



DUKE NEWS

December 2017

Volume XXXII Number 4

Mitch Bartholomew
Principal

Lance Smith
Assistant Principal/Activities Director

A MESSAGE FROM THE PRINCIPAL --

THANK YOU

December is here and a lot of progress has been made at York High. First, I want to thank our kids. Our student body has done a great job this first semester and I expect great things to happen after Christmas break. Second, thank you to the entire team at YHS. I'm very lucky to lead a very talented group of people. Third, thank you to all our parents. We are fortunate to have the community support that you give us.

ACADEMIC SUCCESS

I'm very proud of our ICU process for missing assignments. We've had many YHS students step up to the challenge and stay off the ICU list and we've had many students complete their missing assignments in a timely manner. We will continue to stress to all students that every student will complete every assignment. Since the 2011-12 school year, we have reduced our weekly failure rate by 58%. The YHS staff has focused on academic interventions to help students in a timely manner.

SNOW DAY COMMUNICATION

Now that December is here, I want to remind you we will utilize the emergency messenger in Infinite Campus. You will receive a text message with any weather delays or cancellations. Please make sure that you have the correct cell phone information in Infinite Campus. You are able to check your cell phone information in the parent portal, or please call the YHS office. We will also utilize radio, TV, and social media to communicate these decisions.

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 —

December is finally here and on behalf of York High School and the activities department, we wish all of our students and families a Merry Christmas and Happy Holidays! The winter activities have begun with girls and boys basketball and wrestling. Please check out yorkdukeactivities.wordpress.com for all of the news and schedules.

Duke Newsletter

Did you know that you could sign-up to receive the Duke Activities newsletter in your inbox every Monday morning throughout the year? The newsletter includes upcoming events, recent results, Duke News, and a student spotlight every week. Either, visit the website listed above and follow the link at the bottom of the page or go straight to the form here: <https://goo.gl/forms/aj9yX3faJrDUBvk22>.

Holiday Moratorium

Every year there is a moratorium on ALL activities over the holiday break. This gives students a chance to spend time with family and friends, travel, and take a break from the busy school schedule. This year, the moratorium is from **Dec. 23 through Dec. 27**. There will be no practices or games and students may not use the school facilities.

Multiple Activities

This is usually the time of year where I make my plea for students that are in multiples activities (sports, FFA, Music, Speech, etc.) to over-communicate with their coaches and sponsors. Be sure to look far ahead in the schedules and plan for any contest conflicts that could arise. It is much easier to figure out transportation and avoid those scenarios if we know about them early. Keep in mind that we cannot avoid every conflict. Students sometimes must choose one activity over another. Early communication helps with those decisions.

I wish every team and every student good luck in their upcoming events and on their finals!

Go Dukes!

Lance Smith

Assistant Principal/Activities Director

@yhs_dukes on Twitter, Instagram, and Snapchat

POST-PROM

York Post Prom Committee is looking for some new parents to join the committee.

For information you can email yorkpostprom@gmail.com or you can contact Patsy Beins @ [402-366-6127](tel:402-366-6127) or Amanda Peterson @ [402-710-1554](tel:402-710-1554).

CHRISTMAS BREAK

Christmas Vacation will begin Monday, December 25th. School will resume on Thursday, January 4th.



SEMESTER TEST SCHEDULE

Tuesday, December 19

Period 3 8:00 – 9:30

Block One 9:40 – 11:10

Math (*Saxer, Kroger*)

Lunch 11:10 – 12:00

Block Two 12:00 – 1:30

Science (*Gallagher, Kohmetscher*)

Period 1 1:40 – 3:10

Wednesday, December 20

Period 6 8:00 – 9:30

Block Three 9:40 – 11:10

Science (*Miller, Maronde*)

Lunch 11:10 – 12:00

Period 5 12:00 – 1:30

Period 2 1:40 – 3:10

Thursday, December 21

Period 4 8:00 – 9:30

Block Four 9:40 – 11:10

History/Western Civ (*Perry, Rasmussen*)

Lunch 11:10 – 12:00

Period 7 12:00 – 1:30

Period 8 1:40 – 3:10

Friday, December 22

Block Five 8:00 – 9:30

PE 9 (*Malleck/Makovicka*)

Make-ups 9:40 – 12:00





WEATHER RELATED EMERGENCY SCHOOL CLOSING PROCEDURES

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

1. Radio Station KOOL(103.5 FM 1370 AM), and KTMX-FM (104.9) will again serve as our primary source for dispensing "school closing information". They are 24 hour stations.
2. If severe weather necessitates an early dismissal, a school cancellation, or information concerning school buses, it will be broadcast on KOOL and KTMX.
3. Bus drivers are instructed to use good judgment in determining whether a road is passable. The Transportation Department will notify parents where children can be loaded if a specific road cannot be traveled. Buses will travel the regular routes and maintain a time schedule consistent with the conditions of the road.
4. "Duke Alerts/Emergency Messages" will be sent to our student's parents and guardians who have an email or cell phone number listed in Infinite Campus, and the YPS Staff. Information will be posted on our website at www.yorkpublic.org, on our Facebook page at York Public Schools and on Twitter at @YorkDukePower (#yorkdukes). **Parents and Guardians - please be sure to provide the school secretaries with your current email address and cell phone number in order to be notified!!**

YORK ATHLETIC BOOSTER CLUB

THE YORK HIGH ATHLETIC BOOSTER CLUB CONTINUES TO PROMOTE YORK HIGH SCHOOL ATHLETICS

Congratulations to all of the fall sports teams this year! The entire York High athletic department saw success with multiple state qualifiers and many school records set. Volleyball, cross country, tennis, golf, softball, and football all had successful seasons and garnered attention at the state level for York High School.

Special thanks to York High School football players and coaches on our first state football championship!!

Please watch the announcements for any York Athletic Booster Club events through the end of the year.

Remaining events this year include...

- Middle School Boys Basketball Hoopla Tournament
- Yowell Track Meet
- Athletic Booster Club Awards Night

Good luck to all our athletes as the winter sports season begins!

****** PHOTO and VIDEO ALERT ******

Parents, Grandparents, Students and Coaches. Please submit team photos and individual athlete photos and videos to the York Athletic Boosters Facebook Page and/or email them to yorkdukesabc@gmail.com. We want to ensure that we have a LARGE Selection of photos and video's to use for the end of year Athletic Banquet in the Spring. Your efforts to submit photos from the Fall, Winter and Spring Sports will allow assurance that we do not miss anyone in the banquet video!

Have a Great December.

Go Dukes!

York High Athletic Booster Board

YORK HIGH SCHOOL MUSIC DEPARTMENT NEWS!

DECEMBER 2017

Special Points of Interest:

- Christmas Concerts
- Band Boosters Soup Supper
- Madrigal Dinner
- Merry Christmas!!

MERRY CHRISTMAS!!

The YHS music department would like to wish you all a very merry Christmas and a blessed New Year. We thank you for the opportunity to work with your children and for all your support for music in our schools. Merry Christmas!!

Konda Cooper, Curtis Forsch,
Diane Fletcher, Jenna Schwarz
& Jessica Wagner



JAZZ BAND PERFORMS FOR NTV'S "HOLIDAY HARMONIES"

Our High School Jazz Band will travel to Kearney's Merryman Performing Arts Center on Wednesday, December 6th to record their performance for this year's NTV's "Holiday Harmonies" Christmas Television Special. Their performance will be broadcast on NTV on Christmas Eve and again on KFXL FOX Nebraska on Christmas morning. We will announce a definite broadcast time when it is available.

YMS & YHS CHOIR CHRISTMAS CONCERT

Please join us for an evening filled with song and Christmas joy. York High School's Chamber Singers, Concert Choir, and Dukes & Duchesses along with York Middle School's 6th grade choir, 7th & 8th grade choir and Expressions will be presenting a great concert on Monday, December 11th at 7:00 pm in the York High School Theater.



HEAR YE HEAR YE! MADRIGAL DINNER!

The King and Queen would like to announce the York High School's Madrigal Dinners at 6:00 p.m., on December 2nd and 3rd; to be held at the First United Methodist Church, 309 E 7th Street. Join us for a three course feast, musical entertainment, and a masque, all provided by the YHS Chamber Singers! Tickets are \$20 and may be purchased at the York High School office and Wagner Decorating. **Tickets are available for Saturday only, Sunday is sold out.**



HOLIDAY BAND CONCERT

Rehearsals are under way for this year's Holiday Band Concert that will be held at 7:00 p.m. on Tuesday, December 5th in the High School Theater. The concert will feature selections from the Middle School and High School Bands. There is no admission charge for the concert.

BAND BOOSTERS SOUP SUPPER

Our Middle and High School solo and small ensemble groups will be performing holiday music during the Annual Soup Supper hosted by the Band Boosters Organization in the cafeteria commons prior to the concert on Tuesday, December 5th. They will be serving from 5:00 to 6:45 p.m. The cost is \$5.00.

Reminder: KFC/Taco Bell night is December 12th.

SPEECH: It's not too late to get involved!

Speech competition is an NSAA sanctioned activity that promotes public speaking. Mrs. Becky Stahr, Ms. Avie Veldkamp, and Mrs. Patti Vincent will be coaching this year's team. According to www.clark.edu, competitive speech has the following benefits:

- * Speech team sharpens your ability to research and analyze problems, think and listen critically, express your thoughts clearly and fluently and better understand public affairs.
- * It increases your confidence and poise and provides constant intellectual stimulation.
- * Many executives, lawyers, teachers, public relations officers, radio and television personalities, and prominent public figures testify to the benefits of their speech team participation. Many of them found life-long friends through their involvement. They also gained valuable skills for use in their careers.

SPEECH TEAM—Frequently Asked Questions

What is Speech?

- An extra-curricular activity
- It promotes a student's ability to present in front of a group.

What are the categories in which to compete? (You may compete in 2 events.)

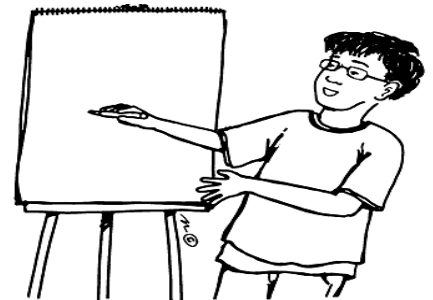
- Poetry: (6-8 min./use a script/one or several poems)
- Persuasive: (10 min./may use a script/problem → solution)
- Entertainment: (8 min./no script/entertaining/organization)
- Extemporaneous: (5-7 min./prepare in 1hr./use note card)
- Informative: (8 min./note card/organization/sources/visuals)
- Drama: (3-5 people/15 min./script/gestures/no acting)
- Duet: (2 people/12 min./no script/props of table & chairs)
- Serious Prose: (8-10 min./piece of lit./memorize & gestures)
- Humorous Prose: (8-10 min./piece of lit./memorize & gestures)

When will we practice?

- Practices are every Tuesday and Thursday at 7:00 p.m. in the library. **Group meetings will happen during lunch.** These will mainly occur a day or two before a contest.
- Work days
- Before school
- After school
- Lunch
- Evenings (One evening will be a mock contest with other teachers as the judges.)

When are the competitions?

- Speech meets are typically held on Saturdays. They are listed on the York High School calendar.
- We compete at Invitationals, Conference, Districts, and State.



A message from the school nurse.....

**It is not too late to get your Flu shot.**

Call the school nurse if you need help in finding a Flu Clinic.

Remind your child to eat breakfast every morning.

Eating in the morning helps with thinking which leads to better grades. Breakfast also helps you make better food choices all day long. We see many students with headaches and upset stomachs who have not had anything for breakfast.

Here are some suggestions to stay healthy through the cold and dry winter months.

Dry Sinuses - Cold, dry air pulls moisture from your mouth and nose, leaving your nasal passages dried out and your throat dry. Dry nostrils are more likely to crack and give you a nosebleed.

Because your nose needs gooey mucus to trap viruses and other icky invaders before they can get you sick, dry nostrils can also make you more vulnerable to colds, sinus infections, and the flu. That's especially a problem in winter, when bacteria and viruses can tend to linger longer in the dry air after someone coughs or sneezes.

When you turn up the thermostat in your home, your heating system kicks up clouds of dust, pollen, and other allergens that can inflame your sinuses. Cold, dry air plus those allergens can also irritate your airways. For some people with asthma, cold and dry air can lead to a narrowing of breathing passages and trigger an attack.

Thirsty Skin - Cold air sucks out skin's moisture, which is why young, smooth hands can look older in the winter months. Taking hot showers can worsen dry, itchy skin by removing the natural layer of oil that preserves and protects the skin's moisture.

Your lips also take a beating in the winter. The cold wind outside, combined with the dry air inside can leave you with dry, chapped lips.

Here are a few tips for putting the moisture back into your home, and your body:

- * Use a humidifier. Running a humidifier in your home will add moisture to dry, heated air. The moist air will help keep your skin, mouth, and nose lubricated, and helps prevent those nasty static shocks. Your goal is to aim for a comfortable home humidity level of between 30% and 50%. Don't crank up the humidifier higher than that, though, or you could develop another problem -- mold, fungi, dust mites, and other tiny critters. Make sure to keep your humidifier clean so that it doesn't send dust and germs spewing into your house.
- * Seal your home. Prevent the cold, dry air outside from paying you an unwelcome visit. Insulate your home so you don't have to turn up the heat. Close any air leaks in doors, windows, attics, and crawl spaces with caulk, spray foam, or weather stripping. Sealing off air leaks will also help you save money on your monthly heating bill, because you'll feel warm and cozy enough to turn down the thermostat a few notches.

- * Hydrate often. Keep your skin and mouth moist by drinking water throughout the day. Don't like water? Tea and juice are also good ways to rehydrate.
- * Shorten your showers. Long, hot showers might feel great on frigid winter mornings, but the heat and steam can really dry out your skin. Turn the water temperature down to warm -- not hot -- and use a gentle soap. Get out as soon as you're clean, or under 15 minutes, whichever comes first.
- * Moisturize. Rub a thick oil-based moisturizer onto your skin frequently each day, especially after you take a shower or bath. The oil in the product will lock moisture into your skin and keep it from drying out. Moisturizers come in different forms, but ointments will provide the most protection for dry skin. Make sure to apply moisturizing sunscreen with SPF 30 to exposed skin before going outside. (YES – even in winter) Also apply a lip balm or petroleum jelly to protect against chapped lips. Help keep your nasal passageways moist by using salt water (saline) drops or rubbing a little petroleum jelly (Vaseline) into each nostril gently with a cotton swab.

Other ways to keep students happy and healthy through the winter months.....wash hands often, cough into your elbow, eat more foods with Vitamin C like oranges and juices, drink plenty of water, make sure they wear ear protection like hats and ear bands, wear gloves/mittens and dress in layers to stay warm when outside. Be very careful about dosages of over the counter medications and double check with your doctor or pharmacist so you are not giving them too much. Combination medications that say they treat cold symptoms and temperature have different medications mixed together so read the active ingredients carefully. Feel free to contact either school nurse for any questions or concerns you may have.

Is your students back pack too heavy?



Carrying a backpack that is too heavy may cause back, neck and shoulder pain, headaches along with tingling, numbness and weakness in the hands. Long term affects are early development of poor posture, damage to the spine such as hunched back, scoliosis, muscle spasms and chronic back pain.

Here are some steps to minimize the chances that carrying a backpack will cause your child back pain or other health problems:

- limiting the weight your child carries in a backpack to 10-20% of his body weight
- buying a backpack that has wide, padded shoulder straps and a waste belt
- avoiding messenger type, single strap bags for your child to carry his school books and supplies
- encouraging your child to wear his backpack over both shoulders
- consider using a backpack with wheels
- Although back pain is becoming more common in older adolescents, it is not as common in younger children and may be a sign of a more serious problem, such as spondylolysis, spondylolisthesis, disk herniation, diskitis, a sport's injury, or a tumor or infection. Don't assume that your child's back pain is caused by a heavy backpack, especially if the pain is very severe or persistent or if it lingers even after you lighten your child's backpack load.

THANK YOU TO ALL THAT HELPED MAKE WELLNESS DAY A HIT!

York Public Schools values the health of all our employees and their family and want to invest in their health. Two on-site staff and spouse wellness days were held in November. York General Hospital and Wellness staff supplied a light breakfast, body fat testing and hip to waist ratio measurements. York Medical Clinic staff provided phlebotomists for the lab work that was done. Dr. Dob from Mid America Vision Center screened staff for overall eye health. Wal-Mart Vision Center provided vision screening. Four Corners Health Department was available for blood pressures, provided colon cancer screening kits to those that were eligible and provided information on various health topics and concerns. The school nurse screened for hearing issues.

GUIDANCE NEWS

IMPORTANT DATES:

- December 9** **ACT** test administered. **REMINDER:** Practice test booklets are available in the counseling office and students are encouraged to come in and get these. Sophomores in the top half of their class and any juniors should take the ACT during second semester or in the summer.
- January 12** Registration deadline for ACT test given February 10, 2018.

2018-2019 REGISTRATION

Registration is going great! We have completed ninth and most tenth graders. Juniors will complete their class schedules during December. We appreciate your support as you visit with your child to make good class choices and decisions. A parent signature is needed on their registration form.

SCHOLARSHIP SEARCH/FINANCIAL AID

Check the EducationQuest Foundation website at www.EducationQuest.org for scholarships for which you may qualify and for help with financial aid. If you are filling out the FAFSA for the first time, you can make an appointment with them to have them help you fill out your forms. If you have already received assistance filling out the FAFSA, you are asked to go to the website and follow their tutorial. Make your appointment early because they do fill up. They have offices in Kearney (1-800-666-3721), Lincoln (1-800-303-3745) or Omaha (1-888-357-6300).

Keep in mind that students and parents will each need to create a username and password at <https://fsaid.ed.gov> that will serve as your Federal Student Aid (FSA) ID for the FAFSA, IRS Data Retrieval and to apply for student loans. (Students should not use their school email address.) You will each need an email address to create an FSA ID. ("Pin numbers" are no longer used for this process.) It should walk you through the process, but if you need help, contact the Counseling office as we have detailed directions. Be sure to verify the email address with the assigned security code at the end.

Federal money (PELL grants, etc.) is first come, first served so it's important to get your taxes figured and to apply as soon as possible.

Following is a list of scholarship deadlines:

- | | |
|---------|--|
| Dec. 1 | UNK Honors Program (This is the Early Deadline/Feb. 1 Final) |
| Dec. 1 | Wayne State College Freshman Scholarships |
| Jan. 15 | Board of Trustee's Full-Tuition Scholarship (Wayne, Peru or Chadron) |
| Jan. 15 | UNL Freshman Scholarships |
| Jan. 15 | Governor's Opportunity Half-Tuition Scholarship (Wayne, Peru or Chadron) |
| Jan. 15 | Peru State College Freshman Scholarships |

Other organizations may also have similar deadlines not listed here. Students are encouraged to check with their churches, parents' place of employment and other outside outlets for scholarships. Also remember to check the school website which is continually updated with scholarships not offered through the local scholarship process. To find this list, go to www.yorkpublic.org, then click on Schools, High School, then Counseling. The updated local scholarship list will not be available until late January/early February.

NCAA ELIGIBILITY REMINDER

If you have decided you would like to participate in Division I or Division II athletics in college, you must register with the NCAA Initial-Eligibility Clearinghouse to be certified for play. Requirements and registration guidelines are on their website at www.eligibilitycenter.org. The colleges that offer Division I or II sports are: Chadron State College, Creighton University, Wayne State College and the University of Nebraska-Kearney, Lincoln and Omaha. **NOTE:** The Eligibility Center requires that your ACT score be sent directly from ACT, so if you are planning to take the test on December 9, be sure to request that your score be sent to the Eligibility Center by contacting ACT at 319-337-1270 or go to your ACT website account and add the code 9999 to your list of college choices. There is no charge to do this by the specified date. After this date, there is a fee for this service.

NAIA ELIGIBILITY

If you plan to attend a smaller school that is a member of the NAIA and you would like to play a sport, you will also need to register with the NAIA Eligibility Center. Visit their website at www.playnaia.org to review their requirements and register.

COLLEGE CAMPUS VISITS

Our "grade level college campus visits" are going great this year! Seniors, juniors and sophomores have made their visits, and we've had students at all grade levels giving many positive feedback comments and some great questions have been asked as their eyes were opened to opportunities. This is EXCITING! The freshmen will visit Central Community College in Hastings in April of 2018.

Once again, we were not eligible to apply for the College Access Grant this year since we are required to have two years off before reapplying. We are extremely grateful to Dr. Lucas and the school board for funding these visits this year so we can stay on track with our yearly visits.

On a separate college visit note, your senior has two exempt absence days to use for college visits beyond the "YHS group" visits. We encourage students to use these days to step foot on campuses and get a true feeling of life there. If you need assistance setting up these visits, please call Mrs. Stuhr. She'll be glad to make this happen!

SENIORS: PHOTOS AND SCHOLARSHIPS FROM COLLEGES

Seniors: As you receive scholarship offers from colleges to which you've applied, please inform Mrs. Stuhr so she can keep a listing for our data collection. You are welcome to bring your copy of the offer and we can make a photocopy. This is part of Honors Night recognition.

Also, we are excited to start our Duke Graduates Board to showcase 2018 grads! Please bring a senior picture for us to post.



YPS “Lunch & Learn”

Wednesday, December 13th at 12:00 PM

**YPS District Office at 1715 N. Delaware Avenue
(east side of YHS campus)**

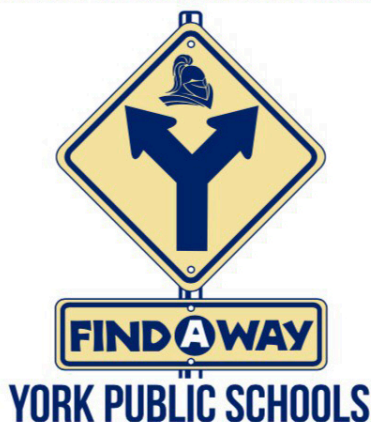


Presentations will include updates about:

- *Student Family Programming* at York Middle School
- *YHS Football Program* beliefs and goals

*** Come get a FREE lunch! Email mike.lucas@yorkdukes.org by December 12th so we can get an accurate headcount for our sandwich bar. Bring a friend or two!

EVERY STUDENT. EVERY DAY.



YPS Community Coffee

Tuesday, December 19th at 9:00 AM

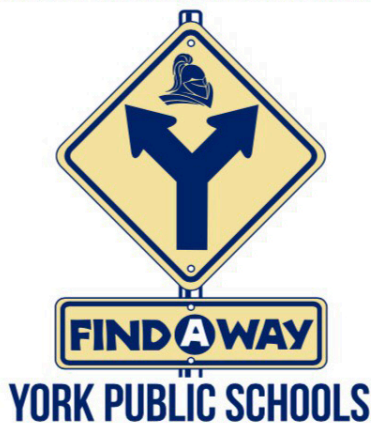
**YPS District Office at 1715 N. Delaware Avenue
(east side of YHS campus)**



Presentations will include updates about:

- *Nebraska Career Connections* at York Middle School
- *Health and Wellness Partnerships* we have through our YPS Nurse Dept.
- *LunchTime Solutions* contracted food service guidelines and goals

EVERY STUDENT. EVERY DAY.



Distraction, Multitasking, and Time Management

Technology isn't going anywhere. But multitasking — specifically media multitasking — is a concern. Some parents feel like kids may benefit from learning how to work around disruptions, since they're going to need this skill for their entire lives. On the other hand, research shows that media multitasking can have a negative impact on school performance.

- **Try an experiment.**

It's important to develop a strategy to help your kids focus and tune out distractions. If the strategy is successful, it can become a good habit. When you figure out what strategy you want to try (see the tip below for some ideas), propose an experiment. Say: "I've noticed that you get distracted by your phone during homework. I get distracted by my phone when I'm trying to work, too. Let's try an experiment." Then, explain the strategy you would like them to try. You may want to set a specific amount of time for the experiment as well (e.g., "We'll try this for three days" or "We'll try this on Tuesdays and Thursdays"). It can also be helpful to offer to try the experiment together — and doing a joint-experiment gives you an easy entry point for conversations during and after to explore what worked and what didn't.

- **Get some distance from the distraction.**

Many kids describe how a constantly buzzing cell phone distracts them from their work. But they have difficulty turning it off, for fear of missing out. After discussing it with your child, consider these solutions:

- **Get some physical distance from your phone.** Leave it in another room or put it in a drawer or box that isn't within arm's length.
- **Turn it on silent.** And keep the phone facedown on the table.
- **Take breaks for tech.** After a certain amount of homework time, or after an assignment is completed, take 15 minutes to check and respond to messages.

- **Try self-regulation apps to eliminate distractions.**

Learning to self-regulate is an essential skill. But kids often need support — and in fact, they often welcome tech solutions that help them manage their time. There are a number of apps designed to help people focus. Some apps let you block certain websites for a set amount of time. With others, you can whitelist and blacklist sites. For example, you can still use Wikipedia to read about mitosis, but you won't be able to get on Facebook. Some teens like such self-regulation apps because they are taking responsibility for setting rules for themselves. They allow teens to stay in the driver's seat, recognizing and managing the benefits and pitfalls of a 24/7 digital life.



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
				1 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Applesauce
4 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Applesauce	5 A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast Juice Choices Pineapple	6 A. Iced Long John B. Cereal Choices and Toast Juice Choices Apple Wedges	7 A. Breakfast Sliders B. Cereal Choices and Toast Juice Choices Sliced Pears	8 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Peaches
11 A. French Toast Sticks B. Cereal Choices and Toast Juice Choices Sliced Pears	12 A. Egg & Cheese Taco Roll B. Cereal Choices and Toast Juice Choices Mixed Fruit	13 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Pineapple	14 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Sliced Peaches	15 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Applesauce
18 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Pineapple	19 A. Iced Long John B. Cereal Choices and Toast Juice Choices Applesauce	20 A. Oatmeal with Toppings B. Cereal Choices and Toast Juice Choices Fresh Orange	21 A. Pancake Sausage Stick B. Cereal Choices and Toast Juice Choices Mixed Fruit	22 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Applesauce
25	26 	27	28	29

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 DECEMBER 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
				1 Hot Ham & Cheese Sandwich Golden Corn
4 Chicken Fajita Zesty Black Beans	5 Chicken Nuggets And Dinner Roll Mashed Potatoes with Gravy	6 Beef Stroganoff With Dinner Roll Peas Cinnamon Roll	7 Spaghetti with Meat sauce and Garlic Bread Stick Green Beans Gelatin	8 Taco Burger Golden Corn
11 Home-style Chicken Ranch Pasta and Dinner Roll Green Beans	12 Ham Slice & Roll Scalloped Potatoes Green Bean Casserole Holiday Cookie	13 Taco in a Bag Chili Lime Corn Cinnamon Bread Stick	14 Hot Pepperoni Sub Baked Beans	15 Toasted Ham and Cheese Sandwich & Tomato Soup Mixed Vegetables
18 Super Nachos Refried Beans Rhubarb Crisp	19 FINALS GRILL STATION & PIZZA STATION Only Corn	20 FINALS GRILL STATION & PIZZA STATION Only Candied Carrots	21 FINALS GRILL STATION & PIZZA STATION Only Baked Beans	22 NOON DISMISSAL NO LUNCH
25	26	27	28	29 School Resumes January 4th

Happy Holidays from your Lunchtime Solutions food service staff!

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

Questions or Comments? Contact Mitch Novak,

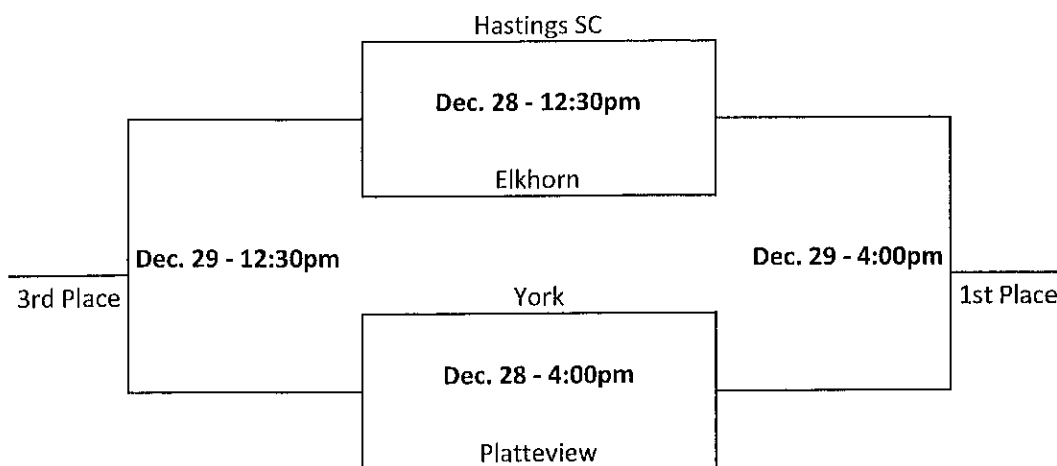
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LSI Lunchtime Solutions, Inc.

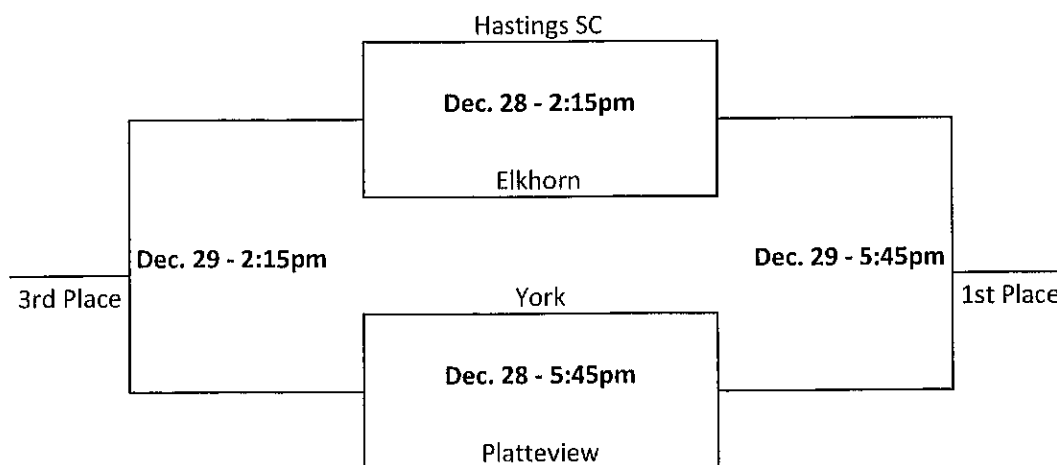
YORK HOLIDAY BASKETBALL TOURNAMENT

DECEMBER 28 & 29, 2017

Girls Bracket



Boys Bracket




WE
wish
YOU A
Very
CHRISTMAS



Scott Lambert
Jill Miller
Rick Selt
Dana Schmeiss
Sharon Galt
Shane Galt
Cathina Han
ANDY MOSER
Rita Rumbaugh
Don Ferry
Dana Schmeiss
Donna Schmeiss
Brenning
Erica Hohart
Jessica
John Hunsford
Diane Fletcher
Colleen
Jane Progan
Angie Progan
Dennis Haack
Kara Maderick
Betsy
Roxanne Johnson
Susan Tringe
Jody Stelling
Jannet Quest
Chris Holder
Rebbie Loreman
Wicki Hesson
Tami Wegener
Karen Gamsen
Jett Kithart
Becky
M. Hunsford
Chris Waldcamp
M. Hunsford

December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					¹ District One-Act Competition @ York	² WR-York Invitational (JV/V) 8:30 am 9 G/B BB @ Adams Central G-9:00/B-10:15 am YHS Madrigal Dinner @ York Methodist Church 6:00 pm BBB @ Beatrice (JV) - 2:00/3:30 pm
³ YHS Madrigal Dinner @ York Methodist Church 6:00 pm	⁴ Begin 11th Grade Registration for 18-19 school year 9 BBB @ Fillmore Central 6:30 pm 10 BBB @ GINW - 6:30 pm State Mock Trial Competition	⁵ Band Boosters Soup Supper 5:00-6:45 pm - YHS Cafeteria Commons YMS/YHS Holiday Band Concert - 7:00 pm YHS Theater	⁶ Early Student Dismissal 2:03 Jazz Band @ NTV's Holiday Harmonies	⁷ GBB-Home vs. Waverly JV-4:30/V-6:00 pm BBB-Home vs. Waverly JV-4:30 (Aux Gym)/V-7:30 pm Pearl Harbor Remembrance Day	⁸ State One-Act Competition @ Johnny Carson Theater - Norfolk	⁹ ACT Test @ York College WR @ Holdrege Invitational (JV/V) - 9:30 am 9 G/B BB-Home vs. Columbus (Aux Gym) G-10:00/B-11:30 am GBB @ Lexington-JV-4:00/V-5:45 pm BBB @ Lexington-JV-4:00/V-7:30 pm
¹⁰	¹¹ 9 G/B BB @ Cross County G-6:00/B-7:30 pm YMS/YHS Christmas Choir Concert - 7:00 pm YHS Theater Board of Education Meeting	¹² 9 WR @ Grand Island Senior High Invitational 4:00 pm GBB-Home vs. Superior JV-5:30/V-7:00 pm WR @ Fillmore Tri w/Ashland Greenwood (V) - 6:00 pm 10 BBB @ Lincoln Pius X 6:30 pm KFC/Taco Bell Friends & Family Night 5:00-8:00pm	¹³ Early Student Dismissal 2:03	¹⁴ WR @ Aurora Invitational (JV) - 5:00 pm 9 G/B BB @ Bruning-Davenport-Shickley G-6:00/B-7:30 pm 10 BBB-Home vs. Fairbury 6:00 pm WR @ Boone Central/Newman Grove Dual (V) 6:30 pm	¹⁵ GBB @ Aurora JV-4:30/V-6:00 pm BBB @ Aurora JV-4:30/7:30 pm	¹⁶ WR @ Wahoo Invitational (JV/V) - 9:00 am GBB-Home vs. Hastings JV-4:30/V-6:00 pm BBB-Home vs. Hastings JV-4:30 (Aux Gym) V-7:30 pm Mini Dukettes perform
¹⁷	¹⁸ 9 G/B BB @ Central City (@ CC Middle School) G-6:00/B-7:30 pm	¹⁹ GBB-Home vs. Central City JV-4:30/V-6:00 pm BBB-Home vs. Central City JV-4:30 (Aux Gym)/V-7:30 pm WR @ Central City Dual (@ CC Middle School) (JV/V) - 6:30 pm Semester Tests	²⁰	²¹ GBB-Home vs. Schuyler JV-4:30/V-6:00 pm BBB-Home vs. Schuyler JV-4:30 (Aux Gym) V-7:30 pm	²² End of 2nd Quarter Noon Dismissal (All Schools)	²³ Moratorium NO PRACTICES
²⁴ Moratorium NO PRACTICES	²⁵	²⁶	²⁷	²⁸ G/B BB York Holiday Tournament (V) 12:30 pm	²⁹	³⁰ WR @ Fillmore Central Invitational (V) - 9:00 am
³¹ New Year's Eve	NO SCHOOL Christmas Break Christmas Day					