

Mark A. Aten, Superintendent Brian Fleischman, Principal / Activities Director Jody Skallberg, Counselor

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Greetings from the Principal's Office

It has been a great start to the new school year. Amid all the uncertainty that remains in society, we continue to push forward in the education of our students. While things are uncertain our main goal remains, to keep everyone learning within the school building. Students remember to keep working hard to achieve great success. Success doesn't fall into your lap; you have to earn it through hard work. Remember that one way to earn success is to complete your homework on time. Thank you everyone for doing your part to continue down your path to success.

Upcoming Events:

September 17th: FB vs. Loomis 7PM (Jr. Cheer performs @ Halftime / CH & CC Parents night) September 18th: JHVB @ Elm Creek Tourney 9AM September 18th: SB @ North Platte 12PM September 20th: Freshmen to UNK September 20th: FCCLA Fall Leadership Workshop @ Kearney September 20th: 2:27 Dismissal – JH/JV VB/FB vs. Southern Valley 3/5PM September 21st: CC @ Franklin 4:15PM September 21st: SB vs. Hastings 5/6:30PM September 21st: VB @ Brady 5:30/6:30PM September 22nd: 11:30 Dismissal – P/T Conf. 1:30-7:30PM September 23rd: SB vs. Kearney Catholic 5/6:30PM September 23rd: VB @ Amherst 5/6/7PM September 23rd: FB @ Medicine Valley 7PM September 24th: No School September 25th: VB @ Sutherland Tourney 10AM September 27th: CC @ UNK 12PM September 27th: 2:27 Dismissal - JH/JV VB/FB vs. Amherst 3/5PM September 27th: SB @ York 5/6:30PM September 28th: VB @ Shelton 6/7PM September 29th: Sophomores to CCC-Hastings September 30th: SB @ Central Conference Tourney @ Aurora September 30th: VB @ Southwest 5/6/7PM October 1st: 12:45 Dismissal – FB vs. Maywood-Haves Center 3PM October 1st: FKC CC @ Amherst (Overton Golf Club)

<u>StrivTV</u>: We have partnered with Striv Sports again this year to stream all home and some away events. You can catch the action on our Striv page (<u>https://striv.tv/channel/overton</u>). You can catch live action and also past events will be posted here. Hopefully this will help us reach more of Eagle Nation throughout the year.

Attendance & Punctuality: Good attendance is one of the most important factors in a student's success in school. Students easily fall behind when they are repeatedly absent from school. Taking care of your health by getting a good night sleep, eating properly, and maintaining good hygiene is a great way to help improve attendance. As important as a student's attendance in school is their punctuality to school. Being on time indicates a level or respect for the event you are attending. This could be an appointment or simply being on time to school. The school day begins at 8:05. Thank you for making every effort to be on time to school. Punctuality is a life skill that is becoming lost in society. Let's break this cycle!

Educationally yours,

Mr. Brian Fleischman, Principal 308-987-2424 x206 brian.fleischman@overtoneagles.org

ABC/PTO ABC/PT
All parents of elementary
students are invited.
ABC/PTO coordinates activities such as
pumpkin decorating, author visits, Read
Across America, book fair, teacher
 appreciation lunch, and more. Come help us
 plan our fall activities.
See you in the <u>commons area</u> on Sept. 27!
Questions? Contact
Alicia.lassen@overtoneagles.org

TURN UP THE

Mark your calendars-Overton Pink Out is BACK! October 5th Volleyball vs. Gibbon

Fan shirts will go on sale thru September 21st. Order forms are available in the office or by contacting Mrs. Ehlers angie.ehlers@overtoneagles.org Stay tuned for more information about Pink Out Activities.

Help Wanted!

The kitchen is looking for reliable sub help. Not a lot of early mornings. Most of the time you will have a few day notice but sometimes it could be short notice.

Job could entail doing dishes, cleaning and cooking. Hours would be 7:30 to 1:30 or 10:00 to 1:30. Number of hours per week would vary.

Contact Brenda Buchholz at the school.

On To College ACT Prep English 9, 10, 11, 12

Students in grades 9-12 complete a yearly ACT prep course titled On To College. The program was created by John Baylor, who you probably know as the voice of Husker Volleyball. The online course consists of instructional videos, online quizzes, full practice tests, solution videos, and test taking tips. John walks students through a review of math, science, English, and reading curriculum, while offering helpful hints, tips, and tricks to guide students to higher scores. On average, students who complete the On To College prep course see a jump of 5 points in their ACT composite scores.

T here are several different courses offered on the website, each geared toward students at their specific grade level. Students in English 9 complete the Grade 8/9 Test Prep Course, while 10th graders complete the PreACT class. Sophomore year these same students take the PreACT in school. When students are juniors, in addition to taking the ACT in preparation for college, they also take the ACT as their state assessment. Juniors complete the On To College ACT Prep Course. Senior year, students complete the ACT Refresher Course either in September or October, depending on when the majority of the class is signed up for their last ACT.

All students, grades 9-12, have access to the On To College website and the materials provided throughout the year. They need to use their school email and the password provided to them in English class to access these materials. If you have any questions regarding On To College, your student's login information, or how the program works, please email me at ashley.wyatt@overtoneagles.org. Information about the On To College program can be found at ontocollege.com.



EARN CASH FOR YOUR SCHOOL

The Box Tops mobile app uses state-of-the-art technology to scan your store receipt, find participating products and instantly add Box Tops to your school's earnings online.

LOOK FOR THE LABEL:



HERE'S HOW IT WORKS:



BUY BOX TOPS PRODUCTS

You can find Box Tops on hundreds of products throughout the store.







EARN CASH FOR YOUR SCHOOL

Box Tops earnings are identified and automatically updated online.

SHOPPING FOR GROCERIES ONLINE?

You can still earn Box Tops for your school with your e-receipt! See how at BTFE.com/emailgroceryreceipts



BOX TOPS CLIPS

You may occasionally find an old Box Tops clip on packages in stores. You can still clip them and send them to school, as long as each clip has a valid expiration date.

SEE PRODUCTS & LEARN MORE ABOUT THE BOX TOPS APP AT **BTFE.COM**



Six Overton High School art students; Shaylee Lux, Sydney Elfgren, Caroline Vance, Alisha Jarmin, Ariana Anderson, and Stephanie Magnuson) competed in this year's Hastings College Mural Day. 36 teams, from 36 schools participated on Wednesday September 8th



"The Year 2025", was this year's theme and the students did a fantastic job of working together, discussing ideas and supporting each other. As Always...they make us proud!



Fun activities at Summer Library program!



Above: Waiting for an ice cream taste test. Below: Outdoor day with Game and Parks trailer







Above and Below:Cool cars created for the drive-in movie.



Updates from the Music Room

Upcoming Events

11/11/2021 - Veteran's Day 11/16/2021 - FKC Choral Clinic 12/9/2021- 7-12 Winter Concert 12/16/2021 - K-6 Winter Concert

What's New?

This year in music, we were fortunate enough to be able to get 30 ukuleles! I am so excited to get to use these instruments with students. Keep your eye out for more information and opportunities for students in grades 3-

DDDDDDDD

music is a

balloon afriad

of?

Pop Music

What kind of

MENTAL HEALTH AWARENESS

More than 43,000,000 Americans struggle with mental illness.

Suicide is one of the leading causes of death among adolescents.

<u>To Prevent Mental Illness Symptoms :</u>

- Stay active to boost your well-being
- Stay positive
- Keep in contact with friends
- Eat well to feed the brain
- Do something you love to reduce stress

September is Suicide Prevention Month.

Need Help? National Suicide Prevention Lifeline **1-800-273-TALK (8255)** http://youthsuicideprevention.nebraska.edu

An awareness project lead by Deakon Lauby and FCCLA.

Farm to School Kick-off Event

On August 13th students, staff and community members gathered in the school parking lot for the Farm to School kick-off event. Attendees were able to visit with several groups about various parts of agriculture including Common Ground Nebraska volunteers Sharon Portenier and her daughter Allie, the Dawson County 4-H Meats Judging Team, Farm Credit Services, Overton Beef Boosters and the Overton Area Community Fund. Board member Keith Rudeen brought his team of horses and provided free wagon rides for families.

Overton FCCLA and FFA served a free hamburger meal, led kid's games, and handed out door prizes to several participants. There was also a farmer's market with homemade goods and homegrown vegetables from Aaron Brown and Alex and Mike Meduna. A big thank you to Mr. Aaron McCoy and Mr. Seth Ehlers for manning the grill and to the following sponsors for helping our Farm to School adventure off to a great start: Gordon and Alicia Lassen Family, FirsTier Bank- Elm Creek, Dawson County Farm Bureau-Troy Linn and Farm Credit Services- Cassidy Thompson.





More photos from the Farm to School Kick-off Event





October - Crunch Off & So Much More!

On October 7th, Overton students will be celebrating



National Popcorn Poppin' Month with some locally grown popcorn. Produced by Matt and Katie Hothem of Amherst, the Rockin' H Ranch also raises wagyu/angus cattle! Katie Hothem serves as the ag. teacher for Amherst Public Schools. She and Matt are busy with two daughters, Hadley and Harper. You can find them most Saturday mornings at the Kearney Farmers Market. Thanks Hothem's for letting us try some popcorn during homecoming week!

Students will also participate in the Nebraska Crunch Off, a regional contest designed to promote local fall foods, especially apples. Many



thanks to the Kennicutt family for providing enough apples for each student, PK3-12th grades, to try a Nebraska apple! We have big plans for our Farm to School program, stay tuned for more in November!



FFA Update



The month of September the FFA chapter participated in several activities. The first thing we did was concessions. We completely sold out of hamburger meat for our walking tacos. Thank you to our supporters who came and ate! We also took a trip to Husker Harvest Days just north of Alda, NE. This was a fun experience for all of us. We walked around and talked to many exhibitors. We learned many new things and got to see many different machines in action. We even watched a cattle handling

demonstration with many new chutes. The FFA will not be selling fruit but we will

still be selling an assortment of pies along still with the other goodies. Please contact Mrs. Loudon or another FFA member about this fundraiser. Upcoming activities we have are Land Judging on October 6. We wish our students luck on that day. We are excited for the upcoming trip to the National FFA Convention on October 27-30.







7-12 Science

As the first semester has gotten underway, there is a lot happening in the science room and lab. The seventh grade science class is introducing matter and talking about chemical and physical changes. In Chemistry, we are talking about stoichiometry and chemical reactions as well as labs based on chemical reactions. College Biology is just getting started as we have received our textbook information and are beginning to follow the course guidelines set by the college. Biology is talking about chemical reactions in the body and introducing the idea of stoichiometry. The juniors are talking about the human genome and the macromolecules in the body. We just finished a lab about the digestion of macromolecules. Anatomy is talking about heredity and genetic inheritance using Punnett squares and gel electrophoresis. Plant science has been working extremely hard finishing the second greenhouse. We got the plastic installed and are working on finishing the internal components to get the greenhouse ready for work this winter and plant sales in the spring. It has been a very busy first few weeks of school and we look forward to continuing learning both in the classroom and through the lab and greenhouse.





PESTO FORMULA

Traditionally made with basil, pesto can be made with anything green! It's a delicious way to decrease the volume of those greens hogging space in your fridge, or those fresh herbs that need to be used up quick!

3 c packed greens

- Basil Collard greens
- Carrot tops Arugula
- Beet greens • Parsley
- Swiss chard Cilantro • Broccoli
- Spinach • Peas
- Mint
- Kale • Or any combo

Pulse greens, lemon juice, garlic, cheese, and nuts in a food processor or blender. Add the oil, and pulse until finely chopped. Salt and pepper to taste.

2 Tbsp lemon juice 1+ large cloves of garlic 1/2-3/4 cup oil salt & pepper 1/4 c cheese & 1/4 c nuts Lo optional

Uses for Anything Green Pesto

- V Toss with pasta
- ✓ Condiment for meat
- ✓ Toss with cooked veggies

Spread or dip (try adding it to mayo or cream cheese!)

✓ Salad dressing—thin with vinegar and olive oil

KITCHEN BASICS COOKING **STAPLES**

Getting the Most FROM YOUR LOCAL FOOD HAUL

Nobody likes to throw out or compost food, but it happens! Here are a few tips to decrease the number of local veggies that go to your bin.



HAVE A PLAN FOR WHAT YOU BUY

Menu planning can help-try to commit to eating a vegetable side with each homemade dinner.

Have a last minute "plan b"-can you throw it in a smoothie?



THE ART OF SUBSTITUTION AND **EXPERIMENTATION**

Work with what you have and what is in season.

Almost every green is interchangeableif a recipe calls for spinach you can substitute kale, chard, collards, or anything green!

STORAGE IS KEY

Most vegetables last longer when kept chilled but keep tomatoes, basil, and uncut melons on your kitchen counter!

Anything leafy and green does best in a plastic bag in your fridge. This will prevent greens from wilting.

WEEKLY CLEAN-OUT MEAL

Make it a tradition in your house every week to use up veggies that have a short shelf life or are going a bit squishy.

Omelets, soups, smoothies, pesto, roasted veggies, or grilled medleys are some options for your weekly clean-out meal.



The relationship we share with our food is essential to our personal health, the health of our community, and the health of the earth. As a member of the Nebraska Sustainable

Agriculture Society (NSAS), I have learned that knowing who grows my food is how I connect more meaningfully to the place where I live.

By purchasing food directly from neighboring farms, a healthy relationship is created that supports a more resilient community. Each time you buy a dozen eggs at a farmers' market or pick up your Community Supported Agriculture (CSA) box, you not only receive nourishing food but you also say "I value family farms" and "I want them to continue farming directly for my community." The farmers who make up NSAS care for us by growing nutrient dense and fresh foods in a way that gives back to the land. In turn, we can care for our farming families by purchasing and valuing the food they grow for us.

Nebraska is blessed to be home to some of the most fertile, rich soil on the earth. Our farmers are the stewards of the soil and we are fed by this precious resource. Agriculture is an important pillar of Nebraska, yet we are disconnected from our food and the system that delivers it to our plates. **90% of the** *state's food is imported from places outside of Nebraska.** What if we committed to feeding ourselves from places that we live, can physically visit, care for, and directly financially upport?

AS as founded 44 years ago by a gr p f ebraska farmers who believed there as a better way to care for our and and the plants and animals we raise. The up regenerative and sustainable farming practices soil teems with life, water is fittered, and carbon is stored. c for us a of these benefits come beaution in rapped in the form of freshebraska gr in vegetables, fruits, meats, honey grain and dairy.

Are we willing to commit to building a local food system that grow healthy foods for everyone in our community?

If we are gring to shift our diets awayfrom imported grins and commit to a reliable locally grown food system, it take a crus

A great place to start is **by** forming relationships with the people who grow our food. If we can start to do this together, we will find ourselves with clear eristreams nearther soil, and stronger relationships with our neighbors across ebraska and our greater Great Plains regio

SUSTAINABLENEBRASKA.ORG

O @SUSTAINABLENEBRASKA

of the state's food

is imported from

places outside

of Nebraska.*

S NEBRASKA SUSTAL ABLE AGPICULTU E SOCIETY



* References on 90% Statistic (A) McGuffrey, Megan. "Biting int Food * cession - + + e of ebraska's Food Systems." *Center for Rural Affairs*, Feb. 2019, <u>https://www.cfra.org.sres.pefp_ff.es/pub_cations/</u> <u>biting-into-food-access-a-view-of nebraska-food-syste_.pdf</u> B. Meter Ken * ebraska Food & Food Ecomony." *Crossroads Resource Center*, 19 Nov. 2010, <u>https://www.cfcworks.org.srca.org.pdf</u>.





Overton Public Schools

TO:	Parents and /or Guardians of Overton Public School Students
FROM:	Mark A. Aten, Superintendent of Schools
RE:	Emergency Procedures for Overton Public Schools

The Overton Public Schools has developed a Crisis Response Plan that is designed to minimize danger to anyone occupying school should an emergency occur. Our main objective is to attend to the health and welfare of your children in the event of a crisis.

In most emergencies your children will remain and be cared for at the school. In the rare event of an emergency affecting the school that prohibits re-entry to the building (such as a broken gas or water main, a fire, or toxic spill), students will be relocated to predetermined sites.

If appropriate, the One Alert System will be activated for notification. We ask that you follow this procedure if you hear of any school emergency:

- 1. **Turn on your radio or television.** We will keep the media informed of any emergency.
- 2. **Please do not telephone the school.** We have limited phone lines. These must be used to respond to the emergency.
- 3. Do Not Call 911.
- 4. Please do not come to the school unless requested to pick up your child at school. Any emergency involving your child's school may mean emergency vehicles and workers must be able to get to the building. If the emergency necessitates the relocation of staff and students, you will be informed via the media.

Please keep this information where it can be easily found.



INFORMACIÓN PARA PADRES/ MADRES DE FAMILIA Y TUTORES/AS LEGALES

Nuestra escuela ha adoptado el Protocolo de Respuesta Estándar (SRP por su sigla en inglés) desarrollado por "I Love U Guys" Foundation. Los/las estudiantes y el personal serán capacitados, practicarán y harán simulacros sobre el protocolo.

LENGUAJE COMÚN

El Protocolo de Respuesta Estándar (SRP por su sigla en inglés) se basa en un método para todo tipo de riesgos en vez de para situaciones particulares. Al igual que el Sistema de Comando de Incidentes (ICS por su sigla en inglés), el protocolo SRP utiliza un lenguaje común claro al mismo tiempo que posibilita la flexibilidad en el protocolo.

La premisa es simple: durante un suceso se pueden activar cinco acciones específicas. Cuando se comunique, la acción usará un "término específico" que irá seguido de una "orden". Los participantes activos, incluidos estudiantes, empleados, docentes y personal de respuesta inmediata llevan a cabo la acción. El protocolo SRP se basa en las siguientes acciones: Hold (esperen), Secure (protejan), Lockdown (acceso bloqueado), Evacuate (evacuen) y Shelter (busquen resguardo).



HOLD! (iESPEREN!)

En su salón o área. Despejen los pasillos.

Se capacita a los/las estudiantes en lo siguiente:

- Permanecer en el área hasta que se indique que la situación se ha resuelto
- Continúen con la actividad rutinaria

Se capacita a las personas adultas en lo siguiente:

- Cerrar la puerta y echen la llave
- Contar a los estudiantes y a los adultos
- Continuar con la actividad rutinaria

SECURE! (Lockout) (iPROTEJAN!) Vayan adentro. Echen llave a las puertas exteriores.

Se capacita a los/las estudiantes en lo siguiente:

- Regresar adentro
- Continuar con la actividad rutinaria

Se capacita a las personas adultas en lo siguiente:

- Llevar a todas las personas adentro
- Echar llave a las puertas exteriores
- Mantener la alerta sobre lo que ocurre en su entorno
- Contar a los estudiantes y a los adultos
- Continuar con la actividad rutinaria



LOCKDOWN! (iCIERRE DE EMERGENCIA!)

Echen llave, apaguen las luces, escóndanse.

Se capacita a los/las estudiantes en lo siguiente:

- Desplazarse a un lugar donde no se les vea
- Guardar silencio
- No abrir la puerta

Se capacita a las personas adultas en lo siguiente:

- Llevar a las personas en los pasillos a dependencias interiores si es posible hacerlo de forma segura
- Echar llave a las puertas interiores
- Apagar las luces
- Desplácense a un lugar donde no se les vea
- No abrir la puerta
- Guardar silencio
- Contar a los estudiantes y a los adultos
- Prepararse para evadirse o defenderse

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EVACUATE! (iEVACUEN!)

(Es posible que se especifique un lugar determinado) Se capacita a los/las estudiantes en lo

Se capacita a los/las estudiantes en lo siguiente:

- Evacuar a un lugar determinado
- Llevarse sus teléfonos
- Cuándo se proporcionarán instrucciones sobre si deben llevarse o dejar sus pertenencias

Se capacita a las personas adultas en lo siguiente:

- Dirigir la evacuación a un lugar determinado
- Contar a los estudiantes y a los adultos
- Reporte lesiones o problemas usando el método de Tarjeta Roja / Tarjeta Verde



SHELTER! (iBUSQUEN RESGUARDO!)

Riesgo y estrategia de seguridad. Los riesgos pueden incluir:

- Tornado
- Materiales peligrosos
- Terremoto
- Tsunami

Las estrategias de seguridad pueden incluir:

- Evacuar a un área resguardada
- Sellar el salón
- Agacharse, cubrirse, agarrarse
- Dirigirse a terreno elevado

Se capacita a los/las estudiantes en lo siguiente:

• Estrategias adecuadas de seguridad y para situaciones de riesgo

Se capacita a las personas adultas en lo siguiente:

- Estrategias adecuadas de seguridad y para situaciones de riesgo
- Contar a los estudiantes y a los adultos
- Reporte de lesiones o problemas usando el método de Tarjeta Roja / Tarjeta Verde



INDICACIONES PARA LOS PADRES/ MADRES DE FAMILIA

En caso de que se produzca un suceso real, es posible que los padres/madres de familia se pregunten qué papel pueden tener.

SECURE (PROTEJAN)

"Vayan adentro. Echen llave a las puertas exteriores"



La orden de proteger se acciona cuando pasa algo peligroso fuera del edificio. Los/las estudiantes y el personal irán adentro del edifico y se echará la llave a las puertas exteriores. Es posible que la escuela muestre un cartel que indique que el edificio está bajo protección (Building is Secured) en las puertas de entrada o en las ventanas cercanas a la misma. Dentro, se continuará con la actividad rutinaria.

¿Deberían los padres/madres ir a la escuela cuando ocurra una situación de protección?

Probablemente no. Durante una situación de protección se hará todo lo posible para seguir con las clases de forma normal. Además, es posible que se pida a los padres/ madres que se queden fuera durante una situación de protección.

¿Qué pasa si los padres/madres tienen que ir a buscar a sus hijos/as?

Según la situación, es posible que dejar salir a los estudiantes suponga un riesgo. Si las circunstancias evolucionan, podría cambiarse la orden de situación de protección a entrada vigilada o salida controlada.

¿Se notificará a los padres/madres cuando se active una situación de protección?

Cuando la situación de protección sea breve o el riesgo de carácter no violento, como por ejemplo un animal silvestre en el patio de recreo, es posible que no sea necesario notificar a los padres/madres mientras la situación de protección se mantenga activada.

En caso de situaciones de mayor duración o peligro, es posible que la escuela haga saber a los padres/madres de familia que se han incrementado las medidas de seguridad.

LOCKDOWN (CIERRE DE EMERGENCIA)

"Echen llave, apaguen las luces, escóndanse"

La orden de poner en marcha un cierre de emergencia se acciona cuando pasa algo peligroso dentro del edificio.

Los estudiantes y el personal han sido instruidos para que accedan o se queden en un salón al que se le pueda echar la llave y permanezcan en silencio.

El cierre de emergencia solo se inicia cuando hay un peligro activo dentro o muy cerca del edifico.

¿Deberían los padres/madres ir a la escuela cuando ocurra un cierre de emergencia?

Durante un cierre de emergencia la inclinación natural de los padres/madres es dirigirse a la escuela. Aunque se entiende perfectamente, puede ser un problema. Si existe un peligro dentro del edificio, las autoridades policiales responderán a la situación. No es probable que se permita a los padres/madres acceder al edificio o ni siquiera al campus escolar. Si un padre o madre de familia ya se encuentra en la escuela, se le pedirá que participe en el cierre de emergencia.

¿Deberían los padres/madres enviar mensajes de texto a sus hijos/as?

La escuela reconoce lo importante que es la comunicación entre los padres/madres y sus hijos/as durante una situación de cierre de emergencia. No obstante, los padres/ madres de familia deben saber que durante el periodo inicial de un cierre de emergencia es posible que enviar textos a sus padres/madres sea demasiado arriesgado para los/las estudiantes. Una vez que la situación se resuelva, se le pedirá a los/las estudiantes que comuniquen a sus padres/madres información actualizada de forma regular.

En algunos casos, es posible que se evacue a los/las estudiantes y se les lleve a un lugar fuera de la escuela para que se reúnan con los padres y madres.

¿Se harán simulacros no anunciados?

Es posible que la escuela realice simulacros no programados, no obstante es sumamente desaconsejable realizar simulacros sin aviso previo. Estos se conocen como simulacros no anunciados y pueden causar preocupación y estrés innecesarios.



Los padres/madres de familia deben saber que la escuela informará siempre de que se trata de un simulacro durante el aviso inicial.

Es importante explicar la diferencia entre un simulacro y un ejercicio. Un simulacro se usa para crear "memoria muscular" asociada con una acción practicada. No se hacen simulaciones de situaciones, solo se realizan las acciones. Un ejercicio simula una situación actual para probar la

capacidad del personal y el equipo.

¿Pueden los padres/madres observar o participar en los simulacros?

La escuela no tiene ningún inconveniente en permitir a los padres/madres que lo deseen observar o participar en los simulacros.



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INFORMATION FOR PARENTS AND GUARDIANS

Our school has adopted The "I Love U Guys" Foundation's Standard Response Protocol (SRP). Students and staff will be training, practicing, and drilling the protocol.

COMMON LANGUAGE

The Standard Response Protocol (SRP) is based on an allhazards approach as opposed to individual scenarios. Like the Incident Command System (ICS), SRP utilizes clear common language while allowing for flexibility in protocol.

The premise is simple - there are five specific actions that can be performed during an incident. When communicating these, the action is labeled with a "Term of Art" and is then followed by a "Directive." Execution of the action is performed by active participants, including students, staff, teachers and first responders. The SRP is based on the following actions: Hold, Secure, Lockdown, Evacuate, and Shelter.

"In Your Classroom or Area"

Students are trained to:

• Clear the hallways and remain in their area or room until the "All Clear" is announced

• Do business as usual

Adults and staff are trained to:

- Close and lock the door
- Account for students and adults
- Do business as usual

SECURE

"Get Inside. Lock outside doors"

Students are trained to:

- Return to inside of building
- Do business as usual

Adults and staff are trained to:

- Bring everyone indoors
- Lock the outside doors
- Increase situational awareness
- Account for students and adults
- Do business as usual

LOCKDOWN "Locks, Lights, Out of Sight"

Students are trained to:

- Move away from sight
- Maintain silence
- Do not open the door

Adults and staff are trained to:

- Recover students from hallway if possible
- Lock the classroom door
- Turn out the lights
- Move away from sight
- Maintain silence
- Do not open the door
- Prepare to evade or defend

EVACUATE "To a Location"

Students are trained to:

- Leave stuff behind if required to
- If possible, bring their phone
- Follow instructions

Adults and staff are trained to:

- Bring roll sheet and Go Bag (unless instructed not to bring anything with them, dependent on reason for evacuation.)
- Lead students to Evacuation location
- Account for students and adults
- Report injuries or problems using Red Card/Green Card method.

SHELTER

"State Hazard and Safety Strategy"

Hazards might include:

- Tornado
- Hazmat
- Earthquake
- Tsunami

Safety Strategies might include:

- Evacuate to shelter area
- Seal the room
- Drop, cover and hold
- Get to high ground

Students are trained in:

Appropriate Hazards and Safety Strategies

Adults and staff are trained in:

- Appropriate Hazards and Safety Strategies
- Accounting for students and adults
- Report injuries or problems using Red Card/Green Card method.









PARENT GUIDANCE

In the event of a live incident, parents may have questions about their role.

SECURE

"Get Inside. Lock outside doors"



Secure is called when there is something dangerous outside of the building. Students and staff are brought into the building and the outside doors will be locked. The school might display the Building is Secured poster on entry doors or nearby windows. Inside, it will be business as usual.

SHOULD PARENTS COME TO THE SCHOOL DURING A SECURE EVENT?

Probably not. Every effort is made to conduct classes as normal during a secure event. Additionally, parents may be asked to stay outside during a Secure event.

WHAT IF PARENTS NEED

Depending on the situation, it may

not be safe to release the student.

As the situation evolves, Secure

TO PICK UP THEIR

STUDENT?



might change to a Monitored Entry and/or Controlled Release.

WILL PARENTS BE NOTIFIED WHEN A SCHOOL GOES INTO SECURE?

When a secure event is brief or the hazard is non-violent, like a wild animal on the playground, there may not be a need to notify parents while the Secure is in place.

With longer or more dangerous events, the school should notify parents that the school has increased their security.

LOCKDOWN "Locks, Lights, Out of Sight"



A Lockdown is called when there is something dangerous inside of the building. Students and staff are trained to enter or remain in a room that can be locked, and maintain silence.

A Lockdown is only initiated when there is an active threat inside or very close to the building.

SHOULD PARENTS COME TO THE SCHOOL DURING A LOCKDOWN?

The natural inclination for parents is to go to the school during a Lockdown. Understandable, but perhaps problematic. If there is a threat inside the building, law enforcement will be responding. It is unlikely that parents will be granted access to the building or even the campus. If parents are already in the school, they will be instructed to Lockdown as well.

SHOULD PARENTS TEXT THEIR STUDENTS?

The school recognizes the importance of communication between parents and students during a Lockdown event. Parents should be aware though, during the initial period of a Lockdown, it may not be safe for students to text their parents. As the situation resolves, students may be asked to update their parents on a regular basis.

In some cases, students may be evacuated and transported off-site for a student-parent reunification.

WHAT ABOUT UNANNOUNCED DRILLS?

The school may conduct unscheduled drills, however it is highly discouraged to conduct one without announcing that it as a drill. That's called an unannounced drill and can cause undue concern and stress.

Parents should recognize that the school will always inform students that it is a drill during the initial announcement.



It's important to differentiate between a **drill** and an exercise. A drill is used to create the "Muscle Memory" associated with a practiced action. There is no simulation of an event; this is simply performing the action. An exercise simulates an actual event to test the capacity of personnel and equipment.

CAN PARENTS OBSERVE OR PARTICIPATE IN THE DRILLS?

The school welcomes parents who wish to observe or participate in drills.



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Title 1 Cooperative Educational Service Unit #10

Start your student on the path to learning independence

Parents often want to know the best ways to help their children with schoolwork. One of the most important things you can do is to teach your child to become an independent learner.

Elementary schoolers are often assigned to solve problems and find and study facts. As they do this work, they practice their skills and reinforce their knowledge. To support your child's effort, first have him:

- **1. Try to answer** all the questions by himself. He should start with the ones he knows the answers to, and skip over any that give him problems.
- **2. Go back and think** again about the

questions he couldn't answer the first time around.

Only after he does this should your child ask you for help. If he does, remember that your goal is not just for him to put down the right answer. You want him to learn how to get the right answer for himself.

So if your child asks you how to spell *constitution*, don't rattle off the spelling. Instead, ask, "Where could you find that?" Point him to a dictionary or his social studies packet. Demonstrating how to find information not only helps him learn facts now, it also prepares him to learn more in the future.

Set up a system of routines to help your child get organized for school

The responsibilities of school this year will be easier for your child—and your family—to manage when you establish some basic routines and habits.

Start the year off on the right foot with these strategies:

- **Prepare in advance.** Use time in the evening to help your child prepare for the next day. You can review school communications, help your child collect and organize materials she needs for school, and agree on outfits.
- **Create a morning checklist.** Doing the same things in the

same order each morning makes it less likely that your child will forget a step.

- **Schedule daily study time.** Pick a time when your child will have the most energy and motivation to do schoolwork.
- **Help your child** use tools like calendars and reminder lists to make sure she has what she needs when and where she needs it.

Attendance is essential

Learning loss during the pandemic is a top concern for families and schools. Teachers will do everything possible this year to help students learn and master the skills they need. Your help ensuring your child's daily attendance is critical—whether learning is in person or online. Contact your child's teacher or the school counselor if you need help resolving attendance issues.

Read and talk about words

Reading aloud to your child exposes him to vocabulary he might not get otherwise. This helps strengthen his reading comprehension. When you read aloud:

- **Define unfamiliar words.** Can your child think of words with similar meanings?
 - **Give examples** of how a word's meaning can change depending on how it is used. *Sign* can be a noun (stop *sign*) or a verb (*sign* your name).



Experiencing science with their senses can boost students' interest in it. Here's a teacherrecommended way to help your child *hear* some



help your child *hear* some science:

- **1. Find a few long, flat surfaces** around your home—a wall, a railing, the floor. Ask your child to guess which material will conduct sound the best.
- **2. Have her put** her ear on one surface.
- **3. Tap a coin steadily** on the surface as you move farther away from your child.
- 4. Repeat with the other surfaces.

Did you get farther apart on one surface than another before the tapping sound grew faint? Which one transmitted sound best?

Source: P. Barnes, "Low-Tech Scientific Exploration for Students at Home," Edutopia.



How can I make it easier for my child to make friends?

Q: My first grader is very shy and doesn't make friends easily. I want her to have school friends so she'll like school. How can I help her feel more comfortable doing that?

A: Some children have lots of social selfconfidence. Others do not. Pandemic precautions may make approaching classmates seem more intimidating. While you can't change your child's personality, you can build her confidence when interacting with others.

To help your child practice social skills:

• **Rehearse things to say.** Say, "Let's pretend you're at recess. Arely and Emily are

playing a game you'd like to join. What could you say?" At first, pretend to be your child and let her pretend to be another child. Then switch roles. If your child is learning virtually, role-play things she could say to classmates during an online break. "I like your unicorn shirt. Do you like ponies, too?"

- **Read about friends** together. Talk about what good friends do—and don't do. As your child thinks about what makes a good friend, she can start to look for someone in her class who seems to fit the bill.
- **Use her interests.** Does your child like art? Sports? Look for in-person or online activities, classes or teams that may be available in your area. Practicing skills she enjoys with kids who enjoy them too can make it easier to make friends. Success will give her confidence she can apply in school.

Are you instilling resilience in your child?

Some parents want to protect their children so they never have to experience difficulties or failure. But overcoming challenges teaches valuable lessons. Are you helping your child develop resilience? Answer *yes* or *no* below:

1. Do you discuss the fact that unexpected things happen? Do you talk about positive ways to react when they do?

Parent 6

Quiz

- **__2. Do you allow** your child time to solve some problems himself before offering help?
- **_3. Do you provide** perspective when your child is disappointed? "You didn't get an A, but you earned a higher grade than last time!"
- _____4. Do you encourage your child to think about what to do differently next time?

____**5. Do you model** resilience when things go wrong for you?

How well are you doing?

More yes answers mean you are helping your child cope with setbacks and move forward. For each no, try that idea.



10 things to do together when you have 10 minutes

Engaging often in your child's education is important. But it doesn't always have to take a lot of time. In 10 minutes you can:

1. Listen and respond when your child talks about school.



- **2. Help** your child study spelling or math facts.
- 3. Share a favorite poem or song.
- **4.** Look up a word in the dictionary.
- 5. Talk about the daily news.
- **6. Find** places in the news on a map.
- **7. Review** your child's assignments.
- 8. Practice a tongue twister.
- **9. Observe** an animal or bird in nature.
- **10. Make up** a silly story.

Stick to a sleep schedule

Lack of sleep affects your child's ability to plan, solve problems, control mood and behavior, focus and pay attention, and retain information—all vital school skills.

Elementary students need nine to 12 hours of sleep each night to do their best. Now is the time to establish an evening routine that helps your child relax and get to sleep in time to get the rest needed to learn.

Source: "Healthy Sleep Habits: How Many Hours Does Your Child Need?" American Academy of Pediatrics.

Expect respectful behavior

It's true no matter what format classes take: Respectful behavior helps teachers teach and students learn. Talk with your child about the importance of:

- **Speaking politely**—raising a hand to be called on and listening to others.
- **Following directions**—paying attention, turning in work on time.
- Accepting feedback in a positive way.

Helping Children Learn®

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MINUTES OF THE OVERTON PUBLIC SCHOOL BOARD OF EDUCATION REGULAR MEETING August 9, 2021 7:30 p.m.

Board President called the meeting to order. Members Present:

Brennan Lassen Luther Meier Rudeen Walahoski

Notification: The August 9, 2021 meeting of the Overton Public School Board of Education was posted at the Overton Public School, on the Overton Public School website, Beacon Observer, Overton Post Office, and the Security First Bank.

Open Meetings Information: To be in compliance with LB 898, The Nebraska Open Meetings Act, Board President informed the public that a copy of the Open Meetings Law is posted near the LMC check-out counter.

Administration Present: Mark Aten, Superintendent, Brian Fleischman, Principal

Guests Present: Aaron McCoy, Melissa Eilers, and Mike Alexander

Public Comments: None

Reports: None

Communications: Thank you (1)

Other: None

Action Items:

- 1. **Agenda**: Moved by Lassen, seconded by Brennan to approve the agenda of the August 9, 2021 regular monthly board meeting as presented. Motion 6-0. Yes (6) Brennan, Lassen, Luther, Meier, Rudeen, and Walahoski. No (0). Absent (0).
- 2. **Minutes:** Moved by Luther, seconded by Meier to approve the minutes of the July 12, 2021 regular board minutes as presented. Motion 6-0. Yes (6) Brennan, Lassen, Luther, Meier, Rudeen, and Walahoski. No (0), Absent (0).
- 3. **Claims:** Moved by Luther, seconded by Walahoski to pay the August General Fund bill roster in the amount \$248,343.66. Motion 6-0. Yes (6) Brennan, Lassen, Luther, Meier, Rudeen, and Walahoski. No (0), Absent (0).

- 4. Moved by Walahoski, seconded by Brennan to authorize the superintendent to pay the late August bills. Motion 6-0. Yes (6) Brennan, Lassen, Luther, Meier, Rudeen, and Walahoski. No (0), Absent (0).
- 5. Moved by Brennan, seconded by Walahoski to approve the classified staff salary and benefits for the 2021-2022 school year. Motion 6-0. Yes (6) Brennan, Lassen, Luther, Meier, Rudeen, and Walahoski. No (0), Absent (0).
- Moved by Lassen, seconded by Brennan to approve the safe return to school plan. Motion 6-0. Yes (6) Brennan, Lassen, Luther, Meier, Rudeen, and Walahoski. No (0), Absent (0).
- 7. Moved by Brennan, seconded by Meier to approve the contract with Educational Service Unit 10 to comply with applicable laws and regulations regarding Title 1A and other federal funds. Motion 6-0. Yes (6) Brennan, Lassen, Luther, Meier, Rudeen, and Walahoski. No (0), Absent (0).
- Moved by Brennan, seconded by Meier to adjourn the meeting at 9:12 p.m. Motion 6-0. Yes (6) Brennan, Lassen, Luther, Meier, Rudeen, and Walahoski. No (0), Absent (0).

Board Reports and Discussion Topics:

1. Board Reports:

- a. Transportation
- b. Facilities and Grounds:

School Vehicle Track Project and Propane Station

2. **Discussion Topics**:

- a. September Board Meeting scheduled for Monday, September 13, 2021 beginning at 7:30 p.m. Tax Request Hearing scheduled for Monday, September 13, 2021 beginning at 7:15 p.m.
- b. Budget Hearing is scheduled for Wednesday, September 8, 2021 beginning at 7:30 p.m.
- c. Board reviewed bullying board policy 5054
- d. NDE Health Standards/CRT
- e. Staff/Board Dinner

Administrative Reports:

Principal's Report:

- a. Calendar Update
- b. Enrollment
- c. Girls Wrestling Update

Superintendent's Report:

- 1. Enrollment Option Report
- 2. Option Enrollment -
 - Out a.
 - In a.

Change of Status

a.

- 3.
- 4.
- 5.
- 6.
- 7. 8.
- Financial Update Budget Review Projects Update Nebraska Health Standards Critical Race Theory Classified Salary and Benefits for 2021-2022

MINUTES OF THE BOARD OF EDUCATION SPECIAL MEETING – 2021-2022 Budget Hearing September 8, 2021 7:30 p.m.

Board Members Present:

Lassen Luther Meier Rudeen Walahoski

Notification: The September 8, 2021 meeting of the Overton Public School Board of Education was advertised in the September 2, 2021 edition of the Beacon Observer, and was also posted at the Overton Public School, on the Overton Public School web site, Post Office, and the Security First Bank.

Open Meetings Information: To be in compliance with LB 898, The Nebraska Open Meetings Act, Board President Meier informed the public that a copy of the Open Meetings Law is posted near the LMC check-out counter.

Administration Present: Mark Aten, Superintendent

Guests Present: None

Public Comments: None

Other: Board Excused the absence of board member Brennan. Motion 5-0-1. Yes (5) Lassen, Luther, Meier, Rudeen, and Walahoski. No (0). Absent (1) Brennan.

Purpose: A special meeting of the Board of Education, School District 24-0004, was convened in open public session as advertised at 7:30 p.m., September 8, 2021 at the Overton Public School LMC for the purpose: to provide a public hearing before the Board of Education in regards to the 2021-2022 Budget of Expenditures.

Action Items:

1. Moved by Rudeen, seconded by Lassen to adjourn the meeting at 8:00 p.m. Motion carried 5-0-1. Voting Yes (5): Lassen, Luther, Meier, Rudeen, and Walahoski. Voting No: (0). Absent (1) Brennan.

MINUTES OF THE BOARD OF EDUCATION SPECIAL MEETING September 13, 2021 7:15 p.m.

Board Members Present:

Brennan Lassen Luther Meier Rudeen

Notification: The September 13, 2021 meeting of the Overton Public School Board of Education was advertised in the September 9, 2021 edition of the Beacon Observer, and was also posted at the Overton Public School, on the Overton Public School web site, Post Office, and the Security First Bank

Open Meetings Information: To be in compliance with LB 898, The Nebraska Open Meetings Act, Board President Meier informed the public that a copy of the Open Meetings Law is posted near the LMC check-out counter.

Administration Present: Mark Aten, Superintendent, Brian Fleischman, Principal

Guests Present: Aaron McCoy and Jordan Rush

Public Comments: None

Other:

- a. Board excused the absence of board member Walahoski. Vote 5-0-1. Yes (5) Brennan, Lassen, Luther, Meier, and Rudeen. No (0), Absent (1) Walahoski.
- b. Board appointed Lassen to serve as acting Secretary.

Purpose: A special meeting of the Board of Education, School District 24-0004, was convened in open public session as advertised at 7:15 p.m., September 13, 2021 at the Overton Public School LMC for the purpose: to provide a public hearing before the Board of Education in regards to the 2021-2022 Tax Request Resolution #2122.

Action Items:

1. Moved by Luther, seconded by Brennan to adjourn the meeting at 7:31 p.m. Motion carried 5-0-1. Voting Yes (5): Brennan, Lassen, Luther, Meier, and Rudeen. Voting No: (0). Absent (1) Walahoski.

MINUTES OF THE OVERTON PUBLIC SCHOOL BOARD OF EDUCATION REGULAR MEETING September 13 2021 7:30 p.m.

Board President called the meeting to order. Members Present:

Brennan Lassen Luther Meier Rudeen

Notification: The September 13, 2021 meeting of the Overton Public School Board of Education was posted at the Overton Public School, on the Overton Public School website, Beacon Observer, Overton Post Office, and the Security First Bank.

Open Meetings Information: To be in compliance with LB 898, The Nebraska Open Meetings Act, Board President informed the public that a copy of the Open Meetings Law is posted near the LMC check-out counter.

Administration Present: Mark Aten, Superintendent, Brian Fleischman, Principal

Guests Present: Aaron McCoy and Jordan Rush

Public Comments: None

Reports: None

Communications: None

Other:

- a. Board excused the absence of board member Walahoski. Vote 5-0-1. Yes (5) Brennan, Lassen, Luther, Meier, and Rudeen. No (0), Absent (1) Walahoski.
- b. Board appointed Lassen to serve as acting Secretary.

Action Items:

- Agenda: Moved by Rudeen, seconded by Luther to approve the agenda of the September 13, 2021 regular monthly board meeting as presented. Motion 5-0-1. Yes (5) Brennan, Lassen, Luther, Meier, and Rudeen. No (0). Absent (1) Walahoski.
- Minutes: Moved by Lassen, seconded by Brennan to approve the minutes of the September 8, 2021 Budget Hearing and the August 9, 202 regular board minutes as presented. Motion 5-0-1. Yes (5) Brennan, Lassen, Luther, Meier, and Rudeen. No (0). Absent (1) Walahoski.
- 3. **Claims:** Moved by Lassen, seconded by Luther to pay the September General Fund bill roster in the amount \$11,875.74. Motion 5-0-1. Yes (6) Brennan, Lassen, Luther, Meier, and Rudeen. No (0), Absent (1) Walahoski.

- 4. Moved by Rudeen, seconded by Luther to approve the 2021-2022 Budget of Expenditures as advertised. Motion 5-0-1. Yes (6) Brennan, Lassen, Luther, Meier, and Rudeen. No (0), Absent (1) Walahoski.
- 5. Moved by Luther, seconded by Brennan to approve the Resolution #2122 Setting the Property Tax Request . Motion 5-0-1. Yes (6) Brennan, Lassen, Luther, Meier, and Rudeen. No (0), Absent (1) Walahoski.
- 6. Moved by Rudeen, seconded by Meier to approve the Overton Education Association (O.E.A.) as the official bargaining agent for the certificate staff for the 2023-2024 school year. Motion 5-0-1. Yes (6) Brennan, Lassen, Luther, Meier, and Rudeen. No (0), Absent (1) Walahoski.
- Moved by Brennan, seconded by Meier to adjourn the meeting at 8:30 p.m. Motion 5-0-1. Yes (6) Brennan, Lassen, Luther, Meier, and Rudeen. No (0), Absent (1) Walahoski.

Board Reports and Discussion Topics:

1. Board Reports:

- a. Transportation
- b. Facilities and Grounds:

2. **Discussion Topics**:

a. October Board Meeting scheduled for Wednesday, October 13, 2021 beginning at 7:30 p.m. in the LMC.

Fueling Station

Track Project

Administrative Reports:

Principal's Report:

- a. Calendar Update
- b. Enrollment Update
- c. Girls Wrestling Update

Superintendent's Report:

- 1. Enrollment Option Report
- 2. Option Enrollment -
 - Out a.

a.

In

Change of Status a.

- 3. Financial Update
- 4. Budget Review
- 5. Projects Update Track and Propane Fueling Station Updates
- 6. School Audit
- 7. NDE Early Childhood Program Approval



Ctober 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 Homecoming BBQ/Bonfire 6PM.	4 Student Council mtg. @ lunch, room 209. 2:27 dismissal. JH/JV VB/FB vs. Elm Creek 3/5PM. SB Sub-Districts @ TBA.	5 FFA mtg. @ lunch, room 305. VB vs. Gibbon 6/7PM.	6 FFA Land Evaluation.	7 One-Act 7AM. Two Rivers flu shot clinic. CC @ Wil-Hil (Franklin) (HS/JH) 4PM. VB @ Overton Tri. 5/6/7PM (Loomis/ Ansley-Litchfield)	1 FBLA 7:30AM. 12:45 dismissal. FKC CC @ Amherst (OGC) (HS/JH). FB vs. Maywood Hayes Center 3PM. 8 Homecoming. FB vs. Brady (Senior Night) 7PM. HC Dance 9:30- 12AM. SB District Finals	2 One-Act 9AM. Harvest of Harmony Parade @ GI. 9 JH/JV VB @ Ansley-Litchfield Tournament 9AM. Minden Bandfest.
10	11 FCCLA mtg. @ lunch. FKC VB @ Top 2 seeds 5/6/7PM.	12 One-Act 7AM. FKC VB @ Kearney Catholic 6/7:30PM.	13 One-Act 7AM. Picture re-takes. Seniors Career Exploration Day @ Kearney 9-12PM. School Board mtg. 7:30PM.	(Senior Night). 14 End of Q1. One-Act 7AM. CC Districts @ TBA. State SB @ Hastings. FKC VB @ Kearney Catholic 6/7:30PM.	 @ TBA. 15 NO SCHOOL — Teacher In- Service. State SB @ Hastings. FB @ Axtell 7PM. 	16 One-Act 9AM.
17	18 JH/JV VB/FB @ Axtell 3/5PM.	19 One-Act 7AM. Seniors apply to college day. VB @ Kearney Catholic 5/6/7PM.	20 One-Act 7AM. FCCLA State District Leadership Conf. @ North Platte. FFA State Land Evaluation.	21 One-Act 7AM. TE 100 8-10AM. 1st round FB Playoffs.	22 State CC @ Kearney CC.	23 ACT Test Date @ Overton.
24	25 VB Sub-Districts.	26 One-Act 7AM. VB Sub-Districts.	27 Juniors to Concordia.	28 One-Act 7AM.	29 2nd round FB Playoffs.	30 VB District Finals.
31						

October 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Milk and fruit served each meal. ALT MEAL: Corndog or Chef salad or Pizza any timer					1 Biscuits & gravy Cheeseburger	2
3 ALT MEAL: Chicken patty sandwich or Grilled chicken salad or Turkey any timer	4 Cheese stuffed pretzels & eggs Salisbury steak	5 Donut holes & combos Taquitos & cheese	6 Oatmeal bar & yogurt Chicken strips	7 Griddle sandwich Nebraska Thursday potato soup	8 Glazed donuts & ham Little Caesars pepperoni pizza	9
10 ALT MEAL: Little Caesars pepperoni pizza or Ham & cheese any timer or Taco salad	11 Cinnamon rolls & eggs Meat loaf	12 Banana bread & sausage Macaroni & cheese	13 Breakfast pizza Taco bar	14 French toast & ham Cinnamon rolls	15 NO SCHOOL	16
17 ALT MEAL: Corn dogs or Turkey & cheese any timer or Chef salad	18 Oatmeal bar & yogurt Beef & noodles	19 Chocolate donut & sausage Super nachos	20 Breakfast bowl Corn dogs	21 Zucchini bread & ham Soup bar	22 Breakfast pizza French bread pizza	23
24 ALT MEAL: Chicken sandwich or Ham & cheese any timer or Chinese chicken salad 31	25 Donuts & combo Chicken drummies	26 Funnel cakes & sausage Breakfast on a stick	27 Breakfast pizza Cheeseburger	28 Cinnamon little John & yogurt Chicken nuggets	29 Congealed ooze with chunks Stop signs	30