

YMS



Kenny Loosvelt

PRINCIPAL

Volume 6

Number 5

Be Safe, Be Respectful, Be Responsible

FEBRUARY 2021

Greetings YMS Parent(s):

What a great start we have had for the second half of our school year. We are thriving and succeeding during this global pandemic. Students and teachers came back ready to put forth a great effort and to improve each and every day. This is an important time for the growth in your child(s) education this year. Some of the most significant gains and unfortunately losses can occur in the winter months of a school year. The adults in this building are going to work hard to make sure students at YMS show gains and we know that you will support YMS by doing the following:

1. Make sure that your child gets school work/practice done. Let your child know that you think education is important and that schoolwork needs to be done each day. You can help your child with practice by setting aside a special place to study, establishing a regular time for practice, and removing distractions such as the television and social phone calls during work time.
2. Ask questions. If something concerns you about your child's learning or behavior, ask the teacher or principal about it and seek their advice. Your questions may be like these — What specific problem is my child having with reading? What can I do to help my child with this problem?
3. Demonstrate a positive attitude about education to your children. What we say and do in our daily lives can help them to develop positive attitudes toward school and learning and to build confidence in themselves as learners. Showing our children that we both value education and use it in our daily lives provides them with powerful models and contributes greatly to their success in school.
4. Monitor your child's television, video game, and Internet use. American children on average spend far more time watching TV, playing video games, and using the Internet than they do completing homework or other school-related activities. Make time each day for your child to read and do homework before the technology is turned on.
5. Encourage your child to be responsible and work independently. Taking responsibility and working independently are important qualities for school success. You can help your child to develop these qualities by establishing reasonable rules that you enforce consistently, making it clear to your child that he has to take responsibility for what he does, both at home and at school, showing your child how to break a job down into small steps, and monitor what your child does after school, in the evenings and on weekends.

A perfect time to talk to your child(s) teacher is February 3 & 4 from 4:30-8:30 pm or on February 5 from 8:00 am to 3:00 pm. Our teachers want to partner with parents and we both want the same thing... for your child to succeed. Please come talk with us at PTC!

We are going to have a great second semester as both parents, teachers, and staff work to improve the educational experience at YMS.

Kenny Loosvelt
YMS Principal

Middle Years

Working Together for School Success



Short Stops

Fair vs. equal

Your middle grader may think “fair” means

“equal.” To help her understand the difference, try this: Ask her to imagine a class full of different kinds of animals. It would be equal to make a squirrel and a turtle take a tree-climbing test—but would it be fair?

Thanks for being my kid!

Want to boost your middle schooler's self-confidence? Mail him a thank-you card telling him how proud you are to be his parent. List all the things you want for him in the future. The note will remind him of your love—without embarrassing him.

Home STEM lab

Let your tween set aside a spot to do science experiments or engineering projects. She could stock her “lab” with supplies like cardboard tubes, plastic cups, duct tape, scissors, a ruler, and a magnifying glass. When she's ready to work, she'll save time by having many of the items she needs in one spot.

Worth quoting

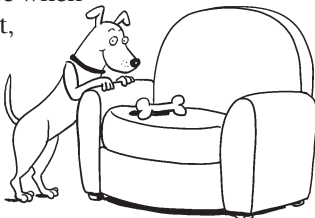
“You can't use up creativity. The more you use, the more you have.”

Maya Angelou

Just for fun

Q: When you're trying to find something, why is it always in the last place you look?

A: Because when you find it, you stop looking!



Rethink thinking

One of the most important skills your middle grader can develop is how to think critically about issues and decisions. Sharpen his thinking with these activities.

Explain it to an alien

Take turns thinking of something that's common on Earth (sports, books) and explaining it to family members as if they're aliens. (“People cheer when their favorite team wins.”) Let the “aliens” ask questions. (“Why aren't Earthlings happy for whoever wins?”) Your child will learn to recognize his own assumptions (team loyalty is important) and realize that not everyone necessarily shares them.

Look for middle ground

Say your tween's homework is to write an opinion piece on school uniforms. He might argue that uniforms make getting dressed easier because you don't have to decide what to wear, while choosing your own outfit shows your personality.



Maybe he could combine the pros and suggest that students be able to put together their own uniforms from a limited selection of styles.

Flip the script

Present family members with a choice like “Which ice cream is better, chocolate or vanilla?” Have your child argue *against* his own side. If he prefers chocolate, he might say, “Vanilla goes better with desserts like apple pie or chocolate cake.” He'll practice considering other viewpoints. 🍌

Scheduling strategies

Juggling obligations can be a challenge, especially if your family's schedule changes from day to day. Try these ideas to keep everyone on track.

Avoid conflicts. Hang up a calendar, and assign each person a different-color marker. Each family member uses her color to write her obligations. (“Conference call, 2:30 p.m.”) Or create a shared electronic calendar with automatic reminders.

Be consistent. Encourage everyone to go to bed and get up at the same time every day, even if school or work hours vary. You'll feel more alert on early-start days. On other mornings, use the extra time to eat a leisurely breakfast together. 🍌



Take a stand against cyberbullying

With tweens spending more time online this year, cyberbullying is a big concern. Use these steps to help your middle grader make things safer for herself and her classmates.

Know what's not okay. Spreading rumors, singling out people for their differences, and posting embarrassing photos are all examples of cyberbullying. Ask your tween to imagine that the person being targeted is sitting next to her. Would she say the same thing out



loud or hold up the photo in front of a crowd? If not, she shouldn't post it.

Reach out. Middle graders who witness bullying can feel stressed and sad. Let your child know there are safe ways to help. She could type something positive about the person being bullied in a group chat, change the topic, or send a supportive private message.

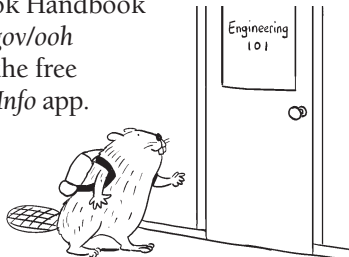
Get help. Whether your tween is being bullied or notices someone else is, she should come to you right away. You could have her block the person who's bullying her. Or suggest that she urge a friend who's being bullied to talk to the school counselor. 👍

Steps toward a bright future

While a career might seem far off to your middle schooler, the schoolwork he does now will give him knowledge and skills he'll use in the future. Share these possibilities for him to consider.

Software developer? Marine biologist?

These careers are among many that focus on STEM skills. Doing well in math and science classes today can prepare your tween for the classes he'll need in high school and college. *Idea:* Encourage him to explore the educational requirements for his dream careers in the Occupational Outlook Handbook at [bls.gov/ooh](https://www.bls.gov/ooh) or on the free CareerInfo app.



Q & A

Midyear check-in

Q My middle grader's classes are online this year. How can I help him kick off his second semester on a high note?

A Start by checking in with your child to find out how he felt about the first semester. What was easier to do remotely? What was more difficult? He might say it was convenient to work in his own space all day, but hard to stay focused during online classes.

Then, consider what you hear from teachers or see on report cards. You could also email teachers to ask how your tween is doing. Is he giving his best effort? Does he participate in class?

Finally, ask teachers for advice in areas where your child could improve. If he sometimes has missing assignments, a teacher might suggest he create alerts to check his student portal daily. To boost concentration during class, he could set up his laptop so he can work standing up. 👍



Entrepreneur? Business executive? If your child wants to start a company or work for a major corporation someday, he could sign up for marketing or business electives. *Idea:* Suggest that he volunteer to help with a school fundraiser or look into joining (or starting) an entrepreneurship club. 👍

OUR PURPOSE

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

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Parent to Parent

Reading aloud to middle schoolers

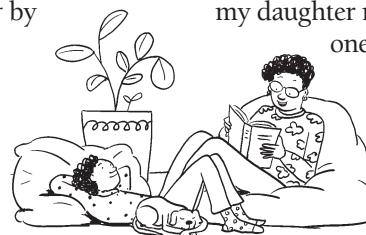
During a library story hour for my kindergartner, my tween whispered that she missed having me read to her. So I told her to go pick out a novel and we would have our own story time at home!

Kelly chose *The Giver* by Lois Lowry. After I read aloud, we had an interesting discussion about issues the book presented, like individuality and freedom. And my daughter

learned how to pronounce a few new words from listening to me read.

Now Kelly and I have regular story times after her little sister goes to bed. We take turns picking the book. When it's my turn, I ask the librarian for books my daughter might learn from, perhaps

one set in another country or one that's slightly above her grade level. We're on our fourth novel now, and she'll often ask for "just one more chapter." 👍



York County 2021

Spelling Bee

Congratulations to the following students who qualified for the York County Spelling Contest on **Wednesday, February 3**. Participating from the 6th grade will be Colt Eimermann, Kade Gieck, Allison Holmes, Brody Mattox, Troy Schmid, and Matthew Steffen. Alternate is Rylan Gilliland. Spellers from the 7th grade who will be participating are Ty Erickson, Aidan Kadavy, Julio Humanes, Kadin Tesar, Kali Wardyn and Ryleigh Wright. Qualifiers from the 8th grade are Ishani Chaudhari, Allie Colburn, Makenna Dungy, Elle Malleck, Toviel Simons, Lila Suhr and Nick Turner. Alternates are Cynley Wilkinson and Kaitlin Loven.

The spelling competition will be held at the Holthus Convention Center.
We wish you the best of luck!



Wednesday, February 3 from 4:30 - 8:30 p.m.

Thursday, February 4 from 4:30 - 8:30 p.m.

Friday, February 5 from 8:00 a.m. - 12:00/1:00 - 3:00 p.m.

Parent-Teacher Conferences are scheduled for York Middle School. The eighth-grade team has individual Student-led Conferences. This format is to encourage students to take more ownership in the learning process, in their grades, and in setting goals for the future. These are scheduled conferences with the student, parent, and teacher.

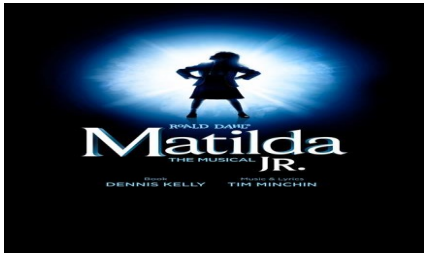
Parents of 6th and 7th-grade students will be able to see a team of teachers at a scheduled time. Conference times will be approximately 10 minutes long to allow teachers time to visit with as many people as possible. Please be conscious of your time and of others waiting to see the teachers.

Prior to Parent-Teacher Conferences, please look over your child's school work. Check tests and homework grades. If you find low grades on any work, it can then become an area of focus at the conference. Talk to your child, he or she is likely to have insights on what's happening academically at school. Please make a list of questions so you won't forget anything you may want to say or ask. Feel free, to be honest with your concerns.

After the conference with the teacher, go over what was said with your child. In the end, the students are the ones who must take charge of their education. They need to know the positives and the areas that are recommended for improvement.

We hope to see you at our upcoming Parent-Teacher Conferences!

Please note: No school at YMS on MONDAY, FEBRUARY 8!



The YMS 2021 Musical will be Matilda Jr.

March 18 & 19

YHS Theater at 7:00 p.m.

Auditions are finished the rehearsals are underway. Students from the 6th, 7th and 8th grade choirs are working hard to prepare for the musical *Matilda Jr.*

York Middle School's performance of *Matilda Jr.* will take place on Thursday, March 18th and Friday, March 19th at 7:00 p.m. at the York High School Theater. Admission is \$2 for students and \$3 for adults, no passes accepted. As the performances get closer please be watching for details about audience capacity, safety measures, etc.

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, 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. We're looking forward to another great show!



YORK ELEMENTARY SCHOOL KINDERGARTEN REGISTRATION

Kindergarten registration will be held at York Elementary School, February 1 through February 4. Letters will be mailed to potential kindergarten students. If you do not receive a letter, please contact York Elementary at 362-1414. According to Nebraska law, children are eligible to attend Kindergarten the year that they turn five on or before July 31. This is called a "cut-off date." School districts are allowed to enroll a child who missed the cut-off date, but turns five between August 1 and October 15. Parents who are interested in enrolling their child early should contact York Elementary as soon as possible to ask about the procedure for early entry assessment.



NO SCHOOL at YMS on Friday, February 5 &
Monday, February 8 due to Parent-Teacher Conferences.

February School Counselor Connection

At York Middle School, our students participate in the Second Step program every Tuesday during Family time. This curriculum helps build a culture of connectedness and empowers middle school students with the skills to succeed socially and academically.

Our current unit is **Thoughts, Emotions, and Decisions**. Throughout the month of February, students will learn how to recognize strong emotions and unhelpful thoughts, and apply strategies to manage their emotions and reduce stress.

So what are some ways to teach, reinforce, and support social/emotional learning at home?

While it's important to not spend all day in front of a screen, watching a show or movie together can provide an opportunity to discuss what characters are going through and provide some great discussion topics. Another idea is to select a book to read together. I'm surprised at how many students tell me they miss when they read a book aloud with a parent. Students are never too old to be read to/with!

Whether watching a movie or reading a book together, below are some questions to ask and discuss with your child that can promote great conversation that transfers into their own relationships.

- How do you think that characters feel in this situation? Why do you think that?
- What are some of the choices that the characters made? What were the consequences of those choices?
- Which characters were friends? How did they demonstrate their friendship?
- Why did that character get upset? How did they handle their anger/frustration/sadness/stress/anxiety? How did that work for them?
- Did the characters change throughout the show? What prompted the change?
- What would you do differently if you were one of the characters?

ATTENTION DRIVERS WHO PICK-UP YMS STUDENTS:

Please remember that there is ONE LANE into YMS to pick-up students and ONE LANE out of YMS to leave. For the safety of students, please DO NOT form THREE lanes of traffic. For the safety of students, please be careful and cautious around YMS. Thank you!



Notes from the nurse

February is National Children's Dental Health Month. Having healthy teeth improves speech, makes eating more enjoyable and contributes to a beautiful smile! Good dental health also improves overall health, decreases the risk of chronic disease, prevents plaque and tooth decay and is necessary for healthy adult teeth.

Share these tips with your pre-teen/teen to help them keep their teeth and gums healthy:

- Brush teeth twice a day with fluoride toothpaste. Brush teeth gently using small, circular motions and brush the top of the tongue when done.
- Use dental floss, or a special brush/pick recommended by a dental professional, to clean between teeth to help remove plaque.
- Schedule and keep routine check-ups and professional cleanings for your child. Seek the advice of your dentist re: chipped or broken teeth, persistent tooth discomfort, bleeding or swollen gums, or signs of infection
- Encourage family members to eat a well-balanced diet, limiting sweets and sugary drinks
- Remember to replace toothbrushes regularly, and after an illness or when the bristles are frayed

Vision, hearing and dental screenings are scheduled to take place in February/March for 7th and 10th grade students. If a student does not meet the screening guidelines set forth by the state, a letter recommending further evaluation will be sent to the parent/guardian. If you have concerns regarding your child's hearing, vision or dental health, please follow up with a physician/eye doctor/dentist even if you do not receive a letter of referral.

March 20 First Day of



Buy a YMS Yearbook

\$20

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

February 2021

York Middle School, Grades 6-8 2020-2021 Breakfast, Grades 6-8

01	02	03	04	05
Entree * Iced Long John * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable Fruit Juice Choices Sliced Peaches Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk Skim Unflavored Milk	Entree * Fresh Baked Sausage Biscuit Sandwich * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable Fruit Juice Choices Applesauce Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk Skim Unflavored Milk	Entree * Strawberry Stuffed French Toast * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable Fruit Juice Choices Pineapple Tidbits Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk Skim Unflavored Milk	Entree * Ultimate Chocolate Chip Breakfast Round * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable Fruit Juice Choices Sliced Pears Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk Skim Unflavored Milk	Misc. No School
08	09	10	11	12
Misc. No School	Entree * Home-style Stuffed Potato Breakfast Burrito * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable Fruit Juice Choices Mixed Fruit Cocktail Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk Skim Unflavored Milk	Entree * Fresh Baked Biscuits and Gravy * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable Fruit Juice Choices Fresh Orange Slices Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk Skim Unflavored Milk	Entree * Bacon & Egg Breakfast Pizza * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable Fruit Juice Choices Sliced Peaches Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk Skim Unflavored Milk	Entree * Fresh Baked Cinnamon Roll * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable Fruit Juice Choices Pineapple Tidbits Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk Skim Unflavored Milk
15	16	17	18	19
Entree * Fresh Baked Egg & Cheese Biscuit Sandwich * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable Fruit Juice Choices Sliced Peaches Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk Skim Unflavored Milk	Entree * Maple Long John * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable Fruit Juice Choices Applesauce Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk Skim Unflavored Milk	Entree * Muffin Top & Yogurt * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable Fruit Juice Choices Pineapple Tidbits Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk Skim Unflavored Milk	Entree * Pancake Sausage Stick * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable Fruit Juice Choices Sliced Pears Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk Skim Unflavored Milk	Entree * Fresh Baked Cinnamon Roll * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable Fruit Juice Choices Fresh Orange Slices Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk Skim Unflavored Milk
22	23	24	25	26
Entree * Egg & Cheese Omelet with Toast * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable Fruit Juice Choices Applesauce Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk Skim Unflavored Milk	Entree * Fresh Baked Biscuits and Gravy * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable Fruit Juice Choices Mixed Fruit Cocktail Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk Skim Unflavored Milk	Entree * Monte Cristo Sandwich * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable Fruit Juice Choices Fresh Orange Slices Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk Skim Unflavored Milk	Entree * Sausage Breakfast Pizza * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable Fruit Juice Choices Sliced Peaches Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk Skim Unflavored Milk	Entree * Fresh Baked Cinnamon Roll * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable Fruit Juice Choices Pineapple Tidbits Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk Skim Unflavored Milk

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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:

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.

01	02	03	04	05
Entree * Fresh Baked Ham & Cheese Sub * Grilled Chicken Sandwich * Pizza Pasta Bake with Garlic Breadstick Vegetables Fresh Baby Carrots Flesta Corn Salad Fruit Fruit of the Day Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Turkey Combo Deli Wrap * Cheeseburger * Chicken Pot Pie Vegetables Fresh Broccoli Florets Candied Carrots and Jalapenos on Fruit and Veggie Bar Fruit Fruit of the Day Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Fresh Baked Turkey & Cheese Sub * Vanilla-Berry Yogurt Parfait with Goldfish Graham's * Oven-Roasted Hot Dog * Cheeseburger Soup with Dinner Roll Vegetables Fresh Baby Carrots Steamed Broccoli Florets Fruit Fruit of the Day Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Fresh Baked Ham & Cheese Sub * BBQ Rib Sandwich * Popcorn Chicken Bites with Dinner Roll Vegetables Fresh Broccoli Florets Baked Beans Fruit Fruit of the Day Desserts Blueberry Crisp Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Misc. No School
08	09	10	11	12
Misc. No School	Entree * Fresh Baked Italian Sub * Pork Fritter Sandwich * Mexi Tots with Dinner Roll Vegetables Fresh Broccoli Florets Black Turtle Beans on Fruit & Veggie Bar Fruit Fruit of the Day Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Fresh Baked Turkey & Cheese Sub * Corn Dog * Baked Breaded Steak Fingers Vegetables Fresh Baby Carrots Mixed Vegetables Fruit Fruit of the Day Desserts Fresh Baked Chocolate Chip Cookie Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Roasted Ham & Cheddar Deli Wrap * French Toast Sticks with Eggs * Oven-Roasted Hot Dog Vegetables Fresh Broccoli Florets Golden Corn Hash Brown Triangle Fruit Fruit of the Day Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Vanilla-Berry Yogurt Parfait with Goldfish Graham's * Pizza Station: Fresh Baked Supreme Pizza * Teriyaki Chicken Dumplings Vegetables Fresh Baby Carrots Green Beans Fruit Fruit of the Day Desserts Fresh Baked Holiday Cookie Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk
15	16	17	18	19
Entree * Fresh Baked Ham Salad Sub * Country Fried Steak * Spicy Chicken Sandwich Vegetables Fresh Baby Carrots Mashed Potatoes with Chicken Gravy Fruit Fruit of the Day Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Crispy Chicken Deli Wrap * Fresh Baked Egg & Cheese Biscuit Sandwich * Cheeseburger Macaroni Skillet Vegetables Fresh Broccoli Florets Green Beans Fruit Fruit of the Day Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Fresh Baked Turkey & Cheese Sub * Oven-Roasted Hot Dog * Fish Nuggets with Dinner Roll Vegetables Fresh Baby Carrots Marinated Tomato Salad with Basil Fruit Fruit of the Day Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Strawberry Banana Yogurt Parfait with Graham Crackers * Fresh Baked Ham & Cheese Sub * Cheeseburger * Italian Dinkers with Marinara Dipping Sauce Vegetables Fresh Broccoli Florets Mixed Vegetables Fruit Fruit of the Day Desserts Rice Crispy Treat Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Fresh Baked Dual-Cheese Sub * Cheese Quesadilla with Chicken Enchilada Soup * Pizza Station: Fresh Baked Pepperoni Pizza Vegetables Fresh Baby Carrots Steamed Broccoli Florets Fruit Fruit of the Day Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk
22	23	24	25	26
Entree * Vegetarian Deli Wrap * Crispy Chicken Sandwich * Creamy Macaroni & Cheese Vegetables Fresh Baby Carrots Green Beans Fruit Fruit of the Day Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Fresh Baked Turkey Club Sub * Chicken Nuggets with Dinner Roll * Pizza Station: Fresh Baked Beefy Pizza Vegetables Fresh Broccoli Florets Steamed Carrots Fruit Fruit of the Day Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Fresh Baked Turkey & Cheese Sub * Mini Corn Dogs * Cheeseburger Vegetables Fresh Baby Carrots Scalloped Potatoes Fruit Fruit of the Day Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Fajita Deli Wrap * Breaded Beef Patty Sandwich * Beefy Taco in a Bag Vegetables Fresh Broccoli Florets Refried Beans Fruit Fruit of the Day Desserts Fresh Baked Sugar Cookie Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Strawberry Banana Yogurt Parfait with Graham Crackers * Fresh Baked Ham & Turkey Sub * Crunchy Fish Tacos * Pizza Station: Fresh Baked Sausage Pizza Vegetables Fresh Baby Carrots Coleslaw, Spicy Creamy (1/2 Cup) SUB RECIPE Fruit Fruit of the Day Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk

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- fax: (202) 696-7442; or
- email: program.intake@usda.gov.

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February



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 7 BBB-Home vs Seward (@YMS) 4:30pm 8 BBB @ Seward MS - 4:30pm Groundhog Day B	3 2:00 Dismissal York County Spelling Contest Holthus Convention Center P-T Conferences 4:30-8:30pm B	4 2:00 Dismissal 8 BBB-Home vs. Col. Scotus @ YMS 4:30pm P-T Conferences 4:30-8:30pm G	5 NO SCHOOL P-T Conferences 8:00-3:00pm	6
7	8 NO SCHOOL Board of Education Mtg. B	9 7 BBB @ Aurora 4:30pm B	10 2:00 Dismissal G	11 7 BBB @ Adams Cntrl. - 4:30pm 8 BBB - Home vs Adams Cntrl. @ YMS - 4:30pm B	12 G	13
14 Happy Valentines Day 	15  B	16 7 BBB @ Crete MS - 4:30pm 8 BBB Home vs Crete MS (@ YMS) - 4:30pm G	17 2:00 Dismissal B	18 7 BBB - Home vs Hastings (@YMS) 4:30pm G	19 B	20
21	22 Board of Education Mtg. G	23 8 BBB @ Aurora 4:30pm B	24 2:00 Dismissal G	25 B	26 G	27
28			<div> Parent - Teacher Conferences Weds., Feb. 3 from 4:30 - 8:30 p.m. Thurs., Feb. 4 from 4:30 - 8:30 p.m. Fri., Feb. 5 from 8:00 a.m. - 12:00/1:00 - 3:00 </div>			