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Volume 5

PRINCIPAL

Number 3

Be Safe, Be Respectful, Be Responsible

**NOVEMBER 2019**

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Hello YMS Parent(s)!

What a fantastic first quarter we had at YMS. Students were challenged by their teachers to be creative, collaborate with each other and to think critically. Teachers at YMS are constantly pushing students to grow. They expect great things from your child and they are happy to be the driving force that pushes them to succeed.

The last week in October was Red Ribbon Week at YMS. Red Ribbon Week was started by parents in response to the murder of DEA agent Enrique Camarena. The parents wore Red Ribbons as a symbol of their commitment to raise awareness of the killing and destruction caused by drugs and alcohol in America. Here are some suggestions for parents of middle school kids from the Partnership for Drug Free-Kids.

- Make it very clear that you do not want them to use alcohol, tobacco, marijuana or other drugs.
- Find out if they really understand the consequences of alcohol, tobacco, and other drug use.
- Get to know her friends by taking them to and from after-school activities, games, the library, and movies. Check-in with her friends' parents often to make sure you share the same anti-drug stance.
- Be sure you know his online friends – as well as his other online activities such as websites he visits, with whom he emails, chats and instant messages, his Facebook page, and who he text messages.
- Volunteer for activities where you can observe him at school.
- Get your kids involved with adult-supervised after-school activities.
- Make it easy for your child to leave a situation where alcohol, tobacco, or other drugs are being used.
- Call kids' parents if their home is to be used for a party; get assurance that no alcoholic beverages or illegal substances will be at the party.
- Set curfews and enforce them.
- Encourage an open dialogue with your children about their experiences.

At YMS we are continuously working on changing student mindsets. *A mindset according to Dr. Carol Dweck is a self-perception or "self-theory" that people hold about themselves. Believing that you are either "intelligent" or "unintelligent" is a simple example of a mindset.*

# Middle Years

Working Together for School Success



## Short Stops

### Asking about school

It may take a little creativity to get your tween talking about school. Instead of asking "How was school?" try "What made you laugh today?" or "What was the most interesting thing a teacher said?" *Idea:* Share something about your day first. Your child may be more likely to open up.

### Eat your fruits and veggies

Encourage your middle grader to get more fruits and vegetables with her cafeteria lunch. She might add salad bar veggies like lettuce and tomato to her burger or chicken sandwich. And for a healthy dessert, she could dip fresh fruit like apple slices or pineapple chunks into yogurt.

### DID YOU KNOW?

Checking your tween's grades online helps you know how he's doing. However, it's important to keep in mind that grades aren't always updated every day. If you notice a low grade or a missing assignment, ask your child about it. He might have a reasonable explanation, or it's possible his teacher hasn't entered everything yet.

### Worth quoting

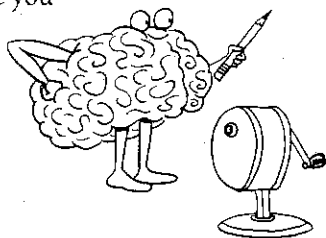
"Remember that happiness is a way of travel, not a destination."

Roy M. Goodman

### Just for fun

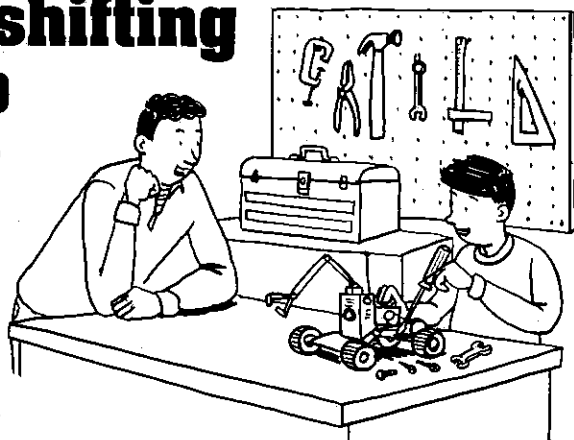
**Q:** What gets sharper the more you use it?

**A:** Your brain.



## Tweens: A shifting relationship

Watching your child grow into an adolescent can be fun. You get a peek at his future adult self as his interests, opinions, and sense of humor develop. It may also be confusing, though, as he becomes more independent. Try these strategies for maintaining a strong relationship.



### Allow some space

Does your tween prefer to hang out with friends rather than with you? Does he often hole up in his room? Those behaviors are normal. Stay connected by making some family activities, such as weekend outings or dinners, non-negotiable. Also, be sure to spend time chatting with him each day. He'll find it comforting to know you're there.

### Find the positives

When your middle grader is moody, think about what you enjoy about him, such as his sense of humor or his compassion for animals. Try framing his

negative behaviors as positives. For instance, his ability to argue could be seen as a knack for debate. Or his insistence on doing things his way shows he's thinking for himself.

### Avoid comparisons

Focus on who your child is instead of comparing him to yourself at his age or to other tweens. Perhaps you played sports in middle school but he wants to build robots and join the environment club. Show interest in his activities, and ask questions to learn more about them. ("What can your robot do?" "How was the watershed cleanup?")

## Effort = results

The better your middle grader understands that hard work contributes to success, the more likely she is to put in effort. Help her see the connection with these suggestions.

■ **Focus on her actions.** Rather than saying what a great writer your child is, you might point out that all the time she spent editing her essay made it better. She'll learn that she has control over the results she gets.

■ **Encourage persistence.** When your tween faces a setback, recommend that she make adjustments rather than give up. Say she receives a lower-than-expected score on a civics quiz. She could set aside more time to study for the next quiz.



# Hooked on a book

Reading for pleasure will build your tween's background knowledge and vocabulary. Inspire her to read more with these ideas.

**Make reading a priority.** When your family sits around in the evening, have each person read silently instead of watching TV. Visit the library regularly so you always have books in your home. Talk to your child about what you're reading, and ask about her book.



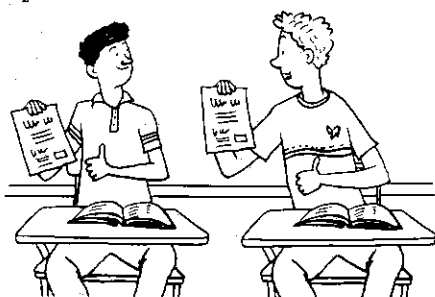
**Read about authors.** If your middle grader likes particular books, she could visit authors' websites to learn more about them. She might search the internet to find interviews with the authors and reviews of their other books—and discover something new to read.

**Take material along.** Reading a few minutes here and there adds up. Your teen could plan ahead by packing a book everywhere she goes! That way, she can read on the subway, in the dentist's office, or while waiting for her ride home. Suggest that she grab a magazine for her purse, keep a novel in her backpack, or download an e-book so she always has something to read. 🍷

Q & A

## Think first

**Q** My son sometimes makes decisions without thinking them through. How can I teach him not to make impulsive decisions?



**A** Your tween's brain is still developing—especially the part of it that controls decision making.

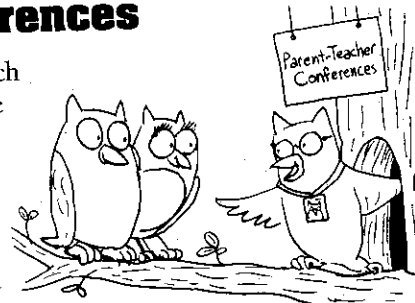
Let him know that to make good choices, he needs to consider the facts. For example, maybe he needs to pick partners for a group project. His first instinct may be to work with his best friend. But encourage him to think about who has good work habits and won't leave him doing all the work.

Also, give him experience making everyday decisions like picking out gifts for relatives or choosing the film for family movie night. For instance, rather than picking the first gift that looks cool, he should consider your family's budget and each relative's interest. 🍷

## Make the most of conferences

Use fall parent-teacher conferences to touch base with teachers early in the year and share information to support your middle grader's learning. Consider these tips:

- Get your child's input. Ask if there's anything specific he'd like you to bring up. He may want a teacher to know he feels hesitant about raising his hand in class, for instance.
- Ask about your tween's strengths as well as areas where he could improve. Maybe you'll find out that he loves helping other students but needs to manage his time better in class. Also, get advice on how you can support him at home.
- Point out what you notice at home. Perhaps he's enjoying a math game the teacher recommended, or maybe he's struggling with a science project. This gives teachers useful information for challenging and assisting your child. 🍷



Parent to Parent

## Empathy can prevent bullying

My sister's son was being bullied in school. Thankfully, she worked with the counselor and the situation was resolved—and my sister learned something interesting that she shared with me.

The counselor told my sister that empathy is an antidote to bullying. He said when kids really understand and care about how others feel, they're far less likely to bully. That got me thinking about ways I could approach the subject with my daughter Dara.

When she mentioned that a classmate's parent was sick, I encouraged her to call the girl regularly and perhaps even send a card or cookies.

I also try to show empathy for Dara if she's upset about something, rather than saying, "You'll be fine." When a boy she liked didn't feel the same way about her, I related a similar experience I had in middle school.

I'm hopeful that our focus on empathy will help Dara be kind toward others and never participate in bullying. 🍷



## OUR PURPOSE

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

Resources for Educators,  
a division of CCH Incorporated  
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www.rfeonline.com  
ISSN 1540-5540

Here are some examples:

Students with a fixed mindset believe that they are born with basic abilities, intelligence, and talents and they can't change that. Their goal is to look smart and never look dumb.

Students with a growth mindset believe that their talents and abilities can be developed through effort, good teaching, and persistence. They believe everyone can get smarter if they work at it. They are not afraid to fail and therefore don't mind not knowing the answer.

Students with a fixed mindset fear failure and are less likely to take risks.

Students with a growth mindset value the challenges of taking a risk and know that they will learn from their failures and improve.

Here are some strategies you can use at home to help your child change from a fixed to a growth mindset.

1. Have a daily learning discussion. Ask your student "What did you learn today?" "What did you try hard at today?"
2. DO praise the process DON'T praise ability. Instead of saying "you are so smart" "you are good at playing the piano" say "You really work hard on your math" "Your many hours of practice on the piano are paying off."
3. Explain to kids that their brain is never done growing. Remind them they can always learn and improve throughout their life.
4. Let your kids fail. It is OK to fail. It is NOT OK to give up. When students fail ask them "How can you get better next time?" "What did you learn from your mistake?" Then as students finally succeed praise their persistence.
5. Encourage positive talk in your home. Stop the use of the words "I can't" and instead remind people in your house to say "I can't, yet."

We are going to have a fantastic second quarter at YMS. Teachers and staff are here for your student(s). We are going to continue to push them to grow and be better students and young men and women. Thank you for your help as we work together to make the years at YMS some of the best years in their academic life!



**Thanksgiving Break**  
**No School**

**Thanksgiving vacation will be Wednesday,  
November 27, Thursday, November 28  
and Friday, November 29.**

**Have a Blessed Thanksgiving!**



## Picture Retakes

If your child did not have his/her school picture taken or if he/she is not satisfied with their picture, retakes will be on Tuesday, November 12.

**Mid-term progress grades can be viewed on the Parent Portal. Progress grades will only be mailed with those grades below 86%. If you have any questions, please call the middle school at 402.362.6655, option #1. Go Dukes!!**

November Newsletter  
Counselor Connection

The Nebraska Student Centered Assessment System (NSCAS) English Language Arts, Math, and Science general summative assessments were administered to Nebraska students in grades 3-8 during the spring of 2019. The NSCAS is Nebraska's statewide assessment system.

Once your child completed the NSCAS tests, the results were calculated and a score was generated and reported in the form of an Individual Student Report (ISR). Recently, the ISRs were distributed to school districts. York Public Schools has received these reports and will be sending them out to parents in the very near future. Please be watching for the reports in the mail.

There is an online resource called the "Individual Student Report Interpretive Guide for Parents" that can be accessed by going to <https://community.nwea.org/community/nebraska>. Scroll halfway down the page and click on the Parents/Students tab. Under the Reports section is a link titled ISR Parent Interpretive Guide for Parents. This guide will help you further understand the ISR report. There are also two videos under the Reports section. One video gives an overview of the NSCAS test and the other walks you through the ISR.

If you have further questions, please feel free to reach out to me.

Jennifer Badura  
YMS School Counselor  
[jen.badura@yorkdukes.org](mailto:jen.badura@yorkdukes.org)



## A Salute to Veterans

We will be honoring our veterans with a special program on Friday, November 8 at 10:00 a.m. in the high school theater. The program will include presenting the flag, singing the national anthem, reciting the Pledge of Allegiance, singing patriotic songs, and honoring the men and women

who have served in the armed forces. Our guest speaker will be Chad Schroetlin. Chad is on active duty for Nebraska National Guard & a Veteran Purple Heart Recipient.

We hope you're able to attend our Veterans Day assembly.

### Food Drive



Thank you to all those who donated to our annual  
**CANNED FOOD DRIVE** once again this year.

1000 lbs of food and nearly \$800 were donated to the Blue Valley Community Action food pantry from the #bestMSinNe

Thank you @YmsDukes for your generosity and thank you to Baers Furniture for the use of your truck to transport the donations!



## **Marching Band Highlights Concert**

### **Rescheduled to Monday, November 4th**

**Because of a high school schedule conflict we have to reschedule our**  
**"Marching Band Highlights Concert" to**  
**Monday, November 4<sup>th</sup>. Please mark your calendars!**

This year's 6<sup>th</sup> grade band's first performance, the 7<sup>th</sup> and 8<sup>th</sup> grade marching band and Drumline along with the senior high band, Drumline, and Flag Squad will all be featured at this concert in the York High School Gymnasium at 7:00 p.m. You won't want to miss the 6<sup>th</sup> grade band parents' selection—we'll find out how well the students are able to teach their parents.

Please plan to come out and see all of York's band members in action!



## **YMS CHOIRS**

This year's YMS choirs are off to a great start. We have large ensembles, which are showing potential for a great year and therefore some great performances for you, their parents and friends.

Please mark your calendars for three big performances left this year.

YHS & YMS Choir Christmas Concert – Monday, December 16, 7:00 p.m.  
YMS Musical – Thursday, March 19 and Friday, March 20, 7:00 p.m.  
YMS Talent Show - Thursday, May 7, 7:00 p.m.

All of these performances will be held at the York High School Theater.

### **INFORMATION REGARDING INCLEMENT WEATHER**

In case of a weather emergency, we will follow the same procedure that has been in practice in the past years. That procedure is as follows:

1. Radio Station KOOL (103.5 FM 1370 AM), and KTMX-FM (104.9) will again serve as our primary source for dispensing "school closing information." They are 24 hour stations.
2. If severe weather necessitates an early dismissal, a school cancellation, or information concerning school buses, it will be broadcast on KOOL and KTMX.
3. Bus drivers are instructed to use good judgment in determining whether a road is passable. The Transportation Department will notify parents where children can be loaded if a specific road cannot be traveled. Buses will travel the regular routes and maintain a time schedule consistent with the conditions of the roads.
4. "Emergency Messages" will be sent to our student's parents and guardians who have an email or cell phone number listed in Infinite Campus, and the YPS Staff. Information will be posted on our website at [www.yorkpublic.org](http://www.yorkpublic.org), on our Facebook page at York Public Schools and on Twitter at @MitchBartYPS (#yorkdukes). **Parents and Guardians – please be sure to provide the school secretaries with your current email address and cell phone number in order to be notified!!**



# York School District

## 2019-2020 Breakfast, Grades 6-8

### November 2019

| Mon   | Tue  | Wed  | Thu  | Fri  |
|---|--|--|--|--|
| 28<br><b>Breakfast Entree</b><br>* Egg & Cheese Omelet with Toast<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable               | 29<br><b>Breakfast Entree</b><br>* Fresh Baked Biscuits and Gravy<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable      | 30<br><b>Breakfast Entree</b><br>* Monte Cristo Sandwich<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable                       | 31<br><b>Breakfast Entree</b><br>* Sausage Breakfast Pizza<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable     | 1<br><b>Breakfast Entree</b><br>* Fresh Baked Cinnamon Roll<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable  |
| 4<br><b>Breakfast Entree</b><br>* Egg & Cheese Taco Roll<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable                        | 5<br><b>Breakfast Entree</b><br>* Fresh Baked Sausage Biscuit Sandwich<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable | 6<br><b>Breakfast Entree</b><br>* Chocolate Iced Long John<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable                     | 7<br><b>Breakfast Entree</b><br>* Breakfast Sliders<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable            | 8<br><b>Breakfast Entree</b><br>* Dutch Waffle<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable               |
| 11<br><b>Breakfast Entree</b><br>* French Toast Sticks with Syrup Dipping Sauce<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable | 12<br><b>Breakfast Entree</b><br>* Iced Long John<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable                      | 13<br><b>Breakfast Entree</b><br>* Pancakes with Syrup<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable                         | 14<br><b>Breakfast Entree</b><br>* Bacon & Egg Breakfast Pizza<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable | 15<br><b>Breakfast Entree</b><br>* Fresh Baked Caramel Roll<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable  |
| 18<br><b>Breakfast Entree</b><br>* Waffles with Syrup<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable                           | 19<br><b>Breakfast Entree</b><br>* Maple Long John<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable                     | 20<br><b>Breakfast Entree</b><br>* Home-style Stuffed Potato Breakfast Burrito<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable | 21<br><b>Breakfast Entree</b><br>* Pancake Sausage Stick<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable       | 22<br><b>Breakfast Entree</b><br>* Fresh Baked Cinnamon Roll<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable |
| 25<br><b>Breakfast Entree</b><br>* Egg & Cheese Omelet with Toast<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable               | 26<br><b>Breakfast Entree</b><br>* Scrambled Eggs with Toast<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable           | 27<br><b>Misc.</b><br>No School  | 28<br><b>Misc.</b><br>No School  | 29<br><b>Misc.</b><br>No School  |

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.

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

[http://www.asor.usda.gov/complaint\\_filing\\_cust.html](http://www.asor.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](mailto:program.intake@usda.gov).





# York School District

## 2019-2020 Lunch, Grades 6-8

### November 2019

| Mon  | Tue   | Wed  | Thu   | Fri  |
|--|---|--|---|--|
| <b>28</b><br><b>Lunch Entree</b><br>* Spicy Thai Chicken over Rice<br>* Baked Breaded Fish Sandwich<br>* Oven-Roasted Hot Dog<br>* Fresh Baked Combo Sub<br>* Crispy Chicken Salad with Roasted Flatbread<br>* Uncrustable & Cheese Platter  | <b>29</b><br><b>Lunch Entree</b><br>* Mini Corn Dogs<br>* Pizza Station: Fresh Baked Cheesy Pizza<br>* Pizza Station: Fresh Baked Supreme Pizza<br>* Fresh Baked Ham & Cheese Sub<br>* Grilled Chicken Deli Wrap<br>* Uncrustable & Cheese Platter                              | <b>30</b><br><b>Lunch Entree</b><br>* Loaded Hash Browns with Dinner Roll<br>* Crispy Chicken Sandwich<br>* Oven-Roasted Hot Dog<br>* Fresh Baked Italian Sub<br>* Southwest Salad with Tortilla Chips<br>* Uncrustable & Cheese Platter   | <b>31</b><br><b>Lunch Entree</b><br>* Chicken Ranch Pasta with Dinner Roll<br>* Pizza Station: Fresh Baked Cheesy Pizza<br>* Pizza Station: Fresh Baked Thai Chicken Pizza<br>* Fresh Baked Roasted Chicken Sub<br>* Fajita Salad with Tortilla Chips<br>* Uncrustable & Cheese Platter   | <b>1</b><br><b>Lunch Entree</b><br>* Taquito Grande with Dipping Sauce<br>* Cheeseburger<br>* Crispy Chicken Sandwich<br>* Fresh Baked Ham & Turkey Sub<br>* Asian Salad with Roasted Flatbread<br>* Uncrustable & Cheese Platter                |
| <b>4</b><br><b>Lunch Entree</b><br>* Cheeseburger Soup with Dinner Roll<br>* Oven-Roasted Hot Dog<br>* Breaded Beef Patty Sandwich<br>* Roasted Chicken & Cheddar Deli Wrap<br>* Crispy Chicken Salad with Roasted Flatbread<br>* Uncrustable & Cheese Platter                       | <b>5</b><br><b>Lunch Entree</b><br>* Italian Melt<br>* Pizza Station: Fresh Baked Cheesy Pizza<br>* Pizza Station: Fresh Baked Hot Hawaiian Pizza<br>* Fresh Baked Ham & Cheese Sub<br>* Uncrustable & Cheese Platter<br>* Vanilla-Berry Yogurt Parfait with Goldfish Grahams   | <b>6</b><br><b>Lunch Entree</b><br>* Breakfast Bowl with Fresh Baked Biscuit<br>* BBQ Rib Sandwich<br>* Teriyaki Chicken Sandwich<br>* Fajita Deli Wrap<br>* Southwest Salad with Tortilla Chips<br>* Uncrustable & Cheese Platter         | <b>7</b><br><b>Lunch Entree</b><br>* Original Beef Goulash<br>* Pizza Station: Fresh Baked Cheesy Pizza<br>* Pizza Station: Fresh Baked Philly Pizza<br>* Fresh Baked Roasted Chicken Sub<br>* Fajita Salad with Tortilla Chips<br>* Uncrustable & Cheese Platter                         | <b>8</b><br><b>Lunch Entree</b><br>* Taco Burger<br>* Pork Fritter Sandwich<br>* Grilled Chicken Sandwich<br>* Turkey Combo Deli Wrap<br>* Uncrustable & Cheese Platter<br>* Strawberry Banana Yogurt Parfait with Graham Crackers               |
| <b>11</b><br><b>Lunch Entree</b><br>* Chicken Pot Pie<br>* Cheeseburger<br>* Crispy Chicken Sandwich<br>* Roasted Chicken & Cheddar Deli Wrap<br>* Crispy Chicken Salad with Roasted Flatbread<br>* Uncrustable & Cheese Platter   | <b>12</b><br><b>Lunch Entree</b><br>* Classic Beefy Chili with Crackers<br>* Pizza Station: Fresh Baked Cheesy Pizza<br>* Pizza Station: Fresh Baked Breakfast Pizza<br>* Fresh Baked Ham & Cheese Sub<br>* Chef Salad with Roasted Flatbread<br>* Uncrustable & Cheese Platter | <b>13</b><br><b>Lunch Entree</b><br>* Country Fried Steak<br>* Ham, Egg & Cheese Biscuit Sandwich<br>* Oven-Roasted Hot Dog<br>* Fresh Baked Italian Sub<br>* Southwest Salad with Tortilla Chips<br>* Uncrustable & Cheese Platter        | <b>14</b><br><b>Lunch Entree</b><br>* Home-style Spaghetti<br>* Pizza Station: Fresh Baked Cheesy Pizza<br>* Pizza Station: Fresh Baked Buffalo Ranch Pizza<br>* Fresh Baked Roasted Chicken Sub<br>* Uncrustable & Cheese Platter<br>* Caramel Apple Yogurt Parfait with Graham Crackers | <b>15</b><br><b>Lunch Entree</b><br>* Chef Demo: Cajun Steak Flatbread<br>* Cheese Quesadilla with Beef Enchilada Soup<br>* Baked Breaded Fish Sandwich<br>* Pork Fritter Sandwich<br>* Turkey Combo Deli Wrap<br>* Uncrustable & Cheese Platter |
| <b>18</b><br><b>Lunch Entree</b><br>* Italian Dunkers with Marinara Dipping Sauce<br>* Oven-Roasted Hot Dog<br>* Teriyaki Chicken Sandwich<br>* Crispy Chicken Salad with Roasted Flatbread<br>* Uncrustable & Cheese Platter<br>* Caramel Apple Yogurt Parfait with Graham Crackers | <b>19</b><br><b>Lunch Entree</b><br>* Southwest Pulled Pork Nachos<br>* Pizza Station: Fresh Baked Cheesy Pizza<br>* Pizza Station: Fresh Baked Beefy Pizza<br>* Chicken Caesar Deli Wrap<br>* Chef Salad with Roasted Flatbread<br>* Uncrustable & Cheese Platter              | <b>20</b><br><b>Lunch Entree</b><br>* Traditional Beefy Lasagna<br>* Pork Fritter Sandwich<br>* Ham, Egg & Cheese Biscuit Sandwich<br>* Fresh Baked Italian Sub<br>* Southwest Salad with Tortilla Chips<br>* Uncrustable & Cheese Platter | <b>21</b><br><b>Lunch Entree</b><br>* Roasted Turkey with Dinner Roll<br>* Pizza Station: Fresh Baked Cheesy Pizza<br>* Pizza Station: Fresh Baked BBQ Chicken Pizza<br>* Crispy Chicken Deli Wrap<br>* Fajita Salad with Tortilla Chips  | <b>22</b><br><b>Lunch Entree</b><br>* Chicken Nuggets<br>* Pork Fritter Sandwich<br>* Cheeseburger<br>* Fresh Baked Ham & Turkey Sub<br>* Uncrustable & Cheese Platter<br>* Vanilla-Berry Yogurt Parfait with Goldfish Grahams                   |



| Mon  | Tue   | Wed                                     | Thu  | Fri                                     |
|--|---|---|--|---|
| <div>25</div> <b>Lunch Entree</b><br>* Nosh'n But Brunch:<br>Stuffed French Toast<br>* Crispy Chicken<br>Sandwich<br>* Oven-Roasted Hot Dog<br>* Fresh Baked Combo<br>Sub<br>* Crispy Chicken Salad<br>with Roasted Flatbread<br>* Uncrustable & Cheese<br>Platter | <div>26</div> <b>Lunch Entree</b><br>* Creamy Macaroni &<br>Cheese<br>* Pizza Station: Fresh<br>Baked Taco Pizza<br>* Pizza Station: Fresh<br>Baked Cheesy Pizza<br>* Grilled Chicken Deli<br>Wrap<br>* Chef Salad with<br>Roasted Flatbread<br>* Uncrustable & Cheese<br>Platter | <div>27</div> <b>Misc.</b><br>No School | <div>28</div> <b>* Uncrustable &amp; Cheese<br/>Platter</b><br><br><b>Misc.</b><br>No School | <div>29</div> <b>Misc.</b><br>No School |

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This Institution is an equal opportunity provider.

## Walk In Flu Shot Clinics 2019

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

**Early Morning:** Every Wednesday from 6:30 -8:30 am  
(October 2 - November 27)

**Noon Hour:** Every Thursday from 11:00-12:00pm

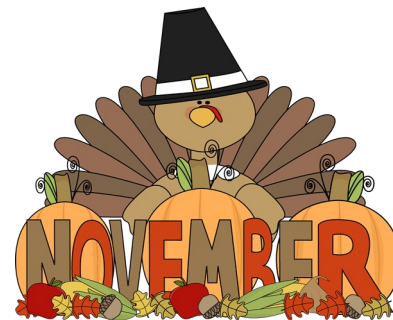
**Evenings:** Every Tuesday from 3:00-5:00 pm  
(October 1- November 26)

Affiliated Businesses - \$25.00  
York General Health Care Staff – Free  
York General Immediate Family- \$18.00  
General Public - \$28.00

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



# NOVEMBER



| Sun  | Mon   | Tue   | Wed                                       | Thu  | Fri   | Sat   |
|--|---|---|---|--|---|---|
|  |   |   |   |  | 1   | 2   |
|  |   |   |   |  | B   |   |
| 3<br>Daylight Savings<br>Time Ends<br>  | 4<br><br>Marching Band<br>Highlights Concert<br>7:00 pm<br>YHS Gym             | 5<br>6th grade D.A.R.E.<br>Graduation<br>7:00 pm  | 6<br>2:00 Dismissal                       | 7  | 8<br>VETERAN'S DAY<br>PROGRAM @ YHS<br>10:00 AM | 9   |
|  | G   | B   | G   | B  | G   |   |
| 10<br><br>FFA Harvest Moon<br>Celebration<br>5:30pm @<br>Holthus Convention<br>Center | 11<br>Veteran's Day<br>7 & 8 WR - Home<br>Invite vs. Crete,<br>David City,<br>Fairbury, Fillmore<br>Cntrl, Hastings<br>@ YMS 4:00 pm<br>Board of Education Mtg. | 12<br><br>Picture Retakes<br>7 & 8 GBB-Home vs<br>Hastings St Cecilia<br>(7 @ YES/8 @YMS)<br>4:30 pm | 13<br>2:00 Dismissal                      | 14<br>7 & 8 WR @<br>Schuyler Tri. vs<br>Crete MS @<br>(Schuyler H.S.)<br>4:30pm            | 15  | 16  |
|  | B   | G   | B   | G  | B   |   |
| 17   | 18<br>8 GBB @<br>Westridge MS<br>4:15 pm  | 19<br>7 & 8 WR - Home<br>Tri. vs Aurora,<br>Westridge M.S.<br>(@YMS) 4:30 pm  | 20<br>2:00 Dismissal                      | 21<br>7 GBB @<br>Hastings MS<br>4:00 pm  | 22  | 23<br>7 & 8 GBB -<br>York Hoopla<br>vs. Col. Scotus,<br>Crete MS, Col.<br>Lakeview @ YHS<br>7th Aux Gym<br>8th Main Gym |
|  | G   | B   | G   | B  | G   |   |
| 24   | 25<br>7 GBB @ Crete MS<br>4:30pm<br>8 GBB - Home vs<br>Crete MS (@YMS)<br>4:30pm<br>Board of Education Mtg.   | 26<br>7 & 8 WR @<br>Fillmore Central<br>Invite (@ Fillmore<br>Central H.S.)<br>4:30pm   | 27  | 28<br> | 29  | 30  |
|  | B   | G   | ..... NOSCHOOL - Thanksgiving Break ..... |  |   |   |