



DUKE NEWS

April 2017

Volume XXXI Number 8

Mitch Bartholomew
Principal

Lance Smith
Activities Director/Assistant Principal

FROM THE PRINCIPAL'S OFFICE —

TRUCK CENTER COMPANIES

York High School continues to have a great partnership with Truck Center Companies to provide students the opportunity to explore the diesel technology career field. YHS students participate in an unpaid internship on early out Wednesdays and complete fifteen objectives established by the professionals at Truck Center Companies. Some of the objectives are:

- Air Suspension
- Electrical
- Engine
- Foundation Brakes
- Preventative Maintenance
- Parts Department
- Steering System
- Truck Nomenclature

This internship is giving our students a very valuable experience and Truck Center Companies has been outstanding to work with. The management at Truck Center Companies is dedicated to the longevity of this internship and has hired several of our students after they completed the program.

AGRONOMY ACADEMY

During the 2016-17 school year, four YHS students have participated in the Agronomy Academy. This community/business partnership includes Centennial and Seward High School and Pioneer, Syngenta, Monsanto, and Mycogen. This has been a valuable experience for many students. Here are some highlights from this year:

- Students take four classes – Plant Science, Agribusiness, Plant Biology, Biotechnology
- Students participated in the Cover Crop Clinic at the UNL Research Center in Mead, NE
- Students participated in the Agronomy Career Development Event at SCC
- Some topics that have been covered: crop insects, weeds, crop identification, and plant diseases and disorders

York High School is very appreciative of the time commitment and financial support of all the seed companies involved.

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FROM THE ASSISTANT PRINCIPAL'S OFFICE —

SPRING WEATHER

Just like it does every year, spring rain and cold plays havoc with the activities schedule. Combined with playing schools that may or may not field full JV or varsity rosters in certain sports, it can be confusing and frustrating at times for a fan. I assure you that we are doing everything we can to post the most up-to-date information in as many places as possible. The best bet for staying current with activity changes is by using the rSchoolToday App. This is the comprehensive scheduling tool we use for high school activities and is updated in real time as changes are made. You can even sign up for notifications to changes. We want you all out there supporting the Dukes this spring!

ACADEMIC ELIGIBILITY

A reminder that the YHS eligibility policy goes into effect in the 4th week of the quarter. The first report will run on Monday, April 3. Any student failing two or more classes will be ineligible for one week.

Lance Smith
Assistant Principal/Activities Director
lance.smith@yorkdukes.org

Twitter: @YHS_Dukes
Facebook: York Public Schools
Instagram: @YHS_Dukes

8TH GRADE ORIENTATION

On Wednesday, April 5th at 1:00 p.m., 8th grade public and parochial students are invited to YHS for 8th Grade Orientation.

8th grade students will meet YHS teachers and learn more about activities, athletics, curriculum and tour the building.

Honors Night

Honors Night will be held in the high school theater on Tuesday, April 25th at 7:00 p.m. This event is designed to honor our students for their participation and achievements during this school year.

Please consider taking the time to join us in support and appreciation of the fine young men and women who will be recognized for their outstanding achievements.

VARSITY DUKETTE TRY-OUTS

Registration forms will be available in the YMS/YHS offices on April 5th. Registration forms must be turned in to the YMS/YHS offices by Friday, April 14th. An informational parent meeting will be held on Wednesday, April 19th at 5:30 p.m. in the YHS Media Center.

Try-out practices will be in the main gym on Monday, April 17 and Tuesday, April 18 from 6:00-8:00 p.m., Wednesday, April 19th from 4:30-6:30 p.m. and Thursday, April 20th from 6:00-8:00 p.m. Dukette try-outs will be Friday, April 21st from 5:30-7:30 p.m. in the YHS main gym.

Please contact Katie Burger with any questions: katie.burger@yorkdukes.org



Starry Night

Juniors and Seniors at York High School are invited to this year's prom, "Starry Night", April 8th. This year's prom will be held at the Holthus Convention Center.

Tickets for seniors are \$15; Juniors and other guests are \$20. Tickets may be purchased in the York High School office, and photo reservations can be made at the time tickets are purchased.

Doors will be opened at 6:30 p.m., and students must have their tickets to enter. The meal will be served at 7:00 pm with coronation following at 8:15 pm. After coronation is complete, the dance will begin and go until 11:00 p.m.

Students will not be allowed to enter after 7:30 p.m., and once a student leaves prom, they will not be allowed to re-enter.

Parents are invited to coronation of this year's Duke and Duchess as well. The ceremony will begin at 8:15 pm; doors for the parents will open at 8:00pm. Limited seating will be available during the ceremony.

YORK ATHLETIC BOOSTER CLUB NEWS

Congratulations to all the winter athletes on another successful season! Congratulations to the boys basketball team on 2nd Place finish in district basketball this year. A Big Congratulations to our girls basketball team for getting to state this year! What an exciting finish to the season!

We are gearing up for the spring season with soccer, track, tennis and golf and looking forward to the spring weather!! There are lots of events scheduled over the next 6 weeks and we look forward to avoiding any weather problems and seeing how well our spring athletes have prepared for competition! We look forward to hearing about all of the spring sports success in the near future!

The Yowell Track Meet is set for Saturday, April 22nd! This is our big home track invite and it requires many volunteer hours. If you are interested in helping and we don't already have you on a list, please let Kerry Conner ([402-363-2383](tel:402-363-2383)) or one of your board members know and we'd be happy to put you to work! We could use a few extra volunteers to take tickets, sell t-shirts, and help with the field events. It takes a village to pull off all of these events and we really appreciate all of you who step up and help year after year. And even though the athletes may not say it often enough, I know they truly appreciate your hard work and commitment so they can take part in these home events!

The Athletic Booster Club is looking forward to celebrating all our athletes at the annual All-Sports Banquet. Mark your calendars for Friday, May 5th at the City Auditorium. Tickets will be available at the school office starting April 15th. Hope to see you at the banquet and don't forget to get out and support the spring athletes!

** SPORTS PHOTO SUBMISSIONS FOR ALL-SPORT !!!!!!!

We are encouraging everyone that took photos during the year September to current Spring Sports to PLEASE share your photos with us for possibly being included in the sports banquet video. While the York News-Times has many to choose from we are always open to your submissions for consideration to ensure that we do not miss a Sport or Athlete from this year's events.

PLEASE EMAIL TO: online@yorknewstimes.com

It's a great time to be a Duke!!
York Athletic Booster Club

YORK HIGH SCHOOL MUSIC DEPARTMENT NEWS!

April 2017

Special Points of Interest:

- *Show Choir & Chamber Choir Auditions*
- *District Music Contest*
- *Men's Choir*
- *End of the Year Dates*
- *NYC Meeting*

YORK MEN'S CHOIR

Again this year, the vocal music department will assemble a Men's Choir to perform on the Pops Concert on Tuesday, May 9th! All men are welcome, regardless of age or experience; students, teachers, dads, grandpas, teammates, etc. Rehearsals will be on Tuesdays and Thursdays from 6:00-7:00 p.m. beginning on April 4th. If you have questions or would like more information, contact Mrs. Wagner.

NYC TRIP MEETING

We will have one final trip meeting on Thursday, May 18th at 6:00 pm. I encourage all students who are traveling and their parents to attend this meeting.

Please be watching the mail during the month of April for a mailing including the itinerary and other information.

DISTRICT MUSIC CONTEST

District Music Contest is held at Norris High School on Friday, April 21st. Groups performing on Friday, April 21st include: Chamber Singers, Concert Choir, Small Ensembles and Solos.

An event schedule will be made available at a later date.

This is a day filled with music, you are welcome to attend and see as many of the York entries as you can, but also entries by other schools.

D & D, SHOW CHOIR & CHAMBER SINGERS AUDITIONS

Auditions for next years Dukes & Duchesses Show Choir and Chamber Singers will take place on Wednesday, April 12th, 2:30 - 4:30 p.m. D & D audition will consist of a singing audition and a dancing audition; Chamber auditions will simply be singing. We will have choreography rehearsal on Friday, April 7th, Tuesday, April 11th, and Wednesday April 12th from 7:00 - 7:45 a.m. This is when the students will learn and rehearse the dance portion of the audition. Please be watching for more audition information.

END OF THE YEAR AT A GLANCE

As we come to the end of the year, we have a few dates to remember.

- April 4 - Men's Choir Rehearsal Begins, 6:00 p.m.
- April 7, 11 & 12 - D & D Audition Rehearsal, 7:00 a.m.
- April 12 - D & D & Chamber Auditions, 2:30 - 4:30 p.m.
- April 21 - District Music Contest
- April 24-26 - Pops Concert Auditions
- May 1 - Fine Arts Fiesta - 6:00 pm - Chances R
- May 2 - YMS Talent Show, 7:00 p.m.
- May 9 - Choir 'Pops' Concert, 7:00 p.m.
- May 14 - Graduation (Band & Choir will be playing & singing)

YORK HIGH SCHOOL BAND NEWS

DISTRICT MUSIC CONTEST

Senior High Band members are rehearsing to enter the following solo/small ensemble categories in this year's District Music Contest to be held at Norris High School on Thursday, April 20th and Friday, April 21st.

Instrumental Events

Thursday, April 20th

Piano Solo	Ann Wagner	3:54 p.m. / Room: Auditorium
Piano Solo	Anne Thomas	4:00 p.m. / Room: Auditorium

Instrumental Events

Friday, April 21st

Trumpet Solo	Jason Franklin	1:00 p.m. / Room: S-3
Trumpet Solo	Riley Nigh	1:06 p.m. / Room: S-3
Trumpet Duet		1:12 p.m. / Room: S-3
	Jason Franklin/ Hayley McClelland	
Flute Solo	Megan Quast	2:00 p.m. / Room: Band Room
Trumpet Solo	Hayley McClelland	2:06 p.m. / Room: S-3
Trombone Solo	Hunter Folts	2:12 p.m. / Room: S-3
Trumpet Duet		2:18 p.m. / Room: S-3
	Angelo Lara Gonzalez / Hayley McClelland	
Marimba Solo	Alexandra Saathoff	3:36 p.m. / Room: Band Room
Marimba Solo	Braydon Conell	3:42 p.m. / Room: Band Room
Clarinet Duet		3:48 p.m. / Room: S-6
	Hannah Korn/ Alexandra Saathoff	
Alto Saxophone Solo	Braydon Conell	3:54 p.m. / Room: S-6
Alto Saxophone Solo	Anthonie Gomez	4:00 p.m. / Room: S-6
Clarinet Solo	Alyssa Gilliland	4:18 p.m. / Room: S-6
Clarinet Solo	Kortnie Sheppard	4:24 p.m. / Room: S-6
Alto Saxophone Trio		4:30 p.m. / Room: S-6
	Gloria Acosta / Braydon Conell / Maria (Giselle) Hernandez Banda	

FINE ARTS BOOSTERS

The "Fine Arts Fiesta" will be Monday, May 1st at Chances "R" at 6:00 p.m.



Tickets go on sale the end of April. Fine Arts seniors will receive a complimentary ticket.

More information will be in the May newsletter.

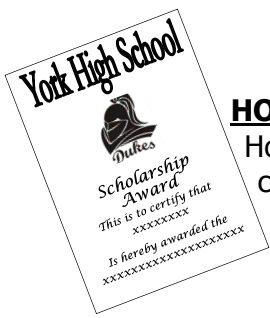
GIRLS ON THE RUN 5K

The Southeast Regional GIRLS ON THE RUN 5k presented by York Medical Clinic will be Saturday, May 6th at 10:00 a.m. at the York High School Track area.

The 5k is open to males and females of all ages. Walkers are welcome! The deadline for a guaranteed T-shirt is April 15th.

Entry forms are available online at GOTRNebraska.org.

We are also seeking volunteers to help on race day, whether it be on the race route, the registration table, the happy hair station, or a variety of other jobs. If you would like to volunteer, please contact Terri Carlson at tcarlson@cityofyork.net.



COUNSELING CENTER NEWS

HONORS NIGHT/SENIORS AND PARENTS:

Honors Night will be held on Tuesday, April 25, at 7:00 p.m. If your student has received college scholarships and/or is planning to go into the **MILITARY (including National Guard)**, please let us know so we can include them in our program. Colleges and other organizations do not always let us know about these and we want to honor those students for their accomplishments.

AFTER HONORS NIGHT:

After Honors Night, seniors will be sent important information on how to collect their scholarship funds. An e-mail will be sent to each student via their personal email. (If a parent wishes to also receive this e-mail, please notify Deb Stuhr at deb.stuhr@yorkdukes.org requesting this.) Most scholarships are paid per semester, so it's important to hold onto these contacts through second semester because students will be asked to submit information to these committees again. If you do not receive the information in a few weeks, please let the counseling office know.

Students are also required to promptly write a thank you note for each scholarship received. The notes are provided by the Counseling office, but postage must be handled by your student.

REMINDER: SUMMER SCHOOL CLASSES FOR CREDIT RECOVERY

Summer school classes for credit recovery will be offered at the Enrichment Center again this year. This is only through the month of June for students who are at risk of not meeting York High School graduation requirements. Space is limited and priority will be given to first semester failures. There is a fee for attending summer school. A letter will be sent out to parents with at-risk students later in April explaining the process to follow if you want your child to take a class. If you have questions, please feel free to contact your child's counselor as soon as possible.

2017-2018 SENIORS:

If you are considering college and plan to apply for scholarships, we encourage you take the June ACT test. Fee waivers for the June test are available until the regular registration deadline of May 5. ACT scores from tests taken in the junior year are used for Regents scholarship competition. Seniors have three chances (September, October and December) to better their scores for scholarships and college entrances (UNL, UNK and UNO require a score of 20). Many scholarships have very early deadlines (example: Horatio Alger – Oct. 31) so taking those earlier tests ensures scores will be available when needed.

ACT TEST DATE

Saturday, June 10

REGISTRATION DEADLINE

May 5

FEE WAIVERS:

Cost should never be a deterrent when it comes to college opportunities. If this is an issue for your child, please take full advantage of fee waivers available through the ACT, SAT or the NAIA and NCAA. These are available for our students who qualify for free or reduced lunches. If you would like to know if you qualify or just want to pick up a waiver, you or your student needs to come to the counseling office.

NAIA AND NCAA REGISTRATION:

If you want to play sports in college, you will need to register with the NAIA (fee is charged) or the NCAA, depending on the college you wish to attend. These two organizations require ACT scores sent directly from the ACT testing center so you will need to include the NAIA code (9876) or the NCAA code (9999) in your choices of where you want your scores sent. If scores need to be sent later, there is a fee for each score sent. *Please also be sure Mrs. Stuhr is aware of your college sport participation so your final transcript gets sent to these entities.*

SOPHOMORE AND JUNIOR PARENTS: CAREER ACADEMY AND SCHOLARSHIPS

Sophomore and junior parents are invited to a meeting on Wednesday, April 19, beginning at 6:00 PM about scholarships and "what's new" for 2017-18! (This meeting should last about 30 min.)

JUNIORS STATE-WIDE ACT

As you are probably aware and have heard by now, all YHS juniors will take the ACT test at York High School on Wednesday, April 19. They will report to school at the normal 8:00 AM time.

COLLEGE CAMPUS VISIT AND REAL WORLD LEADERSHIP ACADEMY

Our final college campus visits for this school year are planned for Wednesday, April 19, and this will be for our freshmen and sophomore students. All freshmen will visit the campus of Central Community College in Hastings. Sophomores will visit Southeast Community College in Lincoln. Information is sent to the parents of each student. If you have questions, please call the Counseling office.

On that same day, seniors will participate in our first Real World Leadership Academy. Seniors will go to the Holthus Convention Center and participate in business and finance sessions as well as basic auto maintenance, insurance, loans and get feedback from alumni.

CELEBRATING 2017 SENIORS

We have extremely awesome seniors at York High School! Therefore, we look forward to celebrating them and their future plans with some special recognition on Tuesday, May 2. Seniors are strongly encouraged to wear a t-shirt representing the college he/she plans to attend and stay for lunch at school that day so a class photo can be taken. We are proud of these hard-working students and future leaders!

FAFSA UPDATE FROM EDUCATIONQUEST



The IRS recently took down its Data Retrieval Tool (DRT) due to security concerns. The DRT allows students and parents to transfer income tax information into the Free Application for Federal Student Aid (FAFSA).

If you already filed your 2017-18 FAFSA and used the DRT to input your tax information, this outage should not affect you.

If you and your parents have **NOT** completed your 2017-18 FAFSA, follow these steps:

1. Complete the FAFSA at fafsa.gov. If you get an error message when you try IRS Data Retrieval ("page not found" or "access denied"), manually input your 2015 tax data.
2. [Request an official tax return transcript](#) of your 2015 income tax data from the IRS. You will need the transcript if the college(s) you list on the FAFSA request verification of your tax data.
3. Respond to verification requests as soon as possible and send all requested documents to the college. Colleges will not award financial aid until the verification process is complete.

NOTES FROM THE NURSES

Seasonal Allergies in Children



Every fall, 5-year-old Timmy develops a runny nose, itchy, puffy eyes, and attacks of sneezing. His mother shares the problem, which she dismisses as mild hay fever, and something her son has to learn to live with. Lately, however, Timmy has also suffered attacks of wheezing and shortness of breath when he visits his grandmother and plays with her cats. Timmy's pediatrician suspects allergic asthma, and wants him to undergo some tests.

Timmy's symptoms are by no means rare among children across the United States. Allergies and asthma often start in childhood and continue throughout life. Although neither can be cured, with proper care they can usually be kept under control. Allergies are caused by the body's reaction to substances called "allergens," which trigger the immune system to react to harmless substances as though they were attacking the body.

When to Suspect an Allergy

Some allergies are easy to identify by the pattern of symptoms that follows exposure to a particular substance. But others are subtler, and may masquerade as other conditions. Here are some common clues that could lead you to suspect your child may have an allergy.

Repeated or chronic cold-like symptoms that last more than a week or two, or that develop at about the same time every year. These could include:

- Runny nose
- Nasal stuffiness
- Sneezing
- Throat clearing
- Nose rubbing
- Sniffling
- Snorting
- Sneezing
- Itchy, runny eyes

Eczema

When it comes to rashes, the most common chronic inflammatory skin condition in children is eczema, also called atopic dermatitis. Although not strictly an allergic disorder, eczema in young children has many of the hallmarks of allergies and is often a sign that hay fever and asthma may develop. The rate of eczema, like that of asthma, is increasing throughout the world. Where asthma is rare, the rate of eczema is also low.

When to Suspect Asthma

Although allergies and asthma often go together, they are actually two different conditions.

- **Asthma** is a chronic condition that starts in the lungs.
- **Allergies** are reactions that start in the immune system.

Not everybody with allergies has asthma, but most people with asthma have allergies.

Asthma Attacks

The airways of the typical child with asthma are inflamed or swollen, which makes them oversensitive. When they come in contact with an asthma “trigger” — something that causes an asthma attack — the airways, called bronchial tubes, overreact by constricting (getting narrower).

Many different substances and events can “trigger” an asthma attack:

- Exercise
- Cold air
- Viruses
- Air pollution
- Certain fumes
- Other allergens
- Cigarette smoke

In fact, about 80 percent of children with asthma also have allergies and, for them, allergens are often the most common asthma triggers.

Common Allergens in Home and School

In the fall, many indoor allergens cause problems for children because they are inside of home and school for longer periods.

- **Dust:** contains dust mites and finely ground particles from other allergens, such as pollen, mold, and animal dander
- **Fungi:** including molds too small to be seen with the naked eye
- **Furry animals:** cats, dogs, guinea pigs, gerbils, rabbits, and other pets
- **Clothing and toys:** made, trimmed, or stuffed with animal hair
- **Latex:** household and school articles, such as rubber gloves, toys, balloons; elastic in socks, underwear, and other clothing; airborne particles
- **Bacterial enzymes:** used to manufacture enzyme bleaches and cleaning products
- **Certain foods**

Controlling Allergy Symptoms

- It's helpful to use air conditioners, where possible, to reduce exposure to **pollen** in both your home and your car.
- **Molds** are present in the spring and late summer, particularly around areas of decaying vegetation. Children with mold allergies should avoid playing in piles of dead leaves in the fall.
- **Dust mites** congregate in places where food for them (e.g., flakes of human skin) is plentiful. That means they are most commonly found in upholstered furniture, bedding, and rugs.
- **Padded furnishings**, such as mattresses, box springs, pillows, and cushions should be encased in allergen-proof, zip-up covers, which are available through catalogs and specialized retailers.
- Wash **linens** weekly, and other bedding such as blankets, every 2 to 3 weeks in hot water to kill the dust mite.
- **Pillows** should be replaced every 2 to 3 years.
- **Do not smoke** around others especially children who suffer from allergies or asthma

Working With Your Child's Doctor

Your child's allergy and/or asthma treatment should start with your pediatrician. If needed, your pediatrician may refer you to a pediatric allergy specialist for additional evaluations and treatments, depending on how severe the child's symptoms are. Although there are many over-the-counter antihistamines, decongestants, and nasal sprays, it is very important that you work with a pediatrician over the years to make sure that your child's allergy and asthma are correctly diagnosed and the symptoms properly treated.

Last Updated

11/21/2015

Source

Healthy Children Magazine, Allergy/Asthma 2007



SUMMER DRIVER'S EDUCATION DATES

We are planning on offering summer driver's education again this summer. We will be offering **2 sessions**. Both sessions will be from 8:00 a.m. to 1:00 p.m. Our first session will run from **Monday, May 22nd through Thursday, May 25th**. The second session will run from **Monday, June 5th through Thursday, June 8th**. Students must have a permit (Learners or School permit) by August 1 to be able to complete the driving portion of the class. PLEASE NOTE: Sign up is on a first come-first serve basis. If you have a special need to get into one of these sessions, please make arrangements to do so early.

Driver's Education courses will offer classroom instruction and behind-the-wheel training. The cost is \$300.00 for in-district and \$350.00 for out-of district students. If you are interested, please contact the high school office. **The deadline for signing up and payment will be Friday, May 5th**.



YORK FFA CHAPTER
York AG ED Celebrating 100 Years
York FFA Chapter Celebrating 90 Years

**York FFA's Greenhouse
Opens April 8th**



**We Have Filled the Greenhouse to
Overflowing!!**



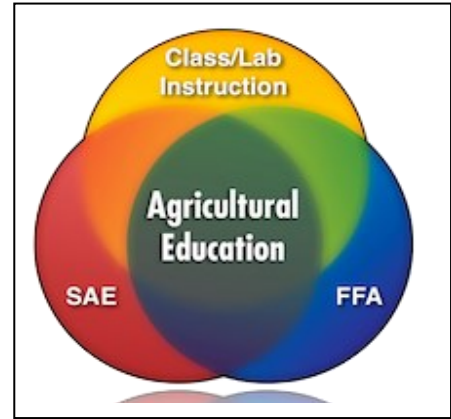
Again we will be hosting container potting

- * You bring your container
- * Select the plants you like
- * We will help you plant your container
- * We will grow your container until freeze warnings have passed.

Accepting Containers now!!

Call or Text:

Jason Hirschfeld: 402-366-5231
Cal Williams: 402-641-6564



**What Color Do You Bleed?
"DUKE BLUE"**

The York Fire Dept., York FFA, FBLA and
Community Blood Bank

**Our Next Blood Drive
Is Tuesday, April 25th
East Parking Lot
11:00 am till 3:00 pm**

PLEASE BE THE TYPE THAT GIVES!

Please call
402-641-6564 or 402-362-6655

We receive \$10 per unit collected for
the FFA Scholarship Fund.



Congratulations and Good Luck at State FFA

To the following ****47 State Qualifiers****

IN CAREER DEVELOPMENT EVENTS

Seven Teams Qualified

Ag Sales

Paige Cradick
Gage Sinsel
Carlos Munoz
Jayden Vanderheiden

Ag Science

John Esser
Bailey Robinson
Emma Ziemba
Anne Thomas

Biotechnology

Simon Otte
Mara Stuhr
Reegon Cast
Mayson Conner

Food Science

Madison Harcrow
Simon Otte
Maria McDougall
Mara Stuhr

Natural Resources

Braxton Nunnenkamp
Max Kohmetscher
Samuel Wallick
Genevieve Tonniges

Veterinary Science

Sam Reorda
Nicole Mittman
Erika Hinz
Loren Kaliff
Hannah Norquest
Shelby Peiper

Welding Team

Angelo Lara Gonzalez ARC
Manuel Acosta OXY
Kody Mostrom MIG

State FFA Delegates

Paige Cradick
Madison Harcrow

Congratulations

Jayden Vanderheiden

&

Kody Mostrom

For Earning the
State FFA Degree



2017

Nebraska FFA Honor Choir

Ryen Diaz

Jessie Jirkovsky-Atchison

Tea Kreifels

Holly Rockenbach

Schulyer Hellerich

STATE FFA

Proficiency Application

Finalist

Donovan Buss

Camryn Wiens

QUALIFYING

FOR STATE LEADERSHIP SKILLS

(Speaking Contests)

Discovery Speaking

Erin Case

Ag Literacy Speaking

Molly Kitt

Ag Demo Team

Carlos Munoz
Jayden Vanderheiden

Extemp Speaking

Leon Linhart

Jr. Public Speaking

Lindsey Stuckey

Sr. Public Speaking

Sam Redfern

Job Interview

Ryen Diaz

Jr. Parli Pro

John Esser
Bailey Robinson
Emma Ziemba
Anne Thomas
Matt Mittman
Hunter Royal
Hayden Royal
Lindsey Stuckey
Sam Warneke

Natural Res. Speaking

Braydon Conell

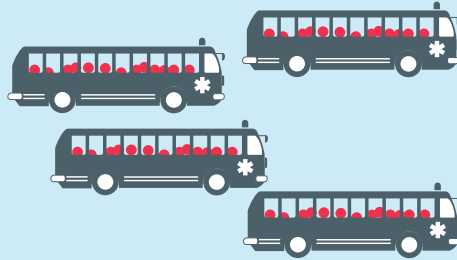
KIDS and MEDICINE SAFETY

Convenience vs. Caution



THE PROBLEM

Each year, nearly **60,000** young children — or about **four busloads per day** — are seen at emergency departments (EDs) because they got into medicine.



Almost **every minute of every day** there is a call to a poison control center because a young child got into medicine.



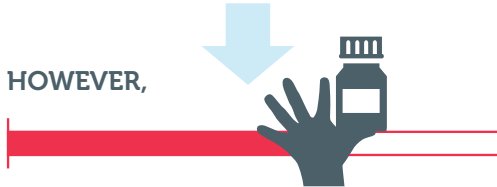
THE DISCONNECT

9 IN 10 PARENTS AGREE



it is important to store all medicines **out of sight and up high** after every use.

HOWEVER,



nearly **7 in 10 parents** report storing medicine **within a child's sight** (on a shelf or surface at or above counter height).

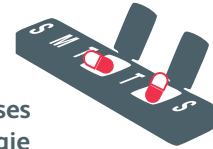
9 IN 10 PARENTS AGREE



medicine should be **kept in the original container**.

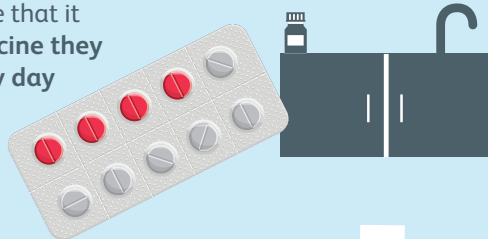
HOWEVER,

more than **1 in 3 parents** say they or someone in their household **always or often** uses a **daily pill organizer or baggie** that children can easily get into if it's not stored out of sight and reach.



CONVENIENCE OVERRULES CAUTION

4 in 10 parents agree that it is **okay to keep medicine** they or a child takes every day on the kitchen counter or another visible location so it is handy.



And nearly **5 in 10 parents** agree that **when a child is sick**, it is **ok to keep the medicine** on the kitchen counter or another visible location between doses so it is handy.



But, in **3 of 5 accidental medicine poisonings** involving young children, the medicine wasn't in its usual or "normal" storage location and was therefore accessible.



UNDERESTIMATING THE RISKS

Nearly 3 in 5 parents think if medicine is out of reach, it's in a safe place.



But, research indicates in about half of OTC poisoning cases, the child climbed on a chair, toy or other device to reach medicine.

1 in 3 parents think if their child is being watched, it doesn't matter as much where medicines are stored.



But, parents frequently said in ED visits that they'd only turned their back for a minute.



Half of parents think child-resistant packaging means a child won't be able to get into medicine at all.



But, research suggests 45-55% of accidental poisonings involved child-resistant packaging.

Convenience + Risk = 440,000 Poison Control Center calls in 2015 because a child got into medicine.

HOW TO HELP PROTECT YOUR KIDS

- Store all prescription and OTC medicines, vitamins and supplements up and away and out of sight and reach every time.
- Keep medicine in its original child-resistant packaging.
- Practice safe storage of medicine as soon as your first child is born.
- Put the Poison Help number – 1-800-222-1222 – into your phone and post it visibly at home.
- Instead of keeping medicine handy, use safe reminder tools to help you remember when to take and give doses.
 - Set alarms on your watch or cell phone.
 - Write a note to yourself and leave it somewhere you look often.
 - Combine taking daily medicines with a daily task, like brushing your teeth.
 - Use a medication schedule to make sure the right amount of medicine is given at the right time.

For more medicine safety tips, visit www.safekids.org

SAFE
KIDS
WORLDWIDE™

Sexual Imagery on the Internet

We want to help our kids develop healthy perspectives about sex, and not let the media be their only source of information. On the Internet, even innocent searches can lead to sexual imagery or pornographic content. So, it's important to talk early and often to make sure your kids get the messages you care most about communicating.

- **Figure out what you want your kid to know.**

Identify your own personal concerns: What are you most worried about with respect to sexual imagery on the Internet? Why? How might the Internet interfere with your goals for your child's healthy sexual development? What alternative messages do you want to make sure they receive?

It may be awkward, but it's important to talk to your kid about:

- your key concerns regarding his or her exposure to age-inappropriate sexual images and messages
- why you have these concerns
- what you hope for your son or daughter with respect to intimate relationships, now and for the future

At the same time, you can encourage your kids to view media messages critically. Point out that sex often gets everyone's attention, so in the media sex is often used to sell something. It is important that your children understand that scripted sex is not reality. Pornography is extreme and not representative of the vast landscape of human sexuality; plus it can convey an exploitive and degrading perspective.

- **Pay attention to your tone.**

It is important to remember that how you talk to your teen regarding this subject is just as important as what you discuss. Your tone and body language will communicate as much as your words! Think of two or three adjectives that describe how you hope you'll come across to your child when talking about sexuality. Then, keep those words in the front of your mind as you enter the conversation. Humiliating, shaming, or using scare tactics on your child regarding their sexual curiosity is both damaging and counterproductive. Your child's interest and exploration of sex and their own sexuality is both natural and normal. By making your son or daughter feel ashamed, you will lose the opportunity to help him or her navigate future challenges and develop his or her own values.

- **Take that first (difficult) step.**

A great way to start the conversation is by simply asking your child if any of their friends have had conversations with their parents about pornography or sexual imagery on the Internet. You can say, “I know it can be awkward to talk about at first, but there are some really important things I want you to know.” If you are nervous, write down what you want to say or practice when no one is around.

Remember that no matter how the first conversation goes, this isn’t meant to be a one-time discussion; you can (and should!) revisit or continue the conversation later if you forgot to include something or want to reemphasize a particular point. You’ve already fought half the battle just by taking on the conversation. Just by starting a conversation, you have communicated to your child that this is on your mind and that you’re clued-in, aware, and concerned.

If you or your teen comes across any material that sexually exploits minors, you do have a duty to report it. You can report it to your local authorities or contact the CyberTipline for the National Center for Missing and Exploited Children. You can contact the center 24 hours a day at 1-800-THE-LOST or report an incident online at **www.cybertipline.com**.

Camp Staff

Coach Glen Snodgrass

Coach Matt Kern

Coach Jordan Crawford

Coach Randy Howell

Coach Matt Brackhan

Coach Jake Snodgrass

Coach Scott Kohmetscher

Jr High Coaching staff



York Duke Football
FINISH!



Coach Snodgrass Phone (308)325-6555

(402)362-6655
York High School
1005 Duke Drive
York, Ne 68467

7th Annual York Future Dukes Football Camp



You are the future of our
program!!



WE PLAY FOR THOSE WHO CAME
BEFORE US. WE SET THE STANDARD
FOR THOSE TO COME

May 22nd-May 24th

-3rd-5th grade 9:00-11:00:

-6th-8th grade 11:00-1:00

CUT THIS SECTION OFF AND RETURN IT TO YHS. KEEP FORM FOR FUTURE REFERENCE OF DATES.

Application:

Name: _____

School: _____

Grade entering: _____

T-shirt size: YS YM YL S M L XL

Contact: _____

Home phone: _____

Work phone: _____

Cell: _____

I herby certify that the York Duke Future Duke camp staff has full and unconditional authority to proceed with diagnosis and treatment as judgment indicates for injuries during camp. The camp staff shall not be held responsible for any consequences resulting from such injuries. We, the undersigned parents or guardians of the above named minor, do herby authorize the camp staff or their designee to select hospital facilities and or a physician of his choice and authorize treatment of the above-named camper on an emergency basis in the event such treatment becomes necessary as a result of the participation in the Future Duke Camp. We herby grant permission for him to participate in the camp and acknowledge the fact that he is physically able to participate in camp activities. I will be responsible for all medical bills incurred as a result of illness or accidents for which medical treatment is necessary while the above applicant is at camp. I declare that I am the father\mother\guardian of the above-named minor.

Signature: _____

Date: _____

****PLEASE HAVE FORMS TURNED IN BY MAY 6TH TO GUARANTEE A T-SHIRT. LATE FORMS WILL BE ACCEPTED UP TO THE FIRST DAY OF CAMP.**

WHEN: May 22nd-May 24th.

WHO:

Students **going into** 3rd-5th grade will begin at 9:00 AM and be finished daily at 11:00 AM.

Students **going into** 6th-8th grade will begin at 11:00 and be finished daily at 1:00

**** please have students at the field 5-10 minutes early**

WHERE

Camp will take place at the YORK HIGH SCHOOL Field. In case of bad weather, camp will take place in the gym.

WHAT TO BRING: Shorts, t-shirt, cleats if possible. if not, athletic shoes are fine.



WHAT\WHEN\WHERE

This will be a NON CONTACT football skills camp, focusing on safety, fundamentals, basic football strategy, and rules.



Future Duke Football Camp May 22ND-May 24th

This is a great opportunity for your son or daughter to develop basic football knowledge at an early age. This camp will also use terminology, plays, and skills that the York Varsity, Freshman, and Jr. High teams will use. This

camp will prepare your child to become a Duke in a FUN and SAFE environment. **FREE T-SHIRT**

HOW MUCH:

\$30.00 per student athlete

Make checks out to York Football



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
3 A. French Toast Sticks B. Cereal Choices and Toast Juice Choices Sliced Pears	4 A. Ultimate Breakfast Round B. Cereal Choices and Toast Juice Choices Mixed Fruit	5 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Pineapple	6 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Sliced Peaches	7 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Applesauce
10 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Pineapple	11 A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast Juice Choices Applesauce	12 A. Yogurt with Goldfish Grahams B. Cereal Choices and Toast Juice Choices Fresh Orange	13 A. Pancake Sausage Stick B. Cereal Choices and Toast Juice Choices Mixed Fruit	14 NO SCHOOL
17 NO SCHOOL	18 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Pineapple	19 A. Ultimate Breakfast Round B. Cereal Choices and Toast Juice Choices Apple Wedges	20 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Applesauce	21 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Peaches
24 A. Breakfast Sliders B. Cereal Choices and Toast Juice Choices Sliced Pears	25 A. Iced Long John B. Cereal Choices and Toast Juice Choices Mixed Fruit	26 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Pineapple	27 A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast Juice Choices Sliced Peaches	28 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Applesauce
				

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.

YORK HIGH SCHOOL (9-12)

LUNCH MENU APRIL 2017

Fruit & Veggie Bar

Included with lunch every day

8 to 10 choices of unlimited fruits and vegetables and choice of milk are included with the lunch meal everyday. Each student is now required to have 1/2 cup of fruits or vegetables on their tray.



My Locally Grown Foods!

Look for the Farmer's Market Logo on this month's menu for the featured locally grown.

Learn more about this month's selection on the poster in the dining area or at:
<http://server.lunchtimesolutions.com:81/farmersmarket.pdf>



My Choices: Fusion Food A Monthly Featured Entree

Available on the menu day indicated, Fusion Foods are a brilliant blend of flavors and tastes. We take your favorite foods, and add a flavor twist not seen in school foods before. Enjoy!!



My Choices: Chef Day

Chef Joe will prepare a special entrée right in front of you. Look for the Chef Demo sign in the lunch area to learn what this month's item will be.

This entrée is available for \$2.25. The Fruit and Veggie bar and Milk can each be purchased separately for an additional amount. You must have money in your account or pay cash to choose this entrée.

Lunch Meal Prices & Extras

HS Lunch	\$2.75	Extra Entrée	\$1.75
Chef Entrée	\$2.25	Extra Milk	\$0.45
Adult Lunch	\$3.45	Extra Branded Pizza	\$1.75
Adult ONE TRIP Fruit & Veggie Bar			\$1.75

Menus Subject to change without notice.



Comfort Foods: Entrée & Featured Hot Veggie of the Day

Mon	Tue	Wed	Thu	Fri
3 Chicken Fajita Black Beans on F&V Bar	4 Corn Dog Golden Corn Frosted Cinnamon Roll	5 Breaded Beef Patty & Roll Mashed Potatoes with Gravy	6 Spaghetti with Garlic Bread Stick Green Beans Gelatin Dessert	7 Taco Burger Peas
10 Orange Chicken over Rice Steamed Broccoli	11 Super Nachos Refried Beans Cinnamon Bread Stick	12 Tater Hot Dish And Dinner Roll Mixed Vegetables	13 Ham Slice & Roll Scalloped Potatoes Green Bean Casserole Holiday Cookie	14 NO SCHOOL
17 NO SCHOOL	18 Mini Corn Dogs Green Beans Carnival Cookie	19 Italian Dunkers With Marinara Sauce Candied Carrots	20 Fusion Food Chinese Tacos Stir Fry Vegetables Coconut Rice	21 Sloppy Joe BBQ Beans Sugar Cookie
24 Chicken Stew over Fresh Baked Biscuit	25 Breakfast for Lunch Ham, Egg and Cheese Biscuit Sandwich	26 Pork Fritter Sandwich Baked Beans	27 Cavatini and Garlic Bread Stick Green Beans Sugar Cookie	28 California Lasagna and Garlic Breadstick Peas
Chef Entrée Beef & Broccoli An Asian Classic! Tender beef and broccoli sautéed in teriyaki sauce and served over rice.				
No- The institution is an equal opportunity employer and provider.				

My Choices: Hot Grill Sandwich Choices - Every Day

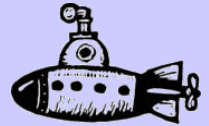
- Cheeseburger
- Hot Dog
- Crispy Chicken Sandwich
- Spicy Chicken Sandwich

My Choices: Fresh Pizza Every Day!!

- Cheese available daily
- M - Pepperoni or Beef
- T - Hot Hawaiian or Taco
- W - Sausage or Beef
- Th - BBQ Chicken or Breakfast
- F - Supreme or Buffalo Ranch

My Choices: Sub Station

Fresh Baked Sub Rolls and Toppings



Select your favorite variety of sub and add your choice of toppings, including lettuce, pickles, sliced tomato, sliced red onion, peppers and cucumbers.

My Choices: Deli Style Wraps

Deli Meat, Cheese and Fresh Veggies in a soft regular or tomato basil tortilla.

- Monday - Combo
- Tuesday - Fajita Chicken
- Wednesday - Turkey
- Thursday - Ham
- Friday - Grilled Chicken

My Choices: Power Lunch Salads

- Monday Grilled Chicken Salad
- Tuesday Southwest Salad
- Wednesday Chef Salad
- Thursday Taco Salad
- Friday Crispy Chicken Salad





My Choices: Vegetarian

- M-W Vegetarian Salad w/ Breadsticks
- T-Th-F Fruit, Yogurt & Cheese Plate w/ Graham Crackers

Questions or Comments? Contact Mitch vak, Food Ser-



April 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 State SkillsUSA Convention @ Grand Island TR @ North Platte Invitational (V) - 12:30 pm April Fool's Day
2	3 BG @ Lincoln Pius X Invitational (V) (Firethorn Golf Course) - 9:00 am Lift-a-thon 8th & 9th - 6:30-7:30 pm 10th & 11th-7:30-8:30 pm	4 GT @ Hastings Dual (JV/V) - 4:00 pm SC-Home vs. Hastings V-G/B-5:00 pm JV-G/B-6:30 pm	5 Early Student Dismissal 2:03 pm BG @ GINW Invitational (JV) (Jackrabbit Run) 10:00 am 8th Grade Orientation State FFA Convention- Lincoln	6 GT-Home Dual vs. Crete (JV/V) - 4:00 pm 9 TR @ Hastings Invitational - 4:00 pm SC @ Columbus Lakeview V-G/B-4:30/JV-G/B-6:00 pm FBLA State Leadership Conference - Omaha	7 TR @ Waverly (V) - 10:00 am	8 ACT Test @ York College Jr./Sr. Prom - 6:30-11:00 pm Holthus Convention Ctr. Post Prom--11:30-pm-3:30 am YHS Gym
9	10 GT @ Gretna Tri w/Elkhorn South (JV/V) - 4:00 pm SC @ Columbus (Wilderness Park) - JV-G/B-5:00 pm SC-Home vs. Conestoga (V) - G/B-5:00 pm Board of Education Meeting	11 GT-Home Dual vs. GICC (JV/V) - 4:00 pm TR-Home Tri w/Central City, Fillmore Ctr. (V) - 4:30 pm SC-Home vs. Nebraska Lutheran - JV-Boys only- 5:00 pm	12 Early Student Dismissal 2:03 pm Conference Quiz Bowl Competition @ Seward D & D Auditions 2:30-4:30 pm	13 9 TR @ Columbus Invite (Pawnee Park) - 2:45 pm SC Central Conference Tournament (V-G/B) - TBD BG-York Invitational (V) 9:00 am TR @ Central City Invitational (V) - 2:00 pm GT @ Waverly Dual (JV/V) (Nebr. Tennis Ctr.)-4:00 pm	14 <div style="text-align: center;">NO SCHOOL Easter Break</div> <div style="text-align: center;">Good Friday</div>	15
16  Easter	17 <div style="text-align: center;">NO SCHOOL Easter Break</div> SC Central Conference Tournament (V-G/B) @ Seward - TBD Dukette Try-out practice 6:00-8:00 pm - Gym	18 BG @ McCook Invitational (V) (Heritage Hills)-9:00 am GT-Home Dual vs. Hastings St. Cecilia (JV/V) - 4:00 pm SC-Home vs. Holdrege V-G/B-5:00/JV-G/B-6:30 pm	19 Early Student Dismissal -2:03 ACT Test administered to all Juniors Freshman & Sophomore College Campus visits Dukette Try-out Practice 4:30-6:30 - Gym Dukette info mtg.-5:30 pm Career Academy/Scholarship Mtg.-6:00 pm-Theater	20 BG @ Columbus Scotus Invitational (V) (Quail Run) 9:00 am Dukette Try-out practice 6:00-8:00 pm—Gym District Music Contest @ Norris	21 BG @ Lexington Invitational (Lakeside Country Club) (JV) - 9:00 am SC-Home vs. Lincoln Southwest JV-Boys - 5:00 pm SC-Home vs. Lincoln Pius X JV-Girls - 5:00 pm Dukette Try-outs 5:30-7:30 pm - Gym	22 TR-Yowell Invitational (V) - 10:00 am
23	24 BG @ Beatrice Invitational (Beatrice Country Club) (V) - 9:00 am BG-Home Tri w/High Plains, Shelby (JV) - 4:15 pm SC @ Seward - V-G-6:00 V-B-8:00 pm/JV-G-4:00 JV-B-5:30 pm Board of Education Meeting	25 GT @ GICC Invitational (Ryder Park) (V) - 9:00 am SC @ Lincoln East H.S. JV-G/B - 5:00 pm Honors Night - 7:00 pm YHS Theater	26 Early Student Dismissal 2:03 pm BG @ Centura Invitational (JV only) (Centura Hills- Cairo) - 9:00 am	27 GT @ Kearney Catholic Dual (JV/V) - 4:00 pm SC @ Crete (CHS Soccer Field East) - Girls-V-4:30/JV-6:15 pm SC-Home vs. Crete Boys-V-5:00/JV-6:30 pm	28 BG @ Crete Invitational (Crete Country Club) (V) - 9:00 am TR @ Holdrege Invitational (V) - 1:00 pm BG @ Heartland Community (JV) - 4:30 pm	29 TR @ GINW (JV) - 9:30 pm
30						