



Kenny Loosvelt

Volume 13

PRINCIPAL

Number 1

Be Safe, Be Respectful, Be Responsible

AUGUST/SEPTEMBER 2018

Hello York Middle School Parents and Students. I am extremely excited to begin my fourth year as principal of York Middle School. Here are a few things you need to know about YMS!

- We have the Best Middle School in Nebraska.
- We have an outstanding staff that is dedicated to the growth of young men and women not only academically but physically, emotionally and socially.
- We have students who give a great effort and have strong character.
- We have a school district that is focused on students and strives to constantly improve.

The middle school experience is both an exciting and anxious time for students, especially new students to the building. During this crucial time in the life of adolescents they are searching for more independence, more responsibility, and new experiences. They are learning how to control and express emotions. They are more self-conscious about the physical changes occurring to their bodies. Rest assured your child has a committed administration, faculty and staff at YMS in supporting each and every child to ensure all individual potential is reached.

I am excited to start this fourth year armed with the knowledge from the previous years. I am determined to make this year better than last year. I am excited to work with your child(ren) and make this year one of their best. We are going to have a great year! If you have any questions, or concerns please don't hesitate to stop in my office or give me a call at 362-6655. Go Dukes!

This is a monthly publication designed to keep parents informed of the news and activities relating to York Middle School. This issue is packed with information regarding the necessary preparations to get your student ready for the first day of school.

The York Middle School newsletter is also on-line. You will be able to access it by using the district's web-site. If you do not have access to a computer, you may sign up to continue to receive a hard copy. Details are inside this edition.

Middle Years—Each month I provide a publication called, 'The Middle Years.' This publication is jammed packed with tips and information that will aid parents and students in their trek through middle school. The publication will be found inside every newsletter and we hope you enjoy the information.

What can I control?— These three short years at YMS are full of changes for students both physically, emotionally, socially as well as academically. Two constants that everyone can control is your **attitude & effort**. I want all students to come to school each day knowing that if they choose a positive attitude and give a great effort, they will have had a successful day. Parents thank you for encouraging your middle school child to choose a **positive attitude & give a tremendous effort** each day!

Be Safe, Be Respectful, Be Responsible— YMS behavior expectations are based upon the 3 B's. Doing this will allow all students to grow academically, physically, emotionally and socially. Throughout the year students will be taught what it looks like to be safe, respectful, and responsible at school and also throughout their daily lives.

Safety— In this newsletter you will find information concerning the arrival, departure, parental pickup and drop-off of students. Please have a conversation with your child about safety during this time. Students walking or riding bicycles to and from school are encouraged to be aware of their surroundings, cross streets at appropriate areas and respect all traffic around them. The first several days of school will be spent educating students on the importance of safety during this time.

Open House - There is important information concerning this event in this issue. This event is vital to a successful beginning of the school year. Please plan to attend and get a positive start to the school term.

The first day of school - Our first day of school will be **Wednesday August 15th**, beginning at 8:00 AM. Students will first report to their student family. School will dismiss at noon with no lunch being served. Buses will run immediately after school is dismissed. Thursday & Friday will be normal school days.

If you have any questions please feel free to contact the middle school at 362-6655. We are going to have a GREAT school year at YMS. Go Dukes!!

Sincerely, Kenny Loosvelt, Principal
www.yorkpublic.org, @YMSDukes
Like us on Facebook!

Middle Years

Working Together for School Success



Short Stops

Connect after school

Your middle grader may not feel like talking the minute he gets home from school. Try simply saying, "Hi, I hope your day went well!" and giving him time to relax. Later, you might ask about a class or an assignment, such as what he did in art or how his history presentation went.

A load off your back

Carrying a heavy backpack can strain muscles and cause shoulder, neck, and back pain. Let your tween weigh herself and then her backpack to make sure it's no more than 10–20 percent of her body weight. Also, she should carry the bag over both shoulders so the weight is evenly distributed.

Guess my number

This fun family game stretches your child's logical thinking skills. Take turns choosing a number between 1 and 100. Have everyone else ask yes or no questions ("Is it odd?" "Is it more than 60?") until someone figures out the correct number. Then, that person picks a new range (say, between 475 and 600) and a new secret number.

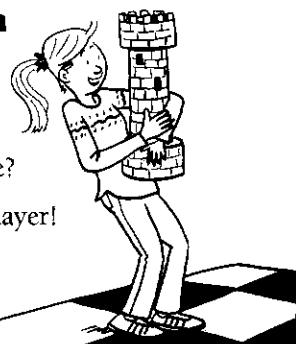
Worth quoting

"Never mind what others do; do better than yourself, beat your own record from day to day, and you are a success." William J. H. Boetcker

Just for fun

Q: Who is strong enough to move a castle?

A: A chess player!



A+ organizing strategies

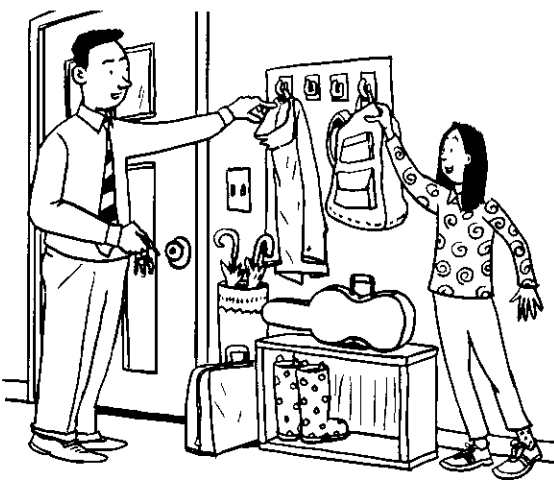
As the school year gets under way, your middle grader will be calmer and more confident if she knows she's on top of things. Strategies like these can help her get organized.

Create "command centers"

Encourage your tween to keep school-related materials in specific places so she'll always know where they are. She could store homework supplies on a kitchen shelf or in a box on her bedroom desk. Have her choose a spot near the front door for items like her backpack, musical instrument, and gym shoes so they'll be ready to go when she is.

Use "5-minute wonders"

Suggest these habits that take only a few minutes. Before leaving school each day, she can scan her planner to check dates and deadlines for tests, assignments, and forms. That way, she'll know which books and papers to take home. At home, she could quickly leaf through her folders and notebooks, then



file what she needs and throw away what she doesn't.

Keep an estimate log

Knowing how long tasks actually take will give your tween an edge when organizing her time. Suggest that she time herself completing different types of schoolwork, such as doing research for a report or reviewing Spanish vocabulary. She could write the times in her planner and refer to them later to help her budget accurately in the future. 👍

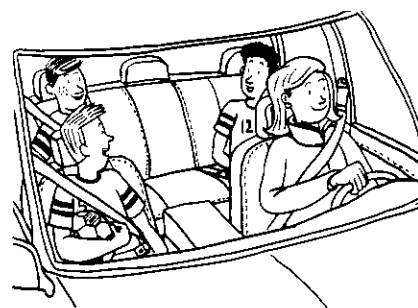
Part of the group

Joining an extracurricular activity gives your child a productive—and fun—way to spend his free time. Try these ideas.

■ **Find a good fit.** Suggest that your middle grader listen to morning announcements or check the school website for a list of activities. He can ask the coach or advisor for more details about ones he's interested in.

■ **Arrange transportation.** Set up a carpool with other parents. Or have him find out whether there's a late bus he can ride and get the schedule.

■ **Show interest.** If he joins a sports team, cheer him on at games or meets. Or if he's in the science club, ask him to tell you about an experiment he enjoyed. 👍



Homework: Smooth sailing

In middle school, your tween is the captain of the ship when it comes to handling homework. He can sail smoothly with these tips.

Discuss expectations. Encourage your child to think about what he expects of himself. He might say he will turn in assignments when they're due and get in the habit of looking over math problems to be sure he didn't



make careless mistakes. Also, let him know what you expect when it comes to homework. Consider writing down your expectations, such as doing his best and turning assignments in when they're due.

Step back. Have your middle grader decide when to do homework, whether it's after school or after dinner. When it's time for him to start, be matter-of-fact.

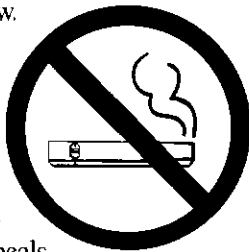
You could say, "Looks like it's time to do homework. Let me know if you need anything." Then, allow him to work independently. This shows him you have confidence in his abilities and encourages him to take responsibility for his own work. 👍

What is "vaping"?

The good news: Fewer middle schoolers are smoking cigarettes. The bad news: More tweens are vaping, or using electronic cigarettes. Here's what you need to know.

What it is:

Electronic devices are used to inhale vapor that usually contains nicotine. Vaping appeals to kids because it comes in flavors like cotton candy or bubble gum. The devices are often small and easy to hide—some even look like flash drives and can be plugged into laptops to charge.



Why it's dangerous: Nicotine is addictive, and it harms growing brains and lungs. And the verdict is still out on what additional damage the chemicals could cause.

What you can do: Don't allow any type of smoking, and let your child know the consequences if she breaks this rule. Also, be on the lookout for signs of vaping, such as giant clouds of vapor or unexplained odors. And search for images of e-cigarettes online so you'll know what they look like. 👍

OUR PURPOSE

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

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Parent to Parent

Encourage initiative

I mentioned to my neighbor Jeanne what helpful kids she has, since I often see them getting the mail or working in their yard. Jeanne said they do a lot without being asked, so I wanted to know her secret to raising children who take initiative!

Jeanne explained that when her youngest started middle school, she went back to work and had less time to do things around the house. So she taught her kids that rather than waiting for her to change the trash bag or start the dishwasher, they needed to handle those things themselves. Eventually, they got used to taking on bigger roles in the household.

I decided to take a page from Jeanne's book and have my daughter start doing her laundry and packing her snack. After the first few days, I stopped reminding her—and when she didn't have clean clothes or a snack, she learned to remind herself. She may not offer to do the gardening overnight, but at least I'm sending the right message! 👍



Q & A

In school every day

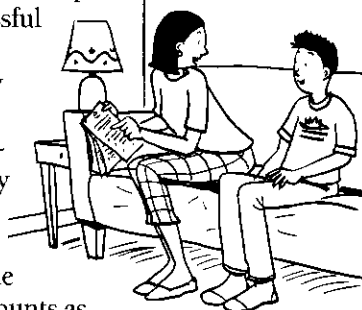
Q Last year, my son asked to stay home when he was tired or "needed a break." I know he has a lot to do—should I let him stay home occasionally?

A One of the best ways to help your child have a successful year is to make sure he attends school every day from start to finish.

Start the year by reading the attendance policy in the school handbook together. That way, you'll both be on the same page about what counts as

an acceptable reason for missing school, such as illness or a family emergency.

Then if he asks for a "day off," explain that learning is his job. To keep up with new material and participate in class, he has to be there. You can let him know that his days off come during winter break and spring break. Regular attendance at school now will create a habit that he'll continue throughout his school years—and one day, on the job. 👍



School Counselor Connection
August 2018

Hello York Middle School students and families! My name is Jennifer Badura and I am so excited to be joining the YMS community as the new YMS counselor.

I hope that you and your family have had a wonderful and relaxing summer break and are geared up for a fantastic 2018-19 school year. Middle School is such an exciting time and it is my goal as the school counselor to help make each student's middle school experience a positive one.

This school year will be full of successful experiences, lots of learning, and the making of terrific memories. To get the year off to a good start, below are some strategies for success:

- Establish a routine and stick to it
 - Get plenty of sleep. Experts say that tweens and teenagers actually need 9-10 hours of sleep every night.
 - Let your middle schooler set time for homework/reading. Some may prefer doing this immediately after school and school activities while others may need a break before doing school work.
- Set priorities and goals.
 - Take some time to discuss expectations for the school year.
 - Be sure to revisit these goals throughout the school year.
- Stay organized
 - Use a family calendar.
 - Use a planner to keep track of projects, assignments, and assessments.
 - Determine a designated place for homework
 - Get clothes, school work and papers, and backpacks ready to go the night before.
- Spend time together
 - Eat supper together.
 - Discuss the day. Ask questions.
 - Listen, listen, and listen some more.
 - Find a hobby or activity that the family can do together.
 - Laugh and have fun.

Middle school is such an exciting time of growth, development, and self discovery. I feel privileged to be able to work with the middle schoolers and their families at YMS. If you need to contact me, you can call the middle school or email me at jen.badura@yorkdukes.org.

I look forward to meeting you and am excited about this upcoming school year.

Back to School Celebration and Community Pep Rally at EAST HILL PARK

Thursday, August 16, 2018

5:30-7:15 = Celebration

7:30 = Pep Rally

The "Back to School Celebration" will run from 5:30-7:15 in East Hill Park with **bounce houses**, an **inflatable obstacle course**, an outside **photo booth**, and more for kids to enjoy. Conner Mogul will be our DJ and fun music will be played throughout the evening!

Some of the vendors and booths we have registered so far include:

- York Chamber of Commerce
- New Heights Assembly Church to sponsor Youth Dodgeball and Gaga Ball
- Twisted Scissors & Skip's Towing
- Emmanuel Lutheran Church
- Clay Busters of York
- York Juniors Volleyball
- Triple Crown Boutique
- Kilgore Memorial Library
- YHS Band Boosters
- United Way of York
- YHS Post-Prom Committee
- Living Water Rescue Mission
- York News-Times (Pinball game)
- YPS Foundation – Hamburger Meal Deal
- RC Snowcones
- YHS activity passes to be sold
- YPS Family Foundations
- York Promotional Products
- York General (Pop-a-Shot Basketball)
- Urgent Care of York
- Nebraska Extension – York County
- Fine Arts Boosters
- YHS Future Business Leaders of America (FBLA)
- YHS Fellowship of Christian Athletes (FCA)
- YES – selling slushies, root beer floats, & popcorn
- Other vendors will be added in the coming weeks! (Vendors should contact mike.lucas@yorkdukes.org)

The Community Pep Rally will begin at 7:30 inside the football stadium.

Emmanuel Faith-Lutheran, St. Joseph's Catholic, York County Head Start, PLAY, YES, YMS, and YHS have all been invited to participate as we spend 45-55 minutes recognizing the amazing young people of our community and get excited about another awesome school year!



YMS Open House

Monday, August 13

5:30 p.m. – 7:00 p.m.



Welcome, students, to York Middle School! It can be difficult to start school in a different building: learning where rooms are located and meeting new teachers and friends. To aid in this transition, we are holding an Open House to invite **all** incoming students, along with their parents.

Open House will be from 5:30 - 7:00 p.m. Starting at 5:30 p.m. there will be a short presentation in the gym for all **6th graders, and new** students and their parents. Following the presentation, students along with their parents, are welcome to tour the building, find their lockers and visit with the teachers.

The office will be open to purchase activity tickets, and you may put money into your child's lunch account. If you are able to take the time to complete the forms in your child's packet, the office will gladly accept those as well.

We look forward to seeing you on Monday, August 13!



New YMS Staff

YMS welcomes the new additions to our staff for the 2018 - 2019 school year!

Jen Badura	Counselor
Melissa Crabb	7th grade Science
Betty Moyle	Kitchen
Nicole Legg	Para-educator
Barbara Coleman	Para-educator

Parent-Student Folder



Your son/daughter will be receiving their Parent-Student information at the YMS Open House. The information will contain your son/daughter's schedule, as well as several forms for you to fill out.

In order for us to communicate effectively, as well as file reports to the state, we need to make sure we have accurate, up-to-date information.

For us to do our job well, it is critical that you fill out and return all forms to the middle school.

We will then go through and update the information.

We would like all parental forms returned to the YMS office by September 5th.

We appreciate your help in this process!

Loading and Unloading of Students Before and After School

Parent drop off and pick up is on the west (Delaware Avenue) side of the building. Stay to the right and follow the signs. Please pull forward to the blue parking line. Pulling forward will keep the traffic flowing and will reduce the waiting for other parents dropping off their son/daughter.

The Delaware Avenue entrance is the primary entrance into the building!



Before and after school the streets surrounding York Middle School will become very congested, and at times, can be dangerous. We need assistance from parents to please be patient during this time and help to ensure the safety of our students!

School Hours

Supervision at York Middle School begins at 7:40 a.m. We ask that students not arrive on campus prior to that time. One staff member supervises the cafeteria. Students are welcome to congregate in that area. Once students get to YMS, they are expected to come on campus and remain there. Students enter the halls at 7:50 a.m. with classes beginning at 8:00 a.m. Dismissal is at 3:13 p.m. Students are expected to clear campus and return home as soon as school is dismissed unless they are participating in a supervised extra-curricular activity, staying after school with a teacher, or participating in the YMS After-School Clubs.

On early dismissal days, students must leave campus and return for sports practice no earlier than 3:15 p.m., **unless** the student is involved in an After-School Club.



7th Grade Physicals

State law requires that **all** seventh grade students have a physical examination by a qualified physician. Seventh grade physical forms must be turned into the YMS office by October 31, 2018. If you have any questions, please contact Donelle Ellison, the school nurse, at 362-6655.

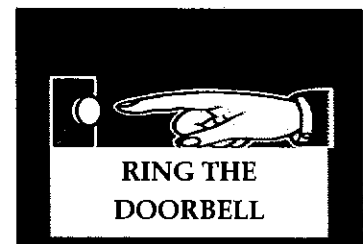
Fall YMS Athletics

The fall middle school athletic season is just around the corner. Football practice will begin on **Monday, August 20.**



Seventh & eighth grade students going out for volleyball or football: Be sure to have your physical **before** the first day of practice. You will need to turn in **both** the physical form, and the parent consent form in order to practice.

YMS ACCESS



All YMS doors will be locked during school hours, 8:00 a.m. – 3:13 p.m. Anyone wishing to enter the building will need to access the buzzer system located at the main, west entrance of YMS. This system will alert office staff. Once visitors have been identified and viewed through the video monitoring system, they will be allowed to enter.

YMS NEWS

York Middle School will welcome back the students on Wednesday, August 15. We will have a student assembly in the morning that features a hypnotist. This event was a hit with the students last year. The hypnotist provided an atmosphere that kept students safe and entertained.

During this fast moving, tastefully done, and age appropriate program we watched in amazement as students got involved in numerous skits. Current music and school topics of interest are utilized to keep everyone totally engaged for the entire performance.

Please call the school office at 402.362.6655 if you feel this entertaining program is **NOT** something that you would like your child to attend or participate in and we will excuse them from attending the event.

STUDENT INSURANCE



If you desire to purchase school insurance, below is the link to find out more information on the Student Accident Insurance offered through Cornerstone Insurance.
<http://markel.sevencorners.com>

You may also call Ben Royal at (402)362-7477 with Cornerstone Insurance Group with any questions you may have.

YMS After -School Clubs Starting Monday, August 27

YMS CLUB HIGHLIGHTS

- Monday – Thursday
- After school until 6:00 p.m. (if needed)
- Students **MUST** preregister at York Middle School
- Open to Students that Attend York Public Schools or Live in the York Public School Attendance Zone
- Free

Enrollment will be held on August 13, 2018, the night of the York Middle School Open House. We look forward to having you as part of our clubs this year.

7TH AND 8TH GRADE MARCHING BAND



The York Middle School 7th and 8th grade band students will perform for the Yorkfest Parade in downtown York at 10:00 a.m. on Saturday, September 8. We will also march in the Homecoming Parade that will be scheduled the week of September 28.

Band members will be wearing navy blue band polo shirts and blue jeans or blue jean shorts as their parade and concert band uniform. We will be placing orders for our Middle School Band polo shirts the first full week of school. The shirts are the same style as last year, in navy blue with the Middle School Band logo. Cost for the shirt is \$12.00 each. (Checks payable to York Middle School.) A chart of available shirt sizes is included below.

Youth Sizes:

Small	(6-8)
Medium	(10-12)
Large	(14-16)
X-Large	(18-20)

Adult Sizes:

Small	(34-36)
Medium	(38-40)
Large	(42-44)
X-Large	(46-48)

Admission Prices for Activities

The admission price for varsity activities for the 2018-2019, school year will be \$5.00 for adults and \$4.00 for students. The admission price for 7th, and 8th grades will be \$3.00 for adults and \$2.00 for students. Admission prices to track meets will be \$3.00 for adults and \$2.00 for students. The purchase of an activity ticket will get you into all of these events.

Activity tickets are available for purchase in the YMS office for a price of:

K-12 \$15.00

ADULT \$60.00

FAMILY \$135.00

GOLDEN PASS \$35.00

(age 60 and over)

Back-to-School Celebration and Community Pep Rally, August 16

York Public Schools will host the "Back to School Celebration" and Community Pep Rally on Thursday, August 16 at East Hill Park.

The "Celebration" will begin at 5:30 p.m. We will again have bouncy houses, an inflatable obstacle course, photo booth, music, vendors, and more for kids to enjoy.

The "Pep Rally" will begin at 7:30 p.m. inside the football stadium.

REQUEST TO RECEIVE AN ELECTRONIC COPY OF THE MONTHLY

YORK MIDDLE SCHOOL NEWSLETTER

The York Middle School's monthly newsletter is accessible on the school website, at www.yorkpublic.org. Click on the school tab and follow the YMS link.

Please complete the following information as to how you wish to receive the monthly newsletter, either by e-mail or by accessing the newsletter on the school website. If you **don't** have access to a computer a hard copy can be mailed to you.

Please **CHECK** one of the following:

☐

I would like to receive the newsletter by e-mail at the following e-mail address:

☐

I am willing to access the monthly newsletter on the school website at www.yorkpublic.org

☐

I will need a copy of the newsletter mailed to my address.

Parent's Name

Student's Name

Mailing Address

City, State, Zip Code

Please return to the York Middle School office.

YMS Student Handbook

In an attempt to streamline the process of our handbook, we are offering the handbook online on the school website. We will be able to save a considerable amount of money in printing costs by going this route. Printed hard copies will be available in the middle school office **as needed**. In the Parent-Student Folder you will find a signature sheet for students and parents to sign. Those signatures mean you have been made aware of the availability of the handbook both online and in print form, and that you acknowledge that you, and your child are responsible for the content of the handbook. The signature sheet needs to be returned the first week of school.

Thank you in advance in helping us out with this process!



BUS TRANSPORTATION

If you think that your son/daughter will be riding the school bus to and/or from school, you must complete a transportation registration form and return it to the Transportation Department.

The transportation registration form is located on the York Public Schools website.

The Transportation Department will be present at the YMS Open House on Monday, August 13th to answer any questions you may have.



ATTACK ON ASTHMA

Throughout Nebraska schools a protocol is followed for emergency treatment of a student or staff member with **life threatening** asthma or allergic reaction. The protocol steps are designed to provide quick, effective care to prevent death. Certain staff members have been trained to call 911, give an injection of epinephrine and deliver a nebulizer treatment of albuterol to improve breathing. The protocol is a standing medical order that has been signed by the physicians and physician assistants of the York Medical Clinic.

If your student has asthma or a potentially life threatening allergy, it is critically important you communicate this information to our school staff and to Donelle Ellison, RN or Patti Vincent, LPN. The plan and medications you and your physician provide to school will be followed for your student.

Please complete and return an action plan available from York Public Schools or submit the plan your physician provides. Direct any questions to Donelle Ellison or Patti Vincent at 362-6655.



When your child is going to be absent....

When your child is ill and unable to attend school we want to hear from you. Give us a call at 362-6655, option 1, between 7:30 a.m. and 8:30 a.m.

Please let the office know in advance when your child is going to be absent for an appointment or will be going out of town. **For the safety of your child, we make sure all absent children are accounted for!**

7th Grade Well-Child Physical

All students going into 7th grade are required to have a well-child physical done by a medical doctor and be current on their immunizations per Nebraska State Law. This also is a good time to have their eyes checked by an eye doctor and see a dentist. Please schedule these appointments over the summer so your student is ready to go to school in the fall. The well-child exam can also be used if your child is going to play sports next year. Forms are available in the office or online at <http://www.yorkpublic.org> under the "Health News" tab. Most students going into 7th grade will need a Tetanus, Diphtheria and Pertussis booster (all in one shot). Please check with your doctor if they recommend other immunizations like Meningitis, HPV or Hepatitis A. These are sometimes recommended immunizations, but not mandatory. Please turn in the copies of the physical and immunizations over the summer or at Back To School Night in August. York does have an immunization clinic that asks for a small donation, but it is not required. You can schedule an appointment by calling 402-362-2566. They are located in the West View Medical Building at 2319 N. Lincoln Ave here in York. If you have any questions, or concerns please contact Donelle Ellison, BSN, RN at 402.362.6655.

Here are a few important reminders from the health office



Annual school health screenings. Vision and hearing will start right away for designated grades. So encourage your student to wear their glasses or contacts every day all year long. Dental, heights and weights will take place later. Remember these are basic screenings. See your health care provider if you suspect your child has concerns.

Allergy & Asthma season. Monitor all symptoms closely and follow your health care provider's advice and see your doctor if symptoms not controlled. Asthma / Allergy care plans, rescue inhalers, and Epi pens are a necessity, and may save a life! Contact the school nurse for more information and how we can work together at school to keep student's safe.

Students may carry an asthmatic "quick relief" inhaler or an emergency epi-pen if:

- * the medication has the prescription label
- * there is a signed parent permission on file
- * the school nurse is aware they have the emergency medication

Students who use their quick relief inhaler and do not experience relief or those that use their epi pens must let an adult know and report to the school nurse immediately.

Medical Conditions. If your student has a health condition or needs special care during the school day such as medication, treatments or monitoring - please inform the school nurse right away.

Medications. When possible medications should be given at home. All medications must be sent in the original container with proper labeling along with a note from the parent stating how it is to be administered at school. Forms are available in all schools and on our website. Students must have parent permission for Tylenol to be given during the day. Please discuss with your student their responsibility to remember to come to the nurses office for their medications.

Feel free to contact the school nurse at any time for questions or concerns.



Start the day off right!

Get a good night's sleep - 8 to 10 hours of un-interrupted sleep
Minimize noise and turn off phones, TV's and radios.

Eat a healthy breakfast – prevents head and stomach aches
Breakfast is available for all students at school too. **All schools have breakfast available even if your child is late to school. Please remind your student to take advantage of this service.**

Dress appropriately for our every changing Nebraska weather.

Classroom Infection Prevention

Your child's physician can help you determine if your child is able to return to school, however it is important to make sure that they are truly feeling well and able to make it through 7+ hours of the school day. If they still seem tired, pale, with little appetite, not tolerating solid foods, and generally "not him/herself", please consider keeping them home from school. Here are some guidelines to help make that determination.

Students should not attend school if:

- The student has a temperature 100 F or greater
- If antibiotics are prescribed. The student may return to school after taking the antibiotics for a **minimum** of 24 hours and without a temperature over 100 F while not taking any fever reducing medications.
- The student is vomiting or has diarrhea. The student may return to school 24 hours *after* symptoms resolve **and** is able to tolerate a normal diet.
- The student is diagnosed with a contagious disease or condition. (For example, strep throat, conjunctivitis (pink eye), live head lice, chicken pox (Varicella), impetigo, scabies, and pertussis). Please contact your school nurse before sending your child back to school.
- The student has an undiagnosed rash. A rash may be indicative of many things, frequently of illnesses that are contagious. Therefore, a student will be excluded from school until a physician evaluates and determines the nature and contagiousness of the rash. A note is required from the physician upon return to school.
- The student has severe cold symptoms, a persistent cough, a runny nose that they cannot manage by themselves and/or contain with tissues or other symptoms that would interfere with effective school participation.

YPS continues our effort to be a nut safe school. Please review the information about food allergies in your handbook. Be aware when sending snacks and treats about food allergies.

Summary of the School Immunization Rules and Regulations

Student Age Group	Required Vaccines
Ages 2 through 5 years enrolled in a school based program not licensed as a child care provider	<p>4 doses of DTaP, DTP, or DT vaccine</p> <p>3 doses of Polio vaccine</p> <p>3 doses of Hib vaccine or 1 dose of Hib given at or after 15 months of age</p> <p>3 doses of pediatric Hepatitis B vaccine</p> <p>1 dose of MMR or MMRV given on or after 12 months of age</p> <p>1 dose of varicella (chickenpox) or MMRV given on or after 12 months of age. Written documentation (including year) of varicella disease from parent, guardian, or health care provider will be accepted.</p> <p>4 doses of pneumococcal or 1 dose of pneumococcal given on or after 15 months of age</p>
Students entering school (Kindergarten or 1 st Grade depending on the school district's entering grade)	<p>3 doses of DTaP, DTP, DT, or Td vaccine, one given on or after the 4th birthday</p> <p>3 doses of Polio vaccine</p> <p>3 doses of pediatric Hepatitis B vaccine or 2 doses of adolescent vaccine if student is 11-15 years of age</p> <p>2 doses of MMR or MMRV vaccine, given on or after 12 months of age and separated by at least one month</p> <p>2 doses of varicella (chickenpox) or MMRV given on or after 12 months of age. Written documentation (including year) of varicella disease from parent, guardian, or health care provider will be accepted. If the child has had varicella disease, they do not need any varicella shots.</p>
Students entering 7 th grade	<p>Must be current with the above vaccinations</p> <p>AND receive</p> <p>1 dose of Tdap (contain Pertussis booster)</p>
Students transferring from outside the state at any grade	Must be immunized appropriately according to the grade entered.

Source: Nebraska Immunization Program, Nebraska Department of Health and Human Services. . For additional information, call 402-471-6423.

The School Rules & Regulations are available on the internet: http://dhhs.ne.gov/Pages/reg_t173.aspx (Title 173: Control of Communicable Diseases - Chapter 3; revised and implemented 2011)
Updated 01/26/2018



FREE AND REDUCED LUNCH

Free and reduced price lunch applications are available in your student packet or online. If you wish to apply, please complete the form and either send it to school with your son/daughter or mail the application to the Superintendent's Office. An application must be completed for ***each new school year***. If your child/children qualified for free or reduced price meals at the end of last school year, you must submit a new application by **September 27, 2018** in order to avoid an interruption in meal benefits.

ALL APPLICATIONS WILL BE KEPT IN STRICT CONFIDENCE!

Students will not be able to charge a lunch when their account balance is below negative \$15.00. A sack lunch may be brought from home. It is the student's responsibility to inform parents when the account is getting low. Both verbal and message reminders will be provided to students when their account balance is low. We welcome calls to check on the balance of your child's lunch account or you may check on the YPS Parent Portal website. Please keep in mind that extra entrees and a la carte items can only be purchased if funds are available in individual accounts.

- The lunch menus will be posted on the YPS website

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!

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

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

infoodservice

INFORMATION
PAYMENTS
MEAL PRICES
MENUS
LOCATIONS
CONTACTS



We look forward to the coming school year at York Public Schools as Lunchtime Solutions continues to provide the food service program. The purpose of this communication is to provide you with an overview of the school food service program this year. If you have any questions or comments about our program, please feel free to contact Betty Moyle, Foodservice Director, at 308-380-9034 or b.moyle@lunchtimesolutions.com or Susan Gracey, Area Director, at 402-984-4546 or s.gracey@lunchtimesolutions.com. For your convenience, our menu is posted monthly on the school website. Lunch and breakfast prices are listed below, along with extra entrée prices and extra milk prices.

School Breakfast

Breakfast is served in the dining areas of all schools before school starts. Please encourage your student to participate in school breakfast. Research studies show that eating breakfast can help students perform better in the classroom.

Stop & Go Breakfast - High school students have the option of selecting this "Grab & Go" meal which includes a choice of 4 entrées daily as well as juice and milk.

School Lunch

School lunch will offer a wide variety of choices for students. Elementary students have three entrée choices daily; Middle School students are offered six choices daily and High School students are offered thirteen choices daily. All meals include an entrée choice, a hot vegetable plus the unlimited Fruit & Veggie Bar, and milk choices.

Chef Entrée - Lunchtime Solutions' school chef will again be visiting to prepare special entrées, giving students an additional healthy, contemporary meal choice. The entrée is available for \$2.25 and students have the option of purchasing the Fruit & Veggie bar & milk separately, or the entrée can be purchased in addition to a regular complete meal.



	Paid	Reduced	Free
Lunch Prices			
PK-5 Lunch	\$2.85	\$0.40	\$0.00
6-12 Lunch	\$2.95	\$0.40	\$0.00
Extra Lunch Entrée	\$1.80	\$1.80	\$1.80
Chef Prepared Entrée (HS/MS only)	\$2.25	\$2.25	\$2.25
Extra Milk	\$.45	\$.45	\$.45
Breakfast Prices			
PK-12 Student	\$1.45	\$.30	\$0.00
Extra Breakfast Entrée	\$1.00	\$1.00	\$1.00
ALL CHECKS SHOULD BE MADE OUT TO "York Public Schools"			



INFORMATION ONLINE:

Monthly menus
Health and wellness articles
Fun recipes
Locally grown selections

Connect through the Lunch Menu link on your school district's website.



Extra Entrée – Extra Milk

All Students, at an extra cost, can purchase an additional entrée or milk offered as part of the school lunch program. For example if a student wants a second entrée, or an additional entrée, like a slice of pizza, that entrée can be selected in the lunch line and charged to the student's account. Extra entrees are only sold to students who first purchase a school lunch. Again, all students can have extra servings of canned fruit, fresh fruit, vegetables and salad from the Fruit & Veggie Bar, at no charge. All extra servings of these items are free. If a student is free or reduced they may receive one entrée with their meal but they must have money in their account to purchase any extra entrees.

School Lunch Account

The District's Lunch Account Policy for the 2018-2019 School year allows students to charge up to \$15.00. When an account balance reaches zero all a la carte purchases will stop. When an account reaches negative \$15.00 all purchases will stop. If the student qualifies for free lunch, they still will be able to purchase a school lunch, but no extra food items will be allowed.

A Point of Sale (POS) software system is used for the school lunch program. Please note the following important information:

- Each student will have his/her own individual Student Account.
- If sending cash with a student, place in a sealed envelope, along with the student's name and lunch account number.
- We are not responsible for lost, unidentified, or stolen cash.

Deposits should be turned in by 9:00 a.m. at the student's school office.

Lunch Account Deposits must be made before school starts. To insure that your deposit is credited to your student's lunch account on the first day of school, please send your first deposit, for each student in your family, to the office of the school your student attends. Be sure to include your name, your student's name, and your student's lunch account number. Also include any changes in your address or telephone number.

Diet Modifications

Families are responsible for notifying the School Food Service if their child requires a diet modification because of a life threatening disability. A licensed physician must provide specific written medical documentation. Please contact Betty Moyle at 308-380-9034 or b.moyle@lunchtimesolutions.com or Susan Gracey, 402-984-4546 or s.gracey@lunchtimesolutions.com for more information.

Free & reduced meal applications may be submitted at any time during the school year but eligibility won't apply until the application is approved. Applications can be picked-up at the administration building, at each school office, or are available online at www.yorkpublic.org. Previous eligibility will carry over to September 27, 2018. At that time, students will revert to paid status until a current Free & Reduced application has been received and approved.

Join us Anytime!

Please feel free to join your child for a meal any day. The cost for an adult breakfast is \$2.20 and an adult lunch is \$3.65. Please pay for your lunch at the school office. We hope to see you there!



**Lunchtime
Solutions, Inc.**

www.lunchtimesolutions.com

Contact: Betty Moyle, Food Service Director
at 308-380-9034 or b.moyle@lunchtimesolutions.com
Or

Susan Gracey, Area Director at
402-984-4546 or s.gracey@lunchtimesolutions.com

This institution is an equal opportunity provider and employer.



**UNLIMITED
SERVINGS
OF
FRUITS &
VEGGIES**


New Menus!!

Your school and Lunchtime Solutions are happy to announce that we have a new look and greatly increased functionality of our on-line monthly menus web page.


To Access Your Specific Menu:

Find the link to menus on your school district website, in the usual location as before. When students or parents link to see their menus through the district website, they will now **select their school name and menu from a drop-down box**. See the example below:

YORK PUBLIC SCHOOLS



Great Nutrition Fuels
Great Results
Good Choices Each Day
Build Great Nutrition



Welcome! It's simple to get started:

- Type in your School Name
- Choose your menu

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9892. Submit your completed form or letter to USDA by:

- mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410
- fax: (202) 690-7442; or
- email: program.intake@usda.gov

This institution is an equal opportunity provider.

You can also download **My School Menus Phone App** for quick and easy access to menus on-the-go.



Features of your new live, interactive menu:

- The monthly menu
- Program information and details
- Up to 180 languages translated by google translate
- Recipe details when you scroll the cursor over menu item such as
 - nutritional details
 - allergen information
 - Image or description of that recipe

(Continued)

Roll over any menu item, and see the nutritional values pop up for your review!

To help with this transition, we have gathered some **frequently asked questions** to help with the new program:

- Q. How do I access the new menus?**
Answer: You can access the new menu platform through your district website or through My School Menus App.
- Q. How do I download the My School Menus App?**
Answer: Go to the iTunes App Store or Google Play. Download the App: "My School Menus". Select State, Districts, and School.
- Q. Do I need to use a special web browser?**
Answer: Google Chrome is recommended for this platform to avoid common issues. It can be downloaded at this website: <https://www.google.com/chrome/browser/>
- Q. What if I type in a school name, and I don't see my specific elementary or other school listed?**
Answer: Try refreshing your screen. If it still is not there, press your Backspace Button while your cursor is in the School Name Section. This will allow you to see all available schools. Then select your school from the drop down box.
- Q. How can I print Menus?**
Answer: Menus can be printed directly from Google Chrome. These can be printed using the print icon. This function can print weekly menus or the entire month's entrees. Please note: The monthly view only prints entrees and not the sides.

You can also print the monthly menu by holding down the Ctrl Key then pressing the P key (Ctrl+P). This is the preferred method.

- Who do I contact with questions or concerns?**
Answer: Your Foodservice Directors contact information is located to the right side of your menus. You can also call your local kitchen for contact information.



York Athletic Booster Club Membership

The York Athletic Booster Club appreciates your support!
Join the 2018-19 Athletic Booster Club at the level of your choice.
You do make a difference!!

GO DUKES!!!!!!

- ❖ **DUKE BOOSTER (\$100 & OVER)**
- ❖ **BLUE BOOSTER (\$75 & OVER)**
- ❖ **BUFF BOOSTER (\$50 & OVER)**
- ❖ **FAMILY BOOSTER (\$25 & OVER)**

PLEASE PRINT THE FOLLOWING INFORMATION:

NAME: _____

ADDRESS: _____

TELEPHONE: _____

EMAIL: _____

The Board Members for 2018-2019 are:

*Stacy Kohmetscher *Barb Ivey *Kerry Conner
*Steve Hunzeker *Todd Case *Rich Velde *Sara Erwin *Chad Hammer

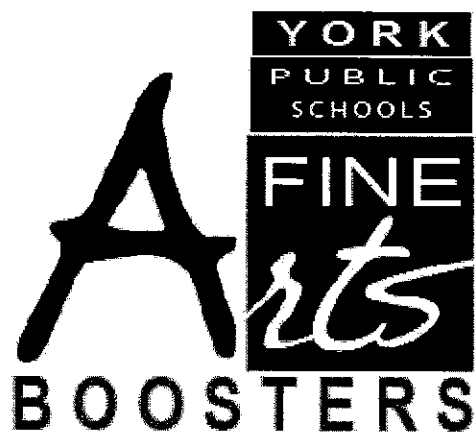
Thanks again for your support. Please fill out and either mail to York High School at
1005 Duke Drive, York, NE 68467, or turn in to the high school office.

Booster Club Events

Please circle any/all events you are willing to help with.

- ❖ Hamburger Feed – August 31st
- ❖ Golf Tournament – September 23rd
- ❖ 7th & 8th Grade Girls Basketball Tournament – November
- ❖ 7th & 8th Grade Boys Basketball Tournament – January
- ❖ Bake Sale – January or February
- ❖ Yowell Track Meet – April
- ❖ All-Sports Banquet – May





2018/2019 Membership Form

Name: _____

Address: _____

Phone: _____

Past Member? Y N (please circle)

E-mail: _____

MEMBERSHIP LEVELS: *(Please indicate if your donation is a memorial and for whom)*

- _____ CORPORATE MAESTRO, \$1000+
- _____ CORPORATE BENEFACTOR, \$500
- _____ CORPORATE PATRON, \$250
- _____ CORPORATE FRIEND, \$150
- _____ MAESTRO, \$100+
- _____ BENEFACTOR, \$50
- _____ PATRON, \$25
- _____ FRIEND, \$15

We are excited for another amazing year of fine arts activities in our schools. New volunteers and members are always welcome. If you would like to assist in FAB activities such as locker tags, snacks, or assisting at activities, please place a check in the space and we will be happy to contact you as activities arise. Also, if you are interested in joining our meetings, please indicate that below, or e-mail yorkfineartsboosters@gmail.com

_____ YES, I would like to help out with various FAB activities

We thank you for your donation! Your donation helps support students participating in Fine Arts Programs in the York Public Schools.

Please make checks payable to the **FINE ARTS BOOSTER CLUB**.

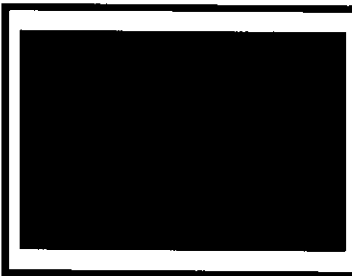
Please mail forms and checks to: Jeanette Postier, 7 Quail Cove Rd. York, NE 68467 or take to school office.



York AG ED
Celebrating 101 Years
York FFA
Celebrating 91 Years

Welcome Back FFA Members!

**Start the year off right –
Come and share Ice Cream with the Officers
During the Open House –
Monday, August 13th
at 7:00 p.m.
Fill out a membership form
and get ready for an exciting year!**



Harvest Moon

Special Entertainment

Proceeds help with:

Order Tickets: 366-5231

2018-2019 FFA OFFICERS

President:	Max Kohmetscher
V Pres:	Lauren Kaliff & Maxx Troester
Secretary:	Shelbi Pieper
Treasurer:	Lilly Holthus
Reporters:	Bailey Robinson
Sentinel:	Sam Kohmetscher
Parliamentarian:	Wyatt Cast
Chaplain:	Lindsey Stuckey
VP Building Communities:	John Esser
VP Strengthening Ag:	Hailee Pohl
VP Growing Leaders:	Keeley Conrad

Advisors: Jason Hirschfeld & Cal Williams

What Color Do You Bleed? “DUKE BLUE”

The York Fire Dept., York FFA, FCCLA, Skills USA, FBLA
and Nebraska Community Blood Bank

First Blood Drive for 2018-19

Monday, August 27th 11:00am till 3:00 pm

High School East Parking
Lot Look for the Mobile Unit

PLEASE BE THE TYPE THAT GIVES!

Please call: 402-641-6564 or 402-362-6655 to sign up

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

York FBLA/FFA Canned Food Drive

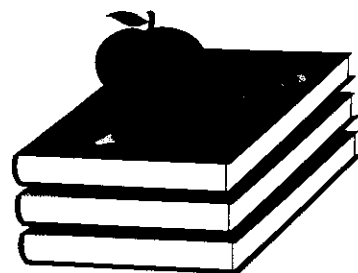
The York FBLA along with York FFA will be conducting a canned food drive during the week of September 3rd and concluding at the Friday night football game vs McCook. This food drive will support the Living Water Mission.





Once the class schedule is finalized, we will choose which class period will have classrooms compete against each other for the **most pounds** of food collected. With September 3rd being Labor Day, we will collect in classrooms Tuesday, Wednesday, and Thursday with Breakfast or Hamburger Pizza being brought to the winning classroom on Friday.

Friday night we will collect food at the football game; so bring any type of nonperishable food to the game. While it won't get you free entry, it will go to a good cause. So, please help York FBLA & York FFA support this great cause and provide food to those in need.

Thank you!
Mr. Lamberty
Mr. Hirschfeld
Mr. Williams



August 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
				YMS New Student Registration 8:00 am - 4:00 pm		
5	6	7	8	9	10	11
				New Teacher Orientation	Staff Work Day Meetings	
12	13	14	15	16	17	18
	 Back to School Night YMS Open House 5:30 pm Board of Education Mtg.		 SCHOOL BEGINS NOON DISMISSAL B	 Back-to-School Celebration 5:30-7:15 pm Community Pep Rally 7:30 pm East Hill Park 7th & 8th FB Check-out 3:30 pm G	VB Mtg. after school  B	
19	20	21	22	23	24	25
	YMS Student Senate Campaign Starts Football Practice Starts  Volleyball Practice Starts  G	B	2:00 Dismissal G	YMS Student Elections YMS Believe Fundraising Starts B	G	
26	27	28	29	30	31	
	YMS After School Clubs Start Board of Education Mtg. B	G	2:00 Dismissal B	G	B	



September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 NO SCHOOL Labor Day	4 G	5 2:00 Dismissal B	6 7 VB @ Adams Central 4:30pm 8 VB - Home vs Adams Central 4:30pm 7 & 8 FB - Home vs Columbus Scotus 7th @ 5:00pm 8th @ 6:30pm G	7 B	8 Band @ Yorkfest Parade 10:00am 
9	10 Believe Fundraising Campaign Ends 7 FB - Home vs Crete MS - 4:30pm 8 FB @ Crete (Doane College) - 4:30pm Board of Education Mtg. G	11 7 VB @ Crete MS 4:30pm 8 VB - Home vs Crete MS 4:30pm B	12 2:00 Dismissal G	13 7 & 8 VB @ Columbus Lakeview 6:30pm B	14 G	15
16	17 7 VB - Home vs Beatrice @ YES 4:00pm 8 VB - Home vs Beatrice @ YMS 4:00pm 7 & 8 FB @ Beatrice 4:00/6:00pm B	18 7 VB @ Seward MS - 4:30pm 8 VB - Home vs Seward @ YMS 4:30pm G	19 2:00 Dismissal B	20 7 FB - Home vs Aurora 4:30pm G	21 B	22
23	24 Board of Education Mtg. G	25 8 VB @ Seward MS 4:30pm 7 VB - Home vs Seward @ YMS 4:30pm 8 FB - Home vs Seward MS 4:30pm B	26 2:00 Dismissal YMS Parent-Teacher Conferences 4:30-8:30pm G	27 2:00 Dismissal 7 VB - Home vs Aurora @ YMS 4:30pm 8 VB @ Aurora H.S. 4:30pm 7 FB @ Seward MS 4:30pm B	28 YMS NO SCHOOL YMS Parent-Teacher Conferences 8:00-3:00pm	29
30	 YMS Book Fair September 24 - 28					