



# Heartland Community School

## Henderson/Bradshaw

### February 2012 Newsletter

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Dear Parents, Patrons, and Friends of Heartland Community Schools,

Bullying is something that has been going on for years, yet it is something that no one likes or should have to endure. Unfortunately, even though we make every effort to try and curtail acts of bullying, it continues to take place in our schools, churches, community, and society. We continually talk with staff about monitoring students on the playground, in the classrooms, in the gyms and in the hallways. The following article from the Cut & Paste magazine published by "The Master Teacher" shows several ways parents can talk with your students about bullying and ways to stand up to a bully.

"It's not just "kid stuff"

It's not just "kid stuff" that your child will have to live with. The effects of bullying and teasing can cause depression and anger that can last for years. Schools are well aware of this and are establishing programs and policies to prevent or respond to the problem. But parents need to be involved too.

The behavior is most common in sixth- to eighth-graders. Bullies often target kids who are shy and sensitive, but also pick those who are smarter than they are or different in some way. Or they choose a victim for no reason.

If the abuse is physical, resulting in torn clothes or bruises, and it occurred on school property or at a school activity, parents should contact the school immediately. If the abuse is verbal, parents can help solve the problem and increase children's self-confidence. Teach them to:

Avoid the bully. Take a different route to class or ask for a change in the location of your locker. Ask to sit at the front of the bus or the class.

Stand tall. Just acting brave can be enough to make a bully lose interest. Feel good about yourself. Exercise so you look and feel more fit. Wear clean clothes.

Ignore him or her. Walk away and pretend not to hear the teasing. Bullies want a big reaction to their meanness, so give no reaction at all.

Practice a few responses. When they insult you, say, "That's not cool," or if they say your hair is red or you are fat, say,

"Thanks for pointing that out. I didn't know it before!" Or say "No, stop it!"

Don't show that you're afraid, angry, or upset. That's what they want.

Get involved in a club or an organization that interests you. Find a friend.

Electronic bullying can be especially hurtful because it follows the child home. If insults are anonymous, parents can contact the Internet provider to identify the bully. Often he or she will stop if identified. If the child knows who the bully is and the bullying doesn't stop, change the child's email address. Give the new one out only to trusted friends.

I trust we can all work together to end bullying in our schools and community, not only among students, but with adults as well.

Sincerely,  
Dr. Norm Yoder, Superintendent

### SCHOOL CLOSING INFORMATION

As the winter approaches, occasional bad weather necessitates the closing of school for the safety of our students. School closing information will be announced over the radio station KAWL (1370), and television stations KHAS, KLKN, NTV and KOLN. In Henderson it will be announced with voiceover capabilities on any cable channel (in town) when your TV is on. This year we are implementing an automated phone message service through School Reach which we plan on using for school closings. You may also call our school closing phone line at 402-723-4421. If a decision has been made the night before, the closing will be announced at 10:00PM. In the mornings it will be announced on the half hour from 6:30AM to 8:00AM (cable only).

### **2012 WINTER BALL FEBRUARY 11th**

Call today to reserve your seat and watch as Heartland students show off their talents for you! This evening you can enjoy a wonderful choice of hors d'oeuvres, beverages and entertainment.

\$7.00 for a table  
\$5.00 for general admission  
\$12.00 for a table of two

**Reserve today, Pay at the door!**

## HEARTLAND KINDERGARTEN ROUNDUP SCHEDULED FOR MARCH 8th

Heartland Community Schools will hold Kindergarten Roundup on Thursday, March 8th, in the kindergarten room.

The purpose of Roundup is to provide an opportunity for next year's kindergarten students to meet their teacher, Mrs. Thiesen, and to meet other prospective kindergarteners, while their parents register their children for attendance at Heartland Community Schools. Children who will be five years of age by July 31 of 2012 are eligible for kindergarten in the fall of 2012 and should consider attending Roundup.

Two sessions will be held. The morning session will begin at 9:00 A.M. and the afternoon session will begin at 1:00 P.M. Parents will meet in the conference room with Cindy Huebert, elementary principal. Parents and guardians will have this time to register their children for attendance in kindergarten next year.

Parents should bring their child's immunization records with them as well as an original copy of their child's birth certificate. Birth certificates are available from: Vital Records, P.O. Box 95065, Lincoln, NE 68509-5065 for \$12.00, 402-471-2871. You can download a form or fill out an online request by going to [www.hhs.state.ne.us/vitalrecords/index.htm](http://www.hhs.state.ne.us/vitalrecords/index.htm).

All eligible children residing in the Heartland district whose names are on the current census list will receive an invitation to Roundup by March 8th. If you are planning on optioning your child into the district, all option papers must be turned in by March 15th, 2012, for the 2012-2013 school year. If you know of a child who will be five by July 31 and for any reason may not have his or her name on the school census list, please call the school office so that an invitation can be prepared for them. The office number at Heartland Community Schools is 723-4434.

## ENCOURAGEMENT CAN BUILD YOUR MIDDLE SCHOOLER'S SELF-ESTEEM

The middle school years can be a tough time for your child's self-esteem. These years usually bring many physical changes. Many children are not satisfied with the results. Middle school also means more challenging classes. These are also the years where your child may be constantly comparing herself with others. Sometimes she may feel she comes up short.

You can battle these feelings with encouragement. Here's how:

- **Remind your child** that this stage of her life is temporary. The changes of puberty can be awkward. Tell your child you understand what she is going through.
- **Give your child** the opportunity to take a healthy risk.

This means trying something new. Learning a new skill is an almost surefire way to increase confidence.

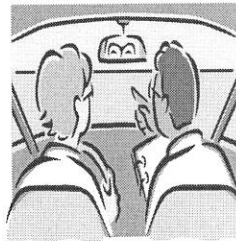
- **Talk about** the good things going in your child's life. Did she finish her homework, get invited to a movie this weekend, teach the dog to shake hands? Help your child come up with one or two things she is grateful for each day.

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## OPTION ENROLLMENT

A student may enroll in on-resident school districts when approved through the option enrollment program. Individuals may only option once unless they change residences. Heartland Community Schools is open to accepting more option enrollment students.

If you know of someone who would be interested in option enrolling their children into Heartland, please have them call the superintendent's office at (402) 723-4434. High school students must have an option enrollment application filed and approved before March 15, 2012 in order to be immediately eligible for extracurricular activities in the fall.



## 2012 DRIVER'S EDUCATION

Driver Education instruction will again be offered to Heartland students through the Nebraska Safety Council. The instruction will take place at Heartland Community Schools in Henderson. The fee for the instruction will be \$280.00 per student for the summer of 2012. You can go online and download a registration form at [www.nesafetycouncil.org](http://www.nesafetycouncil.org). Please send completed form and registration fee to PO Box 30578, Lincoln, NE 68503-0578. Checks should be made out to the Nebraska Safety Council. Students can also pick up a registration form from the school office. The fee must be paid the first day of class.

- **Advanced registration and payment are required.**
- **Students must possess a school learner's permit, a school permit or a learner's permit to enroll.**

Only one session will be offered this summer and will run July 5-July 10. The behind-the-wheel instruction will be arranged during the classroom sessions. If you have any questions, please contact the school office.





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#### ARE YOU TEACHING YOUR CHILD TO BE KIND TO OTHERS?

Being a “mean girl” or a bully is never the way to succeed in school - or in life. Answer yes or no to the questions below to see if you are promoting kindness in your child:

- \_\_\_ 1. **Do you model** kindness by treating your child and all others with kindness and respect?
- \_\_\_ 2. **Do you tell** your child that the Golden Rule (treating others as you would like to be treated) is a very important value in your family.
- \_\_\_ 3. **Do you promote** empathy in your child? “Remember how you felt when you didn't get invited to Kaitlyn's party?”
- \_\_\_ 4. **Do you praise** your child whenever you see her being kind to somebody else?
- \_\_\_ 5. **Do you encourage** your child to befriend a wide variety of students?

How well are you doing?

The more yes answers you have means that you are demonstrating kindness to your child. For no answers, try those ideas from the quiz.

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#### TOO MUCH STRESS CAN DECREASE YOUR CHILD'S ABILITY TO LEARN

Middle school students often have a lot on their plates - and on their minds. They can easily become overwhelmed, and the results aren't good. As anxiety goes up, grades go down. If your child seems stressed, suggest ways he can relax. He could:

- **Enjoy time with a friend.** Suggest they do something that makes them laugh, such as watching a favorite funny movie.
- **Participate in a hobby** (other than playing video games). Hobbyists - people who paint, read, collect, do puzzles, you name it - usually “lose themselves” in what they are doing for a while. Focusing on these pleasant thoughts helps to defeat stress.
- **Breathe deeply.** Research shows this truly works. A few minutes of slow deep breathing can calm your child when he is feeling overwhelmed. Practicing it for a brief time each day can lower your child's overall stress levels.
- **Stretch.** Doing yoga is linked to lower stress levels. Tell your child to try a few minutes of relaxing music

and slow, gentle stretches.

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#### COMMUNITY NIGHT AT WENDY'S! February 13, 2012

Eat at Wendy's on this night between 5-8pm and they will donate 10% of their sales to Heartland.

At the end of the year the school with the highest sales will have their donations DOUBLED!

#### HEARTLAND COMMUNITY SCHOOLS -

Henderson/Bradshaw

Regular Board Meeting

Monday, December 12, 2011

Henderson Attendance Center – Conference Room

7:30 PM

MINUTES

Members Present: Paul Brune, Gary Braun, Debra Wilhelm, Glenn Larson, Boyd Stuhr, Jr., and Kent Allen.  
Others Present: Supt. Norm Yoder, Principals Tim Carr and Cindy Huebert. Faculty: Erik Gray, Patron Becky Stamp

#### I. Call to Order

President Brune called the regular meeting to order at 7:35 p.m.

II. President Brune declared the meeting to be open, legal and properly advertised with all members having been informed of the nature of the meeting and having received related information. He also indicated the posting of the open meetings law at the front of the room.

#### III. Approval of Agenda

**Action 1:** Motion by Stuhr, second by Larson, to approve the agenda as revised. Motion Carried: 6-for; 0-against.

#### IV. Audience with Individuals and/or Committees

Becky Stamp, Booster Club President, shared concern with current Conference affiliation and ideas to promote Heartland school spirit.

#### V. Minutes of Meeting

#### VI. Treasurer's Report

The General Fund Treasurer's report was reviewed and filed pending audit.

#### VII. Claims

#### VIII. Financial Reports

The financial reports for the School Lunch Fund, Activity Fund, Unemployment Fund, and the Depreciation Fund were reviewed and filed pending audit.

**Action 2:** Motion by Larson, second by Braun, to approve the consent agenda, as revised, which includes the minutes of the November 14, 2011 regular meeting, the general fund claims, except claims 19632, and the qualified capital purposes claims. Motion Carried: 6-for; 0-against.

**Action 3:** Motion by Allen, second by Larson, to approve general fund claims #19632. Motion Carried: 5-for; 0-against; 1-abstained (Wilhelm)

#### IX. Administrative Reports

The board heard administrative reports on the progress of replacing light fixtures in the building, the elementary teachers reviewing two reading textbook series, principals attending the state principals conference in Kearney, teachers are reviewing the reading and math standards where Heartland students scored the lowest to insure that instruction occurs in those areas in the future, the many senior high activities that are taking place, that Heartland now has a Facebook page, three teachers that attended a workshop on Check for Learning, FFA students report on the National FFA Convention, the light fixture giveaway, keys and gym use, and the possible replacement of the 1999 Ford Taurus because of significant repair costs.

#### X. Discussion with Neighboring Districts

Supt. Yoder reported no further discussions on sharing with neighboring districts..

#### XI. Theater Heating & Air Conditioning Project Update

Supt. Yoder gave an update on the progress of the project.

#### XII. Conference Alignment

The administration reviewed schools to contact to consider the possibilities of forming a new conference.

#### XIII. Five Year Maintenance Goals

The board reviewed the Five Year Maintenance Goals that were proposed. The board will take action on these goals in January.

#### XIV. Board Self Evaluation

The board will review the board self evaluation that was tabled from the November meeting.

#### XV. Policy Review

The board tabled the policy review of Section G - Personnel policies GBS-GH

**Action 4:** Motion by Braun, second by Allen, to hold the 3<sup>rd</sup> reading and adopt Board Policy JBBBBB – Early Kindergarten Entrance Policy. Motion Carried: 6-for; 0-against.

#### XVII. FFA National Convention

FFA Officers provided a power point presentation of highlights from this years National Convention in Indianapolis, Indiana.

#### XVIII. Graduate Survey

The administration reviewed the Graduate Survey they plan to send out in the latter part of January to review how to better serve our current students.

#### XIX. 2010-2011 Financial Audit

**Action 5:** Motion by Larson, second by Braun, to accept the 2010-2011 Financial Audit prepared by Mireau & Associates. Motion Carried: 6-for; 0-against.

#### XX. Board Retreat

The board discussed possible dates for a board retreat.

#### XXI. Basketball Officiating

The board discussed officiating and student safety during basketball games.

#### XXII Negotiations Team

The board appointed the following board members as the negotiations team for 2012-13 Chair, Paul Brune, Gary Braun and Glenn Larson

#### XXIII. Personnel

**Action 6:** Motion by Wilhelm, second by Stuhr, to approve Mark Bankston as a regular school bus driver. Motion Carried: 6-for; 0-against.

**Action 7:** Motion by Brune, second by Braun, to go into executive session to discuss the principal's contracts and the superintendent's search at 9:50 p.m. Motion Carried: 6-for; 0-against.

President Brune declared the end of executive session at 10:11 p.m.

**Action 7:** Motion by Larson, second by Wilhelm, to offer a contract for 2012-13 to Cindy Huebert, elementary principal with the wages to be set at a later date. Motion Carried: 6-for; 0-against.

**Action 8:** Motion by Braun, second by Stuhr, to offer a contract for 2012-13 to Tim Carr, secondary principal with the wages to be set at a later date. Motion Carried: 6-for; 0-against.

#### XXIV. Adjournment

President Brune adjourned the meeting at 10:15 p.m.



# February 2012

Lunch Menu	Mon	Tue	Wed	Thu	Fri	Sat
<i>Mon: Nacho Supreme</i> <i>Tues: Beef Finger</i> <i>Wed: Chicken Patty Sand</i> <i>Thurs: NO LUNCH</i> <i>Fri: Biscuits &amp; Sausage Gravy</i>			1 County Spelling Bee FBLA SECC Business Competition @ Beatrice FFA State Degree Interviews @ Palmer	2 <b>Teacher In-Service</b> <b>Dismiss @ 11:40 am</b> G & B BB SNC Semi-Finals @ Milford	3 G & B BB Milford @ (H) 4:30/6:15/8:00 pm	4 G & B BB SNC Finals @ Milford
<i>Mon: Hot Ham &amp; Cheese Sandwich</i> <i>Tues: Chili</i> <i>Wed: Hamburgers</i> <i>Thurs: Salisbury Steak</i> <i>Fri: Sloppy Joe</i>	6 FFA/FBLA Mtg. 7:00 pm Special Board Mtg 6:30 pm	7 G & B BB @ Deshler 4:00/5:00/6:15/8:00 pm	8 FBLA-UNK Business Competition @ Kearney G & B BB @ Osceola 4:30/6:15/8:00 pm JH BBB @ Harvard 6:00/7:00 pm	9 FBLA-UNK Business Competition @ Kearney G & B BB @ Osceola 4:30/6:15/8:00 pm JH BBB @ Harvard 6:00/7:00 pm	10 G & B BB Milford @ (H) 4:30/6:15/8:00 pm	11 ACT Test Date Special Board Mtg 8:45 am Winter Song/Ball 7:00 pm
<i>Mon: Chicken Fajitas</i> <i>Tues: Ham Dinner</i> <i>Wed: French Toast Sticks</i> <i>Thurs: Taco Salad</i> <i>Fri: BBQ Beef Sand</i> FFA District Prof Review @ Fullerton	13 Board of Ed. Mtg 7:00 pm G BB Sub Districts @ York	14 FBLA Business Competition @ Peru	15 FBLA Business Competition @ Peru	16 G BB Sub Districts @ York JH BBB @ Harvard 4:00/5:15 pm	17 BBB Doniphan Trumbull @ Doniphan 6:15.8:00 pm	18
<i>Mon: Max Cheese Sticks</i> <i>Tues: Baked Potato Bar</i> <i>Wed: Mr. Rid Sandwich</i> <i>Thurs: Country Fried Steak</i> <i>Fri: Cold Sandwiches</i>	20 JH BBB @ Sutton 3:00/4:00 pm B BB Sub Districts @ York	21 B BB Sub Districts @ York	22 <b>Teacher In-Service</b> <b>2 hr late start</b>	23 B BB Sub Districts @ York	24 G BB Districts Finals TBA	25 JH BBB Tourney @ Harvard 9:30 am HOMESHOW
<i>Mon: Tacos</i> <i>Tues: Pig in a Blanket</i> <i>Wed: Sausage Egg &amp; Cheese Biscuit</i> <i>Thurs:</i> <i>Fri:</i>	27 9-12 Winter Concert 7:30 pm	28 B BB Districts Finals TBA	--National FFA Week--			

Heartland Community Schools  
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www.heartlandschools.org

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## ECRWSS POSTAL CUSTOMER



### **IMPORTANT DATES TO REMEMBER**

February 2nd - Teacher In-Service 11:40 Dismissal (NO LUNCH)

February 6th - Board of Education Special Meeting 6:30 pm

February 11th - Board of Education Special Meeting 8:45 am

February 13th - Board of Education Meeting 7:00 pm

February 20-24 - National FFA Week

February 22nd - In-Service 2 hour late start

March 8th - Kindergarten Roundup

March 20th & 22nd - Parent Teacher Conferences