



Kenny Loosvelt

Volume 11

PRINCIPAL

Number 4

**Be Safe, Be Respectful, Be Responsible**

**December 2016 - January 2017**

Greetings YMS Parent(s):

We have had a fantastic first semester. Students have grown **academically**. Teachers have been constantly **challenging** them to think critically, be creative, problem solve and to collaborate with other students.

While we certainly have been busy growing academically, we also have seen tremendous growth **socially** and **emotionally** at YMS. The adults in this building pride themselves on developing the **whole child** as they navigate through some of the busiest times for change in their young lives.

As we finish our first semester this year and say goodbye to 2016 I would like to **ask for your help** in a few different areas to help **improve your child's experience at YMS**:

1. Remind your child(ren) that the **last few weeks** of this semester are **critical**. We have many important education topics to discuss and experiences to encounter to finish off a positive first semester. Encourage them to **run all the way through the finish line**.
2. Continue to foster a **growth mindset** at home. Encourage the process not the ability. Remind them that it is ok to fail, but **not OK to quit** and that it is always possible to **improve** any situation.
3. This is a **challenging time** for young people and sometimes they can have doubts about themselves. Help remind your child(ren) during this period of doubt that **the only thing that matters is how you see yourself**.
4. Now that the normal daily temperature has fallen please try to make sure your student(s) are **dressed for the weather**. Even though it might be a bit colder, most of the time we will be sending kids outside at noon recess. We will not go outside if it is dangerously cold but will send them out if only to, as my dad would say, "**blow the stink off of em**" and let them release some energy.

In our Friday assembly meetings we talk about five ways to deal with a bully. These steps empower students to begin to manage their actions when faced with bullying behaviors.

1. Ignore- Acting like you don't care can deter a bully.
2. Walk Away- Walking confidently away can let the bully know that you are not going to be bullied.
3. Talk Friendly- "Please stop saying/doing that to me." "I really don't like it when you do/say that."
4. Talk Firmly- "Stop that! Don't say/do that again! I have had enough!"
5. Tell an adult- When all of these steps have failed it is time to tell an adult.

We also have discussed with students a saying which states, "The only thing that matters is how you see yourself!" We tell kids if you **think you are** strong, caring, brave, kind, confident, curious, genuine, self reliant **then you are!**

I hope you take time during the holiday break to enjoy family and friends. Thank you for all your effort to make this first semester at YMS one of the best for your child. I can't wait to finish off this fantastic first semester and then work hard to make the second semester even better than the first. Go Dukes!

Kenny Loosvelt  
YMS Principal

# Middle Years

Working Together for School Success



## Short Stops

### Year in review

As a family, take time to appreciate each other by looking back at the past year. What were your favorite moments together? Were there situations that brought you closer? Spend an evening or two discussing those experiences—and talk about what you're looking forward to as a family in 2017.

### Dream team

Encourage your tween to list the people in his life he could turn to if he needed help. His list might include you, teachers, coaches, relatives, or neighbors. Then, when he needs someone to talk to about a problem with a friend or why he didn't make the honors chorus, he can pick from among his "dream team."

### Study hangout

Studying with friends can be motivating for middle schoolers. Suggest that your child and her study mates hang out at your house and divide their work into pieces, then explain the parts to each other. They might have each person read a section in a textbook or review separate topics in their notes.

### Worth quoting

"No one is useless in this world who lightens the burden of another."  
*Charles Dickens*

### Just for fun

**Q:** What's the best thing to put into a pie?

**A:** Your teeth!



## Show grit

Twins Tanner and Taylor had a lot of the same subjects, but each handled schoolwork differently. Tanner took his time, studied, and got good grades. Taylor wasn't as driven and got only passing grades.

The difference between them? Tanner's grit and his passion about school kept him determined to do well so he could achieve his goal of attending college. Try these three tips to foster grit in your middle grader.



### 1. Encourage effort

Share a situation that required you to confront a challenge. If your tween knows how you overcame a struggle, it will help him build confidence to do the same. Then, acknowledge his efforts when he shows grit. Be specific: Instead of just saying "Good job!" try, "Your daily practice at the pool paid off when you nailed the dive at the swim meet."

### 2. Jump the bumps

Help your middle grader learn to handle setbacks by making "stretch" goals for himself. For example, if he got a poor English grade, he might work toward

better grades on essays. His "stretches" could be to improve his thesis statements, to include more evidence to support his points, and to spend 15 minutes each night writing in a journal. Achieving tougher goals will give him grit to keep going further.

### 3. Stay excited

Perhaps your child was enthusiastic about learning Spanish when school started, but now he's lost interest. He can find ways to get excited again by looking for opportunities to use Spanish in everyday life, like talking to neighbors in their native language or translating signs on store windows for you. 👍

## Ways with words

No matter what classes your middle schooler is in, she'll need to learn new vocabulary. These ideas will help her pick up new words.

**Make up crosswords.** Suggest that your child use her science, math, or history vocabulary words to make up a crossword puzzle for you. She'll have to study and understand the words' meanings to give clues that make sense.

**Record the meanings.** Speaking definitions out loud can make them easier to remember. Your tween could record herself saying what new terms mean and using them in sentences. Playing back the recordings will give her another way to review. 👍



# Prevent bullying

Did you know that bullying often peaks in middle school? Help your tween be part of the solution with these strategies.

**Know the forms.** Point out that bullying is more than physical. Your child might recognize bullying when she sees a classmate give someone a mean shove during recess. But it's also bullying when kids spread rumors, exclude people, or text hurtful comments.

**Take action.** Bystanders are the first line of defense in overcoming bullying. Maybe your tween overhears a bully say he's going to steal someone's backpack. Or she might see a bullying victim hurting herself in the restroom. If that happens, she



should immediately tell a teacher or another adult. Encourage her to be kind to kids who don't have many friends, inviting them to sit with her on the bus, for example.

**Get on the same page.**

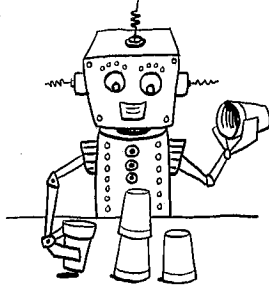
If your middle schooler is bullying, discuss why her actions are harmful and wrong. Also, set consequences. If she posts mean social media messages, for instance, you might take away her cell phone.

*Note:* If you think your child is bullying or is a victim of bullying, take it seriously. Ask a pediatrician or mental health professional for help. 👍

## That's code for...

Computer coding is an in-demand skill that will help your child in future careers. Here's a fun offline way to introduce him to it.

Suggest your middle grader write a "code" to instruct someone on how to move paper cups around. He could first devise symbols like these:



- ↑ pick up cup
- ↓ put down cup
- move cup forward 6 inches
- ← move cup backward 3 inches
- △ turn cup on its side
- ↕ turn cup upside down

Then, your child and a friend could use his code to write "programs" for each other, such as →←↑↕↓△.

*Tip:* Many websites offer free coding activities that teach tweens programming basics. Help your youngsters look online for ones to try. 👍

### OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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## De-stress the holidays

**Q** I always try to create the perfect holidays, but I get so stressed that I can't enjoy the season—and then my family can't enjoy it either. What would make things easier?

**A** If you're less stressed, then you'll have a happier holiday home that everyone enjoys.

- **First, try to have a sense of humor.** If you run out of gift wrap at the last minute, use the newspaper or leftover birthday paper. Add a note saying, "Wrapped with love and yesterday's news!"
- **Look at your to-do list, and think about what has to be done vs. what you would like to get done.** If you're hosting a gathering and are pressed for time, shut the door to the spare room, and your company won't see the clutter.
- **Find ways to streamline,** and involve your child. For instance, combine your errands to cut down on trips, and bring along your middle grader as a helper. 👍



## Parent to Parent

### Talking with my tween

When my daughter, Susie, started middle school, I got nervous about discussing "big" topics. I'd heard neighbors talk about their kids having boyfriends or even drinking alcohol. The whole thing made me want to say, "Call me when it's over!"

Luckily, I have a good friend who's been down this road. She said it's important to start conversations with Susie sooner rather than later.

If Susie mentions a friend having a crush, for example, I could

open the door to a discussion by saying, "I remember having the biggest crush on a boy named Mark. Have you felt that way about anyone yet?" Or if the local news has a story about a drunk driver, I might ask her what she's learning in school about substance abuse.

Finally, my friend said tweens may shut down if they think they're being lectured. She said I should focus more on listening. That's hard for me, but I'm practicing by saying, "Would you like to hear what I think?" 👍





## HOLIDAY BAND CONCERT AND SOUP SUPPER

Rehearsals are under way for this year's Holiday Band Concert that will be held at 7:00 p.m. on Tuesday, December 6<sup>th</sup>, in the York High School Theater. The concert will feature selections from the middle school and high school bands. There is no admission charge for the concert.

Our middle and high school solo and small ensemble groups will be performing holiday music during a Soup Supper hosted by the Band Boosters organization in the cafeteria prior to the concert. They will be serving from 5:30 to 7:00 p.m.



## YHS/YMS CHOIR CONCERT

Come join us for the YHS & YMS Christmas Choir Concert. The students have been working very hard and are looking forward to giving you a great performance.

It will be held on Tuesday, December 13 at 7:00 p.m. in the York High School Theater. The concert will feature selections by the YMS 6th, 7th & 8th grade choirs and the Expressions Show Choir. The concert will also include the YHS Choirs, including the Dukes & Duchesses. This evening will fill your heart with song.

## Coming to YMS . . . . . Law & Order: Fairy Tale Unit

Lines, costumes, and sets, oh my! The 8th grade Speech & Drama class is up and working on blocking and memorizing lines for their upcoming, end-of-semester play. The play will be performed on Wednesday, December 14 at 5:00 p.m. in the YHS theater, and again for the YMS student body on Thursday, December 15 at 10:30 a.m.

The play entitled *Law & Order: Fairy Tale Unit*, written by Jonathan Rand, combines two very different worlds: the criminal justice world and the fairy tale world. What happens when Jack and Jillian run up the hill and later are questioned by a grumpy detective? The seven dwarfs just want to work on pricing items for their garage sale; they couldn't have been involved in the crime, could they? Is B.B. Wolf truly Big and Bad, or is this all a misunderstanding? Come see *Law & Order: Fairy Tale Unit* to find out!



YPS constructed a new website this last summer and with that came several changes. One of the most significant changes that occurred is our notification system for when we have snow days or other emergency notices that we may need to communicate with our staff, students, parents, and patrons. We no longer have "Notify Me" and we will now be communicating these notices through the website ([www.yorkpublic.org](http://www.yorkpublic.org)), Facebook (York Public Schools), and Twitter (@YorkDukePower). Please utilize one of these avenues of social media to stay up-to-date on the happenings at YPS.



**For Parents, Guardians & Staff** we will be sending out messages using our Infinite Campus Emergency Messenger System. With our notification system, you will receive an email, a text message, or both, if we have your information. **\*\*Parents & Guardians\*\* -- PLEASE** be sure that we have your current and correct cell phone number and email address in our

Infinite Campus system. You can do this by accessing your Parent Portal account and verifying the information there. If you do not have a Parent Portal account, PLEASE contact the school that your child attends and ask them to set one up for you or at least give them your current information so we can make every attempt to notify you if needed. Weather related notifications will also be available on the York radio station - KTMX 104.9 FM and KAWL 1370 AM.



## ELECTRONIC FLYER DELIVERY

### STARTS WEDNESDAY, DECEMBER 7th

York Public Schools is getting ready to launch a new electronic flyer communication tool called "Peachjar." To view school-approved eflyers, simply click the Peachjar button on your school's website homepage.

This "green" initiative will save our schools tons of paper and reduce copy costs by thousands of dollars. On top of that, posting school flyers in this electronic backpack removes a significant administrative burden from teachers, office staff, and volunteers.

**No action is required on your part.** You will receive a welcome email from our service provider (Peachjar) that includes a username and password. This is provided to give you the opportunity to manage your account and flyer delivery preferences. You do not need to login to receive or view school eflyers.

To ensure smooth delivery of this communication, we suggest you add [school@peachjar.com](mailto:school@peachjar.com) (or your district's selected "from email address") to your email contacts. When you receive your first eflyer, be sure to click "always display images."

This system is used exclusively for distribution of school-approved flyers. Your email address will not be shared or used for any other purpose. Thank you for supporting our efforts to ensure parents are well informed about school programs, activities, and events.



**TUESDAY, DECEMBER 6<sup>th</sup> = "Evening Extravaganza" at York High School**

5:00-6:45 ***BAND BOOSTERS \$5 SOUP SUPPER in YHS Gym Commons***



5:00-6:30 ***OPEN HOUSE in YHS Welding Shop and Animal Science Lab***



6:00-6:45 ***Technology Seminar for Adults in YHS Media Center  
(Learn about Twitter and Digital Citizenship Issues)***



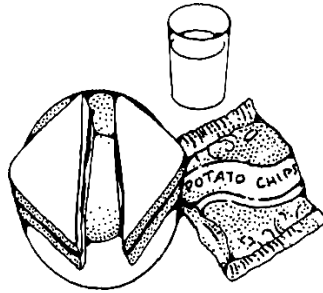
7:00 ***YMS/YHS CHRISTMAS BAND CONCERT in YHS Theater***



# **LUNCH & LEARN with York Public Schools**

*York Public Schools District Office*

**Thursday, December 8<sup>th</sup> from 12:00-1:00 PM**



- Held at the YPS district office (east side of YHS campus) from 12:00-1:00
- ALL YPS parents, grandparents, and patrons are invited (Come One – Come All)
  - Sandwich bar, chips, cookies, and water bottles will be available for **FREE**
    - Please RSVP to [mike.lucas@yorkdukes.org](mailto:mike.lucas@yorkdukes.org) by December 6<sup>th</sup>

12:00-12:10

- Introductions, go through food lines, and settle in

12:10-12:20

- **“TITLE I”** – YES staff will provide an informative overview of our Title I services and show how student achievement data is used to determine level of instruction

12:20-12:40

- **“Career Academies and Work Certification at YHS”** – YHS staff will provide updates on the various programs we offer to provide career exploration and preparation for the work force

12:40-12:55

- **“Digital Citizenship”** – YPS staff will explain some of the strategies and techniques used to stress the importance to our students of how to be responsible with the use of social media and technology



*We plan to host one of these each quarter on a variety of topics...we hope to see you on December 8<sup>th</sup> ....bring a friend!*



# Weather Related Emergency School Closing Procedures

In case of a weather emergency, we will follow the same procedure that has been in practice in the past years. That procedure is as follows:

1. Radio Station KAWL-AM (1370), and KTMX-FM (104.9) will again serve as our primary source for dispensing "school closing information". They are both 24 hour stations.
2. If severe weather necessitates an early dismissal, a school cancellation, or information concerning school buses, it will be broadcast on KAWL and KTMX.
3. Bus drivers are instructed to use good judgment in determining whether a road is passable. Drivers will notify parents where children can be loaded if a specific road cannot be traveled. Buses will travel the regular routes and maintain a time schedule consistent with the conditions of the roads.
4. "Duke Alerts" will be sent to our student's parents and guardians who have an email or cell phone number listed in Infinite Campus, and the YPS Staff. Information will be posted on our website at [www.yorkpublic.org](http://www.yorkpublic.org), on our Facebook page at York Public Schools and on Twitter at @YorkDukePower (#yorkdukes). **Parents and Guardians – please be sure to provide the school secretaries with your current email address and cell phone number in order to be notified!!**

## **FILE: EBBDA POLICY ON SCHOOL DISMISSAL FOR INCLEMENT WEATHER**

The York Public Schools will be closed, when in the determination of the Superintendent of Schools or his/her designee, the weather conditions constitute a hazard for students going to or from school.

When regular morning school bus routes cannot be run due to road conditions, yet travel in town is not seriously hampered, school may remain open. When possible a "limited service" bus route shall be run anytime school remains open and it is not possible to run regular routes.

The starting time of the morning session may be delayed when necessary.

When, during the school day and while school is in session, it is necessary to send bus pupils home early, school may be dismissed for all students.

## **ADMINISTRATIVE PROCEDURES ON SCHOOL DISMISSAL FOR INCLEMENT WEATHER**

When school is not held or is dismissed early due to poor weather conditions, notification will be placed on the York radio station and any other such means as the superintendent may deem necessary and feasible.

When it is necessary to dismiss school due to inclement weather after the school day has started, all students should be accounted for in their homeroom by their homeroom teachers. Bus students should be dismissed first. Teachers shall be responsible for their assigned students. Before dismissing elementary town students, the teachers shall not let any student who has been transported to school go home without contacting their parents, unless they are sure other arrangements have been made. Students who have walked to school may be allowed to walk home if the teacher feels the weather does not present a hazard. Teachers will be dismissed when all of their students have been accounted for.





# Sexting & Nude Photographs

Although there are very real, serious consequences associated with sexting, it's important to also focus on the motivations behind it and the risks associated with the behavior. Understanding the phenomenon can help us prevent kids from using poor judgment and engaging in self-destructive behavior. Sexting is increasingly prevalent among kids — no longer something we can assume only happens to other families. Yet, it also confuses and angers many parents who can't imagine digitally sharing something so intimate.

- **Remind your kids that sexting has long-lasting consequences. It's important to communicate that sexting can hurt everyone involved.**

In many states, sending nude photographs is illegal — particularly when minors are involved. Taking, possessing, or distributing naked images of minors can have significant legal consequences for the sender and the recipient. Second, many schools are still figuring out how to react to sexting, and consequences may range from suspension to expulsion. Regardless of the school's action, students themselves may feel pressure to change schools after such pictures get out, as the social ramifications can be devastating.

- **Remind kids that any private messages can be made public online.**

Even if your kids insist that they completely trust the recipient, once they press Send, they lose control of the message. Help kids think through the “what-ifs”: A recipient loses his or her phone; a friend scrolls through another's messages; a parent checks a kid's phone; the recipient changes his or her mind; the relationship circumstances change. Any message or photo can be copied, screenshot, or forwarded. Sexts can be used for bragging rights or even for revenge. Emphasize that there are just too many real risks that they can't control.

- **Explain to your kids that sexting is not a normal or common behavior.**

Boys tend to believe that other boys are readily receiving sexts from their female peers. We've heard stories about teenage boys keeping naked images on their cell phones that they found online as evidence of “sexts they've received.” Often this idea can pressure boys to ask for sexts as a marker of masculinity and sexual desirability. Kids also may be tempted to engage in sexting because they desperately want to experience and “prove” their closeness with others — and they are still learning how to navigate these close relationships and express their feelings appropriately. *Take this as an opportunity to talk about other ways to communicate attraction and closeness.* Explain that it's normal to want to show someone that you care about them — and even to want to impress a crush — but there are far less risky ways to do it than sending a sext. And anyone who asks for one does not have your best interests at heart.

## A message from the school nurse.....



## Cell Phone: Rules for Responsibility <http://www.ahaparenting.com>

Research shows that virtually all kids who are allowed to keep their cell phone in their room overnight will answer a late-night text, and most of them have spent at least some late nights sending texts.

Only 11 percent of parents suspect their teens have ever sent, received or forwarded a sexual text, while 41% of teens admit they've done so.

Only 4 percent of parents believe their teens have ever texted while driving, while 45% of teens admit that they routinely text while driving.

Studies show that texting begins in the fifth grade, on average. Pornography consumption begins around age 8.\*

Half of all kids admit they are addicted to their cell phones and worry that they use them too much. Their parents agree, and 36 percent of parents say they have daily arguments with their kids about their phones.\*\*

It takes a fair amount of self-discipline to manage the responsibility of a mobile phone -- and most kids are not ready for that before middle school, if then. In fact, since the prefrontal cortex is not fully developed until the mid-20s, middle schoolers are famous for not having as much impulse control as we'd like. Middle schoolers have a hard enough time managing the temptations of social media, sexting, and addictive games on computers. Handing them a phone that they can use constantly, without your supervision, is like handing a child an addictive substance and then not monitoring them.

So it's natural to worry when your child is ready for her first cell phone, even if you think he or she is generally responsible. Yes, this device is an instrument of connection, and it will allow you and your child to be more connected when you're apart. But it's also a symbol of separation, a reminder that your child is now spending enough time at a distance from you -- and other supervising adults -- to need it. Worse, it's a harbinger of the dangers lurking in the outside world that threaten to pop up and menace your child at any time, without you there to stop them.

The problem isn't with kids today. In fact, the research shows that teens today are more responsible than my generation was in driving, drinking, sexuality and drug use. No, the problem is that smart phones pose new risks.

Luckily, communication and supervision can dramatically lessen the risks. How?

**1. Don't give your child a phone too early.** If your child is with a trusted adult, he shouldn't need a cell phone. It's when kids start to walk to school by themselves, or otherwise are without supervision, that they need a cell phone for safety reasons. The younger your child when she gets the cell phone, the more you're asking of her, because it will just be harder for her to act responsibly with it. Can you trust that she'll follow your rules about which apps to download, for instance? How often does he lose things? Some parents give their younger child devices that are more limited than a smart phone, that can't be used to go online, or to call anyone not authorized by the parent.

**2. Agree to rules, before that first cell phone.** Most parents think a "contract" with their child is unnecessary and silly. But a written agreement is a great way for your child to step into this new responsibility without you "over-parenting." When that first cell phone comes with written rules and responsibilities in the form of a signed agreement, young people learn how to handle them responsibly. If you ask your kids what they think the rules should be, and negotiate until you're happy, they will "own" those rules. For a starting place, check out the rules at the end of this article.

**3. Use parental controls.** There are parental control apps available for all phones, and iPhone have built-in parental controls that can be enabled.

**4. Scaffold.** You know how when a building goes up, there's a framework around it? Once the building is complete, the scaffolding is unnecessary. Your job is to give your child support --like scaffolding -- as he learns each new skill. So don't just buy a cell phone, give a lecture, and hope for the best. Instead, see this as a year-long project. In the beginning, plan to talk with your child every single night about his mobile use that day. Review with him what calls and texts came in and out, what apps he used. Ask how it felt to him to use his phone. Did it change anything in his life to have those calls and texts come in? Were there any challenges as he considered how to respond? When you see a mean text from one friend about another one, you'll have the perfect opportunity to ask him about social dynamics, listen to the dilemmas he's facing, and coach him about how to handle these challenges. Even once your kids have had a phone for a while, I recommend that parents reserve the right to spot check their messages and texts occasionally without warning. Erased messages should be checked on the bill. This gets kids in the habit of being responsible, because their phone use doesn't feel so "invisible."

**5. Talk, and listen.** At the dinner table, comment on news stories that involve cell phones, from sexting to dangerous apps to driving deaths. Ask questions about what your child thinks, and listen more. You might find, for instance that your teen thinks sending nude selfies via Snapchat is fine because the photo will self-destruct. But does your child realize that the receiver can take a screenshot, and that there are now apparently ways to subvert the auto-notification that should tell the sender a copy has been made? And does your child know that having a photo of an underage person on his cell phone is illegal?

**6. Role Play.** When a young person is faced with a new situation, how should he know what to do? Roleplays may be hokey, but they give your child a chance to think through the situation and his options. By planting those seeds, your child has more resources to act responsibly in the heat of the moment. I've been known to launch into parent-child roleplays about the topic of the day, pretending to be a friend asking, for instance, "Hey, send me that photo you took at the sleepover!" to help my child consider various responses.

**7. Porn-Proof your child.** All kids will eventually see porn; it is just a question of when. But smart phones give children access to porn, so before you give your child a cell phone, you need to educate him about porn. Porn is almost always dehumanizing, because it depicts sex without warmth, intimacy or love. Most porn today also includes verbal and/or physical aggression toward women. If you need help talking with your child about this difficult issue, check out the book [Good Pictures, Bad Pictures](#) by Kristen Jenson, which you can read with children as young as seven.

**8. Know your child.** The research shows that when kids have problems with technology of any kind, it's because they're having problems that go beyond technology, and those problems will show up in the rest of their life. So if your child is mostly responsible, considerate and happy, he or she is probably responsible with technology, too.

## Cell Phone Rules

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**1. Never write or forward a photo, or anything in a text, that you wouldn't want forwarded to everyone in your school, your principal and your parents.** Remember that everything you send can become public.

**2. Always ask before you forward a text or photo.** Be respectful. How would you feel if someone forwarded an unflattering photo of you?

**3. Always ask before you take a photo or video.** Even once someone has given you permission to take a photo, ask before you post it.

**4. If someone asks you to send a sexy photo...** ...remember that even with Snapchat (which "evaporates" the photo), the picture can be copied and forwarded to others. Anyone could see it -- every kid in the school, your teachers, and your parents. It happens all the time to great kids. Just don't send it. And talk to your parents about it.

**5. If you receive a sexy photo...** ... immediately delete it from your phone, tell your parents, and block the number so you can't receive more. Possession or distribution of sexual pictures of people who are underage is illegal. If the person who sent it to you asks why, just say "It's illegal. Let's talk instead."

**6. Never post your cell phone number...**...on Facebook, or broadcast it beyond your friends (because it leaves you open to stalking.)

**7. Never broadcast your location...**...except in a direct text to friends (because it leaves you open to stalking.) Don't use location apps that post your location.

**8. Never respond to numbers you don't recognize.**

**9. If you receive an unsolicited text, that's spam.** Don't click on it. Instead, tell your parents so they can report the problem and have the caller blocked.

**10. Don't download apps without your parents' permission.**

**11. Don't spend your baby-sitting money all in one place.** You don't need web-surfing or ringtones. Get unlimited texts so you don't have to worry about budgeting.

**12. Don't wear your cell phone on your body** ...and don't use it if you can use a landline. Cell phones are always looking for a signal, and that means they're sending out waves that you don't want going through your body. Cancer? Maybe. We don't know enough yet. So why not just be cautious?

**13. Set up your charging station in the living room** ...so your phone is not in your room at night.

**14. No cell phones at the dining room table.**

**15. No cell phones out of your backpack while you're in class.** And of course turn the sound off.

**16. Have a life.** Don't feel obligated to respond to texts right away and don't text until homework is done, during dinner, or after 9pm.

**17. L8R – Later! If you're driving, turn off your cell phone** ...and put it in a bag where you can't reach it in the back seat. (Make sure you have directions before you start out.) Cars kill people.

**18. Nothing replaces FtF.** If a "friend" sends you a mean message, take a deep breath and turn off your phone. Talk to them the next day, Face to Face, about it. Never say anything via text that you wouldn't say Face to Face.

**19. Monitor your phone usage to prevent addiction.** Our brains get a little rush of dopamine every time we interact with our phones, so every text you send or receive, every post or update, feels good. Why is that a problem? Because it can distract us from other things that are important but maybe not so immediately rewarding, like connecting with our families, doing our homework, and just thinking about life. To prevent addiction, make sure you block out time every day -- like while you have dinner and do homework -- when your phone is off. If you feel like that's too hard, talk to your parents about it and ask for their help. There are programs that prevent your phone from being used at times you designate.

\*Study of 70,000 kids by Jesse Weinberger, author of [The Boogey Man Exists and He's In Your Child's Back Pocket](#)

\*\*Study by Common Sense Media, cited in [New York Times 7-21-16](#).



## Breakfast Choices

Available every day, breakfast includes:

- Breakfast entrée or Choice of cereals with toast
- Fruit
- 100% Fruit Juice
- Milk choices



## Fruit and Juice Available Every Day

Start your day off right

## Additional Middle & High School Choices offered daily

- Smucker's Uncrustable
- Dutch Waffle
- Cheese Pretzel

**STOP & GO Breakfast-High School Only**  
**STOP** by the cafeteria. Bag your breakfast, and **GO** on with your day!

### Choices Daily:

- Pancake or French Toast Minis
- MiniCinis
- Frudel
- Yogurt with Goldfish Grahams



Includes Fruit and 100% juice choice and milk

This breakfast is available for students that qualify for free or reduced price meals.

## Breakfast Meal Prices & Extras

Student Breakfast	\$1.40
Adult Breakfast	\$2.10
Extra Breakfast Entrée	\$1.00
Extra Cereal	\$0.85
Extra Toast	\$0.25
Extra Milk	\$0.45

Menus are subject to change without notice.

Mon	Tue	Wed	Thu	Fri
			1 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Peaches Milk Choices	2 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Applesauce Milk Choices
5 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Applesauce Milk Choices	6 A. Egg & Cheese Biscuit B. Cereal Choices and Toast Juice Choices Pineapple Milk Choices	7 A. Iced Long John B. Cereal Choices and Toast Juice Choices Apple Wedges Milk Choices	8 A. Breakfast Sliders B. Cereal Choices and Toast Juice Choices Sliced Pears Milk Choices	9 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Peaches Milk Choices
12 A. French Toast Sticks B. Cereal Choices and Toast Juice Choices Sliced Pears Milk Choices	13 A. Egg & Cheese Taco Roll B. Cereal Choices and Toast Juice Choices Mixed Fruit Milk Choices	14 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Pineapple Milk Choices	15 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Sliced Peaches Milk Choices	16 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Applesauce Milk Choices
19 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Pineapple Milk Choices	20 A. Egg & Cheese Biscuit B. Cereal Choices and Toast Juice Choices Applesauce Milk Choices	21 A. Fresh Baked Cinnamon Rolls B. Cereal Choices and Toast Juice Choices Sliced Pears Milk Choices	22 <b>NO SCHOOL</b>	23 <b>NO SCHOOL</b>
26	27	28	29	30



**Questions or comments** - Contact Mitch Novak, Foodservice Director at 402-363-9169 or [mitch@lunchtimesolutions.com](mailto:mitch@lunchtimesolutions.com)  
 Applications for Free and Reduced price meal are available in all building offices.

*This institution is an equal opportunity provider and employer.*



### Fruit & Veggie Bar & Milk Choices

Unlimited fruits and vegetables and choice of milk are included with the lunch meal everyday.



Each student is required to have 1/2 cup of fruits or vegetables on their tray.

Look for the Farmer's Market Logo on this month's menu for the featured Farmers Market selection.



Learn more about this month's selection on the poster in the dining area or at:

<http://server.lunchtimesolutions.com:81/farmersmarket.pdf>

### Other Daily Entrée Choices :

#### C. Sub/Salad/Sandwich Entrées

- M-W** Sub Sandwich Choice
- T-Th** Entree Salad Choice
- F** Sandwich Choice

Choices vary. See menu board for details.

#### D. Deli Wrap Entrées

- M** Combo Deli
- T** Fajita Chicken
- W** Turkey Deli
- Th** Ham Deli
- F** Grilled Chicken

#### E. Vegetarian Entrées

- M-W** Vegetarian Salad
- T-Th-F** Fruit, Yogurt & Cheese Plate
- All E. include breadsticks

### Lunch Meal Prices & Extras

MS Lunch	\$2.75	Extra Entrée	\$1.75
Chef Entrée	\$2.25	Extra Side	\$0.50
Adult Lunch	\$3.45	Extra Milk	\$0.45
Adult <b>ONE TRIP</b> Fruit & Veggie Bar			\$1.75

### Questions or comments:

Contact: Mitch Novak, Foodservice Director at (402) 363-9169 or [mitch@lunchtimesolutions.com](mailto:mitch@lunchtimesolutions.com)

Applications for Free and Reduced Price meals are available in the school office. Menus are subject to change without notice.

Mon	Tue	Wed	Thu	Fri
			1 A. Home-style Cavatini B. Mini Corn Dogs  Green Beans Sugar Cookie	2 A. <b>Food Fusion Curry Mac and Cheese</b> B. <b>NEW!</b> Buffalo Chicken Ranch Wrap  Peas Carnival Cookie 
5 A. Cheeseburger B. Chicken Florentine Pasta  Green Beans	6 A. Pizza B. Toasted Cheese Sandwich and Tomato Soup  Baked Beans 	7 A. Meatloaf Dinner Roll B. Crispy Chicken Nuggets Dinner Roll  Roasted Beets Mashed Potatoes with Gravy 	8 A. Home-style Lasagna B. Grilled Chicken Sandwich  Candied Carrots Chocolate Chip Cookie	9 A. Taco in a Bag B. Hot Dog  Chili Lime Corn Cinnamon Bread Stick
12 A. Orange Chicken Over Rice B. Cheeseburger  Green Beans	13 A. Baked Breaded Fish Sandwich B. Pizza  Peas 	14 A. Home-Style Tater Hot Dish Dinner Roll B. Hot Dog  Mixed Vegetables	15 A. Baked Ham Dinner Roll B. Crispy Chicken Nuggets Dinner Roll  Scalloped Potatoes Golden Corn Holiday Cookie	16 A. Italian Dunkers With Marinara Sauce B. BBQ Rib Sandwich  Candied Carrots Chocolate Chip Cookie
19 A. Chicken Fajitas B. Crisпитos  Black Beans	20 A. Pizza B. Taco Burger  Peas 	21 A. Crispy Chicken Nuggets B. Breaded Beef Patty  Mashed Potatoes with Gravy	22 <b>NO SCHOOL</b>	23 <b>NO SCHOOL</b>
26	27	28	29	30
				

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# December 2016

Sun Mon Tue Wed Thu Fri Sat

				<b>1</b> 7 & 8 WR @ Seward H/S 4:00pm 7 GBB - Home vs Aurora - 4:30pm 8 GBB @ Aurora H/S 4:30pm G	<b>2</b>      B	<b>3</b>      Duke Hoops
<b>4</b>	<b>5</b> 7 GBB @ Seward M/S 4:30pm 7 & 8 WR @ Central City Invite 5:00pm 8 GBB - Home vs Seward @ YMS 4:30pm G	<b>6</b> YMS/YHS Christmas Band Concert 7:00 pm YHS Theater B	<b>7</b> 2:00 Dismissal   G	<b>8</b>	<b>9</b>	<b>10</b>      Duke Hoops 7 & 8 WR @ Boone Central Invite 9:30 am  G
<b>11</b>	<b>12</b>	<b>13</b> 7 & 8 GBB - Home vs Beatrice 7 @ YES 8 @ YMS 4:00pm YMS/YHS Christmas Choir Concert 7:00pm YHS Theater G	<b>14</b> 2:00 Dismissal  Speech & Drama Fairy Tail Unit Play 5:00 pm YHS Theater B	<b>15</b>   Speech & Drama Fairy Tail Unit Play YMS Gym 10:30 am   G	<b>16</b>	<b>17</b>      Duke Hoops 7 & 8 WR @ Seward M/S Invitational 9:00am  B
<b>18</b>	<b>19</b>      G	<b>20</b>	<b>21</b> 2:00 Dismissal End of 2nd Quarter YMS School Dance 12:00-2:00 G	<b>22</b>      NO SCHOOL - Christmas Break	<b>23</b>	<b>24</b>      Christmas Eve
<b>25</b> CHRISTMAS DAY  	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>      New Year's Eve
..... NO SCHOOL - Christmas Break .....						



# January 2017



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**Sun      Mon      Tue      Wed      Thu      Fri      Sat**

1 New Year's Day	2	3	4	5 SCHOOL RESUMES	6	7
NO SCHOOL - Christmas Break				B	G	
8	9 Board of Education Mtg. B	10 G	11 2:00 Dismissal B	12 G	13 B	14
15	16 NO SCHOOL MLK In-Service Day Martin Luther King Jr. Day B	17 8 BBB-Home vs Aurora @ YMS 4:30pm G	18 2:00 Dismissal B	19 7 BBB-Home vs Beatrice @ YMS 4:00pm 8 BBB @ Beatrice 4:00pm G	20	21 7 & 8 BBB-York Hoopla Tournament w/Central City, Crete, Schuyler @ YHS B
22	23 Board of Education Mtg. G	24 B	25 2:00 Dismissal G	26 B	27	28 7 & 8 BBB @ Hastings St. Cecilia 7th @ 9:00am 8th @ 10:00am G
29	30 B	31 7 BBB-Home vs Seward M/S @YMS 4:30pm 8 BBB @ Seward M/S 4:30pm G				