



FAIRBURY PUBLIC SCHOOLS



MAY 2009

SUPERINTENDENT - FRED HELMINK
JR./SR HIGH PRINCIPAL - JEFF VETTER
JEFFERSON INTERMEDIATE PRINCIPAL-
ANNETTE WEISE















ASST. PRINCIPAL/ACTIVITIES DIR -
KEVIN SIMMERMAN
CENTRAL ELEMENTARY PRINCIPAL
JEREMY CHRISTIANSEN





Thoughts of a Superintendent

CALENDAR EVENTS

From the Desk of Fred Helmink SUMMERTIME?

-  MAY 7
-  SR HIGH HONORS
NIGHT 7:00
-  MAY 10
-  MOTHER'S DAY
-  MAY 13
-  BACCALAUREATE
7:00
-  MAY 17
-  GRADUATION 2:00
-  MAY 18
-  JR HIGH HONORS
NIGHT 7:00
-  MAY 19
-  LAST DAY (Depending
on outcome of Make-a-
Wish Fund Drive)
-  JUNE 1
-  SUMMER FOOD PRO-
GRAM STARTS

 It seems like just last week we were enduring the final snow flurries and winter gusts of wind, but in a few short weeks, summer will be upon us. School will be out in less than a month and I often hear parents discussing what they are going to do with their children during the summer break from school. Are you in this situation and have you made plans for not only where they will be and what they will be doing, but also what guidelines you will need to establish? When your children are younger, it is obvious that they need an adult or even a teen who can supervise them. As they get older, one of the biggest challenges parents face is knowing when to loosen the rules and when to tighten them.

 Shaping your young person into an adult who is responsible and can make decisions is difficult. As I have often said before, there are very minimal qualifications to become a parent, but it is perhaps the most important job one could ever have. What makes matters more difficult is that most of us have little or no training to be a parent. Most of what we know or practice has been learned from our parents. We all know that some of our parents did a great job and others were not even



Thoughts of a Superintendent, continued from page 1

there when we needed them. Many who become parents for the first time are experiencing on the job training! While I don't have all of the right answers, I would recommend you try these suggestions for balancing freedom and control... especially during the summer months.

Decide which rules can't be compromised. For example, you can probably accept your high schooler deciding his own bedtime. But will you put up with his driving 20 miles over the speed limit? Set clear rules and consequences for those areas you won't budge on.

Negotiate flexible areas. Listen to your child's input and pick rules you both can live with. Example: "You can have your friends over as long as you clean up after they are gone. Also, listen to her side of the story. You don't always have to change your mind, but be willing to think it over.

Allow your child to make more decisions as time goes by. Start with smaller matters (hairstyles, clothes) and work up to larger issues (class schedules, managing money or a checking account). Try granting a new responsibility every couple of months and if your child abuses the new freedoms, go back to stricter rules until he shows he can be trusted.

Most importantly, talk with your child about making good decisions and what consequences occur when poor decisions are made. (Both the natural kind as well as parent-imposed!) As children grow older, the consequences for their actions are often potentially devastating. Smoking, drinking alcohol, using drugs, or having sex can have long-lasting negative effects - both physically and emotionally. Are these the "rules" which should not be compromised?

As a parent, you should never forget these three simple guides when raising children:

1. You **do** have a great deal of influence on your child;
2. Children **do** want you to demonstrate your love for them by having high expectations and fair consequences;

Not **everyone** is doing it!

Someday, your child may even thank you for helping them develop the decision-making skills necessary to be successful in life. Just don't hold your breath while they are going through the adolescent years! AND... HAVE A FANTASTIC SUMMER!

KEVIN SIMMERMAN
ASST PRINCIPAL/ACTIVITIES DIRECTOR

The Fairbury Clinic, P.C. will be offering sports physicals to students (boys and girls) entering grades 8 – 12 on Monday, June 1st, 2009, starting at 5:30 p.m. Students needing summer camp physicals or youth football physicals are also welcome. The doctors do request that the girls wear swimsuits under their regular attire. A urinalysis is not required. **Due to Federal HIPAA laws each student MUST have the medical history form filled out and signed by a parent or guardian before the physical will be done. This includes the youth football physicals. These**

forms can be picked up at the high school. Only the clearance form will be returned to the student to turn in to the school. The fee for the exam is \$30.00 **payable at the time of the exam.** If we need to file insurance, the student will need to provide a copy of the insurance card at the time of the exam.

Students entering Kindergarten and 7th grade, as well as students new to the school system, will be required to schedule an appointment during regular business hours. These physicals do require a first morning urine sample which should be kept refrigerated until it is brought to the clinic. According to state regulations, students must use one of the clinic's containers which can be picked up at the clinic during regular business hours. **Due to Federal HIPAA laws, each student MUST have the medical history form filled out and signed by a parent or guardian before the physical will be done.** These forms can be picked up at the high school. According to state regulations, the Physical Examination Form will be given to the student to turn into the school. Our regular fee schedule will apply for these services.

IMPORTANT DATES:

MAY, 2009

27th thru 29th Girls Basketball Camp – Details will be handed out by Head Coach

JUNE, 2009

1st Physicals for boys and girls at Fairbury Clinic P.C.

1st thru 4th Boys Basketball Camp – Details will be handed out by Head Coach

8th thru 10th Volleyball Camp – Details will be handed out by Head Coach

15th and 16th Wrestling Technique Camp – Details will be handed out by Head Coach

JULY, 2009

7th, 14th, 21st, 27th Volleyball – High School League in Fairbury

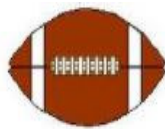
28th thru Aug. 6th Gym Floor will be refinished – No Activities in '89 or '47 Gym

AUGUST, 2009

14th 4th Annual Booster Bash at the High School

17th First Day of Classes for Jr-Sr High School – 1:00 PM Dismissal

17th First day of Fall Sports Practices



SPRING SEASON REQUIRES GOOD TIME MANAGEMENT SKILLS

By Jeff Vetter, Principal

The spring terms seem to be some of the busiest we have here at Fairbury Jr-Sr High School. If you look at the school calendar, you'll find there is no shortage of activities from sports and arts events to state level organizational contests, in addition to year end banquets and awards nights. Students who are involved in many of these activities get pulled in several directions. A number of these events involve being gone for an entire day or in some instances, multiple days. About this time of year students also tend to experience spring fever, as we all do. Time management and maintaining academic success can become a real challenge for many students.

Students who are involved in these activities must get approval from their teachers prior to attending such events, and often that approval requires working ahead on assignments. As noted in our student handbook, "students who are involved in activities that occur during the school day are not provided any extra days to complete assignments, quizzes or tests unless approved by their teacher. It is important that students stay on top of their studies by efficient use of available study time. Many of these spring events have significant down time throughout the day for individual students. Efficient use of these lapses during travel time or at an activity is the perfect time to squeeze in 15 minutes of working on an assignment, reading, or studying for an upcoming quiz or test. Using this time can help students maintain good academic performance and help them escape the need to frantically try to get things done in whatever other time they may have available. This practice can certainly help reduce their stress level and help free up the time they do have so they can actually relax.

I would strongly encourage all students to get involved in an extra-curricular activity at school as study after study have conclusively shown that students who are involved in extra-curricular school activities generally perform better academically. Time management is certainly a valuable lifetime skill and one that is extremely important for students this time of year.

FAMILY FUN & FITNESS NIGHT

Central Elementary and Step Ahead Program students and families are invited to participate in our Family Fun & Fitness Night to be held in the Fairbury City Park on Monday, April 27th (5:00 p.m. - 7:00 p.m.).

Lace up your shoes and join us for some family-friendly exercise! A healthy snack and bottled water will be provided along with chances to win some awesome prizes! Event check-in and drawings for prizes will be held at the Fun Park picnic shelter at 6:45 p.m. (need not be present to win).

Please leave bikes and pets at home (strollers allowed). In case of inclement weather, Fun & Fitness Night activities will be held indoors at the Community Building in the City Park.

FHS is proud to announce the Graduating Class of 2009

| | | |
|------------------------------|----------------------------|----------------------------|
| Brandon Skylar Achtemeier | Emily Ann Hergott | Jacob Daniel Sand |
| Jordan James Ahl | Lee Michael Horky | Brittany Sue Schacht |
| Seth David Ambrose | Jeffrey Drew Howard | Tessa Le Schellhorn |
| Chase Duane Asch | Jessica Lea Katz | Garrett Roy Schlake |
| Lindsey Nicole Atkins | Calvin James Katz | Deban James Schmidt |
| Ridge Allan Barber | Jeorgia Marie Kleinbohl | Justin Paul Schultis |
| Katie Kristine Bargar | Cody Damon Lee | Darci Jo Lynn Shibley |
| Marisa Kaye Behrends | Mary Anna Lutze | Amy Lauren Simpson |
| Lacey Lynn Billenwillms | Krystina Marie Mansell | Tyler James Smith |
| Kayla Lyn Black | Rachelle Ann Martin | Cara Michelle Smith |
| Steven David Boettcher | Matthew Robert May | Christopher Bates Snider |
| Beth Marie Brand | Kelsey Lea McDaniel | Kevin Andrew Snyder |
| Brandon Kelly Bristor | Mark Marshall McIntyre | Kristin Michelle Specht |
| Andrew Mark Brockway | Jenny Lyn McKee | Bobby Dean Stewart |
| Sylvia Kay Buchli | Hayley Carthina Millen | Steele A. Summers |
| Shaun Bradley Cole | Taylor Marie Muell | Kodi Lee Surrell |
| Michelle Lynnette Daniels | Nicholas John Neuerburg | Jeremiah J Traylor |
| Jordan Leann Davis | Craig A Nutsch | Jack Eldon Troxel |
| Tyler Robert Davis | Laura Ann Ommen | Elliott James Vernon |
| Daniel Curtis Day | Latisha Dawn Osborne | Cassandra Lynn Waldron |
| Matthew Kay Dean | Chelsea Leigh Pearce | Kyle Michael Watts |
| Whitney Brooke Ebke | Katie Marie Pitkin | Brianna Lea Weichel |
| Katherine Mae Ehle | Shaun Elliot Kempel | Natasha Nicole Williams |
| Daniel James Ellis | Kody Dee Riggle | Christopher Brian Williams |
| Trenton Allen Oliver Fuentes | Scott L Roberson-Turman | Lucas Robert Woods |
| Caleb Lee Furrow | Amanda Rose Roesler | Mary Madeleine Workman |
| Michaela Danielle Gerdes | Jordan Michael Roseborough | |

Congratulations to all of our Seniors and
good luck in the future.....

Class of 2009!!!!

FAIRBURY COMMUNITY BACKPACK PROGRAM

The Food Bank Backpack Program debuted during the 2004-2005 school year in the Lincoln Public Schools, sending home food-filled backpacks on Friday afternoons with 50 kids.

Currently the Backpack Program is serving 1598 students each week during the school year in Lincoln (23 schools), Beatrice, Waverly, Crete, Milford, Seward and Bennet, Nebraska.

Many of our community's children rely on school breakfasts and lunches for their most nutritious meals of the day. In some cases, the school's breakfast or lunch is the only meal a child receives and during the weekend, this can create a food crisis for these children and their families.

Although the Backpack Program will be serving over 1500 students a week during the 2008-2009 school year, the need is great and there are still many hungry children in Nebraska's rural communities, such as Fairbury.

During the 2008-2009 school year, 444 students (PreK-12th Grade) were eligible and enrolled in the free/reduced lunch program in the Fairbury Public Schools. This represents 48% of the total enrollment. Of this figure, 334 students (36% of all students) are enrolled as eligible for the free lunch program.



Central Elementary - 58% students eligible
Jefferson Intermediate - 52% students eligible
Jr/Sr High School - 39% students eligible

The Backpack Program sends a backpack filled with one of the six menus offered to students each Friday during the school year (34 weeks). The goal of the Backpack Program is to provide two to four meals for the student and his or her family over the weekend.

It takes consistent financial support and many volunteers to make the Backpack Program happen. Potential partners of the Backpack Program include: Fairbury Public Schools, Fairbury Ministerial Association along with local congregations, Kiwanis Club, Rotary Club, Blue Valley Community Action Food Pantry, Ray's AppleMarket, Schroeder's Family Foods, Walmart, Region V Services, Fairbury PTA, community service organizations, sororities, FHS Student Council, Fairbury LIFE Program students, local businesses, foundations, endowments, individuals and many more!

The food used for the Food Bank Backpack Program consists of primarily purchased food, to ensure a consistent supply of peanut butter and jelly, concentrated fruit juice, boxes of cereal, macaroni and cheese, canned fruits and vegetables along with fresh fruit, and bread, egg, and milk vouchers. All food is purchased wholesale through a distributor located in Kansas City. Local stores will benefit from food vouchers used to purchase perishable food items (eggs, bread, milk).

Here's how you can help:

Provide financial support. It costs \$5.88 per week (\$23.52/month; \$199.92/year) to feed one student for one school year. Sponsor a student for a semester, a year or longer.

For 2009-2010, Fairbury is eligible for a Conagra Start Up Grant - 50/50 Matching Funds for a new rural Backpack Program!

Assist individually or as a group with a Meal Pack Event held once per month to prepare the weekly menu items by sorting and organizing menu items in grocery sacks.

Coordinate a backpack drive (backpacks must be gender neutral with two straps and large enough to hold a 15 ounce size box of cereal).

Please contact Jeremy Christiansen (729-2418) or Annette Weise (729-5041) for more information!

Important Dates for Elementary Students and Families

Monday, May 18th

Fairbury Parent Teacher Association (PTA) Meeting
Central Elementary School, Room 213 – 7:00 p.m.
Complimentary childcare and refreshments available.

Tuesday, May 19th Class Picnic Day!

Students in Grades 1 – 6 should plan to bring sack lunches from home as their classes will be participating in the annual Elementary Class Picnics which are held at various sites around the Fairbury community. Step Ahead Preschool and Kindergarten students will enjoy their picnic lunches at school this day!

Depending on Outcome of Make-a-Wish Fund Drive

Tuesday, May 19th

Last Day of School! Elementary students will be dismissed for the year at the conclusion of the regular school day. Bus transportation will run accordingly.

- Central Elementary – 3:15 Dismissal
- Jefferson Intermediate – 3:25 Dismissal

WEEK OF THE YOUNG CHILD CELEBRATED

The purpose of the [Week of the Young Child](#) (April 19 – 25, 2009) is to focus public attention on the needs of young children and their families and to recognize the early childhood programs and services that meet those needs.

NAEYC (National Association for the Education of Young Children) first established the Week of the Young Child in 1971, recognizing that the early childhood years (birth through age 8) lay the foundation for children's success in school and later life. The Week of the Young Child is a time to plan how we--as citizens of a community, of a state, and of a nation--will better meet the needs of all young children and their families.

Today we know more than ever before about the importance of children's earliest years in shaping their learning and development. Yet, never before have the needs of young children and their families been more pressing.

The Week of the Young Child is a time to recognize that *children's opportunities are our responsibilities*, and to recommit ourselves to ensuring that each and every child experiences the type of early environment--at home, at child care, at school, and in the community--that will promote their early learning.

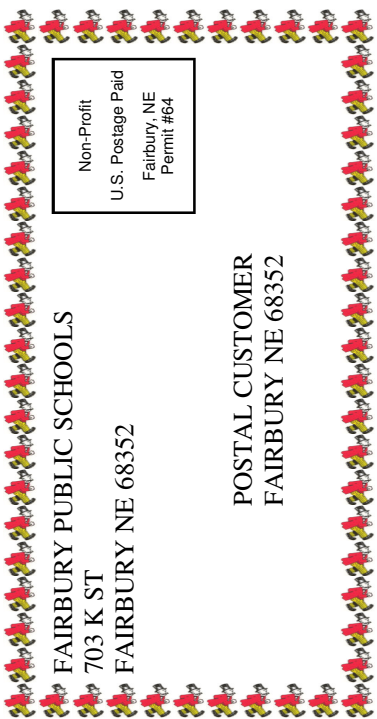
In the Fairbury Public Schools, students, families and friends of the Step Ahead Early Childhood Program celebrated early learning during this special week with unique meals (shape-themed) shared with both children and their parents/guests. As well, children received several donated early learning and play items to take home that were donated through the Step Ahead Program.

For more information or to learn about how you can support early childhood education in our community, contact Jeremy Christiansen, Principal at Central Elementary School in Fairbury (729-2418).

Food That's In ---When School is Out!!

Dear Parents/Guardians,

Fairbury Public Schools is providing again this year a "Summer Lunch Program" in order to make sure that no children in the Fairbury School District goes hungry. The Program is available to any child ages 1-18. Good nutrition is essential for effective learning every day all year long. Just as learning does not end when school is out, neither does the need for good nutrition. The Summer Food Service Program helps children get the nutrition they need to learn, play and grow throughout the summer months when they are out of school. It also provides an opportunity to continue a child's physical and social development while providing nutritious meals during the summer vacation.



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FAIRBURY PUBLIC SCHOOLS
703 K ST
FAIRBURY NE 68352

POSTAL CUSTOMER
FAIRBURY NE 68352

Where: Jefferson Intermediate School

When: Monday through Friday
June 1, 2009 to July 31, 2009
(excluding July 3rd and 6th)
Serving times are from 11:45 a.m. to 12:30 p.m.

Who: All children ages 1-18 will be eligible
NO INCOME GUIDELINES REQUIRED
Every child receives a free Meal
***Adults that accompany children can purchase a meal for \$3.25*

Note: Menus will be posted at Jefferson Intermediate School and published in the Fairbury Journal News.
DRESS CODE: Shoes and Shirts are required!!!
Supervisors can refuse to serve children due to Conduct or Dress!

If you have any questions or concerns, Please call 402-729-6119

Jane Rhine
Food Service Manager