



DUKE NEWS

October 2018

Volume XXXII Number 2

Mitch Bartholomew

Principal/Assistant Principal

A MESSAGE FROM THE PRINCIPAL —

NEBRASKA GAME AND PARKS COMMISSION GRANT

I'm proud to announce that under the leadership of Mr. Josh Miller, York High School has received a grant from the Nebraska Game and Parks Commission to participate in the Nebraska Trout in the Classroom Program. This science-based program will allow York High School students the opportunity to explore aquatic ecosystems, life cycles, water quality and the scientific process through raising trout eggs. This program, which will provide trout eggs and curriculum assistance, is a partnership between the Nebraska Game and Parks Commission, the Nebraska Environmental Trust and the Nebraska Trout Unlimited Chapter 710.

In the coming months Mr. Miller will set up a cold-water aquarium in this classroom and the Nebraska Game and Parks Commission will provide rainbow trout eggs. YHS students will then take ownership of the opportunity by taking care of the trout and the aquatic habitat by testing water quality, feeding trout, and monitoring growth and development.

We're excited for this learning opportunity for many YHS students.

YHS HALL OF FAME

The YHS Hall of Fame committee and the York Public Schools Foundation is excited to induct two outstanding YHS alumni. The 2018 inductees are Marty Liggett and Dave Hawley. Due to their busy schedules, we were not able to find a common date to have one ceremony, so we elected to have two. Marty's ceremony was on September 28th at YHS. Dave's ceremony will be on November 16th. I'm excited to have both come to YHS and speak to several YHS students about the hard work and dedication it has taken them to be successful in their chosen profession.

Previous honorees include –

2010 – Bill Moomey, Dr. Harold Nordlund, Harvey Perlman

2011 – Hub Foster, Evan Pickrel

2012 – Jim Linderholm, Paul Toms

2013 – Mike Babcock, Robin Waller Abrams

2014 – Robert Harry, Tommy Toms

2015 – John Boyer, Jr., Lloyd Meyer

2016 – Greg Adams, Katie Sevcik

2017 – Randy Cordes, Max Kelch

Mitch Bartholomew

Twitter - @MitchBartYHS

Notice of Nondiscrimination

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

END OF 1ST QUARTER

The first quarter will end on Friday, October 12th. In the event that you do not receive a report card by the first week of November, please contact the high school office.

NO SCHOOL

School will not be in session on Monday, October 8th.

EMAIL PROGRESS REPORTS

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



ACES CHAPTER OF NATIONAL HONOR SOCIETY INDUCTION

This year's ACES Induction ceremony will take place on Tuesday, November 6, 2018, at 7:00 p.m. in the theater. Please plan to attend to help students celebrate this high achievement.

Students who applied will be notified by mail of their selection status; letters will be mailed by Friday, October 12.

ROTARY YOUTH EXCHANGE

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

IMPORTANT NOTICE FOR PARENTS & BUSINESSES -- COMMERCIAL RECOGNITION PROGRAMS

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

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



ATTENTION STUDENTS AND PARENTS

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

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

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

amazon.com

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

smile.amazon.com

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

Thank you for your support!!!

TRANSPORTATION FOR SCHOOL ACTIVITIES

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

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

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

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

YORK ATHLETIC BOOSTER CLUB

YHS Fall sports are in full swing for the 2018 season and the YHS Athletic Booster Club is excited for the success each team will have.

The York Athletic Booster Club would like to thank all the businesses that purchased ads for the YHS programs this year! This is one of our largest fund raisers for the YHS Athletic Booster Club and this year was no exception to that rule.

Thank you to all of you that have or will become a York Athletic Booster Club member for the 2018-2019 school year. Your support of YHS athletics helps every athlete in so many ways. If you would like to become a member, please feel free to stop by the office at YHS and complete the form. Thank you!

A Big Thank You to everyone that made the YHS Athletic Booster Club hamburger feed a great success during the first York Duke home football game! Thank you to all the sponsors, helpers and everyone that purchased a meal at this event as we could not have done it without all of you!

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

A special Thanks to everyone that helped make the 2018 Greg Holoch Memorial Golf Tournament a huge success again this year! We had 25 teams participate this year and we could not have asked for a better day for this event. Check out pictures from this year's event on the York Athletic Booster Club Facebook page.

One last Thank You to everyone that helped build the YHS Homecoming Bonfire and the friendly folks that volunteered from the York Fire Department! This was another fun, successful & safe event!

Go Dukes!!
Athletic Booster Club

YORK HIGH SCHOOL MUSIC DEPARTMENT NEWS!

OCTOBER 2018

Special Points of Interest:

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

NEW!!

UNL MEN'S CHORAL FESTIVAL

We will again be attending the UNL Men's Choral Festival. Several men have signed up to participate. This is an all day event on Monday, October 1st on the UNL Campus. To close the day there is a free concert in Kimball Hall that evening at 6:30pm.

DUKES & DUCHESSES TO PERU STATE COLLEGE

York High School's Dukes & Duchesses will be traveling to Peru State College on Wednesday, October 24th to perform and receive comments. I will make a more detailed schedule available as the competition gets closer. Parents are welcome and encouraged to come and watch D&D for their first competition of the year.

FALL CHOIR CONCERT

The fall choir concert featuring this year's YMS and YHS ensembles will take place on Monday, October 22nd at 7:00pm in the York High School Theater. We invite all parents, families, friends and the community to join us for an evening of enjoyable music. Come see what we have been working on these first few months of school.

YORKFEST MARCHING COMPETITION RESULTS



Congratulations to the York High School Marching Band on their Superior (I) Rating from each judge and 1st Place Class A/B Trophy in this year's Yorkfest Parade Marching Competition was definitely a great start to our competitive marching season. Included is information on our upcoming events...

Below is the information for upcoming events...

HARVEST OF HARMONY BAND COMPETITION GRAND ISLAND — SATURDAY, OCTOBER 6TH

The band room will be open at 6:00 a.m. and we will leave for Grand Island at 6:45 a.m. We need to be in the parade line-up at 8:30 a.m. (We are the 64th parade entry out of 103.) After the parade, we will stop at the Conestoga Mall for a lunch break and then go to the Grand Island Senior High Stadium at 2124 N. Lafayette Street for the field competition. We are scheduled to warm-up at 2:45 p.m. and perform at 3:30 p.m. We plan to watch the other band performances and leave at 6:00 p.m. to arrive back in York by about 7:00 p.m. I've enclosed the parade route and field contest schedules for your information. The parade will be broadcast live on NTV from 8:00-11:00 a.m.

FUND RAISING PROJECTS

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

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

MINDEN BANDFEST PARADE AND FIELD COMPETITION MINDEN - SATURDAY, OCTOBER 13TH

The band room will be open at 9:00 a.m. and we will leave for Minden at 10:00 a.m. We will plan on eating pizza provided by our Band Booster Organization from the Minden Pizza Hut when we arrive. The 28th Annual Minden Bandfest Parade begins at 1:00 p.m. by the Minden High School on Brown Avenue (Highway 10). The Field Competition starts at 3:00 p.m. An exact field performance schedule was not available at the time of this mailing.

MARCHING BAND HIGHLIGHTS CONCERT THURSDAY, OCTOBER 25TH

This year's 6th Grade Band's first performance, the 7th and 8th Grade Marching Band and Drumline along with the Senior High Band, Drumline, and Flag Squad will all be featured at our "Marching Band Highlights Concert" on Thursday, October 25th in the High School Gymnasium at 7:00 p.m. You won't want to miss the 6th Grade Band parents' selection—we'll find out how well the students are able to teach their parents. Please plan to come out and see all of York's Band members in action!

BAND BOOSTER NOTES

Please remember to take advantage of the fundraising opportunity that Kentucky Fried Chicken/Taco Bell is giving the band. The next Friends and Family night will be Tuesday, October 9th from 5:00-8:00 pm. 10% of the net sales will come back to the band.

COUNSELING CENTER NEWS

SCHOLARSHIPS

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

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

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

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

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

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

OCTOBER 17 – BUSY DAY AT YHS – FINANCIAL AID MEETING AND APPLY TO COLLEGE

On Wednesday, October 17, all seniors are encouraged to be part of Apply to College Day. In their classes, seniors will plan to complete at least one college application and one scholarship application with the help of counselors and teachers. This is a state-wide event encouraging seniors to look toward their next step of education.

Also on this date, seniors will need to attend and parents are encouraged to attend the Financial Aid meeting held in the YHS Theater during 5A (10:36-11:19) and again 5B (11:23-12:06) periods. Lunch will be provided. EducationQuest personnel will be joining us to provide current information and helpful advice when planning for the years ahead.

COLLEGE ENTRANCE TESTS:

American College Test (ACT) – Grades 11 and 12 (Cost \$50.50 – fee waivers available):

All colleges and universities and some community colleges require incoming freshmen to take one of two entrance examinations, the ACT or the SAT. Most schools in Nebraska require the ACT; however, they will accept either. This test is given six times a year and can be taken at York College if students register early enough to get a spot. Registration is done online at www.actstudent.org. (An information flyer is available in the Counseling Center.) If students cannot afford the \$50.50 fee and qualify for free/reduced lunch, they should come to the counseling office for a fee waiver.

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

OPTIONAL ACT PLUS Writing – Grades 11 & 12 (Cost \$67.00):

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

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

This test is given at Southeast Community College or Central Community College and you must make an appointment with the college where you plan to take the test. The ACCUPLACER test is also given at the high school for students who sign up. There will be two sessions with 18 spots in each. Sign-up is first come, first served (seniors will be given priority). The first Accuplacer test at YHS is scheduled for Oct. 23. There is no fee.
October 24.

PSAT - Preliminary Scholastic Aptitude Test/National Merit Scholarship Qualifying Test– Offered to selected 10th and all 11th Grades (Cost is \$16.00):

This optional test measures verbal and mathematical reasoning abilities important to doing college work. It gives a forecast SAT score and helps identify National Merit Scholarship winners. The national test date for the PSAT test is Wednesday, Oct. 10. Students can register in the Counseling Center by Oct. 5 when making their \$16 payment.

ARMED SERVICES VOCATIONAL APTITUDE BATTERY (ASVAB):

This test was developed to motivate students to learn more about themselves and occupations they might find rewarding. The program can help students see how their interests, abilities, and personal preferences match civilian and military career opportunities. The ASVAB test will be given on Tuesday, October 16, to any juniors or seniors who sign up in advance in the Counseling office. There is no fee for this test.

COLLEGE CLUB SESSION

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

COLLEGE REPRESENTATIVES COMING TO YHS

On the afternoon of October 4, 2018, over 40 college representatives will be at York High School to visit with juniors and seniors. This is a great opportunity right here at our school for your student to ask questions and gather information from potential colleges in their future. Parents are welcome to join their student(s) for this event.

CAMPUS VISITS

Once again, we are fortunate to have the opportunity to take York High School student to a college campus to learn about college life, gather information, get the "feel" of a college campus while students are in session, ask questions, etc. We are scheduling colleges on a rotating basis in order for students to visit a community college, state college, private college and university during their high school years. Interested seniors and juniors (priority given to seniors) will visit UNL on Wednesday, Oct. 3. Interested juniors and seniors may also visit the Peru campus for a tour, tailgate party and football game on Saturday, Nov. 3. Visits to Wayne State for sophomores will be Nov. 6, UNK for juniors on Nov. 14, and Central Community College-Hastings for freshmen will be April 2, 2019. We were very fortunate to receive the College Access Grant once again to help fund these informative campus visits!

COUNSELING OFFICE COMMUNICATION

We want to be supportive to students and parents and keep communication a high priority. You may reach us by calling, emailing or stopping by in person. Please check the daily announcements on the school website www.yorkpublic.org Our twitter account is @yhsguidance New this year is the Remind app. We invite and encourage students and parents to sign up for this. Please text as follows:

9th graders/parents: Text @g3g3k to 81010

10th graders/parents: Text @7367a9d to 81010

11th graders/parents: Text @e8d42d to 81010

12th graders/parents: Text @672k6g to 81010

EDUCATIONQUEST – A GREAT RESOURCE – IS COMING TO YORK!

EducationQuest truly is a helpful and FREE resource for college preparation steps, FAFSA guidance, scholarship information and so much more! They will be *at York High School on six different days this fall to assist students and parents!* The dates remaining are Oct. 12 & 26, Nov. 9 and Dec. 14. If you'd like to make an appointment to meet with Mrs. Amanda Ludwig, contact Mrs. Stuhr in the Counselor office or log in to <https://www.signupgenius.com/go/4090e4ba8a928a2fd0-york>



FAFSA – START NOW!

The FAFSA is open, and it's time to start NOW, senior students and parents! Below are some important steps:

1. **Create an FSA ID.** You and a parent must each create a username and password at fsaid.ed.gov that will serve as your Federal Student Aid (FSA) IDs for the Free Application for Federal Student Aid (FAFSA). You will need your own email address to create an FSA ID.
2. **Complete the FAFSA at fafsa.gov on or after October 1.** The FAFSA is your application for federal, state, and college-based financial aid. The colleges you list on the application will use that information to determine the types and amounts of financial aid they will award you.

Get FREE help from EducationQuest

- Attend an EducationQuest [Financial Aid Program](#) on Oct. 17 at YHS to learn about types of financial aid and the FAFSA. By attending, you can register to win a \$500 scholarship! [Click here](#) for details.
- Find free [FAFSA Tools](#) at EducationQuest.org to help you prepare for and complete the FAFSA.
- Call the EducationQuest location nearest you to set up an appointment for free personal help: Omaha – 888.357.6300, Lincoln – 800.303.3745, Kearney – 800.666.3721, and Scottsbluff – 800.303.3745, ext. 6654 or meet with Mrs. Ludwig at YHS by appointment.

PLANS FOR THE 19-20 SCHOOL YEAR

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



NEWS FROM THE HEALTH OFFICE

Strep Throat

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

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

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

Signs and symptoms of strep throat can include:

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

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

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

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

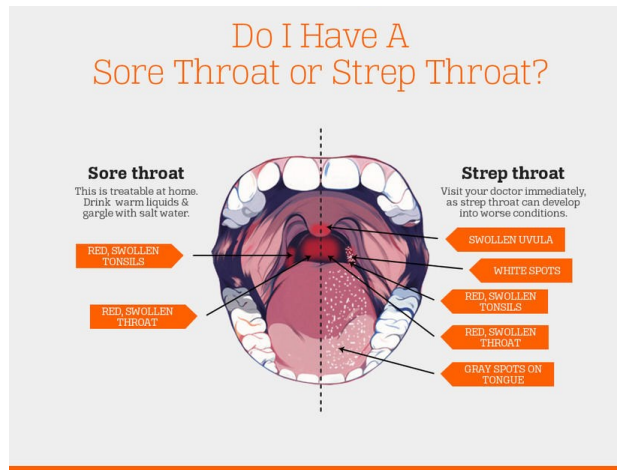
Treatment

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

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

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

Do I Have A Sore Throat or Strep Throat?



Tonsillitis

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

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

- Wash his or her hands thoroughly and frequently, especially after using the toilet and before eating
- Avoid sharing food, drinking glasses, water bottles or utensils
- Replace his or her toothbrush after being diagnosed with tonsillitis
- To help your child prevent the spread of a bacterial or viral infection to others:
 - * Keep your child at home when he or she is ill
 - * Ask your doctor when it's all right for your child to return to school
 - * Teach your child to cough or sneeze into a tissue or, when necessary, into his or her elbow
 - * Teach your child to wash his or her hands after sneezing or coughing

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

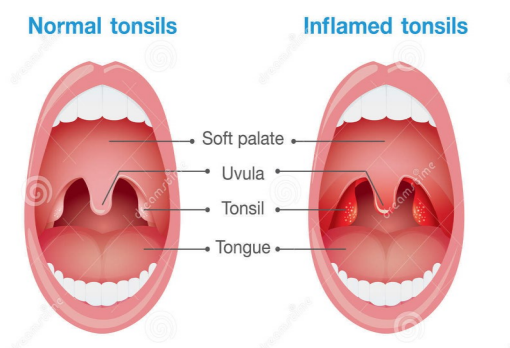
- Encourage rest. Encourage your child to get plenty of sleep.
- Provide adequate fluids. Give your child plenty of water to keep his or her throat moist and prevent dehydration.
- Provide comforting foods and beverage. Warm liquids — broth, caffeine-free tea or warm water with honey — and cold treats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

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

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

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

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



Walk In Flu Shot Clinics 2018

No appointment necessary, these are walk-in clinic times we have set up specifically for flu shots.

Early Morning: Every Wednesday from 6:30 -8:30am
(October 3 - November 28)

Noon Hours: Every Thursday from 1100-1200pm
(October 4 – November 29)

Evenings: Every Tuesday from 3:00-5:00pm
(October 2- November 27)

Affiliated Businesses - \$23.00

York General Health Care Staff – Free

York General Immediate Family- \$18.00

General Public - \$28.00

Clinic Location:
West View Medical Building (Old Hearthstone)
2319 N. Lincoln Avenue, York, NE 68467
402-362-2566



York AG ED
Celebrating 101 Years

York FFA
Celebrating 91 Years

THE HARVEST MOON

November 4th
Call for Tickets
402-366-5231



the **HARVEST MOON**



the **HARVEST MOON**
@ THE HOLTHUS
CONVENTION CENTER

\$30 / Ticket

Prime Rib / Chicken & Entertainment

5:30 Doors Open, Silent Auction Starts and FFA Talent Performs
Followed by Labor Auction, Supper, Hall of Fame & Rick Powell/Mike Franklin, Musician
Free Daycare Provided @ Holthus Convention Center - NO RSVP needed
(kids will be divided into two rooms based on age with supper and activities provided)

Does your child need health coverage? ¿Necesita su hijo(a) cobertura médica?

Call: Toll free/Línea gratuita: 1-855-632-7633

<http://www.ACCESSNebraska.ne.gov>

NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

Health Care Coverage for Nebraska Children
Cobertura para el cuidado médico de los niños de Nebraska

What is Nebraska's Children's Health Insurance Program (CHIP)? / Qué es CHIP

CHIP is health care coverage for qualified children who are without other health insurance and who do not qualify for Medicaid. Federally called the Children's Health Insurance Program (CHIP), it provides the same services covered under Medicaid.

*El programa **CHIP** es la cobertura de cuidado médico para los niños que califiquen y que no tengan ningún otro tipo de seguro médico ni sean elegibles para recibir Medicaid. Conocido al nivel federal como el Programa de Seguro Médico para Menores (CHIP), este programa proporciona lo mismos servicios cubiertos bajo Medicaid.*

What does CHIP cover? / ¿Qué servicios cubre el programa a CHIP?

CHIP provides well care for your child in helping prevent diseases, finding and treating problems early, and maintaining good health and development.

***CHIP** proporciona cuidado para el bienestar de su hijo(a) al prevenir enfermedades, encontrar y tratar los problemas de manera oportuna, y mantener la buena salud y el desarrollo.*

Regular check-ups include:

- Baby check-ups and baby immunizations
- Yearly check-ups for school-age children
- Immunization for school-age children
- Vision and hearing testing
- Dental check-ups and dental sealants

CHIP also provides medical care for injuries and illnesses

Treatment includes:

- Doctor's visits • Medications • Hospital care
- Lab tests/x-rays • Dental treatments • Eyeglasses
- Counseling
- Specialty services for children with disabilities or chronic health conditions
- Mental health and substance abuse assessment and treatment services

Los chequeos generales incluyen:

- Chequeos y vacunas para bebés
- Chequeos anuales para menores de edad escolar
- Vacunas para menores de edad escolar
- Exámenes oculares y de oído
- Chequeos y selladores dentales

CHIP también proporciona cuidado médico para lesiones y enfermedades

El tratamiento incluye:

- Citas médicas • Medicamentos • Cuidado hospitalario
- Exámenes de laboratorio/rayos x • Tratamientos dentales • Anteojos
- Consejería
- Servicios especializados para niños con discapacidades o condiciones de salud crónicas
- Servicios de evaluación y tratamiento para la salud mental y el abuso de sustancias ilícitas

YPS “Lunch & Learn”

Tuesday, October 9th at 12:00

**York MIDDLE School – Media Center
1730 N. Delaware Avenue
(use the west entrance)**



Presentations will include updates about:

- *Harvey the YMS Therapy Dog*
- *YMS Manufacturing & Entrepreneurship*
- *YPS on social media*

***** Come get a FREE lunch!** Email mike.lucas@yorkdukes.org by October 8th at 2:00 PM so we can get an accurate headcount for our sandwich bar. Bring a friend or two!

YPS Community Coffee

Tuesday, October 16th at 9:30 AM
York Senior Center
725 N. Nebraska



Presentations will include updates about:

- *YPS Enrichment Center and Alternative Education Programming*
- *YHS Foreign Exchange Students*
- *York Elementary update*

EVERY STUDENT. EVERY DAY.



YORK PUBLIC SCHOOLS

“Twitter and Social Media 101”

For Parents and Patrons

- Monday, October 22nd from 6:00-7:00 PM in the YHS Media Center
- Monday, November 12th from 6:00-7:00 PM in the YHS Media Center

ALL parents and patrons of YPS are invited to the high school media center to learn more about Twitter and social media. We will host two different sessions (same material will be covered during each session so just pick the date that works best for you).

Attendees will learn how to connect, communicate, follow, and promote on social media. This will be a basic presentation for those that want to get started or are just getting started on various social media platforms.

We hope to see YOU on October 22nd or November 12th from 6:00-7:00 PM in the YHS Media Center.

ALL parents and patrons of YPS are invited to attend!



October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	¹ SB-Home vs. Crete JV-5:00/V-6:30 pm FB @ Northwest (JV) - 6:00 pm District Girls Golf Tournament (V) @ Holdrege Country Club - 10:00 am	² BT @ Ralston Invitational (JV) - 8:00 am BT-Home Dual w/Hastings (V) 4:00 pm VB @ Lexington Tri w/Adams Central (JV/V) - 5:00 pm	³ Early Student Dismissal @ 2:03 YHS School Pictures Juniors & Seniors college visit to UNL	⁴ College Rep Fair 1:45-3:15 - Gym Deck Central Conference Cross Country Meet (V) @ Holdrege Country Club 4:30 pm VB-Home vs. Milford 9-5:00/JV-6:00/V-7:00 District Softball Tournament (V) - TBD	⁵ BT @ Gretna Invitational (V) (Koch Tennis Ctr.- Omaha) - 9:00 am FB @ Northwest (V) - 7:00 pm	⁶ YHS Band @ Harvest of Harmony Parade and Competition VB @ Dorchester Tournament (Res/JV) - 9:00 am
⁷	⁸ NO SCHOOL (Comp Day) VB @ Raymond Central (Res/JV) - 5:00 pm FB-Home vs. Crete (JV) 6:30 pm Board of Education Mtg. State Girls Golf Tournament _____ Columbus Day	⁹ 9 FB @ Aurora - 5:30 pm Friends & Family Night @ KFC Taco Bell	¹⁰ Early Student Dismissal @ 2:03 PSAT Test 8:00 am - Noon State Softball Tournament (V) - TBD	¹¹ District Cross Country (V)- TBD Central Conference Volleyball Tournament (V) - TBD State Boys Tennis Tournament (V) (Woods Tennis Ctr.) 8:00 am	¹² End of 1st Quarter FB @ Seward (V) (Concordia University) 7:00 pm	¹³ YHS Band @ Minden Marching Band Contest FFA District 5 Edge Conference & Fall Mtg. McCool Jct. H.S. Central Conference Volleyball Tournament (V) - TBD
¹⁴	¹⁵ Begin 9th Grade Registration for 19-20 School year Unified Bowling Meeting @ York - TBD 1st Day of Practice for Unified Bowling	¹⁶ VB @ Northwest 9-5:00/JV-6:00/ V-7:00 pm	¹⁷ Early Student YHS Apply to College Day YHS Dismissal @ 2:03 Education Quest Financial Aid Info Meeting - YHS Theater Session 1-5A Lunch Session 2-5B Lunch Quiz Bowl @ Seward	¹⁸ VB-Home vs. Schuyler Res-5:00/JV-6:00 V-7:00 pm 9 FB-Home vs. Waverly 6:30 pm	¹⁹ State Cross Country Meet (V) @ Kearney Country Club - TBD FB-Home vs. Crete (V) 7:00 pm	²⁰ 9 VB @ Seward Tournament - TBD
²¹	²² YMS/YHS Choir Concert 7:00 pm - YHS Theater Twitter & Social Media 101 - 6:00 pm - YHS Media Center Red Ribbon Week _____	²³ VB @ Crete - Res-5:00 JV-6:00/V-7:00 pm National FFA Convention- Indianapolis, IN _____	²⁴ Early Student Dismissal @ 2:03 Dukes & Duchesses @ Peru State College Quiz Bowl @ Concordia University	²⁵ YMS/YHS Marching Band Highlights Concert 7:00 pm YHS Gym	²⁶ FB Playoffs (V) 1st Round TBD	²⁷ ACT Test @ York College
²⁸	²⁹	³⁰ Sub-Districts Volleyball (V) - TBD	³¹ Early Student Dismissal @ 2:03 YHS Senior Pictures due For the Yearbook Halloween			