



DUKE NEWS

January 2021

Volume XXXIII Number 5

Jason Heitz
Principal

Tyler Herman
Assistant Principal/Activities Director

A MESSAGE FROM THE PRINCIPAL —

STAYING VIGILANT

As you know, our health department risk dial has improved and we are now in the "Orange" as a health district (2.63 on the risk dial, as of 12/18/20). Our numbers of positive tests and quarantines at YHS is also down. The vast majority of our students seem to be healthy and are in school!

In addition to that news, we are all hearing some information about vaccines being available to all in the near future. We also feel like some of our fan restrictions at school activities may begin to loosen, to allow more fans to attend games.

As the new year begins, we all hope that these statistics will continue to improve. It seems that things are getting closer to returning to "normal" again.

Please remember that during this transition time (transition towards "normal") we need to remain vigilant about some safety precautions. Even though our numbers are improving and vaccines are on the way, we will still be requiring masks in school and will continue to use social distancing whenever possible. What we are doing at YPS is working, and we will continue to make it work! We have had in-person school during this pandemic for an entire semester now...and we are excited for next semester to be closer to normal again!

NEW WELDING LAB

Over Christmas Break, the YHS welding lab will be renovated. New welding stations and a manifold system (for the various gases used in welding) will be installed. In addition, a new air circulation system will be put in, to help get proper airflow and ventilation in the lab area. When students return from break, the lab will not quite be finished, but the plan is for the project to be completed by mid-January.

Jason Heitz
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FROM THE ASSISTANT PRINCIPAL/ACTIVITIES DIRECTOR'S OFFICE --

ACTIVITIES PARTICIPATION

Once again, participation in extracurricular activities is high at York High School. This is very encouraging due to the many benefits that students receive from being involved in activities. Education based activities serve as an extension of the classroom. Good high school programs focus on the development of the total student. High School activities promote through participation, qualities that cannot be taught through the normal curriculum. It has been shown that students who participate in activities have higher grade point averages, better attendance, and less disciplinary issues. Education based activities have great educational value and it's encouraging to see how many of our students are involved. At York High School, we truly do have a program for every student to participate in and be successful.

Here's a list of participation numbers for activities that have concluded their seasons:

Boys Tennis = 22
Volleyball = 37
Girls Golf = 12
Football = 62
Girls Cross Country = 15
Boys Cross Country = 6
Softball = 24
Play Production = 73
Unified Bowling = 17

GO Dukes!!

Tyler Herman
Assistant Principal/Activities Director
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DUKETTE PERFORMANCES

- * Dukettes perform at half-time of all boys' and girls' home basketball games
- * Dukette Parents' Night - Friday, January 22nd
- * Senior Night - Friday, February 12th

Notice of Nondiscrimination

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

COUNSELING CENTER NEWS

LOCAL SCHOLARSHIPS

Counseling staff will be talking to seniors early in January about the application process for the local scholarships. A list of these scholarships will be available to them. The instructions and the application itself are or will be available on the school website at www.yorkpublic.org and can be downloaded for students to fill out and then print. Handwritten applications will NOT be accepted.

To apply, students must submit scholarship application packets which consist of a cover letter, application and two recommendation letters to the Counseling Office. **These will be due on or before 4 p.m. on FRIDAY, FEBRUARY 12. EARLY applications are encouraged.** (Applications turned in early can be reviewed by the counseling staff if asked and the student given the opportunity to correct errors; applications turned in on the deadline date will be accepted as is.) TO RESPECT THE COMPETITIVE COMPONENT OF THE SCHOLARSHIP PROCESS, INCOMPLETE OR LATE APPLICATIONS WILL NOT BE PROCESSED.



SENIORS – COLLEGE FINANCIAL AID:

If you/your student has not yet completed the FAFSA, we invite you to contact EducationQuest at 800-303-3745 to make a FREE appointment if you wish to have them assist you with this. We will also continue to have Amanda with us for virtual appointments two times per month as a great resource for the FAFSA and scholarship/college planning conversations.

If you wish to meet with her in the counselor's office, contact Mrs. Stuhr.

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

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

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

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

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

TEST DATE – February 6
TEST DATE – April 17
TEST DATE – June 12
TEST DATE – July 17

REGISTRATION DEADLINE – January 8
REGISTRATION DEADLINE – March 12
REGISTRATION DEADLINE – May 7
REGISTRATION DEADLINE – June 18

****ALL JUNIORS WILL TAKE THE ACT TEST AT YORK HIGH SCHOOL ON MARCH 23.**

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

On To College (previously the John Baylor Test Prep)

- Cost \$75
- 12 sessions which offer test taking strategies and content specific curriculum
- Log in code given to student upon payment so he/she can access it anytime, anywhere

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

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

SENIORS – FEBRUARY ACT

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

ACCUPLACER TEST SCORES

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

DUAL CREDIT CLASSES – PERU and SCC

 Registration for second semester dual credit classes through Peru State College was completed prior to the semester break. To help you in planning, tuition payment for dual credit classes through Peru State College are \$60 per credit hour for all classes (\$180 for Speech and \$240 for Biology). There is also a one-time \$15 matriculation fee for each "new" student. For each Peru and SCC class there is also a \$35 materials fee payable to YHS. (The \$35 materials fee per class will need to be paid to YHS (check payable to YHS or cash). Peru and SCC both do their billing via email to the student email provided when students register. Call Mrs. Stuhr if questions.

CAMPUS VISITS

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

OUTSIDE AND COLLEGE SCHOLARSHIPS

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

DUKE GRADUATE BOARD ...

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



YORK ATHLETIC BOOSTER CLUB NOTES

A few words from the Athletic Booster Club...

Like us on Facebook <https://www.facebook.com/YorkHighSchoolAthleticBoosterClub/>

Good luck to all our winter sports teams!! Look for their schedules on the app, rSchoolToday or see the link on yorkpublic.org. Poster and pocket calendars are available at the YHS school office.

Follow:

- **Ladies Basketball**
- **Boys Basketball**
- **Wrestling**

A HUGE THANKS to Amy Pohl for her willingness to organize our Bake Sale. It was a no go this year, but you can count on us next year for your Holiday treat needs.

More VOLUNTEER OPPORTUNITIES --

- ◇ January 7th - shift in concessions at YHS basketball **home game**. Please text or call Jed Erickson (402-366-1391)
- ◇ January 23rd - **Boys Hoopla** basketball tourney held at YHS for a shift at concessions or gate. Please text or call Brenda Kowalski (402-490-9798)
- ◇ February 12th - shift in concessions at YHS **home game**, contact Angie Kroger or Brenda Kowalski to sign up.

We are grateful for MALACHI COPPINGER who is producing the All Sports video for the All Sports Banquet on May 7th, 2021. He's capturing the footage for his amazing documentary style video. Contact Sara Erwin to relay questions if you have them.

GO DUKES!!

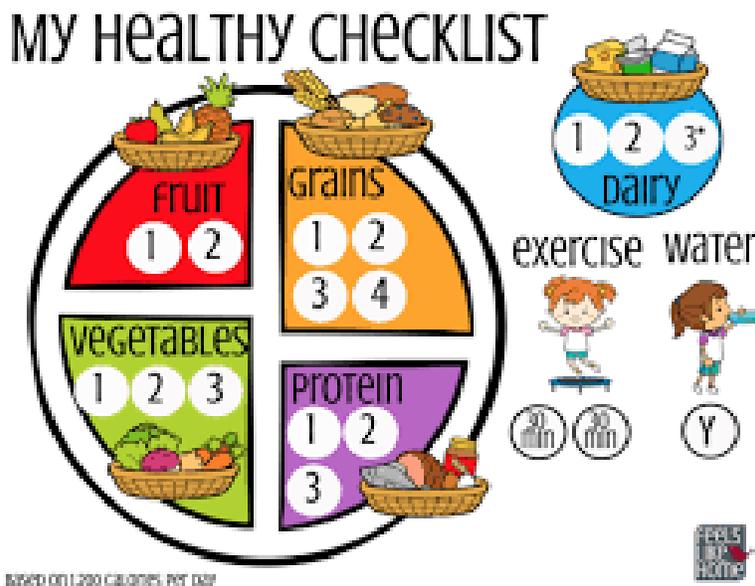


NOTES FROM THE NURSE

Teens make lots of decisions as they become more independent. Adolescence is also the time for individuals to become active participants in making decisions about their health. A body needs energy to function and to grow. This energy comes from the calories in the food and drinks that we consume. Healthy eating requires taking responsibility for how much and what types of food and beverages we put into our bodies.

- Fruits and vegetables should make up ½ of your plate. Vitamin C, calcium and fiber can be found in dark green, red and orange vegetables.
- Instead of white bread and refined-grain cereals, choose whole wheat bread, brown rice, oatmeal, quinoa and whole grain cereals. Whole grains are packed with fiber which helps us to feel full and satisfied, and also assists in stabilizing our blood sugar.
- Protein is an important building block for bones, muscles, skin and blood. It is also necessary for a healthy immune system. Protein rich foods include lean pork and beef, turkey and chicken, seafood, eggs, beans, nuts and low fat or skim milk and cheese products
- Fats, such as those found in avocados, olives, nuts, salmon and tuna fish are needed for energy. They also support cell growth and help to keep our bodies warm. Fats that are solid at room temperature such as butter and stick margarine often contain saturated and trans fats which are less healthy.
- Limit added sugars. Many foods have added sugars to make them taste sweet and to make them more appealing to us. Learn to read labels and 'train' yourself to reach for a piece of fruit instead of a candy bar.
- Make yourself familiar with what a healthy portion is. Did you know that one super-sized, fast food meal likely will contain more calories than you need in an entire day? Again, read labels. Many foods that come packaged to look as a 'single' portion often contain multiple servings. What we now view as 'normal' is often enough to feed 2-3 people.
- Don't skip meals. Skipping meals may actually lead to weight gain as you often eat more later. Make time for breakfast every day, eat meals with your family whenever possible, and get involved in grocery shopping and meal planning.

Developing new habits can be challenging. Set goals, stay motivated and remember that when you acquire a healthy habit you are likely replacing a not-so healthy one! Give it a try!





From York FFA

Happy Holidays

**Thank you for all who supported us through Holiday
and Poinsettia sales!**

Upcoming Events

**District Leadership Development Events
January 20**

**Home and Garden Show Pancake Feed
February 20**

**District Career Development Events
March 2**

January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					NO SCHOOL Christmas Break New Year's Day	Speech Workday 1:00-6:00 pm
3	NO SCHOOL Teacher Flex Day GBB @ Waverly JV-4:00/V-6:00 pm	School Resumes GBB @ Schuyler JV-4:30/V-6:00pm BBB @ Schuyler JV-6:00/V-7:30 pm	Early Student Dismissal 2:03 pm	GBB-Home vs. Columbus Scotus - JV-7:15/5:30 pm BBB-Home vs. Beatrice JV-5:30(Aux Gym) V-7:15 pm 9 G/B BB @ Northwest G-6:00/B-7:30 pm	8	Speech Workday 1:00-6:00 pm WR @ David City Dual - 9:00 am Mini-Dukette Clinic-1:00-4:30 pm GBB @ Northwest JV-3:45/V-2:15 pm BBB-@ Northwest JV-2:15/V-3:45 pm
10	9 G/B BB @ Seward G-5:00/B-6:30 pm Board of Education Meeting	BBB @ GICC JV-6:00/V-7:30 pm	Early Student Dismissal 2:03 pm	9 G/B BB @ Grand Island Sr. High G-5:15/B-7:00 pm BBB @ Centennial (Res) - 6:00 pm WR-Home Tri. vs. Cross County, Milford (V) 5:30 pm	15	Speech Contest @ CNFL- Grand Island Sr. High WR @ Palmer Invite (JV) - 9:30 am WR @ Northwest Duals Tournament (V) 11:00 am
17	NO SCHOOL MLK In-Service Day 9 G/B BB @ Crete G-6:00/B-7:30 pm BBB-Home vs. Lincoln Lutheran (Res) (Aux Gym) 6:30 pm	GBB-Home vs. Norris JV-4:30/V-6:00 pm BBB-Home vs. Norris JV-4:30 (Aux Gym) V-7:30 pm	Early Student Dismissal 2:03 pm FFA District LDE @ Holthus Convention Center - York	WR @ Adams Central Tri. (JV/V) - 5:00 pm	22	Speech Contest @ Lincoln Southwest WR @ Centennial Invite (JV) - 10:00 am GBB @ North Platte JV-12:00V-2:00 pm BBB @ North Platte JV-4:00/V-6:00 pm
24	G/B BB Central Conference Tournament (V) - 1st Round - TBD Board of Education Meeting	G/B BB Central Conference Tournament (V) - Quarterfinals - TBD 9 G/B BB-Home vs. Central City (YMS Gym) G-4:30/B-6:30 pm	Early Student Dismissal 2:03 pm	BBB Central Conference Tournament (V) - Semifinals @ Aurora - TBD WR-Home Quad vs. Aurora, Fairbury, Northwest (JV) - 5:30 pm 9 G/B BB @ Hastings G-6:00/B-7:30 pm	29	Speech Contest @ Lincoln Northeast G/B BB Central Conference Tournament (V) - Finals @ Aurora - TBD WR Central Conference Tourney @ Adams Central 9:30 am
31						Girls State Wrestling Tournament @ York