Johnson County Central Public School Monthly Newsletter

August 2023

Superintendent Monthly Update

The 23-24 School Year: JCC Turns 17!

(Johnson County Central - Year 17)

by Jon Rother. August 2023

At 17 years old, Johnson County Central is considered a very young school district. It's hard to believe that our first graduates are now in their mid-thirties! Our current high school students really have no personal memories of Nemaha Valley or the Tecumseh school districts.

That being said, we need to continue to grow and unify the Johnson County Central community. School bond elections can definitely put constituents at odds, especially when it comes to bonds of the size that were presented. This doesn't change the fact that we're in this together, and our common goal is to provide the best education and opportunities possible for the children of Johnson County Central. Even if you don't have children or grandchildren in the district, it is our duty to provide for the educational needs of the district.

Let's continue to grow the Thunderbird community together and provide a future that everyone can be proud of!

What to Expect in 2023-2024

The Building Bond

JCC administration and the board of education will continue to pursue a school bond to improve facilities. Registered voters can expect to receive a survey in the coming months to help direct the decision of the board in regards to the scope and budget of the bond. At this time, the school district will continue to work with Boyd-Jones (Construction Manager At-Risk), Clark&Enersen (Architects), DA Davidson (Bond Underwriters) and Russ Koch (Facilities Advisor). Please note that none of these partners receive compensation unless there is a *successful* school bond.



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

VOLUME 17 ISSUE 1

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Facilities

Throughout the past two bond attempts, administration and the board have been asked what would happen if there is no successful bond. The reason for pursuing a bond in the first place was due to the financial and logistical inefficiencies of having three buildings and two sites. Therefore, in order to become more efficient, it would make sense to either:

Get all programming to one site.

OR

Reduce the number of buildings from three to two.

Over the last five years, we have learned quite a bit about restoration, renovations, remodeling, upgrading and new construction. Moving all programming to the Tecumseh Site and into the current high school and elementary buildings would take major renovations and a substantial monetary investment. This would also mean a major disruption to the students' educational experience as work would have to be done during the school year as well as the summer months. However, this solution would be less of a logistical problem as fewer students would require transportation and all programming would be on one site. This would mean closing the Cook Site for either future sale or demolition. In turn, the school district would lose two gym spaces.

The other, less costly solution (less costly monetarily and less costly as a disruption to learning) would be to close the Tecumseh Elementary building, make some renovations to the current high school to accommodate grades PK-6 and have all 7-12 programming at the Cook Site. Fewer elementary students would need transportation, more middle school and high school teachers would be able to collaborate, all elementary programming would be together and some teachers would then be able to expand their teaching to high school AND middle school courses. The auditorium in the Tecumseh Elementary for performing arts and one gym would be lost.

Given current conditions, the option to move to two buildings with one being the current high school and the other being the Cook Site is the likeliest of scenarios should there be no successful bond.

The Four Day School Week

In consideration of the current (and unrelenting) teacher shortage, we will be exploring the four-day school week for the 2024-2025 school year. Data from our survey last year told us that there was significant support for moving to the four-day school week. We know there are some challenges to address with student learning, daycare and food insecure families. We will be looking into solutions to these issues during this school year.

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.

2023-2024 School Lunch Prices

The school meal program serves to provide nutritious meals for all our students. Meals <u>must</u> be paid in advance. You can pay for meals at any JCC office or by using the online payment option, https://www.schoolpay.com/. In order to use SchoolPay, you will be asked to first set up an account. Should you need help with this, please contact us at the school.

Breakfast - \$2.00 (reduced price \$0.30)

PK-5 Lunch - \$2.95 (reduced price \$0.40)

6-12 Lunch - \$3.15 (reduced price \$0.40)

Student a la Carte - \$1.50

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.

NEWS FROM PRINCIPAL RICK LESTER

I hope you had an enjoyable summer and are rejuvenated and ready for a great 2023-2024 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 10, 2023 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 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 is the schedule for the 2023-2024 school year for you to view and your student's schedule for first semester. Pre-registration is scheduled for Monday, August 7, 2023 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 22, 2023 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 14, 2023 (school 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 first week and a half. All students received 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. During these meetings I will also have information for our ACT prep for any students interested.
- 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, and 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 make 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 Wednesday, September 6, 2023.



MIDDLE SCHOOL NEWS

By Rich Bacon

Welcome back to the start of another school year. I hope everyone had an enjoyable summer vacation and is looking forward to making the 2023-2024 school year a memorable one. As always, I am looking forward to the start of another school year. One of the best days of every year is the first day of school when everyone is eager and excited for what lies ahead. This year we welcome a new face to our teaching staff at the Middle School. Ms. Brittney Teeman will be the new Art Teacher this year. This will be Ms. Teeman's first teaching position and we are excited to have Ms. Teeman as part of our team. We also have a couple of familiar faces taking new positions this year. Mrs. Linsey Meints, who had been teaching Middle School Reading, will be our Media Specialist and Mrs. Beckie Robeson, who had been teaching in the elementary building, will be teaching reading in the Middle School.

The Middle School Walk-Through and 4th & 5th grade Open House will be held Wednesday, August 9th, starting at 6:00 in the main gym. The Walk-Through and Open House gives students an opportunity to find their classrooms, walk through their class schedule, meet with their teachers, and alleviate some of the anxiety that students may feel on the first day of school. The Walk-Through and Open House also allow parents to meet with their child's teachers and ask any questions they may have. We will 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 information will be shared at 6:00 in the main gym at the Middle School. We hope to see everyone on the 9th.

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 $8^{\text{th}} - 12^{\text{th}}$ 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. 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, create connections with peers and have a positive school experience. I hope our staff, students, and parents all start the school year with a positive outlook and plan to have a successful and productive year.

Johnson County Central Middle School Fall Walk-Through

Wednesday, August 9th 6:00 pm @ Cook site

To: 6th, 7th, & 8th 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 2023 - 2024 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 1st period class. Each period will meet for approximately 5 minutes. During this time teachers will explain their expectations and guidelines for their classes, plus provide an opportunity for parents and students to ask questions. After the last period, forms will be collected in the commons area. All students are expected to come prepared for each class with paper, pencils/erasers, pens, highlighter, Kleenex, etc. *Student Handbooks will be available online.

Lunch money, Activity fees, iPad Insurance and Instrumental rental fees will be collected in the commons area following the Walk-Through. (Separate checks are requested for each separate account). All lunches are to be paid in advance. *Free & Reduced lunch applications will be available.

School physicals are required for ALL students entering the 7th grade and immunizations must be up to date! School physicals are also required for all 8th 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. 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!



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 7th. 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, Ken West

Junior High Volleyball: Jacy Pollard

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?

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

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

Just remember:

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

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

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

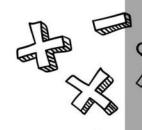
Immediately after a concussion, the simplest physical or mental demand can bring about severe symptoms. Within a few days, the brain cells begin to heal themselves; therefore, light cognitive activity may still flare symptoms, yet symptoms are usually short-lived and respond well to intermittent periods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

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

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

What can I do?

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







X



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







AUGUST 9

COOK SITE

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





AUGUST 10

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



402-335-3320

www.jccentral.org

Bus Drivers Wanted!



JCC is seeking route, shuttle and activity drivers for the current school year and upcoming 2023-2024 school year.

\$35 per route \$35 per shuttle \$25.00 per hour for activities

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

Johnson County Central is an equal-opportunity employer.

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

Here are important upcoming dates for the High School 2023 Marching Season

Unless otherwise noted attendance at each of these events is required. Let Mr. Hawley know immediately of conflicts! (402) 215-2157

July 31-Aug 4 Marching Band Camp (8:30-3:00)

August 14 First Day of School

August 20 Johnson County Fair Parade (Tecumseh)

***Please note that pep band for home football, volleyball, and basketball games are required but not listed here. A full music schedule will be available at the beginning of the school year in paper form, on your iPad, and on the school calendar. Please plan accordingly.

September 16 Applejack Parade (Nebraska City)
October ?? Peru Homecoming Parade (Peru)
Miles for Music 5K Fundraiser

School Pictures will be taken

At both sites on

Wednesday,

September 6th.





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!





1st Grade: Mrs. Benson & Mrs. Faris

2 dozen SHARPENED #2 pencils

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

1 large pencil box

1 paint shirt

1 bottle of Elmer's glue & 12 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: Ms. Panko & Mrs. Doeden

2 dozen yellow #2 pencils

1 big eraser

4 glue sticks

1 spiral notebook, wide ruled

2 boxes 24 crayons

Colored Pencils (12 or 24 count)

Washable Markers (10 count)

1 small pencil box

1 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



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 SHARPENED &

NO mechanical pencils

24 count crayons OR colored pencils

3 pocket folders

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



2023-2024 6th Grade Supply List

Math & Science

(Mrs. Mandy Goodrich)

- -PENCILS/top erasers
- -2 notebooks (100 pgs. or more)
- zipper pencil bag
- box of Kleenex
- 2 colors of play-doh
- 2 small rolls of tape
- Paper towels
- box of gallon ziploc bags
- colored pencils/pens (optional)

Art

-small sketchbook

Language Arts

(Mrs. Julie Beach)

- -2 single subject notebook
- -folder
- -PENCILS, pens
- -box of Kleenex

Social Studies

(Mr. Justin Damme)

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

2023-2024

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
Stylus—helpful but not required
-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

2023-2024 School Calendar

2023-2024 School Calendar

January	Sa 1	6 1-5 NO SCHOOL - Winter Break 7 13 8 Teacher In-Service - NO SCHOOl for students	20 8	27 15	22 Teacher In-Service - NO SCHOOL for students.		February	Sa	3 12 NO SCHOOL Parent-Teacher Conferences	10	17	24 19	26 Teacher In-Service - NO SCHOOL for students. 26 NSAA Start Spring Practices		: Sa March	2	9 8-11 NO SCHOOL - Spring Break	16 10	23 17	30 29-1 NO SCHOOL - Easter Break Total 3rd Qtr. Student Days = 39	Total 3rd Qtr. Teacher Days = 44		Sa April	6 15	-	5 27		May	: Sa 10 Last Day for 3-Year Old Preschool	4 11	11	18 16	25		Total 4th Qtr. Teacher Days = 47	Total 2nd Sem. Student Days = 83	Sa		2023-2024 TOTAL = 167 Student Days	0	1 22 2023-2024 IOTAL = 185 Teacher Days
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July	4 Independence day						August	7 NSAA Start Fall Practices	1 Teacher In-Service	14 First Day For K-12 Students - 1:00 PM Dismissal	18 NO SCHOOL	21 Teacher In-Service - NO SCHOOL for students.	22 First Day for Preschool Students	September	4 Labor Day - NO SCHOOL	m						October	2 NO SCHOOL Parent-Teacher Conferences		13 End 1st Quarter	23 Teacher In-Service - NO SCHOOL for Students.	Total 1st Qtr. Student Days = 40 Total 1st Qtr. Teacher Days = 47	November	13 NSAA Start Winter Practices	Teacher In-Service	22-24 NO SCHOOL - Thanksgiving Break	9				December		22 End 2nd Quarter/1st Semester		2	for all the same and a same a sa
July 2023	Tu W Th F Sa	4 5 6 7 8	12 13 14	18 19 20 21 22	25 26 27 28 29		August 2023	Tu W Th F Sa	1 2 3 4 5	Ŧ	16 17 18	22 23 24 25 26	29 30 31	September 2023	Tu W Th F Sa	-	6 7 8 9	13 14 15	20 21 22	26 27 28 29 30		October 2023	×	4	11 12 13	24 25 26 27 28		November 2023	Tu W Th F Sa	1 2 3	7 8 9 10 11	15 16 17	21 22 23 24 25	R7		December 2023	Tu W Th F Sa	7	12 13 14 15 16	20 24 22	77 17 07

August 2023 Johnson County Central Lunch Menu

Sat	5	12	19	26	
Fri	SCHOOL BUS		18 NO SCHOOL	25 Cheese Stick / Marinara Sauce WG Cookie Fruit & Veggie Bar Milk	
Thu	3	10	17 Turkey & Cheese Wrap Corn Chips Fruit & Veggie Bar Milk	24 Chicken Patty/ wg Bun Potatoes Fruit & Veggie Bar Milk	31 Pizza Hot Veggie Fruit & Veggie Bar Milk
Wed	2	6	16 Cheeseburger wg Bun French Fries Fruit & Veggie Bar Milk	23 Hoagie Sun Chips Fruit & Veggie Bar Milk	30 Chicken Tender Wrap WG Brownie Fruit & Veggie Bar Milk
Tue	1	<u> </u>	15 Com Dog wg Baked Beans Fruit & Veggie Bar Milk	22 Pizza Hot Veggie Fruit & Veggie Bar Milk	29 Sloppy Joe wg Bun Potatoes Fruit & Veggie Bar Milk
Mon	Menu Is Subject to Change Without Notice "This Institution Is An Equal Opportunity Provider"	DS 07 PORTON	14 Ist Day of School 1:00 p.m. Dismissal Chicken Nuggets Dinner Roll wg Fruit & Veggie Bar Milk	21 NO SCHOOL Teacher In Service	28 Spaghetti Meat Sauce Green Beans Garlic Bread Fruit & Veggie Bar Milk
Sun	Menu Is S Wit "This Instit Opportu	9	13	20	27

August 2023

JCC Activities Calendar

Sat	5	12	19	56	RE SUBJECT GE
Fri	4 HS Summer Band Camp– 8:30 am	II Teacher In Service	NO SCHOOL	FB Varsity vs Mead @ JCC HS–7:00 pm	ALL ACTIVITIES ARE SUBJECT TO CHANGE
Thu	3 HS Summer Band Camp– 8:30 am	Teacher In-Service JCC Tecumseh Site Open House—6:00 pm Tecumseh Preschool, K-3 & High School	17 FB Varsity Scrimmage– 6:30 pm	24 Golf Girls V Invite @ Syracuse Country Club–9:00 am CC Varsity Invite @ Auburn CC–5:00 pm VB Varsity Tri @ Yutan HS– 5:00 pm	31 VB Varsity Triangular @ JCC HS–5:00 pm
Wed	2 HS Summer Band Camp– 8:30 am JH Volleyball League	7 Teacher In-Service JCC Cook Site Open House –6:00 pm Cook Preschool, & 4th – 8th Grade JCC School Board Meeting @ JCC HS—6:00 pm	SPECIAL SCHOOL BOARD OF EDUCATION Meeting @ JCC HS-6:00 p.m.	23	30
Tue	1 HS Summer Band Camp– 8:30 am	8 Teacher In Service	15	First Day of Preschool– both sites	Golf Girls Varsity @ Auburn CC-1:30 pm VB JV/Varsity @ Mead HS-6/7 pm
Mon		7 Fall Practice Begins	14 First Day of School K-12 Students I:00 pm DISMISSAL	NO SCHOOL Teacher In Service VB Varsity Jamboree @ JCC HS–5:00 pm	28 VB C Team/JV, Varsity 4s Conestoga @ JCC HS— 5/6/7 pm FB JV 4s Palmyra @ JCC HS–6:00 pm
Sun		9	13	20 JCC HS Band Students @ Johnson County Parade– 5:00 pm	27

Johnson County Central Public Schools

PO Box 338 PO Box 255 Tecumseh, NE 68450 Cook, NE 68329

Web Site

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

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 Jon Rother, Superintendent at 402-335-3320.

Classes begin August 14th!(1:00 Dismissal) No School Friday, August 18th No School Monday August 21st (Teacher Workday)

**Preschool starts August 22nd **

