

Kenny Loosvelt

Volume 5

PRINCIPAL

Number

Be Safe, Be Respectful, Be Responsible

AUGUST/SEPTEMBER 2019

Hello York Middle School Parents and Students. I am extremely excited to begin my fifth 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 a 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 fifth 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 the 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 Thursday, August 15th, beginning at 8:00 AM. Students will first report to their student family. The school will dismiss at noon with no lunch being served. Buses will run immediately after school is dismissed. Friday will be a normal school day.

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!

September 2019

York Middle School Kenny Loosvelt, Principal

Working Together for School Success

Short Stops

Take good risks Encourage your tween to

try an activity that appeals

to her, even if she's a little nervous. Maybe she wants to join the crosscountry team but hasn't run longer distances. Or perhaps she's interested in the improv club but is hesitant about public speaking. Stepping out of her comfort zone will stretch her abilities and build confidence.

Agree to disagree

If your usually agreeable child starts poking holes in your opinions, that's a sign his reasoning skills are developing. Try not to take it personally, and ask him to share his views respectfully. He'll learn that it's okay to disagree, as long as he's polite about it.

Puzzle me this

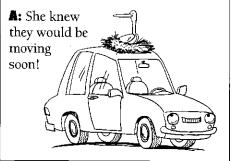
Crossword puzzles boost your tween's vocabulary. Have her print free puzzles she finds online or get crossword books from a dollar store. Or she and her friends could make crosswords for each other on graph paper or with a website like *puzzlemaker.discovery education.com*.

Worth quoting

"The way to get started is to quit talking and begin doing." Walt Disney

Just for fun

Q: Why did the bird build a nest on the car?



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A good attitude = more learning

Starting the year with a positive attitude about school goes a long way toward a student's success. Inspire your tween to develop a winning outlook with these strategies.

Look for positives

Your middle grader can find something interesting about every class. Suggest that he start a list of fun facts, one from each class every week. After a biology lesson on genetics, he might write, "I had a 50

percent chance of having blue eyes since Mom's are brown and Dad's are blue." Encourage him to share his discoveries with you.

Celebrate achievements

Tell your tween to congratulate himself on a job well done. Maybe he earned a higher score on this week's vocabulary quiz than he did on last week's. Or perhaps he picked a topic for his history paper, even though he was tempted to

Fall family fun

Strong parent-tween relationships help kids resist risky behaviors *and* make family life more enjoyable. Try these ideas.

■ **Outings.** Ask your child to find outings that sound fun, such as a fall festival or a paint night. For ideas, she could look in the newspaper or check library and community center websites. *Tip:* Suggest that she ask classmates where their families like to go on weekends.

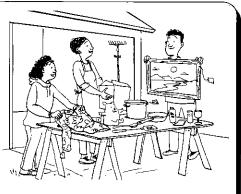
Projects. Let your middle grader plan family projects. Perhaps she'll suggest a garage sale. Work together to gather books, housewares, and toys you don't need anymore. She can help to advertise the sale, price items, and greet customers. \mathbb{R}^{n}



put off getting started. Saying "I did it!" will make him feel good about himself and motivated to keep working hard.

Seek help

Successful students know how to get help when they face challenges. For example, your child could post a schedule of teachers' office hours or homework-help sessions in his locker. Then if he's struggling, he can sign up for a slot. Having a plan in place will help him stay upbeat. \in^{C}

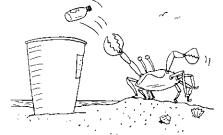


Wanted: Involved parents

What does parent involvement look like in middle school? While you probably won't be volunteering in your child's classroom, she still wants your support (even if she doesn't act like she does). Consider these tips for being a partner in her education.

Getting started with community service

My son is required to complete community service hours this year, but he can't decide what to do. How can I help him?

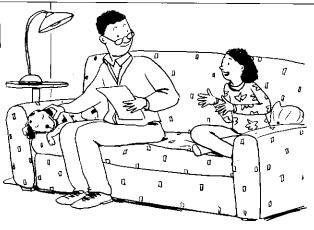


A Doing community service will let your son help others and gain work experience. The main office or his school counselor may have a list of places where he can volunteer. He could also ask friends, relatives, and neighbors for ideas.

Then, suggest that he choose a job that matches his interests — he'll get more out of it that way. For example, he might participate in a beach cleanup if he's concerned about the environment. Or if he likes working with younger children, he may play games or read with little ones at a homeless shelter while their parents attend job training.

Finally, encourage him to keep track of his work, including names of supervisors, so he'll receive credit—and even have references for a job someday. \mathbb{R}^{n}

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At school. Make it a priority to attend school events like curriculum nights and school plays. Also, look for ways to help that are related to your tween's activities. If she plays in the band, you could volunteer to set up for a concert. If she belongs to a book club, you might offer to shelve library books and talk to her afterward about

books you noticed. Or if she's an athlete, maybe you'll work at the concession stand during sporting events.

At home. Offer to quiz your middle grader on material she's studying or to look over a paper she's working on. To stay in the loop about what's happening in school, read the website regularly and sign up for email or text alerts. Mention the announcements to your child so she knows you're interested in her school.

Everyday engineering



From shoes and clothing to appliances and electronics, just about every product your tween uses was designed by engineers. Help him discover how engineering affects his daily life with this activity.

• Encourage your child to consider the engineering involved in his favorite products. Maybe his running shoes absorb impact, the smoothie maker purees big chunks of fruit, or his jacket repels rain.

2. Now let him pick a product to redesign. He could decide to add another layer of foam to his shoes. First, he should run a block and rate his comfort on a scale of 1–10. Then, he can add foam, run another block, and rate his comfort again. What happens if he adds even more foam? How much might be too much?

Parent

The "elevator speech"

Parenti When I was looking for a job, I discovered an interesting technique for "selling" yourself in an interview: the "elevator

speech." I shared the idea with my daughter Susan, thinking she could use it to write summaries or make points during class discussions.

I told Susan to pretend she was going to ride an elevator with me and summarize the novel she's reading in 30 seconds or less—about the time it would take to ride from the ground to the top floor of a building.

Susan jotted down what she wanted to say. At first, it took her

almost 3 minutes to read it. But she kept trimming her summary until it was about 30 seconds long.

Then, she read it aloud to me. She got to the point quickly, and now she plans to try the strategy in class. \leq



YMS Open House Tuesday, August 13 5:30 p.m. - 6:30 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 - 6:30 p.m. 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 Tuesday, August 13th!



YMS SCHOOL PICTURES

YMS will have school pictures taken on Wednesday, October 2, by Jack Martin Studios. We will remind students in the daily announcements of the pictures and what would be appropriate apparel for the best photo.

WELCOME

NEW STAFF TO YMS

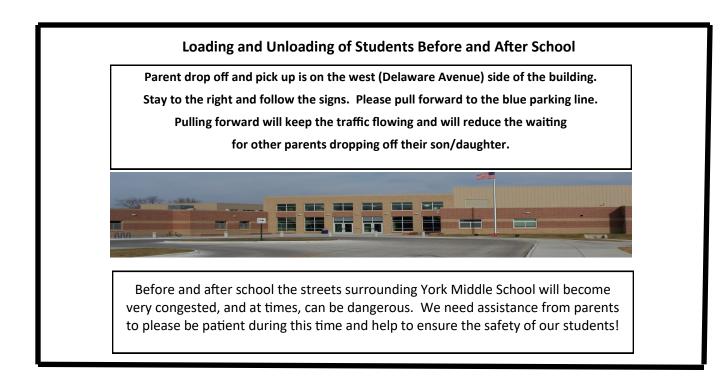
6th Reading
6th English
Ag
Nurse
Library
Para-educator
Para-educator
Para-educator

Student-Parent Folder



Your son/daughter will be receiving their Student-Parent information at the YMS Open House. The information will contain your child'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 6. We appreciate your help in this process!



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, 2019 If you have any questions, please contact Sue Arnold , the school nurse, at 362-6655.

Fall YMS Athletics

The fall middle school athletic season is just around the corner. Football and Volleyball practice will begin on **Monday**, **August 19.**



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.



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. <u>http://markel.sevencorners.com</u>

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

YMS After School Program Begins on August 26

- Monday Thursday
- Students MUST preregister at York Middle
 School
- Open to students who attend York Public Schools or live in the York Public School attendance zone
- Free

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

7TH AND STH 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 7. We will also march in the Homecoming Parade on Wednesday, September 18.

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:		Adult Sizes:	
Small	(6-8)	Small	(34-36)
Medium	(10-12)	Medium	(38-40)
Large	(14-16)	Large	(42-44)
X-Large	(18-20)	X-Large	(46-48)

Admission Prices for Activities



The admission price for varsity activities for the 2019-2020 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 \$70.00	FAMILY \$145.00	GOLDEN PASS \$40
			(age 60 and over)

Back-to-School Celebration and Community Pep Rally, August 22

York Public Schools will host the "Back to School Celebration" and Community Pep Rally on Thursday, August 22, 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.

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 Sue Arnold, 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 Sue Arnold 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. Please schedule this physical after May 1st. 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 <u>402-362-2566</u>.

They are located in the West View Medical Building at 2319 N. Lincoln Ave here in York.

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 <u>www.yorkpublic.org</u>. 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 Student-Parent 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 Tuesday, August 13th to answer any questions you may have.



School Counselor Connection August 2019

Hello York Middle School students and families. My name is Jennifer Badura and I am so excited to welcome you to the 2019-2020 school year.

I hope that you and your family have had a wonderful and relaxing summer break and are geared up for a fantastic year of learning, growth, and new experiences. 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 academic practice (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 <u>jen.badura@yorkdukes.org</u>.

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





LUNCH APPLICATIONS

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 26, 2019** 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 \$2.25 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

amily	100	Payments	
Messages	>	Accepted Payment Methods VISA COVER achech	Payment History
Discussions	>	Total:57.00	
Household Information	>	Total:37.00	
Family Members	>	Select the payment method Add Edit	
Calendar	>	There are no saved Payment Methods. Click Add to create a Payment Method	
Fees	1>	There are no saved r syntem methods, once Add to create a r syntem method.	
Payments		Back Continue	
Food Service	>		
To Do List	>		
User Account	in an		
Contact Preferences	>		
Access Log	>		
Notification Settings	>		

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

Billing Information Name: (required)	
Address: (required)	Nick Cardinal
City: (required)	P.O. Box 5555
the second second second second	Greekey
State / Zip: (required)	CO / 80631
Country:	UNITED STATES - US
Account Type	
Checking Savings	C Credit/Debit Card
Routing Number	
Account Number:	
	Back to Payments Save

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

Your Name 1734 Oak Anytown, USA		20	1001
PAY TO THE ORDER OF			JS
			DOLLARS
Bask of America ACH R/T 123456769			
41234557894 00	0123455789	1001	
ABA Check Rosting Number	Account Number 0123455789	Check Number	ACH Bouting/Transit Numb 123456789



INFORMATION PAYMENTS MEAL PRICES MENUS LOCATIONS CONTACTS

Lunchtime Solutions, Inc.



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 Anthony Graham, Area Director, at 605-670-9037 or a.graham@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	\$2.95	\$0.40	\$0.00
6-12 Lunch	\$3.05	\$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	<u>.</u>		
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 2019-2020 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 <u>9:00 a.m.</u> at the student's school office.

Lunch Account Deposits must be made <u>before school starts</u>. 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 Anthony Graham, 605-670-9037 or a.graham@lunchtimesolutions.com for more information.

Free & reduced meal applications <u>may be submitted at any time during the school year but</u> <u>eligibility won't apply until the application is approved.</u> 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 <u>September 27, 2019</u>. 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 and an adult lunch will be on the York Dukes web site under the lunch program site . Please pay for your lunch at the school office. We hope to see you there!



www.lunchtimesolutions.com

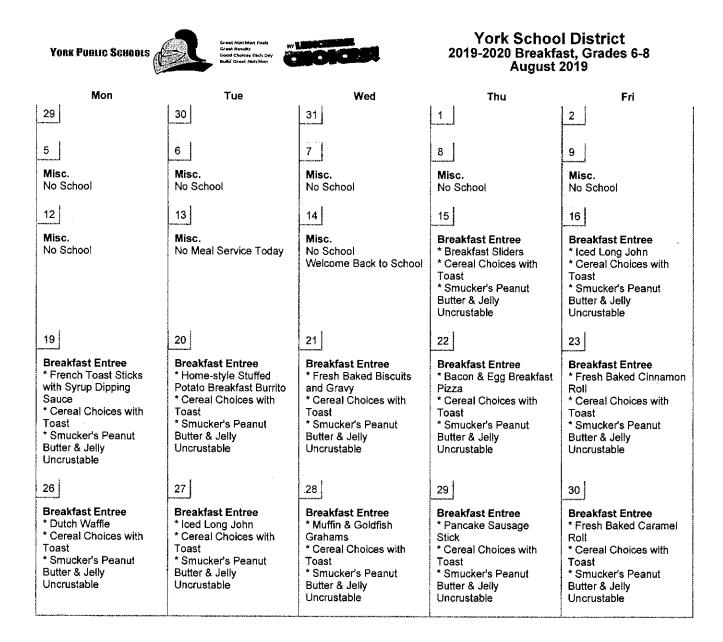
Contact: Betty Moyle, Food Service Director at 308-380-9034 or b.moyle@lunchtimesolutions.com Or Anthony Graham, Area Director at

605-670-9037 or a.graham@lunchtimesolutions.com

This institution is an equal opportunity provider and employer.



UNLIMITED SERVINGS OF FRUITS & VEGGIES



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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) 632-9992. 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.

YORK POBLIC SCHOOLS	Great Northion Parts Great Results Great Results Build Great Nutrition		York Schoo 2019-2020 Lunci August	n, Grades 6-8
Mon	Tue	Wed	Thu	Fri
29	30	31	8	9
Misc. No School	Misc. No School	Misc. No School	Misc. No School	Misc. No School
12	13	14	15	16
Misc. No School	Misc. No School	Misc. Welcome Back to School No School	Misc. No Meal Service Today	Lunch Entree * Ham & Cheese Bagel Melt * Cheeseburger * Grilled Chicken Sandwich * Turkey & Cheese Sandwich * Fruit, Yogurt & Cheese Platter * Uncrustable & Cheese Platter
19	20	21	22	23
Lunch Entree * Chicken Fajita * Pork Fritter Sandwich * Oven-Roasted Hot Dog * Oriental Salad with Roasted Flatbread * Fruit, Yogurt & Cheese Platter * Uncrustable & Cheese Platter	Lunch Entree * Corn Dog * Fresh Baked Cheesy Pizza * Fresh Baked Pepperoni Pizza * Fresh Baked Ham & Turkey Sub * Vegetarian Chef Salad with Roasted Flatbread * Uncrustable & Cheese Platter	Lunch Entree * Original Beef Goulash with Garlic Breadstick * Crispy Chicken Sandwich * Breaded Beef Patty Sandwich * Chef Salad with Roasted Flatbread * Turkey & Cheddar Deli Wrap * Uncrustable & Cheese Platter	Lunch Entree * Baked Breaded Steak Fingers with Dinner Roll * Fresh Baked Philly Steak Pizza * Fresh Baked Cheesy Pizza * Fresh Baked Combo Sub * Sweet Pepper Vegetarian Salad with Roasted Flatbread * Uncrustable & Cheese Platter	Lunch Entree * Mexi Tots with Dinner Roll * BBQ Rib Sandwich * Baked Breaded Fish Sandwich * Grilled Chicken Deli Wrap * Fruit, Yogurt & Cheese Platter * Uncrustable & Cheese Platter
26	27	28	29	30
Lunch Entree * Popcorn Chicken Bites * Ham, Egg & Cheese Biscuit Sandwich * Teriyaki Chicken Sandwich * Turkey Combo Deli Wrap * Fruit, Yogurt & Cheese Platter * Uncrustable & Cheese Platter	Lunch Entree * Super Nachos * Fresh Baked BBQ Chicken Pizza * Fresh Baked Cheesy Pizza * Fresh Baked Turkey & Cheese Sub * Vegetarian Chef Salad with Roasted Flatbread * Uncrustable & Cheese Platter * Fruit, Yogurt & Cheese Platter	Lunch Entree * Breakfast Bowl with Fresh Baked Biscuit * Cheeseburger * Oven-Roasted Hot Dog * Taco Salad with Tortilla Chips * Uncrustable & Cheese Platter * Fruit, Yogurt & Cheese Platter	Lunch Entree * Tater Hotdish with Dinner Roll * Fresh Baked Cheesy Pizza * Fresh Baked Supreme Pizza * Fresh Baked Ham & Cheese Sub * Sweet Pepper Vegetarian Salad with Roasted Flatbread * Uncrustable & Cheese Platter	Lunch Entree * Cheeseburger Macaroni Skillet with Garlic Breadstick * Baked Breaded Fish Sandwich * Pork Fritter Sandwich * Ham & Turkey Sandwich * Grilled Chicken Deli Wrap * Uncrustable & Cheese Platter

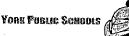
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AV LEBIC DINES



1. • • • • •

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Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
Misc. No School	Breakfast Entree * Fresh Baked Biscuits and Gravy * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable	Breakfast Entree * Waffles with Syrup * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable	Breakfast Entree * Sausage Breakfast Pizza * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable	Breakfast Entree * Fresh Baked Cinnamon Roll * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable
9	10	11	12	13
Breakfast Entree * Cheese Stuffed Pretzel * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable	Breakfast Entree * Fresh Baked Sausage Biscuit Sandwich * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable	Breakfast Entree * Iced Long John * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable	Breakfast Entree * Breakfast Sliders * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable	Breakfast Entree * Dutch Waffle * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable
16	17	18	19	20
Breakfast Entree * French Toast Sticks with Syrup Dipping Sauce * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable	Breakfast Entree * Home-style Stuffed Potato Breakfast Burrito * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable	Breakfast Entree * Muffin & Goldfish Grahams * Cereal Choices with Toast * Smucker's Peanut Butter & Jeliy Uncrustable	Breakfast Entree * Bacon & Egg Breakfast Pizza * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable	Breakfast Entree * Fresh Baked Carame! Roll * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable
23	24	25	26	27
Breakfast Entree * Scrambled Eggs and Sausage with Toast * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable	Breakfast Entree * Iced Long John * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable	Breakfast Entree * Egg & Cheese Taco Roll * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable	Breakfast Entree * Pancake and Sausage Links * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable	Misc. No Schoo!
30	1	2	3	4
Breakfast Entree * Egg & Cheese Omelet with Toast * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable	Breakfast Entree * Fresh Baked Biscuits and Gravy * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable	Breakfast Entree * Waffles with Syrup * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable	Breakfast Entree * Sausage Breakfast Pizza * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable	Misc. No School

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York School District 2019-2020 Lunch, Grades 6-8 September 2019

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
Misc. No School	Lunch Entree * Soft Shell Beefy Tacos * Fresh Baked Cheesy Pizza * Fresh Baked Hot Hawaiian Pizza * Fresh Baked Ham & Cheese Sub * Fajita Deli Wrap * Uncrustable & Cheese Platter	Lunch Entree * Cheeseburger Macaroni Skillet with Garlic Breadstick * Crispy Chicken Sandwich * Oven-Roasted Hot Dog * Southwest Salad with Tortilla Chips * Turkey & Cheddar Deli Wrap * Uncrustable & Cheese Platter	Lunch Entree * Chicken Ranch Pasta with Dinner Roll * Fresh Baked Cheesy Pizza * Fresh Baked Chicken Alfredo Pizza * Fresh Baked Italian Sub * Sweet Pepper Vegetarian Salad with Roasted Flatbread * Uncrustable & Cheese Platter	Lunch Entree * Taquito Grande wit Dipping Sauce * Spicy Chicken Sandwich * Baked Breaded Fis Sandwich * Grilled Chicken Del Wrap * Fruit, Yogurt & Che Platter * Uncrustable & Che Platter
9	10	11	12	13
Lunch Entree * Country Fried Steak with Dinner Roll * Oven-Roasted Hot Dog * Grilled Chicken Sandwich * Fajita Salad with Tortilla Chips * Turkey Combo Deli Wrap * Uncrustable & Cheese Platter	Lunch Entree * Chicken Fried Rice * Fresh Baked Cheesy Pizza * Fresh Baked Mac & Cheese Pizza * Fresh Baked Ham & Cheese Sub * Fajita Deli Wrap * Uncrustable & Cheese Platter	Lunch Entree * Chicken Nuggets with Dinner Roll * Cheeseburger * Pork Fritter Sandwich * Grilled Chicken Salad with Roasted Flatbread * Fruit, Yogurt & Cheese Platter * Uncrustable & Cheese Platter	Lunch Entree * Original Beef Goulash with Garlic Breadstick * Fresh Baked Cheesy Pizza * Fresh Baked Veggie Supreme Pizza * Fresh Baked Roasted Chicken Sub * Roasted Ham & Cheddar Deli Wrap * Uncrustable & Cheese Platter	Lunch Entree * Taco Burger * Teriyaki Chicken Sandwich * Breaded Beef Patty Sandwich * Turkey & Cheese Sandwich * Grilled Chicken Del Wrap * Uncrustable & Chee Platter
16	17	18	19	20
Lunch Entree * Chef Demo: Beef and Broccoli Stir Fry * Cheeseburger * Crispy Chicken Sandwich * Oriental Salad with Roasted Flatbread * Turkey Combo Deli Wrap * Uncrustable & Cheese Platter	Lunch Entree * Cowboy Beans over Biscuit * Fresh Baked Cheesy Pizza * Fresh Baked Sausage Pizza * Fresh Baked Ham & Turkey Sub * Fajita Deli Wrap * Uncrustable & Cheese Platter	Lunch Entree * Home-style Chicken & Noodles * Breaded Beef Patty Sandwich * BBQ Rib Sandwich * Chef Salad with Roasted Flatbread * Turkey & Cheddar Deli Wrap * Uncrustable & Cheese Platter	Lunch Entree * Home-style Spaghetti * Fresh Baked Cheesy Pizza * Fresh Baked Chicken Alfredo Pizza * Fresh Baked Combo Sub * Sweet Pepper Vegetarian Salad with Roasted Flatbread * Uncrustable & Cheese Platter	Lunch Entree * Chicken Chili Crisp * Spicy Chicken Sandwich * Ham, Egg & Chees Biscuit Sandwich * Grilled Chicken Del Wrap * Fruit, Yogurt & Che Platter * Uncrustable & Cher Platter
23	24	25	26	27
Lunch Entree * Italian Dunkers with Marinara Dipping Sauce * Baked Breaded Fish Sandwich * Nebraska Beef Burger with Cheese * Greek Chicken Salad with Fire Roasted Flatbread * Turkey Combo Deli Wrap * Uncrustable & Cheese Platter	Lunch Entree *Nosh'n But Brunch: Chorizo & Egg Grilled Cheese * Fresh Baked Cheesy Pizza * Fresh Baked Pepperoni Pizza * Fresh Baked Turkey & Cheese Sub * Vegetarian Chef Salad with Roasted Flatbread * Uncrustable & Cheese Platter	Lunch Entree Biscuit & Gravy with Scrambled Eggs * Pork Fritter Sandwich * Oven-Roasted Hot Dog * Taco Salad with Tortilla Chips * Turkey & Cheddar Deli Wrap * Uncrustable & Cheese Platter	Lunch Entree * Popcorn Chicken Bites * Fresh Baked Cheesy Pizza * Fresh Baked Taco Pizza * Roasted Ham & Cheddar Deli Wrap * Sweet Pepper Vegetarian Salad with Roasted Flatbread * Uncrustable & Cheese Platter	Misc. No School

Mon	Tue	Wed	Thu	Fri
30	1	2	3	4
Lunch Entree * French Toast Sticks & Sausage * Breaded Beef Patty Sandwich * Teriyaki Chicken Sandwich * Crispy Chicken Salad with Roasted Flatbread * Turkey Combo Deli Wrap * Uncrustable & Cheese Platter	Lunch Entree * Creamy Macaroni & Cheese * Fresh Baked Cheesy Pizza * Fresh Baked Beefy Pizza * Fresh Baked Ham & Turkey Sub * Fajita Deli Wrap * Uncrustable & Cheese Platter	Lunch Entree * Cheese Quesadilla with Beef Enchilada Soup * Crispy Chicken Sandwich * Baked Breaded Fish Sandwich * Southwest Salad with Tortilla Chips * Turkey & Cheddar Deli Wrap * Uncrustable & Cheese Platter	Lunch Entree * Mini Corn Dogs * Fresh Baked Cheesy Pizza * Fresh Baked Breakfast Pizza * Fresh Baked Italian Sub * Sweet Pepper Vegetarian Salad with Roasted Flatbread * Uncrustable & Cheese Platter	Misc. No School

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YORK MIDDLE SCHOOL **Suggested School Supplies** 2019-2020

6th Grade Supplies for York Middle School:

1 pair of headphones or earbuds (to be kept at school) These are MANDATORY and very important, as we use computer programs where they are required. Thank you!

COMPOSITION Notebook for Reading, Math, Science and English #2 pencils with erasers for the year **Blue Pens** 1 box of 12 Expo Markers (3 markers per quarter. These are used a lot) PE- towel, shorts, t-shirt, socks, tennis shoes 2 - Large boxes of Kleenex to be turned in to Mr. Kern Yellow, Pink, Green highlighter

7th Grade Supplies for York Middle School:

1 pair of earbuds <u>REQUIRED ENTIRE YEAR</u>, replace as needed (to be kept at school) Yellow, green, and pink highlighters **Scientific Calculator** Paper, Pencils, Pens (enough for the year) 2 Composition Notebooks – Science/Health 2 Spiral Notebooks - English PE – towel, shorts, t-shirt, socks, gym shoes 2 large boxes of Kleenex **Optional: Binder/Trapper for organizational purposes**

8th Grade Supplies for York Middle School:

Calculator – Scientific recommended 5 Subject divided notebook, or trapper with loose leaf notebook paper 1 composition notebook for English Pens (1 pkg. blue or black) Pencils PE – towel, shorts, t-shirt, socks, tennis shoes 2 - Large boxes of Kleenex (given to Mrs. Petersen the first week of school)

1 pair headphones or earbuds (to be kept at school)











2019/2020 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 Athletic Booster Club Membership

The York Athletic Booster Club appreciates your support! Join the 2019-20 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:								 	
	m 1	D	1.14	,	c	2010	2020		

The Board Members for 2019-2020 are: *Jill Koch *Barb Ivey *Angie Kroger *Steve Hunzeker *Chad Phinney *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

Check box below or please email <u>angie.kroger@yorkdukes.org</u> if you are willing to help with.

- Greg Holoch Memorial Golf Tournament September 15th
- 7th & 8th Grade Girls Basketball Tournament –November 23rd
- □ 7th & 8th Grade Boys Basketball Tournament –January 25th
- Parallel State April 25th
- □ All-Sports Banquet May 8th
- Various concessions, dates TBA



August 2019



Sun	Mon	Tue	Wed		Thu	Fri	Sat
						2 ent Registration - 4:00 pm	3
4	5	6	7		8	9 New Teacher Orientation	10
11	12 Board of Education Mtg.	13 YMS Open House 5:30-6:30pm JOIN US FOR HOUSE	14		15 School Starts Noon Dismissal	16 _G	17
18	19 VB practice starts FB practice starts Student Senate Campaign starts B	20 G	21 2:00 Dismissal	В	22 Student Senate Elections Back to School Celebration East Hill Park 5:30pm-7:15pm YMS Believe Fundraising starts G	23 в	24
25	26 After School Program begins at YMS	27	28 2:00 Dismissal		29	30	31
	G	В		G	В	G	

September 2019

Sun	Mon	Tue	Wed		Thu	Fri	Sat
1	2	3	4		5	6	7
	NO SCHOOL		2:00 Dismissal				YMS Band @
	Labor Day						Yorkfest Parade 10:00am
		В		G	В	G	<u>Liz M</u>
8	9	10	11		12	13	14
			2:00 Dismissal		7 VB @ Adams Central 4:30pm 8 VB - Home vs		
	Board of Education Mtg.				Adams Central @ YMS 4:30pm 7 & 8 FB @ Columbus Scotus		
	В	G		В	5:00/6:30pm G	В	
15	16	17	18		19	20	21
	7 FB - Home vs Crete MS 4:30pm 8 FB @ Crete MS (Doane College)	7 VB @ Crete MS 4:30pm 8 VB Home vs Crete MS	2:00 Dismissal		7 VB Home vs Columbus Lakeview @ YES 4:30pm 8 VB Home vs	6 th grade class to Plum Creek	
	4:30pm	@ YMS 4:30pm			Columbus Lakeview @ YMS 4:30pm	YHS Homecoming	
	G	В		G	В	G	
22	23	24	25		26	27	28
	7 & 8 VB @ Beatrice MS	7 VB@ Seward MS 4:30pm	2:00 Dismissal		2:00 Dismissal	NO SCHOOL	
	4:00pm 7 & 8 FB Home vs Beatrice 4:00/6:00pm	8 VB Home vs Seward MS @	Parent Teacher Conferences 4:30-8:30pm		7 FB @ Aurora 4:30pm	Parent-Teacher Conferences 8:00am - 3:30pm	
	YMS Book Fair —– B		' 		' 	' 	
29	30	G		В	G		
29	30						
	В						