



THE HUSKIE LEADER



Heartland Community School News



Huskie Band Retires Governor's Trophy

The Heartland Marching Band participated in the Yorkfest Parade. The band received 1st place in Class C and the band was chosen the best overall in the parade and received the Governor's Trophy.

Any band who is chosen the overall winner for three consecutive years gets to keep the Governor's Traveling Trophy. This was the band's third consecutive win so the traveling trophy has a permanent home at Heartland.

Other class winners in the parade were Class D 1st place McCool Junction, 2nd place Dorchester, and 3rd place Giltner. In Class C 2nd place went to Cross County and 3rd place was Centennial. In Class A-B 1st place was York High School, 2nd place Fairbury High School and 3rd place York Middle School. It was great weather for a parade and the band was so happy to see so many Heartland supporters on the parade route!

Congratulations Mr. Schweitzer and the Heartland Band!

IMPORTANT DATES

October 7

Harvest of Harmony Parade

October 9

No School - Professional
Development Day

8:00 PM School Board Meeting

October 9 & 12

4:30 - 8:30 PM Parent/Teacher
Conferences

October 20

No School - Fall Break

October 26

School Picture Retakes

October 30

7:30 PM Fall Vocal Concert
(Grades 5th - 12th)

October 31 - November 4

FFA National Convention

November 6

No School
Professional Development Day

November 10

9:00 AM Veteran's Day Program

November 13

8:00 PM School Board Meeting

November 21

7:30 PM Fall Band Concert
(6th - 12th)

November 22-24

No School - Thanksgiving Break

In September, the Heartland School Board adopted the annual budget and tax request for the 23-24 fiscal year. Tax request information is listed below.

23-24 Tax Request Information

	General Fund	Special Building Fund	Bond Fund	Total of All Funds
Tax Request	\$4,246,991	\$101,010	\$545,455	\$4,893,456
Levy	\$0.517024	\$0.011738	\$0.072705	\$0.577969

22-23 Tax Request Information

	General Fund	Special Building Fund	Bond Fund	Total of All Funds
Tax Request	\$4,198,964	\$63,636	\$545,455	\$4,808,055
Levy	\$0.517024	\$0.007836	\$0.088917	\$0.613777



Parent / Teacher Conferences
Monday, October 9 & Thursday, October 12
4:30 pm - 8:30 pm

1501 Front Street
 Henderson, NE 68371
 402.723.4434
 FAX 402.723.4431



www.heartlandschools.org



Heartland Community Schools
 Henderson/Bradshaw



@hcsdogpound

SUPERINTENDENT



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W-SITTING

HERE ARE SOME TIPS ON A COMMON HABIT
SEEN IN EARLY CHILDHOOD CLASSROOMS



WHAT IS W-SITTING?

- Both knees and hips are bent
- Knees & ankles are touching the floor
- heels are back towards their bottom

WHY W-SITTING?

- Decreased core (tummy) strength
- Decreased sitting balance (wobbly)

ENCOURAGE THESE INSTEAD



WHY IS W-SITTING "BAD"?

When kiddos hang out here too long/frequently it can:

- Lead to impaired rotation in leg joints
- Overstretch some muscles while making others too tight
- Impact balance strategies for larger gross motor tasks

you can

1. Make sure it doesn't become a habit
2. Increase core strength

Core Exercises: Hold for 5, 10, or 15 seconds!



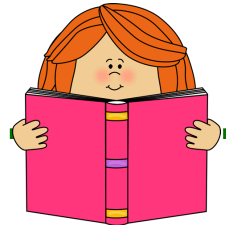
ASK YOUR HEARTLAND EI TEAM IF
YOU HAVE ANY FURTHER
CONCERNS!

*Courtesy of Maggie Urbank, PT, DPT,
School-based Physical Therapist*



Early Childhood Education

Learn • Play • Grow



Tips from Title Reading:

Why Should My Child Read 20 Minutes Each Day?

Reading practice is crucial for all children. Reading with a parent or loved one is a special experience for a child.

Just to be clear, 20 minutes of daily reading may include a child reading, an adult reading to a child, or an adult and child "share" reading. A combination of these techniques can be used based on the age of your child as well as their reading ability.

Imagine these two situations:

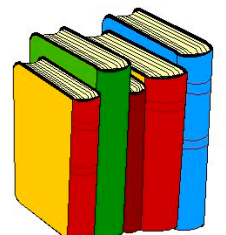
-Anne reads 20 minutes per night with her mom, 5 nights a week. During one year, she reads 5,200 minutes.

-Mike reads with his dad only when time allows. They might read 5 minutes at bedtime, 3 days per week. During one year, he reads 780 minutes.

Which student do you think will become a more successful reader?

Which student will be more successful in school?

Please take time to build reading into your child's daily routine. You both will benefit from this time spent together.



HUSKIE SPORTS TEAMS



VOLLEYBALL



Front row (L to R): Hayden Mierau, Allie Boehr, Reese Regier, Ava Stebbing, Mariah Tessman, Carlotta Bertarione, Kaylee Goertzen.

2nd row: Emersyn Oswald, Jamisen Klein, Marisol Stamp, KatrinaMarie Epp, Isabel Johnson, Jaelyn Brown, Lydia Jahnke, Siddalee Kliever.

3rd row: Abby Nolan, Mary Dente, Riley Quiring, Grace Splinter, Kaidence Holbein, Laura Splinter, Lexi Inglsbee.

4th row: Haley Beck, Andilyn Stebbing, Madalyn Janzen, Meggan Friesen, Emma Ott, Amanda Goertzen, Hallie Tessman.

Coaches: Head Coach Ashton Brown, Kyra Dick, Les Reinke

GIRLS GOLF



L to R: Tara Buzek and
Mia Hiebner
Coach: Chad Buzek



FOOTBALL



Front row (L to R): Jacob Goertzen, Devin Homolka, Hunter Perez, Andrew Franz, Jack McCormick, Nick Thieszen, Hudson Regier, Benjamin Janzen.

2nd row: Carter Siebert, Luis Alvarez, Blake Goertzen, Samuel Quiring

3rd row: Zeck Dennis, Kaleb Ostrander, Braden Janzen, Cash Parrish, Weston Panko, Joshua Goertzen, Lane Farrall, Brayden Ogorzolka

4th row: Asher Daly, Ayden Sonney, Camden Riggs, Colby Frisbie, Nevada Gloystein, Hayden Powers, Maddox Regier,

Coaches: Head Coach Ben Lindsay, Blake Burgess, Tony Rice, Connor Boehr



Heartland FBLA - September 2023

The Heartland Future Business Leaders of America's September meeting was held on Sept. 18th. The 2023-24 FBLA President, Austin Schmidt delivered the message and meeting agenda to the chapter. Topics of discussion included:

- Fall Leadership Conference in Kearney on Sept. 26th and logistics surrounding the event
- FBLA Committee Sign Up
 - Feed Nebraska Food Drive and Can Caroling
 - FBLA Thanksgiving Meal and End of Year Party
 - FBLA Christmas Party
 - Community Service
 - FBLA Week
- Fall Fundraiser Meeting Update
- Overview of FBLA Handbook and events
- FBLA Dues notice

Heartland FBLA is excited to travel to the Fall Leadership Conference in Kearney to kick off our season of competition!



TEN FBLA MEMBERS ATTEND 2023 FALL LEADERSHIP CONFERENCE

The Nebraska FBLA Fall Leadership Conference was held on September 26th in Kearney at the Younes Conference Center. The conference was a one-day workshop for FBLA officers and members. The Nebraska state officers shared the 2023-2024 state goals during the Opening General Session. The keynote speaker was Coach VJ - Vera Jo Bustos, a College Basketball Coach, Mental Performance Coach, Former Pro Basketball Player, and author. Her presentation focused on self talk and the difference between Powerful self talk and Poisonous self talk and ways to manage these mindsets.

After the Opening General Sessions, the officers and members attended workshops presented by the FBLA state officers, Building the Gap, Build the Future, Champion Chapter, March of Dimes, Maximize your Experience, AI in Business, Social Media 101, and many more.

The following members attended the conference: Austin Schmidt - President, Ava Stebbing - Reporter, Hayden Mierau - Parliamentarian, Hudson Regier - Treasurer, Isabel Johnson - Committee Representative, Kaylee Goertzen - Vice President, Nicholas Thieszen - Secretary, and three additional members Brady Goertzen, Hunter Perez, and Lydia Jahnke as well as James McCartney, Advisor.



Emma Ott received Grand Champion for her Poland China Breeding Gilt.



Static exhibit champion and reserve champions: Thane Wetjen and Blake Goertzen.



Allie Boehr is inspecting ears for her ears of corn display, which received a blue ribbon.



Thane Wetjen worked at the Nebraska Beekeepers booth, where he was able to give honey samples to the public. Beekeeping is part of his SAE. He received a Nebraska Beekeepers scholarship last year, and is currently keeping his bees at the community garden to help pollinate produce.



Ben Janzen is looking for the most uniform ears for his ears of corn display, which received a blue ribbon.

The Nebraska State Fair was held August 25-September 4, in Grand Island. FFA members participated in the fair by helping set up the static exhibits, and showing their projects. Thane Wetjen also spent a few hours helping to run the Nebraska Beekeeper's booth where he was able to help educate the public on bees, their hives, honey production, and products. Emma Ott and Cash Parrish showed livestock. Emma won Grand Champion for her Poland China Breeding Gilt. Cash participated in the goat shows, where he received fourth in showmanship and 8, 9, and 7 in various other classes. Static exhibits were shown by 15 Heartland FFA members. Ben Janzen, a senior, received a blue for ears of corn, stalks of corn, and a slab of alfalfa. He also received a purple for a sign that he designed on the school's plasma table and a red on a sheath of alfalfa. Allie Boehr, a senior, received blues for a floral arrangement, sweet bell and banana peppers, cherry tomatoes, and ears of corn. She also received a purple for a yellow corn stalk display. Blake Goertzen, a junior, received blues for his ARC and MIG welding display boards. He received purples for his shelled yellow corn and OA welding display board, and won Reserve Champion for his TIG welding display board. Zach Miller, a junior, received a red for his slab of brome hay. Thane Wetjen, a junior, received Grand Champion and Overall Reserve Champion for his apiculture display of a beekeeping story. Riley Quiring, a sophomore, received blues for her wood bench and a slab of alfalfa hay. Weston Panko, a sophomore, received a blue for his slab of brome hay. Faith Hiebner, Mary Dente, and Brayden Ogorzolk (all sophomores) received blues for their wooden benches. Andrew Onnen, a sophomore, received a blue for his adirondack chair. Lexi Inglsbee, a sophomore, received a purple for her wooden bench. Sophomores Braden Janzen, Grace Splinter, and Landon Mierau received purples for their adirondack chairs.



Members of Heartland FFA that attended Husker Harvest Days on September 13.



HEARTLAND FFA ATTENDS HUSKER HARVEST DAYS

The Heartland FFA Chapter recently attended Husker Harvest Days, located in Grand Island, Nebraska. To attend Husker Harvest Days, each student must donate five cans of food. After each chapter weighs, and sorts their food, Husker Harvest Days begins! As a chapter, students will make groups of 2-4 and walk around learning about new technology advances and how different businesses support and provide for farmers. While learning about these things, the Heartland FFA Chapter also completed a scavenger hunt promoted by UNL. This scavenger hunt requires students to learn about certain topics within agriculture. After listening to each business, students must take a picture, making sure to meet the requirements of the scavenger hunt, and then return back to the UNL booth to receive a t-shirt for completing the scavenger hunt. During this time, students are also allowed to participate in activities from booths as well as eating at food trailers and school based stands.

That completed the 2023 Husker Harvest Days for the Heartland FFA Chapter.



Josh Goertzen learns the basics of preg checking a cow at the Northeast Community College booth.



Officers Allie Boehr, Katrina Epp, and Madison Mason worked to complete the annual UNL scavenger hunt where they were required to take pictures with various technologies in each of the agricultural pathways.



Sophomore FFA members (Kaleb Ostrander, Lane Farrall, Weston Panko, and Braden Janzen) visit the Valley booth as they work to complete the scavenger hunt put on by UNL.



**Parents & Guardians,
K-6 students need to have
tennis shoes on for PE classes
everyday.**



NHS CARNIVAL

November 17, 2023 • 4-7 PM

Heartland South Gym

Games, Prizes, And FUN For The
Whole Family!

EARN CASH FOR SCHOOLS WITH BOX TOPS

TOGETHER, WE CAN MAKE A BIG DIFFERENCE

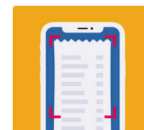
For over 25 years, Box Tops for Education has given families an easy way to earn for schools with products they already buy. Today, you can find thousands of participating products throughout the store — and all you need is the Box Tops app.

HERE'S HOW IT WORKS:



BUY BOX TOPS PRODUCTS

Earn for schools with the brands you love.



SCAN YOUR RECEIPT

Use the Box Tops app to submit your receipt within 14 days of purchase.



EARN CASH FOR SCHOOLS

Box Tops products are identified and earnings are credited online.



ONLINE SHOPPERS CAN EARN WITH BOX TOPS, TOO!

Whether you order groceries for delivery or pickup, shop through your store's app, or request an email receipt at checkout, you can earn for your school no matter where you shop.

SEE PRODUCTS & LEARN MORE ABOUT
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DON'T HAVE THE BOX TOPS
APP YET? DOWNLOAD IT NOW:



**Heartland elementary students
must be accompanied by an
adult at all Heartland activities
and sporting events.
Elementary students are asked
to sit beside the adult
throughout the activity to
ensure everyone's safety and
enjoyment of the event.**



Recess Reminder: As Colder Weather Approaches

Active play is a vital part of a child's everyday needs. Please make sure that your children come to school prepared for colder weather. This may mean a heavy coat, and if necessary, a hat, mittens/gloves, and boots. We will be going outside whenever possible as it is important for children to get some fresh air and exercise during the day.



We would like to welcome to Lance Ruhl (Maintenance/Custodial) & Kyra Dick (Para) to our Heartland Staff!

Lance Ruhl was born and raised in Grand Island. He lives in Henderson with his wife Heidi and stepdaughter Lexi. Lance has one son, Treyten and daughter in law Kortney. He previously worked at Roberts Pump and Supply for 24 years. He likes to cheer on the Huskers and work in the yard in his free time.

Kyra Dick is a 2018 Heartland graduate. She is excited to be back in Henderson with her son, Zayon and fiancé, Jayden Epp. In addition to being a para, Kyra is also an assistant volleyball coach for the Heartland Huskies.

If you are a Veteran or know of a Veteran in the area, please send mailing address and contact information to Mrs. Heidi Ruhl at hruhl@heartlandschools.net

Remember and Honor

**Heartland
Community Schools**

**VETERANS
DAY PROGRAM**

Friday, November 10

9:00am

Heartland Community Schools Theater

All Veterans and the general public are invited.
A reception for Veterans will follow in the school cafeteria.

Navigating Your College Journey: Important Updates from Mrs. Vnoucek

Federal Student Financial Aid - Federal student financial aid is a game-changer for those pursuing higher education, opening doors that may seem financially out of reach. We're excited to announce upcoming in-person presentations by EducationQuest, providing invaluable insights into the financial aid application process, eligibility criteria, and available aid options. Given the release of the new FAFSA this year, staying tuned for these presentations is essential to pave the way for an affordable and accessible college education. All community members who are filling out a FAFSA are welcome to attend.

College Applications - Apply2College Day Oct. 19: Seniors can join Mrs. Pinney and Mrs. Vnoucek as they guide students through the college application process, focusing on crafting compelling personal statements during English classes. This is a prime opportunity to showcase your unique qualities and aspirations to colleges, ensuring your application shines. Mrs. Vnoucek will Engage actively with our educators in the coming weeks to secure your future in higher education.

Scholarships for Juniors and Seniors - Scholarships are a lifeline for college-bound students, alleviating the burden of financial costs. At Heartland Community Schools, we offer a plethora of scholarship opportunities for juniors and seniors. Mrs. Vnoucek has compiled resources on her Canvas page to simplify the application process. Scholarships recognize achievements, talents, and dedication, making it essential for juniors and seniors to tap into this treasure trove.

College Visits - Exploring Your Path: College visits provide a firsthand look at campuses, helping students envision their place within academic communities. For juniors and seniors, Mrs. Vnoucek offers resources on her Canvas page, including questions to ask during visits and comparison sheets. Don't miss this chance to discover your ideal college!






Freshmen and Sophomores' Roadmap - Freshmen and sophomores should focus on building a strong foundation. Completing the EducationQuest timeline and activity resume is crucial for organization. Additionally, maintaining a strong GPA is essential for scholarship eligibility.

In conclusion, your college journey is multifaceted, requiring diligence at every stage. HCS is dedicated to providing the tools and resources necessary for success, whether through financial aid, scholarships, or college visits. For freshmen and sophomores, the emphasis is on building a strong foundation for future achievements. Stay engaged, stay informed, and stay motivated as you embark on this exciting path towards higher education.



Heartland Community Schools October 2023



2	Apple Frudel Chicken Fajitas Green Beans Long John	3	Breakfast Pizza Pork Tenderloin Mashed Potatoes/Gravy Dinner Roll	4	Chocolate Chip French Toast  Pizza Steamed Corn Jello	5	Tornado Chicken Strips French Fries Dinner Roll	6	Egg & Cheese Biscuit  Hamburgers Chips Cookie
9	NO SCHOOL	10	Cinnamon Breadstick Sweet & Sour Chicken Steamed Broccoli Brown Rice	11	Cereal Baked Potato Bar Chicken Strips Muffin	12	Strawberry Bagel French Toast Sticks Egg & Sausage Patty 100% Juice Tri Tater	13	Long John Grilled Hotdog Baked Beans Steamed Broccoli
16	Pancake Wrap Grilled Cheese Sandwich Tomato Soup Tri Tater	17	Blueberry Waffle  Sloppy Joe French Fries Ice Cream	18	Sausage & Biscuit Max Cheese Sticks Marinara Sauce Green Beans Pudding	19	Apple Frudel *Pork Burgers French Fries Jello	20	NO SCHOOL
23	Tornado Deli Sandwich Chips Cookie	24	Breakfast Pizza Chicken Nuggets Mashed Potatoes Gravy Dinner Roll	25	Apple Frudel Chicken Fried Steak Mashed Potatoes/Gravy Dinner Roll	26	Chocolate Chip French Toast  Tacos Long John Steamed Corn	27	Cinnamon Roll Pulled Pork Sandwich French Fries Ice Cream
30	Blueberry Waffle Chicken Alfredo Steamed Broccoli Dinner Roll	31	Cereal  Chili or Chicken Noodle Cinnamon Rolls Saltines						



All grains are whole grain rich.

Fresh Fruit and vegetable bar offered daily with lunch.

A variety of fruit and juice is offered daily with breakfast.

A variety of low-fat and fat-free milk is offered daily with breakfast and lunch.

Menu is subject to change without notice.

All beef is donated and locally raised.

*October is Pork Month. Pork Burgers donated by Nebraska Pork Producers Association

October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Girls Golf Districts 4:00 PM JH Football @ Sandy Creek 6:30 PM JV Football @ Sandy Creek	3 4th Grade Field Trip 5:00 PM JV / Varsity Volleyball @ Giltner	4 Women's Quiz Bowl @ Seward	5 5:00 PM HS Volleyball @ Superior	6 3rd Grade Field Trip 7:00 PM HS Football vs Sandy Creek @ home	7 Harvest of Harmony Parade
8	9 Homecoming Week State Golf No School - Professional Development Day Columbus Day Indigenous Peoples' Day 4:00 PM JH Football @ Milligan 4:30 PM Parent-Teacher Conferences 5:00 PM JH Volleyball @ Clinebar 8:00 PM School Board Meeting	10 5:00 PM HS Volleyball vs David City @ home	11	12 4:30 PM Parent-Teacher Conferences	13 7:00 PM HS Football vs Pleasanton @ home	14 8:00 AM JH Volleyball @ Thayer Central
15	16 HS Volleyball SNC Tournament	17	18 Quiz Bowl @ Seward	19 HS Football Playoffs	20 No School - Fall Break	21
22	23 HS Volleyball Sub-Districts 3:45 PM JH CB8 Practice begins	24	25	26	27 HS Football Playoffs Quiz Bowl @ Central City	28 HS Volleyball Districts
29	30 7:30 PM Fall Vocal Concert (5th-12th)	31 National FFA Convention Halloween	1 National FFA Convention Halloween	2 State Volleyball Tournament Day of the Dead	3 Football Quarterfinals	4



BE CAREFUL DURING HARVEST TIME

Over the coming weeks, harvest will begin to pick up steam at various stages in our area. Consequently, our area fields and roads will begin to experience a significant increase in activity. Over the coming weeks, students, parents, school buses, and commuter traffic will all be sharing the roads with large trucks and heavy equipment.

Whether working in the fields or traveling on the roads, harvest is always a time when all of us should pay special attention to safety. This time of year naturally brings fewer hours of daylight and a natural sense of urgency to work and to travel quickly. Additionally, increased dust levels and low sunlight angles can often reduce a driver's visibility during peak travel times.

I encourage all of our area farmers to keep safety in mind and I wish them a safe and productive harvest. I'd also like to encourage all of our students and parents to travel safely and to be mindful of the increased presence of large trucks and heavy machinery on our highways and county roads. I encourage all users of the road to be courteous, to stop at all stop signs, to use extra caution at all intersections, to signal all turns, to use greater following distances, and to reduce speed when traveling in conditions where visibility is reduced.

It only takes a few extra seconds or minutes to exercise a degree of caution and to make safe choices. However, the choices that are made during those brief moments can have a lifetime impact on you and on those around you.

OUR MISSION

Heartland Community Schools - Henderson/Bradshaw strives to provide challenging educational opportunities for ALL students to reach their highest level of excellence.

Office of the Superintendent
Heartland Community Schools
1501 Front Street
Henderson, NE 68371

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