

# Johnson County Central Public Schools

## Monthly Newsletter

April 2015



### SUPERINTENDENT NOTES by Jack D. Moles

Spring is the time when students, and hopefully their parents, begin to make plans for the next school year. Of particular note, students are working with the Principals and Counselors to schedule classes for the ensuing year. I would like to take a little time to stress an important area for students who will be in grades 5-12 next year: instrumental music. Band involves an investment in money, time, and effort, but the benefits far outweigh what is put into this undertaking. Educational research abounds that shows the benefits of student involvement in arts education, especially in instrumental music. Examples of these benefits would include the following:

1. Surveys show that secondary students who participate in band report the lowest lifetime and current use of all substances, including alcohol, tobacco, and illegal drugs. There are always individual exceptions to survey results, but the national trend is that students who are involved in band are less likely to resort to these activities.
2. The College Board, a nationally recognized non-profit organization that helps students attain success in college and administers the SAT college entrance exams, identifies the arts, especially music, as one of the six basic academic areas that students should study in order to be successful in college. They go on to say that students who have had classes in music performance score higher on the SAT than students who do not participate in music performance classes. Similar studies show the same correlations with the ACT college entrance examinations. Higher ACT and SAT scores result in more scholarship money, sometimes thousands of dollars. This alone should be an enticement to be involved in instrumental music.
3. National studies show that music participants receive more academic honors than non-music students. I know this first-hand. For several years I have served as co-chair of the Nebraska Rural Community Schools Association's Scholarship and Recognition Committee. This committee chooses NRCSA's scholarship recipients. As we review student applicants each year I know several committee members will look not just for academic and athletic achievement from the candidates, but also for their involvement in the arts, especially music. Students who either are not involved in music or drop out of music early in high school often do not receive the same considerations as those who remain in music throughout high school. I am certain this takes place in other scholarship considerations as well. Again, the financial benefits of being involved in band cannot be overlooked.

# Thunderbirds

VOLUME 8

ISSUE 9

**Jack D. Moles**

Superintendent  
402-335-3330

**Rick Lester**

High School Principal  
402-335-3328

**Rich Bacon**

Athletic Director  
Middle School Principal  
402-864-4171

**Jon Rother**

Elementary Principal  
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4. There are numerous studies that prove that involvement in instrumental music is especially beneficial to developing strong math students. Many of these studies show enhanced abstract reasoning skills which are necessary for learning math and science. Similar studies also show an increase in reading competencies and learning foreign languages. Going back to the ACT and SAT, increased abilities in math and reading will result in higher test scores.
5. According to the National Data Resource Center, students who can be classified as “disruptive” (i.e. frequently truant or disciplinary problems) tend to be students who are not involved in music classes. Again, there are always individual exceptions to surveys, but the statistical trends point out students who are in band tend to be better behaved.

These are just a few research-based reasons why I would encourage all students to be involved in music, especially in instrumental music. I would add in a few more benefits from my own observations:

1. Our students who are involved in instrumental music tend to be our most positive student leaders. They are able to influence other students in a positive manner and encourage cooperation.
2. Our band members happen to be a very large source of community and school pride. I have received numerous notes and visits of appreciation for what these kids “bring to the table”. They are simply looked upon with respect and pride.
3. The work that our band puts into becoming better has definitely been hard, but it has paid huge dividends. The kids benefit the most as they see programs come together through their hard work. They definitely learn social skills that are not always learned by all students.
4. Our band program needs more involvement if we truly want to meet the goal of having the best band in southeast Nebraska. This is an attainable goal that I have for our program. It can only be achieved through hard work and dedication of all involved with the program, but increased numbers of participants would not hurt these efforts at all.

As band students get older I sometimes see them drop by the wayside. This always concerns me as I believe these students are giving away a part of their life they will never get back. I know I look back at my own career as a band student and am always thankful that my mother did not allow me to drop out of band. I know I am better for the experience. As parents, my wife and I have also had the same expectations for our own kids.

Often parents will cite the reason for letting their child drop something as not wanting to force their child to do something they don't want to do. I guess I look at it as having an expectation that they will do something for their own good. The little research that I have cited will show the benefits. If nothing else, the monetary benefits should make it worthwhile. I would encourage all parents to look closer at the benefits of having their child(ren) involved in the band program.

## **NEWS FROM PRINCIPAL RICK LESTER**

Spring has sprung! We've had a few really nice days and I'm sure the students are looking forward to the end of the school year. However, we've got some important topics to cover before we finish up the 2014-2015 school year.

The first major item is the State NeSA testing for all 11<sup>th</sup> grade students. These tests are very important, not only for our school district, but the results also help our students understand their academic strengths and weaknesses. Our district uses the results of these tests to improve our instructional practices so we can enhance our students' academic successes and better instruct them where they need improvement. These NeSA tests will take place beginning Tuesday, March 31 with the NeSA Reading. NeSA Math is on Wednesday, April 1, and NeSA Science test will be given Wednesday, April 15. It is imperative that all 11<sup>th</sup> grade students are in attendance on these three days for the NeSA tests. I encourage you to stress the importance to your student to take these State NeSA tests in a serious manner. Our teachers will not be issuing homework for the students taking these tests so that they may concentrate on doing their best work when taking the NeSA tests. Please also encourage them to eat well and get plenty of rest before the testing days so they are physically and mentally alert during the testing days.

The next important activity at JCC I would like to discuss is Prom. Prom is scheduled for Saturday, April 18. Doors will open at 8:00 p.m. parents will be allowed to enter the building for viewing and photos from 8:00 p.m. to 8:45 p.m. The dance will be held from 8:45 p.m. to 11:30 p.m. Hors d'oeuvres will be served.

Prom participants who will be attending post-prom activities will be allowed to change into other clothing at the school. They will need to bring this change of clothes to the school with them when they come to prom. The post-prom participants will be transported via busses, provided by JCC, to Sempecks Bowling and Entertainment in Elkhorn. The busses will depart at approximately 12:00 a.m. and the students will return to JCC at approximately 6:00 a.m.

To help insure that we have a safe and drug and alcohol free prom and post-prom, the Johnson County Sheriff's department will be administering breathalyzer test before prom and before the students enter the buses for post-prom activities.

The final important event I want to discuss now is our JCC Honors Day, which will be held Monday, April 27<sup>th</sup> at 1:00 p.m. in the high school gym. This program recognizes our student's academic successes. All students will be present at this assembly and will be honored for their achievements in the presence of their peers. We invite and encourage all parents to attend this assembly. We understand this is during the work day, but we hope parents will still attempt to be present as their students are being honored. There will be many awards given during this assembly: Honor roll, classroom awards, military awards and many others. Please come and help recognize these award recipients.

## **News From Rich Bacon, Middle School Principal and Athletic Director**

The onset of spring brings warmer temperatures, rain, blooming flowers, and green grass. With the spring season also comes a variety of activities and events that can disrupt the regular school week, such as, Easter, Standardized tests, State Standards and Assessments, quiz bowl competitions, music concerts and competitions, and track meets to name a few. With the busy time of year and the nice, spring weather, many of us anxiously await the end of the school year and summer vacation. It is important to remember that we still have almost two months of school left and there is a lot of work that remains. Everyone needs to guard against complacency and finish the year strong.

Congratulations to our Middle School Wrestlers who just recently finished their season. We had thirteen athletes represent Johnson County Central in wrestling this year. In addition to their team success, highlighted by a 3<sup>rd</sup> place finish, out of ten schools, at the Nebraska City Invitational, we also had a great deal of individual success. More importantly was the effort that was given by these athletes as they learned the sport and discovered the spirit of competition. Watching them on the mat was a reminder to what athletics should be about. Learning the value of hard work, setting goals and making a commitment to meet those goals, the camaraderie and sense of belonging that comes with being part of a team, learning to be humble and gracious in victory and losing with honor and dignity are all lessons that serve us well through life. I couldn't have been more proud as I watched our Middle School Wrestlers learn and practice these characteristics of sport. Thank you to their coaches, Dean Wellensiek, Larry Kuhl, and Isaac Tubbesing for their time and commitment throughout the season.

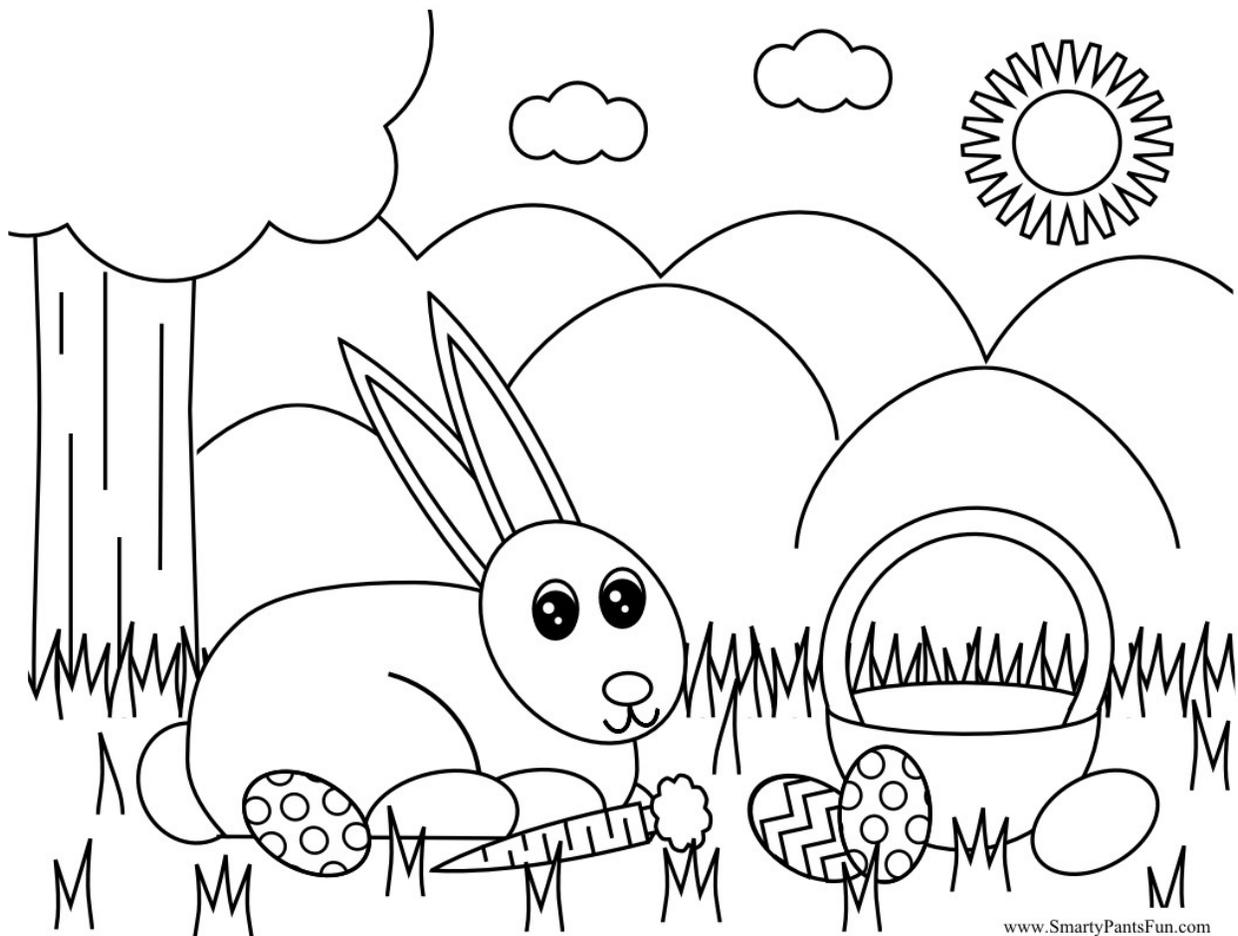
Congratulations also goes out to our Junior High Choir, Junior High Band, and 6<sup>th</sup> Grade Band for their outstanding performances at the Malcolm Music Contest. The Choir received a "1" and both bands earned a "2" for their performances. We also had several soloists and small groups who earned high marks. Good job to JCC's music students and Mr. Doran and Mrs. Fricke.

Students will be taking a number of Nebraska State Accountability (NeSA) tests through the month of April. These assessments are very important for our students and the district. Results from these assessments provide data which help guide curriculum decisions for our district. Results from these assessments will also be used to help determine a student's academic placement for the next school year. As the testing dates approach there are some test-taking strategies and some things parents can do to help their children be successful on these assessments:

- Make sure your child gets a good night's sleep the night before each test and eats a good breakfast the morning of the tests.
- Have your child dress in layers – studies show children do better on assessments if they don't have to think about how hot or cold they are.
- Encourage your child to practice the following test-taking strategies: Skip a question and move on if you don't know the answer - you can always come back to that question later; Check your answers carefully; Make sure the numbers of your answers correspond to the numbers of the questions on the test; Encourage your child to read on the days leading up to the test. The easiest and best way to prepare your child to do well on tests is to have them read often.

- Encourage your child to take the tests seriously. A lot of important decisions regarding your children are made based on data we receive from these tests. If students don't give their best effort on the standardized tests much of our data will be invalid, making it difficult to make decisions that will be in the best interests of our students.
- Keep a good attitude. Think positively!

The 2014-2015 Johnson County Central Athletic Banquet will be held on Monday, April 27<sup>th</sup>, starting at 6:00 p.m. This year's banquet will be organized by the Thunderbird Booster Club and will include a pot-luck dinner. Please plan to attend and recognize our fine student-athletes.



[www.SmartyPantsFun.com](http://www.SmartyPantsFun.com)

**Counselor News** by Shelley Moles

*“Dedicated to encouraging a Journey of excellence Creating lifelong learners and Citizens for tomorrow.”*

### **SPRING COLLEGE FAIRS IN KEARNEY, OMAHA AND LINCOLN:**

These events are great ways for students - especially juniors and sophomores - to start the college search process. Students and parents can meet with college representatives who can answer questions.

**Kearney Area College Fair** Sunday, March 8, 1-3 p.m., at the University of Nebraska at Kearney, Nebraskan Student Union

**Omaha Area College Fair** Sunday, March 29, 1-3 p.m., at the University of Nebraska at Omaha, Sapp Field-house

**Lincoln Area College Fair** Sunday, April 19, 1-3 p.m., at Southeast Community College-Lincoln

Students should register for a barcode at **NebraskaCollegeFairs.org**, print the barcode and take it to the college fair so that college representatives can scan their demographic information. If students already have a barcode from the fall college fairs, they may use it for the spring fairs.

### **OMAHA NATIONAL COLLEGE FAIR:**

Saturday, April 18, 2015 from 1:00-4:00 p.m. at the CenturyLink Center in Omaha. This event is a program of the National Association for College Admission Counseling, is sponsored by AXA Achievement and CollegeBoard and is FREE to students and parents. This is another opportunity to meet with college representatives, visit the counseling/resource center and learn more about financial aid. Students can register @ [www.gotomyncf.com](http://www.gotomyncf.com) prior to attending. The list of colleges and universities attending is available @ <http://bit.ly/NCFExhibitorSearch>.

### **SUMMER OPPORTUNITIES FOR HIGH SCHOOL STUDENTS:**

The Peter Kiewit Institute (PKI) at the University of Nebraska-Omaha will be hosting two Summer Academies. Holland Academy of Excellence on June 7-10, 2015 is for high school students who have completed their sophomore year, are interested in math and science and want to experience information science, technology and engineering. OPPD/PKI Academy of Sustainability on July 27-30, 2015 is for high school students who have completed their junior year, are interested in the environment and renewable resources. These academies offer hands-on workshops, campus living, demonstrations in state-of-the-art labs, fun evening activities, real world applications and are **FREE** to attend. To apply and for academy information, visit: <http://www.pkinebraska.edu/new/> and click on the “Outreach” link. Selection criterion are academics and community involvement. The deadline for applications and submittals is May 1st.

College of Saint Mary will be hosting two Summer Academies this summer. Both Academies will be focused on Forensic Science: **CSI@CSM. Latina Summer Academy** (LSA) is Sunday, June 21-Friday, June 26, 2015. LSA is for Latina girls entering 10th or 11th grade in the Fall. There is a \$25 fee for the full week of classes/activities. African/African American Summer Academy (AASA) is Sunday, July 12-Friday, July 17, 2015. AASA is for African/African American girls entering 10th or 11th grade in the Fall. There is a \$25 fee for full week of classes/activities. See Mrs. Moles for an application. Space is limited so if interested apply early!

2015 Bryan College of Health Sciences Health Career Camp: Offered by Bryan College of Health Sciences, 5035 Everett Street, Lincoln, Nebraska, on two dates, June 6-10 OR July 20-24, 2015. Participating students will explore careers in the healthcare field and have opportunities to job shadow with health care providers. Camp is Monday through Friday 9 a.m.-4:30 p.m. Applications must be completed and returned with a \$50 non-refundable deposit by April 24. Qualified applicants will be accepted on a first come, first served basis. The cost of \$350 includes lunches, scrub uniforms, supplies, transportation to field trips and bowling and pizza social activity. See Mrs. Moles for an application packet!

2015 Nebraska Agricultural Youth Institute: The 2015 Nebraska Agricultural Youth Institute (NAYI) is a 5-day conference for high school juniors and seniors to learn about career opportunities within agriculture. This year NAYI will be held July 6-10, 2015, on UNL East Campus. This year's theme is "Planting Dreams, Growing Legacies." Engaging speakers, workshops and panels, agriculture education, professional development, leadership experience, fun and new friends and networking with peers and industry leaders are highlights for this year.

Interested juniors and seniors are encouraged to apply. Selection of delegates will be based on leadership skills, interest, and involvement in agriculture. All meals, lodging, and conference fees during the NAYI are provided for the selected delegates. (FREE!) Apply on-line at [www.nda.nebraska.gov](http://www.nda.nebraska.gov) or see Mrs. Moles for a paper application. Applications are due April 15, 2015.

Camp OK Counselor 2015: Nebraska-Iowa Kiwanis District sponsors Camp Olympia Kiwanis (OK) with a goal of providing an educational camp experience for deserving 5th and 6th grade children from NE and IA. Counselors must be 16 or older, willing to attend training and stay at camp the entire week, act as positive role models, lead camping activities for groups of students and be in charge of a cabin each night. Camp will be held at the Y Camp in Boone, IA from June 7 to June 12. Camp counselor training will be held Saturday, June 6th and Sunday, June 7th. Students may earn over 100 hours of volunteer service and learn valuable leadership and teamwork skills! Interested students may access more information and an application for Camp OK counselor at: <https://docs.google.com/spreadsheets/viewform?fromEmail=true&formkey=dGxQUXB3YmFmS2IBN0xFRVgyeEI2SEE6MQ>

Career Exploration: Architecture, Interior Design, Landscape Architecture June 7-13, 2015 and Discover Landscape Architecture June 14-June 19, 2015: These high school workshops are held on the University of Nebraska-Lincoln campus. The workshops provide learning opportunities in the form of design studio explorations, seminars and discussions, field trips and film presentations. As part of the workshops, students will visit professional offices, learn about various career opportunities, and develop fundamental skills necessary for the study of design. The programs are designed for young men and women who have completed 2 year or more years of their high school education and are interested in pursuing architecture, landscape or interior design. The fee of \$585/participant includes studio supplies, program fees, meals and lodging. Application form, recommendations and essay are due April 6, 2015. There is reserved space for 36 students in the Career Exploration Workshop and 15 students in the Discover Landscape Architecture Workshop. See Mrs. Moles for additional information and application form.

Automotive Summer Camp: This workshop is for any high school students interested in Automotive careers. It will be held on the Southeast Community College-Milford campus on June 12 and 13, 2015. Bright students who would like the opportunity to experience what it would be like to pursue a career in the automotive field are encouraged to apply. This will be strictly a hands-on camp with about a 3-to-1 student-to-instructor ratio. Registration deadline is June 1, 2015. The cost of \$29 per participant includes tools, meals, housing and tour transportation. Participants must be 16 years of age. Please see Mrs. Moles for an application. For more information contact Rick Morphew, SCC-Milford Campus, 600 State Street, Milford, NE 68405-8498 or call 1-800-933-7223 Ext. 8317 or e-mail [rmorphew@southeast.edu](mailto:rmorphew@southeast.edu). Registration is limited to 60 participants and registrations are ordered by date received.

2015 Big Red Academic Camps These career exploration camps are a chance for students to explore the UNL campus, meet people from across the country, spend time investigating an interest or potential career and have lots of fun. The camps will be held June 7-12, 2015 (except as noted) and are intended for students entering grades 10-12 in the fall 2015. (Students who graduate in May 2015 are also welcome to attend.) The camps available for 2015 and the tuition costs (if submitted by April 1st) are: Animal Science (\$450), Crop Science (June 7-10, \$400), Culinary Arts and Food Science (\$600), Digital Arts (\$550), Education (\$600), Engineering (\$500), Filmmaking (\$600), Outdoor Nebraska (\$500), Unicameral Youth Legislature (\$350), Veterinary Science (\$600) and Weather & Climate Science (\$500). Camps are residential camps - all food and housing will be provided for all participants throughout the duration of the camp. Online registration is available at [bigredcamps.unl.edu](http://bigredcamps.unl.edu). For any questions, contact Peggy Jeffries by e-mail [pjeffries1@unl.edu](mailto:pjeffries1@unl.edu) or calling 402-472-2805.

**NATIONAL HONOR SOCIETY:**

Johnson County Central High School will hold its National Honor Society Induction Ceremony on Monday evening, April 13, 2015, at 6:30 p.m. in the high school. Teachers, friends and family are invited to attend.

The purpose of the Johnson County Central High School Chapter of NHS is to create enthusiasm for scholarship, to stimulate a desire to render service, to promote leadership, and to develop character in students. Selection is based on character, leadership, scholarship, and service.



# 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:

- Friday, April 3—NO SCHOOL.
- Monday, April 6—NO SCHOOL.
- Tuesday, April 14—Kindergarten Round Up! No preschool or kindergarten class.
- Friday, April 17—1:00 p.m. dismissal.
- Thursday, April 23—NO SCHOOL. JCC hosting District Music.

## NeSA—The Glass Half Full!

The end of the month of March brings on NeSA testing season. Students in grades 3 through 8, and grade 11, will be assessed on their knowledge of the Nebraska State Standards in the areas of Reading, Math and Science. Like it or not, these assessments are required by state law and they *do* matter.

These assessments are a result of federal mandates that require each state to have educational standards and a way to assess them. The unique thing about Nebraska is that we created our own standards and our own assessments. (Not every state does this, i.e. Common Core)

As these assessments approach, we can look at it several ways.

1. We can look at it as someone doing something to us and we are the victim here. (I do not recommend this approach.)
2. We have too much testing to do, so let's just quick get it over with. (Also not recommended).

3. This is an opportunity for our children to compete and shine!

Attitude will always have a direct impact on outcome. I don't care what it is we're doing, our attitudes can make or break us. It's the difference between cheering for someone who is competing at their highest level (win or lose), or feeling almost sick as you watch someone who has given up or doesn't care.

NeSA testing should be no different. I could not be prouder of our students when they sit down to an assessment, NeSA or otherwise, and put their full efforts into it. Not only do the students perform better, but they

feel better afterwards.

I encourage you to encourage your child. Take a look at last year's efforts by your child and set some goals with them. Third graders will not have previous scores, but you can still set a goal for your child to work their hardest and give their best effort.



## February Thunderbirds!

**Kindergarten**—Brayden Beethe, Hope Butterbaugh, Hayleigh Daniels, A.J. Rautenbach, Harrison Bacon, Amelia Britt, Max Goracke, Harlee Hardesty, Maria Mastie, Lane Robeson, Prestin Thomas, Monica Jimenez, Leonel Cruz, Reagan Tams, Trever Bohling

**1st Grade**—Ashley Beethe, Robert Schiegelow, Trevor Pietzyk, Gabe Bernadt, Zeke Burki, Ricardo Castor, Kaiden Dorn, Mario Lara, Jr., Leatha Lightsey, Marisol Mandl, Levi Othmer, Alejandra Reyes, Saige Rother Wes Swanson, Maria Maya-Soto, Madison VanLaningham, Catherine Wendt

**2nd Grade**—David Campos, Alex Christiansen, Salena Conley, Kali Drake, Jocelyn

Prado, Treven Tams, Madison Jansen, Lydia Mejia, Lexi Robeson, Nolan Wellensiek

**3rd Grade**—Arelly Cabrales, Priscila Cabrales, Lorie Sofia Durst, Ava Klein, Nathaly Martinez, Isaiah Morrow, Kaityn Schuster, Keven Silos, Bailee Sterup, Kyle Bartels, Ava Buggi, Jovany Cabralles, Juan Ceballos, Cameron Daniels, Ruby Duarte, Wyatt Ludemann, Kaitlynn Plager, Sunnie Rother, Maya Straka

**4th Grade**—Katelyn Beethe, Erica Cabrales, Karen Canseco, Tucker Drake, MacKinze Gordon, Jacob Graham, Kighley Lawrence, Danielle Lueders, Kimberly Orozco, Cameron Schuster, Kaylin Smith, Brandon Speckmann, Aiden Weber, Rita Ceballos, Anzel duPreez,

Hayden Huskey, Jake Liscomb, Melissa Lowther, Keiry Najara, Chayce Oenbring, Daisy Ortiz, Cole Robeson, Tatum Rutledge  
**5th Grade**—Kaita Baird, Stephanie Cruz, Gina Golden, Madelyn Harrifield, Treyton Holthus, Emma Walters, Ava Berkebile, Vanessa Jimenez, Emma Straka, Isabella Wolter

**SAVE THE DATE!**

Give Drugs the Boot!

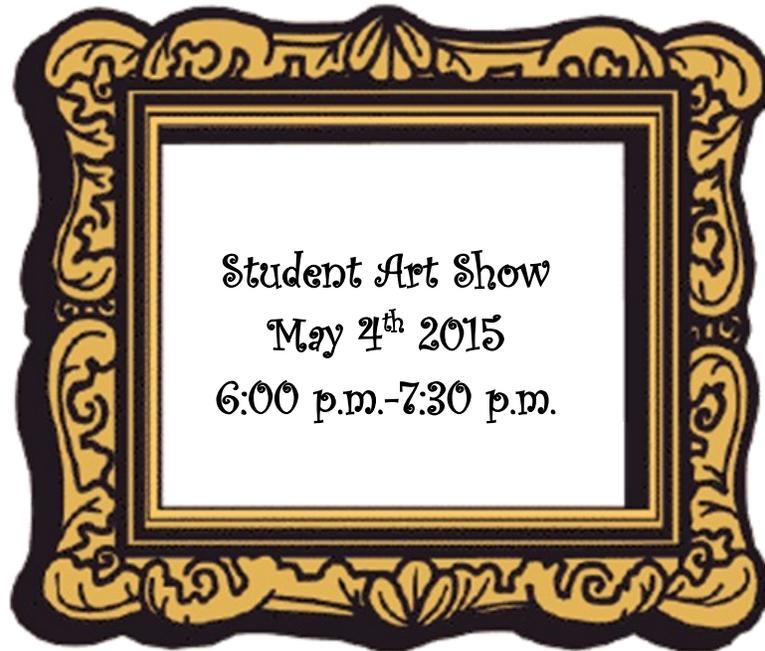
Family Fun Walk

Johnson County Coalition

Sunday, May 31, 2015

1:00 p.m.

Johnson County Central High School Track



## **Girls Track Outlook – 2015**

The 2015 Lady Thunderbird track team has already started the season off with great success. The team won the Nebraska Wesleyan Indoor Invitational track meet on March 21<sup>st</sup> by outpacing 10 other teams with 94 points. The team is made up of 15 individuals who have been working hard in practice to prepare themselves to be successful. It is a very balanced team that should be able to score in multiple events throughout the course of the year. We have a good mix of returning members of the team along with a new group of talented freshmen coming in. As a team we will be looking for points coming from each of the different groups. The sprinter group has looked good so far this season and we should see points coming from Maddie Moran, Erin Hunzeker, and Brittany Neukirch, as well as a the 4x100 meter relay. Success from the Cross Country team appears to be carrying over in track as Aleisha McDonald, Angelica Wellman and Annika McDonald should be able to score points for us in every meet this year. In the field events we will be relying on points in the High Jump (Maddie Moran), Long Jump (Angelica Wellman), Triple Jump (Annika McDonald), Pole Vault (Brittany Neukirch and Aleisha McDonald), and the Throws (Hanna Carnagey and Erika Hunzeker). We have many others on the team that will help balance the team out and will play an important role in our team success. As the season progresses we will see how this group stacks up against some of the better competition in the area. Our eyes are always on competing at the highest level in the MUDECAS meet, ECNC conference and then ultimately Districts and State.

We will once again be hosting two meets this year. The JCC Invite will be April 7<sup>th</sup> starting at 9:30 am and the Thunderbird Invite on May 8<sup>th</sup> starting 9:00 am.

## **Girls Track Roster**

### **Seniors**

Erika Hunzeker  
Hanna Carnagey  
Melissa Bausch

### **Juniors**

Brittany Neukirch  
Keelee McClintock  
Cyndy Reyes

### **Sophomores**

Erin Hunzeker  
Angelica Wellman  
Annika McDonald

### **Freshmen**

Paige Kraus  
Maddie Moran  
Lisbeth Serrano  
Carley Broadfoot  
Aleisha McDonald  
Macey Pietzyk



JOHNSON COUNTY CENTRAL HIGH SCHOOL  
THIRD QUARTER HONOR ROLL  
2014-2015

Seniors

**\*Tristan Attebery - All A's**  
Garret Badertscher  
**\*Lacey Badertscher - All A's**  
**\*Kaycee Bartels - All A's**  
**\*Melissa Bausch - All A's**  
Cole Beethe  
**\*Rebecca Bernadt**  
**\*Isaac Buss**  
**\*Michael Clark**  
Patience Graham  
Garrett Hamilton  
Jesse Hamula  
**\*Erika Hunzeker - All A's**  
**\*Kelsie Kaster - All A's**  
Justin Kuhns  
Karina Martinez  
**\*Michael Purcell**  
**\*Daisy Ramirez - All A's**  
Cody Rieken  
Kaylea Speckmann  
Alyssa Strubel  
**\*Ryan Teten**  
**\*Mariah Trew**  
**\*Lindsay Weber - All A's**

Juniors

Spencer Dorsey  
Mitchell Faris  
Aaron Johnson  
Edward Li  
**\*Grant Moles - All A's**  
Austin Valenzuela

HONOR ROLL:

Students earn no class grade lower than a "B"  
Jonah Walters

**\*HONOR ROLL WITH DISTINCTION:**

Students earn at least a 94% average with all A's and a maximum of one "B"

Sophomores

**\*Marissa Borrenpohl - All A's**  
Carlos Cabrales  
**\*Schyler DeFreece**  
Tashayla Dorn  
**\*Sara Kettelhake**  
**\*Courtney Klaasmeyer**  
**\*Keaton Kleespies - All A's**  
**\*Sopha Kongmanyvong -All A's**  
Spencer Kuhl  
Madison Panko  
Jesse Reyes, Jr.  
**\*Alejandra Rojas**  
Samuel Saldivar  
Mark Splichal  
Angelica Wellman

Freshmen

Johan Arellano  
Armando Cabrales  
**\*Charla Eggleston**  
**\*MacKenzie Eltiste**  
**\*Taylor Gerdes**  
**\*Nicholas Goracke – All A's**  
Vanhna Kongmanyvong  
Paige Kraus  
Celina Lambelet  
Trinity Mahoney  
**\*Sierra McClintock – All A's**  
**\*Aleisha McDonald**  
Madison Moran  
**\*Emalee North**  
Tia Parrish  
Macey Pietzyk  
Tyllar Roesener  
**\*Hannah Swanda – All A's**

**Johnson County Central Middle School Honor Roll  
Third Quarter 2014-2015**

**Grade 8**

Sarai Ares  
Connor Bartels  
**Andrew Beethe (All A's)**  
Haley Beethe  
**\*Grace Clark**  
Dakota Cook  
Erika Cruz  
**Kole Kleespies (All A's)**  
Nadia Klein  
**\*Corral McClintock**  
Jordan Rodriguez  
Simon Rother

**Grade 7**

**\*Abigail Balfour**  
**Carrie Beethe (All A's)**  
**\*Samuel Buss**  
**\*Gabriel DeFreece**  
Levi Dorsey  
Caleb Eggleston  
Tanner Kerner  
Andrew Stafford  
**\*Eli Waring**  
Jacob Wolter

**Grade 6**

**Calvin Antholz (All A's)**  
Boston Bailey  
Dalton Berkebile  
Devin Conley  
Chloe Curry  
**\*Jason Kettelhake**  
**Kylie Kleespies (All A's)**  
Kyle Laue  
Jackson Leuenberger  
Katie Little  
Zadie Plager  
**Saylor Rother (All A's)**  
Ruby Valles

**Honor Roll students have no grade lower than a B.**

**\*Honor Roll with distinction is based on student's having all A's with only one B**

## First Region V Systems Youth Leadership Conference

By Joan Peters

Ten high school students from the Johnson County Coalition attended a youth leadership training hosted by Region V Systems in Lincoln on March 1 & 2. It kicked off with supper at Pizza Ranch and activities at St. Mark's church. Students were grouped with other students from the sixteen county area and had to work together to make a video scavenger hunt.

Todd Calfee and Patrick Ingersoll of The Minnow Project, a very creative marketing team, spoke to the youth about marketing their healthy-lifestyle messages. The students then had to break into groups and come up with a healthy life campaign. They completed a poster ad and either a radio announcement or video announcement. Bullying, texting and driving, alcohol and drugs were incorporated into their messages. The students had to vote for the top four messages and then one will be selected for the region to use in all media campaigns.

The youth were engaged in using their creativity and leadership skills throughout the conference. There was also time to meet some new friends and to have fun in St. Mark's bouncy gym.





## JCC Track Boys Track by Dustin Buggi

The boys track team has started on the right foot by winning the Nebraska Wesleyan University Indoor Invite for the third straight year. We were able to place in every event with first place performances from Justin Kuhns (Pole Vault and 800m), Sam Saldivar (1600m and 3200m) and Mitch Faris (400m). We have a small team with only 18 boys but they all contribute to the trophy. The team will be looking for leadership from its seniors Ryan Teten and Andrew Weinzettl along with last year's state qualifiers, Nate Liberty, Mitch Faris, Ryan Teten and Justin Kuhns.



# Preschool Enrollment

If your child will be three-years-old by July 31, 2015, he or she is eligible to participate in the **Johnson County Central Preschool Program**



If you reside in the Johnson County Central School District and would like to register your child for one of our half-day preschool sessions, please call one of the following phone numbers:

Tecumseh Site: **335-3320**

Cook Site: **864-2024**

## JCC Vocal Music – Thomas Doran

We are back into a routine in the vocal music realm and what a whirlwind the first part of this semester has been. Starting with January 11 & 12, Kaycee Bartels & Grant Moles traveled to Crete and participated in the Doane Vocal Festival. This busy, two day festival allowed the students to rehearse, watch the Doane choirs in concert, attend a dance, and present a final concert.

Kaycee Bartels, Courtney Klaasmeyer, & Grant Moles participated in the BOCH (Bands, Orchestra, and Choruses at the Holland) Honor Festival on January 23<sup>rd</sup> – 25<sup>th</sup> on the campus of UNO. Following rehearsals on Friday and Saturday at the Strauss Performing Arts Center, there was a 1:15 PM concert on Sunday, January 25<sup>th</sup>, at the Holland Center for Performing Arts in downtown Omaha.

The Nebraska Choral Directors Association sponsored the bi-annual Singing Youth of Nebraska Festivals throughout the state in January and February. JCC attended this 7-9<sup>th</sup> grade festival on Saturday, January 24 in Beatrice at the Hevelone Center for Performing Arts. There were 127 students from Beatrice, Crete, Fairbury, Johnson County Central, Lincoln Southeast, Meridian, Nebraska City, Omaha Burke, Pawnee City, Syracuse, Tri-County, and Wilber-Clatonia. Our clinician was Nate Helzer from Omaha Burke High School accompanied by Victory Sedlacek.

Monday, March 9, JCC hosted the 22<sup>nd</sup> annual Freshmore Clinic. This is a clinic Mr. Doran started in 1994 to help strengthen the younger voices (Freshmen and Sophomores) from area schools. We rehearsed all day in the Elementary Auditorium and presented a 6:30 PM concert that evening. This year's clinician was Kevin Beseiger from Beatrice with David Norris from Peru accompanying. Here are some interesting facts about Freshmore:

- There have been 38 schools participating (some of which are no longer around): Adams; Ashland-Greenwood; Auburn; Beatrice; Conestoga; Crete; Cross County; Dawson/Verdon; Falls City; Falls City Sacred Heart; Freeman; Gretna; Johnson-Brock; Johnson County Central; Lewiston; Lincoln Christian; Lincoln Lutheran; Lincoln Northeast; Lincoln Southeast; Louisville; Lourdes Central Catholic; Malcolm; Mead; Meridian; Nebraska City; Nemaha Valley; Palmyra; Parkview Christian; Pawnee City; Plattsmouth; Southeast Consolidated; Syracuse; Table Rock-Steinhauer; Tecumseh; Wahoo; Waterloo; Waverly; & Yutan.
- There have been a total of 56 different directors who have brought students from those 38 schools.
- A total of 3133 singers have performed (not including guest show choirs) which averages to 149 a year. The high participation was 260 the low was 75. We have had only one cancellation due to weather.
- Four have been held on March 4, three each March 7 & March 8, and two on March 5 (my birthday). While the others have been spread around the month of March with 1 in April.
- 67 different songs have been performed.
- 2 of those songs have been written for us.

March 17 not only brought us St Patrick's Day but also the Middle School Contest Concert at 7:00 pm. The students of the middle school instrumental and vocal departments performed their contest selections. Then the middle school choir competed at the Malcolm Music Contest on March 20 and received a "I-Superior" rating, etc in the Malcolm Music Contest on March 21. Hope to see you at one of our performances on May 1 or under our belt

The Mudecas Music Contest was held in Pawnee City on Tuesday, March 24 and we are happy to report that the JCC Thunderbird Choir received a Superior plaque from the judges (each judge rated us a "I-Superior"). Also receiving a "I" rating were Grant Moles, Schyler DeFreece, & Kaycee Bartels for their vocal solos; vocal duet of Grant Moles & Kaycee Bartels; and the mixed quartet consisting of Kaycee Bartels, Ethan Clements, Grant Moles, & Sopha Kongmanyvong. Earning a "II-Excellent" rating was the girls duet of Courtney Klaasmeyer & Sopha Kongmanyvong, the boys quartet of Ethan Clements, Eddie Li, Grant Moles, & Christian Reeves; and the girls triple trio consisting of Kaycee Bartels, Marissa Borrenpohl, Schyler DeFreece, Rikki Kirkland, Courtney Klaasmeyer, Sopha Kongmanyvong, Madison Moran, Brittany Neukirch, & Nancy Ramirez.

District Music Contest happens on Thursday, April 23 and will be hosted by JCC at the high school in Tecumseh. There will be music events all day long so stop by and listen.

2015

# District FFA Results *Johnson County Central* STATE QUALIFIERS

## **Welding: 1st Place Team**

Isaac Buss - 1st Place MIG  
Tyson Parrish - 1st Place OA  
Wyatt DeRoe - 8th Place ARC

## **Floriculture: 1st Place Team**

Lindsay Weber - 1st Place  
Michael Purcell - 2nd Place  
Isaac Buss - 3rd Place  
Kaycee Bartels - 6th Place (tied)  
Marissa Borrenpohl - 6th Place (tied)

## **Natural Resources: 1st Place Team**

Sara Kettelhake - 1st Place (tied)  
Isaac Buss - 1st Place (tied)  
Spencer Dorsey  
Jessica Bohling

## **Agronomy: 2nd Place Team**

Sam Teten: 3rd Place  
Jessica Bohling: 6th Place  
Spencer Dorsey: 7th Place  
Morgan Rieger: 8th Place

## **Vet Science: 1st Place Team**

Melissa Bausch - 1st Place  
Angelica Wellman - 2nd Place  
Schylar DeFreece - 6th Place  
Shawna Othmer

## **Biotechnology: 1st Place Team**

Sam Teten - 1st Place  
Lindsay Weber - 2nd Place  
Kendra Alberts - 3rd Place  
Becca Bernadet - 6th Place  
Bryan Murphy - 7th Place

## **Food Science: 2nd Place Team**

Isaac Buss - 6th Place  
Sam Teten - 7th Place  
Lindsay Weber - 8th Place  
Kaycee Bartels - 11th Place

## **AgriScience: 2nd Place Team**

Kacie Hahn - 1st Place  
Nick Goracke  
Mackenzie Eltiste  
Paige Kraus

## **Ag Mechanics: 2nd Place Team**

Wyatt DeRoe - 4th Place  
Cole Beethe - 7th Place  
Tyson Parrish - 8th Place  
Mikey Borrenpohl - 10th Place

## **Nursery Landscape: 2nd Place Team**

Isaac Buss - 5th Place  
Michael Purcell - 6th Place  
Kaycee Bartels - 8th Place  
Sam Teten - 10th Place



#GoJCC  
Final Results

State FFA is around the corner and the Johnson County Central FFA Chapter is preparing for all the contests that they qualified for. Four members have also completed AgriScience Fair experiments; Lindsay Weber, Rudy Pooch, Isaac Buss, and Kaycee Bartels will have their experiments on display and will defend their findings to judges in a chance to win money and a chance to bring their project to Nationals. Besides competing, the Johnson County Central FFA will be honored in a couple different ways. Lindsay Weber, Isaac Buss, and Samantha Teten will be honored with receiving their State FFA Degree and the chapter will be honored with a Governor of Excellence Award. Those members that qualified for State will also participate in workshops, a career fair, and will be motivated by several different speakers during the many different convention sessions. State FFA Convention is an experience that members strive for and work hard for every year. State FFA Convention starts Wednesday April 8th and will conclude on Friday April 10th.

## 8th Grade Field Trip by Maggie Rother

The JCC 8th Graders and I had a great opportunity on February 27th. Mrs. Marsha Bacon wrote and received a grant from EducationQuest to cover the costs of our trip to SCC-Milford and Hudl.

The students first went to Southeast Community College in Milford to tour the campus. To start the morning, we met with a college advisor. He explained the opportunities available to students that come to a technical school and discussed the qualities that future employers are looking for in their employees. He stressed how important attendance, teamwork, and academic excellence are for your future. It is never too early to start developing and building these qualities.

Students were allowed to visit classes, talk with professors, and enjoy lunch the college atmosphere.

Our next stop was at Hudl, a sports software & video company, located in downtown Lincoln. Hudl gave us a tour of their two locations in the Haymarket. Our guides showed their 'work hard, play harder' business environment. This highlighted opportunities for 4-year degree holders in a variety of fields.

Students gained valuable knowledge and insight into available post high school opportunities. We were made aware of new career possibilities and given great ideas for how to make our dreams a reality. We came back to school with renewed motivation and energy to continue striving toward our academic and personal success.



These students will be representing  
JCC at the East Central Nebraska Conference  
High School Art Exhibit 2015

The show is on display in the  
Wells Fargo Bank lobby,

Downtown, Lincoln, 13<sup>th</sup> and P st. from  
February 27<sup>th</sup> – March 25<sup>th</sup>.

The ATM & lobby hours are 6:00 a.m. – 2:00 a.m.

\*Each school's entries are Ranked 1-4 while on exhibit by the conference art instructors. A gold medal is awarded for the highest ranked piece for each school. Certificates of merit are given for 1<sup>ST</sup>-3<sup>RD</sup> Honorable Mentions.

Name: Michael Clark Grade: 12

Title: *MARCH MADNESS!*

Medium: acrylic paint, papier mache

Entry # 1

**\*1ST HONORABLE MENTION**

Name: Melissa Aldana Grade: 11

Title: *Midnight Sky*

Medium: acrylic paint

Entry # 2

Name: Mariah Trew Grade: 12

Title: *"Mariah doesn't listen rose."*

Medium: BATIK / Textile

Entry # 3

Name: Tabitha Hidalgo Grade: 11

Title: *Original Canine Character Development*

Medium: computer graphic illustration

Entry # 4

**\*GOLD MEDAL WINNER**

Name: Ashleigh Kapke Grade: 11

Title: *Watercolor Quote*

Medium: mixed

Entry # 5

Name: Kurtis Smith Grade: 10

Title: *Aquatic Sorrow*

Medium: pencil

Entry # 6

FYI: Our school is a member of the East Central Nebraska Conference, each year the conference hosts a student exhibit during March, "Youth Art Month". The show features 10 art works from 12 schools. Johnson County Central High School art students were encouraged to submit their best art projects created during this school year. The top ten student works were chosen from over 100 items. Johnson County Central school faculty, staff, administrators, and students were invited to serve as judges. The judges were asked to look for creativity, originality, and craftsmanship.

*This is a special accomplishment for our students.*

Congratulations!

.....><.....  
Name: Elizabeth Kessler Grade: 10

Title: *Feminine features...*

Medium: pencil

Entry # 7

Name: Alexander King Grade: 12

Title: *Bear totem – spirit pouch*

Medium: mixed media assemblage

Entry # 8

Name: Sierra McClintock Grade: 9

Title: *Skyscraper vantage-point*

Medium: pencil

Entry # 9

**\*2<sup>ND</sup> HONORABLE MENTION**

Name: Jayna Lambelet Grade: 10

Title: *Deer Skull Totems*

*(Preparation of skull from personal hunt to addition of decorative elements.)*

Medium: mixed

Entry # 10



## Spring Is In The Air by Emily Fricke

You can tell spring is here because all of the kids are going a bit crazy; they want to go outside and enjoy the weather. But along with all of the great weather comes some serious rehearsing and determination. All of the groups are getting ready or have already competed in a music contest this semester. The 6th graders and the middle schoolers will be competing in the Malcolm Music Contest on Friday, March 20th. They have been working extremely hard on their music as well as other music for some of the students that are involved in small groups or solos. We had a great amount of students that were interested in putting in the extra effort it takes to be a part of an extra group. I look forward to seeing all of the groups perform on Friday.

At the high school level, we have been preparing for the MUDECAS Music Contest which will be held in Pawnee City on Tuesday, March 24th. Again, we have a few students that are also involved in small groups and solos as well as the students that are also involved in jazz band. All of the large and small groups will be performing and it is a great way for our students to get some feedback from the judges to help us prepare for District Music Contest. Please check the website for ratings on all of our performances!

There are a number of students at the high school and middle school level that have also been chosen for honor bands that are approaching.

Class C Allstate: Isaac Buss, Eddie Li, Grant Moles, and Bryan Murphy

Meridian Honor Band: Carrie Beethe, Grace Clark, and Simon Rother

ECNC Honor Band: Sopha Kongmanyvong, Sierra McClintock, Annika McDonald, Sara Kettlehake, Courtney Klaasmeyer, Hannah Swanda, Bryan Murphy, Keaton Kleespies, Grant Moles, Eddie Li, Jordan Rodriguez, Correy McClintock, Grace Clark, Simon Rother, Tyler Sedersten, Kole Kleespies, Andrew Stafford, and Erika Cruz

On a side note, the music department is always looking for parents to help out in our music boosters organization. At most, we meet once a month, and the date is not set until the previous monthly meeting. The purpose of the organization is to provide support for our music students in helping them fundraise, helping out with music events, and to also provide some much needed help to Tom Doran and myself. If you are interested in becoming an officer, or just want to help out, it would be greatly appreciated!! Please contact me at 402-335-7362 or Tom Doran, or you can call one of the school sites if you are interested or have questions.

If you have a high school band student and are curious about the music schedule, they have it available to them on their google drive on their iPads. Next school year, we plan to send home a paper copy of the music schedule with all of the music students, however, the schedule may get updated at any point during the year. All the music events are also placed on the music calendar as well. Please continue to check the school calendar for all of the music events for the year. For now, here are the rest of our events for this school year listed below.

March 20	Friday	Malcolm MS Music Contest
24	Tuesday	HS MUDECAS Music Contest in Pawnee City
28	Saturday	Class C Allstate
April 10	Friday	Meridian MS Honor Choir and Band
23	Thursday	HS District Music Contest in Tecumseh
May 1,3	Fri, Sun	HS Musical - Annie
4	Monday	HS Spring Concert and Art Show
9	Saturday	HS Band at Graduation
11	Monday	ECNC Honor Band - Yutan
15	Friday	4-8 Spring Concert in Cook 7:00pm
16	Saturday	Choir to Worlds of Fun
18	Monday	K-3 Spring Program 7:00pm

## ELL NEWS FOR APRIL

Spring is finally here and the students couldn't be more thrilled. This time of year is exciting as we anticipate the grass turning green, flowers blooming, the birds building nests, and of course the warm weather and sunshine. This is a great time for us to work on our descriptive language. Students in the high school have used Spring as an inspiration in both poetry and essay writing.

Figurative language is also wonderful to discuss this time of year. Onomatopoeias can be found when we talk about what animals say – such as the bird says “chirp”. Many students are surprised to learn that the animals actually say different things in different languages. Alliterations can be found in “the big blue sky” and “dancing daffodils.” Spring offers many opportunities to develop our vocabulary and figurative language knowledge.

As spring begins to bloom, I hope that you and your family can take the time to get outside and enjoy the beauty of nature, and talk about what you are seeing. This is a great way to stretch a student's vocabulary!

Happy Spring!  
-Mrs. Weber



### **2015 FBLA State Leadership Conference**

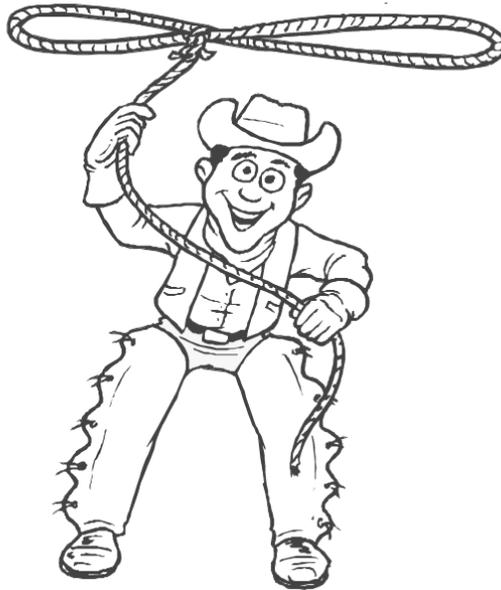
**By Angie Huskey**

On April 9th, 24 students will depart Tecumseh for the FBLA State Leadership Conference (SLC) that will be held in Omaha, NE. The conference consists of business meetings, competitive events, seminars, workshops, election of state officers, awards, as well as a variety of other planned leadership and educational activities. Johnson County Central's FBLA members will be competing against over 2,700 of the best and brightest business students in the state of Nebraska for a chance to qualify and compete at the national level. This year's national competition will be held in June in Chicago, Illinois.

At this year's SLC, there will be a variety of competitions that will be administered during the three-day competition. Contests in: Accounting, Business Calculations, Business Communications, Word Processing, Job Interview, Computer Problem Solving, Business Law, and Economics, Marketing, Personal Finance, Hospitality Management, Website Design, Sports Management, as well as a variety of Impromptu and Public Speaking events, among others, will be part of the three day conference.

In addition to the competitive events JCC-FBLA members will have the opportunity to listen to a variety of dynamic speakers and presentations. The presentations being offered at this year's competition will cover the following topics: becoming successful leaders, fundraising, learning to code, marketing yourself through resumes and interviews, ethics, and avoiding distracted driving situations.

# Kindergarten Round-Up



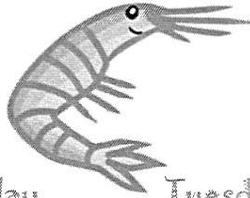
**WHEN:** Tuesday, April 14, 2015  
9:00-11:30 a.m.

**WHERE:** Johnson County Central Elementary Building in Tecumseh.

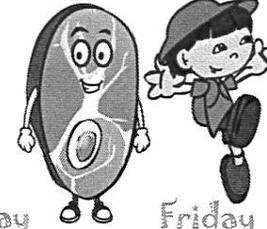
**WHO:** Children residing in the Johnson County Central school district who are, or will be, age 5 on or before July 31, 2015.

Individual letters will be sent in April to the parents of all Kindergarten ready students residing in Johnson County Central's school district. If you do not receive a letter, please call the school and let us know that you will be attending the 2015 Kindergarten Round-Up.

If applying for early registration (child will be 5 years old on or after August 1 and on or before October 15), JCC must have received your written request by March 20, 2015.



# April 2015



Sunday

Monday

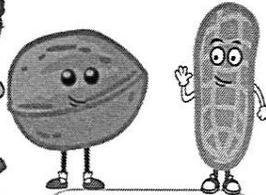
Tuesday

Wednesday

Thursday

Friday

Saturday



5

Avoid foods that are breaded and deep-fried. They are high in fat and calories.

6

Plan a meal around veggies, whole grains and beans instead of meat for one day.

7

If your 4 year old gets 4 tablespoons of protein, he has met his daily protein needs.

8

All movement counts; Teach the kids to take the stairs instead of an elevator today.

9

Take the kids to your local high school this weekend and run relay races around the track.

10

Pick a new fruit to try this week.

11

Doctors recommend a full 7 or 8 hours a night. Kids need more sleep.

12

Teach your kids to set down the remote and get up to change the channel.

13

Trying new foods will help your child become a good eater.

14

You are your child's best advertisement Have fun with nutrition!

15

Try to include something from all the food groups.

16

Teach your kids to love walking!

17

Make a shopping list of all the foods you need and have your kids help.

18

Set out a bowl of veggies with a low fat dip for healthy kid snacking.

19

Walk in the park, plant a tree, start your own garden.

20

Keep the total calories down by choosing baked chips instead of regular potato chips

21

If your child can't drink non-fat or 1% milk, try soymilk with calcium.

22

It's Earth Day! Teach the kid to recycle!

23

Play a simple game with the kids. Remember tag. Its fun and very active!

24

Introduce kids to games that teach them about being healthy.

25

Build stronger muscles, bones and tendons with activities like jumping,

26

Celebrate YMCA Healthy Kids Day! Be Active.

28

High fiber foods include beans, whole grain breads and fresh fruits and vegetables.

29

Kids are more likely to eat fruit that is already cut up.

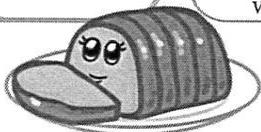
30

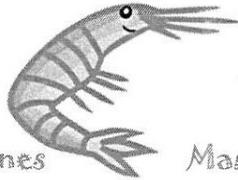
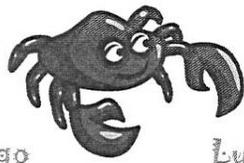
Find a bread that is high in fiber but lower in calories by using food labels.

31

Have your child hum the entire alphabet song while brushing to get clean teeth.

Pick lean meat for a healthy heart





# Abril 2015



Domingo

Lunes

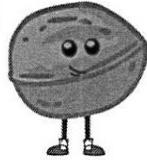
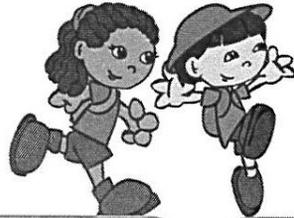
Martes

Miércoles

Jueves

Viernes

Sábado



5

Evite los alimentos empanizados y fritos. Tienen alto contenido de grasa y calorías.

6

Por un día haga los planes para una comida con vegetales, granos integrales y frijoles en vez de carne.

7

Si su niño de 4 años consume 4 cucharadas de proteína, ha cumplido con su necesidad diaria.

8

Todo movimiento vale; enséñeles a los niños a subir las escaleras en vez del ascensor hoy.

9

Este fin de semana lleve a los niños a su escuela local y hagan carreras por la pista.

10

Escoja una nueva fruta para probar esta semana.

11

Los doctores recomiendan que se duerma por 7 u 8 horas. Los niños necesitan más.

12

Enséñeles a sus niños a que suelten el remoto y que se levanten a cambiar el canal.

13

Probar nuevos alimentos le ayudará a su niño a ser buen comedor.

14

Usted el mejor comercial para sus niños. ¡Diviértase con la nutrición!

15

Trate de incluir algo de todos los grupos alimenticios.

16

Para diversión familiar jueguen a los bolos, la jaula de batear, o golf en miniatura.

17

Haga una lista de compras de todos los alimentos que necesita con la ayuda de los niños.

18

Para una merienda saludable para los niños ponga un plato de vegetales con una salsita baja en grasa.

19

Camine por el parque, siembre un árbol, instale su propio jardín.

20

Mantenga bajas las calorías, escoja las papitas horneadas en vez de las regulares.

21

Si su niño no puede tomar leche descremada o de 1%, pruebe la leche de soya con calcio.

22

¡Es el Día de la Tierra! Enséñeles a sus niños a reciclar!

23

Juegue un juego sencillo con los niños. ¡Un juego divertido y activo!

24

Enséñeles a los niños juegos que les enseñen a mantenerse saludables.

25

Haga los músculos, huesos y tendones más fuertes con actividades como saltar.

26

¡Celebre el Día de Niños Saludables de la YMCA! Manténgase activo!

27

Los alimentos altos en fibra incluyen frijoles, panes integrales, y frutas y vegetales frescos.

28

Los niños lo más probable comerán frutas que ya están picadas.

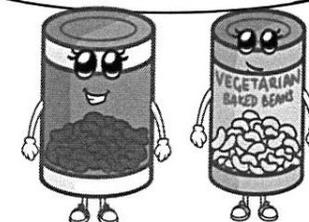
29

Encuentre un pan alto en fibra y más bajo en calorías leyendo las etiquetas alimenticias.

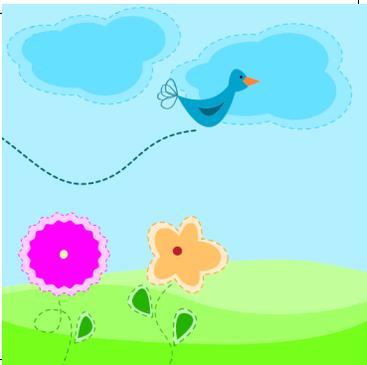
30

Pídale a su niño que tararee la canción del alfabeto mientras se lava los dientes.

Come proteína bajo en grasa.



# April 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 NeSA Testing	2 Track @ Thayer Central 11:00 am V G Soccer @ Conestoga 5:00 pm JV/V B Soccer @	3 <b>NO SCHOOL</b> Easter Break	4
5 	6 <b>NO SCHOOL</b> Easter Break JV/V G Soccer @ Nebr City HS 5 & 7 pm	7 Track @ JCC 9:30 am V Golf @ Southern 4:30 pm	8 4th & 5th NeSA Testing HS Choir @ Leid Center Golf @ Friend 10:00 am State FFA @ Lincoln B.O.E. Meeting @ HS Spec. Ed Room 7:30 pm	9 State FFA @ Lincoln 4th & 5th NeSA Testing FBLA State Leadership JV/V G Soccer @ Plattsmouth JV/V B Soccer @ Ne City HS Music Contest Concert @ 7:00 pm	10 State FFA Convention State FBLA Leadership Conference JV/V G Soccer @ Bennington HS JV/V B Soccer @ Ne City High School	11 State FBLA Leadership Conference
12	13 JV/V G Soccer @ Nebraska City HS JV/V B Soccer @ Gretna HS NHS Induction @ HS	14 NeSA Testing NO Preschool @ Both Sites V Golf @ Kirkman's Kindergarten	15 NeSA Testing	16 NeSA Testing V G @ Wildwood JH Track @ Conestoga 2:00 pm JV/V G Soccer @ Elkhorn South HS JV/V B Soccer @ NE City HS	17 NeSA Testing <b>1:00 Dismissal— Teacher Workday</b>	18 JH MUDECAS Track @ JCC HS 9:00 am HS Prom @ JCC HS 7:00 pm
19	20 V G @ Falls City CC JV/V G Soccer @ Ne City HS JV/V Soccer @ Elkhorn HS	21 NeSA Testing V Track @ Tri County 12:30 JH Mudecas Quiz Bowl @ Lewiston	22 NeSA Testing Johnson County Coalition Meeting @ Sterling 8:30 am V G @ Southern HS	23 <b>NO SCHOOL-</b> District Music @ JCC JH Track @ Freeman HS 4:00 pm	24 <b>NO SCHOOL for 6th –12th Grade</b> Pre-K thru 5th Grade Have school	25 V Track @ Pawnee City 9:00 am
	27 V B & G Soccer Honors Day @ 1:00 pm HS Gym Athletic Banquet @ HS Gym 6:00 pm	28 V Track @ Falls City HS 2:30 pm	29 FFA Red Cross Blood Drive @ HS Gym V Golf @ Woodlands Hills 8:30 am	30 V Golf @ Tecumseh C. C. 4:00 pm JH Track @ JCC HS 4:00 pm		

# April 2015

“THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER”

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Spaghetti / Meat Sauce Peas Fruit & Veggie Bar Milk	2 Chili Dog / WG Bun Fruit & Veggie Bar Cake Milk	3  NO SCHOOL!!	
5 	6  NO SCHOOL!!	7 Mac & Cheese Baked Beans Fruit & Veggie Bar Milk	8 Cheeseburger / WG Bun Starz Has Brown Fruit & Veggie Bar Milk	9 Pizza Fruit & Veggie Bar Cookie Milk	10 Popcorn Chicken Bowl Fruit & Veggie Bar Milk	11
12	13 Chicken Nugget Potatoes Fruit & Veggie Bar Bread Stick Milk	14 Salisbury Steak / WG Bread Mashed Potatoes Fruit & Veggie Bar Milk	15 Sloppy Joe/ WG Bun Fruit & Veggie Bar Cookie Milk	16  Chef's Choice	17 Cheese Stick Carrots Fruit & Veggie Bar Milk	18
19	20 Sloppy Nacho's Fruit & Veggie Bar Scooby Snacks Milk	21 Br. Chicken Patty/ WG Bun Fruit & Veggie Bar SP Fries Milk	22 Stromboli Calico Beans Fruit & Veggie Bar Milk	23  NO SCHOOL !! District Music	24  No SCHOOL!!	25
	27 Chicken Strip Tater Tot Fruit & Veggie Bar Milk	28 Goulash Green Beans Fruit & Veggie Bar Milk	29 Hotdog WG Bun Corn Chips Fruit & Veggie Bar Milk	30 Creamed Chicken / WG Biscuit Fruit & Veggie Bar Cookie Milk		

# 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

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 Jack Moles, Superintendent at 402-335-3320