Johnson County Central Public School Monthly Newsletter

August 2022

Superintendent Monthly Update

Welcome to the 22-23 School Year!

(Johnson County Central - Year 16)

by Jon Rother. August 2022

I am looking forward to having another great year at Johnson County Central! Here are a few changes for the upcoming school year:

- New! After School Program
 - Using Elementary and Secondary Schools Emergency Relief (ESSER) funds, JCC is starting an after school program for students in grades PK-6 at the Tecumseh Site.
- Updated! Student and Activity Handbooks
 - Although the material may not be entirely new, the format will be different from previous years.
- Updated! School Meal Program
 - School breakfast and lunch is no longer free for all students. Please fill out free/reduced lunch forms whether you intend to accept them or not.
 - Meal prices have been updated.
- Updated! JCC's School Website: <u>www.jccentral.org</u>
 - Just like the handbooks, the content may not have changed much, but it has a very different look!



Journey together... Creating opportunities... Committed to excellence

VOLUME 16 ISSUE 1

Jon Rother Superintendent Elementary Principal 402-335-3320

Rick Lester High School Principal 402-335-3328

Rich Bacon Middle School Principal 402-864-4171

The Johnson County Central After School Program

Who: Students in grades PK-6 Where: JCC's Tecumseh Site

When: 4:00 PM-6:00 PM each day school is in session

Federal Elementary and Secondary Schools Emergency Relief (ESSER) funds have provided funding that JCC will use to start an after school program. The program will be for students in grades preschool through the 6th grades. The intent of the program is to provide quality services to students as their caregivers make the transition from work to home. Students will be provided time and guidance in completing school work and assignments as well as nurturing activities and experiences. Mrs. Amber Beard has taken on the role of After School Program Coordinator and will serve to organize activities and programming for the students.

In order to maintain the program, tuition will be set at the following:

\$25 per week for 4-year-old preschool students through 6th grade students.

\$20 per week for 3-year-old preschool students.

Each additional sibling will be \$15 per week.

Transportation to the after school program will be provided for students coming from the Cook Site, however parents/guardians will be required to provide transportation for their child at the conclusion of the program each day.

To register your child for the after school program, simply contact the school office and submit your tuition payment.

2022-2023 School Lunch Prices

Breakfast - \$1.90 (reduced price \$0.30)

PK-5 Lunch - \$2.85 (reduced price \$0.40)

6-12 Lunch - \$3.05 (reduced price \$0.40)

Student a la Carte - \$1.25

Milk - \$0.50

Juice - \$0.55

^{*}Tuition must be paid in advance and can be paid on a monthly or weekly basis.

^{*}Free/Reduced meal forms can be found at any JCC school office or on our website.

Staying Informed

One of the best ways parents and guardians can stay informed about their child's education and what is going on is through the use of PowerSchool. PowerSchool is JCC's student information system. Using this tool can keep parents up to speed on class schedules, student grades, attendance, meal balances, fees, activities and school news. PowerSchool can be accessed through JCC's website (www.jccentral.org) and as an app on your device. If you need help with your PowerSchool account please contact any JCC office.

Along with PowerSchool, JCC utilizes SwiftReach SwiftK12 to send alerts for emergencies, updates and other information. In order for this system to work effectively, information must be up-to-date and accurate. Please make sure you login to PowerSchool and update your information and preferences by clicking on the SwiftReach icon.

Finally, to ensure you get all JCC mailings, please document any changes to your address, phone number or contact information to your child's office officials.

School Improvement

To maintain school accreditation, school districts across the state (and country) must participate in the school improvement process. Every 5 years, JCC sets a new school improvement goal, trains staff on the best ways to implement strategies to help meet the goal and then brings in a panel of external experts to assess the effectiveness of the strategies towards meeting the goal. After the last school improvement process, we have had a year to reflect and regroup. JCC's newest school improvement plan is "Improving Student Learning With a Growth Mindset".

To have a growth mindset means that we understand "failure" is part of the process to greater learning and that "everyone can change and grow through application and experience." (Dweck 7) We will be working with staff and students to help foster and nurture growth mindset with the use of the book "Mindset: The New Psychology of Success" by Carol Dweck, "Mathematical Mindsets" by Jo Boaler and the School Kit from MindsetWorks. If you are not familiar with these resources, I highly recommend you check them out!

NEWS FROM PRINCIPAL RICK LESTER

I hope you had an enjoyable summer and are rejuvenated and ready for a great 2022-2023 school year. I have a couple of items to inform you on to get started for the new school year:

- We are hosting an Open House (walk-thru) on Thursday, August 11, 2022 at 6:00 p.m. We are excited about the new changes taking place in the high school. A lot of work has been put into our new schedule and daily format for our students. Come visit with your student's teachers and learn about the new changes. Our summer staff have worked hard updating the facilities, we invite parents and students to walk through the high school to view the upgrades. I will also be available in the cafeteria from 6:00 p.m. to 7:00 p.m. with any questions on JCC's random drug testing for high school students. Come For A Visit!
- All students received a pre-registration letter enclosed was the schedule for the 2022-2023 school year for you to view and your student's schedule for first semester. Pre-registration is scheduled for Monday, August 8, 2022 for all students. If your student is wanting to change their schedule they will need to come on this day anytime between 8:00 a.m. to 4:00 p.m. and visit with our counselor Mrs. Reuter. Just a reminder, students do have until Tuesday, August 23, 2022 to change their schedule. If no changes need to be made to your schedule, we'll see you on the first day of school, Monday, August 15, 2022 (school is dismissed at 1:00 p.m. on this day).
- I will be visiting with each class going over the Student Handbook and Activities Handbook for the next week and a half. During these meetings I will also have information for our ACT prep for any students interested. All students will receive an email of a copy of these handbooks on their iPad. Please take the time to view these handbooks at your convenience and return the receipts that are required.
- All high school students will receive their iPad on the first day of school as long as you have the insurance form filled out and paid, with the policy and procedure form signed and returned to the office. We strongly encourage students to take care of this before school starts. You can come to the high school office anytime between 8:00 a.m. to 4:00 p.m. to return forms and payment. If students have completed these instructions, they will get their iPad on the first day of school without any delay.
- Our school picture day is scheduled for Friday, September 9, 2022.

MIDDLE SCHOOL NEWS

By Rich Bacon

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. 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.

The Middle School Walk-Through and 4th & 5th grade Open House will be held Wednesday, August 10th. The 4th and 5th grade Open House will be from 5:00 – 6:00, the Pre-School Orientation will begin at 5:30, and the Middle School Walk-Through will start at 6:00. The Walk-Through and Open House 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 meet with their child's teachers and ask any questions they may have. We are excited this year to, again, continue our 1:1 iPad program for all students in grades K-12. The initial orientation for students and parents will be covered at the Walk-Through. As was the case last year, upon receipt of the signed iPad insurance form, all students, grades 6-8, will be loaned an iPad for the school year. This insurance form will be handed out at the Walk-Through. iPads will be checked out to students during the first week of school if we have received the insurance form. This, and other concerns dealing with iPads, will be addressed at 6:00 in the main gym at the Middle School. We hope to see everyone on the 10th.

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 for middle school students, individual teachers may have suggestions which will specifically pertain to their particular class. Students in grades 4 and 5 should have received a supply list for this coming school year last spring with their report cards. The recommended school supply list for each grade level can also be found on the school website, under the Parent Information tab. 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. All students and parents are strongly encouraged to read through the Student-Parent Handbook for further information about the school dress code.

Each student, grades 7-12, who plan to participate in NSAA sponsored activities during the upcoming school year will need to turn in a signed Parental Consent form. This must be done before a student is eligible for practice and compete in <u>any</u> 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. This parental consent form must be on file at school for every student who participates in NSAA activities.

All 7^{th} grade students and each $8^{th} - 12^{th}$ grade student who expects to participate in athletics this year will need to turn in a physician's certificate stating that he/she is physically fit for athletic participation. This physical examination must be given during the school year in which the student participates or during the summer vacation period which precedes the school year in which the individual participates. *Coaches would appreciate it if this was completed before the start of organized practice, as you will not be allowed to practice until this is turned in.* Also, all incoming 7^{th} graders, freshmen and juniors 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 (football, volleyball, basketball, wrestling, jumping events in track & field).

I hope everybody is looking forward to the start of another school year. I encourage all students to start the school year with an open mind toward their classes and their peers. Grades 4-8 provides a wonderful opportunity of discovery for our students as they 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

School Pictures
will be taken
At both sites on
Friday,
September 9th



Greetings Thunderbird Family!

I hope you had an excellent summer and you are ready for the upcoming school year. We are all excited to get started! Our student-athletes have been working hard in the weight room and camps this summer and are itching to show their improvements in their respective sports. I want to say thank you to the coaches for putting in their time to work the weight room, sponsoring team camps, individual skill sessions, and holding team cross country runs to help our athletes improve. Speaking of sports, fall practices officially start on Monday, August 8th. Before students can start practice they need to have the necessary paperwork/testing done before they can participate. There is more information on that below. I strongly encourage you to take care of this before practice starts so your athlete isn't missing valuable practice time.

Here are the coaches for our upcoming fall sports as there have been a couple of changes from last year.

Cross Country: Nick Weber, Angie Huskey

Girls Golf: Ben Swanson

Football: Ryan Haughton, Terry Kuhl, Neil Bowman,

Brad Gabriel, Jon Rother

Volleyball: Tim Hedger, Cody Franklin, Leah Phillips

Junior High Football: Dan Jones, Rick Lester

Junior High Volleyball: Sue Borcher, Jacy Pollard, Susan Peoples

Cheerleading: Devon Roesener, Amber Beard

Please reach out to a coach and tell them thank you for all the time they put in and sacrifices that they make to help our athletes be successful!

Good luck to our athletes and coaches as we get started on this upcoming season! Go Thunderbirds!

Garrett Collin

IMPORTANT INFORMATION

Each student, grades 7-12, who plan to participate in NSAA sponsored activities during the upcoming school year will need to turn in a signed Parental Consent form. This must be done before a student is eligible for practice and competition in <u>any</u> 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. This parental consent form must be on file at school for every student who participates in NSAA activities.

All 7- grade students and each 8- 12- 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. We do encourage any students who have a medical history (recent surgery or concussion, heart issue, etc...) to get a Pre-Participation Athletic Physical if possible, even if they are exempt this year. All incoming freshmen and 7- graders will still be required to provide the school with the Pre-Participation Physical Examination paperwork that is dated no earlier than May 1, 2021. Also, all incoming 7- graders, freshmen and juniors 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 (football, volleyball, basketball, wrestling, jumping events in track & field).

CONCUSSION INFORMATION

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

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

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

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

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

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

[Adapted from the Nebraska Sports Concussion Network website]

A Parent's Guide to Concussion in Sports

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

What is a concussion?

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

respond well to intermittent periods of rest.

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

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

Just remember:

- A concussion is a brain injury and all are serious.
- Most concussions occur without loss of consciousness.
- Recognition and proper response to concussions when they first occur can help prevent serious injury or even death.

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

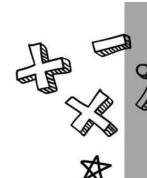
A concussion, no matter how mild it may seem at the time, is a brain injury. We know from studies that a concussion disrupts the brain on a cellular level. It challenges the balance between chemicals within the cell (potassium) and chemicals outside the cell (calcium). As a result, the brain cell, whose job is to efficiently supply the brain with fuel (glucose), is compromised. The more demand placed on the brain for fuel, the more potential for the student to flare with symptoms (Giza & Hovda, 2001). Immediately after a concussion, the simplest physical or mental demand can bring about severe symptoms. Within a few days, the brain cells begin to heal themselves; therefore, light cognitive activity may still flare symptoms, yet symptoms are usually short-lived and

Physical and cognitive rest is the best intervention for healing the brain cells. In the first few days, sleeping as much as possible has the highest yield. The rule of thumb is that if a student is physically or mentally exerting to the point of flaring a symptom, then physical/mental activity should be cut back. One size does not fit all in severity of concussion and amount of time for recovery. Since a concussion is a medical event, and its recovery spans the home and school setting for several weeks, the management of the concussion is best accomplished by a seamless system of communication and collaboration among parents, the school, and the healthcare providers (McAvoy, 2009).

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

What can I do?

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







X

Meet the staff, see the classrooms & drop off supplies!







AUGUST 10

COOK SITE

5:00 PM - 4TH/5TH OPEN HOUSE 5:30 PM - PK ORIENTATION 6:00 PM - MIDDLE SCHOOL WALK **THROUGH**





AUGUST 11

TECUMSEH SITE 6:00 PM - GRADES PK-3 & HIGH SCHOOL OPEN HOUSES



402-335-3320

www.jccentra.org

Bus Drivers Wanted!



JCC is seeking route, shuttle and activity drivers for the upcoming 2022-2023 school year.

\$33 per route \$30 per shuttle \$17.50 per hour for activities

Contact Mr. Rother or Laurie Badertscher if interested. 402-335-3320



WE'RE HIRING



AFTER SCHOOL PROGRAM

JCC is seeking energetic, reliable, positive individuals to help with our after school program. \$25/hour for supervisors/teachers. \$15/hour for helpers. The program is from 4-6 PM every day school is in session.

Job Opportunities

JCC's After School Program

- teachers
- supervisors
- student helpers

Requirements:

- Helpers must be 14 years of age and pass a background check.
- Teachers and supervisors must be 18 or over and must pass a background check.

APPLICATIONS CAN BE OBTAINED AT ANY JCC OFFICE OR AT WWW.JCCENTRAL.ORG.

Send inquiries to: jon.rother@jccentral.org

As of right now, the beginning of the school year music calendar is as follows.

This calendar is subject to change.

	August			
21 Sunday		Johnson County Fair Parade		
25	Thursday	PB - VB vs. Elmwood Murdock		
30	Tuesday	PB - VB vs. Mead		
31	Wednesday	State Fair - March @ 1:30 (Grand Island)		
31	Wednesday	5th Grade Instrument Night		
	September			
5	Monday	Registration for All State is due		
8	Thursday	PB - VB vs. Palmyra		
9	Friday	PB - FB vs. Lourdes		
14-24	Wed-Sat	All State Instrumental Auditions Due		
16	Friday	Richardson County Fair		
17 Saturday Applejack Parade (Neb		Applejack Parade (Nebraska City)		
22	Thursday	PB - VB vs. Southern		
22-24	Thurs-Sat	All State Vocal Auditions Due		
23	Friday	PB - VB vs. Weeping Water		
27 Tuesday		PB - VB vs. Louisville/WW		
October				
1	Saturday	Peru Homecoming Parade		
7	Friday	PB - FB vs. Ex Milligan		
13	Thursday	PB - FB vs. Thayer		
15	Saturday	Miles for Music 5K Fundraiser		



Three freshmen members of the JCC HOSA team, Salena Conley, Kali Drake, and Bonnie Mejia, traveled to Nashville, TN for the international leadership conference that was held June 22-25, 2022. They competed in creative problem solving against teams from all over the world! The experience provided them multiple learning opportunities and the freedom to meet new people. The team also took advantage of visiting the notorious downtown Nashville to take in the exhilarating ambience of country music!!

Congratulations on earning a spot to HOSA-ILC 2022!!!



Picture: (back row) - Kali Drake, Marisol Mandl, Josie McDonald, Kaityn Schuster, Suly Pena (front row) - Saige Rother, Ava Klein, Sunnie Rother, Zeke Burki

This group of wonderful individuals participated in an NCA (National Cheer Association) cheer camp on July 6-8, 2022 at the Embassy Suites in Lincoln, NE. During this three day camp, the JCC cheerleaders were asked to learn a sideline chant, a cheer, a band chant, and a spirit dance. On Thursday, July 7, 2022 the team was formally evaluated by the NCA staff on the sideline chant, cheer, and band chant! They received a superior on their cheer and an excellence on their sideline chant! The JCC cheerleaders also earned a spirit stick for the day!! Friday, July 8, 2022 was final competitions where the squad had to showcase their sideline chant and cheer for everyone!

The JCC Cheerleaders earned the awards of "Most Improved Team" and "Top Cheer"!! Along with the awards, JCC Cheer brought home a spirit stick representing enthusiasm, spirit, and perseverance!! The squad is super excited to showcase other aspects they learned from camp!

School Office Notices

Writing Checks

When writing checks to the school for items such as lunch accounts, iPad insurance and activity fees—

PLEASE make out *separate checks*.

These each go into different accounts. Thanks in advance for your help.

Census: We Need Your Help!

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

Thanks again for your help!

BACK TO SCHOOL PHYSICALS...

It is time to start thinking about physicals for sports and school participation.

- ALL Kindergarten students (entering school for the first time) are required to receive a physical/vision screening, and immunization screening from a healthcare provider.
- ALL 7th grade students are required to receive a school physical with immunizations reviewed and booster shots if needed.
- ALL students transferring from out-of-state require a school physical/vision screening, and immunization screening.
- ALL students, grades 7-12, that plan to participate in athletics will need a sports physical.

NSAA physical forms are available at the Tecumseh and Cook sites.

Please bring completed physical clearance forms to your child's school after their physical is completed.

*Please call your healthcare provider to schedule an appointment.

ALL PHYSICALS MUST BE COMPLETED PRIOR TO THE START OF SCHOOL, AND PRIOR TO THE START OF THE FALL ATHLETIC SEASON

FOR ALL ATHLETES. Coaches will need to receive completed physical forms prior to an athlete's participation in practice.

KINDERGARTEN SUPPLY LIST

A pencil box Eraser 10 – 12 pencils

4 boxes of Crayons: (Crayola prefer)

1 box of 8 count & 1 box of 16 count,

and 2 boxes of 24 count

10 -12 glue sticks

1 small bottle of white glue

Rug, towel, mat, or small blanket

for rest time

Book Bag

2 large boxes of Kleenex Fiskar Scissors (no points)

2 Containers of Anti-Bacterial Wipes

2 – 4 <u>Expo Black</u> Dry Erase markers <u>Small</u> Water Bottle – <u>20 oz. or less</u>

(We will be keeping these at our desks, refilling them daily, and sending them home on the week-ends to be washed. This is so they can have plenty of water to drink every

kindergarte

day!)

Please label all items (clothing, etc.)
with student's name!
Thank You!





<u>1st Grade:</u> Mrs. Benson & Mrs. Faris

2 dozen SHARPENED #2 pencils

3 pks of 8 Crayons & 1 big pk of many colors

1 large pencil box

1 paint shirt

1 bottle of Elmer's glue & 8 glue sticks

1 pair (no sharp points) scissors

2 boxes of Kleenex

4- 2 pocket folders: 1 red, 1 blue, 1 green, 1 yellow

1 drawing tablet/sketch pad

1 larger eraser

1- 2in binder

1 larger shoe box with lid or plastic container

with lid

2 container of anti-bacterial wipes

P.E. Shoes

3 rolls of paper towels

1 box of quart or gallon zip lock baggies



2nd Grade: Mrs. Robeson & Mrs. Doeden

2 dozen yellow #2 pencils

1 big eraser

4 glue sticks

1 spiral notebook, wide ruled

2 boxes 24 crayons

1 small pencil box

3 large boxes of Kleenex

3 container of anti-bacterial wipes

1 roll of paper towels

P.E. shoes

School bag

1 pair pointed Fiskars scissors Box of quart sized Ziploc Bags



3rd Grade: Mrs. Dieckgrafe & Mrs. Heidemann

1 pk of pencils with erasers

1 pk of pencil top erasers

1 pair of scissors

8 glue sticks

1 box of 8 crayons

1 box of colored pencils

1 red checking pen

2 pk of low odor dry erase markers

1 pencil bag

2 wide rule spiral notebooks

1 container anti-bacterial wipes

1 roll of paper towels

2 boxes of Kleenex

P.E. shoes

4th Grade: Mrs. Dorsey & Mrs. Robison

Colored pencils

Crayons

24 yellow, six-sided, #2 pencils, sharpened, no mechanical pencils

2 red pens

Erasers (pencil top and/or large)

1 roll paper towels

3 boxes of Kleenex

3 containers of antibacterial wipes

2 glue sticks

1 bottle of white glue

Scissors (Fiskars if possible)

Zipper Pencil Bag

Water Bottle with lid

P.E. shoes (we change everyday)

NO large trapper keepers or binders

NO pencil sharpeners





5th Grade: Mrs. Crotty & Mrs. Phillips

24 pencils- NO mechanical pencils

24 count crayons or colored pencils

3 pocket folders

2 glue sticks

1 Red Pen

1 Black or Blue Pen

Stylus for iPad

Cap Erasers—no block erasers

2 large boxes of Kleenex

2 containers of antibacterial wipes

P.E. shoes (used daily)

Scissors

1 pk of ruled loose leaf paper

1 spiral notebook

NO large trapper keepers or binders

NO pencil boxes

2022-2023 6th Grade Supply List

Math & Science

(Mrs. Mandy Goodrich)

- -pencils/top erasers
- -1 notebook (100 pgs. or more)
- -zipper pencil bag
- -jumbo sized book cover or paper grocery bag
- -box of kleenex
- -2 glue sticks
- -2 small rolls of tape
- -2 containers of play-doh
- -box of ziploc bags (any size)
- -colored pencils/pens (optional)
- -sticky notes (optional)
- -highlighters (optional)

Art (Mrs. Susan Peoples)

-small sketchbook

Language Arts

(Mrs. Julie Beach)

- -2 single subject notebooks
- -folder
- -pencils, pens
- -box of kleenex

Social Studies

(Mr. Justin Damme)

- -spiral notebook
- -pencils, pens
- -colored pencils
- -folder or 3-ring binder
- -box of kleenex

2022-2023 7th & 8th Grade Supply List

-PENCILS, pens
-1 large 3-ring binder (2-3 inch)
-pencil bag to go inside of binder
-loose leaf paper
-spiral notebooks for each class
-small sketchbook for Art
-colored pencils
-pocket folders (optional)
-highlighters (optional)
-2 boxes of kleenex

Summary of the School Immunization Rules and Regulations

Student Age Group	Required Vaccines
Ages 2 through 5 years enrolled in a school based program not licensed as a child care provider	4 doses of DTaP, DTP, or DT vaccine 3 doses of Polio vaccine 3 doses of Hib vaccine or 1 dose of Hib given at or after 15 months of age 3 doses of pediatric Hepatitis B vaccine 1 dose of MMR or MMRV given on or after 12 months of age 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. 4 doses of pneumococcal or 1 dose of pneumococcal given on or after 15 months of age
Students entering school (Kindergarten or 1 st Grade depending on the school district's entering grade)	3 doses of DTaP, DTP, DT, or Td vaccine, one given on or after the 4 th birthday 3 doses of Polio vaccine 3 doses of pediatric Hepatitis B vaccine or 2 doses of adolescent vaccine if student is 11-15 years of age 2 doses of MMR or MMRV vaccine, given on or after 12 months of age and separated by at least one month 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.
Students entering 7 th grade	Must be current with the above vaccinations AND receive 1 dose of Tdap (contain Pertussis booster)
Students transferring from outside the state at any grade	Must be immunized appropriately according to the grade entered.

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: $\underline{\text{http://dhhs.ne.gov/Pages/reg_t173.aspx}}$ (Title 173: Control of Communicable Diseases - Chapter 3; revised and implemented 2011)

Updated 01/26/2018

Resumen del reglamento de vacunas requeridas para la escuela

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

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

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

Updated 01/26/2018

2022-2023 School Calendar

JanuaryJanuarySa1 New Year's Day72 Teacher In-Service - NO SCHOOL for students.143 Begin 2nd Semester/3rd Quarter16Teacher In-Service - NO SCHOOL for students.2816 Martin Luther King Jr. Day	February Sa NO SCHOOL - ESU4 Engaging Educators Conf. 13 NO SCHOOL Parent-Teacher Conferences 11 AM - 7 PM 14 Valentines Day 25 President's Day 27 Teacher In-Service - NO SCHOOL for students.	Sa March 4 9 End 3rd Quarter 10-13 NO SCHOOL - Spring Break 17 St. Patrick's Day 25 12 Daylight Saving 27 Teacher In-Service - NO SCHOOL for students. Total 3rd Qtr. Student Days - 44	April 7-10 24 13 18	27 Teacher In-Service Total 4th Qtr. Student Days - 44 Total 2nd Sem. Student Days - 88 Total 2nd Sem. Teacher Days - 96 Sa June 3 2022-2023 TOTAL = 167 Student Days 217 2022-2023 TOTAL = 185 Teacher Days
Su M Tu W Th F S 1 2 3 4 5 6 7 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	February 2023 Su M Tu W Th F S 5 6 7 8 9 10 1 12 13 14 15 16 17 1 19 20 21 22 23 24 2 26 27 28	Su M Tu W Th F S 5 6 7 8 9 10 17 1 12 13 14 15 16 17 19 20 21 22 23 24 2 26 27 28 29 30 31	April 2023 M Tu W Th F 3 4 5 6 7 10 11 12 13 14 17 18 19 20 21 24 25 26 27 28 M Tu W Th F 1 2 3 4 5 8 9 10 11 12 15 16 17 18	21 22 23 24 25 26 2 28 29 30 31 A Tu W Th F S S W W Th I I I I I I I I I I I I I I I I I I
July 4 Independence day	August 9-12 Teacher In-Service 15 First Day For Students - 1:00 PM Dismissal 19 NO SCHOOL 22 Teacher In-Service - NO SCHOOL for students.	September Labor Day - NO SCHOOL Teacher In-Service - NO SCHOOL for students.	October 3 NO SCHOOL Parent-Teacher Conferences 11 AM - 7 PM 14 End 1st Quarter 17 Teacher In-Service - NO SCHOOL for students. 31 Halloween Total 1st Qtr. Student Days - 40 November 7 Teacher In-Service - NO SCHOOL for students. 7 Teacher In-Service - NO SCHOOL for students. 23-25 NO SCHOOL - Thanksgiving Break	December Teacher In-Service - NO SCHOOL for students. End 2nd Quarter/1st Semester 19-30 NO SCHOOL - Winter Break 23-27 NSAA Winter Moratorium Total 2nd Qtr. Student Days - 39 Total 1st Sem. Student Days - 79 Total 1st Sem. Teacher Days - 89
Su M Tu W Th F Sa 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	31 August 2022 Su M Tu W Th F Sa 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	Su M Tu W Th F Sa 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	October 2022 M Tu W Th F 3 4 5 6 7 10 11 12 13 14 17 18 19 20 21 24 25 26 27 28 31	27 28 29 30 December 2022 Su M Tu W Th F Sa 4 5 6 7 8 9 10 11 12 13 14 15 16 17 25 26 27 28 29 30 31

August 2022 Johnson County Central Lunch Menu

Sat	9	13	20	27	ice ity Provider"
Fri	5	12	VO SCHOOL	26 Cheese Stix / Marinara Green Beans Fruit & Veggie Bar Milk	Menu Is Subject to Change Without Notice "This Institution Is An Equal Opportunity Provider"
Thu	4	II	18 Pizza Cookie Fruit & Veggie Bar Milk	25 Br Chicken Patty Potato Fruit & Veggie Bar Milk	Menu Is Subject to "This Institution I
Wed	3	10	17 Shredded Pork/ wg Bun Potatoes Fruit & Veggie Bar Milk	24 Hoagie Sun chips Fruit & Veggie Bar Milk	31 Cream Chicken/ wg Biscuit Peas Fruit & Veggie Bar Milk
Tue	2	6	16 Turkey & Cheese Wrap Com Chips Fruit & Veggie Bar Milk	23 Comdog Baked Beans Fruit & Veggie Bar Milk	30 Sloppy Joe wg Bun Cheesy Potatoes Fruit & Veggie Bar Milk
Mon	1	8	15 Ist day of School I:00 p.m. Dismissal Chicken Nuggets Dinner Roll Fruit & Veggie Bar Milk	NO SCHOOL Teacher In-service	29 Spaghetti/ Meat Sauce Garlic Bread Fruit & Veggie Bar Milk
Sun		2	14 NA SEBBI BIS	21	28

August 2022 JCC Activities Calendar

Sat					
Fri	5 HS Summer Band Camp @ JCC HS— 8:30 –10:30 am	Teacher In Service	NO SCHOOL	26 Varsity Football vs Mead @ Mead–7:00 pm	ALL ACTIVITIES ARE SUBJECT TO CHANGE
Thu	4 HS Summer Band Camp @ JCC HS— 8:30 – 10:30 am	Teacher In Service High School Open House @ JCC HS-6:00 pm PK-3 Elementary Open House @ JCC Elementary-6:00 pm	18	Varsity Girls Golf Invite @ Syracuse CC–9:00 am JH Cross Country Invite @ Auburn CC–4:30 pm V Volleyball Tri @ JCC HS–5:00 pm JV/Varsity Cross Country Invite @ Auburn CC–5:00 pm	ALL ACTIVITIES A
Wed	3 HS Summer Band Camp @ JCC HS— 8:30 –10:30 am	10 Teacher In Service 4th & 5th Grade Open House @ JCC MS Cook Site-5:00 pm JCC Booster Club Meeting @ JCC HS Cafeteria-5:30 pm Cook Preschool Orientation @ JCC MS Cook Site-5:30 pm JCC School Board Meeting @ JCC HS Computer Lab-6:00 pm JCC Middle School 6, 7 & 8 Grade Walk Thru @ JCC MS Cook Site-6:00 pm	17	24	31 JCC High School Band to perform at the NE State Fair, Grand Island–1:30 pm
Tue	2 HS Summer Band Camp @ JCC HS- 8:30 –10:30 am	9 Teacher In Service	16 First Day of Preschool— Both Sites	23	30 Varsity Girls Golf Tri @ Tecumseh CC-1:30 pm JV/Varsity Volleyball vs Mead @ JCC-6/7 pm
Mon	1 HS Summer Band Camp @ JCC HS— 8:30 –10:30 am	∞	FIRST DAY OF SCHOOL FOR STUDENTS 1:00 DISMISSAL	NO SCHOOL Teacher In Service Varsity Volleyball Jamboree Triangular @TBD-5:00 pm	29 C Team/JV/Varsity Volleyball vs Conestoga @ Conestoga-5/6/7 pm
Sun		2	4.	HS Band to perform @ Johnson County Fair Parade— 5:00 pm	28

Johnson County Central Public Schools

PO Box 338 PO Box 255 Tecumseh, NE 68450 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 Jon Rother, Superintendent at 402-335-3320.

Classes begin August 15th!(1:00 Dismissal) No School Friday, August 19th No School Monday August 22nd

(Teacher Workday)

**Preschool starts August 16th **

