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#### SUPERINTENDENT NOTES by Jack D. Moles



As has been the norm the past few years this summer flew right by. As I write this I am preparing to head off for Administrator Days in Kearney. For administrators this signals the end of summer. I am excited to have the beginning of the new school year quickly approaching. I love that time when kids and teachers come in with that freshness of a new year.

We add six new members to our teaching staff this year. Timothy Blecha will teach high school Industrial Technology and do some coaching. Michelle Borrenpohl is not necessarily new to us as she was an elementary aide then served as a long term substitute for us. She will teach first grade. Garrett Collin will teach P.E. at the Tecumseh site and will do some coaching. Julie Isaacs will teach middle school Language Arts and Title I Math. She will also be involved in coaching. Derek Kuhl is not actually “new” either as he also completed a long term substitution assignment with us last year. He will teach high school Social Studies and will be involved in coaching for us. Kaitlyn Schleif will teach high school Spanish and also do some coaching. Her goal is to expand Spanish offerings to other grade levels. We are very excited to have these six teachers join our staff. They have all expressed great ideas and goals that will help us better serve our students.

#### PREPARING FOR THE COMING YEAR

As students enter grades 6-12 this fall, I would like to make some recommendations for their parents to enable them to get the most out of their secondary education. It is my belief that these would all be of help to kids. Included are the following:

- Make sure that time is set aside for homework at a somewhat regular time each night. Being involved in activities sometimes makes this difficult, but having the organizational skills to make time available will be a lifelong skill that is developed. Part of this will be for you to make sure your child has a place to study that has as few of distractions as possible. This is a skill that will especially be helpful in college.
- Get to know your child’s teachers. I am always amazed when parents walk into a Parent-Teacher conference and tell me they don’t know who some of the teachers are. We are still a small school and teachers do a good job of making themselves available to kids and parents. It is also a staff that tends to enjoy visiting with parents. Strong communication between the home and school goes a long way in ensuring student success.
- Keep track of your student’s grades on our school website. You will be issued log in information to allow you to do this. If you do not receive this please contact the high school or middle school office. As you look at grades please discuss concerns first with your child, then contact the teacher. We do send out progress reports, but I believe regular access to your child’s grades is a very good way to monitor their progress. Students tend to become more concerned if they know their parents are monitoring their progress.

- Encourage your child to read. Novels, magazines, newspapers, websites—all help to improve students’ reading skills. Reading skills are one of the most important indicators of success in high school and college. A common theme we hear is how much time students spend with video games. Help to move your child(ren) off of the video games for even a small portion of time each day by encouraging reading. We see such an importance in reading that we now provide explicit instruction in middle school and high school for students who may need more help.
- Encourage your child to really prepare for college entrance examinations. Good scores on the ACT can mean thousands of dollars in scholarships for students. Our school sees enough importance in students scoring well on the ACT that we make the Baylor Test Prep class available for our 9-12 graders. This is a class that we will hopefully continue to provide for our students. Many of our students have had nice scores over the past few years and I am sure that the Baylor Test Prep class had a role in this. The other aspect in properly preparing is to look at taking the ACT more than once. Taking the ACT as a freshman or sophomore is not out of the question. My wife and I have had each of our children take the ACT as freshmen. A bigger indicator of success on the ACT than either of these strategies, though, is how strenuous of a schedule a student takes. Students who challenge themselves with a difficult class schedule tend to score higher than students who do not challenge themselves. Frequently we see students who do not want to challenge themselves in order to protect their grade point average and class rank. Much more scholarship money goes to students based on ACT scores than either class rank or GPA. One point of emphasis in our move to requiring four years of math and science for graduation is to better prepare students for the ACT.
- Encourage your child to take on leadership opportunities. FFA and FBLA especially offer a number of such opportunities, but so do activities such as Student Council, athletics, and music. Leadership qualities are especially important to colleges and potential future employers.
- Keep a family calendar posted with your child’s activities included. Refer to this calendar frequently. For example, if you notice that testing is coming up you can help to ensure that your child receives proper rest and is prepared for the testing. Also, if a larger event is coming up you can visit with your child about working ahead.
- Have your child become involved in music. Studies show that people who are involved with music tend to perform better academically, especially in the areas of math and language. I have a goal of growing our instrumental and vocal programs. A decision was made to not have field marching this fall as the numbers in high school band have dropped off in the past few years. I definitely would like to reverse that trend. If cost is a concern for band please visit with the teacher about using school owned instruments. Coupled with music, I believe it is important for students to be involved in the other arts as well, whether in an art class, or in speech or drama. The arts not only have a direct correlation to academic success, they also tend to help to define us as human beings.
- Encourage your child to go out for at least one sport. Our students tend to get a great mental workout each day. A well-rounded individual needs to also have a physical workout. Studies show that students who are active physically tend to improve academically. This can also serve as a great outlet for stress. It has been well documented that American teens are increasingly becoming more out of shape. Also, for Johnson County Central to be able to compete we need better participation.
- Do not allow yourself to get caught up in the “everyone else is doing it” justification for your child being allowed to do things outside of your morals or beliefs, or outside of the law. First of all, not everyone else is doing it. And, as I have told my own children on more than one occasion: “everyone else is not my child—you are”. Do not be afraid to tell your child “no”. They may resent it and attempt to make life miserable for a short while, but they will come around, especially when they want something from you like money or car keys. I would especially expect you to take this stand when it comes to illegal things for your child: alcohol, drugs, and tobacco for example. We, as adults, can make no valid justification for our kids to partake in these things. As parents, our expectations for our children should be to have them involved in constructive activities, not activities that can take away from possible success.
- Be very careful in allowing your child to quit an activity or a class. My belief is that once a student makes a commitment to something they should see it through. Although there is sometimes an absolute necessity to quit, the vast majority of the time quitting is simply a matter of convenience or not wanting to put in an effort. I do not believe students learn much of a positive nature by quitting. In fact, it may serve to reinforce the idea of “taking the easy way out” and not committing to things in other areas of their lives.

- Know who your child’s friends are. Don’t blindly let your child run around with just anyone. You should set standards of expectations for the types of behaviors your child, and his/her friends, exhibit. If your child’s friends cannot or will not meet these expectations then you may want to consider whether these are good associations for your child.
- Try to talk with your kids frequently to find out what is going on in their lives. Parents who show interest in their child’s lives tend to have a much more positive impact in those lives.
- Support the efforts of your child, but at the same time support the efforts of the school. In either case please do not “blindly” support either. If your child is in error please make sure that he/she knows it and support the teacher. The same goes for the school. If we are in error please be an advocate for your child. Both are fair expectations. Please know that administratively we support parents having the ability to speak up for their children. We do have an expectation that things are handled in a constructive and respectful manner. In doing so we expect that the parent finds out both sides of the issue before they support one side or the other.



**NEWS FROM PRINCIPAL RICK LESTER**

Welcome back! I hope you had an enjoyable summer and are rejuvenated and ready for a great 2015-2016 school year. I just have a couple of items to get us started on the right foot:

- All students received a pre-registration letter with dates if you want to change your schedule - also enclosed is the schedule for the 2015-2016 school year for you to view. Pre-registration is scheduled for Monday, August 10 and Tuesday, August 11 with grades meeting at these times with Mrs. Moles – Counselor. If no changes we’ll see you on the first day of school August 19:
 

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.

All 9<sup>th</sup> grade students received a letter for iPad orientation which attendance is required for the 9<sup>th</sup> grade student and a parent. You’ll need to attend one of these scheduled meetings in the high school cafeteria:  
 Monday, August 10 at 9:00 a.m. or 7:00 p.m.  
 Tuesday, August 11 at 9:00 a.m. or 7:00 p.m.
- All 10<sup>th</sup> grade to 12<sup>th</sup> grade students will receive their iPad on the first day of school as long as they have the insurance form filled out and payed, and policy and procedure form signed and returned. (These students have already gone thru the orientation therefore don’t need to attend again – although if you’re a new student you will need to attend one of the iPad orientation meetings).
- School pictures are scheduled for Thursday, September 3, 2015

## **Rich Bacon-Middle School Principal, Athletic Director**

Welcome back to the 2015 - 2016 school year. Where did the time go? It's hard to believe that summer is coming to a close and we're getting ready to kick off another school year. Every year summer seems to go faster than the previous summer and I accomplish about half of what I intended. But, as always, I find myself getting excited as the first day of school approaches. After a summer of relaxation and activities, it's always good to welcome anxious and enthusiastic students back to school on that first day.

This year we welcome a new face to our teaching staff at the Cook site. Ms. Julie Isaacs will be the new 6<sup>th</sup> Grade Language Arts Teacher this year. This will be Ms. Isaacs' first teaching job and we are very excited to have her on our teaching staff.

The Middle School Walk-Through will be held Monday, August 17<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. There will also be an open house for the 4<sup>th</sup> and 5<sup>th</sup> grades on August 17 starting at 5:00. This will allow any student who is not familiar with the Cook site to find his/her classroom, walk the halls, find the restrooms and ask any questions they may have about the upcoming school year.

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, the following items are recommended for all students in the Middle School: one 3-ring binder or trapper and loose leaf notebook paper, black or blue pens, pencils/erasers, highlighters, spiral notebooks, a calculator and a protractor. Individual teachers may have other 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 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> 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 and must be turned in before the student can participate in any inter-school sport. 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 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:

**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.

**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*,

**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?

SIGNS OBSERVED BY PARENTS, FRIENDS, TEACHERS OR COACHES	SYMPTOMS REPORTED BY ATHLETE
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.

## **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.

## **Other Frequently Asked Questions**

### **Why is it so important that an athlete not return to play until they have completely recovered from a concussion?**

Athletes who are not fully recovered from an initial concussion are significantly vulnerable for recurrent, cumulative, and even catastrophic consequences of a second concussive injury. Such difficulties are prevented if the athlete is allowed time to recover from the concussion and return to play decisions are carefully made. No athlete should return-to-sport or other at-risk participation when symptoms of concussion are present and recovery is ongoing.

### **Is a “CAT scan” or MRI needed to diagnose a concussion?**

Diagnostic testing, which includes CT (“CAT”) and MRI scans, are rarely needed following a concussion. While these are helpful in identifying life-threatening brain injuries (e.g. skull fracture, bleeding, swelling), they are not normally utilized, even by athletes who have sustained severe concussions. A concussion is diagnosed based upon the athlete’s story of the injury and the health care provider’s physical examination.

### **What is the best treatment to help my child recover more quickly from a concussion?**

The best treatment for a concussion is rest. There are no medications that can speed the recovery from a concussion. Exposure to loud noises, bright lights, computers, video games, television and phones (including text messaging) all may worsen the symptoms of a concussion. You should allow your child to rest as much as possible in the days following a concussion. As the symptoms lessen, you can allow increased use of computers, phone, video games, etc., but the access must be lessened if symptoms worsen.

### **How long do the symptoms of a concussion usually last?**

The symptoms of a concussion will usually go away within one week of the initial injury. You should anticipate that your child will likely be out of sports for about two weeks following a concussion. However, in some cases symptoms may last for several weeks, or even months. Symptoms such as headache, memory problems, poor concentration, and mood changes can interfere with school, work, and social interactions. The potential for such long-term symptoms indicates the need for careful management of all concussions.

### **How many concussions can an athlete have before he or she should stop playing sports?**

There is no “magic number” of concussions that determine when an athlete should give up playing contact or collision sports. The circumstances surrounding each individual injury, such as how the injury happened and length of symptoms following the concussion, are very important and must be considered when assessing an athlete’s risk for further and potentially more serious concussions. The decision to “retire” from sports is a decision best reached following a complete evaluation by your child’s primary care provider and consultation with a physician or neuropsychologist who specializes in treating sports concussion.

### **I’ve read recently that concussions may cause long-term brain damage in professional football players. Is this a risk for high school athletes who have had a concussion?**

The issue of “chronic encephalopathy” in several former NFL players has received a great deal of media attention lately. Very little is known about what may be causing dramatic abnormalities in the brains of these unfortunate retired football players. At this time we have very little knowledge of the long-term effects of concussions which happen during high school athletics. In the cases of the retired NFL players, it appears that most had long careers in the NFL after playing in high school and college. In most cases, they played football for over 20 years and suffered multiple concussions in addition to hundreds of other blows to their heads. Alcohol and steroid use may also be contributing factors in some cases. Obviously, the average high school athlete does not come close to suffering the total number or shear force of head trauma seen by professional football players. However, the fact that we know very little about the long-term effects of concussions in young athletes is further reason to very carefully manage each concussion.

Some of this information has been adapted from the CDC’s “Heads Up: Concussion in High School Sports” materials by the NFHS’s Sports Medicine Advisory Committee. Please go to [www.cdc.gov/ncipc/tbi/Coaches\\_Tool\\_Kit.htm](http://www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm) for more information.

# 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:**

- Mon. Aug. 17—  
Cook Site Elem.  
Open House, 5:00  
p.m.
- Tues. Aug. 18—  
Tecumseh Site  
Elem. Open  
House, 5:00 p.m.
- Wed. Aug. 14—1st  
Day of School!
- Thurs. Sept. 3—  
School Pictures.

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

**Monday, August 17, 2015** **Tecumseh Site Open House** and/or shot records up to date.

**Cook Site Open House**

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

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

Lunches/breakfast/snacks should be paid in advance.

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

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

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 Thursday, September 3.

**Reminders:**

**Tuesday, August 18, 2015** Please make sure you have physicals completed

## 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 word 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.



**Counselor News** by Shelley Moles

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

Only a few short weeks before school begins! I hope everyone has had a terrific summer and is ready for an exciting 2015-2016 school year. This year promises to be another one filled with great educational opportunities at Johnson County Central! I am looking forward to working with a great class of seniors and welcoming new students and freshmen to JCC. I anticipate some great leadership and academics from all JCC students.

**Student Registration and Schedules:** High school students may visit with me about their class schedule all day Monday, August 10 or Tuesday, August 11, as outlined in Mr. Lester's letter mailed to high school students. Please call to schedule a time before school starts to register or change classes if you cannot come on August 10<sup>th</sup> or 11<sup>th</sup>. Students also have the first week of school to make class schedule changes for first semester.

**Students and School Success:** As a school counselor, one of my favorite activities is working with students to help them be successful in school and their future life. Some things I try to do as a school counselor to help students be more responsible are:

- Give students as much responsibility as possible. While teens still definitely need guidance, they also need practice making decisions. Whenever possible, I will support students in making positive and thoughtful decisions.
- Help students think about the consequences of his/her decision or lack of decision. Teens tend to jump in without thinking. As a counselor, I will encourage students to think about the results of an action before taking it and to build positive relationships with others.
- Help students make a plan. At the beginning of school, at semester and in the spring planning for the next year, I want to help students create a plan for graduation that will prepare them for the next step - college, apprenticeship, work, and/or service.
- Allow teens to learn from experience. Experience is a good teacher but teens cannot learn the lessons they will need in the future if they do not see the rewards or consequences of their actions. If a paper is not written on time, students must deal with parents, the teacher and suffer the consequences. Having a plan and using good decision making should help teens develop responsible work habits.
- Celebrate success and believe in students abilities. I hope to take a few minutes every day to listen and get to know how terrific each student is and enjoy their successes with them.

I look forward to the new school year and the opportunities it will provide for students to learn.

**ACT Testing Dates and Registration:** ACT testing dates and registration deadlines for the 2015-2016 school year are listed below. Please notice that the registration deadline for the September test date is before school begins.

ACT Test Date

- Saturday, September 12, 2015
- Saturday, October 24, 2015
- Saturday, December 12, 2015
- Saturday, February 6, 2016
- Saturday, April 9, 2016
- Saturday, June 11, 2016

Registration Deadline

- Friday, August 7, 2015
- Friday, September 18, 2015
- Friday, November 6, 2015
- Friday, January 8, 2016
- Friday, March 4, 2016
- Friday, May 6, 2016

Reminder – students must electronically submit a photo with the application and the admission ticket will have the student's picture printed on it. When students take the test, they must have photo identification so test proctors can match the picture to their printed admission ticket. If students want to use an electronic version of their school picture, please ask Mrs. Moles for help.

All students must also indicate the school they attend when registering. Johnson County Central High School's **school code number** is **282 319**. Social Security numbers will no longer be required or requested by ACT for student registration.

Students may register online at [www.actstudent.org](http://www.actstudent.org). Online registration is possible 24/7 on any computer connected to the internet. A MasterCard or VISA must be used to pay fees online. (Fee Waivers are available for juniors and seniors who qualify-see Mrs. Moles for waiver eligibility).

The [www.actstudent.org](http://www.actstudent.org) site also offers FREE practice test questions, FREE ACT Question of the Day, FREE Test tips, FREE "Preparing for the ACT" booklet and FREE Test Descriptions.

**SAT Testing Dates and Registration:** SAT testing dates and registration deadlines for the 2015-2016 school year are listed below. Beginning with the March test date, the new redesigned SAT format will be used. The new format has a verbal and a math score with an optional writing essay.

<u>SAT Test Date</u>	<u>Registration Deadline</u>
October 3, 2015	September 3, 2015
November 7, 2015	October 9, 2015
December 5, 2015	November 5, 2015
January 23, 2016	December 28, 2016
March 5, 2016	February 5, 2016
May 7, 2016	April 8, 2016
June 4, 2016	May 5, 2016

Students may register online at <https://sat.collegeboard.org>. Students must electronically submit a photo with the application and the admission ticket will have the student's picture printed on it. Cost of the current SAT (includes required essay) is \$54.50. Cost of the SAT beginning in March is \$43.00 or \$54.50 with optional essay. (Fee Waivers are available for juniors and seniors who qualify-see Mrs. Moles for waiver eligibility).

The <https://sat.collegeboard.org> site also offers FREE online SAT practice questions, a full SAT practice test plus a question of the day. SAT Subject test information is also available on the SAT website.

Students should indicate the school they attend when registering. Johnson County Central High School's **school code number** is **282 319**.

### **Student Records and Release of Information:**

The *Family Educational Rights and Privacy Act (FERPA)* is a Federal law that requires Johnson County Central School, with certain exceptions, to obtain a parent's written consent prior to the disclosure of personally identifiable information from a child's education records. However, Johnson County Central School may disclose appropriately designated "directory information" without written consent, unless parents have advised the District to the contrary. The primary purpose of directory information is to allow Johnson County Central School to include directory information from a child's education records in certain school publications. Examples include:

1. A music program showing a student's name and grade;
2. The annual yearbook;
3. Honor roll or other recognition lists;
4. Graduation programs;
5. Sports activity sheets, such as football, volleyball, or basketball programs showing weight and height of team members.

Directory information, which is information that is generally not considered harmful or an invasion of privacy if released, can also be disclosed to outside organizations without a parent's prior written consent. Outside organizations include, but are not limited to, companies that manufacture class rings or publish yearbooks. In addition, two federal laws require local educational agencies (LEA) receiving assistance in the *Elementary and Secondary Education Act of 1965 (ESEA)* to provide military recruiters upon request, with three directory information categories – names, addresses, and telephone listings – unless parents have advised the LEA that they do not want their student's information disclosed without their prior written consent.

If you do not want Johnson County Central School to disclose directory information from your child's education records without your prior written consent, you must notify the District in writing by September 15, 2015. Please direct your request to Mr. Moles or your student's building principal. Johnson County School has designated the following information as directory information:

- Student name
- Address
- Telephone listing
- Photograph
- Grade level
- Dates of attendance
- Participation in officially recognized activities and sports
- Weight and height of members of athletic teams
- Honors and awards received
- The most recent educational agency or institution attended.

Parents and students wishing Johnson County Central School to release additional information contained in a student's education record to outside agencies need to present a signed, written request or complete the appropriate student record release form.

**Requesting a High School Transcript:**

**Current High School Students** applying for postsecondary institutions, educational programs and scholarships need to bring a written request from a parent to Johnson County Central School in order for a transcript or other information such as class rank, grade point average, or ACT/SAT score to be released. Transcript Request Forms may be picked up from the guidance office. Transcript requests should be signed by both the parent/legal guardian and student.

**Graduates of Johnson County Central Public Schools, Elk Creek Schools, Nemaha Valley Schools or Tecumseh Public School** need to submit a written request stating: a) information to send (such as a transcript of grades), b) the year of graduation and/or attendance (such as graduated 2012), c) name and address of institution or program to receive requested information and finally, the printed name and signature of the former student making the request. Requests may be mailed (Johnson County Central High School, Attn: Mrs. Shelley Moles, 358 N. 6<sup>th</sup> Street, Tecumseh, NE 68450) or given to Mrs. Moles in the counselor's office.

**Johnson County Central  
Middle School  
Fall Walk-Through  
Monday, August 17<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 2015 - 2016 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 and a limited amount of supplies will be available for students to purchase. 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 are 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!

**Cook Site Elementary Open House  
Monday, August 17th  
5:00 pm**

**Tecumseh Site Elementary Open House  
Tuesday, August 18th  
5:00 pm**

**Classes Begin August 19**

## Nebraska School Immunization Requirements

Students entering 7<sup>th</sup> grade in 2015-2016 school year

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 (Meningitis): 1 dose starting at age 11-15 and/or one dose after 16 years of age.

Meningitis is rare, but 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. This shot is required to get into college.

Gardasil (HPV): 3 dose series in 6 months. HPV is short for human papillomavirus. Gardasil is a safe, and proven way to *prevent future cancers* caused by HPV infection. Gardasil provides a long lasting, strong immune response when all 3 doses are given to pre-teen boys and girls. This immune response is more robust with the vaccine compared to the immune response noted when one gets the HPV infection. This shot may be given up to 26 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



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

To see when the Southeast District Health Department Immunization Clinic will be in your area, please call Or, visit our website @ [www.sedhd.org](http://www.sedhd.org)

## Summary of the School Immunization Rules and Regulations 2015-2016

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</p> <p>3 doses of Polio vaccine</p> <p>3 doses of Hib vaccine or 1 dose of Hib given at or after 15 months of age</p> <p>3 doses of pediatric Hepatitis B vaccine</p> <p>1 dose of MMR or MMRV given on or after 12 months of age</p> <p>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.</p> <p>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</p> <p>3 doses of Polio vaccine</p> <p>3 doses of pediatric Hepatitis B vaccine or 2 doses of adolescent vaccine if student is 11-15 years of age</p> <p>2 doses of MMR or MMRV vaccine, given on or after 12 months of age and separated by at least one month</p> <p>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</p> <p>AND receive</p> <p>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://www.hhs.state.ne.us/reg/t173.htm> (Title 173: Control of Communicable Diseases - Chapter 3; revised and implemented 2011)  
Updated 5/2015

**Kindergarten: Mrs. Grotrian & Mrs. Robeson**

Pencil box  
Pencil  
Eraser  
1-8 pk. Crayons  
1-16 pk. Crayons  
2-24 pk. Crayons  
8-10 glue sticks  
A Plastic mat (only plastic) for rest time  
Book Bag  
Paint Shirt (man's T-shirt works well )  
2 Large boxes of Kleenex  
Scissors—No Sharp Points  
1 Container of anti-bacterial wipes

**1st Grade: Mrs. Benson, Mrs. Faris,  
Mrs. Borrenpohl**

2 dozen #2 pencils  
2 pks. of 8 crayons & 1 BIG pack of many colors  
1 large pencil box  
1 paint shirt  
1 bottle of Elmers glue & 8 glue sticks  
1 pair (no sharp points) scissors  
1 box of Kleenex  
4—2 pocket folders  
1 drawing tablet  
1 large eraser  
1—2" binder  
1 large shoe box with lid or plastic container with lid  
1 container of anti-bacterial wipes  
P.E. shoes—Mrs. Benson only  
1 roll of paper towels  
1 box of quart or gallon zip lock baggies

**2nd Grade: Mrs. Doeden, Mrs. Hemmingsen**

2 dozen yellow #2 pencils  
1 big eraser  
2 glue sticks  
1 spiral notebook, wide ruled  
1 box 24 crayons  
2 pks of 3x5 ruled index cards  
1 small pencil box or bag  
1-2" binder (3 hole punch)  
2 large boxes of Kleenex  
2 containers of anti-bacterial wipes  
P.E. Shoes  
School bag  
1 pair pointed Fiskers scissors

**3rd Grade: Mrs. Dieckgrade, 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 pencil bag  
2 wide rule notebooks  
1 pk. 3x5 index cards  
1 Clorox anti-bacterial wipes  
2 boxes of Kleenex

**3rd Grade Continued**

P.E. Shoes  
1-1" 3 ring binder for Mrs. Heidemann

**4th Grade: Mrs. Naber, Mrs. Dorsey**

1 pocket folder for homework  
Colored Pencils  
Crayons  
12 yellow, six-sided #2 pencils, sharpened  
Red pen  
1 spiral notebook  
3 boxes of Kleenex  
4 glue sticks  
1 bottle of white glue  
Scissors (Fiskers if possible)  
1-2" pink eraser  
1 plastic storage box (shoebox sized)  
P.E. shoes to be left at school  
**NO** large trapper keepers or binders

**5th Grade: Mrs. Crotty, Mrs. Tubbesing**

12 Pencils—NO mechanical pencils  
Box of 24 or less crayons or colored pencils  
Pocket folder  
4 glue sticks  
Erasers  
2 Red checking pens  
3 large boxes of Kleenex  
P.E. shoes to leave at school  
Scissors  
3 Spiral notebooks—Mrs. Tubbesing (no easy tear out)  
2 Spiral notebooks—Mrs. Crotty (no easy tear out)  
1 pk. filler notebook paper - Mrs. Crotty  
1—1" 3-ring binder for Mrs. Crotty  
**NO** large trapper keepers or binders

2015-2016 School Year

**Elementary Classroom Supplies**

Please label all items with your student's name




# Johnson County Central Lunch Menu

# August 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Menus are subject to change						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	1 	19 Chicken Nuggets Fruit and Veggie Bar Dinner Roll Milk	20 Hamburger / WG Bun SP Fries Fruit & Veggie Bar Milk	21 Pizza Fruit & Veggie Bar Cookie WG Milk	22
23	24 Spaghehiti / Meat Sauce Peas Fruit & Veggie Bar Milk	25 Sub Sandwich L & T Corn Chips Fruit & Veggie Bar Milk	26 Taco Salad Black Bean Salsa Fruit & Veggie Bar Dinner Roll HS Milk	27 Chicken Tender Wrap L & T Fruit & Veggie Bar Rice Pudding Milk	28 BBQ Rib Patty/WGBun Potato Wedges Fruit & Veggie Bar Milk	29 
30	31 Beef & Bean Burrito Mexi Corn Fruit & Veggie Bar Milk	"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"				



# August 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 HS Band @ Otoe County Fair Parade 4:00
	2		4	5 HS Band Rehearsal 6:45 pm	6	7
9	10 HS Pre-Registration 12th—8:00 am 11th—10:00 am 10th—1:00 pm 9th—2:30 pm	10 HS Pre-Registration 12th—8:00 am 11th—10:00 am 10th—1:00 pm 9th—2:30 pm	12 HS Band Rehearsal 6:45 pm Board of Education Meeting 7:30 pm @ Tecumseh	13 Data Retreat for Teachers	14	15 HS Band @ Johnson County Fair 5:00 pm
16	17 Teacher Workday Cook Site Elem Open House 5:00 pm MS Walk-Through 6:00 pm	18 Teacher Workday Tecumseh Site Elem Open House 5:00 pm	19 <b>First Day of School!!!</b>	20	21	22
23	24	25	26	27 V Golf @ Syracuse County Club 9:00 am	28 V Football @ Concordia HS 7:00 pm	29
30	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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## POSTAL PATRON

### 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.

*School Pictures will be  
taken*

*At both sites on  
Thursday  
September 3rd.*

