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## Superintendent Report August 2019

by Dr. Galen Boldt



### Superintendent Report

Welcome to another exciting school year at Johnson County Central. I am looking forward to serving the district again as interim superintendent, and see the future as bright for the students and patrons here. The summer has been busy with work being done by a great crew. Russ and Larry have been working with a crew of our staff in doing lots of projects designed to make our buildings look great and be more functional. They have restored the steps in the high school to an appearance and functionality that looks like new. We have had difficulties with those steps in keeping them clean over several years, and some hard work has seen them restored. Included in the high school first floor you are going to find a bright new look with newly painted walls and LED lights. The difference in the HS gym and the hallway is going to blow you away. The Board would like to do the entire building, but other finances with other projects will prevent a complete overhaul this year. A partial list of projects that have been nearly completed include:

- Football Field Retaining Wall
- Repair Cracks in Parking Lot
- Paint Football Goal Posts and Flag Pole at Cook
- Roof Project at Cook
- Strip and Wax Gym Floors - 3
- Rock South Parking Lot
- Gym Lights HS Gym
- Rock Between Existing retaining walls
- Black vinyl base on 1st floor HS including Entrance
- Burn Side Hill FB Field
- Locker Repair HS
- Painting HS Main Level and Entries.
- Restripe parking lots
- Refurbish HS Stairs
- Paint HS Doorframes
- Replace Boilers at Tecumseh Site
- Computer Renovation HS Computer Lab
- Furniture Renovation Computer Lab HS
- Carpet Renovation Computer Lab HS
- Lighting for Renovated HS Library

The biggest projects include replacing a portion of the roof at the Cook site that covers the new classrooms by the gymnasium. The cost of that project alone is around \$240,000 and is part of a replacement plan that was discussed some time ago. We also decided that replacing the boilers at the Tecumseh site would be a priority in updating the current ones that have had many issues over the past few years. The new boilers will be able to provide our heating in a much more efficient manner and will fit into current and future plans well. This project will cost us around \$145,000 and will be completed by early October. Both projects will be paid for through the use of our Special Building Fund. Much painting has been done in addition to the projects listed above, and I couldn't be happier with what I see in the productivity of our workers.

In addition to the work that we are doing, we are also eliminating the portable unit that has served as a classroom and the Central office. The building has served its purpose over the years, but we have found space in the current high school and elementary buildings to move some things around so that we can downsize and realize some savings on utilities and maintenance. We are still looking for someone to take possession of the building and would welcome anyone that has interest in it to call me or stop in to the school to discuss.

As we work on the school budget for 2019-20, we will continue to look for ways that we can keep expenses down, yet meet the needs of our district. We have been proud to maintain a full Early Childhood program that meets needs of our youngest children to help them prepare for entry into Kindergarten, yet have learned that we will no longer receive grant funds from the state. Our grant was intended to start a program, and now the state would like to support other schools as they extend an outreach in early childhood to other communities. This means that we will have to make up the \$100,000 through local taxes in revenues that were provided by the grant in the past. In addition, added costs for salary increases, technology updates, and transportation considerations all add to the need to maintain funds for the day-to-day operation of our school at our two sites. As we begin our preparations, we know that we will need to raise the General Fund levy to meet those needs, and the details of the required levies will be discussed at our August Board Meeting. The budget is always approved in September, so the public will have opportunity to provide their input into how to best provide the resources needed for our operations as the Board deliberates the budget. As in past years, we will not receive state equalization aid and will fund our school primarily through local tax receipts.

We will also continue to contemplate our future and hope to revisit our discussions about what to do with aging facilities and operations in two sites, but will probably not re-engage until the beginning of the second semester. No matter what, there is a lot to be excited about in a new school year, and I am looking forward to all that goes along with the excitement!!



# NEWS FROM PRINCIPAL RICK LESTER

Welcome back! I hope you had an enjoyable summer and are rejuvenated and ready for a great 2019-2020 school year. I have a couple of items to inform you on to get us started on the right foot for the year:

- We are excited about the new changes taking place in the High School – a lot of work has been put into updating the facilities. We are hosting an Open House on Monday, August 19, 2019 at 5:00 p.m. This will give you an opportunity to visit the High School to view all the changes and updates. Come by and view it yourself, I'm sure you will be impressed!
- All students received a pre-registration letter with dates if you want to change your schedule – also enclosed was the schedule for the 2019-2020 school year for you to view. Pre-registration is scheduled for Monday, August 12th and Tuesday, August 13th with grades meeting at these times with our counselor Mrs. Reuter:

|                        |            |
|------------------------|------------|
| 12 <sup>th</sup> Grade | 8:00 a.m.  |
| 11 <sup>th</sup> Grade | 10:00 a.m. |
| 10 <sup>th</sup> Grade | 1:00 p.m.  |
| 9 <sup>th</sup> Grade  | 2:30 p.m.  |

If no changes, we'll see you on the first day of school Tuesday, August 20<sup>th</sup>.

- All 9<sup>th</sup> thru 12<sup>th</sup> grade students will receive their iPad on the first day of school as long as you have the insurance form filled out and paid, and policy and procedure form signed and returned. We strongly encourage students to take care of this before school starts. You can come to the HS office anytime between 8:00 a.m. – 4:00 p.m. to return forms and payment. If students have completed these instructions, they will get their iPad on the first day of school without any delay.
- School pictures are scheduled for Tuesday, September 17, 2019.
- Remember: Students will be assigned a locker – students should not share their combination with anyone. Students are expected to keep all books, etc., in their assigned locker. Students are also responsible for the cleanliness inside their locker and the door of their locker. Students are not to carry any kind of book-bag or back-pack in the classroom or cafeteria or anywhere else on school grounds during school hours from 8:15 a.m. to 3:43 p.m.
- Johnson County Central High School supports and values student participation in extracurricular activities and school functions, but such participation in such activities and functions is a privilege and not a right. Students in all extracurricular activities in grades 9-12 shall be subject to mandatory random drug testing for the presence of alcohol, illegal drugs – and beginning of the 2019-2020 school year we will also test for tobacco products. The purpose of this policy is as follow:
  1. The school district recognizes that students who use illegal drugs, alcohol and/or tobacco products pose a threat to the health and safety of themselves, other students, teachers, administrators, and other persons;
  2. To undermine the effects of peer pressure by providing legitimate reason for students to refuse use of illegal drugs, alcohol and/or tobacco products;



# JCC-PTO

## CLAIM YOUR PARKING SPACE

**WHO: PARENT TEACHER ORGANIZATION**

**WHAT: BUY YOUR PRIME TIME PARKING SPACE**

- PARKING SPOTS WILL BE AVAILABLE FOR SEMESTER QUARTERS THEN THE NEXT BIDDER ON THE LIST WILL GET THE SPACE
- Space can be reserved from 7am through BALLGAME TIMES

**WHEN: DURING OPEN HOUSES**

**AUG 14<sup>TH</sup> – COOK SITE**

**AUG 19<sup>TH</sup> – TECUMSEH SITE**

- WILL CLOSE AT THE END OF EACH OPEN HOUSE

# Elementary News

J O N R O T H E R  
 E M A I L : J O N . R O T H E R @ J C C E N T R A L . O R G  
 T W I T T E R : @ J O N R O T H E R



## SPECIAL POINTS OF INTEREST:

- Wed. Aug 14—Cook Site Elem. Open House, 5:00 p.m.
- Mon. Aug. 19—Tecumseh Site Elem. Open House, 5:00 p.m.
- Tues. Aug. 20—1st Day of School!

## Back to School!! Open House Agendas for Cook/Tecumseh Sites

Wednesday, August 14, 2019  
 Cook Site Open House

5:00 p.m.—Take materials to classroom and meet with teachers.

5:30 p.m.—Meet in New Gym for a presentation by Mr. Rother.

Monday, August 19, 2019  
 Tecumseh Site Open House

5:00 p.m.—Take materials to classroom and meet with teachers.

5:30 p.m.—Meet in Elementary Auditorium for a presentation by Mr. Rother.

### Reminders:

- Please make sure you have physicals completed and/or shot records up to date.
- Lunches/breakfast/snacks are to be paid in advance.
- Please make sure your contact information is up to date, as this is how we notify you of upcoming events or changes to the calendar.
- School pictures are on Tuesday, September 17.

### 2019-2020 Lunch Prices:

Breakfast—\$1.70  
 PK-5 Lunch—\$2.75  
 6-12 Lunch—\$3.05  
 Adults—\$3.70  
 A La Carte—\$1.25  
 Milk—\$0.40

## Parent Involvement

### What it is:

- Making sure your child gets their homework done.
- Providing your child a quiet and consistent environment to do their homework.
- Making sure they are well fed and rested.
- Regularly letting them know that their education is important to you and to them.

- Clearly stating your expectations to your child about their work habits, performance and behavior at school.
- Talking with your child about the rules at school and how they might be different than those at home.

*We should have high expectations for all our children. They need to understand that hard work is the key to doing well at any task. There are definitely things we are born with, but we can improve in any area through hard work and perseverance.*

### What it isn't:

- Making excuses for your child.
- Telling your child that they just aren't good at something.
- Giving them answers or doing work for them.
- Getting in the way of discipline or not supporting discipline.

When we take the struggle and the difficulties away from our children, we weaken them. We must teach our children how to overcome struggle and adversity.

# MIDDLE SCHOOL & ATHLETIC NEWS

BY RICH BACON

Welcome back to the start of another school year. Welcome back to the 2019 - 2020 school year. Hopefully, you had a restful and enjoyable summer and are ready to return to another exciting year at Johnson County Central Middle School. I look forward to the challenge of another year and the opportunity to work together with you.

The Middle School Walk-Through will be held Wednesday, August 14<sup>th</sup> beginning at 6:00. The walk-through gives students an opportunity to walk through their class schedule, find their classrooms, meet with their teachers, and alleviate some of the anxiety that students may feel on the first day of school. The walk-through will also allow parents to hear the expectations the teachers have of their students and what will be required of their children. We are excited this year to, again, be able to continue our 1:1 iPad program at the middle school. The initial orientation for students and parents will be covered at the Walk-Through. As was the case last year, upon receipt of the signed iPad insurance form, all students, grades 6-8, will be loaned an iPad for the school year. This insurance form will be handed out at the Walk-Through. iPads will be checked out to students on the first day of school if we have received the insurance form. This, and other concerns dealing with iPads, will be addressed at the Middle School Walk-Through. We hope to see everyone on the 14<sup>th</sup>.

We get a lot of phone calls prior to the start of the school year about the school supplies that need to be purchased for the upcoming year. While we don't have a list of required supplies, individual teachers may have suggestions which will specifically pertain to their particular class. As parents begin shopping for school supplies it would be a good idea to purchase items that will help your student stay organized. One of the leading causes of academic problems for middle school students is lack of organizational skills. Anything that can be purchased to help your child stay organized may help them be more successful in school. Also, as you shop for clothes, keep in mind the school dress code. Some clothing that students wear during the summer or on the weekend may not be acceptable for the school setting. Students should not wear clothing that shows an inappropriate amount of bare skin or underwear. Clothes that will not be allowed in school include tops that show midriffs, are made of see-through mesh, have spaghetti straps, sagging pants or pants that can't be kept on the hips, clothes, including jeans, with excessive holes, rips, or tears, or any underwear that is being worn as exterior clothing (boxer shorts, men's sleeveless t-shirts, etc.). Clothing that display advertisements for drugs, alcohol, tobacco, gambling, or the promotion of violence and clothing that exhibits nudity, or makes sexual references will not be permitted.

All 7<sup>th</sup> grade students and each 8<sup>th</sup> – 12<sup>th</sup> grade student who expects to participate in athletics this year will need to turn in a physician's certificate stating that he/she is physically fit for athletic participation. This physical examination must be given during the school year in which the student participates or during the summer vacation period which precedes the school year in which the individual participates. *Coaches would appreciate it if this was completed before the start of organized practice, as you will not be allowed to practice until this is turned in.* Also, all incoming 7<sup>th</sup> grade, freshmen and juniors participating in a contact sport must complete the ImPACT Concussion test to establish a baseline in the event of a head injury. This test will be conducted by school officials and must be done before an athlete is allowed to practice or participate in a contact sport. If an athlete suffers a head injury, the results of the pre-injury test will help to objectively evaluate the athlete's post-injury condition and track recovery for safe return to play.

All students, grades 7-12, who plan to participate in any NSAA sponsored activities need to turn in a signed Parental Consent form. This must be done before a student is eligible for practice and competition in any activity that is under the jurisdiction of the Nebraska School Activities Association. The participating student and one of his/her parents or guardians must sign the certificate of consent and turn this certificate into the school office. By signing this consent form parents and students acknowledge that they understand there are inherent risks involved in any activity.

I hope everybody is looking forward to the start of another school year. Middle school provides an excellent opportunity for students to make friends and memories. I encourage all students to start the school year with an open mind toward their classes and to take advantage of the opportunity to try as many activities as possible. This is the best way for students to learn about themselves, strengthen friendships and have a positive school experience. I hope our staff, students, and parents all start the school year hoping to have a successful and productive year.

## CONCUSSION INFORMATION

The [Nebraska Concussion Awareness Act](#) was signed into law Governor Heineman in April, 2012. The bill affects any schools having athletes 19 years old or younger, as well as any sports organization, including youth leagues, club sports, or any organization sponsoring a sporting activity where there is a cost to participants or where such costs are sponsored.

There are 3 primary components to the Nebraska Concussion Awareness Act:

1. **Education** – (a) concussion educational training must be made available to all coaches on how to recognize symptoms of a concussion, and how to seek proper medical treatment. (b) Athletes and parents must be provided concussion information prior to an athlete’s participation on an annual basis that includes (i) signs & symptoms of a concussion, (ii) risks posed by sustaining a concussion, and (iii) actions an athlete should take in response to sustaining a concussion – including informing their coaches.
2. **Removal of Athlete** – an athlete presenting with signs or symptoms of a concussion thereby being “reasonably suspected” of having sustained a concussion (a) must be removed from participation, and (b) may not return to participation until evaluated by appropriate licensed health care professional, *and*,
3. **Written & Signed Clearance for Return to Play (RTP)** – an athlete having been removed from participation for the purpose of presenting with signs or symptoms or “reasonably suspected” of having sustained a concussion must have, before RTP or participation is allowed by a coach, (a) written and signed clearance from an appropriate licensed health care professional, and (b) written and signed clearance from the athlete’s parents.

This law has changed the way concussions have been handled in the past. Schools/Organizations must notify a parent of a concussed athlete of the date and time of the head injury, the observed signs & symptoms, and action taken. Schools/Organizations will need to have concussion educational information readily available, and they must demand written clearance for RTP from a licensed health care professional and parent for any concussed athlete. Schools should anticipate the number of concussions, if appropriately “recognized”, to increase significantly; on average, 10% of athletes in a contact or collision sport, and 15%-20% of FB players. Coaches will not only have a duty, but will be required to know the “Signs and Symptoms” of a concussion, and will be responsible for “recognizing” concussions and the potential for head injury. Coaches will have to remove any such athlete “reasonably suspected” of having sustained a concussion, and not allow that athlete to RTP without the athlete first being evaluated by an appropriate licensed health care professional, and without the athlete having written clearance from both a licensed health care professional and parent.

So what’s the reality of it? The most difficulty in complying with this law will be the understanding of what is considered a concussion by coaches and parents. The most painful aspect for coaches dealing with concussions will be: “a ding is a concussion”. An athlete that got “dinged” or had their “bell rung” is very likely to present with fairly recognizable signs and symptoms and is to be considered having sustained a concussion - regardless at what point the signs and symptoms may clear. Another point is, RTP of a concussed athlete will be essentially out of the hands of a coach, if at any point there are any signs or symptoms, or one is “reasonably suspected” of sustaining a concussion. No longer can there be any reasoning or judgment on the part of a coach, or parent, as to how minor or severe a concussion might be as to when a coach might think it’s OK for an athlete to RTP – RTP will be solely restricted to a licensed health care professional’s decision. It will be prohibitive for an athlete presenting with signs or symptoms in a game, even briefly, to RTP within the same game, and may become a rarity for an athlete concussed in a Friday night FB game to return for the following week’s game.

Conversely, an athlete could essentially resume play, provided an appropriate assessment was made where no such findings were apparent to a coach. Removal, evaluation by a licensed health care professional, and written clearance are necessary in the event “signs and symptoms” were present or a concussion was “reasonably suspected”. Finally, asking an athlete “Are you OK, can you go?” will no longer be an appropriate means to assess their condition. Coaches will need to follow an appropriate method of sideline assessment for recognizing potential concussions.

[Adapted from the Nebraska Sports Concussion Network website]



# A Parent's Guide to Concussion in Sports

Taken from the NSAA website and the National Federation of State High School Associations

## **What is a concussion?**

A concussion is a brain injury which results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. An athlete does not have to lose consciousness ("knockedout") to suffer a concussion.

## **Concussion Facts**

It is estimated that over 140,000 high school athletes across the United States suffer a concussion each year. (Data from NFHS Injury Surveillance System)

Concussions occur most frequently in football, but girls' lacrosse, girls' soccer, boys' lacrosse, wrestling and girls' basketball follow closely behind. All athletes are at risk.

A concussion is a traumatic injury to the brain.

Concussion symptoms may last from a few days to several months.

Concussions can cause symptoms which interfere with school, work, and social life.

An athlete should not return to sports while still having symptoms from a concussion as they are at risk for prolonging symptoms and further injury.

A concussion may cause multiple symptoms. Many symptoms appear immediately after the injury, while others may develop over the next several days or weeks. The symptoms may be subtle and are often difficult to fully recognize.

## **What are the signs and symptoms of a concussion?**

| <b>SIGNS OBSERVED BY PARENTS, FRIENDS, TEACHERS OR COACHES</b> | <b>SYMPTOMS REPORTED BY ATHLETE</b> |
|--|-------------------------------------|
| Appears dazed or stunned                                       | Headache                            |
| Is confused about what to do                                   | Nausea                              |
| Forgets plays  | Balance problems or dizziness       |
| Is unsure of game, score, or opponent                          | Double or fuzzy vision              |
| Moves clumsily   | Sensitivity to light or noise       |
| Answers questions slowly                                       | Feeling sluggish                    |
| Loses consciousness  | Feeling foggy or groggy             |
| Shows behavior or personality changes                          | Concentration or memory problems    |
| Can't recall events prior to hit                               | Confusion                           |
| Can't recall events after hit                                  | Confusion                           |

## **What should I do if I think my child has had a concussion?**

If an athlete is suspected of having a concussion, he or she must be immediately removed from play, be it a game or practice. Continuing to participate in physical activity after a concussion can lead to worsening concussion symptoms, increased risk for further injury, and even death. Parents and coaches are not expected to be able to "diagnose" a concussion, as that is the job of a medical professional. However, you must be aware of the signs and symptoms of a concussion and if you are suspicious, then your child must stop playing:

### **When in doubt, sit them out!**

All athletes who sustain a concussion need to be evaluated by a health care professional who is familiar with sports concussions. You should call your child's physician and explain what has happened and follow your physician's instructions. If your child is vomiting, has a severe headache, is having difficulty staying awake or answering simple questions he or she should be taken to the emergency room immediately.

## When can an athlete return to play following a concussion?

After suffering a concussion, no athlete should return to play or practice on that same day. Previously, athletes were allowed to return to play if their symptoms resolved within 15 minutes of the injury. Studies have shown us that the young brain does not recover quickly enough for an athlete to return to activity in such a short time. Concerns over athletes returning to play too quickly have led state lawmakers to pass laws stating that no player shall return to play following a concussion on that same day and the athlete must be cleared by an appropriate health-care professional before he or she is allowed to return to play in games or practices. The laws also state that concussion educational training must be made available to all coaches on how to recognize symptoms of a concussion, and how to seek proper medical treatment.

Once an athlete no longer has symptoms of a concussion and is cleared to return to play by a health care professional knowledgeable in the care of sports concussions he or she should proceed with activity in a step-wise fashion to allow the brain to re-adjust to exertion. On average the athlete will complete a new step each day. The return to play schedule should proceed as below following medical clearance:

*Step 1:* Light exercise, including walking or riding an exercise bike. No weightlifting.

*Step 2:* Running in the gym or on the field. No helmet or other equipment.

*Step 3:* Non-contact training drills in full equipment. Weight-training can begin.

*Step 4:* Full contact practice or training.

*Step 5:* Game play.

**If symptoms occur at any step, the athlete should cease activity and be reevaluated by their health care provider.**

## How can a concussion affect schoolwork?

Following a concussion, many athletes will have difficulty in school. These problems may last from days to months and often involve difficulties with short and long-term memory, concentration, and organization.

In many cases it is best to lessen the athlete's class load early on after the injury. This may include staying home from school for a few days, followed by a lightened schedule for a few days, or perhaps a longer period of time, if needed. Decreasing the stress on the brain early on after a concussion may lessen symptoms and shorten the recovery time.

### **Just remember:**

- A concussion is a brain injury and all are serious.
- Most concussions occur without loss of consciousness.

Recognition and proper response to concussions when they first occur can help prevent serious injury or even death.

Although sports-related concussions are in the news, a concussion can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth. Health care professionals may describe a concussion as a "mild" brain injury because concussions are usually not life-threatening. Even so, their effects can be serious.

A concussion, no matter how mild it may seem at the time, is a brain injury. We know from studies that a concussion disrupts the brain on a cellular level. It challenges the balance between chemicals within the cell (potassium) and chemicals outside the cell (calcium). As a result, the brain cell, whose job is to efficiently supply the brain with fuel (glucose), is compromised. The more demand placed on the brain for fuel, the more potential for the student to flare with symptoms (Giza & Hovda, 2001).

Immediately after a concussion, the simplest physical or mental demand can bring about severe symptoms. Within a few days, the brain cells begin to heal themselves; therefore, light cognitive activity may still flare symptoms, yet symptoms are usually short-lived and respond well to intermittent periods of rest.

Physical and cognitive rest is the best intervention for healing the brain cells. In the first few days, sleeping as much as possible has the highest yield. The rule of thumb is that if a student is physically or mentally exerting to the point of flaring a symptom, then physical/mental activity should be cut back. One size does not fit all in severity of concussion and amount of time for recovery.

Since a concussion is a medical event, and its recovery spans the home and school setting for several weeks, the management of the concussion is best accomplished by a seamless system of communication and collaboration among parents, the school, and the healthcare providers (McAvoy, 2009).

This multidisciplinary team approach to concussion management lends itself to consensus decision-making. It is best practice that the concussed student always returns to school with a signed release of information in place allowing for two-way communication between the school and the healthcare provider.

## What can I do?

- Both you and your child should learn to recognize the “Signs and Symptoms” of concussion as listed above.
- Teach your child to tell the coaching staff if he or she experiences such symptoms.
- Emphasize to administrators, coaches, teachers, and other parents your concerns and expectations about concussion and safe play.
- Teach your child to tell the coaching staff if he or she suspects that a teammate has a concussion.
- Monitor sports equipment for safety, fit, and maintenance.
- Ask teachers to monitor any decrease in grades or changes in behavior that could indicate concussion.
- Report concussions that occurred during the school year to appropriate school staff. This will help in monitoring injured athletes as they move to the next season’s sports.



Johnson County Central  
Middle School  
Fall Walk-Through  
Wednesday, August 14<sup>th</sup>  
6:00 pm @ Cook site

**To: 6<sup>th</sup>, 7<sup>th</sup>, & 8<sup>th</sup> Grade Students and Parents**

Middle School is a critical step in a student's education. It presents new changes and challenges. We hope to help make this a smooth transition with the Fall Walk-Through by allowing students to see their schedules, find their rooms and lockers, and meet with their teachers. This time will also allow the parents to see what is expected of their children in each class regarding homework, lecture notes, deadlines, note taking, etc.

The Fall Walk-Through will begin at 6:00 pm in the commons area where students will receive their 2019 - 2020 schedules as well as forms to be completed. Following a short welcome in the main gym, students and parents will be dismissed to the student's 1<sup>st</sup> period class. Each period will meet for approximately 5 minutes. During this time teachers will explain their expectations and guidelines for their classes, plus provide an opportunity for parents and students to ask questions. After the last period, forms will be collected in the commons area. All students are expected to come prepared for each class with paper, pencils/erasers, pens, highlighter, Kleenex, etc. *\*Student Planner/Assignment Books and Handbooks will handed out to all students the first day of school.*

Lunch money will be collected in the commons area following the Walk-Through or students may bring money for lunches the first day of school. All lunches are to be paid in advance. *\*Free & Reduced lunch applications will be available.*

**School physicals are required for ALL students entering the 7<sup>th</sup> grade and immunizations must be up to date!** School physicals are also required for all 8<sup>th</sup> grade students who are participating in any sport.

**School Physical forms/NSAA Parent Consent forms are available at the Middle School office, High School office or can be found on the school website: [www.jccentral.org](http://www.jccentral.org).** Please bring your student's Physical Clearance Form and NSAA Student/Parent Consent Form to the Walk-Through. If you have any questions, please feel free to contact the Middle School @ (402)-864-4181.

Hope to see everyone there!

# SCHOOL SUPPLIES LIST

## MIDDLE SCHOOL

### 2019-2020 6<sup>th</sup> Grade Recommended Supply List

#### Math & Science-Mrs. Mandy Goodrich

- composition notebook-lined paper (math)
  - graph paper notebook (science) *not loose leaf*
  - pencils (wooden or mechanical)
  - erasers
  - glue sticks
  - colored pencils
  - binder (can be used with other classes)
  - large zipper pouch for binder
  - ruler
  - jumbo sized book cover (*optional*)
- OPTIONAL** (*for classroom lab supply closet*)
- roll of aluminum foil
  - roll of plastic wrap
  - regular table salt
  - packing peanuts/styrofoam
  - bubble wrap
  - liquid dish soap
  - regular duct tape
  - styrofoam cups
  - straws
  - box of food coloring
  - resealable baggies (*various sizes*)

#### Language Arts-Mrs. Julie Beach

- 2 inch, 3-ring binder with:
  - loose leaf paper or notebook
  - folder
- spiral notebook
- sticky notes
- pens
- pencils
- Kleenex (2-3 boxes)

#### Social Studies-Mr. Justin Damme

- spiral notebook
- pens
- pencils
- Kleenex
- folder or 3-ring binder
- 3x5 index cards

#### Reading-Mrs. Cheryl Grove

- pencils
- markers

### 2019 – 2020 7<sup>th</sup> & 8<sup>th</sup> Grade Recommended Supply List

- large 3-ring binder (2-3 inch)
- pencil bag to go inside of binder
  - index tab dividers
  - loose leaf paper
- 3 or 5 subject notebook
  - pencils
- 2 boxes of Kleenex

## School Office Notices

### Writing Checks

When writing checks to the school for items such as lunch accounts, iPad insurance and activity fees—*PLEASE* make out separate checks.

These each go into different accounts.

Thanks in advance for your help.

### Census: We Need Your Help!

Nebraska Law requires that the Board of Education take an annual census. If you have recently moved into our area and have a child between the ages of 0-18 or have recently given birth to a child, please help us update our records by calling 402-335-3320.

Thanks again for your help!

# Save the Date!

## Saturday,

# October 19th, 2019

(\*\*New Date\*\*)

Tecumseh, NE

## *1st Annual*

# Miles For Music 5K

**Come Run-Walk-Skip or whatever your heart desires to raise money for the band department.**



## All parents wonder if they're getting it right.

**You're not alone.** Sometimes it's hard to tell what your child needs, what her behaviors mean and if you're doing right by him. Imagine what it might feel like if you could make sense of what your child is really asking from you.

Circle of Security™ Parenting is an opportunity to join other parents just like you, for an 8-week class where you'll learn to:

- Strengthen your relationship with your child
- Be present with your child during the best and toughest of times
- Recognize your child's needs and make sense of his or her behavior
- Meet your child's needs by being bigger, stronger, wiser and kind

**Who should attend:** Parents or Guardians of Young Children (Ages 0-5)

**Location:** Tecumseh Public Library, 170 Branch Street, Tecumseh, NE 68450

**Dates:** August 5, 12, 19, 26; September 3, 9, 16, 23, 2019      **Times:** 5:30 PM - 7:30 PM

**Cost:** FREE \*Also, if you qualify to be a part of a research study, you could receive money for attending classes and completing the research study.

**How to register:** Email or call Leanne Manning at [leanne.manning@unl.edu](mailto:leanne.manning@unl.edu) or 402-821-2151 by August 2nd.

**Presented by:** Leanne Manning

**Sponsored by:** Nebraska Extension

## Summary of the School Immunization Rules and Regulations

| Student Age Group  | Required Vaccines   |
|--|---|
| Ages 2 through 5 years enrolled in a school based program not licensed as a child care provider                    | <p>4 doses of DTaP, DTP, or DT vaccine<br/>3 doses of Polio vaccine<br/>3 doses of Hib vaccine or 1 dose of Hib given at or after 15 months of age<br/>3 doses of pediatric Hepatitis B vaccine<br/>1 dose of MMR or MMRV given on or after 12 months of age<br/>1 dose of varicella (chickenpox) or MMRV given on or after 12 months of age. Written documentation (including year) of varicella disease from parent, guardian, or health care provider will be accepted.<br/>4 doses of pneumococcal or 1 dose of pneumococcal given on or after 15 months of age</p>   |
| Students entering school (Kindergarten or 1 <sup>st</sup> Grade depending on the school district's entering grade) | <p>3 doses of DTaP, DTP, DT, or Td vaccine, one given on or after the 4<sup>th</sup> birthday<br/>3 doses of Polio vaccine<br/>3 doses of pediatric Hepatitis B vaccine or 2 doses of adolescent vaccine if student is 11-15 years of age<br/>2 doses of MMR or MMRV vaccine, given on or after 12 months of age and separated by at least one month<br/>2 doses of varicella (chickenpox) or MMRV given on or after 12 months of age. Written documentation (including year) of varicella disease from parent, guardian, or health care provider will be accepted. If the child has had varicella disease, they do not need any varicella shots.</p> |
| Students entering 7 <sup>th</sup> grade  | <p>Must be current with the above vaccinations AND receive<br/>1 dose of Tdap (contain Pertussis booster)</p>   |
| Students transferring from outside the state at any grade  | <p>Must be immunized appropriately according to the grade entered.</p>  |

Source: Nebraska Immunization Program, Nebraska Department of Health and Human Services. . For additional information, call 402-471-6423.

The School Rules & Regulations are available on the internet: [http://dhhs.ne.gov/Pages/reg\\_t173.aspx](http://dhhs.ne.gov/Pages/reg_t173.aspx) (Title 173: Control of Communicable Diseases - Chapter 3; revised and implemented 2011)

**Updated 01/26/2018**



## Resumen del reglamento de vacunas requeridas para la escuela

| Grupo de estudiantes por edades  | Vacunas requeridas  |
|--|---|
| Niños de 2 a 5 años inscritos en un programa de escuela que no esté licenciado como proveedor de cuidado infantil.                 | <p>4 dosis de una de las siguientes vacunas: DTaP, DTP o DT, 3 dosis de la vacuna contra el Polio,</p> <p>3 dosis de la vacuna Hib o 1 dosis de la Hib colocada a los 15 meses o después,</p> <p>3 dosis de la vacuna para niños contra la Hepatitis B,</p> <p>1 dosis de la vacuna MMR o MMRV colocada a los 12 meses o después,</p> <p>1 dosis de la vacuna contra la varicela o de la vacuna MMRV colocada a los 12 meses o después. Se aceptará documentación escrita (incluyendo el año) de la enfermedad (varicela) de alguno de los padres del niño, guardián o proveedor de salud.</p> <p>4 dosis de la vacuna contra los neumococos o 1 dosis de la vacuna contra los neumococos colocada a los 15 meses o después.</p>  |
| Estudiantes que ingresan a la escuela (kindergarten o 1 <sup>er</sup> grado, dependiendo del grado inicial en el distrito escolar) | <p>3 dosis de una de las siguientes vacunas: DTaP, DTP, DT o Td, una de las cuales debe haber sido colocada a los 4 años o después.</p> <p>3 dosis de la vacuna contra el Polio,</p> <p>3 dosis de la vacuna para niños contra la Hepatitis B</p> <p>o 2 dosis de la vacuna para adolescentes si el estudiante tiene de 11 a 15 años de edad.</p> <p>2 dosis de la vacuna MMR o MMRV, colocada a los 12 meses o después y con diferencia de al menos un mes,</p> <p>2 dosis de la vacuna contra la varicela o de la vacuna MMRV colocada a los 12 meses o después. Se aceptará documentación escrita (incluyendo el año) de la enfermedad (varicela) de alguno de los padres del niño, guardián o proveedor de salud. Si el niño ya ha tenido la varicela, no necesita ninguna vacuna contra la varicela.</p> |
| Estudiantes que ingresan a 7 <sup>mo</sup> grado   | <p>Debe estar al día con las vacunas indicadas arriba</p> <p>Y recibir</p> <p>1 dosis de Tdap (contiene refuerzo de tosferina)</p>  |
| Estudiantes que son transferidos de fuera<br>Del estado de cualquier grado   | <p>Deben ser inmunizados adecuadamente de acuerdo con el grado al que ingresen</p>  |

Source: Nebraska Immunization Program, Nebraska Department of Health and Human Services. . For additional information, call 402-471-6423.

The School Rules & Regulations are available on the internet: [http://dhhs.ne.gov/Pages/reg\\_t173.aspx](http://dhhs.ne.gov/Pages/reg_t173.aspx) (Title 173: Control of Communicable Diseases - Chapter 3; revised and implemented 2011)

Updated 01/26/2018

## Attention students 7<sup>th</sup> grade & older.

### **Nebraska School Immunization Requirements:**

Tdap (Tetanus, Diphtheria and Pertussis (*whooping cough*)) Vaccine: 1 Dose,

DTaP, DTP DT or Td Vaccine: 3 doses, *one given on or after the 4<sup>th</sup> birthday*,

Polio Vaccine: 3 doses,

Hepatitis B Vaccine: 3 doses,

MMR (Measles, Mumps, and Rubella), or MMRV (Combination Shot of Measles, Mumps, Rubella & Varicella (Chickenpox) Vaccine: 2 doses, given on or after 12 months of age; separated by at least one month,

Varicella (Chickenpox) or MMRV Vaccine: 2 doses, given on or after 12 months of age;

Written documentation (including year) of Varicella disease from the parent, guardian, or health care provider will be accepted. If the child has had chickenpox, they do not need any Varicella shots.

### **Shots that are strongly recommended by CDC (Center's for Disease Control):**

Menactra/ Menveo; Bexero/Trumemba (Meningitis): 1 dose starting at age 11-15 and/or one dose after 16 years of age. Meningitis is rare but it can be very serious. In as little as 12 hours, meningitis has been known to cause permanent brain damage, limb amputation and death. It is spread by coughing, kissing or sharing drinking glasses. It's not worth the risk.

### **Are you 16-18 years old? Ask about Bexero or Trumemba.**

Gardasil (Human Papillomavirus (HPV)): \*(NEW Schedule) 2 doses, 6 months apart; when done *before* age 15. Gardasil is a safe and proven way to *prevent future cancers* caused by HPV infection. Studies have shown there is a better immune response by the body when given at a younger age. This shot can be given as early as age 9 -10 years of age.

Hepatitis A: 2 doses; 6 months apart. Hepatitis A is a contagious liver disease that can range in severity from a mild illness lasting a few weeks, to a severe illness lasting several months. *One* way Hepatitis A can spread, is by eating foods prepared by someone that did not wash their hands well after using the bathroom.

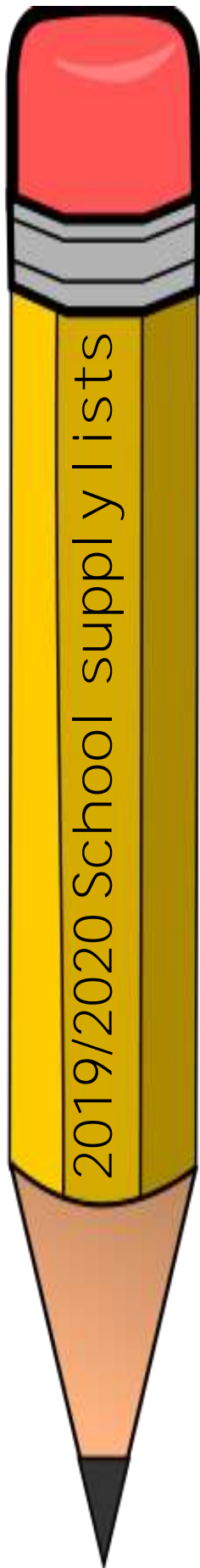
Southeast District Health Department  
2511 Schneider Ave  
Auburn, Nebraska 68305  
Phone: (877) 777-0424 or (402) 274-3993  
**Fax: (402) 274-3967**



### Reminder:

Even though Southeast District Health Department no longer has the *traveling* Immunization Clinics, we still provide immunizations to those that qualify for Vaccines for Children (VFC). This is offered at our Auburn office. We kindly ask for a \$15.00 administration fee. Please call for an appointment. A Spanish interpreter is available upon request.

***For more information on immunizations, contact your Health Care Provider, Southeast District Health Department, or [www.cdc.gov](http://www.cdc.gov)***



Kindergarten:  
Mrs. Grotrian & Mrs. Borrenpohl

A pencil box  
Eraser  
10-12 pencils  
4 boxes of Crayons: sizes 8, 16, and 2-24's  
1 small bottle of white glue  
Rug, towel, mat, or SMALL blanket for rest time  
A book bag  
2 large boxes of Kleenex  
Fiskars scissors (no points)  
1-2 containers of anti-bacterial wipes  
Small water bottle- 20oz. or less

1st Grade:  
Mrs. Benson & Mrs. Faris

2 dozen SHARPENED #2 pencils  
3 pks of 8 Crayons & 1 big pk of many colors  
1 large pencil box  
1 paint shirt  
**1 bottle of Elmer's glue & 8 glue sticks**  
1 pair (no sharp points) scissors  
2 boxes of Kleenex  
4- 2 pocket folders: 1 red, 1 blue, 1 green, 1 yellow  
1 drawing tablet  
1 larger eraser  
1- 2in binder  
1 larger shoe box with lid or plastic container with lid  
1 container of anti-bacterial wipes  
P.E. Shoes  
1 roll of paper towels  
1 box of quart or gallon zip lock baggies

2nd Grade:  
Mrs. Robeson & Mr. Meints

2 dozen yellow #2 pencils  
1 big eraser  
2 glue sticks  
1 spiral notebook, wide ruled  
1 box 24 crayons  
2 packs of 3x5 ruled index cards  
1 small pencil box or bag  
1- 2in binder (3 hole punch)  
2 large boxes of Kleenex  
2 container of anti-bacterial wipes  
1 roll of paper towels  
P.E. shoes  
School bag  
1 pair pointed Fiskars scissors

3rd Grade: Mrs. Dieckgrafe & Mrs. Heidemann

1 pk of pencils with erasers  
1 pk of pencil top erasers  
1 pair of scissors  
8 glue sticks  
1 box of 8 crayons  
1 box of colored pencils  
1 red checking pen  
1 pk of low odor dry erase markers  
1 pencil bag  
1 pk of loose leaf paper (wide rule)  
1 wide rule notebooks  
1 pk 3x5 index cards  
1 container anti-bacterial wipes  
1 roll of paper towels  
2 boxes of Kleenex  
P.E. shoes

4th Grade:  
Mrs. Dorsey & Mrs. Naber


Colored pencils  
Crayons  
12 yellow, six-sided, #2 pencils, sharpened  
2 red pens  
1 roll paper towels  
3 boxes of Kleenex  
4 glue sticks  
1 bottle of white glue  
Scissors (Fiskars if possible)  
1- 2in pink eraser  
1 plastic storage box (shoebox size)  
P.E. shoes (we change everyday)  
NO large trapper keepers or binders  
NO pencil sharpeners

5th Grade:  
Mrs. Crotty & Mrs. Tubbesing


24 pencils- NO mechanical pencils  
Box of 24 or less crayons or colored pencils  
2 pocket folders  
4 glue sticks  
Erasers  
2 red checking pens  
3 large boxes of Kleenex  
P.E. shoes (used daily)  
Scissors  
1 pk of ruled loose leaf paper  
2 spiral notebooks  
NO large trapper keepers or binders  
NO pencil boxes

# Johnson County Central School Lunch Menu

# August 2019

| Sunday | Monday   | Tuesday   | Wednesday  | Thursday                                   | Friday  | Saturday |
|--------|--|---|--|--|---|----------|
|        |  |   |  | 1  | 2   | 3        |
|        | Menu is Subject to change with out Notice<br>"This Institution Is An Equal Oppertunity Provider" |   |  |  |   |          |
| 4      | 5  | 6   | 7  | 8  | 9   | 10       |
| 11     | 12   | 13  | 14   | 15   | 16  | 17       |
| 18     | 19   | 20  | 21   | 22   | 23  | 24       |
|        |                 |   |  |  |   |          |
| 25     | 26   | 27  | 28   | 29   | 30  | 31       |
|        | Crispy Chicken Wrap<br>Fruit & Veggie Bar<br>Cookie<br>Milk                                      | Cheeseburger/WG Bun<br>Potatoes<br>Fruit & Veggie Bar<br>Milk | Sub Sandwich<br>Corn Chips<br>Fruit & Veggie Bar<br>Milk | Chefs Choice<br>Fruit & Veggie Bar<br>Milk | Taco Salad<br>Fruit & Veggie Bar<br>Bread Stick<br>Milk |          |
|        |  | Important Reminders   |  |  |   |          |

# August 2019

| Sun   | Mon   | Tue   | Wed   | Thu  | Fri   | Sat |
|---|---|---|---|--|---|-----|
|   |   |   |   | 1  | 2   | 3   |
| 4   | 5   | 6   | 7<br>HS Marching Band Rehearsal<br>@ JCC Tecumseh HS 6:30 pm  | 8  | 9   | 10  |
| 11  | 12  | 13  | 14<br>Teacher Workday<br><br><b>Board of Education Meeting—JCC Tecumseh Site, Room 402 6:00 pm</b><br>Cook Site Elementary Open House, 5:00 p.m.<br><b>Middle School Open House Cook Site, 6:00 p.m.</b><br>HS Marching Band Rehearsal @ JCC Tecumseh 6:30 pm | 15<br>Teacher Workday  | 16  | 17  |
| 18<br>HS Band @ Johnson County Fair Parade 5 pm | 19<br>Teacher Workday<br>High School Open House, Tecumseh 5 pm<br>Tec. Elementary Open House 5 pm | 20<br> | 21  | 22   | 23<br>2019 Football<br>Gatorade Scrummage @ Tecumseh HS 7:00 pm | 24  |
| 25  | 26  | 27  | 28  | 29<br>G Golf Invite @ Syracuse CC 9 am<br>JH/V CC Invite @ Auburn CC 4:30/5 pm<br>V VB Triangular vs Elmwood/Murdock/Yutan | 30<br>V Football vs North Band @ JCC Tecumseh 7 pm              | 31  |

# Johnson County Central Public Schools

PO Box 338  
Tecumseh, NE 68450

PO Box 255  
Cook, NE 68329

Phone: 402 335-3320 Superintendent @ Tecumseh  
402 335-3328 Principal @ Tecumseh  
402 864-2024 Elementary Office @ Cook  
402 864-4171 Principal @ Cook  
402 864-4181 MS Office @ Cook  
Web Site [www.jccentral.org](http://www.jccentral.org)

This newsletter is produced monthly to inform parents, district patrons and others about school events, classroom events, and student achievements in the classroom and extra curricular activities. This information is submitted by faculty and staff members. Information may be submitted to offices at Tecumseh and Cook.

The school reserves the right to edit information in the interest of space and content.

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## Non-Discrimination

It shall be the policy of Johnson County Central Public Schools to not discriminate on the basis of race, color, religion, national origin, sex, handicap, or age in its educational programs, activities, or employment practices. There is a grievance procedure for discrimination concerns. Inquiries concerning any of the above, or Title IX and Rehabilitation Act Regulations (504) should be directed to the Superintendent of Schools, 358 N 6th Street, Tecumseh, NE 68329; (402)335-3320.

## Child find

Children that are birth to 5 years old who are experiencing problems with speech language, cognitive, emotional and/or physical development or have a disability can receive services through Early Childhood Education Services. If interested or in need of more information please contact Rebecca Kling, Special Education Coordinator or Dr. Galen Boldt, Superintendent at 402-335-3320.



## **Classes begin August 20th!**

- ◆ SENCA will be handing out school supplies to students in Johnson County. at the Southeast Nebraska Community Action Center (SENCA) 172 S. 4th St. on Thursday, August 1st from 9am-12 noon and on Friday, August 2nd from 1-3pm.
- ◆ Cook Site Elementary Open House—Wednesday, August 14 beginning at 5:00 p.m.
- ◆ Middle School Cook Site-Walk Thru on Wednesday, August 14 beginning at 6:00 p.m.
- ◆ Tecumseh Site Elementary Open House—Monday, August 19th beginning at 5:00 p.m.
  - ◆ High School Open House on Monday, August 19th beginning at 5:00 p.m.