

YMS



Kenny Loosvelt

PRINCIPAL

Volume 10

Number 8

Be Safe, Be Respectful, Be Responsible

May 2016

Greetings YMS Parent(s):

It is hard to believe we have only a few short weeks left of this school year. The students and teachers have been working extremely hard to make this 4th quarter our BEST QUARTER! We have finished with our NeSA assessments and we are confident students have given their very best effort and that is all we ask at YMS.

Some great things will be happening at YMS in May to close out an excellent year.

1. May 3, 2016, 5th grade students will be visiting YMS for part of their school day. Then we will welcome their parents that evening as they learn about our school. Also, current 6th grade students will have a Wax Museum presentation that evening beginning at 6:15 p.m.
2. May 6th is our Mini-Google Summit where students present to their peers on different technology topics in the morning. That afternoon over 30 careers will be shared with our students as they take part in the YMS Career Fair.
3. May 9th is our YMS Talent Show at 7:00 p.m. Come see some very talented YMS students.
4. May 13th is our 40th annual Almost Anything Goes Day (AAGD). Yes, it was 1976 that the Heck Family was the AAGD winners.

I am very excited to watch our talented students perform, and learn at these excellent events. Hopefully, you can come out and support these events.

I told the students at a recent assembly that I am so proud to work at this school. This is a place where the adults are working hard for kids and kids work hard to learn. This is a school that promotes individual growth and celebrates the "quirkiness" of students as they grow physically, emotionally, socially and academically.

Thank you parents for trusting YMS with your child's education. Best of luck to our 8th grade students as they transition to YHS and WELCOME our new YMS 5th grade students from YES.

We are going to have an even better year next year!

Kenny Loosvelt
YMS Principal

Middle Years

Working Together for School Success



Short Stops

High school-bound

If your middle grader is moving on this fall, help her get familiar with her new school by attending plays, sporting events, or other activities there. Also, write down dates of important events like freshman orientation, and schedule rides. And be sure to attend parent orientation if it's offered—so you can get ready for high school, too!

Try new foods

Summer is a great time to try new fruits and vegetables. You and your tween might browse a grocery store, an ethnic market, or a farmers' market for unfamiliar produce (say, rhubarb or passion fruit). Then, have him look up ways to prepare it. You'll add variety—and nutritious foods—to your family's meals.

A shoulder to lean on

If your child is upset about something (she didn't get the grade she expected, or a boy she likes doesn't like her), she may use you as a safe place to vent. Let her talk, and put away distractions so you can really listen. She may need your help, or maybe she'll just feel better getting it off her chest.

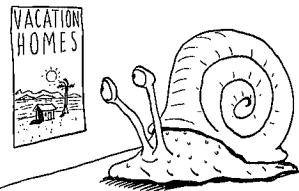
Worth quoting

"Nature does not hurry, yet everything is accomplished." *Lao Tzu*

Just for fun

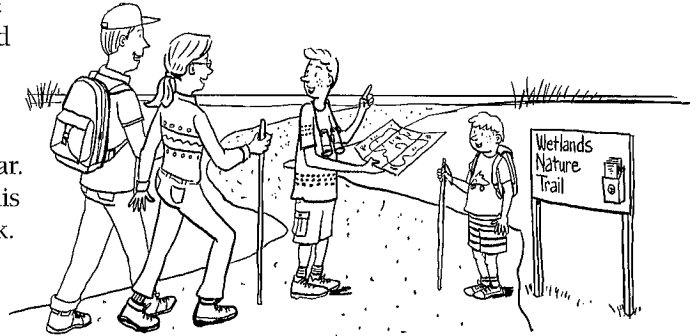
Q: No matter where I go, I'm never far from home. I travel by foot, but I'm toeless. What am I?

A: A snail.



Tuned into learning

Your child's brain is like an engine. While it's revved up to learn, he can keep it running—and build on that momentum—so he's ready to go next school year. These activities will help his mind stay sharp over break.



Tinker away

Inventing new objects out of old ones lets your tween practice critical and creative thinking. Have him gather odds and ends like paper towel tubes, plastic containers, and broken gadgets. He could use his imagination to make something functional or fun (a robot, 3-D art, a roller coaster for action figures). Your community may even have a "maker-space" in a school or library where kids can create things out of random parts.

Enter contests

Doing a project for a competition will motivate your middle grader to dig into a topic and use all kinds of skills, from writing and research to initiative and persistence. He might design a space settlement, write a short story, or film a video

about ocean pollution. Encourage him to ask his teachers or look online for local and national contests. While winning would be the icing on the cake, he'll find the process itself exciting.

Build background knowledge

Together, review your child's course catalog to see what he will be learning next year. Then, look for interesting opportunities to discover more about those subjects. For instance, visit museum exhibits in your town or in places you travel to. When you hike, consult field guides for information about wildlife and plants. Or in the car, listen to music in the language he is taking. 👍

Summer socializing

Help your middle grader socialize safely this summer with ideas like these.



Enroll in programs. Encourage her to join a class, craft program, or tween "club" that meets throughout the summer. Check free or low-cost offerings at rec centers, libraries, YMCAs, places of worship, or local businesses.

Attend community events. She may run into familiar faces at an Independence Day parade, free community concerts, or local festivals. Consider inviting along another family with a child her age.

Plan a get-together. Perhaps your tween would like to host a midbreak party for classmates. She might have everyone bring a game, and she'll supply snacks. (Note: Be sure you're home to supervise.) 👍

Caring counts

While it's normal for your middle schooler to focus on her own needs, you can foster compassion for others by having her consider these questions.

“How can I pay it forward?”

Doing good deeds without expecting anything in return can be the ultimate kindness. Your tween can create a pay-it-forward chain by making a “Pay it forward” card.



When she does a kind act (walks the dog when it's her sister's turn), she gives the card to that person. Then, that person passes on the card with her own kind deed. Keep the card going, and even expand the circle outside your family.

“How do I act in public?”

You want your child to be caring toward everyone, not just those she's close to. Set an example when you're out

together: You might ask a cashier how her day is going or be understanding if a waiter spills a drink. Discuss everyday ways your tween can be kind, too. For instance, she could greet her bus driver with a friendly “hello” as she boards the bus and a “thank you” as she leaves. 👍

Q & A

Addicted to technology?

Q My son would stare at a screen all day if I let him. Could he be addicted?

A Many children use screens for hours each day, which limits face-to-face interaction and physical activity.

But a child who is truly addicted may not care about things that once mattered—even eating or sleeping—and grow violent if you cut off access to his screens. He might be pre-occupied with the Internet or video games or lie about how often he uses them. If you suspect a serious problem like that, seek help from a mental health professional.



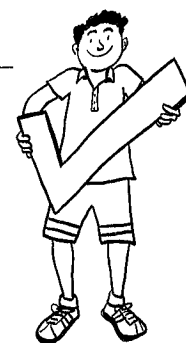
But even if your son isn't addicted, you probably want him to cut back. Consider making electronics off-limits during meals, car rides, and other family time. Also, you might keep television, video games, and smartphones out of his bedroom at night—using them can interfere with sleep. And finally, you could put on limits with parental control settings. 👍



End of the year? Check!

The school year is winding down. Wrapping things up a little at a time will make the final days less hectic. Suggest that your tween tackle end-of-year to-dos like these.

- Check with teachers, or view grades online.** He can see where he stands, make sure he doesn't have any missing assignments, and ask about extra credit to bring up a score.
- Add final projects and studying for exams to his planner.** Your child should break the work into steps and space them out so it's not overwhelming.
- Return library books to the school media center.** Thinking about this now will give him time to look for any he can't find right away.
- Clean out his locker and backpack.** He could take a plastic grocery bag to use as a mini trash can for unneeded papers, gum wrappers, or used-up supplies. 👍



Parent to Parent

Make time for reading

My daughter Andrea's language arts teacher sent home a note saying how important it is for students to read over the summer. I hadn't made summer reading a priority before, but this year we've decided to try.

First, we set a daily time to read together—30 minutes after dinner and on weekend mornings. We also brainstormed places to read. I suggested our

porch, while Andrea thought of sitting by a nearby pond. We both agreed it would be fun to read at a frozen-yogurt shop, too.

Then, to get ideas for books, I had Andrea ask friends. We also spoke to a librarian. She recommended a few classics as well as newer books, and she also encouraged Andrea to read nonfiction about her interests. I'm really looking forward to our reading time—and I think Andrea is, too. 👍



OUR PURPOSE

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

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8th Grade Recognition
May 18, 2016
11:00 a.m. - 12:00 noon
York Middle School Gym



The last day of school is Wednesday, May 18
 with a 12:00 noon dismissal.

We will be honoring our eighth grade student body at 11:00 a.m.
 Eighth graders please submit your baby picture by May 11,
 if you would like to have it included in the slide show.
 Parents and grandparents are invited to attend this event.



Did your child forget to order
 a yearbook? Don't miss out!
 You can still order one until the
 last day of school. The cost is
 only \$20.



Summer All Stars
 for Current Grades 5-7
 May 31 – July 8

Fun activities include cooking, creating art,
 gardening, yoga and other fun activities.
 Registration forms are available in the middle
 school office.

2016 YORK K-12 WRESTLING CLINIC

Wednesday , June 1 and Thursday, June 2

- Session 1- 9-11 AM June 1- For wrestlers entering grades K-5
- Session 2- 1-3 PM June 1- For wrestlers entering grades 6-12
- Session 3- 9-11 AM June 2- For wrestlers entering grades K-5
- Session 4- 1-3 PM June 2- For wrestlers entering grades 6-12

Location- York Wrestling Room @ York HS

Clinic Fee: \$25



York Duke
Volleyball Camps

- Grades 5-6 July 18 - 20 10:30-11:30 am
- Grades 7-8 August 1 - 2
- 7th grade 8:30-10:00 am
- 8th grade 10:30-Noon
- Camp cost is \$25.00 Registration forms
 are available in the office.



2016-2017
TRANSPORTATION
REGISTRATION

**Students must register prior to the deadline
 every year in order to ride the first 5 days of
 school. Registration forms can be found on-line
 and at your child's school. The deadline for this
 year is July 11, 2016. Completed forms can be
 turned in to the office or the Bus Barn at 2904
 Enterprise Ave. Thank you for registering early!**

6TH ANNUAL

YORK FUTURE DUKES FOOTBALL CAMP

May 23 - May 25 at the YHS field

Learn football skills, strategies, and rules. The
 camp will be held from 11:00 a.m. - 1:00 p.m.
 for students going into grades 6 - 8.



The cost is \$30 per student.

FLAG SQUAD AUDITIONS

Do you have experience in dance or choreography? Even if you don't play a band instrument you can be a part of the York High Band's Flag Squad. Students interested in auditioning for our Flag Squad will rehearse April 28th, May 2nd and 3rd from 7:15 to 7:45 a.m. in the High School Gymnasium. Auditions will begin at 7:00 a.m. on May 4th.



SPRING BAND CONCERT

Plan to attend our Spring Band Concert to be held on Thursday, May 5th, at 7:00 p.m. in the High School Theater. The concert will feature performances by the Middle and High School Concert Bands. There is no admission charge for the concert.

BEGINNING BAND LESSONS

Any 6th, 7th, or 8th grade student interested in being a part of our band program next year can get a jump start with beginning band lessons. A parent and student meeting will be held on Monday, July 11th at 7:00 p.m. in the Middle School Band Room to answer any questions about our band program. A representative from Schmitt Music in Omaha will be available at the conclusion of the meeting to talk about their instrument rental plan. The lessons will be held on July 25th, 26th, and 27th in the Middle School Band Room. There will be no charge for lessons, please contact Mr. Forsch for more details.



SENIOR HIGH SCHOOL BAND CAMP

Future High School Band members should mark their calendars for the beginning of next year's marching season. We will hold our "Band Camp" rehearsals August 1st, 2nd, 3rd and 4th from 8:00 a.m. to 3:00 p.m. in the High School Band Room. We will conclude rehearsals with our "Drill Marching Contest" at 7:00 p.m. on Thursday, August 4th at the High School marching rehearsal lot. A Band Booster meeting will be held immediately following the contest in the High School Band Room.



YMS ANNUAL TALENT SHOW



Please join us for the Annual YMS Talent Show!

This final performance for the YMS Choirs will be held on Monday, May 9 in the York High School Theater at 7:00 p.m. Admission is free! We're looking forward to another great show. We have many great dance, voice, and piano solo's along with some comedy routines. The Expression's will sing, as well as, the 6th, 7th and 8th grade choirs. You won't want to miss it.

*All students who are involved in **small acts** have a MANDATORY dress rehearsal on Monday, May 6th from 3:30-5:30pm in the York High School Theater. This is our one rehearsal with the sound and light crew.*





PHYSICALS



Nebraska requires *all* seventh grade students have a physical examination by a qualified doctor, Physicians Assistant or Nurse Practitioner. Seventh grade physical forms *must be* turned into the middle school office by October, 2016.

Seventh and eighth grade students participating in sports need to turn in their physical and parental consent forms *before the first practice begins*. Forms are available in the middle school office or the high school office.

We suggest that you call early to make the appointment after May 1, 2016 for the 2016-2017 school year.

If you have any questions about physicals, please call the middle school and ask for Donelle Ellison, RN. Thank you.



REPORT CARDS

Report cards will be mailed the week of May 25. If you have any questions please contact the middle school office.



LAST DAY OF SCHOOL

May 18 will be our last day of school. We will have a **noon dismissal**. The staff and administration want to wish both the students and parents a safe and enjoyable summer.

LUNCH BALANCES

Please have your son/daughter check on their lunch account balance. If possible, any negative lunch balance needs to be paid by Wednesday, May 11 and *must be* paid before checking out of school for the summer break. Any positive balances will remain in your child's account and will carry over to next year.

Eighth graders heading to York High School will have their balance transferred to the high school. If you're moving and need the money in your account refunded, please let us know. Thank you.

OVERDUE LIBRARY BOOKS

There are still some students who have overdue library books to turn in. As we approach the end of the school term it is important to return *all* overdue books. ALL STUDENTS must have library books returned and fines paid by May 11 in order to participate in A.A.G.D.

Parents, please assist us in seeing that **ALL SCHOOL BOOKS** are returned by **May 18** as some fines can be very costly for lost or unreturned books. Thank you so much for your cooperation.



SAVE SAVE SAVE

Remember to keep saving those General Mills box tops, Campbell's labels, and Our Family labels through the summer and send them to school in the fall with your son/daughter.

We really appreciate your continuing support of this project.



Time to start thinking about the NEBRASKA 2016 STATE FAIR!

Dennis Haack will be sponsoring the students competing. I will be sending in list of student competitors to the NE State Fair before I finish my contract with YHS. If you have competed on the testing and performance days in the past, you will be entered in the same competitions you have done before. If you want to add new contests, please let me know. Please get me a current tee shirt size. Anyone interested in being a new competitor in the testing and performance competitions please contact me. Students are eligible for testing and performance contests if they have completed 3rd grade; students are entered as the grade level they are in the spring of 2016. Transportation will be provided for students in 7th grade or above if needed; transportation for younger students must be provided by parents or guardians or approved adult. If you have questions please contact me 402-362-6655 option #2 or sheila.hubbard@yorkdukes.org.

Please consider entering the early entry competitions. The early entry contests are for students completing kindergarten – 12th grade. Descriptions for all competitions are available on the NE State Fair web site, <http://www.statefair.org>; in the golden area at top click on middle tab-Get Involved; select Domestic Exhibits from the list and from this list select education there you will find the Education Entry Book, select and the book will come up. Please read about the various contests. The performance or live testing contests at the State Fair, will be on Saturday and Sunday, August 27 & 28, 2016. Preliminary times are listed in the entry book. Each contest students want to participate in needs to be entered on the master entry spread sheet; I will submit this on May 31, 2016. The essay, poetry, penmanship, and the power point entries must be submitted digitally, essays, poems, and penmanship have a variety of submission options all need to be submitted by 7/15/16 by the individual student. Please inform me you are entering these contests so you are listed on the master entry form. . All other early entries are to be delivered to Dennis by August 10, 2016. Dennis and I will correctly mount, label, and he will deliver them to Grand Island. The themes for Art, Brick Art, Computer Graphics, Essay, Poetry, and Power Point are listed beside the contest below and in the entry book. Penmanship has excerpts to be copied in the individual's best penmanship. The excerpts are from a NE author, different selections for different ages. The excerpts are available from me when you send me your name to be entered in this contest. S. Hubbard & Dennis Haack, YPS State Fair Education Competition Coach
Performance contests denoted by *; new contests this year denoted by #:

3-D Art	*Impromptu Speaking
Art – winter in NE, may enter two pieces	*Math Test
Brick Art – My NE	*Monologue (any 25-60 line for all ages)
Computer Graphics – A local or NE park or historical site (maybe Wessel's Living History Farm)	
Penmanship	*Quiz Bowl
*Construction Science	Poetry – winter in NE
*Cup Stacking	Power Point – a local or NE state park or historical site
Environment Poster	*Science Test
Essay – grades 3-12 Do students have too much homework?	
K-2 What I like or don't like or both about winter in Nebraska.	
Science Display (this can be from the local Science Expo)	
Service Project Group	Service Project Individual
*Grammar Test	*Social Studies Test
*Improvisation	*Spelling Test
*Poetry Recitation (Poetry Out Loud for HS)	Warmth for Veterans
group art project	story board about a book and/or author
#Cut Snowflakes, any pattern, 3X3 up to 9X9 inches diameter, may enter 1-3 snowflakes	
#Zen Coloring Any Zen coloring page, 9X12. May enter 1 or 2	
#Short Story – grades 9-12 max words 2000; grades K-8 max words 1500. If a story can be told with much less that is fine.	

END OF THE YEAR REMINDERS FROM THE HEALTH OFFICE

Parents of 6th graders soon to be 7th graders: It is a Nebraska law and school requirement that students going into 7th grade have a well-child physical and be updated on their immunizations. The 7th grade physical forms are the same ones used for sports physicals. Most students going into 7th grade will need a booster of Tetanus, Diphtheria and Pertussis which is a combination of 1 shot. Other immunizations you may want to consider, that are recommended but not required are: Meningitis – series of 2 shots, Gardasil – series of 3 shots and Hepatitis A. Attached is a schedule and times available at our local immunization clinic to help clarify. Please start this summer on these requirements as they are required at the beginning of the year. You may turn in your forms and proof of immunizations anytime this summer. Forms are available at the middle school office or they are available on line now under the “Health News” tab.

Parents of students that are going to play a sport next year: ***Your child will be required to have the appropriate forms completed before the first day of practice for their sport.*** The forms are available at YMS or YHS and also on the school web-site under the “Health News” tab. . The packet consists of: Insurance Form, NSAA Consent Form, Medical Clearance Form, Physical Form and Physical History Form. ***All forms and current health insurance is required to participate in the first practice.*** There will be health insurance available for you to buy through the school in August if you choose to do so. If you have difficulty getting health insurance please contact the nurse to see if she can assist. Sports physicals have to be completed after May 1st.

Parents of students with chronic illness, Asthma (use an inhaler or nebulizer), severe allergies or Seizures: Please make contact with the school nurse right away when we return to school next August to discuss the health concerns of your child. A nurse should be available at each school on “Back to School Nights” with health plan forms. It is necessary to have medical plans in place to keep your child safe while at school. We would like to talk with parents about what is needed at school should your child have a medical episode so we are prepared with proper medication or treatments as needed.

The summer is a great time to schedule well-child physicals, dental and eye exams. Check to see if your insurance covers these exams under the preventative benefits.

SUMMER TIPS

Protection from mosquito and tick bites. Use an insect repellent containing DEET, picaridin, oil of lemon or eucalyptus. Wear clothing that protects you from the bites and check for ticks often. Learn how to remove ticks the right way by following this link: http://www.cdc.gov/ticks/removing_a_tick.html

Provide sunscreen for your child and remind them to reapply. This will help prevent skin cancers and wrinkles when they get older. (Something they will thank you for later). Also, remember to protect eyes with sunglasses that have UV protection as the sun damage today is linked to cataracts when we get older.

Stay hydrated with WATER! Increase your fluid intake, regardless of your activity level. Don't wait until you're thirsty to drink. During heavy exercise in a hot environment, drink two to four glasses (16-32 ounces) of cool fluids each hour.

Encourage healthy snacking this summer. Have fresh fruits and vegetables available and ready to grab. Snacks with protein will help you feel less hungry longer. Limit carbohydrate snacks or those with a lot sugar.

Encourage out door time – away from technology!!!!

Have a safe and healthy summer!!!!

2016 York 6-12 Girls-Boys Soccer Clinic
For girls and boys soccer players entering grades 6-12
Clinician- Mike Dean, Head Coach at Omaha FC
2012 US Youth Soccer National Coach of the Year

Date
Thursday, June 30
Session 1- 10 am to 11:30 am
Session 2- 1 pm to 3 pm

Location- Cornerstone Soccer Complex in York, NE

Deadline for mail in enrollment- Friday June 24
Walk in enrollment accepted but not eligible for prizes/Gatorade that will be provided. We will try to get a T-shirt to everyone.

Clinic Fee: \$30
Family discount-- Two soccer players for \$50, Three soccer players for \$60
(include all enrollment forms in same envelope)

Make checks payable to York Girls Soccer
Questions? Call 402-570-3585
Mail to- Chad Mattox 1415 N. Blackburn Avenue York, NE 68467

Name _____

Address _____ City _____

State ____ Zip _____ Phone _____

Grade (next year) _____ Age _____ T-shirt size (circle)- YS YM YL S M L XL 2XL

We (or I) hereby request that you accept this application for enrollment of

in the York Girls-Boys Soccer Clinic on June 30 of 2016; and in consideration of your acceptance of the application we will (or I) hereby release Mike Dean, Chad Mattox, York High School, the School District of York, the York Girls-Boys Soccer Clinic and any or all of its employees or agents from claims on account of injuries which may be sustained by our (or my) daughter while attending the York Girls-Boys Soccer Clinic in York, Nebraska; and we (or I) agree to indemnify the above named of any claim which may hereafter be presented by our (or my) minor son or daughter as a result of such injuries.

Parent signature _____ Date _____

Soccer player signature _____ Date _____

2016 York K-6 Girls Soccer Clinic

For girls interested in learning more about soccer going into grades K-6
Clinicians-

Ryan Davis- coached previously at York College, Grapevine HS in Dallas, TX, and
director of coaching for Texas Sting

York HS coaches and players will also be assisting in the clinic

Dates

Thursday, June 9th and Friday, June 10th

Session 1- Thursday June 9th from 10 am to 12 pm

Session 2- Friday June 10th from 10 am to 12 pm

Location- Cornerstone Soccer Complex in York, NE

Deadline for mail in enrollment- Friday June 3rd

Walk in enrollment accepted but not eligible for prizes/Gatorade that will be provided.
We will try to get a T-shirt to everyone.

Clinic Fee: \$20 for grades K-6

Family discount-- Two soccer players for \$35, Three soccer players for \$50 (include all
enrollment forms in same envelope)

Make checks payable to York Girls Soccer

Questions? Call 402-570-3585

Mail to- Chad Mattox 1415 N. Blackburn Avenue York, NE 68467

Name _____

Address _____ City _____

State ___ Zip _____ Phone _____

Grade (next year) _____ Age _____ T-shirt size (circle)- YS YM YL S M L XL 2XL

We (or I) hereby request that you accept this application for enrollment of

_____ in the York Girls Soccer Clinic on June 9-10 of 2016; and in consideration of your acceptance of the application we will (or I) hereby release Ryan Davis, Chad Mattox, York High School, the School District of York, the York Girls Soccer Clinic and any or all of its employees or agents from claims on account of injuries which may be sustained by our (or my) daughter while attending the York Girls Soccer Clinic in York, Nebraska; and we (or I) agree to indemnify the above named of any claim which may hereafter be presented by our (or my) minor son or daughter as a result of such injuries.

Parent signature _____ Date _____

Soccer player signature _____ Date _____



York Duke Girls Basketball Camp

"Great players are made in the off-season!"



The Duke Girls Basketball Camp is designed to improve fundamental skills such as shooting, passing, ball handling, and rebounding. Team concepts are introduced and reviewed. Both individual and team defensive and offensive play are emphasized.

Camp includes:

- ***NEW YORK DUKE T-shirt!**
- ***Skill Contests – PRIZES!**
- ***Daily Refreshments - ICE CREAM SUNDAES!**
- ***Team Play**
- ***Work with Current York Duke players**



Camp Dates and Times (CAMP LOCATED AT YMS)

<u>Entering Grade 1-2</u>	June 1 – June 3 (Middle School)	9:00am – 10:30 am	\$30
<u>Entering Grades 3-4</u>	June 1 – June 3 (Middle School)	10:30am – 12:00 pm	\$30

Checks made payable to Matt Kern. Please return to your school office by May 17. Any questions, email Coach Kern: matt.kern@yorkdukes.org or call YMS 362-6655.

 Camper's Name _____

**2016-2017 (next year)
 Grade _____**

Parent's Name _____

Doctor's Name _____

Insurance Company _____

Home Phone# _____ Emergency Phone# _____

Parent Email Address _____

I hereby authorize the directors of the York Duke Basketball Camp to act for me according to their best judgment in any emergency requiring medical attention, and I hereby waive and release the camp and York High School from any liability for any injuries while at camp. I also certify that my daughter is medically fit to participate in this program.

Parent/Guardian Signature _____

TO: NEXT YEAR'S 7TH & 8TH GRADE BOYS WHO PLAN TO PLAY BASKETBALL
FROM: SCOTT LAMBERTY, HEAD BOY'S BASKETBALL COACH YORK DUKES

Below is the application for the York Dukes Middle School basketball camp that will be held on **Tuesday, May 31st through Thursday, June 2nd** at the York High School. Camp times will be from **10:30 am to 1:30 pm.**

In addition to the fundamentals of ball handling, passing, and shooting, you will also be learning the York Duke man offense and defense. Daily contests & prizes are also available.

If you have any interest in any other camps in the area, please let me know and I can help find the best fit for you. There are several quality camps just a short distance from York.

To participate, please fill out the application below, detach & return with the camp fee to the high school office at the address below by Monday, May 9th to guarantee a t-shirt.

***We will have individual workouts for grades 7 -8 at YHS on Mon-Tues-Thurs from approximately 9:30 am to 10:15 am. They will start Monday, June 6th through Friday, July 8th. There are NO workouts July 2nd through 6th. These workouts are included in your camp entry fee. This is AFTER your weight room workout.**

***You are also welcome to participate in our summer weight lifting sessions at YHS. Weight room times are TBA, but will begin June 6th.**

LET'S ALL HAVE A GREAT SUMMER OF BASKETBALL!!!!

GO DUKES!!!!

YORK DUKES MIDDLE SCHOOL BASKETBALL CAMP

Player Name _____

Address _____

City, State _____

Grade Next Fall _____

Adult T-shirt size _____

Parent's Name(s) _____

Phone _____

Emergency Phone _____

Camp Cost: \$25 *Includes camp T-shirt & individual workouts

***Make checks payable to:
DUKE SUMMER BASKETBALL**

**Detach form, sign, & return with Fee to
by Monday, May 9th to:**

**Duke Summer Basketball
c/o Scott Lamberty
York High School
1005 Duke Drive
York, NE 68641**

Disclaimer: I understand that by my son participating in the York Duke Middle School Basketball Camp, there exists the risk of minor or serious injury. I release the York Public Schools and all organizers and workers associated with the camp of any and all liability concerning injury that may occur during the camp.

Parent Signature: _____

Date: _____



Dear Parent or guardian

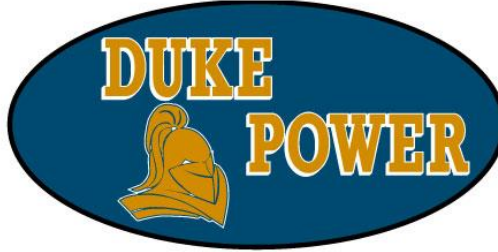
The York Football team is once again excited to offer flag football for all boys and girls in grades 1st-6th. York flag football is a low stress FUN environment for your child to play football and COMPETE. The teams will be coached by York high school football players and York varsity football coaches will be present on EVERY field. The emphasis for flag football will be FUN while COMPETING against other kids from York and surrounding communities in flag football games. Some skills will be taught, but FUN is the main emphasis. The dates for this year will be August 13th, 20st, 27th, & September 3rd. Games will be Saturday mornings beginning at 9:00 AM. More info will be given to players at the beginning of school next fall. IN 2014 & 2015 OVER 100 KIDS took part in flag football and it was a great environment for competition and FUN!

Kids from surrounding communities are also welcome to play, so if you have a friend or family member who would like to take part, feel free to distribute this form to them.

Thanks a lot and enjoy

The York Duke Football coaching staff





2016 YORK FLAG FOOTBALL

Application Form 2016

Name of Child: _____ Parent or Guardian _____

Address: _____ School: _____

City, State, Zip: _____

Telephone Number:(_____)_____ T-Shirt Size: YS YM YL AS AM AL AXL

In Case of Emergency Contact: _____

Emergency Telephone Number: (_____)_____

Child's Grade Level For Fall of 2016 (Must be 1ST 2ND 3rd 4th 5th or 6th grade): _____

Entry Fee is \$25 Make checks payable to York Football

PLEASE HAVE APPLICATION FORM, ENTRY FEE RETURNED TO YORK HIGH SCHOOL, COACH SNODGRASS, OR THE YORK COMMUNITY CENTER BY July 20th 2016 (ENTRIES WILL BE ACCEPTED UNTIL THE DAY OF GAMES, BUT WE CAN NOT GUARANTEE A T-SHIRT FOR LATE ENTRIES.

THE CITY OF YORK, NEBRASKA, THE YORK PARKS AND RECREATION DEPARTMENT, YORK PUBLIC SCHOOLS, AND THE YORK YOUTH FOOTBALL ASSOCIATION ASSUME NO LIABILITY IN THE CASE OF INJURY TO THE CHILD PARTICIPATING IN THE YORK YOUTH FOOTBALL PROGRAM. THE UNERSIGNED PARENT OR GUARDIAN ACCEPTS AND ASSUMES ALL RESPONSIBILITY FOR ANY ACCIDENTS OR INJURIES SUSTAINED BY CHILD WHILE PARTICIPATING IN THE YOUTH FOOTBALL LEAGUE, AND HEREBY AGREES TO HOLD THE CITY OF YORK, NEBRASKA, THE YORK PARKS AND RECREATION DEPARTMENT, YORK PUBLIC SCHOOLS, AND THE YORK YOUTH FOOTBALL ASSOCIATION HARMLESS.

Date: _____, 2016 _____

Signature of parent or guardian



The York Duke Youth Football organization will once again make Pee Wee tackle football available to all boys in grades 4th-6th in the 2016-17 school year. The York Duke Pee Wee tackle football team will be a competitive youth football team that will compete in the Blue Valley football League

Even though this is a competitive league a very high stress will be placed on player safety, FUN, and character development. The main goal that our coaches have is to help the child develop a love of football and make them want to play again next year. This team will also be using the same schemes that the York high school and Jr high teams run, so it will prepare them for high school and Jr high football very well.

Character development will be stressed on a daily basis and your sons will be taught themes such as loyalty, work ethic, integrity, and manners. These are themes that we take very seriously, and feel they are just as important as football lessons and techniques that they will acquire.

Your child will be taking part in a competitive environment working hard and learning valuable life lessons in a safe environment. This WILL BE A POSITIVE EXPERIENCE FOR YOUR SON! Every player will play in every game, but the playing time may not be equal.

Our 6th graders will play a full 6 game “varsity” schedule in our league, and our 4th and 5th grade team will play a 5 game “JV” schedule.

Pad Check out will be Sunday August 6th at 6:00 PM at the high school track\ practice field, and the first practice will be Thursday August 11th at YHS practice field. Practice will always be from 6:00-7:30 or 8:00 on Tuesdays and Thursdays at YMS. Games are always on Sunday afternoons. We will have a parents meeting on Sunday August 6th at the high practice field after pad check out to discuss the season.

See you in the fall

Glen Snodgrass



2016 York Duke Pee Wee tackle football

Application Form 2016

Name of Child: _____ Parent or Guardian _____

Address: _____ Shirt Size: YS YM YL S M L XL

City, State, Zip: _____

Telephone Number:(_____)_____

In Case of Emergency Contact: _____

Emergency Telephone Number: (_____)_____

Child's Date of Birth:_____ Child's Weight: _____

Child's Grade Level For Fall Of 2016 (Must be 4th 5th or 6th grade): _____

Copy of Proof Of Insurance Yes:_____ No:_____

Please (x) if interested in helping. Coach____ Help____

**Entry Fee is \$30. Make checks payable to York Youth Football Association
PLEASE HAVE APPLICATION FORM, ENTRY FEE RETURNED TO YORK COMMUNITY
CENTER, or YORK HIGH SCHOOL BY AUGUST 9TH 2016.**

**PARTICIPANTS SHALL OBTAIN THEIR OWN PHYSICIANS PHYSICAL. PLEASE SHOW
PROOF OF PHYSICAL ON THE FIRST NIGHT OF PRACTICE**

**THE CITY OF YORK, NEBRASKA, THE YORK PARKS AND RECREATION DEPARTMENT,
YORK PUBLIC SCHOOLS, AND THE YORK YOUTH FOOTBALL ASSOCIATION ASSUME
NO LIABILITY IN THE CASE OF INJURY TO THE CHILD PARTICIPATING IN THE YORK
YOUTH FOOTBALL PROGRAM. THE UNERSIGNED PARENT OR GUARDIAN ACCEPTS
AND ASSUMES ALL RESPONSIBILITY FOR ANY ACCIDENTS OR INJURIES SUSTAINED
BY CHILD WHILE PARTICIPATING IN THE YOUTH FOOTBALL LEAGUE, AND HEREBY
AGREES TO HOLD THE CITY OF YORK, NEBRASKA, THE YORK PARKS AND
RECREATION DEPARTMENT AND THE YORK YOUTH FOOTBALL ASSOCIATION
HARMLESS.**

Date: _____, 2016

Signature of parent or guardian



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	\$1.35
Adult Breakfast	\$2.05
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
2 A. French Toast Sticks B. Cereal Choices and Toast Juice Choices Pineapple Milk Choices	3 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Applesauce Milk Choices	4 A. Scrambled Eggs And Toast B. Cereal Choices and Toast Juice Choices Fresh Orange Milk Choices	5 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Mixed Fruit Milk Choices	6 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Pears Milk Choices
9 A. Pancake Sausage Stick B. Cereal Choices and Toast Juice Choices Mixed Fruit Milk Choices	10 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Pineapple Milk Choices	11 A. Oatmeal with Topping Bar B. Cereal Choices and Toast Juice Choices Apple Wedges Milk Choices	12 A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast Juice Choices Applesauce Milk Choices	13 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Peaches Milk Choices
16 A. Ultimate Breakfast Round B. Cereal Choices and Toast Juice Choices Apple Wedges Milk Choices	17 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Pineapple Milk Choices	18 A. Waffles with Syrup B. Cereal Choices and Toast Juice Choices Mixed Fruit Milk Choices	19 NO SCHOOL	20 NO SCHOOL
23	24	25	26	27
30	31 Summer Feeding Begins Cereal Choices And Toast Pineapple Milk Choices			May 31st—July 8th Summer Feeding At York Elementary School Monday - Friday Breakfast 8:00 am to 8:30 am Lunch 11:45 am to 12:45 pm

Questions or comments - Contact Mitch Novak, Foodservice Director at 402-363-9169 or 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	\$2.70	Extra Entrée	\$1.75
Chef Entrée	\$2.00	Extra Side	\$0.50
Adult Lunch	\$3.40	Extra Milk	\$0.45
Adult ONE TRIP Fruit & Veggie Bar			\$1.75

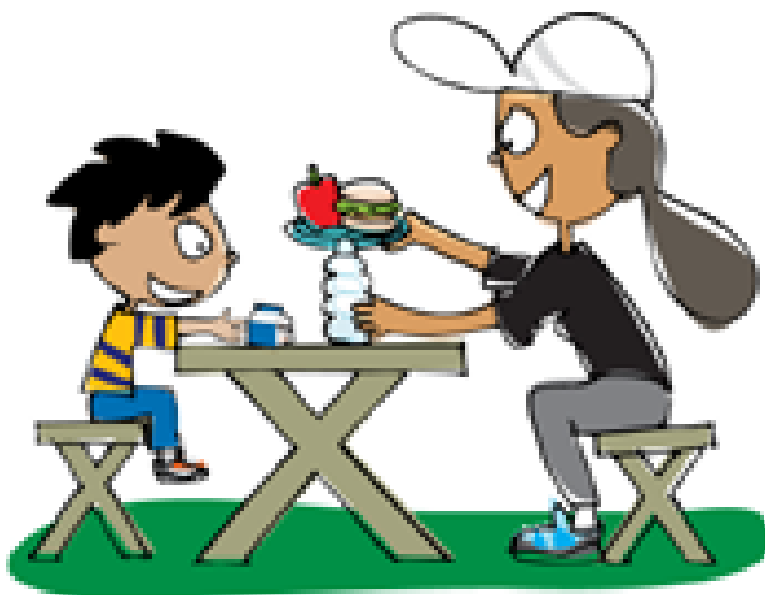
Questions or comments:

Contact: Mitch Novak, Foodservice Director at (402) 363-9169 or 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
2 A. Chicken Fajitas B. Corn Dog Refried Beans	3 A. Beef & Bean Burrito B. Pizza Hut Pizza Steamed Carrots 	4 A. Home-style Chicken & Noodles B. Baked Breaded Beef Fingers Mashed Potatoes with Gravy	5 A. Home-style Spaghetti with Meat Sauce B. Crispy Chicken Sandwich Peas Gelatin Dessert	6 A. Beef Stroganoff B. Crispy Chicken Nuggets Green Beans Frosted Cinnamon Roll
9 A. Southwest Enchilada Bake B. Crispy Chicken Nuggets Steamed Carrots Cinnamon Breadsticks	10 A. Pizza B. Teriyaki Chicken Sandwich Baked French Fries	11 A. Home-style Cajun Chicken Penne B. Italian Dunkers with Marinara Sauce Mixed Vegetables	12 A. Homestyle Chili B. Hot Dog Golden Corn Frosted Cinnamon Roll	13 A. Scalloped Potatoes and Ham w/ Dinner Roll B. Cheeseburger Steamed Broccoli
16 A. Pancakes & Sausage B. Sloppy Joe Potato Triangle	17 A. Hot Ham & Cheese Sandwich B. Pizza Hut Pizza Roasted Garbanzo Beans 	18 NO LUNCH SERVED	19 	20
23	24	25	26	27
30	31 Summer Feeding Begins York Elementary School Baked Chicken Nuggets Baked Tator Tots			May 31st—July 8th Summer Feeding At York Elementary School Monday-Friday Breakfast 8:00 am to 8:30 am Lunch 11:45 am to 12:45 pm

This institution is an equal opportunity employer and provider.



Summer Food Rocks!

York Public Schools Summer Food Program

Where: York Elementary School 1501 Washington

When: May 31st to July 8th

Excluding July 4th

Breakfast 8am to 8:30am

Lunch 11:45 to 12:45

Cost: Free to children 1 to 18.

Adult Breakfast: \$2.25

Adult Lunch: \$3.50

May 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Student Senate Mtg. 7:30 am 5th Grade Orientation at YMS 6th grade Wax Museum Presentation 6:15 pm	4 2:00 Dismissal	5 YMS/YHS Spring Band Concert 7:00 pm YHS Theater	6 YMS Mini Google Summit/ Career Day 	7 Girls on the Run 10:00 am YHS Track
8 Mother's Day	9 YMS Talent Show 7:00 pm YHS Theater Board of Education Mtg	10 Student Senate Mtg. 7:30 am	11 2:00 Dismissal	12	13 YMS AAGD Central NE Track & Field Meet 4:00 pm YHS Track	14 7 & 8 State Track Meet @ Gothenburg ~ 9:00 am
15 Graduation 2:00 pm City Auditorium	16 8th grade celebration at noon	17 Dodgeball Captain Mtg. 7:40 am Dodge Ball Tournament 3:20-5:00 pm 	18 8th grade Recognition End of 4th Qrt Last Day of School Noon Dismissal (All Schools)	19 Teacher Work Day	20	21
22	23 Board of Education Mtg	24	25	26	27	28
29	30 Memorial Day	31				 Have a Great Summer!