



DUKE NEWS

January 2019

Volume XXXIII Number 5

Mitch Bartholomew

Principal

A MESSAGE FROM THE PRINCIPAL —

HIGHLY QUALIFIED TEACHERS

One of the benefits of being a student at York High School is the possibility of taking several dual credit courses prior to graduation. For ten years, YHS has partnered with three higher education institutions to offer college level classes at a reduced cost – Peru State College, Southeast Community College and Nebraska College of Technical Agriculture.

One of the biggest changes several YHS dual credit teachers have adjusted to is the new criteria to become highly qualified by the Higher Education Commission. When we first implemented dual credit courses several YHS teachers qualified due to having a master's degree, in any educational field. One significant change the Higher Education Commission has made, is requiring any high school dual credit teacher to take 18 credit hours in the area they teach. Currently, we have several YHS teachers that understand the importance of dual credit and are taking master's level courses to become highly qualified. I appreciate their hard work and commitment to our students.

MANDATORY ATTENDANCE



During the first semester we had several students exceed the amount of days missed according to our attendance policy. Unfortunately, some of these students lost credit to their classes they would have passed and received credit for.

A reminder that students are allowed up to eight absences per semester, per class. These absences include sleeping in, staying home ill, going on vacation, or a variety of other reasons for missing school. An absence does not count toward the eight absences if it is verified with a doctor's or other professional's note, if it's a school activity, or otherwise exempted through the administration.

Poor attendance is one of the leading indicators of poor school performance. We understand that students must miss class due to a wide variety of reasons. We urge families to keep close track of their students' attendance records and make every effort to be in school.

ASSISTANT PRINCIPAL/ACTIVITIES DIRECTOR OPENING

York Public Schools is currently advertising for an Assistant Principal/Activities Director at York High School. We are anxious to begin this process and find a great person to fill this very important role. We will review applications in late January and will interview the last week of January.

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.



2019 YEARBOOKS

Yearbooks go on sale January 7th!

Yearbooks are \$55 until March 1st.

After March 1st — Yearbooks will be \$60.

Name stamping is an additional \$6.50.

DUKETTE PERFORMANCES

Dukettes perform at half-time of all boys' and girls' home basketball games.

Mini-Dukettes perform - Thursday, January 3rd.

Dukette Parent's Night - Friday, January 18th.

Guy/Girl Dukette dance performance will be on Friday, February 8th.

Winter Ball



WINTER BALL

The YAAD organization will be sponsoring a Winter Ball on Saturday, January 19th from 8:30-11:00 p.m. in the Cornerstone Wrestling Activities Center. \$5.00 a person. Doors close at 9:00 p.m.

York FFA Alumni & Friends

FFA Alumni play an important part in keeping agricultural education and FFA programs in our local schools. FFA relies on its alumni to garner support for FFA from their local communities, raise funds for chapter activities and scholarships, assist at FFA leadership camps and conferences, and more. You don't have to be a former FFA member to support or be a friend of FFA, agriculture education and the future of agriculture.

JOIN TODAY

Membership in the National FFA Alumni Association is open to anyone who is interested in supporting and promoting agricultural education and the FFA on the local, state and national level. If you are proud of FFA and want to help the local FFA members acquire knowledge and experience from agricultural education and FFA activities —

The FFA Alumni is for you!



For more information & to join call/text:

Amy Holthus 402-366-1236

Jill Koch 402-366-4138

Amy Vernon 402-694-8410

What Color Do You Bleed?

“DUKE BLUE”

Thank –you
**For helping us meet our
November Quota
For our Scholarship Fund**

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

**Our Next Blood Drive is:
Wednesday, January 30th
High School East Parking Lot
10:00 am till 3:00 pm**

**Step Up To Save Lives in
Our Community!!**

**Please call 402-641-6564
or 402-362-6655
to sign up and support this
Outstanding Community Project.**

A NOTE FROM THE SCHOOL NURSE

The Teen Vaping Trend – What Parents Need to Know

DECEMBER 14, 2017 BY [THE PARTNERSHIP](#)

With the recent [Monitoring the Future Study](#) release indicating that nearly one in three 12th graders reported using a vaping device in the past year, it's imperative that parents are informed of the potential dangers that can result from vaping.

What is Vaping? Vaping is the act of inhaling and exhaling the aerosol, often referred to as vapor, produced by an [e-cigarette or similar device](#). It's become more popular among teens than regular cigarettes, especially given that vaping devices can be used for anything from flavors like mango, mint or tutti frutti, to flavorings containing nicotine or THC, the chemical compound in marijuana that produces the high.

What are the Risks? There are [several risks to vaping](#) for teens. Below are three major ones for parents to be concerned about:

Vaping is often marketed to kids, downplaying the dangers. With lots of flavors available for vaping liquids, as well as the variety of colors and devices available that charge just like cell phones, it's clear that vaping products are often marketed to teens. One of the slang terms for vaping, known as JUULing ("jeweling"), comes from the JUUL brand device that looks more like a flash drive as opposed to an e-cigarette. Vaping is also often sold as a "safer" alternative to cigarettes, and some teens are under the false assumption that because e-cigarettes don't contain tobacco they're safe.

Vaping chemicals used in the liquids can be more concentrated and dangerous. Inhaling from a vape pen or e-cigarette, especially in the case of one containing [nicotine](#) or [THC](#), can enhance a drug user's high and can amplify a drug's side effects. Vaping is also very new and there are literally hundreds of brands, so there's not a lot of firm information about what chemicals might be in what vape liquids. But even beyond nicotine and THC, synthetic chemicals that make up these liquids – including "herbal incense" like [spice and synthetic marijuana](#) – [expose the lungs to a variety of chemicals](#), which could include carcinogens and toxic metal nanoparticles from the device itself. Not only could these chemicals make their way into young lungs, causing irritation and potentially "smoker's cough," but they could also damage the inside of the mouth and create sores.

Vaping may make the transition to cigarette smoking easier in adolescence. In a [meta analysis of six studies](#), the findings concluded that the risk of smoking increases four times if a teen vapes versus a teen that does not. In another study of more than 2,000 10th graders, researchers found that one in five teens who reported a regular vaping habit at the start of the study smoked traditional cigarettes at least three times a month by the end of the study period. Another 12% of routine vapers smoked at least one day a month. By comparison, less than 1% of students who didn't try vaping reported smoking even one day a month at the end of the study.

What Can Parents Do? Make it clear to your son or daughter that you don't approve of them vaping or using e-cigarettes, no matter what.

If you think your son or daughter is vaping, take a deep breath and set yourself up for success by creating a safe, open and comfortable space to [start talking with your son or daughter](#). As angry or frustrated as you feel, keep reminding yourself to speak and listen from a place of love, support and concern. Explain to them that young people who use THC or nicotine products in any form, including e-cigarettes or vaporizers, are uniquely at risk for long-lasting effects. Because these substances affect the development of the brain's reward system, continued use can lead to addiction (the likelihood of addiction [increases considerably](#) for those who start young), as well as other health problems.

You want your child to be as healthy as possible. Find out [why vaping might be attractive](#) to your son or daughter, and work with him or her to [replace it with a healthier behavior](#).

Here a link to a FREE guide to Vaping for parents from Partnership For Drug Free Kids.
<https://drugfree.org/download/what-you-need-to-know-how-to-talk-to-your-kids-about-vaping/>

YORK HIGH SCHOOL MUSIC DEPARTMENT NEWS!

January 2019



Special Points of Interest:

- *UNK Honor Band & Choir*
- *D&D Competition Season*
- *Kearney High Honor Band*
- *Central Conference Honor Band*
- *Band Booster Notes*



D&D COMPETITIONS

Second semester, the Dukes & Duchesses will begin their competition season. Please note there have been a couple changes in the dates.

February 4 - NCDA State Show Choir
Competition at Central City

February 15 - Wahoo Court of Champions

February 23 - Islander Invitational at
Grand Island Senior High

We love to see as many parents, families and friends there as possible. We really appreciate your support.

CENTRAL CONFERENCE HONOR BAND

Senior High Band students in grades 9-12 are eligible to audition for this year's Central Conference Honor Band to be held at Lexington High School on Monday, March 18th. Audition recordings must be submitted to the judges by Wednesday, January 30th.

KEARNEY HIGH SCHOOL UNDERCLASSMEN HONOR BAND DAY

Piper Dallmann - (French Horn) and Shasta Tonniges - (Percussion) were selected to participate in the KHS Symphonic Band and Jacob Howe - (Tuba) was selected as a member of the KHS Wind Ensemble for their "2019 Underclassmen Honor Band Day." Terry Rush from Lincoln and Doug Bush from the University of Nebraska-Lincoln will be this year's clinicians. They will rehearse on Monday, January 21st and perform a final concert at 6:00 p.m. in the Kearney High School Concert Hall.

UNK CHORAL CLINIC

On Monday, January 28th four students will be going to the University of Nebraska at Kearney to participate in the Honor Choir Clinic. The day will conclude with a concert at 6:00 pm in the UNK Health and Sports Center. Admission for the concert is \$3.00.

Congratulations to the following students.

- Student participating in the Honor Choir is Emily Hackett.
- Students participating in the Festival Choir are Kaitlyn Ericson and Kathy Galvan.
- Student participating in the Women's Choir is Alycia Gage.

Parents of these students, please me watching for more information as the event gets closer.

UNK HONOR BAND DAY

Four Senior High Band members were chosen by audition to attend this year's "University of Nebraska-Kearney Honor Band Day" to be held on Monday, January 28th. Anthonie Gomez-(Alto Saxophone), Jason Franklin-(Trumpet) and Jake Schmid-(Percussion) will perform in the Festival Band under the direction of Terry Rush. Ross Fraser-(Trombone) was selected to the Honor Band under the direction of Dr. Duane Bierman, Director of Bands at UNK. They will rehearse during the day and present a final concert at 5:30 p.m. in the UNK Health and Sports Center.



BAND BOOSTER NOTES

Friends & Family Night - January 8th —
KFC/Taco Bell — 5:00-8:00 pm
YHS Band Boosters receive 10% of the net sales.

Band Parents: A special thank you for those who helped out in any way to make our Annual Band Booster Soup Supper such a success. - THANK YOU!!

Band Parents: Please consider volunteering to be on the Band Boosters Board. If you would like to know more about the positions/responsibilities, please email Penny Jacobsen at pennny.jacobsen@yorkdukes.org. We will have a meeting in February to elect new positions.



COUNSELING NEWS

LOCAL SCHOLARSHIPS

Counseling staff will be talking to seniors some time in January about the application process for the local scholarships. A list of these scholarships will be available to them. The instructions and the application itself are available on the school website at www.yorkpublic.org and can be downloaded for students to fill out and then print. Handwritten applications will NOT be accepted, so students without computer access should come to the counseling office for help.

To apply, students must submit scholarship application packets which consist of a cover letter, application and two recommendation letters to the Counseling Office. **These will be due on or before 4 p.m. on FRIDAY, FEBRUARY 8. EARLY applications are encouraged.** (Applications turned in early can be reviewed by the counseling staff if asked and the student given the opportunity to correct errors; applications turned in on the deadline date will be accepted as is.) TO RESPECT THE COMPETITIVE COMPONENT OF THE SCHOLARSHIP PROCESS, INCOMPLETE OR LATE APPLICATIONS WILL NOT BE PROCESSED.

SENIORS – COLLEGE FINANCIAL AID:

We are excited to have 44% of the Class of 2019 have their FAFSA completed and submitted. Great job! If you/your student has not yet completed the FAFSA, we invite you to contact EducationQuest at 800-303-3745 to make a FREE appointment if you wish to have them assist you with this. We will also continue to have Amanda here at the high school two times per month as a great resource for the FAFSA and scholarship/college planning conversations. If you wish to meet with her in the counselor's office, contact Mrs. Stuhr.

A tutorial of how to fill out the FAFSA is available on the EducationQuest website if you need help at www.educationquest.org. Feel free to call with questions at any of their offices: Kearney (1-800-666-3721), Lincoln (1-800-303-3745) or Omaha (1-888-357-6300).

EducationQuest has informed us that colleges and the FAFSA request that you submit your taxes electronically to prevent delays in getting your financial aid package. The FAFSA application now has an "IRS Data Retrieval Tool" that you will click on to retrieve your tax returns and "drop" them into your application. We recommend using this step because colleges' financial aid offices randomly review 1 of every 3 FAFSA applications – this is called verification. Using the IRS Data Retrieval Tool reduces your risk of being selected for verification, so it is in your benefit to use this tool. Being selected for verification does not indicate you did anything wrong, the college is doing a random quality control check. Federal money is always first come, first served so apply early.

NOTE: *Even if you think you won't qualify for a PELL grant, you still need to fill out the FAFSA to receive any federal student or parent loans. This is just part of the financial aid process.*

FEBRUARY 1 REMINDER: The Susan Buffett Thompson Foundation scholarship requires all information be submitted electronically, as well. This scholarship has a deadline of February 1 at 5:00 PM CT. Student Aid Reports (results from FAFSA) are typically ready within 3-5 days after the application is completed. You must have your Student Aid Report (SAR) prior to the Feb. 1 deadline also.

ACT TEST – Please see the counseling office if you think you may qualify for a fee waiver.

TEST DATE – February 9

TEST DATE – April 13

(On To College--Baylor Test Prep available for the April test)

TEST DATE – June 8

TEST DATE – July 13

REGISTRATION DEADLINE – January 11

REGISTRATION DEADLINE – March 8

REGISTRATION DEADLINE – May 3

REGISTRATION DEADLINE – June 14

****ALL JUNIORS WILL TAKE THE ACT TEST AT YORK HIGH SCHOOL ON APRIL 2.**

Today, more test prep resources are available to students to achieve greater results. They are explained in the information below.

On To College (previously the John Baylor Test Prep)

- Cost \$75
- 12 sessions which offer test taking strategies and content specific curriculum
- Over lunch before the October, December and April ACT test – sign up with Mrs. Stuhr

ACT Online Prep <https://onlineprep.act.org/login>

- Free – paid by the Department of Education
- Each junior has their own account and has been issued a user name and password
- Individualized
- Students can take practice tests, work on specific content areas, play games to build academic competencies, and etc.

ACT Academy (previously Open Ed) <https://resources.opened.com/okact/>

- Free-ACT personalized learning resource
- Students can enter previous scores and the program will create specific activities based on scores

SENIORS – FEBRUARY ACT

Seniors are encouraged to take the February ACT test if they have chosen a private college. UNL and UNK will also accept the February ACT for scholarship consideration; however, UNO will not. Check with your private college choice to determine if they will accept them.

ACCUPLACER TEST SCORES

The ACCUPLACER test was given at the high school this fall. Those students received their scores right away and the school received a copy for their files. Students who took the test at York High and have, or plan to, apply at a community college should request a transcript and these scores from the counseling office. Seniors who took this test at a community college need to request their scores from *that* college. The counseling office can help you with this. **REMINDER:** Students need to apply by March 1 to be eligible for scholarships at most community colleges AND take the ACCUPLACER by then.

DUAL CREDIT CLASSES – PERU



Registration for second semester dual credit classes through Peru State College will be done online some time mid-January. We will assist students with this during school hours. To help you in planning, tuition payment for dual credit classes through Peru State College are \$60 per credit hour for all classes (except biology and chemistry which have lab components and are therefore \$240). There is also a one-time \$15 matriculation fee for each "new" student. For each class there is also a \$30 materials fee payable to YHS. (The \$30 materials fee per class will need to be paid to YHS by Wednesday, January 30 (check payable to YHS or cash). Call Mrs. Stuhr if questions.

WILSON SCHOLARSHIP

York High School students are fortunate to be eligible to apply for the \$1,250 Warren and Velda Wilson scholarships. Application information will be shared with seniors early in January. The initial applications will be due Wednesday, January 16.

CAMPUS VISITS

Reminder that senior students have TWO exempted days to make college campus visits. These opportunities are so important for students as they explore and narrow down their college options. Please take advantage of these days. If you need help coordinating these visit days, let Mrs. Stuhr know.

OUTSIDE AND COLLEGE SCHOLARSHIPS

Please remember to bring copies of your scholarship information from colleges or other outside scholarships to Mrs. Stuhr so this can be compiled and announced during Honors Night and at graduation. ANY scholarship awarded, whether you accept or use it or not, is important to us so please share this information!

DUKE GRADUATE BOARD ...

We appreciate posting the senior photos of students along with the information of what their plans are for the future. Please share a photo with Mrs. Stuhr as soon as possible so we can "brag" about your child and what's ahead for their post-YHS years!



YORK ATHLETIC BOOSTER CLUB NOTES



Congrats to the York Boys Club Bowling Team for winning the STATE championship: Nate Christensen, Jake Korn, Matthew Pedersen, Haden Powers, Colton Rhodes and Preston Smith. Great job boys!!



The Girls Club Team has a great year as well and finished 3rd: Riley Allison, Alycia Gage, Shelby Logston, Hannah Norquest, Kaylie Smith, Shasta Tonniges. Proud of you!!



Congratulations to Garrett Snodgrass and Noah Stafursky who, on Wednesday December 19th, each signed a commitment letter to play for our beloved Nebraska Cornhuskers!!



Football awards announced:
Congratulations to Noah Stafursky, Brady Danielson, and Garrett Snodgrass on 1st Team Super State Football!
Congratulations to Ben Kowalski, AJ Beins, Gabe Miller, Jacob Diaz, and Jeb Lucas for All State Honorable Mention!
Congratulations to Wyatt Cast for First Team All State Class B football.
Congratulations to all these fine players. They are team leaders!!



Big **Thank You** to **Amy Pohl** and **All Who Donated** to the **Bake Sale** Dec. 14th—it was a huge **success!!**

Volunteer - We need you!!

Jan. 19th (Saturday) is the Hoopla Boys middle school basketball tournament- to staff this morning and afternoon event at the entrance, in the concession stand, book etc. Contact Sara Erwin at sara7erwin@gmail.com to help.

Jan. 25th (Friday) Concession stand help at Central Conference tournament time TBA. Contact Chad Hammer at chad.hammer@midwestbank.com

Feb. 8th (Tuesday) Concession stand help at the Seward Home game in the evening. Also may contact Chad Hammer at chad.hammer@midwestbank.com



Parents, students, and fans...Please submit awesome **pictures** of our athletes doing amazing things so we can include them in the video at the All Sports Banquet! We know you have some. Let's post them proudly so everyone gets recognized.

Send to Kerry Conner at kerry.conner@yorkdukes.org



January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 NO SCHOOL Christmas Break	2 Teacher Flex Day Mini Dukettes Camp 1:00-5:00 pm	3 SCHOOL RESUMES GBB-Home vs. Columbus Scotus-JV-4:30/V-6:00 pm BBB-Home vs. Beatrice JV-6:00 (Secondary Gym) V-7:30 pm 9 G/B BB @ Northwest 6:15 pm Mini Dukettes perform at half-time	4 WR @ Tri County Dual Tournament (JV) 2:00 pm WR @ Ashland-Greenwood Invitational (V) - 5:30 pm	5 WR @ Tri County Dual Tournament (JV) - 9:00 am WR @ Malcolm Invitational (V) - 9:00 am GBB @ Northwest - JV-4:30/V-6:00 pm BBB @ Northwest - JV-4:30/V-7:30 pm
		New Year's Day				
6	7 9 G/B BB @ Seward (Seward Elementary) G-5:00/B-6:30 pm	8 GBB @ GICC JV-4:30/V-6:00 pm BBB @ GICC JV-4:30/7:30 pm Friends & Family Night @ KFC/Taco Bell	9 Early Student Dismissal (2:03 pm)	10 9 G/B BB @ Grand Island Sr. High - G-5:00/B-6:30 pm WR @ Milford Tri w/Sandy Creek (JV/V) - 6:00 pm	11 GBB @ Crete - JV-4:30/V-6:00 pm BBB @ Crete - JV-4:30/V-7:30 pm	12 Speech Meet @ CNFL Grand Island WR @ Lincoln North Star Invitational (JV) - 9:00 am WR @ Nebraska City Dual Tournament (V) - 10:00 am
13	14 9 G/B BB @ Crete G-5:00/B-7:30 pm 10 BBB @ Seward - 6:30 pm Board of Education Meeting	15 GBB-Home vs. Norris JV-4:30/V-6:00 pm BBB-Home vs. Norris JV-4:30 (Secondary Gym) V-7:30 pm	16 Early Student Dismissal (2:03 pm) District FFA Leadership Skills Event @ Holthus Convention Center	17 WR @ Crete Dual (JV/V) - 6:00 pm	18 WR @ UNK Dual Tournament (V) (Health & Sports Center) 1:00 pm WR @ Plattsmouth Invitational (JV)-4:30 pm GBB-Home vs. Fairbury JV-4:30/V-6:00 pm BBB-Home vs. Fairbury JV-4:30 (Secondary Gym) V-7:30 pm Dukette Parent's Night	19 Speech Meet @ Lincoln Southwest YHS Winter Ball 8:30-11:00 pm Cornerstone Wrestling Activities Center
20	21 NO SCHOOL MLK In-Service Day G/B BB Central Conference Tournament (V) - 1st Round - TBD Martin Luther King Jr. Day	22 G/B BB Central Conference Tournament (V) Quarterfinals - TBD	23 Early Student Dismissal (2:03 pm)	24 GBB Central Conference Tournament (V) Semifinals @ York WR-Home Quad w/Fairbury, McCool Jct., Northwest (JV) (@ YMS) - 5:30 pm 9 G/B BB @ Hastings G-6:00/B-7:30 pm	25 BBB Central Conference Tournament (V) Semifinals @ York	26 G/B BB Central Conference Tournament (V) - Finals @ York Speech Meet @ Lincoln Northeast WR Central Conference Tournament (V) @ Schuyler - 9:30 am
27	28 9 G/B BB-Home vs. Northwest (Secondary Gym) G-6:00/B-7:30 pm 10 BBB-Home vs. Aurora 7:00 pm UNK Honor Band and Choir Clinic Board of Education Meeting	29	30 Early Student Dismissal (2:03 pm) Community Blood Drive 10:00 am - 3:00 pm Mobile Unit - YHS East Parking Lot	31 WR-York Groundhog Invitational (JV) - 4:00 pm 9 G/B BB @ Aurora G-6:00/B-7:30 pm		