



DUKE NEWS

May 2018

Volume XXXII Number 9

Dr. Mitch Bartholomew

Principal

Lance Smith

Assistant Principal/Activities Director

FROM THE PRINCIPAL'S OFFICE —

INCREDIBLE YEAR

The end of the 2017-18 school year is here. This has been an incredible year for many reasons. First and foremost, YHS has had excellent senior leadership. These seniors have experienced a tremendous amount of success and have handled it with class and humility. I wish the entire class of 2018 the best of luck.

DON PERRY AND LANCE SMITH

As you probably know, Don Perry and Lance Smith will not be with YHS next year. Don has decided to retire and Lance will be the new Activities Director at Millard West. I want to thank Don and Lance for their commitment to YHS.

SOCIAL STUDIES HIRE

I want to welcome Mr. Matt Maltsberger to York High School. We interviewed a quality pool of candidates for our Social Studies vacancy and felt confident Matt will do an excellent job. Matt comes to YHS with a lot of experience and a passion to help all students.

BLENDED LEARNING

This past semester a few YHS teachers have been researching and implementing an educational program called blended learning. Blended learning is a 21st century pedagogy that utilizes a combination of educational methods – direct instruction, group work, and digital learning. One of the advantages to this approach is teachers are becoming facilitators of learning and students have many opportunities to explore new concepts digitally, collaborate with their classmates, and receive the critical information from their teacher in the same class period. As the instructional leader at YHS I'm excited about the progress I'm seeing. Our teachers are constantly looking for ways to improve instruction that will help increase student achievement.

Mitch Bartholomew
mitch.bartholomew@yorkdukes.org
@MitchBartYHS



FROM THE ASSISTANT PRINCIPAL/ACTIVITIES DIRECTOR'S OFFICE —

As the school year wraps up in May, it can be a busy time for both students and parents. We have academic, fine arts, and athletic banquets. Sports are entering their post-season tournaments and meets. There is graduation and graduation parties. Not to mention final exams. In all of the chaos, do not forget to stop and reflect on the highs and lows of the schools year. We have an opportunity to celebrate the amazing accomplishments we have had and reflect on how we can do better going forward.

I urge the younger students to follow the lead of this senior class. Learn from them by watching and asking questions. Learn to lead with character and integrity while learning to compete and always strive to better yourself. I urge the seniors to use their platform to help younger students carry on their legacy and stay connected to York High School in the years to come.

My Last Monthly Newsletter

Many of you know by now that this will be my final year as a York Duke. I have spent much of the last few weeks reflecting on my time here. Although shorter than I would have liked, my time in York will leave a permanent impression on my family and I. I cannot say enough great things about the students, staff, and community. There is unwavering support for all of the activities, a deep sense of pride in the school, and traditional values reign supreme. I will take the lessons I have learned here with me wherever I end up. I want to close by saying thank you to everyone that has been a part of the York Duke family. It truly does take a village and this village is strong. I wish everyone a successful end to the school year and a fabulous summer!

Go Dukes!

Lance Smith
Assistant Principal/Activities Director
@yhs_dukes on Twitter, Instagram, and Snapchat

SUMMER WEIGHTLIFTING

York High School and York Middle School boys and girls summer weightlifting will begin Monday, June 4th at the following times.

Lifting days this summer are: Every Monday, Tuesday, Wednesday and Thursday. No lifting on Fridays.

6:00 - 7 :30 am - boys and girls

7:00 - 8:30 am - boys only

8:00 - 9:30 am - girls only

10:00 - 11:00 am - boys and girls middle school (6th-8th grade)

7:00 - 8:30 pm - boys and girls

SPORTS PHYSICALS

Make your appointment early for a sports physical for next year. You can start getting next year's physicals May 1. If appointments are made early you will have a better chance of seeing the physician of your choice and getting a time that might be better for you. Be sure and pick up a physical form packet in the high school office before you get your physical.

FINAL EXAM SCHEDULE FOR GRADES 9-11

Tuesday, May 15th

Periods 4 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, May 16th

Period 7 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, May 17th

Period 3 8:00 – 9:30

Block Four 9:40 – 11:10
History/Western Civ
(Perry, Rasmussen)

Lunch 11:10 – 12:00

Period 6 12:00 – 1:30

Period 8 1:40 – 3:10

Friday, May 18th

Block Five 8:00 – 9:30
PE 9/Health (*Malleck/Makovicka*)

Make-ups 9:40 – 12:00



LUNCH BALANCES

Please have your son/daughter check on their lunch account balance. If possible, any balance due needs to be paid by Friday, May 18th before checking out of school for the summer break.

FINAL REMINDER -- DRIVER'S EDUCATION

Please be advised that if your son/daughter is planning on taking driver's education this summer, he/she needs to register in the office and pay \$300.00. Driver's Education classes will be held in the Media Center at the high school.

OVERDUE LIBRARY BOOKS

There are still some students who have overdue library books as of this time. **ALL BOOKS NEED TO BE RETURNED TO THE LIBRARY AND FINES PAID AS SOON AS POSSIBLE.**

It would be helpful if all parents would check for library books at home and remind your son/daughter to return all library materials. We appreciate your cooperation in this matter.



YORK HIGH SCHOOL MUSIC DEPARTMENT NEWS!

May 2018

Special Points of Interest:

- District Music Contest Results
- YMS Talent Show
- End of the Year Dates
- Pops Concert
- Band Concert
- Band Camp
- Flag Squad

END OF THE YEAR AT A GLANCE

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

May 3 - YMS/YHS Spring Band
Concert, 7:00 pm

May 7 - YMS Talent Show, 7:00 pm

May 8 - YHS Pops Concert, 7:00 pm

May 13 - Graduation (Band & Choir
will be playing & singing)

SPRING BAND CONCERT

Plan to attend our Spring Band Concert to be held on Thursday, May 3rd, at 7:00 p.m. in the High School Theater. The concert will feature performances by the Middle and High School Concert Bands, Percussion Ensembles and soloists. There is no admission charge for the concert.

YMS TALENT SHOW

The annual YMS Talent Show will be held on Monday, May 7th at 7:00 pm in the York High School Theater. Please join us for another great show!

DISTRICT MUSIC CONTEST RATINGS - VOCAL MUSIC

District Music Contest was held at Norris High School on Friday April 20th.

The vocal music department did a great job. Here are the results!

Receiving Superior Ratings were: Anthonie Gomez, Vocal Solo; Kaitlyn Ericson, Vocal Solo; Alyssa Gilliland, Vocal Solo and Holly Rockenbach & Emily Bladridge, Vocal Duet.

Receiving Excellent Ratings were: Alycia Gage, Vocal Solo; Jaylen Naber, Vocal Solo; Emily Hackett, Vocal Solo and Sophia Chavanu & Kirsten Fike, Vocal Duet.

Our large ensembles, Chamber Singer and Concert Choir received Excellent Ratings.

YHS POPS CONCERT

Please join us for the YHS Pops Concert on Tuesday, May 8th at 7:00 p.m. in the York High School Theater. This concert will feature the YHS Dukes & Duchesses, Chamber Singers, Concert Choir and the York Men's Choir. Added to this concert will be many solos, duets and small acts. This is a concert you do not want to miss.

Please Join Us!!

SENIOR HIGH SCHOOL BAND CAMP

Future High School Band members should mark their calendars for the beginning of next year's marching season. We will hold our "Band Camp" rehearsals August 6th, 7th, 8th and 9th from 9:00 a.m. to 1:30 p.m. in the High School Band Room. We will conclude rehearsals with our "Drill Marching Contest" at 7:00 p.m. on Thursday, August 9th at the High School marching rehearsal lot. A Band Booster meeting will be held immediately following the contest in the High School Band Room.

FLAG SQUAD AUDITIONS

Students interested in being a part of the 2018-2019 York High School Flag Squad may attend our audition rehearsals May 1st through 3rd beginning at 7:15 a.m. on the High School Gym Deck. Auditions will be held on Friday, May 4th at 7:15 a.m. For more information, please contact Mrs. Cooper or Mr. Forsch.

DISTRICT MUSIC CONTEST RATINGS — INSTRUMENTAL MUSIC

Congratulations to the York Senior High Band students who received the following ratings at this year's District Music Contest

Instrumental Solos

Anthonie Gomez (10)	Alto Saxophone Solo—Excellent (II)
Jason Franklin (10)	Trumpet Solo—Superior (I)
Ann Magner(12)	Trumpet Solo—Superior (I)
Riley Nigh (10)	Trumpet Solo—Superior (I)
Jacob Howe (9)	Tuba Solo—Excellent (II)
Rylie Krause (9)	Mallet Percussion Solo—Excellent (II)
Alexandra Saathoff (11)	Mallet Percussion Solo—Excellent (II)
Sophia Chavanu (9)	Piano Solo—Superior (I)
Ann Magner (2)	Piano Solo—Superior (I) *
Anne Thomas (10)	Piano Solo—Excellent (II)

Instrumental Ensembles

Tuba Duet - Excellent (II)

Jacob Howe (9)
Alexandra Saathoff (11)

Brass Quintet - Superior (I)

Sophia Chavanu (9) Trumpet
Jason Franklin (10) French Horn
Ross Fraser (10) Trombone
Jacob Howe (9) Tuba
Ann Magner (12) Trumpet

* Ann Magner received the "Outstanding Performance Award" from the contest judge for the best piano solo performance of the contest.

YORK ATHLETIC BOOSTER CLUB NEWS

Buy your Sports Banquet Tickets as soon as possible for the Friday, May 4th Event!!

Congratulations to All Spring Sports Athletes on an outstanding season!!

What an Incredible YEAR to be a YORK DUKE!!!!

York Athletic Booster Club
Go Dukes!

VARSITY DUKETTES CHOSEN FOR 2018-19

Congratulations to the following students for being selected to the Dukette Squad for 2018-2019: Kadence Foreman, Lilly Holthus, Ava Ziemba, Abi Miller, Natalie Hammer, Piper Fernau, Tory Cobb, Raegan Demuth.

CHEERLEADERS CHOSEN FOR 2018-19

Congratulations to the following students for being selected to the 2018-2019 Cheer Squad: Bailey Clark, Cassidy Cole, Erin Frink, Kylee Kling, Santana Leyva, Jada McNeil, Jaylen Naber, Makayla Schade, Scott Velasquez-Lopez, Alexis Velde, Maddie Vodvarka, Logan Walker.

GIRLS ON THE RUN 5K

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

The 5k is open to males and females of all ages. Walkers are welcome!

Entry forms are available online at GOTRNebraska.org.

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

END OF THE YEAR REMINDERS FROM THE HEALTH OFFICE

Parents of students that are going to play a sport next year: *Your child will be required to have the appropriate forms completed before the first day of practice for their sport.* The forms are available at YMS or YHS and also on the school web-site under the "Health News" tab. . The packet consists of: Insurance Form, NSAA Consent Form, Medical Clearance Form, Physical Form and Physical History Form.

All forms and current health insurance is required to participate in the first practice. There will be health insurance available for you to buy through the school in August if you choose to do so. If you have difficulty getting health insurance please contact the nurse to see if she can assist. The sports physical needs to be completed after May 1st.

Parents of students with chronic illness, Asthma (use an inhaler or nebulizer), severe allergies or Seizures: Please make contact with the school nurse right away when we return to school next August to discuss the health concerns of your child. A nurse should be available at each school on "Back to School Nights" with health plan forms. It is necessary to have medical plans in place to keep your child safe while at school. We would like to talk with parents about what is needed at school should your child have a medical episode so we are prepared with proper medication or treatments as needed.

The summer is a great time to schedule well-child physicals, dental and eye exams. Check to see if your insurance covers these exams under the preventative benefits.

YPS is going Nut Safe next year so please be aware of the foods you send to school. More information to come in the August newsletter explaining what Nut Safe means to you.

SUMMER TIPS

Protection from mosquito and tick bites. Use an insect repellant containing deet, picaridin, oil of lemon or eucalyptus. Wear clothing that protects you from the bites and check for ticks often. Learn how to remove ticks the right way by following this link: http://www.cdc.gov/ticks/removing_a_tick.html

Provide sunscreen for your child and remind them to reapply. This will help prevent skin cancers and wrinkles when they get older. (Something they will thank you for later). Also, remember to protect eyes with sunglasses that have UV protection as the sun damage today is linked to cataracts when we get older.

Stay hydrated with WATER! Increase your fluid intake, regardless of your activity level. Don't wait until you're thirsty to drink. During heavy exercise in a hot environment, drink two to four glasses (16-32 ounces) of cool fluids each hour.

Encourage healthy snacking this summer. Have fresh fruits and vegetables available and ready to grab. Snacks with protein will help you feel less hungry longer. Limit carbohydrate snacks or those with a lot of sugar.

**Encourage
out door time –
away from technology!!!!**



COUNSELING NEWS

FINAL TRANSCRIPTS

Seniors have completed a form stating where they need their **FINAL** transcript sent and we will send those out when all grades are entered. Seniors who took **COLLEGE COURSES** will also need to request transcripts from **Peru** or **SCC to transfer those credits to their college**. The high school transcript does not qualify as documentation. There is a link on the Counseling page of www.yorkpublic.org to request the Peru transcripts. Students go through the hub for the SCC transcripts (or come to Counseling office to complete a paper request form). Transcripts from Curtis (NCTA) may be obtained by going to their website ncta.unl.edu, current students, academic resources, transcript request. Forms are also available in the counseling office for SCC. NOW is the time to request these. Be sure to write "when classes are complete" on the request to the college.

COLLEGE PLANS AND THE ACT TEST:

Next year's seniors planning to attend ANY college should take the ACT test not only for entrance but for scholarship competition. If cost is a deterrent, FEE WAIVERS are available for those who qualify for free and reduced lunches or have other financial hardship. Each student is allotted two waivers, total, to be used for any test in any year. The counseling office can help students with this, and it is completely confidential.

Future seniors should take the JUNE, JULY, SEPTEMBER and/or OCTOBER tests if they want to try to achieve scores that would make them eligible for Honors Programs or Regents scholarships, which have November deadlines. The Horatio Alger scholarship and the National Coca-Cola scholarship have a late October deadline.

The first fall test date will be **SEPTEMBER 8**. The registration deadline is probably August 3 (it is not yet posted on the ACT website). If questions, you will have to check the ACT website closer to that date. Registration is done online at www.act.org using the high school code 282-590.

TEST DATE

JUNE 9
JULY 14

REGISTRATION DEADLINE

MAY 4
JUNE 15

IMPORTANT REMINDERS

When students register for the **ACT or SAT** it is VERY IMPORTANT to **include our high school code (282-590)** to ensure that we receive a copy of the score for their transcript. If the score is not on the transcript, colleges will require the score be sent directly from ACT. ACT charges a fee for this service, per college. This code is also on the school website at www.yorkpublic.org

PLEASE NOTE: UNL and UNO no longer accept scores from high schools, they must be sent **directly** from ACT so it's important to record the **UNL code (2482) and/or UNO code (2464)** on the ACT registration if considering UNL or UNO.

NCAA AND NAIA: If considering playing college sports, scores must be sent directly to the NCAA and NAIA, as well. These codes, **NCAA: 9999** or the **NAIA: 9876**, must be recorded in the college choice section of the ACT registration form. Remember to also register online with the NCAA and/or the NAIA. This is a separate step you need to take to be ready to play college sports. Students can do this in their junior year AND must let the counseling office know so they can send your transcript to these places.

COLLEGE FINANCIAL AID

Juniors should start their college planning soon. The EducationQuest Foundation, with locations in Kearney, Lincoln and Omaha, will help you plan your education path. The following computer programs can also help you with the planning process and can be accessed by visiting their website at www.educationquest.org.

College Selection Service - This program suggests schools that match your interests and needs.

College Funding Estimator - This program estimates your federal financial aid eligibility and aids in filling out the FAFSA later.

Scholarship Search - This will provide you with a list of private scholarships for which you may qualify. *(Check this list during the summer months as some scholarships have very early deadlines.)*

Locations and telephone numbers for area EducationQuest foundations:

Kearney	3712 2 nd Ave.	1-800-666-3721
Lincoln	1300 O Street	1-800-303-3745
Omaha	11031 Elm Street	1-888-357-6300

SUMMER SCHOOL CLASSES REMINDER

Summer School will be held at the York Public Schools Enrichment Center June 4-29, 2018, to retrieve and/or make-up credits failed or not completed during the school term 2017-18. There will be two sessions each day at the enrichment center, 8:00-11:00 a.m. and 12:00 (noon)- 3:00 p.m. YHS students failing a first semester required course and qualifying for summer school will receive a letter and enrollment form to be filled out and returned to the counseling office as soon as possible. The fee for summer school is \$100 or a waiver if your family qualifies for free/reduced lunch program.

If your student is failing a second semester required course please encourage them to work harder and raise it to passing. If you have questions or want further information please call 402-362-6655, option 2 and ask for Dana Schmid or email dana.schmid@yorkdukes.org

CONGRATULATIONS!

Congrats to all students who received awards and scholarships on Honors Night 2018! Nearly eighty percent of the senior class received one or more scholarships. So far, the class of 2018 has received 4.8 million dollars in scholarships. We are so proud of our students and wish them great things with their future plans. Reminder to seniors – if you receive outside scholarships and haven't notified the Counseling office, please let us know so we can include this information in the graduation program. **Thanks, Class of 2018, for being great leaders at YHS and showing those who follow what exciting things can happen with hard work!**

JUNIORS (SENIORS-TO-BE)

Now is the time to schedule campus visits to colleges in which you are interested. You can also start looking for scholarships at ScholarshipQuest at educationquest.org. In the fall you will create a resume'. Educationquest also has an "Activities Resume" which is a very useful tool to gather all of your information on extracurricular activities, honors, awards and part-time jobs. A jump-start now on your senior year can be a great thing.



YORK FFA CHAPTER
York AG ED Celebrating 101 Years
York FFA Chapter Celebrating 91 Years

**York FFA's Greenhouse
Opens April 7th**
**We Have Filled the Greenhouse to
Overflowing!!**



We can bring beauty to your home, business or garden. Let us plant or help plant your containers and we will grow them in the greenhouse through May. If you are searching for a new container to plant in—we offer those as well. Come on in and see the hard work the York FFA Chapter has put in.

Greenhouse Hours

3:30 - 5:30 M-F

9:00 - 1:00 SAT.

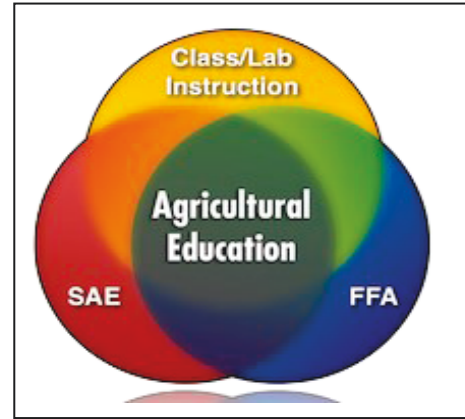
while supplies last...

We are planting containers now!

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

Call or Text:

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



What Color Do You Bleed?
“DUKE BLUE”

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

Our Next Blood Drive
Is Thursday, May 3rd
East Parking Lot
11:00 am till 3:00 pm

PLEASE BE THE TYPE THAT GIVES!

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

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



YPS “Lunch & Learn”

Tuesday, May 8th at 12:00

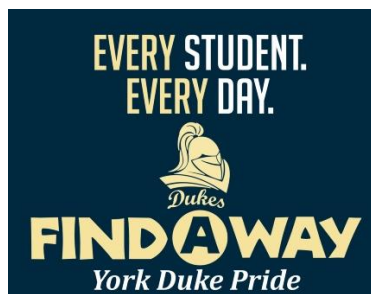
**YPS District Office
(east side of high school campus)**



Presentations will include updates about:

- *YMS Robotics*
- *YMS Manufacturing & Entrepreneurship*
- *YHS Greenhouse tour*

***** Come get a FREE lunch at the SENIOR CENTER!** Email mike.lucas@yorkdukes.org by Monday, May 7th at 10:00 AM so we can get an accurate headcount for our sandwich bar. Bring a friend or two!





Breakfast Choices

Available every day, breakfast includes:

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

Come Join us for Lunch this Summer

Nutrition for our students is important to us all year! The summer meal program is a great way to ensure that every student has access to healthy food during the summer months. The Summer Food Program at York Elementary will be serving Monday through Friday Breakfast from 8:00a to 9:00a and Lunch from 11:30a to 12:30 from May 29 to July 6th.

These meals are FREE to any child age 1 to 18.

Adult Prices
Breakfast \$2.50
Lunch \$3.75

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



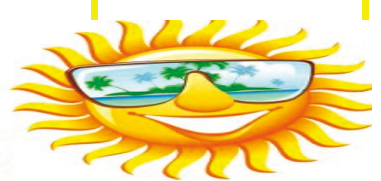
Includes Fruit and 100% juice choice and milk

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 * Sausage Gravy over Fresh Baked Biscuit * Cereal Choices with Toast Juice Choices Applesauce	2 * Egg & Cheese Taco Roll * Cereal Choices with Toast Juice Choices Fresh Orange	3 * Breakfast Pizza * Cereal Choices with Toast Juice Choices Mixed Fruit	4 * Fresh Baked Cinnamon Roll * Cereal Choices with Toast Juice Choices Sliced Pears
7 * Pancake Sausage Stick * Cereal Choices with Toast Juice Choices Mixed Fruit	8 * Breakfast Pizza * Cereal Choices with Toast Juice Choices Pineapple	9 * Yogurt with Goldfish Graham * Cereal Choices with Toast Juice Choices Fresh Apple Wedges	10 * Egg & Cheese Biscuit Sandwich * Cereal Choices with Toast Juice Choices Applesauce	11 * Fresh Baked Cinnamon Roll * Cereal Choices with Toast Sliced Peaches Juice Choices
14 * Ultimate Chocolate Chip Breakfast Round * Cereal Choices with Toast Juice Choices Fresh Apple Wedges	15 * Sausage Gravy over Fresh Baked Biscuit * Cereal Choices with Toast Juice Choices Pineapple	16 * Waffles with Syrup * Cereal Choices with Toast Juice Choices Mixed Fruit	17 * Breakfast Pizza * Cereal Choices with Toast Juice Choices Pineapple	18 * Fresh Baked Cinnamon Roll * Cereal Choices with Toast Juice Choices Applesauce
21	22	23	24	25
<p>Ready... Set... SUMMER!</p> 				
28	29	30	31	

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 MAY 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.*



Come Join us for Lunch this Summer

Nutrition for our students is important to us all year! The summer meal program is a great way to ensure that every student has access to healthy food during the summer months. The Summer Food Program at **York Elementary** will be serving **Monday through Friday Breakfast from 8:00a to 9:00a and Lunch from 11:30a to 12:30 from May 29 to July 6th. These meals are FREE to any child age 1 to 18. Adult Breakfast \$2.50, Lunch \$3.75**

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 Beef Stroganoff Green Beans Cinnamon Roll	2 Steak Fingers with Dinner Roll Mashed Potatoes with Gravy	3 Spaghetti with Breadstick Peas Gelatin Dessert	4 Beef & Bean Burrito Steamed Carrots
7 Cajun Chicken Penne with Dinner Roll Green Beans	8 Chicken Nuggets Steamed Carrots Pineapple Coleslaw Cinnamon Breadstick	9 BBQ Pulled Pork Sliders BBQ Beans	10 Italian Dunkers with Marinara Golden Corn Chocolate Chip Cookie	11 Cuban Hot Dog Mixed Vegetables
14 Ham, Egg & Cheese Biscuit Sandwich Potato Triangle	15 Finals Pizza and Grill Stations Only Peas Carnival Cookie	16 Finals Pizza and Grill Stations Only Black Beans	17 Finals Pizza and Grill Stations Only Green Beans Sugar Cookie	18 NOON Dismissal NO LUNCH
21	22	23	24	25
<p>Ready... Set... SUMMER!</p>				
28 Summer Food Program Starts At YES 5-29 B'fast 8a to 9a Lunch 11:30 to 12:30	29	30	31	

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

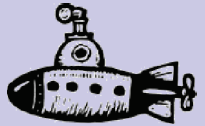
Cheeseburger
Hot Dog
Crispy Chicken Sandwich
Spicy Chicken Sandwich

My Choices: Fresh Pizza Every Day!!

Cheese available daily
M - Pepperoni or Beef
T - Philly 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

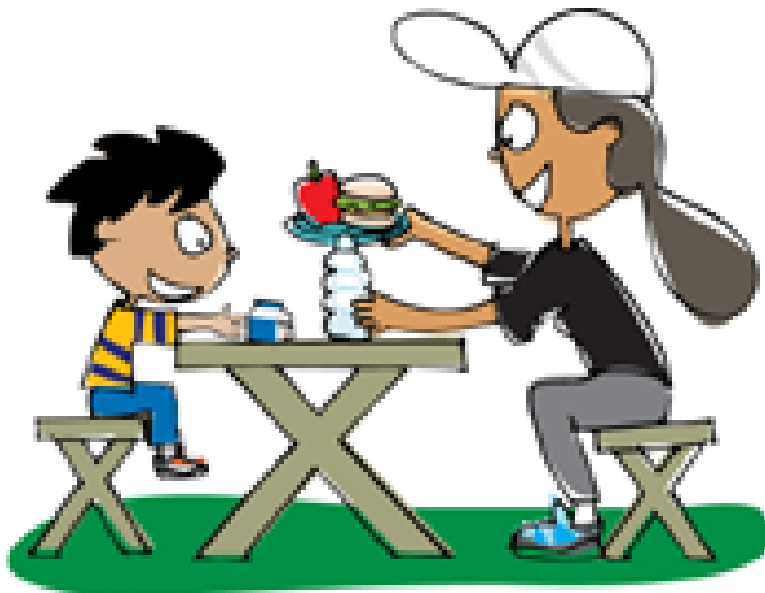
My Choices: Power Lunch Salads

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 Cheese & Bread stick



Summer Food Rocks!

York Public Schools Summer Food Program

Where: York Elementary School 1501 Washington

When: May 29th to July 6th

Excluding July 4th

Breakfast 8am to 9am

Lunch 11:30 to 12:30

Cost: Free to children 1 to 18.

Adult Breakfast:\$2.50

Adult Lunch: \$3.75

May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		GT @ GICC Invitational (V) (Ryder Park) - 9:00 am GT @ Hastings Dual (JV) 4:00 pm BG @ Lincoln Southwest Invitational (V) (Wilderness Ridge) - 10:00 am Sub-District Boys Soccer Tournament (V) - 7:00 pm-Hastings College	Early Student Dismissal 2:03 Sub-District Girls Soccer Tournament (V) 7:00 pm Hastings College	TR @ Sutton Invitational (JV) - 1:00 pm YMS/YHS Spring Band Concert - 7:00 pm - YHS Theater Sub-District G/B Soccer Tournament (V) Girls-5:00/Boys-7:00 pm Hastings College	Seniors Last Day BG-York Invitational (JV) 9:00 am BG Central Conference Meet (V) @ Southern Hills-Hastings - 10:00 am GT-York Invitational (V) - 10:00 am All Sports Banquet - 6:00 pm City Auditorium	Sub-State Soccer (V-G/B) - TBD Central Conference Track Meet (V) @ GINW 10:00 am Girls on the Run - 10:00 am YHS Tack Cinco de Mayo
Bacculaureate 7:00 pm - YHS Theater	GT-Home Dual w/Columbus (JV/V) 4:00 pm BG-Home Dual w/Aurora 4:00 pm	YHS Pops Choir Concert 7:00 pm - YHS Theater	Early Student Dismissal 2:03 BG @ Bennington Invitational (JV) (Stone Creek Golf Course) 9:00 am Senior Breakfast - 8:00 am @ York Country Club Graduation Practice - 8:40 am - City Auditorium State Soccer Tournament (V-G/B) - TBD	District Track Meet (V) @ Aurora GT @ Waverly Invitational (V) (Woods Tennis Center) - 9:00 am All School Play 7:00 pm - YHS Theater	BG @ Norfolk Invitational (V) - 9:00 am Central Nebraska Youth Track Meet - 4:00 pm YHS Track	
Graduation - 2:00 pm York City Auditorium	District Boys Golf Tournament (V) - 9:00 am Board of Education Meeting	Semester Tests			End of 4th Quarter Last Day of School Noon Dismissal (All Schools) State Track Meet (V) Omaha Burke Stadium	
Mother's Day	State Soccer Tournament (V-G/B) - TBD			State Girls Tennis (V) @ Woods Tennis Center		
	Teacher In-Service Work Days	State Boys Golf (V) - TBD				
	Memorial Day					



LAW ENFORCEMENT TORCH RUN® FOR SPECIAL OLYMPICS NEBRASKA



MAY 12TH @ 10AM

What is the Law Enforcement Torch Run?

The Law Enforcement Torch Run precedes the Special Olympics Nebraska State Summer Games and consists of law enforcement officers from various agencies across the state running the “Flame of Hope” throughout Nebraska for one week to raise money and awareness for Special Olympics Nebraska and the organization’s 6,500 athletes who have an intellectual disability. During Torch Run Week, May 11-17, ceremonies are held in many Nebraska communities. The ceremonies consist of local law enforcement running the Special Olympics torch in their communities and celebrating with Special Olympics athletes, families, volunteers and supporters. The Torch Run is a great way to showcase the partnership between law enforcement and Special Olympics and to spotlight the talents and achievements of local athletes as they get ready to compete at Summer Games.

Torch Run shirts available:

(blue)

Cotton T-Shirt: \$15

Dri-Fit Shirt: \$25

Fundraiser/Volunteer shirt:

(grey)

Short sleeve: \$12

Long Sleeve: \$20



COME JOIN US!

May 12th

**East Hill Park
meet at 9:30 AM**

**All walkers,
runners and
joggers welcome!**

**Water and snacks
will be provided**

**We will do a 5K
starting at East
Hill Park and
ending at the
courthouse!**

FOR MORE INFO

Erika

Day: 402-362-8823

Evening: 402-363-1238

Erika.garcia@nebraska.gov

**Special Olympics
Nebraska**





Torch Run T-Shirt Order Form

Show your support for the Law Enforcement Torch Run for Special Olympics Nebraska by getting involved in your local Torch Run this May and/or by purchasing a fundraising shirt.

RUNNER SHIRT ORDERS (BOTH COTTON AND DRI-FIT) ARE DUE BY APRIL 24th

Your Information (please print)

Name	
Address	
City, State, Zip	
Telephone	
E-Mail	

RUNNER SHIRT



FUNDRAISING SHIRT



Purchase a Torch Run Shirt:

Cotton Runner Shirt - \$15, includes cost of registration for run

Indicate quantity and sizes: S _____ M: _____ L: _____ XL: _____ 2XL: _____ 3XL: _____ 4XL: _____

Dri-Fit Runner Shirt - \$25, includes cost of registration for run

(DRI-FIT SHIRTS ARE PREORDER ONLY, PAYMENT REQUIRED WITH ORDER)

Indicate quantity and sizes: S _____ M: _____ L: _____ XL: _____ 2XL: _____ 3XL: _____

Fundraising Short-Sleeved Shirt - \$12

Indicate quantity and sizes: S _____ M: _____ L: _____ XL: _____ 2XL: _____ 3XL: _____ 4XL: _____

Fundraising Long-Sleeved Shirt - \$20

(LONG-SLEEVED SHIRT QUANTITIES ARE LIMITED AND ONCE A SIZE IS GONE IT WILL NOT BE REORDERED)

Indicate quantity and sizes: S _____ M: _____ L: _____ XL: _____ 2XL: _____ 3XL: _____

Total amount: \$ _____

Payment Information:

You may pay in person with cash, check or credit card or mail in a check or credit card information

Credit Card Type	
Credit Card Number	
Exp. Date/Sec. Code/Zip Code	
Authorized Signature	

Checks are payable to Special Olympics Nebraska, please send form and payment to:
Special Olympics Nebraska, c/o Katie Kellar, 9427 F Street, Omaha NE, 68127



2018 NEBRASKA TORCH RUN WAIVER FORM

To participate in your community's run for Special Olympics Nebraska and to receive your t-shirt, please complete and sign this form and turn it into your local community run organizer or to Special Olympics Nebraska with your t-shirt order. This form must be signed prior to participating in your local event.

NAME: (last) _____ (first) _____

LAW ENFORCEMENT AGENCY (if applicable): _____

ADDRESS: _____ City _____ ST _____ ZIP _____

PHONE: (_____) _____

E-MAIL ADDRESS: _____

LOCATION OF RUN: _____

WAIVER: ALL PARTICIPANTS MUST READ AND COMPLETE THE FOLLOWING:

I understand that in order to qualify as an official Torch Run Participant, I must officially register and pay an entry fee (cost of the runner t-shirt and must wear the runner shirt during the run).

I hereby Release and Hold Harmless the Law Enforcement Torch Run for Special Olympics Nebraska and Special Olympics Nebraska, Inc., officers and employees and affiliated organizers of this event from any claim for damages of any nature whatsoever, whether or not apparent, resulting from, or arising out of, any claimed injury to myself resulting in any claim for damages that I, my administrators, my heirs or representatives may have.

I HAVE READ THE ABOVE RELEASE AND HOLD HARMLESS AGREEMENT, AND FULLY UNDERSTAND IT.

I further agree that any photograph of me while participating in this event that is received by Special Olympics Nebraska may be used by Special Olympics Nebraska at its discretion.

Signature

Date

Camp Staff

Coach Glen Snodgrass

Coach Matt Kern

Coach Jake Snodgrass

Coach Randy Howell

Coach Matt Brackhan

Coach Justin Rodrigues

Coach Scott Kohmetscher

Coach Matt Maltsberger



Jr High Coaching
staff

York Duke Football
W.E. are STILL HUNGRY

W.E. are STILL HUNGRY



Coach Snodgrass Phone (308)325-6555

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

8th Annual York Future Dukes Football Camp



You are the future of our
program!!



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

May 23nd-May 25th

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

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

**CUT THIS SECTION OFF AND
RETURN IT TO YHS. KEEP
FORM FOR FUTURE REFER-
ENCE OF DATES.**

Application:

Name: _____

School: _____

Grade entering: _____

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

Contact: _____

Home phone: _____

Work phone: _____

Cell: _____

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

Signature: _____

Date: _____

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

WHEN: May 23nd-May 25th.

WHO:

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

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

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

WHERE

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

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



WHAT\WHEN\WHERE

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



**Future Duke
Football
Camp
May 23rd-
May 25th**

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

HOW MUCH:

\$30.00 per student athlete

Make checks out to York Football



Dear Parent or guardian

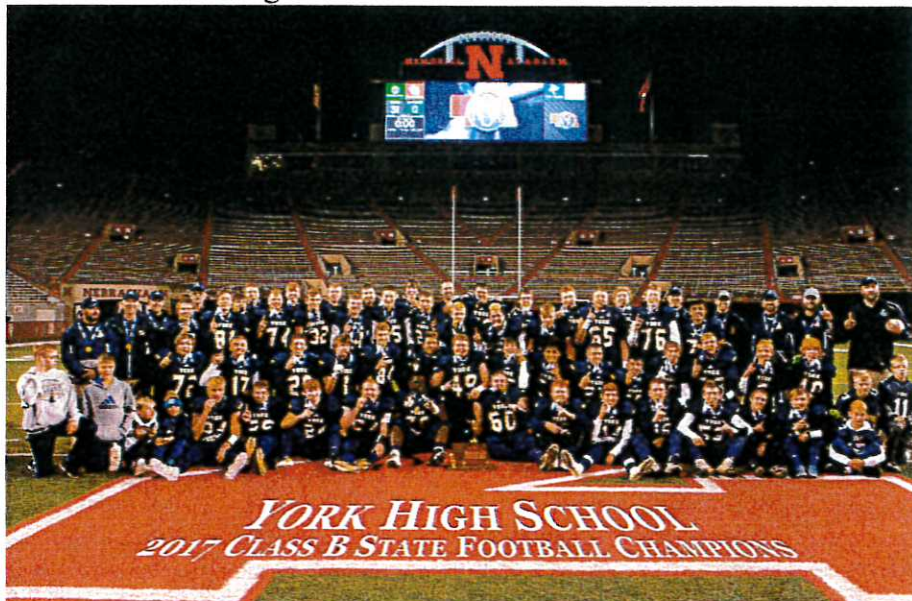
The York Football team is once again excited to offer flag football for all boys and girls in grades 1st-6th. York flag football is a low stress FUN environment for your child to play football and COMPETE. The teams will be coached by York high school football players and York varsity football coaches will be present on EVERY field. The emphasis for flag football will be FUN while COMPETING against other kids from York and surrounding communities in flag football games. Some skills will be taught, but FUN is the main emphasis. The dates for this year will be August 18th, 25th, & September 1st, & 15th (nothing Sep 8th due to Yorkfest). Games will be Saturday morning's beginning at 9:00 AM. More info will be given to players at the beginning of school next fall.

IN 2016 & 2017 OVER 100 KIDS took part in flag football and it was a great environment for competition and FUN!

Kids from surrounding communities are also welcome to play, so if you have a friend or family member who would like to take part, feel free to distribute this form to them.

Thanks a lot and enjoy

The York Duke Football coaching staff



(Detach and keep for a reminder)

WHAT: York Flag Football

WHERE: York High School Practice Field. (Inside of track)

When: August 18th, 25th, September 1st, 15th 9:00 AM

2018 YORK FLAG FOOTBALL

Application Form 2018

Name of Child: _____ Parent or Guardian _____

Address: _____ School: _____

City, State, Zip: _____

Telephone Number: (____) _____ T-Shirt Size: YS YM YL AS AM AL AXL

In Case of Emergency Contact: _____

Emergency Telephone Number: (____) _____

Child's Grade Level For Fall of 2018 (Must be 1ST 2ND 3rd 4th 5th or 6th grade): _____

Entry Fee is \$25 Make checks payable to York Football

PLEASE HAVE APPLICATION FORM, ENTRY FEE RETURNED TO YORK HIGH SCHOOL, COACH SNODGRASS, OR THE YORK COMMUNITY CENTER BY July 20th 2018 (ENTRIES WILL BE ACCEPTED UNTIL THE DAY OF GAMES, BUT WE CAN NOT GUARANTEE A T-SHIRT FOR LATE ENTRIES.

THE CITY OF YORK, NEBRASKA, THE YORK PARKS AND RECREATION DEPARTMENT, YORK PUBLIC SCHOOLS, AND THE YORK YOUTH FOOTBALL ASSOCIATION ASSUME NO LIABILITY IN THE CASE OF INJURY TO THE CHILD PARTICIPATING IN THE YORK YOUTH FOOTBALL PROGRAM. THE UNERSIGNED PARENT OR GUARDIAN ACCEPTS AND ASSUMES ALL RESPONSIBILITY FOR ANY ACCIDENTS OR INJURIES SUSTAINED BY CHILD WHILE PARTICIPATING IN THE YOUTH FOOTBALL LEAGUE, AND HEREBY AGREES TO HOLD THE CITY OF YORK, NEBRASKA, THE YORK PARKS AND RECREATION DEPARTMENT, YORK PUBLIC SCHOOLS, AND THE YORK YOUTH FOOTBALL ASSOCIATION HARMLESS.

Date: _____, 2018

Signature of parent or guardian



The York Duke Youth Football organization will once again make Pee Wee tackle football available to all boys in grades 4th-6th in the 2018-19 school year. The York Duke Pee Wee tackle football team will be a competitive youth football team that will compete in the Blue Valley football League

Even though this is a competitive league a very high stress will be placed on player safety, FUN, and character development. The main goal that our coaches have is to help the child develop a love of football and make them want to play again next year. This team will also be using the same schemes that the York high school and Jr high teams run, so it will prepare them for high school and Jr high football very well.

Character development will be stressed on a daily basis and your sons will be taught themes such as loyalty, work ethic, integrity, and manners. These are themes that we take very seriously, and feel they are just as important as football lessons and techniques that they will acquire.

Your child will be taking part in a competitive environment working hard and learning valuable life lessons in a safe environment. **THIS WILL BE A POSITIVE EXPERIENCE FOR YOUR SON!** Every player will play in every game, but the playing time may not be equal.

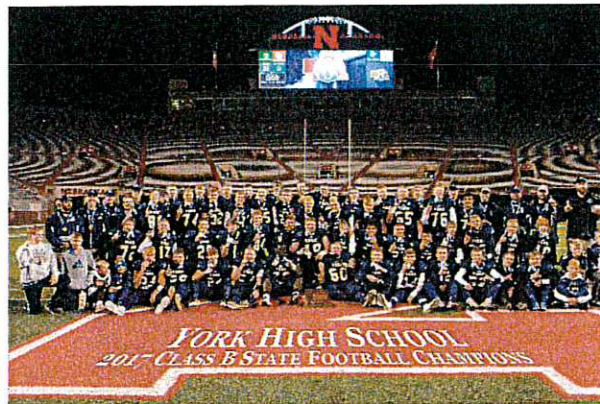
Our 6th graders will play a full 5 game "varsity" schedule in our league, and our 4th and 5th grade team will play a 5 game "JV" schedule. In JV games priority will be placed on the 5th grade team as 4th grade is a "learning year." **ALL PLAYERS WILL PLAY IN EVERY GAME BUT PLAYING TIME MAY NOT BE EQUAL.**

Pad Check out will be Sunday August 5th at 6:00 PM at the high school track\ practice field, and the first practice will be Tuesday August 7th at YHS practice field. Practice will begin at 6:00 pm on Tuesdays and Thursdays with ending time and potential 3rd practice determined by coaches and communicated at parents meeting August 7th. Games are always on Sunday afternoons. We will have a parents meeting on Sunday August 7th at the high school practice field after pad check out to discuss the season.

Coaches for 2018 will be Kenny Loosvelt, and Jake Snodgrass, Chad Mattox with other volunteers as well.

See you in the fall!

Glen Snodgrass



2018 York Duke Pee Wee tackle football

Application Form 2018

Name of Child: _____ Parent or Guardian _____

Address: _____ Shirt Size: YS YM YL S M L XL

City, State, Zip: _____

Telephone Number: (_____) _____

In Case of Emergency Contact: _____

Emergency Telephone Number: (_____) _____

Child's Date of Birth: _____ Child's Weight: _____

Child's Grade Level For Fall Of 2018 (Must be 4th 5th or 6th grade): _____

Copy of Proof Of Insurance Yes: _____ No: _____

Please (x) if interested in helping. Coach _____ Help _____

Entry Fee is \$30. Make checks payable to York Youth Football Association
PLEASE HAVE APPLICATION FORM, ENTRY FEE RETURNED TO YORK COMMUNITY
CENTER, or YORK HIGH SCHOOL BY AUGUST 4TH 2018.

PARTICIPANTS SHALL OBTAIN THEIR OWN PHYSICIANS PHYSICAL. PLEASE SHOW
PROOF OF PHYSICAL ON THE FIRST NIGHT OF PRACTICE

THE CITY OF YORK, NEBRASKA, THE YORK PARKS AND RECREATION DEPARTMENT, YORK PUBLIC SCHOOLS, AND THE YORK YOUTH FOOTBALL ASSOCIATION ASSUME NO LIABILITY IN THE CASE OF INJURY TO THE CHILD PARTICIPATING IN THE YORK YOUTH FOOTBALL PROGRAM. THE UNERSIGNED PARENT OR GUARDIAN ACCEPTS AND ASSUMES ALL RESPONSIBILITY FOR ANY ACCIDENTS OR INJURIES SUSTAINED BY CHILD WHILE PARTICIPATING IN THE YOUTH FOOTBALL LEAGUE, AND HEREBY AGREES TO HOLD THE CITY OF YORK, NEBRASKA, THE YORK PARKS AND RECREATION DEPARTMENT AND THE YORK YOUTH FOOTBALL ASSOCIATION HARMLESS.

Date: _____, 2017

 Signature of parent or guardian