



Be Safe, Be Respectful, Be Responsible

MARCH 2020

Greetings YMS Parent(s):

Thank you to all parents who were able to attend parent-teacher conferences on February 5-7. Your attendance proves that you are making your child's education a priority. If you were unable to attend for any reason and would like to speak with your child's teacher you can call the school at 402-362-6655, option 1 or you can find the teacher's e-mail by searching www.yorkpublic.org

In my office, I often get student issues with social media. Parents, here are some tips on how you can keep your child safe and a responsible social media user from the National Crime Prevention Council and Parents.com

- Keep your home computer in a busy area of your house.
- Set up email and chat accounts with your children. Make sure that you know their screen names and passwords and that they don't include any personal information in their online profiles.
- Tell your children not to respond to any cyberbullying threats or comments online. However, do not delete any of the messages. Instead, print out all the messages, including the e-mail addresses or online screen names of the cyberbully.
- Regularly go over their instant messenger "buddy list" with them. Ask who each person is and how your children know him or her.
- Talk regularly and specifically with your children about online issues. Let them know they can come to you for help if anything is inappropriate, upsetting, or dangerous.
- Build trust with your children. Set time limits, explain your reasons for them, and discuss rules for online safety and Internet use. Ask your children to contribute to establishing the rules; then they'll be more inclined to follow them.
- If there are threats of physical violence or the bullying continues to escalate, get law enforcement involved.
- Tell your children that you won't blame them if they are cyberbullied. Emphasize that you won't take away their computer privileges - this is the main reason kids don't tell adults when they are cyberbullied.

With these few simple tips, you can help your child be safe and responsible users of social media. If you would have any concerns, please don't hesitate to contact Mrs. Badura or Mr. Loosvelt.

Kenny Loosvelt
YMS Principal

Middle Years

Working Together for School Success



Short Stops

Illustrated notes

Your middle schooler has probably heard the phrase "A picture is worth a thousand words." It's good advice that she can apply to note taking. Suggest that she incorporate sketches into her notes. She'll include more detail in a shorter amount of time, and seeing a drawing may help her remember the information more easily.

Let your child be himself

Your tween is likely to face disappointments that you went through at his age, like not making a team or the end of a friendship. Listen to his feelings before sharing yours. He may have a different reaction than you did, and taking cues from him will let him process the experience in his own way.

DID YOU KNOW?

In a disturbing trend, more tweens and teens are "cutting"—meaning they're cutting their skin in an effort to "feel something" and cope with overwhelming emotions. Signs of this include small, straight cuts on the arms and legs or wearing long sleeves and pants on hot days. If you see any evidence of cutting, call your child's doctor right away.

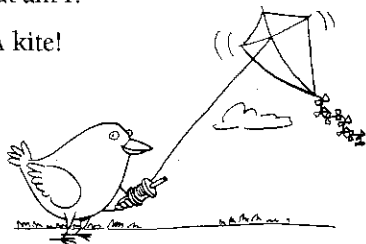
Worth quoting

"Deal with the faults of others as gently as with your own." Chinese proverb

Just for fun

Q: I have a tail but no head. What am I?

A: A kite!



Responsibility all around

Taking care of what needs to be done lets your middle grader accomplish his goals and be a good citizen. Help him become more responsible in these key areas.

Self

Encourage your tween to take responsibility for his actions rather than blaming others. Say he gets a low quiz grade and complains that the teacher didn't explain the material clearly. Ask what he could do the next time he doesn't understand something. He might raise his hand or talk to the teacher after class. He'll learn that he's in charge of his own success.

Others

Have your middle grader find a way to follow through on his responsibilities to others. He could use his planner, a calendar, or an electronic alert to remind himself about his drama club fundraiser or his weekly video call with his grandparents. Then before he makes

new plans, he should check to see if he's available.

Community

A responsible community member obeys laws and takes care of shared property. Look for opportunities when you're out together. While driving, you might point out how you move over when you pass a cyclist. Or at the grocery store, your tween could return a cart someone left in the middle of the lot so it doesn't dent a car. 🍌



Ready for standardized tests

Springtime brings warmer weather—and, for your middle schooler, standardized tests. Help your child prepare with these tips.

■ **Know the dates.** Ask your tween to print out two copies of the testing schedule and highlight the tests she will take. She could post one copy on the refrigerator (so you're in the loop) and keep the other copy in her backpack.

■ **Be supportive.** Tell your middle grader that you know she'll do her best. Offer to look over her completed practice tests. Remind her to pack sharpened pencils with erasers, and a water bottle and healthy snack if permitted.

■ **Keep it in perspective.** Encourage her to take the tests and any practice tests seriously—but not to stress. Remind her that the results are only one measure of her performance in school. 🍌



Use your (academic) words

Your tween may not text the word *derive* to her friend or say *foreshadow* in everyday conversation. But words like these are important in school and will give her a richer vocabulary for the future. Suggest these fun vocabulary boosters.

Make profiles. Have your child create pretend social media profiles for vocabulary words. On paper, she could include an "About me" section describing the word's meaning. For



I spy an abstract painting



analyze, she may write "I love to carefully examine things." Under "Friends," she might place related words and phrases such as *evaluate* and *break down*. Perhaps she'll include a "Photos" section with drawings showing the concept, such as a detective looking at evidence.

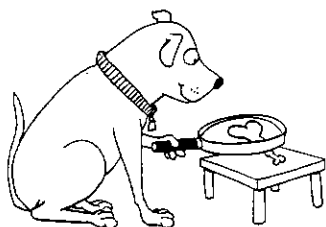
Play I Spy. In this version, the goal is to see how many ways you and your middle grader can use school vocabulary in daily life. She might talk

about the *perimeter* of a building as you walk by it, hear someone *clarify* an answer during dinner, or notice an *abstract painting* in a waiting room. 🍷

Up-close science

How do magnifying glasses work? Your middle grader can discover the science behind them by making a curved lens out of gelatin. Share these steps with him.

1. Bring 1 cup water to a simmer on the stove or in the microwave.
2. Pour a 3-oz. packet of light-colored gelatin into a bowl. Add the hot water, and stir constantly for 2 minutes.
3. Let the gelatin cool for 10 minutes. Then, put 1 tbsp. on a plate in the refrigerator for 4 hours until it hardens.
4. Measure 1 tbsp. water into a short, clear glass. Carefully place the hardened gelatin (flat side down) in the glass.



5. Now try to read a book through the gelatin "lens" by moving the glass over the text. The lens bends, or refracts, light, so the words appear larger—just like with a magnifying glass. 🍷

Q & A

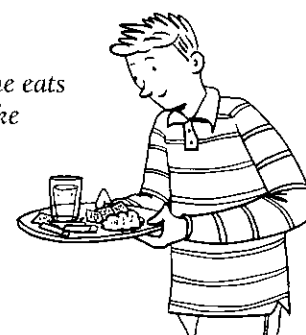
Nutrition for my tween

Q My son is always hungry, and it seems like he eats constantly. Unfortunately, he doesn't always make the best choices. What should I do?

A Your child is growing faster than at any other time since infancy, so it's normal for him to feel hungry.

Since your son is likely to reach for what's most readily available when his tummy rumbles, stock up on snacks that are nutritious and filling. Examples include Greek yogurt, nuts (if he's not allergic), hummus, avocados, lean turkey slices, and bananas.

Also, busy tweens may be tempted to skip breakfast, but a healthy morning meal will keep him full until lunchtime. A complete breakfast might include eggs, whole-wheat toast, fruit, and a glass of fat-free milk. Help him plan his meal the night before—or he could meet friends for a nutritious breakfast at school. 🍷



Parent to Parent

"My mom is so embarrassing!"

My daughter Charlene and I were always close, so I was hurt when she started acting like I was an embarrassment in public. As we headed into her sports banquet, for instance, she walked 10 steps behind me.

I mentioned this to my neighbor who has older kids. She reassured me that this is a normal part of Charlene becoming independent from me. She said that letting her kids

walk apart from her seemed to make them less resistant to going places with her. She also tried to avoid doing things that embarrassed them most, like hugging them in front of their friends. Eventually, she said, this phase will end.

I still don't enjoy Charlene thinking I'm embarrassing. But I'm glad she's becoming her own person, and I know it won't last forever. 🍷



OUR PURPOSE

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

Resources for Educators,
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128 N. Royal Avenue • Front Royal, VA 22630
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YMS MUSICAL

COMING SOON TO THE YHS THEATER
THE ANNUAL YMS MUSICAL!

THURSDAY, MARCH 19 AND FRIDAY, MARCH 20
7:00 P.M. AT THE YORK HIGH SCHOOL THEATER



Please join us for the YMS Musical *Frozen Jr!* A great cast of many YMS students promise a fun-filled evening of entertainment!

A story of true love and acceptance between sisters, Frozen Jr. expands upon the emotional relationship and journey between Princesses Anna, (Elle Malleck) and Elsa, (Lael Schwarz). When faced with danger, the two discover their hidden potential and the powerful bond of sisterhood. With a cast of beloved characters and loaded with magic, adventure, and plenty of humor, Frozen Jr. is sure to thaw even the coldest heart!

We only have one question for you...Do you want to build a snowman?

Admission is \$3 for students and \$4 for adults, no passes accepted!

We will also be needing many parent volunteers to help with set, props, snacks, etc. Please be watching for more information and contact us if you are willing to help at jessica.wagner@yorkdukes.org.

Parents, just a reminder, if your child is a part of the musical cast they need to bring their \$20 in as soon as possible.

*Please note that a mandatory dress rehearsal for **ALL** cast members will be held Wednesday, March 18, in the YHS theatre from 2:30p.m. – 4:30p.m. This allows them time to work with light, sound, and stage crews from YHS.*

Happy Spring Break

NO SCHOOL

March 12, 13, & Monday, March 16

March Newsletter

School Counselor Connection

Although it is hard to imagine, spring really is right around the corner! And with spring comes sunshine, rain, field trips, outdoor recess, and...state summative assessments!

The Nebraska Student Centered Assessment System (NSCAS), pronounced “en-skass”, is the state-wide assessment system that embodies Nebraska’s holistic view of students and helps them prepare for success in postsecondary education, career, and civic life. It uses multiple measures throughout the year to provide educators and decision makers with insights to support student learning. NSCAS is made up of formative assessments (used regularly in the classroom), interim assessments (NWEA MAP) and summative assessments (once a year NSCAS summative tests).

The **NSCAS Summative** is administered each spring to students in grades 3-8 and in grade 11 the students take the ACT. The NSCAS Summative is the state-wide assessment that measures student performance against Nebraska’s content area standards in English Language Arts and Mathematics in grades 3-8 and in Science for grades 5 and 8.

To learn more about the statewide assessment system, feel free to access the Nebraska Student Centered Assessment System site <https://community.nwea.org/community/nebraska>. On this site, there is a Parent/Student tab that you can go to in order to access the Online Student Tutorial to learn more about the NSCAS Summative test. There is also a link titled “Item Type Sampler” that shows you types of questions on the Summative test.

YMS will be following the testing schedule below. It is very important that your child be at school on testing days and prepared to do their best.

NSCAS Science March 31 and April 1 NSCAS English Language Arts April 7 and April 8 NSCAS Math April 21 and April 22



2020-2021 TRANSPORTATION REGISTRATION

Students must register prior to the deadline every year in order to ride the bus the first week of school.

Registration forms need to be returned by July 17, 2020 to be eligible for transportation. Completed forms can be turned in to the office or the Bus Barn at 2904 Enterprise Ave. Thank you for registering early! If you have any questions, the Transportation Department can be reached at 402-362-1988.



YMS Talent Show

This final performance for the YMS Choirs will be the annual Talent Show. It will take place on Thursday, May 7. Auditions will be held April 1 – 2. More details will be made available to the students during class time. We are looking forward to another great show!!

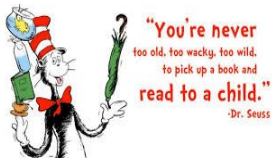




Twentieth Annual York Middle School Honor Band Day

We will be hosting our twentieth annual "York Middle School Honor Band Day" on Saturday, March 21. We are expecting over 250 area 7th and 8th grade band students to attend. Students rehearse in the afternoon to prepare for a final concert which begins at 6:30 p.m. in the York High School Theater.

Rebecca Wilhelm from Lincoln's Moore Middle School will direct the 7th grade band. The conductor for the 8th grade band will be Susan Hottovy from Lincoln.



Read Across America

Monday, March 2



NEA'S Read Across America Day takes place each year on or near March 2, the birthday of Dr. Seuss. Across the country, thousands of schools, libraries, and community centers participate by bringing together kids, teens, and books, and YOU CAN TOO! On March 2, the National Education Association calls for every child to be reading in the company of a caring adult. We encourage all of you adults to read with your children!



Buy a YMS Yearbook!

- Preserve great memories!
- Remember fun events!
- The YMS yearbook is loaded with school experiences, quotes, and candid photos.



Please make your checks payable to YMS.
The yearbooks will be delivered in the fall.



Track season begins
on Tuesday, March 17.

Students must have a
physical, and a parental
consent form on file in
order to participate!



Students from York Middle School competed in the York County Spelling Contest on Wednesday, February 5. Hats off to division winner Lily Houston who will represent York County on March 28 at the Omaha World Herald Midwest Spelling contest in Omaha.



York School District 2019-2020 Breakfast, Grades 6-8 March 2020

| Mon | Tue | Wed | Thu | Fri |
|--|---|---|--|---|
| 2 Breakfast Entree * French Toast Sticks with Syrup Dipping Sauce * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable | 3 Breakfast Entree * Very Berry Overnight Oats * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable | 4 Breakfast Entree * Fresh Baked Biscuits and Gravy * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable | 5 Breakfast Entree * Bacon & Egg Breakfast Pizza * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable | 6 Breakfast Entree * Fresh Baked Cinnamon Roll * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable |
| 9 Breakfast Entree * Breakfast Sliders * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable | 10 Breakfast Entree * Maple Long John * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable | 11 Breakfast Entree * Home-style Stuffed Potato Breakfast Burrito * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable | 12 Misc. No School | 13 Misc. No School |
| 16 Misc. No School | 17 Breakfast Entree * Fresh Baked Biscuits and Gravy * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable | 18 Breakfast Entree * Waffles with Syrup * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable | 19 Breakfast Entree * Sausage Breakfast Pizza * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable | 20 Breakfast Entree * Fresh Baked Cinnamon Roll * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable |
| 23 Breakfast Entree * Iced Long John * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable | 24 Breakfast Entree * Fresh Baked Sausage Biscuit Sandwich * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable | 25 Breakfast Entree * Banana Dog * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable | 26 Breakfast Entree * Breakfast Sliders * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable | 27 Breakfast Entree * Fresh Baked Cinnamon Roll * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable |
| 30 Breakfast Entree * French Toast Sticks with Syrup Dipping Sauce * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable | 31 Breakfast Entree * Home-style Stuffed Potato Breakfast Burrito * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable | 1 Breakfast Entree * Fresh Baked Biscuits and Gravy * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable | 2 Breakfast Entree * Bacon & Egg Breakfast Pizza * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable | 3 Breakfast Entree * Fresh Baked Cinnamon Roll * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable |

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

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

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at:



| Mon | Tue | Wed | Thu | Fri |
|--|---|---|--|--|
| 2 Lunch Entree * Chicken Pot Pie * Grilled Chicken Sandwich * Cheeseburger * Fresh Baked Combo Sub * Crispy Chicken Salad with Roasted Flatbread * Uncrustable & Cheese Platter | 3 Lunch Entree * Classic Beefy Chili with Crackers * Pizza Station: Fresh Baked Cheesy Pizza * Pizza Station: Fresh Baked Mac Cheese Pizza * Grilled Chicken Deli Wrap * Uncrustable & Cheese Platter * Fruit, Yogurt & Cheese Platter | 4 Lunch Entree * Home-style Chicken & Noodles * Breaded Beef Patty Sandwich * Spicy Chicken Sandwich * Fresh Baked Italian Sub * Southwest Salad with Tortilla Chips * Uncrustable & Cheese Platter * Caramel Apple Yogurt Parfait with Graham Crackers | 5 Lunch Entree * Home-style Spaghetti * Pizza Station: Fresh Baked Cheesy Pizza * Pizza Station: Fresh Baked Breakfast Pizza * Crispy Chicken Deli Wrap * Fruit, Yogurt & Cheese Platter * Uncrustable & Cheese Platter | 6 Lunch Entree * Loaded Breakfast Tacos * Baked Breaded Fish Sandwich * BBQ Rib Sandwich * Fresh Baked Dual-Cheese Sub * Turkey Combo Deli Wrap * Uncrustable & Cheese Platter |
| 9 Lunch Entree * Italian Dunkers with Marinara Dipping Sauce * Grilled Chicken Sandwich * Bacon, Egg & Cheese Biscuit Sandwich * Fresh Baked Combo Sub * Crispy Chicken Salad with Roasted Flatbread * Uncrustable & Cheese Platter | 10 Lunch Entree * Chili Cheese Fritos * Pizza Station: Fresh Baked Cheesy Pizza * Pizza Station: Fresh Baked Buffalo Ranch Pizza * Chicken Caesar Deli Wrap * Uncrustable & Cheese Platter * Strawberry Banana Yogurt Parfait with Graham Crackers | 11 Lunch Entree * Traditional Beefy Lasagna * Cheeseburger * Pork Fritter Sandwich * Fresh Baked Italian Sub * Southwest Salad with Tortilla Chips * Uncrustable & Cheese Platter | 12 Misc. No School | 13 Misc. No School |
| 16 Misc. No School | 17 Lunch Entree * Creamy Macaroni & Cheese * Pizza Station: Fresh Baked Cheesy Pizza * Pizza Station: Fresh Baked Pepperoni Pizza * Fresh Baked Ham & Cheese Sub * Chef Salad with Roasted Flatbread * Uncrustable & Cheese Platter | 18 Lunch Entree * Chef Demo: Apple-Thai-zing Chicken over Rice * Beef & Bean Burrito * Breaded Beef Patty Sandwich * Teriyaki Chicken Sandwich * Fajita Deli Wrap * Southwest Salad with Tortilla Chips * Uncrustable & Cheese Platter | 19 Lunch Entree * Pancakes & Sausage * Pizza Station: Fresh Baked Cheesy Pizza * Pizza Station: Fresh Baked Taco Pizza * Fresh Baked Roasted Chicken Sub * Fajita Salad with Tortilla Chips * Uncrustable & Cheese Platter | 20 Lunch Entree * BBQ Pulled Pork Sliders * Crispy Chicken Sandwich * Baked Fish & Cheese Sandwich * Fresh Baked Ham & Turkey Sub * Asian Salad with Roasted Flatbread * Uncrustable & Cheese Platter |
| 23 Lunch Entree * Home-style Scalloped Potatoes & Ham with Dinner Roll * Cheeseburger * Pork Fritter Sandwich * Fresh Baked Combo Sub * Crispy Chicken Salad with Roasted Flatbread * Uncrustable & Cheese Platter | 24 Lunch Entree * Taco in a Bag * Pizza Station: Fresh Baked Cheesy Pizza * Pizza Station: Fresh Baked Thai Chicken Pizza * Fresh Baked Ham & Cheese Sub * Chef Salad with Roasted Flatbread * Uncrustable & Cheese Platter | 25 Lunch Entree * Nosh'n But Brunch: Sweet Swine Donut Sandwich * Ham, Egg & Cheese Biscuit Sandwich * Baked Breaded Fish Sandwich * Fresh Baked Italian Sub * Fajita Deli Wrap * Uncrustable & Cheese Platter | 26 Lunch Entree * Hearty Meatloaf with Dinner Roll * Pizza Station: Fresh Baked Cheesy Pizza * Pizza Station: Fresh Baked Veggie Taco Pizza * Fresh Baked Roasted Chicken Sub * Fajita Salad with Tortilla Chips * Uncrustable & Cheese Platter | 27 Lunch Entree * Crunchy Fish Tacos * Spicy Chicken Sandwich * Oven-Roasted Hot Dog * Tuna Salad Sandwich * Turkey Combo Deli Wrap * Uncrustable & Cheese Platter |
| 30 Lunch Entree * Chicken Fajita * Crispy Chicken Sandwich * Pork Fritter Sandwich * Fresh Baked Combo Sub * Roasted Chicken & Cheddar Deli Wrap * Crispy Chicken Salad with Roasted Flatbread * Uncrustable & Cheese Platter | 31 Lunch Entree * Corn Dog * Pizza Station: Fresh Baked Cheesy Pizza * Pizza Station: Fresh Baked Cheeseburger Pizza * Fresh Baked Ham & Cheese Sub * Grilled Chicken Deli Wrap * Uncrustable & Cheese Platter | 1 Lunch Entree * Baked Breaded Steak Fingers with Dinner Roll * Cheeseburger * BBQ Rib Sandwich * Fresh Baked Italian Sub * Fajita Deli Wrap * Uncrustable & Cheese Platter | 2 Lunch Entree * Biscuit & Gravy with Scrambled Eggs * Pizza Station: Fresh Baked Cheesy Pizza * Pizza Station: Fresh Baked Supreme Pizza * Fresh Baked Roasted Chicken Sub * Crispy Chicken Deli Wrap * Uncrustable & Cheese Platter * Fruit, Yogurt & Cheese Platter | 3 Lunch Entree * Mexi Tots with Dinner Roll * Baked Breaded Fish Sandwich * Pork Fritter Sandwich * Fresh Baked Ham & Turkey Sub * Asian Salad with Roasted Flatbread * Uncrustable & Cheese Platter |

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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
 mail: (202) 896-7442; or
 email: program.intake@usda.gov.

This Institution is an equal opportunity provider.



MARCH 2020

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|---------------------------|--|--|---|
| 1 | 2  B | 3 8th Grade class College Visit G | 4 2:00 Dismissal B | 5 G | 6 End of 3rd Qrt B | 7 |
| 8  | 9 Board of Education Mtg. G | 10 B | 11 2:00 Dismissal G | 12 ... NO SCHOOL - Spring Break ... | 13 ... NO SCHOOL - Spring Break ... | 14 |
| 15 | 16 NO SCHOOL Spring Break | 17  Track practice Starts B | 18 2:00 Dismissal G | 19  YMS Musical - 7:00pm YHS Theater B | 20 G | 21  YMS Honor Band 12:00-8:00pm YHS Theater |
| 22 | 23 Board of Education Mtg. B | 24 G | 25 2:00 Dismissal B | 26 G | 27 B | 28 |
| 29 | 30 7 & 8 Coed TR @ GICC Quad vs Central City, Westridge MS, Wood River 2:00pm G | 31 B | | | | |