



January 2023

Volume XXXVII Number 5

Jason Heitz
Principal

Tyler Herman
Assistant Principal/Activities Director

A MESSAGE FROM THE PRINCIPAL —

YORK HIGH SCHOOL WILL HOST BASKETBALL CONFERENCE TOURNAMENT

The girls and boys semifinal and final games for the Central Conference tournament will be held at York High School. Girls semifinals are January 26, boys semis on January 27, and boys and girls all day on January 28.

WINTER BALL SCHEDULED

The Winter Ball is scheduled for Saturday, January 7, 2023. The dance will take place in the CWAC (indoor tennis courts) from 8:30 to 11:00 pm. \$5 per person, with proceeds going to the YHS YAAD organization.

STATE AWARDS BROUGHT HOME TO YHS!

Congratulations to our Unified Bowling team, who qualified for the State Tournament for the 3rd year in a row. The YHS Mock Trial team also qualified for State and finished 5th place. Also in December, our One-Act team took a trip to State and came home with the State Runner-Up trophy. Great job students and coaches!

WINTER ACTIVITIES IN FULL-SWING

As always, YHS has numerous activities going on during the winter months. Basketball and Wrestling are already getting close to their conference tournaments; the Speech team begins their competitive season in January, and the Academic Decathlon team is wrapping up their season. The Dukettes are performing during basketball games, and we still have the Art Club meeting on Monday evenings. Before we know it, all of these activities will be finishing and heading to post-season play.

YHS ADDS GIRLS WRESTLING, BOWLING, AND E-SPORTS TEAMS!

YHS has 9 girls participating in wrestling this year. NSAA has girls wrestling sanctioned now, and several schools are adding girls teams. The 9 girls practice at the same time as the boys, but all contact drills and competitions are always girl vs girl on the mat.

YHS also has 11 boys and 8 girls on the bowling team. Practices take place at the local bowling alley, and they are coached by Holly Fuhr. Their first competition took place at Boone Central on December 10.

The new E-Sports team has begun having practice sessions and competitions. YHS has a total of 18 students on the inaugural team. Ten play Mario Kart and eight play Clash Royale. The team is coached by Mr. Kohmetscher, Mr. Stuhr, and Mr. Ericson. Students must be present in the building under supervision in order to have a competition. The contests take place entirely online against neighboring schools. E-Sports is gaining popularity, with several schools from our conference and around the state participating, as well as colleges such as York University, adding this program as well.

A MESSAGE FROM THE PRINCIPAL (continued) —

ICU and INFINITE CAMPUS REMINDERS

A few reminders for parents and students:

- Notification: YOU should be getting a text and an email when your student is placed on the ICU. If you would like us to change the cell number or email address, let us know and we can get it changed. At this point, we are only able to send it to one number and one email address.
- Teachers are working with the student, giving them reminders, and setting up times for them to meet with them, before school, after school, or during lunch or study hall. We want to prevent them from staying on the ICU list!
- Grades AND ASSIGNMENTS can always be checked (by parents and students) on Infinite Campus. Anyone that doesn't know how to do this, please feel free to contact the office and we can give you your username and password.

Jason Heitz
Principal
jason.heitz@yorkdukes.org
Twitter: @jmheitz



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. 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 offered in the fall and winter:

Boys Tennis = 23	Boys Wrestling = 24
Volleyball = 30	Girls Wrestling = 9
Girls Golf = 14	Boys Bowling = 11
Football = 62	Girls Bowling = 8
Girls Cross Country = 22	Girls Basketball = 19
Boys Cross Country = 9	Boys Basketball = 30
Softball = 23	
Play Production = 108	
Unified Bowling = 11	

GO Dukes!!

Tyler Herman
Assistant Principal/Activities Director
tyler.herman@yorkdukes.org
Twitter: @YorkDukesAD

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 and application. The two recommendation letters that had already been submitted to the Counseling Office will be attached by staff. **These will be due on or before 4 pm on FRIDAY, FEBRUARY 10th. 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.

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 11
TEST DATE – April 15
TEST DATE – June 10
TEST DATE – July 15

REGISTRATION DEADLINE – January 6
REGISTRATION DEADLINE – March 10
REGISTRATION DEADLINE – May 6
REGISTRATION DEADLINE – June 16

****ALL JUNIORS WILL TAKE THE ACT TEST AT YORK HIGH SCHOOL ON MARCH 21.****

Students have access to ACT prep through Google classroom. Class code is 7ijdzon

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.



COUNSELING CENTER NEWS

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 will be completed in early January. 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, \$240 for Biology, and \$180 for Intro to Theater). 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!

YORK HIGH SCHOOL MUSIC DEPARTMENT NEWS!

Special Points of Interest:

- *Broadway!*
- *UNK Honor Choir*
- *A Note from Mr. Harris*

GOING TO A SHOW!

Be watching for more information! Students enrolled in choir will have the opportunity to sign up and go to a Broadway show! The show will be *To Kill A Mockingbird* at the Orpheum Theater in Omaha on Thursday, February 9th!



UNK HONOR CHOIR CLINIC

On Monday, January 30th six students will be going to the University of Nebraska at Kearney to participate in the Honor Choir Clinic. The day will conclude with a concert at 6:00 pm in the UNK Health and Sports Center. Admission for the concert is \$3.00. Congratulations to the following students participating in the Honor Choir: Hattie Chavanu, Ethan Montgomery, Leah Davis, Madi Miller, Lael Schwarz, and Charles Van Gomple. Festival Choir, Trey Bukaske and Lily Houston. Parents of these students, please be watching for more information as the event gets closer.

A NOTE FROM MR. HARRIS

I am excited to welcome students back to the classroom after our break. We had a very successful first semester and I look forward to building on that foundation in the second semester. The full band will be working on our sight reading skills as we enter our concert season. We will also work on our pep band repertoire as we work to make a fun atmosphere at our home varsity basketball games.

Jazz Band will begin their contest season preparations when we return. The Jazz Band will compete at GISH Jazz Fest and Norfolk Northeast Jazz Festival.

Honor band season is also upon us! The next honor band we have is at the University of Nebraska-Kearney. The honor bands and choirs are for 10-12 grade students. There were hundreds of auditions amongst the groups. York High School Band is represented by the following students: Allie Colburn, MaKenna Dowty, Ellie Gartner, and Dawson Schwarz. Thank you for all of your continued support of the band program!

Thank You
To all the
volunteers
and everyone
that
supported
the Annual
Band Soup
Supper!

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 calendars and pocket calendars are available at the YHS school office.

Follow:

- Boys Basketball
- Girls Basketball
- Boys Wrestling
- Girls Wrestling
- Boys & Girls Bowling

A VOLUNTEER OPPORTUNITY --

- ◇ January 21st - **Boys Hoopla** Basketball Tourney held at YHS. Please give Ken Booth a text or call at 402-366-8404 or email at ken.booth@yorkdukes.org to sign up to work a shift at concessions or gate.

We are grateful for MALACHI COPPINGER who is producing the All Sports video for the All Sports Banquet on May 5, 2023. Contact Amanda Peterson at 402-710-1554 to relay questions if you have them.



GO DUKES!!

NOTES FROM THE NURSE

Healthy Eating and Your Teen

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. Try incorporating some of the following tips into your daily diet and that of your teen.

- 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!

Health Screenings

Vision, hearing and dental screenings will be conducted during the 3rd quarter 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. Normal hearing and vision are vital for learning.

Good dental health improves overall health, decreases the risk of chronic disease, prevents plaque and tooth decay and is necessary for healthy adult teeth. 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.

If you do not want your student to participate in these screenings, please notify the health office by January 9, 2023.



YORK FFA


Upcoming Events

- 
- Winter Chapter Fun Activity:
Date TBD
 - District Leadership Development
Events 01/18
 - Rise to the Top LDE State
Qualifier Preview: Date TBD
 - State Degree Interviews 02/01
 - District Proficiency Judging
02/01
 - District Welding Contest 02/15
 - National FFA Week 02/18-02/25
 - District Career Development
Events 02/28
 - State FFA Convention 03/29-
03/31
 - End of the year Banquet Date:
TBD

Huge thank you to ALL community members, businesses, parents, and alumni who support us through all these activities and opportunities. Have a Merry Christmas and Happy New Year!

January 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 NO SCHOOL Christmas Break BWL @ North Bend (V) (Tiger Pin) - 4:00 pm	3 NO SCHOOL Teacher Flex Day GBB @ Schuyler JV-4:30 / V-6:00 pm BBB @ Schuyler JV-4:30 / V-7:30 pm	4 SCHOOL RESUMES Early Student Dismissal 2:03 pm	5 GWR @ High Plains Invite (V) (CCC, Columbus) - 10:00 am 9 BBB @ GINW - 6:00 pm	6 BWR @ High Plains Invite (V) - CCC, Columbus -10:00 am	7 BWL @ Lexington Tournament (V) (Big Apple, Kearney) - 9:30 am Speech Workshop - 1:00 - 6:00 pm GBB @ GINW V-2:00 / JV-3:30 pm BBB @ GINW JV-2:00 / V-3:30 pm Winter Ball - CWAC - 8:30 to 11:00 pm
8	9 9 BBB @ Seward - 5:00 pm	10 BWL @ Seward (V) (Seward Bowl) - 4:00 pm GBB @ GICC JV-4:30 / V-6:00 pm BBB @ GICC JV-4:30 / V-7:30 pm	11 Early Student Dismissal 2:03 pm	12 BWL-Home vs McCool Jct (V) - 1:00 pm 9 BBB @ GISH - 5:30 pm BWR @ Cross County Tri w/ Milford (JV/V) - 5:30 pm	13 GBB @ Crete JV-4:30 / V-6:00 pm BBB @ Crete JV-4:30 / V-7:30 pm	14 Speech Contest @ CNFL Grand Island Senior High GWR @ GINW Invite (V) - 9:00 am BWR @ Palmer Invite (JV) - 9:30 am BWR @ GINW Invite (V) - 11:00 am BWL @ GISH (V) (Westside Lanes) - 1:30 pm
15	16 NO SCHOOL MLK In-Service Day YHS Band - Underclassmen Honor Band - Kearney High School 9 BBB @ Crete - 6:30 pm Board of Education Meeting Martin Luther King Jr. Day	17 BWL-Home vs Lincoln Northwest (V) - 1:00 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	18 Early Student Dismissal 2:03 pm Academic Decathlon Regional Testing @ YHS - 9:00 am District FFA Leadership Development Events @ Holthus Convention Center	19 BWL-Home vs Hastings (V) - 1:00 pm GWR @ Aurora Tri w/ Adams Central (V) - 4:30 pm BWR @ Aurora Tri w/ Adams Central (JV/V) - 4:30 pm	20 BWR @ UNK Dual Tournament (V) (Buffalo County Fairgrounds) - 9:00 am GWR @ Lexington Invite (V) - 2:00 pm GBB-Home vs Fairbury JV-4:30 / V-6:00 pm BBB-Home vs Fairbury JV-4:30 (Aux Gym) / V-7:30 pm	21 Speech Contest @ Lincoln Southwest BWR @ Centennial Invite (JV) - 10:00 am GBB @ North Platte V-3:00 / JV-4:45 pm BBB @ North Platte JV-3:00 / V-4:45 pm
22	23 G/B BB Central Conference Tournament (V) - 1st Round - TBD	24 G/B BB Central Conference Tournament (V) - Quarter-Finals - TBD BWL-Home vs GISH (V) - 1:00 pm	25 Early Student Dismissal 2:03 pm	26 GBB Central Conference Tournament (V) - Semi-Finals @ York - TBD 9 BBB @ Hastings - 6:00 pm	27 BBB Central Conference Tournament (V) - Semi-Finals @ York - TBD Speech Contest @ Lincoln Northeast BWR @ Raymond Central Invite (JV) - 4:00 pm	28 G/B BB Central Conference Tournament (V) - Finals @ York - TBD G/B WR Central Conference Tournament (V) @ Seward - 9:30 am
29	30 UNK Honor Band and Choir Clinic - 9:30 am 9 BBB-Home vs GINW (Aux Gym) - 6:30 pm Board of Education Meeting	31 Bowling Districts (V) @ Hastings (Pastime Lanes) - 10:00 am			