students include the minimum required amounts of vegetables, fruits, grains, meats/meat alternates, and fluid milk?
- Does the meal selected by the student contain at least three components, including at least ½ cup fruit and/or vegetable?

If the answer to each of these questions is yes, then the school lunch is reimbursable under OVS.

*Water does not count as one of the three required food components and cannot be served as a substitute for milk.

Test Your OVS Skills!

Which combination of food items from the following offered lunch menu would make a reimbursable school lunch under OVS for Grades 9-12?

Offered Lunch Menu

Food Item	Food Components
Hamburger on a whole grain-rich bun	2 oz eq grain 2 oz eq meat
½ cup corn	½ cup starchy vegetable
½ cup green beans	½ cup other vegetable
1 cup grapes	1 cup fruit
Variety of Low Fat/ Fat-Free Milk	1 cup fluid milk*

oz eq = ounce equivalent



Which of the following student meals are reimbursable?

Meal 1:

½ cup of corn
½ cup of green beans
½ cup of grapes
1 cup of milk*



- Reimbursable
 Not Reimbursable

Meal 2:

Hamburger on whole grain-rich bun
1 cup of milk*



- Reimbursable
 Not Reimbursable

Meal 3:

Hamburger on whole grain-rich bun
½ cup corn



- Reimbursable
 Not Reimbursable

Answers: Meals 1 and 3 are reimbursable meals under OVS. Meal 2 is not reimbursable because it does not include ½ cup fruit and/or vegetable.

*Water does not count as one of the three required food components and cannot be served as a substitute for milk.

Additional Tips for OVS Success

- Post signage with pictures to help students identify how to build a reimbursable meal near the beginning of each serving line and wherever student choices are made.
- Have cashiers review the reimbursable meal signage before each meal service for greater success.
- Keep fruit near the cashier stand so students can easily complete their reimbursable meal.
- Encourage teachers to review the day's menu with students and explain how students can select a reimbursable meal.
- Post menus that highlight required meal components on your school's website and/or on flyers that children can take home to discuss with their parents and caregivers.

For more information on OVS requirements, visit:

<https://www.fns.usda.gov/updated-offer-vs-serve-guidance-nslp-and-sbp-beginning-sy2015-16>

September

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 7 pm V FB @ Louisville	2 9 am CC @ Beatrice 9 am VVB@ Weeping Water
3	4 NO SCHOOL	5 4 pm V SB @ Centennial 4:30 pm JH VB- Home 6 pm VVB @JCC 6:30 pm <i>Special Bd Mtg</i>	6 7 pm PTO Mtg	7 School Pictures 5 th Gr Band Night 4:30 pm SB @ Geneva 5 pm CC @ Milford	8 3:30 pm Little Rah Rah's Cheer Camp 7 pm V FB Home	9 9 am JH VB @ Diller 9 am V SB @ Falls City
10 11 Man FB @ Wilber	11 4:30 pm JH FB @ Milford 4:30 pm V SB Home	12 4:30 pm JH VB Home 5 pm JV/V SB @ David City 6:30 pm TeamMates Bd Mtg	13	14 K-5 Family Literacy & Curriculum Night 4:30 pm JH VB @ JCC 4:45 pm CC @ Fillmore 5 pm JV/V SB @ Syracuse	15 7 pm V FB @ Fillmore Central	16 9 am V VB @ Fillmore Central 10 am SB Home
17 6 pm Booster Club Mtg	18 4:30 pm JH FB @ Lincoln Lutheran 4:30 pm JH VB Home 6:30 pm JV FB @ Auburn 7 pm <i>Bd Mtg</i>	19 11 am CC @ Branched Oak 5:30 pm JV/V SB Home	20 1 pm Dismissal 3:30 pm- 8 pm Parent Teacher Conference	21 1 pm Dismissal NO SCHOOL K-5 3:30 pm-8 pm Parent Teacher Conference 5 pm CC @ Hebron	22 NO SCHOOL 5:30 pm <i>First State Bank Tailgate</i> 7pm V FB Home	23 9 am V VB @ Palmyra 10 am SNCSB
24 11 Man FB @ Wilber	25 4:30 pm JH FB Home 6 pm R FB @ Platteview 6 pm SB @ Schuyler 6:30 p FFA Mtg 7 pmk Friends of Music Mtg	26 5 pm JV/V VB @ David City	27	28 4:30 pm JV/V SB Home 5:30 pm JV/V VB @ Shelby Rising City	29 3:30 pm CC @ Syracuse 7 pm V FB @ Tri County	30 8:30 am JH VB @Southern

Pizza

All the words are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

I M A L A S P I E Z Z A M T W
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 C I A N A L L Y E A A B Z I I
 E N P N M V E N S T S N A T O
 I L O C C O R B O E E T R D I
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DOUGH
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 MOZZARELLA
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 OLIVES
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 OVEN
 PARMESAN
 PEPPER
 PIECE
 PINEAPPLE
 ROUND
 SALAMI
 SALT
 SEAFOOD
 SLICE
 TOMATO
 TUNA
 YEAST

ANCHOVIES
 BAKE
 BASIL

BROCCOLI
 CALZONE
 CAPERS

CRUST
 CUT
 DELICIOUS

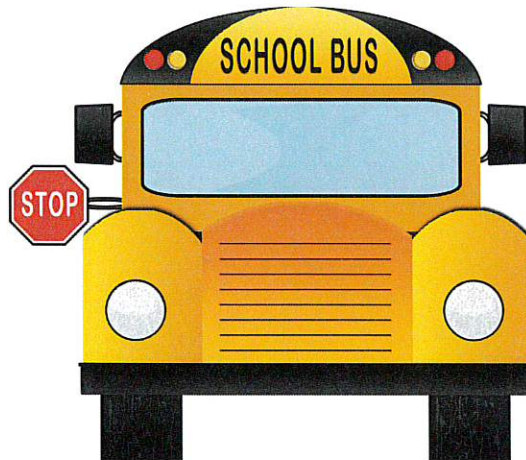
DELETE ONE

Delete one letter from WINTERY LOFT and scoop up a prize.



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