



DUKE NEWS

February 2018

Volume XXXII Number 6

Dr. Mitch Bartholomew
Principal

Lance Smith
Assistant Principal/Activities Director

FROM THE PRINCIPAL'S OFFICE —

DIRECT VOCABULARY INSTRUCTION – Dr. Mitch Bartholomew

At the beginning of the 2017-18 school year, York High School created an instructional goal to implement a research-based process for teaching vocabulary. Students come to school with greatly varying vocabularies. Some students will know thousands more word meanings when compared to others. This occurs in part because of the differences in the number of new words students are exposed to in their homes and communities. Years of research and theory have provided educators clear guidance about direct instruction when teaching vocabulary terms. The research tells us that a variety of instructional activities must be implemented in order for students to understand new vocabulary terms and to help students recall what they have learned in the future. Experts emphasize that when schools implement a consistent direct instruction process, vocabulary development is attainable. When given the opportunity to learn new words combined with direct instruction, students are better able to read more challenging texts with fluency, and this improves their chances for success in school and post-graduation.

York High School has chosen to implement a six-step process developed by educational researcher Robert J. Marzano. Per the Marzano process, the first three steps are used to introduce new vocabulary terms and the last three steps are designed to help students apply and transfer new terms into their long-term memory. The six steps are as follows:

- Step 1: Explain – The teacher provides a student-friendly description, explanation, or example of the new term.
- Step 2: Restate – Students restate the description, explanation, or example in their own words
- Step 3: Show – Students construct a nonlinguistic representation of the word
- Step 4: Discuss – Periodically, engage students in activities that allows them to create analogies, synonyms and antonyms, roots and prefixes
- Step 5: Refine and Reflect – The teacher creates activities that allow small groups of students to compare their descriptions with each other and seek any clarification for any confusion
- Step 6: Apply in Learning Games – Teachers utilize instructional games to allow students to use the terms

During the first semester, YHS teachers participated in three professional development sessions to learn more about the Marzano process and activities that reinforce each step. Second semester, we will have three more professional development sessions to help build a tool kit of activities for all teachers. During many walk-throughs and formal classroom observations, I have observed YHS teachers implementing several of the activities they acquired. I've been impressed with their commitment to this process and look forward to the student achievement results we expect to see.

FROM THE ASSISTANT PRINCIPAL'S OFFICE—

We are having an amazing start to the second semester and I cannot believe it is already February. Each month, our teachers focus on a different element that we have identified as critical to effective teaching. In January, our district focus was "actively engaged students." We strive to develop lessons that are relevant and interesting and use a variety of techniques to engage all students. There are many hands-on opportunities at York High School including the animal science lab, the welding shop, and advanced chemistry. Many classes are using technology in innovative ways such as the blended learning stations in English, hyperdocs in health, or digital content creation in media productions. For the students that are engaged kinetically, our life skills and strength & conditioning courses offer those opportunities throughout the day. Band, art, and choir provide offerings for those interested in the fine arts. Student choice and engagement are certainly a high priority at York as we strive to educate every child.

Announcement: *On February 9, the high school will dismiss at 2:03 pm due to hosting district wrestling.*

Important Activity Dates

Wrestling district tournament: February 9 and 10 at York High School

Basketball district tournament: Girls – February 12-17 at TBD; Boys – February 19-24 at TBD

Wrestling state tournament: February 15-17 at Century Link Center Omaha

Start of spring practice: February 26

Upcoming Spring Season

February marks the end of the winter season (with the basketball state tournaments at the beginning of March) and the start of the spring season (first practices are February 26). If students have not participated in the fall or winter but plan to in the spring, they need to have a physical form, NSAA consent form, and insurance form on file with the office before they can practice or compete.

Go Dukes!

Lance Smith

Assistant Principal/Activities Director

@yhs_dukes on Twitter, Instagram, and Snapchat

SPRING PARENT-TEACHER CONFERENCES

Parent-Teacher Conferences at York High School will be held on Wednesday, February 7th from 4:30 - 8:30 p.m.

If for some reason this time or date does not fit into your schedule, please contact the high school and we will make every effort to arrange a time for you to meet with teachers to discuss 3rd quarter progress.

School will be dismissed at 2:03 p.m. on Wednesday, February 7 and Thursday, February 8 due to transportation and activity practices. YHS will also have a 2:03 pm dismissal on Friday, February 9 due to York hosting the District Wrestling Tournament.



BUS TRANSPORTATION

Please note: On Friday, February 9 and Monday, February 12, the York Middle School and York Elementary School will not have school due to Parent-Teacher Conferences, but York High School will have school on these days. Students that ride the bus must sign-up in the office by Monday, February 5 to be able to have bus transportation on these two days.

SPRING PRACTICES TO BEGIN

Spring practices will begin on Monday, February 26th. Boys' Soccer, Girls' Soccer, Boys' Golf, Girls' Tennis, and Boys' & Girls' Track are offered this spring at YHS. Please encourage your son or daughter to get involved in a spring sport.



KINDERGARTEN REGISTRATION

Kindergarten registration will be held at York Elementary School February 5th through February 8th. Letters were mailed to potential kindergarten students; however, if you did not receive a letter, please contact York Elementary at 362-1414. According to Nebraska law, children are eligible to attend Kindergarten the year that they turn five on, or before, July 31st. This is called a "cut-off date." School districts are allowed to enroll a child who missed the cut-off date, but turns five between August 1 and October 15.



SPRING ACTIVITIES MEETING

Our meeting for athletes involved in spring activities will be on Tuesday, March 6th at 7:00 p.m. in the high school gym commons. Parents and student-athletes will meet with Mr. Smith from 7:00-7:15 p.m. to discuss rules, regulations, and philosophy. From 7:15 -8:00 p.m. parents will meet with the coach(es) of the sport that their son/daughter will be participating in to discuss any further information that pertains to that sport.



TRANSPORTATION REGISTRATION FORMS

Transportation registration forms for the 2018-2019 school year will be available at Parent-Teacher Conferences. Registration forms must be returned by July 27, 2018 for students to be eligible for transportation the first week of school. If you have any questions, the Transportation Department can be reached at 402-362-1988.



VALENTINE'S DAY ANNOUNCEMENT

Since Valentine's Day is on Wednesday this year, we would appreciate it if students and parents who plan to send balloons/flowers would please have them delivered to that "special someone" to their home. The high school **will not** accept Valentine deliveries on Tuesday, February 13, Wednesday, February 14 or Thursday, February 15.

Your cooperation in this matter will be greatly appreciated.

2018 YEARBOOKS

Yearbooks are on sale. The cost is \$55 until March 1st then the cost goes up to \$60.00. If the student's name is stamped on the front cover that is an additional \$6.50.

Yearbooks can be ordered in the front office or in Mrs. Burger's room (D7); they can also be ordered on line — www.yorkpublic.org.

Questions: katie.burger@yorkdukes.org

BAND BOOSTER NOTES

Friends and Family night at Taco Johns - February 13th

The next Band Boosters meeting will be February 26th at 7:00 pm in the band room. We will elect new officers and discuss next year's band trip.

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.

YORK HIGH SCHOOL MUSIC DEPARTMENT NEWS!

February 2017

Special Points of Interest:

- *Spring Concert*
- *District Music Contest Prep*
- *Upcoming Performances*
- *D & D Competitions*
- *Flag Appreciation Day*
- *Conference Honor Band*
- *YMS Musical*
- *YMS Honor Band Day*
- *Brass Quintet Concert*

YMS MUSICAL *BEAUTY AND THE BEAST JR.*

The YMS Vocal Music Department rehearsals for the musical *Beauty and the Beast Jr.* are underway. They will present the show on Thursday, March 15th and Friday, March 16th at 7:00pm in the York High School Theater.

DUKES & DUCHESSES

Please see competition dates below.

- February 2- Central City
- February 16 - Wahoo
- February 24 - Grand Island
- March 3 - Lincoln Northeast

SPRING CONCERT

The High School 'Spring' Concert will be Monday, March 5th at 7:00 pm in the YHS Theater. Please join us for a night of entertainment provided by the Chamber Singers, Concert Choir, and Dukes & Duchesses!

DISTRICT MUSIC CONTEST

While April 20th still seems to be a long way off, we are beginning to plan for District Music Contest. District Music Contest is held at Norris High School. Any choir student who is considering doing a solo, duet or being involved in a small ensemble, please let Mrs. Wagner know you are interested. We will begin looking at music possibilities and start rehearsal within the next few weeks.

CONFERENCE HONOR BAND AUDITIONS ARE DUE

Band members in grades 9-12 are eligible to audition for this year's "Conference Honor Band" that will be held in Holdrege on Monday, March 19th. Recorded auditions must be submitted to the Conference judges by Thursday, February 15th.

"FLAG APPRECIATION DAY" PERFORMANCE

Senior High Band members are rehearsing patriotic selections for their part of the "Flag Appreciation Day" program presented for elementary students on Thursday, February 15th in the High School Theater.

DISTRICT MUSIC CONTEST SOLOS AND ENSEMBLES

Band students are selecting their music and beginning rehearsals for this year's District Music Contest Solo and Ensemble competition to be held at Norris High School on Friday, April 20th.

YHS BAND FESTIVAL DAY

We will be having a "Band Festival Day" for our Senior High Jazz and Concert Bands on Monday, February 26th in the York High School Theater. John Jacobs, former director of Atlanta's "Jazz Guardians" will be working with both bands during the day and will conduct a Band Concert that evening beginning at 7:00 p.m. There is no admission charge, please plan to attend!

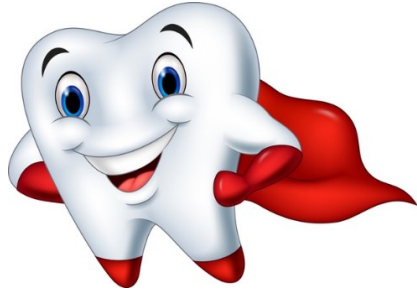
H.S. BAND STUDENTS HOST M.S. HONOR BAND DAY

Our High School Band members are helping with equipment set-up and the "Snack Bar" at this year's eighteenth annual "York Middle School Honor Band Day" on Saturday, February 24th. Crete Middle School Director of Bands, Jennene Anderson, will conduct the 8th Grade Band. Susan Hottovy from Lincoln will direct the 7th Grade Band. We are expecting over 300 area 7th and 8th grade band students to participate in this year's Honor Band Day. Students rehearse in the afternoon to prepare for a final concert which begins at 6:30 p.m. in the York High School Theater.

BRASS QUINTET CONCERT

The United States Air Force Heartland of America Band's Offutt Brass will be performing at the York High School Theater on Wednesday, February 14th at 7:30 p.m. They will be joined by some of our High School Band Brass Quintet members performing Sousa's "El Capitan" march. Plan to come and hear an outstanding brass ensemble!

February is Children's Dental Health Month



You have so many good reasons to keep your family's teeth and gums healthy. Their sparkling smiles. Being able to chew for good nutrition. Avoiding toothaches and discomfort. And new research suggests that gum disease can lead to other problems in the body, including increased risk of heart disease.

Fortunately, there are simple ways to keep teeth strong and healthy from childhood to old age. Here's how:

1. Start children early. Despite great strides in decay prevention, one in four young children develops signs of tooth decay before they start school. Half of all children between the ages of 12 and 15 have cavities. "Dental care should begin as soon as a child's first tooth appears, usually around six months," Caryn Solie, RDH, president of the American Dental Hygienists' Association, tells WebMD. "Teeth can be wiped with a clean, damp cloth or a very soft brush. At about age 2, you can let kids try brushing for themselves -- although it's important to supervise."

2. Seal off trouble. Permanent molars come in around age 6. Thin protective coatings applied to the chewing surfaces of the back teeth can prevent decay in the pits and fissures. According to the Centers for Disease Control and Prevention, sealants can significantly reduce caries. Yet only one in three U.S. kids receives dental sealants. Talk to your dental professional.

3. Use enough -- but not too much -- fluoride. The single biggest advance in oral health has been fluoride, which strengthens enamel, making it less likely to decay. Three out of four Americans drink water that is fluoridated. If your water isn't fluoridated, talk to your dental professional, who may suggest putting a fluoride application on your teeth. Many toothpastes and mouth rinses also contain fluoride. Fluoride should be used sparingly in young children -- no more than a pea-sized dab on the toothbrush. Too much can cause white spots on teeth.

4. Brush twice a day and floss daily. Gum disease and tooth decay remain big problems -- and not just for older people. Three-fourths of teenagers have gums that bleed, according to the ADHA. Along with the basic advice, remember: Toothbrushes should be changed 3 to 4 times a year.

- Toothbrushes should be changed 3 to 4 times a year.
- Teenagers with braces may need to use special toothbrushes and other oral hygiene tools to brush their teeth. Talk to your dentist or orthodontist.
- Older people with arthritis or other problems may have trouble holding a toothbrush or using floss. Some people find it easier to use an electric toothbrush. Others simply put a bicycle grip or foam tube over the handle of a regular toothbrush to make it easier to hold.

5. Rinse or chew gum after meals. In addition to brushing and flossing, rinsing your mouth with an antibacterial rinse can help prevent decay and gum problems. Chewing sugar-free gum after a meal can also protect by increasing saliva flow, which naturally washes bacteria away and neutralizes acid.

6. Block blows to teeth. Sports and recreational activities build healthy bodies, but they can pose a threat to teeth. Most school teams now require children to wear mouth guards. But remember: unsupervised recreational activities like skate-boarding and roller-blading can also result in injuries. Your dentist can make a custom-fitted mouth guard. Another option: buy a mouth guard at a sporting goods store that can be softened using hot water to form fit your mouth.

7. Don't smoke or use smokeless tobacco. Tobacco stains teeth and significantly increases the risk of gum disease and oral cancer. If you smoke or use chewing tobacco, consider quitting. Counsel your kids not to start.

8. Eat smart. At every age, a healthy diet is essential to healthy teeth and gums. A well-balanced diet of whole foods -- including grains, nuts, fruits and vegetables, and dairy products -- will provide all the nutrients you need. Some researchers believe that omega-3 fats, the kind found in fish, may also reduce inflammation, thereby lowering risk of gum disease, says Anthony M. Iacopino, DMD, PhD, dean of the University of Manitoba Faculty of Dentistry.

9. Avoid sugary foods. When bacteria in the mouth break down simple sugars, they produce acids that can erode tooth enamel, opening the door to decay. "Sugary drinks, including soft drinks and fruit drinks, pose a special threat because people tend to sip them, raising acid levels over a long period of time," says Steven E. Schonfeld, DDS, PhD, a dentist in private practice and spokesperson for the American Dental Association. "Carbonated drinks may make matters worse, since carbonation also increases acidity." Sticky candies are another culprit, because they linger on teeth surfaces.

10. Make an appointment. Most experts recommend a dental check-up every 6 months -- more often if you have problems like gum disease. During a routine exam, your dentist or dental hygienist removes plaque build-up that you can't brush or floss away and look for signs of decay.

"Almost all tooth decay and most gum disease can be prevented with good oral hygiene," says Solie. "We're talking about taking a few minutes each day to brush and floss. That's not a lot in return for a lifetime of healthy teeth and gums."

WebMD Feature Reviewed by Louise Chang, MD on October 29, 2010

YORK ATHLETIC BOOSTER CLUB NEWS

Your York Duke Athletic Booster Club hosted the Middle School Basketball Tournament which took place Saturday January, 20th at the High School and York Middle School. A big thanks to Barb Ivey and ALL of the Volunteers for again putting on a great tournament for our 7th and 8th grade boys. A big Thank You to all Booster Club Members and York High ACES Members that assisted with concessions, game clock, scoreboard and keeping book for the event.

District play is just ahead and we look forward to another great finish to the season for basketball and wrestling! The wrestlers are having a great year challenging themselves to some extra tough matches and continue to impress week in and week out!

Remaining events this year include the Yowell Track Meet and Athletic Booster Club Awards Night!!!!

******* Your Photos are Needed !!!!! *******

The York Athletic Booster Club is now in the process of gathering Photo and Video Submissions for ALL FALL and Winter Sports Participants for the 2018 Athletic Booster Club Banquet Video !!!

We are encouraging ALL COACHES, PARENTS and Family to Please take the time to submit photos and videos captured on your own phones and cameras to compliment what has been taken by the York News Times. This will allow the opportunity to ensure inclusion of as many participants as possible.

All can be emailed to: online@yorknewstimes.com

We would like to have a photo of each athlete on file for selection for the video. We will NOT use ALL of the photo's and video's submitted but will strive to try to represent all of the athletes.

Good luck to all our athletes as the winter sports season gets into the home stretch!

Go Dukes!

York Athletic Booster Club

**York AG ED Celebrating
101 Years
York FFA Chapter Celebrating**

**2017 District Leadership Skills Events Results
*Qualifying For State**

Ag Literacy Speaking

****Annsley Vernon** **1st Purple**
***Baylie Holthus** **3rd - Alternate**

Discovery Speaking

***Brynn Hirschfeld** **3rd - Alternate**

Creed Speaking

****Erin Case** **2nd Purple**
Kirsten Fike **Blue**

Jr. Public Speaking

****Lindsey Stuckey** **1st Purple**
Lilly Holthus **Blue**

Sr. Public Speaking

****Genevieve Tonniges** **1st Purple**
Grace Sinsel **Blue**

Extemp Speaking

****Leon Linhart** **1st Purple**
****Max Kohmetscher** **2nd Purple**

Natural Resource Speaking

Nicole Mittman **Blue**

Cooperative Speaking

Paige Thomas **Red**

Job Interview

****Lauren Kaliff** **2nd Purple**
Bryce Danielson **Purple**

Ag Demonstration

***Team 1:** **3rd - Alternate**
Carlos Munoz, Simon Otte, Ben Mohorn
Team 2: Blue
Sam Reorda, Erika Hinz, Cooper Koch

Jr Parli Pro

***1st Team:** **3rd - Alternate**
Brynn Hirschfeld, Baylie Holthus, Mel Driewer, Evan Fraser, Evan Cunningham, Cole Schmid, Nick Conrad
2nd Team **4th Purple**
Josh Saathoff, Kirsten Fike, Matt Haggadone, Jacob Howe, Albert Sanchez Rodriguez, Kirby Linhart, Rylie Krause

Sr Parli Pro

Blue
John Esser, Bailey Robinson, Lindsey Stuckey, Matt Mittman, Emma Ziemba, Ty Schneider
(3rd place are alternates to state)



Fire Alarm Battery Check

for Elderly

Wednesday, April 18th

2:30pm till 6:30pm

By

York FFA and Fire Dept.

Call the Fire Dept.

To set up an appointment

**What Color Do You Bleed?
“DUKE BLUE”**

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

**THANK YOU TO THE 48 DONORS WHO
MADE THE
JANUARY BLOOD DRIVE A SUCCESS!!!!**

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

COUNSELING CENTER NEWS

LOCAL SCHOLARSHIPS

York High School is fortunate to have so many local businesses and organizations that support and encourage our students. Because of that, we are able to offer a list of many scholarships that students are able to apply for with the local scholarship application (Blue-Gold Scholarships).

This process has been reviewed with seniors. Packets have been distributed that provide information on how to apply, what scholarships are available and how to get recommendation letters. The application will be on our website at www.yorkpublic.org. To download the forms, click on the High School tab then Counseling Center. The application must be TYPED, no handwritten forms will be accepted. These applications require TWO recommendations. Students should ask for these as soon as possible. **THE DEADLINE HAS BEEN SET FOR FEBRUARY 9 AT 4 P.M. REMINDER - To respect the competitive component of these scholarships, WE CANNOT ACCEPT LATE APPLICATIONS FOR ANY REASON, so an early application is always strongly encouraged.** Students should feel free to come to the counseling office if they need help or don't have a working computer.

Here's where you can find other scholarships that may be suited for you:

- **York High School website** www.yorkpublic.org under High School, Counseling Center.
- ***ScholarshipQuest* at EducationQuest.org** features over 2,000 Nebraska-based scholarships. After you create a profile, you'll be matched with scholarships that fit your criteria.
- **The college you plan to attend.** Contact the school for a list of scholarships they provide and application procedures.
- **National search sites** such as [College Board](#), [Peterson's](#) and [Chegg](#).
- **Other resources** could include your coach, clubs and organizations, and your parents' employers and civic organizations.

EDUCATIONQUEST SCHOLARSHIP – SOCIAL MEDIA MAY QUALIFY YOU

Each time EducationQuest reaches specific follower milestones on their social media pages, they will invite current and new followers to enter into a drawing for a \$500 scholarship. Follow them on Facebook, Twitter and Instagram for a chance to win.

ACT TEST:

STATE TEST FOR ALL JUNIORS - APRIL 3- (Proctored at YHS)

TEST DATE – April 14

REGISTRATION DEADLINE – March 9

TEST DATE – June 9

REGISTRATION DEADLINE – May 4

IT'S FAFSA TIME – IT'S NOT TOO LATE!

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.

Students applying for scholarships that are need based should complete the FAFSA as soon as possible to be able to provide their SAR with their applications.

Priority deadline for most colleges is March 1. Check with your college's financial aid office to find out what their FAFSA deadline is.

If you need help getting started, EducationQuest Foundation is the best source, but feel free to call the counseling office as well. You can make an appointment with EducationQuest--call as soon as possible. They will help first-time filers complete the FAFSA from Jan. 1 to April 1. They also offer a FAFSA Tutorial on their website at EducationQuest.org. Their offices are open Monday through Friday from 8:30 a.m.-5:00 p.m. During February they are usually open Saturdays from 9:00 a.m. to noon. To make an appointment or for assistance over the phone, call:

Kearney location- 308-234-6310 or 800-666-3721

Lincoln location - 402-475-5222 or 800-303-3745

Omaha location - 402-391-4033 or 888-357-6300

EducationQuest Foundation is a private, nonprofit organization with a mission to improve access to higher education in Nebraska. Through a permanent endowment, EducationQuest provides **FREE** college planning services at its locations in Kearney, Lincoln and Omaha; funds need-based scholarship programs; and supports community organizations that enhance college access. www.educationquest.org.

IMPORTANT FAFSA TIPS:



IMPORTANT: EducationQuest has informed us that colleges and the FAFSA request that you submit your tax information to the FAFSA electronically to prevent delays in getting your financial aid package. The FAFSA application now has an "IRS Data Retrieval Tool" that you will click on to retrieve your tax returns and "drop" them into your application. We recommend using this step because at many colleges the financial aid process includes randomly auditing 1 of every 6 student's tax information, they will request this be submitted electronically, DIRECT from the IRS. This will delay your financial aid due to the high volume of financial aid filings. Using the new process, you will NOT be audited and can receive your financial aid ahead of those that chose not to use this step. This method is listed as *optional* on the FAFSA application but, as you can see, it is certainly to your benefit to apply this way. Federal money is always first come, first served so apply early.

NOTE: *Even if you think you won't qualify for a PELL grant or other government programs you still need to fill out the FAFSA to receive any college loans. Colleges use the FAFSA to determine how much money they will offer you (whether a loan or otherwise). This is just part of the financial aid process.*

Include up to six colleges on the FAFSA. If you're not sure which school you will attend, enter the codes of all colleges you applied to. Your report will be sent to all of these colleges and they will send out financial aid award offers based on your FAFSA results. Federal School Codes can be found on the FAFSA website.

COLLEGE TRIP

Freshmen will be the next class to make a college campus visit. They will travel to Central Community College-Hastings on Tuesday, April 3.

NCAA/NAIA

If your child's college plan includes participation in college sports, please notify Mrs. Stuhr. The NCAA and NAIA require final high school transcripts to be sent to them in June. We want to make sure your name is on our list!

SENIOR PICTURES

Seniors pictures are wanted and needed for the Counseling office! We are excited to post senior pictures with a note beside them of the college they plan to attend. Please help us fill up our board by sending your son/daughter's picture to the Counseling office SOON! Thanks! Feel free to stop by and visit to see their future plans on display.

COLLEGE SCHOLARSHIPS OFFERED

A reminder to seniors who have received scholarship offers from any colleges (whether you've decided to attend there or not), please share those emails or letters with Mrs. Stuhr so we can compile this important information and honor those deserving students.



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. Breakfast Sliders B. Cereal Choices and Toast Juice Choices Sliced Pears	2 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Peaches
5 A. French Toast Sticks B. Cereal Choices and Toast Juice Choices Sliced Pears	6 A. Egg & Cheese Taco Roll B. Cereal Choices and Toast Juice Choices Mixed Fruit	7 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Pineapple	8 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Sliced Peaches	9 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Applesauce NO SCHOOL-YMS/YES
12 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Pineapple NO SCHOOL-YMS/YES	13 A. Iced Long John B. Cereal Choices and Toast Juice Choices Applesauce	14 A. Oatmeal with Topping Bar B. Cereal Choices and Toast Juice Choices Fresh Orange	15 A. Pancake Sausage Stick B. Cereal Choices and Toast Juice Choices Mixed Fruit	16 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Pears
19 A. Pancakes with Syrup B. Cereal Choices and Toast Juice Choices Mixed Fruit	20 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Pineapple	21 A. Ultimate Breakfast Round B. Cereal Choices and Toast Juice Choices Apple Wedges	22 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Applesauce	23 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Peaches
26 A. Breakfast Sliders B. Cereal Choices and Toast Juice Choices Sliced Pears	27 A. Iced Long John B. Cereal Choices and Toast Mixed Fruit Juice Choices	28 A. Breakfast Pizza 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 FEBRUARY 2018

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
Nacho Cheese Grilled Cheese  Seasoned taco meat with all the fix ins stuffed inside a gooey grilled cheese.			1 Hot Pepperoni Sub Baked Beans Chocolate Chip Cookie	2 Toasted Ham & Cheese Sandwich & Tomato Soup Mixed Vegetables
5 Chicken Fajitas Zesty Black Beans	6 Beef Stroganoff with Dinner Roll Peas Frosted Cinnamon Roll	7 Chicken Nuggets and Dinner Roll Mashed Potatoes with Gravy	8 Spaghetti with Meat Sauce & Garlic Breadstick Green Beans Gelatin Dessert	9 Taco Burger Golden Corn
12 Orange Chicken over Rice Green Beans	13 Epic Meltdown: Nacho Grilled Cheese Refried Beans Cinnamon Bread Stick 	14 Italian Dunkers with Marinara Sauce Candied Carrots Coleslaw	15 Home-style Tater Hot Dish & Roll Roasted Mixed Vegetables Cookie 	16 Baked Fish & Cheese Sandwich Golden Corn
19 Home-style Cheeseburger Soup and Roll Steamed Carrots Chef Day	20 Soft Shell Tacos Chili Lime Corn Animal Crackers	21 Breaded Beef Patty and Roll Mashed Potatoes with Gravy	22 Hot Ham & Cheese Sandwich BBQ Beans Sugar Cookie	23 Home-Style Tuna & Noodles Peas
26 Home-style Chicken Stew over Biscuit Baked French Fries	27 Home-style Buffalo Chicken Pasta and Roll Baked Beans Chocolate Chip Cookie	28 Cheesy Ham Baked Potato with Dinner Roll Mixed Vegetables	Chicken Florentine  Italian classic – sautéed tender chicken tossed with spaghetti, spinach, diced tomatoes and garlic with a touch of red pepper flakes.	

Questions or Comments? Contact Mitch Novak, Food Service Director at 402-363-9169 or m.novak@lunchtimesolutions.com

The institution is an equal opportunity employer and provider.

LSI 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/ Breadsticks
M-F Uncrustable, String Cheese & Breadsticks

MAKING AN ONLINE LUNCH PAYMENT THROUGH INFINITE CAMPUS

- Visit our website at www.yorkpublic.org
- Under “Parents” click on “Parent Portal” and log into your Infinite Campus Parent Portal
 - If you don’t have a parent portal account, contact your student’s school office and they will set up an account for you. If you have students in multiple schools, you do not need multiple portal accounts as all students should show up on your login screen. If not, let the office know and they will make a simple adjustment.
- Click on “Payments” in the left column
- Add the amount of money you’d like to deposit into your student’s account in the ‘payment’ box beside their name – minimum amount is \$5.00. Click “Continue” **Notice there is a convenience fee of \$2.00 per transaction for online payments. If you have multiple students in your family, you may add money to all of their accounts at the same time with one transaction.
- Choose the method of payment that you would like to use. Select “Add” if this is your first time using the online payment process. Add your payment method – **by using your checking or savings account instead of a credit or debit card, you will be helping YPS save money with no credit card fees**; click “Save” and then click “Back to Payments”
- Confirm that everything looks correct on the screen
- Click “Make Payment”
- Print a receipt if you would like
- Your student has lunch money!

Go to your Portal Account and click on Payments, you might need to select a payment to pay before you are allowed to set up your bank information. Then you will see this screen below. Click on Add

This screen will pop up, you will enter your billing information in the boxes, and provide your Bank Routing Number, and Account Number.

Example of where on your check displays Routing Number and Account Number. Then Save

If you have any questions, please contact Gayla at gayla.knight@yorkdukes.org or 402-362-6655 x 4

YPS “Lunch & Learn”

Wednesday, February 21st at 12:00

YORK SENIOR CENTER
725 N. Nebraska Avenue



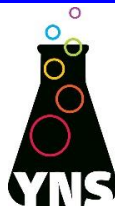
Presentations will include updates about:

- *YHS Speech Team*
- *English Language Learner services*
- *Legislative update*

*** **Come get a FREE lunch at the SENIOR CENTER!** Email mike.lucas@yorkdukes.org by Tuesday, February 20th so we can get an accurate headcount for our sandwich bar. Bring a friend or two!

Young Nebraska Scientists Camps

<http://yns.nebraska.edu>



York Public Schools has formed a strong partnership with “Young Nebraska Scientists.” We are always looking for amazing academic opportunities for our students and these guys are some of the best at offering hands-on experiences for students. They are offering many educational and exciting opportunities this summer!

The Young Nebraska Scientists (YNS) program was founded in 2008 to provide exciting STEM enrichment activities for middle and high school students. YNS summer science camps at Nebraska colleges and universities integrate the research themes of current Nebraska EPSCoR grants. YNS also sponsors summer research internships in university laboratories for high school students.

At YNS camps, Nebraska students learn through engaging, active-learning style experiences and experience life on a college campus. The high school research program offers students an extended, paid taste of the camaraderie and focus of a university research team.


The time is NOW to apply for Summer Camps! Visit <http://yns.nebraska.edu> for more info and to access the online application(s).

- CyberCamp, June 6-9 at the University of Nebraska at Kearney, for middle and high school students;
- Soil and Plants in Agriculture, June 11-15 day camp at the University of Nebraska at Kearney, for middle schoolers;
- Algae for Biofuels, June 17-21 at Doane University in Crete, for middle schoolers;
- Life Underground: the Unseen Power of Microbes, June 17-20 at UNL, for high schoolers;
- Biodiversity Field Science, June 24-30 at UNL Cedar Point Biological Station (Ogalalla), for high schoolers;
- Secret Life of Metals, an inorganic chemistry day camp, July 16-18 at Creighton Univ.

YNS camp fees include meals and lodging, except Secret Life of Metals and Soil and Plants in Agriculture (day camps only). A select group of high school students are chosen to be YNS High School Researchers, with paid summer jobs in the labs of university scientists.

Applications close March 17 for YNS researcher positions, and April 15 for YNS campers.

February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 WR-York Groundhog Invitational (JV) 4:00 pm 9 G/B BB-Home vs. Aurora (@ YMS) G-6:00/B-7:30 pm	2 Dukes & Duchesses @ Central City Groundhog Day	3 Speech Meet @ Aurora 9 GBB @ Seward Tournament (@ SHS) - 8:30 am WR Central Conference Tourney (V) @ Aurora - 9:30 GBB-Home vs. Col. Lakeview JV-4:30/V-6:00 pm BBB-Home vs. Col. Lakeview JV-4:30 (Secondary Gym) V-7:30 pm Dukette Guy/Girl Dance FCA 5th Quarter - after games
4 9 GBB @ Seward Tournament (@ Seward HS)- 5:00 pm 10 BBB-Home vs. Grand Island Sr. High - 6:00 pm	5 9 GBB @ Seward Tournament (@ Seward HS)- 5:00 pm 10 BBB-Home vs. Grand Island Sr. High - 6:00 pm	6 GBB-Home vs. Holdrege JV-4:30/V-6:00 pm BBB-Home vs. Holdrege JV-4:30 (Secondary Gym) V-7:30 pm Dukette Senior Night	7 Early Student Dismissal 2:03 FFA State Degree and State Proficiency Interviews @ Milford YHS Parent-Teacher Conferences 4:30-8:30 pm	8 Early Student Dismissal 2:03	9 Early Student Dismissal 2:03 GBB @ Seward - JV-4:30 V-6:00 pm BBB @ Seward—JV-4:30 V-7:30 pm District Wrestling Tournament (V) @ York	10 Speech @ David City ACT Test @ York College BBB @ Heartland Hoops vs. Omaha South @ Heartland Event Center - 12:30 pm 9 BBB @ Seward Tournament (@ Seward HS) - 8:30 am
11 9 BBB @ Seward Tournament (@ Seward HS)- 5:00 pm Speech Potluck and Performance Board of Education Mtg.	12 9 BBB @ Seward Tournament (@ Seward HS)- 5:00 pm Speech Potluck and Performance Board of Education Mtg.	13 Girls Basketball Sub-District (V) - TBD	14 Early Student Dismissal 2:03 Offutt Air Force Brass Band Concert - 7:30 pm - Theater Valentine's Day Ash Wednesday	15 Lions Club Flag Day 1:15 pm - Theater State Wrestling Championships (V) @ CenturyLink Center - Omaha	16 Dukes & Duchesses @ Wahoo Court of Champions	17 Speech Meet @ GINW Girls Basketball District Final (V) - TBD
18 Conference Speech @ Columbus Lakeview Boys Basketball Sub-Districts (V) - TBD National FFA Week Presidents' Day	19 Conference Speech @ Columbus Lakeview Boys Basketball Sub-Districts (V) - TBD National FFA Week Presidents' Day	20	21 Early Student Dismissal 2:03	22	23	24 Boys Basketball District Final (V) - TBD WR @ UNK Dual Tournament (V) - Health & Sports Center - TBD Dukes and Duchesses @ Islander Invite
25 1st Day of Practice Spring Sports YHS Band Festival Day & Concert at 7:00 pm Board of Education Mtg.	26 1st Day of Practice Spring Sports YHS Band Festival Day & Concert at 7:00 pm Board of Education Mtg.	27 8th Grade Parent Meeting - 6:00 pm - YHS Theater	28 Early Student Dismissal 2:03			