



DUKE NEWS

October 2017

Volume XXXII Number 2

Mitch Bartholomew

Principal

Lance Smith

Assistant Principal/Activities Director

A MESSAGE FROM THE PRINCIPAL —

Agronomy Academy

YHS students enrolled in our Agronomy Academy have had a productive start to the 2017-18 school year and have had some great learning experiences. The Agronomy Academy is a partnership between YHS, Seward High School and Centennial High School. We are fortunate to have business partnerships with Monsanto, DuPont Pioneer, Syngenta, and Mycogen. Students enrolled have participated in several hands on learning activities at each site and in the field. Recently students attended the corn clinic at the UNL Research Farm in Mead, NE., worked with the Sales and Marketing team from DuPont Pioneer, and toured the Monsanto seed production plant.

Business Partnerships – Work Study/Internships

York High School is committed to the 21st century educational philosophy that all students will graduate from high school, college and career ready. YHS is very fortunate to have tremendous community support and have created several business partnerships that are allowing several students the opportunity to develop career skills during the school day. In two years, we have developed partnerships with York General Hospital, York State Bank, Goodwill, UTC, Truck Center Companies, and the City of York. We will continue to find ways to support the Nebraska Standards for Career Ready Practice and our local businesses.

Mitch Bartholomew
Twitter - @MitchBartYHS



Notice of Nondiscrimination

It is the policy of York Public Schools not to discriminate on the basis of gender, disability, race, color, religion, marital status, age, or national origin in its educational programs, administration, policies, employment, or other district programs.

FROM THE ASSISTANT PRINCIPAL/ACTIVITIES DIRECTOR'S OFFICE —

Happy October, Duke Nation! We've had an excellent start to the 2017-18 school year and many of the fall activities are winding down while some winter activities are starting up. I wanted to share a few reminders as we enter into the busiest time of year for so many of our students.

Eligibility

The eligibility report is sent out every Monday at 8:00 am. If a student is failing two or more classes, they are not eligible to participate in activities for one week. They will also be required to attend a one-hour study hall that week to receive extra time and support. The ineligible period lasts from Monday through Sunday regardless of whether their grades come up during the middle of the week. A student's first time on the list is a "grace period" and they are not required to miss activities.

Attendance

In regards to activities, if a student misses any part of the day that is not pre-arranged through the office, they are not allowed to play or practice that day. Appointments and other things that come up should be communicated to the office as soon as possible.

Also, this is a reminder that a student will lose credit for a class if absent more than 8 times without notes from a doctor or other professional excusing the absences.

This is the time of year when students miss a lot of class time due to athletics or activities. Many of the conference, district, and state events occur during the school day and York cannot control those schedules. It is vital that students communicate with their teachers and stay organized about receiving what they missed.

Go Dukes!

Lance Smith

Assistant Principal/Activities Director

@yhs_dukes on Twitter, Instagram, and Snapchat



END OF 1ST QUARTER

The first quarter will end on Friday, October 13th. In the event that you do not receive a report card by the first week of November, please contact the high school office.

NO SCHOOL

School will not be in session on Monday, October 9th.

EMAIL PROGRESS REPORTS

York High School will be updating email addresses. If your email address has changed or you have not yet given us your email address for grade reports, please contact the school at 362-6655. These addresses will then be made available to those teachers who want to use this technology to communicate with parents.

ROTARY YOUTH EXCHANGE

Rotary Youth Exchange is for students who are 15 to 18 years old who are interested in living in another country during the school year. The goals of Rotary Youth Exchange is to further international goodwill and understanding; enable students to advance their education; give students opportunities to broaden their outlook; have students act as ambassadors; provide sufficient time to study and observe another country's culture. Details are at <http://www.rotarydistrict5650.org/youthex> or contact Karla Ott of York Rotary Club, 402-366-5907.

ATTENTION STUDENTS AND PARENTS

The Central Conference requires all people attending activities are required to wear appropriate clothing. This means that shirts will be required for attendance at all York activities.

In addition, the Nebraska School Activities Association prohibits the use of artificial noisemakers at ALL athletic events. Examples would be: air horns, whistles, bells, thunder sticks, etc. Megaphones are to be used by cheerleaders only. Band instruments, including drums, are not to be played at any time other than when the entire band is playing. Let's all work together and make sportsmanship #1 at YHS.

IMPORTANT NOTICE FOR PARENTS & BUSINESSES -- COMMERCIAL RECOGNITION PROGRAMS

Each year at about this time, many commercial operations contact our student's parents and businesses about fund raising opportunities. In the case of students and parents, you may be contacted about opportunities for student recognition in commercial publications at an expense to the student or parent. In other instances, businesses may be contacted about purchasing ads for athletic or activity schedules. These businesses charge a great deal of money and sometimes serve little benefit for our schools.

If you are contacted by an outside agency or individual, please make sure that the individual/business with whom you are talking has contacted the York Public Schools and is endorsed by them as an approved fund raiser. If you have questions, please feel free to contact the school.



YORK ATHLETIC BOOSTER CLUB

YHS Fall Sports are in full swing for the 2017 Season!! Make certain to not miss out on Football, Softball, Cross Country, Tennis, Golf and Volleyball!!

A Big Thank You to everyone that made the Booster Club Burger Feed a Great Success during the first York Duke Home Football Game!!! Thank you to all of the sponsors and everyone that patronized the event to raise funds for the YHS Athletic Booster Club for the 2017 Season.

Additional Thank You to everyone that assisted with the Concession Operations during the opening home football game this year. The proceeds will continue to fund York High School Athletics.

A special shout to all that helped with the 2017 Greg Holoch Athletic Booster Club Golf Tournament this year. We had a record 32 teams this year and finished up prior to mother nature watering the course. We look forward to next years event.

Go Dukes!!
Athletic Booster Club

TRANSPORTATION FOR SCHOOL ACTIVITIES

The York Public Schools provide transportation for all participants to school activities. **All participants are required to ride to and from school-sponsored activities on school district transportation.**

If important family or personal situations require that a student return home or go to an activity with a parent, special exceptions may be allowed **if the parent submits a written request to the high school office 24 hours in advance of the activity and the parent speaks directly to the head coach/sponsor of the activity before taking the student home.** A Special Activities Transportation Request form may be picked up in the high school office or you may also find the form on the school webpage.

An activity sponsor may allow the student to ride with his/her parent if the sponsor determines that the situation is an **emergency** that would not allow the parent to make such a request in advance of the activity. The parent should make the request **personally** to the **head coach/sponsor** and, at that time, provide the sponsor with a written request that the head coach/sponsor will forward to the principal upon returning from the activity.

In all decisions about transportation of students, the primary concern of the Board of Education is the safety of students. Whenever unusual circumstances develop that might require a student to go or return from a school sponsored activity with anyone other than a parent, a special appeal for consideration may be submitted in writing to the high school office 24 hours in advance of the activity. The transporting person must be at least 21 years of age. In these unique situations, an administrator may authorize a student to utilize some other means of transportation; however, the person responsible for the student's transportation must personally speak directly to the head coach/sponsor of the activity before taking the student home.



ACES CHAPTER OF NATIONAL HONOR SOCIETY INDUCTION

This year's ACES Induction ceremony will take place on Tuesday, November 7, 2017, at 7:00 p.m. in the theater. Please plan to attend to help students celebrate this high achievement.

Students who applied will be notified by mail of their selection status; letters will be mailed by Friday, September 29.

amazon.com

Did you know??? You Shop....Amazon Gives!

AmazonSmile is the same Amazon you know. Same products, same prices, same service.

smile.amazon.com

Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to **York Public School Foundation** whenever you shop on AmazonSmile and choose the York Public School Foundation as your charitable organization

Thank you for your support!!!

YORK HIGH SCHOOL MUSIC DEPARTMENT NEWS!

OCTOBER 2017

Special Points of Interest:

- *D&D - Peru State College*
- *Fall Choir Concert*
- *Marching Band Competitions/Concert*
- *Fund Raising Projects*
- *UNL Men's Choral Festival*

NEW!!

UNL MEN'S CHORAL FESTIVAL

We will again be attending the UNL Men's Choir Festival. Several men have signed up to participate. This is an all day event on Monday, October 2nd on the UNL Campus. To close the day there is a free concert in Kimball Hall that evening at 6:30pm.



YORKFEST MARCHING COMPETITION RESULTS

Congratulations to the York High School Marching Band on their Superior (I) Rating from each judge and 1st Place Class A/B Trophy in this year's Yorkfest Parade Marching Competition. The band received 96 out of 100 points and a perfect score in the category of "Music General Effect" from judge Rob Hartung. Definitely a great start to our competitive marching season.

Below is the information for upcoming events...

HARVEST OF HARMONY BAND COMPETITION GRAND ISLAND — SATURDAY, OCTOBER 7TH

The band room will be open at 6:00 a.m. and we will leave for Grand Island at 7:00 a.m. We need to be in the parade line-up at 8:45 a.m. (We are the 141st parade entry out of 212.) After the parade, we will stop at the Conestoga Mall for a lunch break and then go to the Grand Island Senior High Stadium at 2124 N. Lafayette Street for the field competition. We are scheduled to warm-up at 2:00 p.m. and perform at 3:00 p.m. We plan to watch the other band performances and leave at 5:00 p.m. to arrive back in York by about 6:00 p.m. The parade will be broadcast live on NTV from 8:30-11:00 a.m.

FUND RAISING PROJECTS

Remember, the Flag Squad is selling York Dukes house flags. They measure 21¼ x 36". The cost is \$20.00 and can be ordered from a Flag Squad member or contact Konda Cooper at (402) 362-6558 or konda.cooper@yorkdukes.org.

Also, please collect General Mills boxtops and printer cartridges and bring them to the band office to help in our fund raising efforts.

DUKES & DUCHESSES TO PERU STATE COLLEGE

York High School's Dukes & Duchesses will be traveling to Peru State College on Wednesday, October 18th to perform and receive comments. I will make a more detailed schedule available as the competition gets closer. Parents are welcome and encouraged to come and watch D&D for their first competition of the year.

FALL CHOIR CONCERT

The Fall Choir Concert featuring this year's YMS and YHS ensembles will take place on Monday, October 23rd at 7:00 pm in the York High School Theater. We invite all parents, families, friends and the community to join us for an evening of enjoyable music. Come see what we have been working on these first few months of school.

MINDEN BANDFEST PARADE AND FIELD COMPETITION MINDEN - SATURDAY, OCTOBER 14TH

The band room will be open at 9:00 a.m. and we will leave for Minden at 10:00 a.m. We will plan on eating pizza provided by our Band Booster Organization from the Minden Pizza Hut when we arrive. The 27th Annual Minden Bandfest Parade begins at 1:00 p.m. by the Minden High School on Brown Avenue (Highway 10). The Field Competition starts at 3:00 p.m. An exact field performance schedule was not available at the time of this mailing.

MARCHING BAND HIGHLIGHTS CONCERT THURSDAY, OCTOBER 26TH

This year's 6th Grade Band's first performance, the 7th and 8th Grade Marching Band and Drumline along with the Senior High Band, Drumline, and Flag Squad will all be featured at our "Marching Band Highlights Concert" on Thursday, October 26th in the High School Gymnasium at 7:00 p.m. You won't want to miss the 6th Grade Band parents' selection—we'll find out how well the students are able to teach their parents. Please plan to come out and see all of York's Band members in action!

BAND BOOSTER NOTES

Please remember to take advantage of the fundraising opportunity that Kentucky Fried Chicken/Taco Bell is giving the band. The next Friends and Family night will be Tuesday, October 10th from 5:00-8:00 pm. 10% of the net sales will come back to the band.

COUNSELING CENTER NEWS

SCHOLARSHIPS

Scholarship applications are starting to come in and students should check the daily announcements for new scholarship information. The announcements are also on the school website every day. You will find a listing of current scholarships on the school website www.yorkpublic.org under Schools, High School, Counseling Center.

The Horatio Alger Scholarship is due October 25. You must be a senior who has overcome an adversity, must be involved in school and community activities, have a GPA of 2.0 or better and demonstrate financial need to attend college. Ten percent of the scholarships awarded will be to TeamMate mentees. Apply online at www.horatioalger.org

Susan T. Buffett Scholarship requires students to be Nebraska residents and have at least a 2.5 GPA or 80%. Applications will be available November 1 at www.buffettscholarships.org. The essay and application deadline is February 1. This scholarship is need based. The Student Aid Report (SAR) must be submitted by February 1. The value of this scholarship is over \$40,000 for universities, over \$39,000 for state colleges and over \$20,000 for community colleges.

The UNL Honors Program deadline is Nov. 15, but UNL has told us the sooner the students apply, the better. They do require three letters of recommendation for this; students should ask for those now. Students need to apply to UNL online first to be able to get to the Honors application. There is a \$45.00 application fee. If students qualify for free or reduced lunch, this fee can be waived. Come to the Counseling Center if you need help with this process.

The KHOP (Kearney Health Opportunities Program) and RHOP (Rural Health Opportunities Program) are due NOVEMBER 15!! This is for full tuition to attend UNK (for KHOP) and/or Chadron, Peru or Wayne (for RHOP) and a guaranteed spot at UNMC. This scholarship also requires 3 letters of recommendation, and shadowing in a medical facility is recommended.

Students interested in ROTC scholarships should start their online application process now. Students can visit with the Counseling Center if they have questions about this.

COLLEGE ENTRANCE TESTS:

American College Test (ACT) – Grades 11 and 12 (Cost \$46.00 – fee waivers available):

All colleges and universities and some community colleges require incoming freshmen to take one of two entrance examinations, the ACT or the SAT. Most schools in Nebraska require the ACT; however, they will accept either. This test is given six times a year and can be taken at York College if students register early enough to get a spot. Registration is done online at www.act.org. (An information flyer is available in the Counseling Center.) If students cannot afford the \$46.00 fee and qualify for free/reduced lunch, they should come to our office for a fee waiver.

On to College (formerly John Baylor test prep) is being held prior to the October ACT test. We will begin Tuesday, October 10. This will be done during both lunch periods. Students may sign up in the Counseling Center by October 5 (along with the \$75 payment to YHS). We plan to repeat this test prep prior to the December and April tests.

OPTIONAL ACT PLUS Writing – Grades 11 & 12 (Cost \$62.50):

This is an ADDED option to the ACT test. Some out-of-state schools and certain majors require this test. Students will need to check with their school choices, or come to the Counseling Center, to determine if they need to take this part of the test.

ACCUPLACER TEST (formerly Compass Test) – Required for community colleges (No Fee):

This test is given at Southeast Community College or Central Community College and you must make an appointment with the college where you plan to take the test. The ACCUPLACER test is also given at the high school for students who sign up. There will be two sessions with 18 spots in each. Sign-up is first come, first served (seniors will be given priority). The first Accuplacer test at YHS is scheduled for October 24.

STUDENT TESTING:

PSAT - Preliminary Scholastic Aptitude Test/National Merit Scholarship Qualifying Test-

Offered to selected 10th and all 11th Grades (Cost is \$16.00):

This optional test measures verbal and mathematical reasoning abilities important to doing college work. It gives a forecast SAT score and helps identify National Merit Scholarship winners. The national test date for the PSAT test is Wednesday, October 11. Students can register in the Counseling Center by October 6 when making their \$16 payment.

COLLEGE CLUB SESSION

Counselors will be available to help students with college applications, scholarship applications, ACT registration and/or questions about post-secondary training. Students may come and go as it works in their schedules. Also, every Wednesday afternoon from 2:03-3:45, the computer lab in the Counseling Center is open to seniors who wish to work on college applications, resumes and/or scholarships.

CAMPUS VISITS

Once again, we are fortunate to have the opportunity to take York High School student to a college campus to learn about college life, gather information, get the "feel" of a college campus while students are in session, ask questions, etc. We are scheduling colleges on a rotating basis in order for students to visit a community college, state college, private college and university during their high school years. Interested seniors and juniors (priority given to seniors) will visit UNL on Wednesday, October 18. Visits to Wayne State, UNK and a community college will be arranged for underclassmen throughout the balance of the school year.

The College Access Grant, which was the funding for these helpful and informative trips for our students for many years, did expire. However, Dr. Lucas and our school board believe in the value of these trips, so the district will fund these visits for the 17-18 school year.

UP NEXT MESSAGE REMINDERS

Seniors are invited to sign up for a "new" free text messaging service called "Up Next." Encouraging messages and reminders will be sent on all things related to college access. These messages will nudge students to take action on applications, FAFSA, campus visits, etc. A representative from the Nebraska Dept. of Education made us aware of this opportunity and tried it out herself. If interested, high school seniors can enroll by texting their FIRST NAME and LAST NAME to this phone number (240) 623-8319. Current college students can enroll by texting their FIRST NAME and LAST NAME to (240) 623-2789.

EDUCATIONQUEST – A GREAT RESOURCE – IS COMING TO YORK!

EducationQuest truly is a helpful and FREE resource for college preparation steps, FAFSA guidance, scholarship information and so much more! They will be *at York High School on Thursday, October 12*, giving presentations about these subjects during the 5A (11:20-12:00) and 5B (12:10-12:50) lunch times. Seniors and parents are strongly encouraged to attend! Click this link for their October newsletter of helpful tips! <https://www.educationquest.org/pdfs/CPB/CPBulletinOct17.doc>

FAFSA – START NOW!

The FAFSA timelines have recently changed, and it's time to start NOW, senior students and parents! Below are some important steps:

Create an FSA ID. You and a parent must each create a username and password at fsaid.ed.gov that will serve as your Federal Student Aid (FSA) IDs for the Free Application for Federal Student Aid (FAFSA). You will each need your own email address to create an FSA ID.

Complete the FAFSA at fafsa.gov on or after October 1. The FAFSA is your application for federal, state, and college-based financial aid. The colleges you list on the application will use that information to determine the types and amounts of financial aid they will award you.

Get FREE help from EducationQuest

- Attend an EducationQuest [Financial Aid Program](#) on October 12 at YHS to learn about types of financial aid and the FAFSA. By attending, you can register to win a \$500 scholarship! [Click here](#) for details.
- Find free [FAFSA Tools](#) at EducationQuest.org to help you prepare for and complete the FAFSA.
- Call the EducationQuest location nearest you to set up an appointment for free personal help: Omaha – 888.357.6300, Lincoln – 800.303.3745, Kearney – 800.666.3721, and Scottsbluff – 800.303.3745, ext. 6654.

PLANS FOR THE 18-19 SCHOOL YEAR

In mid-October, we will begin registering 9th graders for their upcoming three years of high school. Although it seems early to begin these conversations, we are excited to talk with them about their plans for their future and which classes might fit best to explore these dreams and goals.

NEWS FROM THE HEALTH OFFICE

Strep Throat

Strep throat is a bacterial infection that can make your throat feel sore and scratchy. Strep throat accounts for only a small portion of sore throats. If untreated, strep throat can cause complications, such as kidney inflammation or rheumatic fever. Rheumatic fever can lead to painful and inflamed joints, a specific type of rash or heart valve damage. If you or your child has signs or symptoms of strep throat, see your doctor for prompt testing and treatment.

Causes - The cause of strep throat is a bacterium that is highly contagious. It can spread through airborne droplets when someone with the infection coughs or sneezes, or through shared food or drinks. You can also pick up the bacteria from a doorknob or other surface and transfer them to your nose, mouth or eyes.

Symptoms - Strep throat usually causes throat pain and difficulty swallowing. Strep throat causes inflammation and red spots, caused by the infection.

Signs and symptoms of strep throat can include:

- Throat pain that usually comes on quickly
- Painful swallowing
- Red and swollen tonsils, sometimes with white patches or streaks of pus
- Tiny red spots on the area at the back of the roof of the mouth (soft or hard palate)
- Swollen, tender lymph nodes in your neck
- Fever
- Headache
- Rash
- Nausea or vomiting, especially in younger children
- Body aches

It's possible for you or your child to have many of these signs and symptoms but not have strep throat. The cause of these signs and symptoms could be a viral infection or some other illness. That's why your doctor generally tests specifically for strep throat.

When to see a doctor - Call your doctor if you or your child has any of these signs and symptoms:

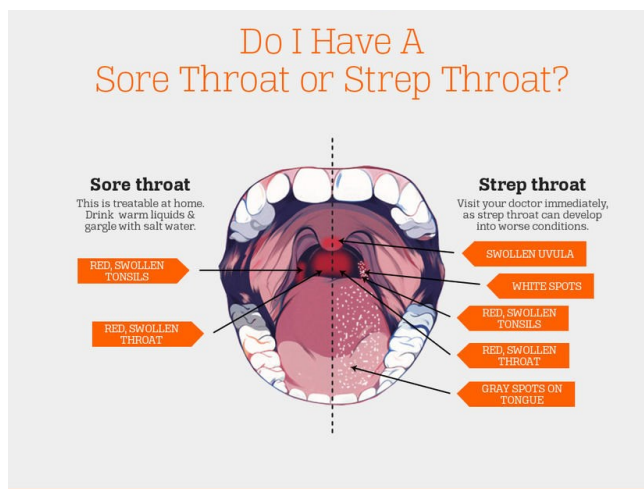
- A sore throat accompanied by tender, swollen lymph glands
- A sore throat that lasts longer than 48 hours
- A fever higher than 101 F (38.3 C) in older children, or fever lasting longer than 48 hours
- A sore throat accompanied by a rash
- Problems breathing or swallowing
- If strep has been diagnosed, a lack of improvement after taking antibiotics for 48 hours

Treatment

Antibiotics - If you or your child has strep throat, your doctor will likely prescribe an oral antibiotic. If taken within 48 hours of the onset of the illness, antibiotics reduce the duration and severity of symptoms, as well as the risk of complications and the likelihood that infection will spread to others. With treatment, you or your child should start feeling better in a day or two. Call your doctor if there's no improvement after taking antibiotics for 48 hours.

Children taking an antibiotic who feel well and don't have a fever often can return to school or child care when they're no longer contagious — usually 24 hours after beginning treatment. But be sure to finish all the medicine. Stopping early can lead to recurrences and serious complications, such as rheumatic fever or kidney inflammation.

Symptom relievers - To relieve throat pain and reduce fever, try over-the-counter pain relievers, such as ibuprofen (Advil, Motrin IB, others) or acetaminophen (Tylenol, others).



Tonsillitis

Swollen tonsils or tonsillitis is most often caused by common viruses, but bacterial infections can also be the cause. The most common bacterium causing tonsillitis is the bacterium that causes strep throat. Other strains of strep and other bacteria also may cause tonsillitis.

Prevention - The germs that cause viral and bacterial tonsillitis are contagious. Therefore, the best prevention is to practice good hygiene. Teach your child to:

- Wash his or her hands thoroughly and frequently, especially after using the toilet and before eating
- Avoid sharing food, drinking glasses, water bottles or utensils
- Replace his or her toothbrush after being diagnosed with tonsillitis

- To help your child prevent the spread of a bacterial or viral infection to others:
- Keep your child at home when he or she is ill
- Ask your doctor when it's all right for your child to return to school
- Teach your child to cough or sneeze into a tissue or, when necessary, into his or her elbow
- Teach your child to wash his or her hands after sneezing or coughing

Treatments and drugs - Whether tonsillitis is caused by a viral or bacterial infection, at-home care strategies can make your child more comfortable and promote better recovery. If a virus is the expected cause of tonsillitis, these strategies are the only treatment. Your doctor won't prescribe antibiotics. Your child will likely be better within seven to 10 days.

- Encourage rest. Encourage your child to get plenty of sleep.
- Provide adequate fluids. Give your child plenty of water to keep his or her throat moist and prevent dehydration.
- Provide comforting foods and beverage. Warm liquids — broth, caffeine-free tea or warm water with honey — and cold treats like ice pops can soothe a sore throat.
- Prepare a saltwater gargle. If your child can gargle, a saltwater gargle of 1 teaspoon (5 milliliters) of table salt to 8 ounces (237 milliliters) of warm water can help soothe a sore throat. Have your child gargle the solution and then spit it out.
- Humidify the air. Use a cool-air humidifier to eliminate dry air that may further irritate a sore throat, or sit with your child for several minutes in a steamy bathroom.
- Offer lozenges. Children older than age 4 can suck on lozenges to relieve a sore throat.
- Avoid irritants. Keep your home free from cigarette smoke and cleaning products that can irritate the throat.
- Treat pain and fever. Talk to your doctor about using ibuprofen (Advil, Children's Motrin, others) or acetaminophen (Tylenol, others) to minimize throat pain and control a fever. Low fevers without pain do not require treatment.

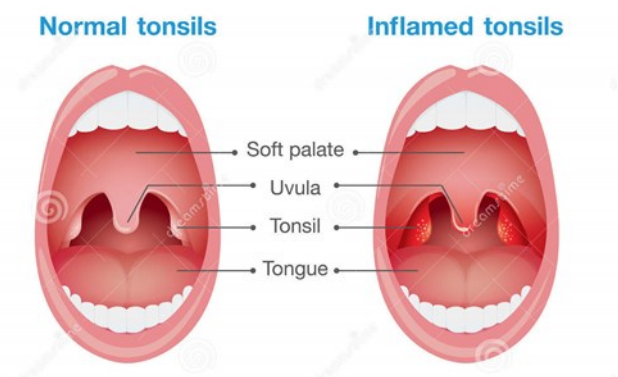
Antibiotics - If tonsillitis is caused by a bacterial infection, your doctor will prescribe a course of antibiotics. Your child must take the full course of antibiotics as prescribed even if the symptoms go away completely. Failure to take all of the medication as directed may result in the infection worsening or spreading to other parts of the body. Not completing the full course of antibiotics can, in particular, increase your child's risk of rheumatic fever and serious kidney inflammation.

Talk to your doctor or pharmacist about what to do if you forget to give your child a dose.

Surgery - Surgery to remove tonsils (tonsillectomy) may be used to treat frequently recurring tonsillitis, chronic tonsillitis or bacterial tonsillitis that doesn't respond to antibiotic treatment. A tonsillectomy may also be performed if tonsillitis results in difficult-to-manage complications, such as:

- Obstructive sleep apnea
- Breathing difficulty
- Swallowing difficulty, especially meats and other chunky foods
- An abscess that doesn't improve with antibiotic treatment

Tonsillectomy is usually done as an outpatient procedure, unless your child is very young, has a complex medical condition or if complications arise during surgery. That means your child should be able to go home the day of the surgery. A complete recovery usually takes seven to 14 days.





**York AG ED
Celebrating 100 Years
York FFA
Celebrating 90 Years**

2017 – 18 FFA OFFICERS

President: Bryce Danielson

V Pres: Carlos Munoz & Max Kohmetscher

Secretary: Lauren Kaliff

Treasurer: Lauren Riley

Reporters: Lindsey Stuckey & Lilly Holthus

Sentinel: Nicole Mittman

Parliamentarian: Tenly Hansen

Chaplain: Hailee Pohl

Program Of Activities Vice Presidents:

VP Building Communities:

Genevieve Tonniges

VP Strengthening Agriculture:

Leon Linhart

VP Growing Leaders:

Holly Rockenbach

Advisors:

Mr. Jason Hirschfeld

Mr. Cal Williams

**York Ag, FFA and Skills
Key Dates**

Oct.

14 Sa FFA Dist 5 Edge Conf.-McCool Junction
24-29 National FFA Convention -Indianapolis

Nov.

1 W Fall Fire Alarms
2 Th Kirby's Boutique-Holthus Convention
3-4 F/Sa Pathway to Careers Conf. - GI
Nebraska Ag Ed Symposium
5 Su Daylight Savings Time
5 Su HARVEST MOON at Holthus 5:30
7 T Dist Livestock Selection Set-up
8 W Dist Livestock Selection CDE
10 F Holiday Sales start
21 T Blood Drive E Parking Lot 10-3pm
22 - 26 Thanksgiving Break
28 T Holiday Sales Order due

Dec.

1 F State FFA Chorus App Due
11 M Holiday Sales organize/layout orders
13 W Holiday Sales Deliver
19 T Finals Start
22 F Last Day of School for semester
23rd - 3rd Christmas Break

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

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

Second Blood Drive for 2017-18

Is Tuesday, November 21st
High School East Parking Lot
Look for the Mobile Unit
10:00 am till 3:00 pm

PLEASE BE THE TYPE THAT GIVES!

Please call
402-641-6564 or 402-362-6655
To sign up and support this
Outstanding Community Project

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

the HARVEST MOON

November 5, 2017

\$30 / Ticket

Prime Rib / Chicken & Entertainment

5:30 Doors Open, Silent Auction Starts and FFA Talent Performs

Followed by Labor Auction, Supper, Hall of Fame & Rick Powell/Mike Franklin, Muscian

Free Daycare Provided @ Holthus Convention Center - NO RSVP needed

(kids will be divided into two rooms based on age with supper and activities provided)

PURCHASE 10 TICKETS TO RESERVE A TABLE WITH SIGNAGE AT THE EVENT

RICK POWELL & MIKE FRANKLIN - MUSICIANS

While still holding on to their individual music careers, Rick Powell (Logan, Ia.) and Mike Franklin (Omaha, Ne.) began performing together in 2001 after having met during 8 years of the weekly Bluffs Run Casino Talent Show produced by Omaha music icon Johnny Ray Gomez. They decided to join talents for the Rick Powell & Friends Show with Rick on vocals and Mike running sound and on vocals.

The show itself includes anywhere from 2-8 performers from the Bluffs Run days, including one who lives and performs in Las Vegas, entertaining across western Iowa and eastern Nebraska. Performance venues include county fairs, town celebrations, benefits/fundraisers, wedding/anniversary receptions, etc. Many performances have become annual events for 10-16 years. The National Boy Scouts of America Association had them provide entertainment for the evening they organized to thank everyone involved with helping the night of the Little Sioux Scout Ranch tornado that claimed the lives of two scouts and destroyed the camp as well as those involved with the recovery phase. The National American Legion Auxiliary has booked them to provide the entertainment for the inauguration of the new National President in 2019. Rick and Mike both have very busy individual music careers with a long list of performances for local, state, and national venues. Rick also has a Christian Music Ministry which includes "Sermon In Song" church services and Christian concerts. Mike manages, runs sound, and does vocals for his own group, River City Pineapple Productions out of Omaha. Rick's day job includes being a farmer, ag-businessman, substitute teacher, football referee, and dad to a very active high school senior. Mike's day job includes being a welder, mechanic, contractor, disc/karaoke jockey, and sound man in the Omaha area.



Cornerstone

BANK

PROUD SPONSOR OF THE HARVEST MOON ENTERTAINMENT

ENTERTAINMENT

For More Information Contact Jason Hirschfeld or Cal Williams at 402-362-6655



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	\$1.45
Adult Breakfast	\$2.15
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. Ultimate Breakfast Round B. Cereal Choices and Toast Juice Choices Apple Wedges	3 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Pineapple	4 A. Pancakes with Syrup B. Cereal Choices and Toast Juice Choices Mixed Fruit	5 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Pineapple	6 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Applesauce NO SCHOOL-YMS
9 NO SCHOOL	10 A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast Juice Choices Pineapple	11 A. Iced Long John B. Cereal Choices and Toast Juice Choices Apple Wedges	12 A. Breakfast Sliders B. Cereal Choices and Toast Juice Choices Sliced Pears	13 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Peaches
16 A. French Toast Sticks B. Cereal Choices and Toast Juice Choices Sliced Pears	17 A. Egg & Cheese Taco Roll B. Cereal Choices and Toast Juice Choices Mixed Fruit	18 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Pineapple	19 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Sliced Peaches	20 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Applesauce
23 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Pineapple	24 A. Iced Long John B. Cereal Choices and Toast Juice Choices Applesauce	25 A. Yogurt with Goldfish Grahams B. Cereal Choices and Toast Juice Choices Fresh Orange	26 A. Pancake Sausage Stick B. Cereal Choices and Toast Juice Choices Mixed Fruit	27 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Pears
30 A. Pancakes with Syrup B. Cereal Choices and Toast Juice Choices Mixed Fruit	31 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Pineapple			

Questions or comments - Contact Mitch Novak, Foodservice Director at 402-363-9169 or m.novak@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 OCTOBER 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: Epic Meltdowns

A Monthly Featured Entree

Available on the menu day indicated, Epic Meltdowns are your classic grilled cheese, elevated to a new level with amped-up ingredients, flavors and tastes. Enjoy!!



My Choices: Chef Day

Chef Mitch 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	\$2.85	Extra Entrée	\$1.75
Chef Entrée	\$2.25	Extra Milk	\$0.45
Adult Lunch	\$3.55	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
2 Pancakes, Scrambled Eggs and Sausage Potato Triangle	3 Home-Style Mac and Cheese with Dinner Roll Peas Carnival Cookie	4 Cheese Quesadilla & Beef Enchilada Soup Zesty Black Beans	5 Mini Corn Dogs Green Beans Sugar Cookie	6 Hot Ham & Cheese Sandwich Golden Corn
9 NO SCHOOL	10 Epic Meltdown: Mac and Cheese Grilled Cheese Frosted Cinnamon Roll 	11 Home-Style Turkey & Gravy With Dinner Roll Mashed Potatoes with Gravy	12 Spaghetti with Meat Sauce & Garlic Bread Stick Green Beans Gelatin Dessert	13 Taco Burger Zesty Black Beans
16 Home-Style Scalloped Potatoes & Ham with Dinner Roll Green Beans	17 Taco in a Bag Chili Lime Corn Cinnamon Bread Stick	18 Chicken Nuggets And Dinner Roll Mashed Potatoes with Gravy	19 Hot Pepperoni Sub Baked Beans Chocolate Chip Cookie	20 Toasted Ham & Cheese Sandwich And Tomato Soup Mixed Veggies
23 Orange Chicken over Rice Green Beans	24 Super Nachos Refried Beans Cinnamon Bread Stick	25 Italian Dunkers with Marinara Sauce Candied Carrots Coleslaw	26 Home-style Tater Hot Dish and Dinner Roll Mixed Veggies Chocolate Chip	27 Baked Fish & Cheese Sandwich FMS: APPLES Golden Corn 
30 Home-style Cheeseburger Soup and Dinner Roll Steamed Carrots	31 Soft Shell Tacos Chili Lime Corn Carnival Cookie	Epic Meltdown - Mac N Cheese Grilled Cheese Classic grilled cheese sandwich stuffed with creamy macaroni & cheese for double the gooey cheesy deliciousness. 		

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 **Lunchtime Solutions, Inc.**

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

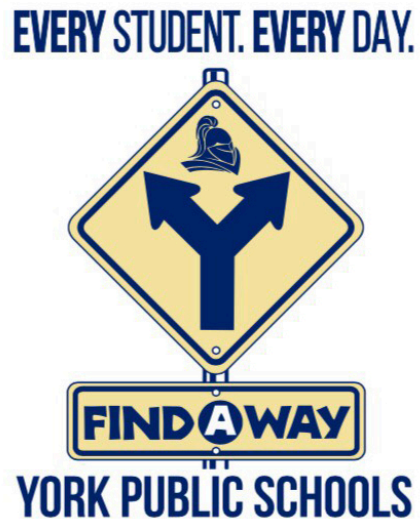
Monday Grilled Chicken Salad
Tuesday Southwest Salad
Wednesday Chef Salad
Thursday Taco Salad
Friday Crispy Chicken Salad



My Choices: Vegetarian

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

Come Join Us and Learn more about YPS



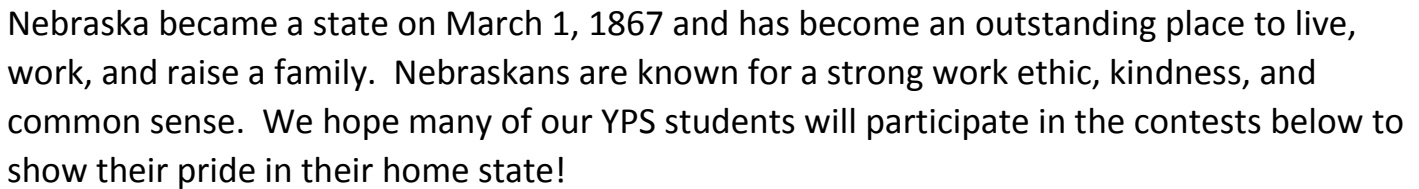
Thursday, October 5th from 9:00 AM – 10:00 AM

YPS will host a “Community Coffee” at the Senior Center at 9:00 AM on October 5th. Come join us for some award winning cinnamon rolls and updates from our students and staff on a variety of programs and projects throughout YPS. Bring a friend!

Wednesday, October 11th from 12:00 Noon – 1:00 PM

YPS will host a “Lunch and Learn” at the District Office on the east side of the YHS campus at 1715 N. Delaware Avenue at noon on October 11th. Come join us for a FREE lunch and updates from our students and staff on a variety of programs and projects throughout YPS. Please email mike.lucas@yorkdukes.org if you plan to attend so we know how many FREE lunches to prepare.

York Public Schools
STUDENT CONTESTS – Fall 2017



ESSAY CONTEST for 3rd-12th Graders will recognize winners in 3rd-5th, 6th-8th, and 9th-12th grade divisions. Essays need to be between 250-600 words and describe why you feel Nebraska is a special place to live. Share your “Nebraska Pride” as you write this essay that is due to the YPS District Office on the east side of the high school campus by 4:00 PM on October 25th. All entries will all be entered with the chance to win multiple prizes and recognition at a Board of Education meeting.

POETRY CONTEST for 3rd-12th Graders will recognize winners in 3rd-5th, 6th-8th, and 9th-12th grade divisions. Poems need to be about some aspect of Nebraska you want to write about. The style of poem you wish to submit is up to you. Share your “Nebraska Pride” as you write this poem that is due to the YPS District Office on the east side of the high school campus by 4:00 PM on October 25th. All entries will all be entered with the chance to win multiple prizes and recognition at a Board of Education meeting.

Mike Lucas
mike.lucas@yorkdukes.org
402-366-6491

Cyberbullying

What makes cyberbullying so toxic, invasive, and harmful? How do teens think about cyberbullying — and how can they help be part of the solution instead of part of the problem? Cyberbullying has been a major buzzword over the past several years, with a distressing number of headlines calling attention to every parent's worst nightmares: school expulsions, arrests, youth suicides. Thankfully, many schools and young people are now taking a stand against cyberbullying, and children are stepping forward to demonstrate empathy and kindness.

- **Build a support network for your children.**

It can be easy to think that you'll be the one to support your child in times of need. But kids often hesitate to reach out to parents in the toughest of times. Encourage your kids to turn to any trusted adult — teacher, coach, older sibling — if they are on the receiving end of hurtful online behavior. Remind your kids that you understand these situations are complicated, and that you do not want them to handle it alone. Share personal stories of when you needed someone else's support. Sometimes kids worry that parents will overreact, so it is helpful to explain that you'll think through the solution together. Try communicating your commitment to helping them find solutions that feel comfortable, safe, and supportive if and when these situations arise.

- **Encourage your kids to stand up to the bully — or at the very least to stand *with* the victim.**

In an ideal world, we hope our kids will stand up to bullies — and this is certainly a great message for your kids. If it feels safe, encourage your child to address the bully online or, better yet, offline. Still, it doesn't always feel safe, socially or otherwise, to stand up to cyberbullies. Urge your kids to at least stand *with* the victim by communicating (1) that they do not share the bully's perspective and (2) that they are there for support. For example, a kid might say, "Hey, I just wanted to let you know that I saw what is going on online and I just wanted to tell you that I'm really sorry this is happening to you. I don't feel that way about it and I think it is really mean that people are saying that. If you need to talk to someone or if there is anything I can do, let me know."

- **Be strategic in your support.**

If you feel that your child or someone you know is being cyberbullied "aka the target," know that there are concrete steps that you can take. First, listen to the victim and be a sympathetic ear. Show the victim how to block bullies online; many platforms have "blocking" features or have a way to report inappropriate use. Encourage the victim to take screenshots and/or print the evidence of the mean messaging. And last, find ways to encourage kindness at your kids' schools or within the community. How can you highlight the positive ways kids are using media and technology these days?

October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 SB @ Crete (JV/V) 5:00/6:30 pm FB-Home vs. GINW (JV) - 6:00 pm	3 BT @ Ralston Invitational (JV) - 8:00 am BT @ Hastings Dual (V) - 4:00 pm District Girls Golf Tournament (V) @ Jackrabbit Run - G.I.	4 Early Student Dismissal 2:03 pm College Rep Fair – Afternoon - YHS Gym Deck	5 Central Conference Cross Country Meet @ Aurora (Poco Creek Golf Course)-4:30 pm VB @ Milford - 9-5:00/ JV-6:00/V-7:00 pm District Girls Softball Tournament (V) @ York	6 BT @ Elkhorn South Invitational (V) (Koch Tennis Center-Omaha) - 9:00 am FB @ Aurora (V) - 7:00 pm	7 YHS Band @ Harvest of Harmony Parade/ Competition - Grand Island
8	9 NO SCHOOL Comp Day 9 VB @ Archbishop Bergan Tri w/Raymond Central - 5:00 pm FB @ Crete (JV)-6:30 pm Board of Education Mtg. Columbus Day State Girls Golf Meet (V) - TBD	10 9 FB-Home vs. Aurora 5:30 pm	11 Early Student Dismissal 2:03 pm PSAT Test - 8:00-Noon State Softball Tournament (V) @ Hastings Smith Softball Complex - TBD	12 Apply to College Day EducationQuest Financial Aid - Info Mtg. 11:20-12:00/12:10-12:50 Central Conference Volleyball Tournament (V) - 1st Round - TBD District Cross Country Meet (V) @ Seward State Boys Tennis Tournament (V) (Woods) - 8:00 am	13 End of 1st Quarter FB @ Seward (V) (Concordia University) 7:00 pm	14 YHS Band @ Minden Marching Band Contest FFA District 5 Edge Conference & Fall Meeting - McCool Jct. Central Conference Volleyball Tournament (V) Finals @ Holdrege - 10:00 am
15	16 Begin 9th Grade Registration for 18-19 school year FB @ Columbus Scotus (JV) - 5:00 pm VB @ Crete Tri w/Raymond Ctrl. (Res) - 5:00/6:00 pm	17 VB-Home vs. GINW 9-5:00/JV-6:00/ V-7:00 pm	18 Early Student Dismissal 2:03 pm Juniors and Seniors College Visit Dukes & Duchesses @ Peru State College	19 VB @ Schuyler - Res-5:00/JV-6:00/ V-7:00 pm 9 FB @ Waverly - 6:30 pm	20 State Cross Country Meet @ Kearney Country Club - TBD FB-Home vs. GINW (V) 7:00 pm	21 9 VB Tournament @ Seward MS - 9:00 am
22	23 YMS/YHS Choir Concert - 7:00 pm - YHS Theater Board of Education Mtg. Red Ribbon Week	24 VB-Home vs. Crete Res-5:00/JV-6:00/ V-7:00 pm National FFA Convention Indianapolis, IN	25 Early Student Dismissal 2:03 pm	26 YMS/YHS Marching Band Highlights Concert - 7:00 pm - YHS Gym	27 FB Playoffs (V) 1st Round - TBD YHS Senior Pictures due for Yearbook	28 ACT Test @ York College
29 National FFA Convention Indianapolis, IN	30 District Mock Trial Competition - 6:00 pm @ Justice & Law Enforcement Ctr. - Lincoln	31 Sub-Districts Volleyball (V) - TBD Halloween	