



Kenny Loosvelt

Volume 11

PRINCIPAL

Number 5

Be Safe, Be Respectful, Be Responsible

February 2017

Greetings YMS Parent(s):

What a great start we have had to the second half of our school year. Students and teachers came back ready to put forth a great effort and to improve each and every day. This is an important time for the growth in your child(s) education this year. Some of the most significant gains and unfortunately losses can occur in the winter months of a school year. The adults in this building are going to work hard to make sure students at YMS show gains and we know that you will support YMS by doing the following:

1. Make sure that your child gets homework done. Let your child know that you think education is important and that homework needs to be done each day. You can help your child with homework by setting aside a special place to study, establishing a regular time for homework, and removing distractions such as the television and social phone calls during homework time.
2. Ask questions. If something concerns you about your child's learning or behavior, ask the teacher or principal about it and seek their advice. Your questions may be like these — What specific problem is my child having with reading? What can I do to help my child with this problem?
3. Demonstrate a positive attitude about education to your children. What we say and do in our daily lives can help them to develop positive attitudes toward school and learning and to build confidence in themselves as learners. Showing our children that we both value education and use it in our daily lives provides them with powerful models and contributes greatly to their success in school.
4. Monitor your child's television, video games, and Internet use. American children on average spend far more time watching TV, playing video games and using the Internet than they do completing homework or other school-related activities. Make time each day for your child to read and do homework before technology is turned on.
5. Encourage your child to be responsible and work independently. Taking responsibility and working independently are important qualities for school success. You can help your child to develop these qualities by establishing reasonable rules that you enforce consistently, making it clear to your child that he has to take responsibility for what he does, both at home and at school, showing your child how to break a job down into small steps, and monitor what your child does after school, in the evenings and on weekends.

Students at YMS are participating in One Book One School. Students are reading “*The Fourteenth Goldfish*” by Jennifer Holm. *The book is about a belief in the possible and that science can change the world . . . but can it go too far? Eleven-year-old Ellie has never liked change. She misses fifth grade. She misses her old best friend. She even misses her dearly departed goldfish. Then one day a strange boy shows up. He's bossy. He's cranky. And weirdly enough . . . he looks a lot like Ellie's grandfather, a scientist who's always been slightly obsessed with immortality. Could this pimply boy really be Grandpa Melvin? Has he finally found the secret to eternal youth? With a lighthearted touch and plenty of humor, Jennifer Holm celebrates the wonder of science and explores fascinating questions about life and death, family and friendship, immortality . . . and possibility.*

We are going to have a great second semester as both parents, teachers and staff work to improve the educational experience at YMS.

Kenny Loosvelt
YMS Principal

Middle Years

Working Together for School Success



Short Stops

In touch with teachers

Your child's teachers are happy to hear from you when things are going well, not just when you have a concern. Consider emailing each one at least once this school year "just because." You could mention an assigned novel your tween enjoyed or a science experiment she found interesting.

E-cig use on the rise

Fewer middle graders are smoking regular cigarettes these days, but more are turning to electronic smoking devices called e-cigs. Make sure your tween knows it's against the law for minors to use them. Plus, using e-cigs could get him hooked on nicotine and start an unhealthy habit.

Look ahead to college

It's not too early to start talking to your tween about higher education. If you attended college, tell her about your favorite courses and extracurricular activities. Or connect her with a neighbor or cousin who's in college now. The student could explain what it's like to apply and choose a school—and maybe even give your youngster a campus tour.

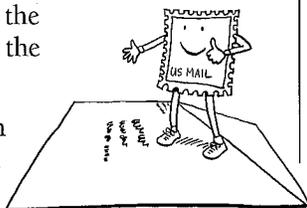
Worth quoting

"That is what learning is. You suddenly understand something you've understood all your life, but in a new way." *Doris Lessing*

Just for fun

Q: What did the stamp say to the envelope?

A: Stick with me and we'll go places!



Handling tween behavior

Middle schoolers can be wonderful—but they can also keep parents on their toes with unpredictable behavior. Consider these ways to deal with typical issues you may face.

Cooperation

Tweens want to be more independent, and one way they try to prove it is by not cooperating with adults. When possible, give your child a sense of control by letting him decide how and when he does a task. You could say, "Would you rather shovel snow before you go sledding or when you get back?"

Attitude

If your youngster sometimes has an "attitude," try to speak calmly so you model how you want *him* to speak. And insist on respectful behavior—if he isn't speaking to you nicely, tell him you'll listen when he can be polite. Point out behaviors you want stopped (muttering

under his breath, saying "whatever"), and explain why they are disrespectful.

Privacy

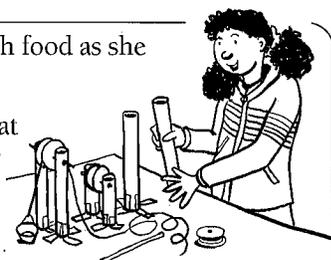
Middle graders often need time alone as they figure out who they are as individuals. The good news is, you can give your tween space without losing touch. For example, knock on his door and ask how he's doing, or invite him to run an errand with you. Also, be sure to have him join in on family outings, even if he protests at first. 👍



Edible engineering

Encourage your tween to combine engineering with food as she learns basic design principles. Try these ideas.

Food on the move. Can your child make a pulley that will move a snack from one place to another? Have her choose a snack and gather paper towel tubes, string, straws, empty ribbon spools, and pieces of cardboard. Let her design her pulley, test it, redesign it to fix any problems, and test it again until she has one that "delivers" her snacks.



Spaghetti "magic." How tall can your middle grader make a spaghetti tower that will support a large marshmallow? She could build it with uncooked spaghetti and marshmallows and then balance a marshmallow on top. Using what she learned from her first attempt, she can try again and aim higher. 👍

Good point!

Making a logical argument is something your child will need to do well in school—and later, on the job. Why not help her practice at home with a fun family debate? Here's how.

1. Choose your topic. First, pick a question that will encourage a friendly debate. *Example:* "What makes a better pet, a cat or a dog?" Then, let one person be a judge, and have everyone else pick a side.



2. Prepare your case.

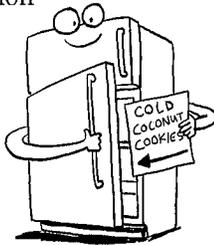
The people on each side write down at least three reasons why others should agree with them, including facts to support opinions. For instance, if you write "Cats are more low maintenance," a supporting fact might be "They don't need to be walked." Or if your argument is "Dogs are more fun," a fact could be "Dogs learn tricks more easily."

Remember this (and that)

Does your middle grader complain that he studied hard for a test and then forgot some answers when he took it? Suggest strategies like these to strengthen his recall.

A house full of facts

"Placing" information in rooms of a house provides a visual guide. As your tween "walks through" the house in his mind, the rooms will help trigger his memory. To recall figures of speech, he might picture opening a kitchen refrigerator and finding *cold coconut cookies*—that's alliteration. In the living room, he could imagine a couch *as soft as a cloud*—a simile.



3. Defend your side. Take turns stating your arguments and backing them up. It's up to the judge to decide who made a stronger case! Let a person from the winning side become the next judge, and debate again. 👍

Q & A

No more "I can't"

Q Sometimes before my son even tries something, he'll say, "I can't do it!" I'd like to help him be more confident, but how?

A Your child might get rid of his "I can'ts" by putting them on paper. He could write, "I can't do this math formula" or "I'm not good at basketball." Then, have him tear the paper into pieces and throw them away. He may find that this action gives him a fresh start.

Also, encourage him to add the word "yet" when he says he can't do something. *Examples:* "I can't do that math formula yet" or "I'm not good at three-point shots yet." That will remind him that it's a matter of time and effort until he *can*. For instance, he may get the wrong answer the first time he uses a new math formula. But with practice and hard work, he'll begin applying the formula correctly. 👍



Silly stories

Suggest that your child make up a sentence or story linking facts he needs to remember. Say he is studying the Minoans, an ancient civilization. He might think: "A Minoan found a bar of bronze on an island made of concrete." That would help him recall that the Minoans lived in the Bronze Age on an island named Crete. 👍

Parent to Parent

A library helper

Ever since my daughter Riley was little, she has always loved going to the library. We make it a point to go every Saturday morning to check out books and return the ones we've read.

Recently, I found out that our local branch was short on volunteers and was looking for people of all ages. When I mentioned this to Riley, she

asked if we could help. I called the library, and they said they would be thrilled to have us and would train Riley and me together.

Now we volunteer a couple of hours a month. Riley is enjoying the experience. I'm glad to see her providing a community service—plus, she's always bringing home new books to read! 👍



OUR PURPOSE

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

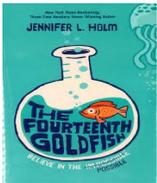
Resources for Educators, a division of CCH Incorporated
 128 N. Royal Avenue • Front Royal, VA 22630
 540-636-4280 • rfcustomer@wolterskluwer.com
 www.rfeonline.com
 ISSN 1540-5540

2017 York County Spelling Contest



Congratulations to the following students who qualified for the York County Spelling Contest on Wednesday, February 1. Participating from the 6th grade will be Jaxson Alexander, Alice Coehoom, Trey Harms, Garrett Ivey, Tori Stanton and Andrew Van Gomple. Alternates are Alexis Christensen, Jalen Kroger, Dannika Lamberty, Lily Nuss, Clayton Pinneo, and Damien Tesarek. Spellers from the 7th grade who will be participating are Nathan Christensen, Melanie Driewer, Noah Jones, Jenna Peryman, Kelsey Sandoz, and Kaylee Woods. Alternates are Logan Ericson, and Marley Jensen. Qualifiers from the 8th grade are Reyannon Gossard, Bo Lucas, Jesus Rodriquez, Meaghan Rowe, Jake Schmid, and Lauren Thomas. Alternates are Drew Baldrige, Erin Frink, Natalie Rockenbach, and Logan Walker.

We wish you the best of luck!



York Middle School staff and students are participating once again in **One Book One School!** **The Fourteenth Goldfish** By Jennifer L Holm

Believe in the possible . . . with this "warm, witty, and wise" New York Times bestselling novel from three-time Newbery Honor winner, Jennifer L. Holm

Galileo. Newton. Salk. Oppenheimer.

Science can change the world . . . but can it go too far?

Eleven-year-old Ellie has never liked change. She misses fifth grade. She misses her old best friend. She even misses her dearly departed goldfish. Then one day a strange boy shows up. He's bossy. He's cranky. And weirdly enough . . . he looks a lot like Ellie's grandfather, a scientist who's always been slightly obsessed with immortality. Could this pimply boy really be Grandpa Melvin? Has he finally found the secret to eternal youth?

With a lighthearted touch and plenty of humor, Jennifer Holm celebrates the wonder of science and explores fascinating questions about life and death, family and friendship, immortality . . . and possibility.



Parent-Teacher Conferences

Wednesday, February 15, 4:30 - 8:30 p.m.

Thursday, February 16, 4:30 - 8:30 p.m.

Friday, February 17, 8:00 a.m. - 12:00 / 1:00 - 3:00 p.m.

Parent-teacher conferences are scheduled for York Middle School. The eighth grade team have scheduled individual Student-led Conferences. This format is to encourage each student to take more ownership in the learning process, in their grades, and in setting goals for the future. These are scheduled conferences with the student, parent, and teacher. Parents of eighth grade students will be notified of their scheduled time.

Parents of 6th and 7th grade students will be able to see teachers at their convenience. Teachers will be in their classrooms. Conference times with individual teachers will be approximately 5 minutes long to allow teachers time to visit with as many people as possible.

Prior to parent-teacher conferences, please look over your child's school work. Check tests and homework grades. If you find low grades on any work, it can then become an area of focus at the conference. Talk to your child. He or she is likely to have insights on what's happening to them academically at school. Please make a list of questions so you won't forget anything you may want to say or ask. Feel free to be honest with your concerns.

After the conference with the teacher, go over what was said with your child. In the end, the student is the one who must take charge of their education. He or she needs to know the positives and the areas that are recommended for improvement.

If you cannot attend a conference on these dates, please call YMS at 402.362.6655, option 1 to arrange an alternate time. We hope to see you at our upcoming parent-teacher conferences!

Please note YMS students will have a 2:00 p.m. dismissal on Thursday, February 16!

York Elementary School Kindergarten Registration



Kindergarten registration will be held at York Elementary School during the week of February 6 through February 10. Letters were mailed to potential kindergarten students; however, if you did not receive a letter, please contact our office at 362-1414.

Any child who will be five years old on or before July 31, 2017, is eligible for kindergarten for the 2017-2018 school year.

Roundup will be Friday, February 24.



2017-2018 TRANSPORTATION REGISTRATION

Forms will be available at parent-teacher conferences in all buildings. Students must register prior to the deadline every year in order to ride the bus the first 5 days of school.

The deadline for this year is **JULY 7, 2017**. Completed forms can be turned into the office or the Bus Barn at 2904 Enterprise Ave. Thank you for registering early!



YORK MIDDLE SCHOOL BAND

Seventeenth Annual York Middle School Honor Band Day

We will be hosting our seventeenth annual “York Middle School Honor Band Day” on Saturday, February 25th. We are expecting over 300 area 7th and 8th grade band students to attend. Students rehearse in the afternoon to prepare for a final concert which begins at 6:30 p.m. in the York High School Theater.

Minden Director of Bands, John Jacobs will be our Percussion Clinician. Rebecca Wilhelm, Director of Bands at Norris Middle School, will direct the 7th Grade Band. The conductor for the 8th Grade Band will be Jim Kucera, the Band Director at Waverly Middle School.

York Middle School Musical

March 16 & 17

YHS Theater at 7:00 p.m.



There's trouble in River City when a fast-talking salesman, *Harold Hill* played by Jake Schmid gets his heart stolen by the town librarian *Marian Paroo* played by Jaylen Naber, in this Tony Award-winning musical comedy.

Auditions are finished and rehearsals are underway. Students from the 6th, 7th and 8th grade choirs are working hard to prepare for the musical, *The Music Man Jr.* Please join us for York Middle School's performance of *The Music Man Jr.* on Thursday, March 16 and Friday, March 17 at 7:00 p.m. at the York High School Theater. Admission is \$3.00 for adults and \$2.00 for students.

We will also be needing many parent volunteers to help with the set, props, snacks, etc. Please be watching for more information and contact us if you are willing to help, jessica.wagner@yorkdukes.org. Parents just a reminder, if your child is a part of the musical cast they need to bring their \$20 in as soon as possible.



February is Dental Health Month

Brush 2 minutes two times a day!!!

Dental decay is the most common chronic disease in young people between the ages of 5 and 17, according to the Centers for Disease Control and Prevention (CDC). Follow these tips to stop cavities before they start.

PARENTS – PLEASE STILL CHECK ON YOUR CHILD’S BRUSHING HABITS NO MATTER YOUR AGE.

- **Skip soda.** Teens are drinking more soft drinks than ever, both in school and at home. Sugar in sweetened sodas can cause cavities, and acidic flavor additives (found in both unsweetened and sweetened sodas) can also erode and damage tooth enamel. If you must drink soda, try these tips to reduce its harm: sip soda through a straw to cut down on the contact the beverage has with teeth, and rinse the mouth with water after drinking soda.
- **Play it safe.** Contact sports can cause oral injuries, but teens can prevent injuries by wearing a [mouth guard](#) while playing sports. More than 200,000 injuries to the mouth and jaw occur each year, and dentists regularly recommend the use of mouth guards in a variety of sports activities. Whether a mouth guard is custom-fitted by a dentist or bought at a store, teens should keep it clean by rinsing it often and storing it in a ventilated container.
- **Avoid oral piercings.** People with tongue or other mouth piercings can easily chip their teeth while eating, sleeping, talking and chewing. The fracture can be confined to tooth enamel and require a filling, or it may go deeper, which can lead to a root canal or tooth extraction. Infections are also common with [oral piercings](#). The tongue can swell after being punctured, and in some cases can become infected and swell to such a degree that it interferes with breathing. Unclean piercing equipment can cause other infections, such as blood-borne hepatitis.
- **Make time for healthy habits.** Teens eat quick meals in the form of "nutrition" bars and fast food to stay alert and on schedule between school, extracurricular activities and part-time jobs. However, these habits can permanently damage oral and overall health. Teens should have access to healthy snacks such as apples, carrot sticks and cheese. Keeping a travel-size toothbrush in a locker or backpack can help teens keep up good teeth-cleaning habits by brushing after meals and snacks. [Chewing sugarless gum](#) with xylitol (a natural sweetener) after meals or snacks can also help cleanse the mouth. Drinking water throughout the day can help cleanse the teeth of excess bacteria and food debris.

Just like adults, children should visit their dentist at least twice a year. Regular dental visits and cleanings not only help keep teeth bright and shiny (a boost self-esteem), they can also help catch minor problems before they become worse.

FEBRUARY IS AMERICAN HEART MONTH



You might know someone who has cardiovascular disease because more than 60 million Americans have some form of it. About **one-third of young people ages 10 to 19 have blood cholesterol levels that are too high**-this is a risk factor for developing heart disease.

What Is Heart Disease? The heart is the center of the cardiovascular system. Through the body's blood vessels, the heart pumps blood to all of the body's cells. The blood carries oxygen, which the cells need. Cardiovascular disease is a group of problems that occur when the heart and blood vessels aren't working the way they should.

Here are some of the problems that go along with cardiovascular disease: **Angina:** people with angina feel a pain in the chest that means the heart isn't getting enough blood. **Heart attack:** when a blood clot or other blockage cuts blood flow to a part of the heart. **Stroke:** when part of the brain doesn't get enough blood due to a clot or a burst blood vessel.

Do You Get Heart Disease? Heart disease isn't contagious — you can't catch it like you can the flu or a cold. Instead, certain things increase a person's chances of getting cardiovascular disease. Doctors call these things risk factors. Some of these risk factors a person can't do anything about, like being older and having other people in the family who have had the same problems. But people do have control over some risk factors — smoking, having high blood pressure, being overweight and not exercising can increase the risk of getting cardiovascular disease.

What Are the Signs of Heart Disease? Many people do not realize they have cardiovascular disease until they have chest pain, a heart attack, or stroke. These kinds of problems often need immediate attention and the person may need to go to the emergency department of a hospital.

Can Children or Teens Get Heart Disease? Children usually don't have any symptoms of heart and blood vessel problems. But by starting heart-healthy habits right now, kids can reduce the chance they will ever need to worry about cardiovascular disease.

So what should you do? *Don't smoke - even E-cigarettes - they constrict your blood vessels. Stay away from energy drinks; they may contain 3 times the amount of caffeine than a cup of coffee. This will speed up your heart rate and may cause irregular heart rates that could be harmful.* Be sure to eat healthy, exercise, and maintain a healthy weight. Your heart and blood vessels will thank you later!

Since February is American Heart Month – Challenge yourself to try a new sport, a new exercise, quite smoking or pledge to never start and try new heart healthy recipes. Start with the recipe below for your sweetheart on Valentine's Day.

Chocolate Sweetheart Parfait

Note: Parfaits can be made up to 2 days in advance.

Prep time: 5 minutes

What you need:

- ½ teaspoon cocoa powder
- 1 teaspoon vanilla extract
- 2 teaspoons honey
- 1½ cups low-fat or fat free Greek yogurt
- 2 cups fresh or frozen raspberries
- ¼ cup shaved dark chocolate or chocolate chips

Equipment and supplies:

- Measuring cups and spoons
- Medium mixing bowl
- Whisk or fork
- Tall glasses, preferably clear



What to do:

- In medium bowl, whisk together cocoa powder and vanilla.
 - Add honey and yogurt and stir until they're well combined with cocoa mixture. It will turn light brown.
 - Spoon 2 tablespoons of yogurt mixture into the bottom of four clear glasses.
 - Top with some raspberries and repeat until all of the yogurt and raspberries are used up.
 - Sprinkle each parfait with chocolate shavings or chocolate chips.
 - Serve or refrigerate until ready to serve.
- How much does this recipe make?**
4 parfaits

Influenza (Flu) Vaccine (Inactivated or Recombinant): *What you need to know*

Many Vaccine Information Statements are available in Spanish and other languages. See www.immunize.org/vis

Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite www.immunize.org/vis

1 Why get vaccinated?

Influenza (“flu”) is a contagious disease that spreads around the United States every year, usually between October and May.

Flu is caused by influenza viruses, and is spread mainly by coughing, sneezing, and close contact.

Anyone can get flu. Flu strikes suddenly and can last several days. Symptoms vary by age, but can include:

- fever/chills
- sore throat
- muscle aches
- fatigue
- cough
- headache
- runny or stuffy nose

Flu can also lead to pneumonia and blood infections, and cause diarrhea and seizures in children. If you have a medical condition, such as heart or lung disease, flu can make it worse.

Flu is more dangerous for some people. Infants and young children, people 65 years of age and older, pregnant women, and people with certain health conditions or a weakened immune system are at greatest risk.

Each year **thousands of people in the United States die from flu**, and many more are hospitalized.

Flu vaccine can:

- keep you from getting flu,
- make flu less severe if you do get it, and
- keep you from spreading flu to your family and other people.

2 Inactivated and recombinant flu vaccines

A dose of flu vaccine is recommended every flu season. Children 6 months through 8 years of age may need two doses during the same flu season. Everyone else needs only one dose each flu season.

Some inactivated flu vaccines contain a very small amount of a mercury-based preservative called thimerosal. Studies have not shown thimerosal in vaccines to be harmful, but flu vaccines that do not contain thimerosal are available.

There is no live flu virus in flu shots. **They cannot cause the flu.**

There are many flu viruses, and they are always changing. Each year a new flu vaccine is made to protect against three or four viruses that are likely to cause disease in the upcoming flu season. But even when the vaccine doesn’t exactly match these viruses, it may still provide some protection.

Flu vaccine cannot prevent:

- flu that is caused by a virus not covered by the vaccine, or
- illnesses that look like flu but are not.

It takes about 2 weeks for protection to develop after vaccination, and protection lasts through the flu season.

3 Some people should not get this vaccine

Tell the person who is giving you the vaccine:

- **If you have any severe, life-threatening allergies.**

If you ever had a life-threatening allergic reaction after a dose of flu vaccine, or have a severe allergy to any part of this vaccine, you may be advised not to get vaccinated. Most, but not all, types of flu vaccine contain a small amount of egg protein.

- **If you ever had Guillain-Barré Syndrome (also called GBS).**

Some people with a history of GBS should not get this vaccine. This should be discussed with your doctor.

- **If you are not feeling well.**

It is usually okay to get flu vaccine when you have a mild illness, but you might be asked to come back when you feel better.



4 Risks of a vaccine reaction

With any medicine, including vaccines, there is a chance of reactions. These are usually mild and go away on their own, but serious reactions are also possible.

Most people who get a flu shot do not have any problems with it.

Minor problems following a flu shot include:

- soreness, redness, or swelling where the shot was given
- hoarseness
- sore, red or itchy eyes
- cough
- fever
- aches
- headache
- itching
- fatigue

If these problems occur, they usually begin soon after the shot and last 1 or 2 days.

More serious problems following a flu shot can include the following:

- There may be a small increased risk of Guillain-Barré Syndrome (GBS) after inactivated flu vaccine. This risk has been estimated at 1 or 2 additional cases per million people vaccinated. This is much lower than the risk of severe complications from flu, which can be prevented by flu vaccine.
- Young children who get the flu shot along with pneumococcal vaccine (PCV13) and/or DTaP vaccine at the same time might be slightly more likely to have a seizure caused by fever. Ask your doctor for more information. Tell your doctor if a child who is getting flu vaccine has ever had a seizure.

Problems that could happen after any injected vaccine:

- People sometimes faint after a medical procedure, including vaccination. Sitting or lying down for about 15 minutes can help prevent fainting, and injuries caused by a fall. Tell your doctor if you feel dizzy, or have vision changes or ringing in the ears.
- Some people get severe pain in the shoulder and have difficulty moving the arm where a shot was given. This happens very rarely.
- Any medication can cause a severe allergic reaction. Such reactions from a vaccine are very rare, estimated at about 1 in a million doses, and would happen within a few minutes to a few hours after the vaccination.

As with any medicine, there is a very remote chance of a vaccine causing a serious injury or death.

The safety of vaccines is always being monitored. For more information, visit: www.cdc.gov/vaccinesafety/

5 What if there is a serious reaction?

What should I look for?

- Look for anything that concerns you, such as signs of a severe allergic reaction, very high fever, or unusual behavior.

Signs of a severe allergic reaction can include hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, and weakness. These would start a few minutes to a few hours after the vaccination.

What should I do?

- If you think it is a severe allergic reaction or other emergency that can't wait, call 9-1-1 and get the person to the nearest hospital. Otherwise, call your doctor.
- Reactions should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your doctor should file this report, or you can do it yourself through the VAERS web site at www.vaers.hhs.gov, or by calling **1-800-822-7967**.

VAERS does not give medical advice.

6 The National Vaccine Injury Compensation Program

The National Vaccine Injury Compensation Program (VICP) is a federal program that was created to compensate people who may have been injured by certain vaccines.

Persons who believe they may have been injured by a vaccine can learn about the program and about filing a claim by calling **1-800-338-2382** or visiting the VICP website at www.hrsa.gov/vaccinecompensation. There is a time limit to file a claim for compensation.

7 How can I learn more?

- Ask your healthcare provider. He or she can give you the vaccine package insert or suggest other sources of information.
- Call your local or state health department.
- Contact the Centers for Disease Control and Prevention (CDC):
 - Call **1-800-232-4636 (1-800-CDC-INFO)** or
 - Visit CDC's website at www.cdc.gov/flu

Vaccine Information Statement
Inactivated Influenza Vaccine

08/07/2015

42 U.S.C. § 300aa-26

Office Use Only





Breakfast Choices

Available every day, breakfast includes:

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



Fruit and Juice Available Every Day

Start your day off right

Additional Middle & High School Choices offered daily

- Smucker's Uncrustable
- Dutch Waffle
- Cheese Pretzel

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

Choices Daily:

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



Includes Fruit and 100% juice choice and milk

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

Breakfast Meal Prices & Extras

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

Menus are subject to change without notice.

Mon	Tue	Wed	Thu	Fri
		1 A. Iced Long John B. Cereal Choices and Toast Juice Choices Apple Wedges	2 A. Breakfast Sliders B. Cereal Choices and Toast Juice Choices Sliced Pears	3 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Peaches
6 A. French Toast Sticks B. Cereal Choices and Toast Juice Choices Sliced Pears	7 A. Sausage Gravy Over Biscuit B. Cereal Choices and Toast Juice Choices Pineapple	8 A. Egg & Cheese Taco Roll B. Cereal Choices And Toast Juice Choice Mixed Fruit	9 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Sliced Peaches	10 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Applesauce
13 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Pineapple	14 A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast Juice Choices Applesauce	15 A. Yogurt with Goldfish Grahams B. Cereal Choices and Toast Juice Choices Peaches	16 A. Pancake Sausage Stick B. Cereal Choices and Toast Juice Choices Mixed Fruit	17 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Pears NO SCHOOL-YMS/YES
20 A. Pancakes with Syrup B. Cereal Choices and Toast Juice Choices Mixed Fruit NO SCHOOL-YMS/YES	21 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Pineapple	22 A. Ultimate Breakfast Round B. Cereal Choices and Toast Juice Choices Apple Wedges	23 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Applesauce	24 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Peaches
27 A. Breakfast Sliders B. Cereal Choices and Toast Juice Choices Sliced Pears	28 A. Iced Long John B. Cereal Choices and Toast Juice Choices Mixed Fruit			

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	\$2.75	Extra Entrée	\$1.75
Chef Entrée	\$2.25	Extra Side	\$0.50
Adult Lunch	\$3.45	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
		1 A. Scalloped Potatoes with Ham and Dinner Roll B. Crispy Chicken Nuggets and Dinner Roll Peas	2 A. Taco in a Bag B. Hot Dog Chili Lime Corn Cinnamon Breadstick	3 A. Grilled Chicken Sandwich B. Home-style Lasagna Roasted Beets Chocolate chip Cookie
6 A. Home-style Cheese Quesadilla and Chicken Enchilada Soup B. Corn Dog Golden Corn	7 A. Pizza Hut Pizza B. Taco Burger Peas 	8 A. Crispy Chicken Nuggets B. Breaded Beef Patty Mashed Potatoes with Gravy	9 A. Home-style Spaghetti with Meat Sauce B. Crispy or Spicy Chicken Sandwich Green Beans Gelatin	10 A. Chicken Fajita B. Pork Fritter Sandwich Black Beans Frosted Cinnamon Roll 
13 A. Cheeseburger B. Orange Chicken over Rice Green Beans	14 A. Pizza Hut Pizza B. Baked Breaded Fish Sandwich Golden Corn Sugar Cookie 	15 A. Hot Dog B. Home-style Tater Hot Dish and Dinner Roll Mixed Vegetable Chocolate Chip Cookie	16 A. BBQ Rib Sandwich B. FOOD FUSION Greek Pizza Candied Carrots 	17 NO SCHOOL
20 NO SCHOOL	21 A. Sloppy Joe B. Pizza Hut Pizza Roasted Garbanzo Beans  	22 A. Chicken Nuggets and Dinner Roll B. Home-style Turkey & Gravy and Dinner Roll Mashed Potatoes with Gravy	23 A. Home-style Chicken Ranch Pasta and Dinner Roll B. Mini Corn Dogs Green Beans Sugar Cookie	24 A. Soft Shell Tacos B. Hot Ham & Cheese Sandwich Chili Lime Corn Carnival Cookie
27 A. Cheeseburger B. Home-style Chicken Stew over Fresh Baked Biscuit Mixed Vegetables	28 A. Pizza Hut Pizza B. Toasted Cheese Sandwich and Tomato Soup Peas 			

This institution is an equal opportunity employer and provider.



February 2017

Sun

Mon

Tue

Wed

Thu

Fri

Sat

			<p>1</p> <p>2:00 Dismissal</p> <p>York County Spelling Bee @ Fairgrounds</p>  <p>B</p>	<p>2</p> <p>7 & 8 BBB - Home vs Columbus Scotus</p> <p>7 @ YES/8 @ YMS</p> <p>4:30 pm</p> <p>Ground Hog Day</p> <p>G</p>	<p>3</p>	<p>4</p>
<p>5</p>	<p>6</p>	<p>7</p> <p>7 BBB @ Aurora</p> <p>4:30 pm</p> <p>G</p>	<p>8</p> <p>2:00 Dismissal</p>	<p>9</p> <p>7 BBB @ Adams Central - 4:30 pm</p> <p>8 BBB - Home vs Adams Central @ YMS - 4:30pm</p> <p>B</p>	<p>10</p>	<p>11</p>
<p>12</p>	<p>13</p> <p>Board of Education Mtg.</p> <p>B</p>	<p>14</p>  <p>7 BBB @ Crete M.S. - 4:30 pm</p> <p>8 BBB - Home vs Crete M.S. @ YMS 4:30 pm</p> <p>G</p>	<p>15</p> <p>2:00 Dismissal</p> <p>YMS P-T Conferences 4:30-8:30pm</p> <p>B</p>	<p>16</p> <p>2:00 Dismissal</p> <p>YMS P-T Conferences 4:30-8:30pm</p> <p>7 BBB - Home vs Hastings 4:30pm</p> <p>G</p>	<p>17</p> <p>NO SCHOOL</p> <p>YMS P-T Conferences</p>	<p>18</p>
<p>19</p>	<p>20</p> <p>NO SCHOOL</p> <p>YMS</p> 	<p>21</p> <p>8 BBB @ Aurora</p> <p>4:30 pm</p> <p>B</p>	<p>22</p> <p>2:00 Dismissal</p>	<p>23</p>	<p>24</p>	<p>25</p>  <p>YMS Honor Band 1:00-8:00 pm</p> <p>YHS Theater</p>
<p>26</p>	<p>27</p> <p>Board of Education Mtg.</p> <p>B</p>	<p>28</p>				