

# Duke News

February 2024

Volume XXXVIII Number 6

#### Brian Gralheer

Principal

#### Tyler Herman

Assistant Principal/Activities Director

#### FROM THE PRINCIPAL'S DESK —

#### Winter Ball Rescheduled

The Winter Ball has been rescheduled for Saturday, February 24 from 8:30 pm to 11:00 pm in the CWAC. Students can pick up outside date forms in the office. Admission will be \$5 per person with proceeds going to YHS YAAD.

#### Parent-Teacher Conferences - 02/07/2024

Parents-Teacher Conferences for YHS (as well as YMS and YES) will be held on Wednesday, February  $7^{th}$  in the teachers' classrooms. While YMS and YES will not have school on February  $9^{th}$  and February  $12^{th}$ , YHS will be in session on both dates.

#### **YHS Hosting District Wrestling**

On Friday, February 9<sup>th</sup>, YHS will be hosting District Wrestling and run a 1:00 pm dismissal schedule to allow space for the competition. This will also be a scheduled Blitz Day from 1:00 to 2:00 pm for ALL students on ICU. Students on ICU will be expected to stay until either their work is completed or until 2:00 pm. Buses will run at 2:00 pm.

#### **GO DUKES!**

Brian Gralheer High School Principal brian.gralheer@yorkdukes.org



#### SPRING PARENT-TEACHER CONFERENCES

Parent-Teacher Conferences at York High School will be held on Wednesday, February 7<sup>th</sup> from 4:30 - 8:30 p.m.

If for some reason this time or date does not fit into your schedule, please contact the high school and we will make every effort to arrange a time for you to meet with teachers to discuss 3rd quarter progress.

School at YHS will be dismissed at 2:03 pm on Wednesday, February 7<sup>th</sup> **AND** Thursday, February 8<sup>th</sup> due to transportation and activity practices.

#### FROM THE ASSISTANT PRINCIPAL/ACTIVITIES DIRECTOR'S OFFICE --

#### Important Activity Dates

Girls Sub-District Wrestling: February 3 at West Point-Beemer Girls District Wrestling: February 9 at York High School

Girls State Wrestling: February 15-17 at CHI Health Center in Omaha

Boys District Wrestling: February 10 at York High School

Boys State Wrestling: February 15-17 at CHI Health Center in Omaha

Girls & Boys State Bowling: February 5-6 at Sun Valley Lanes in Lincoln

Girls Sub-District Basketball: February 19-20 at TBD

Girls District Basketball: February 24 at TBD Girls State Basketball: February 28-March 2 at Pinnacle Bank Arena in Lincoln

Boys Sub-District Basketball: February 21-22 at TBD Boys District Basketball: February 26 or 27 at TBD

Boys State Basketball: March 6-9 at Pinnacle Bank Arena in Lincoln

Conference Speech: February 12 at Crete High School York High Speech Invite: March 2 at York High School District Speech: March 9 at Raymond Central High School

State Speech: March 20 at Kearney High School

#### **Upcoming Spring Season**

The first official day of the spring sports season begins Monday, February 26<sup>th</sup>. If students did not participate in the fall or winter but plan to in the spring, they need to have a physical form, NSAA consent form, and activity handbook form on file in the main office before they can practice or compete.

#### **Parents Meeting & Team Pictures**

The spring sports parents meeting will take place on Tuesday, February 27<sup>th</sup> at 7:00 pm. Team pictures and button pictures will take place on Wednesday, March 6<sup>th</sup> at 2:15 pm in the YHS Aux Gym.

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

#### SPRING PRACTICES TO BEGIN

Spring practices will begin on Monday, February 26th Boys Soccer, Girls Soccer, Boys Golf, Girls Tennis, and Boys & Girls Track are offered this spring at York High School. Please encourage your son or daughter to get involved in a spring sport!



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.

#### NOTES FROM THE NURSE

February is National Heart Month! Consider making a commitment to your heart health and challenge family members to do the same.



Here are a few ways to spread the heart health message:

- ▶ Share on social media how you're working together with friends or family to be heart healthy.
- ▶ Wear red on the first Friday of February to raise awareness about heart disease.
- ► Challenge family members, friends, and co-workers to participate in a "steps" contest using activity trackers to see which person wins the daily consumption.
- ▶ One meal a week, ask a family member to create a menu using all heart healthy recipes utilize fresh fruits and vegetables, whole grains, fish, poultry, beans, nuts, and low-fat dairy products.
- ▶ Be ACTIVE! 2 1/2 hours a week might sound like a lot it translates into 30 minutes of exercise, 5 days out of 7. And remember, some activity is better than none.
- ▶ Establish a smoke-free life for everyone in the household.
- ▶ Quiet electronics as the day winds down and make 7-8 hours of sleep per night a norm. Poor quality sleep increases the risk of having high blood pressure, weight gain, heart disease, and other medical conditions.

#### $\alpha$

Vision, hearing and dental screenings will be conducted in February / March for 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.

#### KINDERGARTEN REGISTRATION

February 5 through February 8 is Kindergarten Registration at York Elementary School. Packets were mailed a couple of weeks ago. If you did not receive a packet and want to register your child, please call YES at (402)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.



#### **2023/2024 YEARBOOKS**

The 2023/2024 Yearbooks are now for sale for \$55! After April 29<sup>th</sup> they are \$65. If you want your name stamped on your yearbook, it is an additional \$10. Stop in the YHS office or Mr. Loofe's room (D6) to purchase. Email Mr. Loofe at levi.loofe@yorkdukes.org if you have any questions.

#### **MUSIC DEPARTMENT NEWS**

#### Special Points of Interest:

- Choir Competitions
- Choir Concert
- YMS Musical
- Band Notes



#### COMPETITIONS

Important competition dates include:

February 2 - D & D Competition at Central City February 14 - D & D Competition at Midland University, Fremont

University, Fremont
February 22 - Chamber Singers A Cappella
Competition at Midland University,
Fremont

#### CHOIR CONCERT

The High School Choir Concert will be Monday, February 26<sup>th</sup> at 7:00 pm in the YHS Theater. Please join us for a night of entertainment!



YMS - FAME JR.

The YMS Vocal Music Department rehearsals for the musical  $Fame\ Jr.$  are underway. They will present the show at 7:00 pm on Thursday, March  $14^{th}$  and Friday, March  $15^{th}$  in the York High School theater.

#### **BAND NOTES**

We are continuing to focus on improving our musicianship and creating beautiful music. We have one student representing YHS at two Honor Bands this month. Katelyn Ecklund will be participating in the Nebraska Wesleyan University Honor Band on February 17<sup>th</sup> and the South Dakota State University Honor Band on February 24<sup>th</sup>. Congratulations Katelyn!

#### ATHLETIC BOOSTER CLUB NOTES

#### A few words from the York Athletic Booster Club...

- Thanks to the volunteers that helped at our YMS Boys Hoopla on January 20<sup>th</sup>! Thank you to the students and parents that staffed the gate, clock, and book tables and those who kept the concessions flowing. Thanks for stepping up!
- The All-Sports Banquet will be Friday, May 3<sup>rd</sup> at York High School. We highly encourage athletes in each grade to attend, along with any parents who would like to join us! There will be more information on the All Sports Banquet in the March newsletter. We are attaching the All Sports Athlete information form to this newsletter. We ask that all information for each athlete be completed and turned in to the YHS office no later than April 1<sup>st</sup>. If we do not receive their information, your athlete will not be included in the program. Forms can also be picked up at the York High School office!
- Please consider being a Volunteer for the Yowell Track Meet. Set up YOUNTEER and event workers will be needed all day Saturday April 20<sup>th</sup> at York High School. It's a great way to get outdoors and help our athletes! Contact Amanda Peterson at apeterson72475@gmail.com to get on your mark, ready, set, Go...help!

## GO DUKES!!

#### **COUNSELING CENTER NEWS**

LOCAL SCHOLARSHIPS

York High School is fortunate to have so many local businesses and organizations that support and encourage our students. Because of that, we are able to offer a list of many scholarships that students are

able to apply for with the local scholarship application (Blue-Gold Scholarships).

This process has been reviewed with seniors. Packets have been distributed that provide information on how to apply, what scholarships are available and how to get recommendation letters. The application will be on our website at <a href="https://www.yorkpublic.org">www.yorkpublic.org</a>. To download the forms, click on the High School tab then Counseling Center. The application must be TYPED, no handwritten forms will be accepted. These applications require TWO recommendations. Students should ask for these as soon as possible. **THE DEADLINE HAS BEEN SET FOR FEBRUARY 9 AT 4 PM.** REMINDER - To respect the competitive component of these scholarships, WE CANNOT ACCEPT LATE APPLICATIONS FOR ANY REASON, so an early application is always strongly encouraged. Students should feel free to come to the counseling office if they need help or don't have a working computer.

Here's where you can find other scholarships that may be suited for you:

- York High School website www.yorkpublic.org under High School, Counseling Center.
- <u>ScholarshipQuest</u> at EducationQuest.org features over 2,000 Nebraska-based scholarships. After you create a profile, you'll be matched with scholarships that fit your criteria.
- **The college you plan to attend**. Contact the school for a list of scholarships they provide and application procedures.
- Other resources could include your coach, clubs and organizations, and your parents' employers and civic organizations.

#### ACT TEST:

STATE TEST FOR ALL JUNIORS – MARCH 26 – (Proctored at YHS)

TEST DATE – April 13 REGISTRATION DEADLINE – March 8
TEST DATE – June 8 REGISTRATION DEADLINE – May 3
TEST DATE – July 13 REGISTRATION DEADLINE – June 7

IT'S FAFSA TIME - IT'S NOT TOO LATE!

Students and parents will <u>each</u> need to create a username and password at <a href="https://fsaid.ed.gov">https://fsaid.ed.gov</a> that will serve as your Federal Student Aid (FSA) ID for the FAFSA, IRS Data Retrieval and to apply for student loans. (Students should <u>not</u> use their school email address.) You will each need an email address to create an FSA ID. ("Pin numbers" are no longer used for this process.) It should walk you through the process, but if you need help, contact the Counseling office as we have detailed directions. Be sure to verify the email address with the assigned security code at the end.

Students applying for scholarships that are need based should complete the FAFSA as soon as

possible to be able to provide their SAR with their applications.

Priority deadline for most colleges is March 1. Check with your college's financial aid office to find out

what their FAFSA deadline is.

If you need help getting started, EducationQuest Foundation is the best source, but feel free to call the counseling office as well. You can also make an appointment with EducationQuest to meet at their offices or perhaps just virtually--call as soon as possible. We are also fortunate to have an EducationQuest representative who comes to York High School to complete the FAFSA with you. Contact Mrs. Stuhr to schedule a FREE appointment! They also offer a FAFSA Tutorial on their website at EducationQuest.org. Their offices are open Monday through Friday from 8:30 am - 5:00 pm. To make an appointment or for assistance over the phone, call:

Kearney location- 308-234-6310 or 800-666-3721 Lincoln location - 402-475-5222 or 800-303-3745 Omaha location - 402-391-4033 or 888-357-6300

EducationQuest Foundation is a private, nonprofit organization with a mission to improve access to higher education in Nebraska. Through a permanent endowment, EducationQuest provides **FREE** college planning services at its locations in Kearney, Lincoln and Omaha; funds need-based scholarship programs; and supports community organizations that enhance college access. <a href="https://www.educationquest.org">www.educationquest.org</a>.

**IMPORTANT FAFSA TIPS:** 

IMPORTANT: EducationQuest has informed us that colleges and the FAFSA request that you submit your tax information to the FAFSA 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 the college's financial aid office randomly reviews 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 best interest to use this tool. Being selected for verification does not indicate you did anything wrong, the college is doing a random quality control check. **NOTE:** Even if you think you won't quality for a PELL grant, you still need to fill out the FAFSA in order to receive any federal student or parent loans.

**Include up to ten colleges on the FAFSA**. If you're not sure which school you will attend, enter all colleges to which you applied. Your report will be sent to all of these colleges and if you have been accepted to the school, they will send out financial aid award offers based on your FAFSA results. Federal School

Codes can be found on the FAFSA website.

NCAA/NAIA

If your child's college plan includes participation in college sports, please notify Mrs. Stuhr. The NCAA and NÁIA require final high school transcripts to be sent to them in June. We want to make sure your name is on our list!

COLLEGE SCHOLARSHIPS OFFERED

A reminder to seniors who have received scholarship offers from any colleges (whether you've decided to attend there or not), please share those emails or letters with Mrs. Stuhr so we can compile this important information and honor those deserving students. Please note Honors Night is on the calendar for Monday, April 15, 2024.

EDUCATIONQUEST SCHOLARSHIP - SOCIAL MEDIA MAY QUALIFY YOU

Each time EducationQuest reaches specific follower milestones on their social media pages, they will invite current and new followers to enter into a drawing for a \$500 scholarship. Follow them on Facebook, Twitter, and Instagram for a chance to win.

**DUAL CREDIT PAYMENT INFORMATION FOR SECOND SEMESTER** 

Students taking dual credit classes through SCC or Peru will soon be needing to make payments for those classes. Materials fees (payable to YHS and delivered to Mrs. Stuhr) will be emailed to students and parents in the near future. Tuition for **SCC** - bills will be emailed to the student's SCC email account on or near the 20<sup>th</sup> of each month, and payment is due **February 29**, **2024**. Tuition for **Peru** - bills will be emailed and mailed U.S. mail near the beginning of March, and payment is due April 1, 2024. See Mrs. Stuhr with any questions.

#### VALENTINE'S DAY ANNOUNCEMENT

Valentine's Day is on a Wednesday this year! We would appreciate it if students and parents who plan to send balloons, flowers, etc. would please have them delivered to that "special someone" at their home. The high school will **not** accept Valentine deliveries at the school.



#### **BUS TRANSPORTATION**

**Please Note**: On Friday, February 9<sup>th</sup> and Monday, February 12<sup>th</sup> the York Middle School and York Elementary School will not have school due to Parent-Teacher Conferences, but York High School will have school. Students that ride the bus must sign-up in the office to be able to have bus transportation on February 9<sup>th</sup> and 12<sup>th</sup>. Buses will run at 2:00 pm on Friday, February 9<sup>th</sup> and at 3:20 pm on Monday, February 12<sup>th</sup>.



#### Yearbook Parent Ads 2024

One of the graduate's greatest treasures is his or her senior yearbook. To help make the 2024 DUKE even more special, the staff is again setting aside Parent Ad space. Parent Ads are designed especially for parents who wish to openly congratulate their graduating seniors. This is a way for families to express love, admiration and/or congratulations to their graduates.

If you are interested in honoring your son or daughter in this manner, please submit your picture(s) and personal message by Thursday, March 28<sup>th</sup>. Pictures may include baby pictures, senior pictures, or personal favorites, but there is a two picture limit per ad. Your brief, personal message is limited to 40 words. You may purchase an additional ad if you wish to have more pictures and/or space.

We prefer that you email your pictures and message to levi.loofe@yorkdukes.org

Each Ad is \$45. Please make checks out to York High School and mail checks to YHS.

If you only have printed pictures, please drop them at YHS by MONDAY, MARCH 25<sup>th</sup>.

\*\*Don't forget to purchase your child's Senior yearbook! Yearbooks can be purchased online by

clicking the link o	n www.yorkpublic.org or in the main office at the High School**	n office at the High School**			
Your Name:	Phone:				
Senior's Name:					
	Parent Ad with pictures and copy \$45				
Message to be included:					

# FFA EVENTS

FEB 03

WELDING CONTEST

@ LEXINGTON

FEB 14

DISTRICT FFA WELDING
+ POULTRY CONTEST

FEB 15

BLOOD DRIVE @ YHS

FEB 17 HOME SHOW PANCAKE FEED

FEB 18-25

NATIONAL FFA WEEK

FEB 27 DISTRICT CDE'S

@ CENTENNIAL

FEB 29 WESTERN
WELDING TOUR

#### Information for All-Sports Booklet

#### Athletes:

Please fill out this form to include all sports you have *participated in* THIS YEAR. (We are accumulating the data each year, so we only need this year's info.) Please include all awards you have gotten either at York High School or at the area, conference, district or state levels.

This information will be used in the awards booklet for the All-Sports Banquet. If this form is not completed and returned to the YHS office, your information may not appear in the booklet. *Please complete this form no later than April 1, 2024.* 

Athlete's Name								
Grade this year								
**If there were any mis indicate that so we ma		our information in last year's booklet, please year.						
Example:								
<u>Sport</u>	<u>Lettered</u>	Awards Received						
<u>Tennis</u>	Y N	State Qualifier, State Medalist (4th), NCA All-State Selection, 1st Team LJS Academic All-State, NSAA Academic All-State						
<u>Sport</u>	Lettered	Awards Received						
	Y N							

#### \*more on back if needed

Sport	Lettered	Awards Received
	Y N	
	ΥN	
	Y N	
Info missed in past y	/ears booklets:	



## No longer qualify for Medicaid? Your child may still be eligible.

Attention Parents: Your child may still qualify for Medicaid even if you are no longer eligible.

To help us ensure that your child doesn't unnecessarily lose coverage, please update your family's information with ACCESSNebraska. Medicaid is always open. Remember that you can apply for Medicaid anytime, even when you have life changes.

Nebraska Medicaid uses available information to check if your child qualifies for Medicaid and will only ask you for information if necessary. You may not need to submit another Medicaid application to update your information.

To update your information and see if your child may still be eligible, you can contact ACCESSNebraska in the following ways:

Online at <u>ACCESSNebraska.ne.gov</u> Email at <u>DHHS.ANDICenter@nebraska.gov</u>

Fax at (402) 742-2351

Over the phone by calling ACCESSNebraska at:

Omaha: (402) 595-1178 Lincoln: (402) 473-7000 Toll Free: (855) 632-7633 TDD: (402) 471-7256



## ¿Ya no califica para Medicaid? Su hijo aún puede ser elegible.

Atención padres: Su hijo aún puede calificar para Medicaid incluso si usted ya no es elegible.

Para ayudarnos a asegurarnos de que su hijo no pierda innecesariamente la cobertura, por favor actualice la información de su familia con ACCESSNebraska. Medicaid está siempre disponible. Recuerde que puede solicitar Medicaid en cualquier momento, incluso cuando tenga cambios en su vida.

Medicaid de Nebraska utiliza la información disponible para verificar si su hijo califica para Medicaid y solo le solicitará información si es necesario. Es posible que no necesite presentar una nueva solicitud de Medicaid para actualizar su información.

Para actualizar su información y verificar si su hijo aún puede ser elegible, puede ponerse en contacto con ACCESSNebraska de las siguientes formas:

Visitarnos en línea en <u>ACCESSNebraska.ne.gov</u>
Enviarnos un correo electrónico a <u>DHHS.ANDICenter@nebraska.gov</u>
Enviarnos un fax al (402) 742-2351

Llamarnos al:

Llamada gratuita: 855-632-7633

Llamadas locales a Lincoln: 402-473-7000 Llamadas locales a Omaha: 402-595-1178

TDD: 402-471-7256

# February 2024

	8788	m	10	14	24	7
	Saturday	Speech Contest @ Aurora BWR @ State Duals (V) Buffalo County Fairgrounds - 9:00 am Girls Sub District Wrestling Tournament (V) @ West Point Beemer High School - 9:30 am GBB-Home vs Columbus Lakeview JV 1:00 / V 2:30 pm BBB-Home vs Columbus Lakeview JV 1:00 / W 2:30 pm JV 1:00 / W 2:30 pm	Speech Contest @ David City Boys District Wrestling @ York High School - 9:00 am 9 BBB @ Seward Tournament - 9:30 am	Speech @ GINW Invite	Girls Basketball District Final (V) - TBD Winter Ball in CWAC, 8:30 to 11:00 pm	Speech Triangular @ York w/ Kearney, Malcolm
	Friday	YHS D & D NCDA Show Choir Festival @ Central City GBB-Home vs Elkhorn North JV 4:30 / V 6:00 pm BBB-Home vs Elkhorn North JV 4:30 (Aux Gym) / V 7:30 pm	Early Student Dismissal 1:00 pm Speech Contest @ GICC Girls District Wrestling @ York High School - 2:00 pm GBB @ Seward JV 6:00 / V 7:30 pm BBB @ Seward JV 4:30 / V 6:00 pm	Speech Contest @ Columbus Lakeview Academic Decathlon State Final - TBD	YHS Band @ SDSU Honor Band	
+101	Thursday	BWR-York Groundhog Invite (JV) - 4:00 pm	Early Student Dismissal 2:03 pm BBB @ Columbus (Res) - 6:30 pm	GBB-Home vs Hastings 15 JV 4:30 / V 6:00 pm BBB-Home vs Hastings JV 4:30 (Aux Gym) / V 7:30 pm G/B State Wrestling (V) @ CHI Health Center, Omaha - TBD YHS Band @ NWU	YHS Chamber Singers A Capella Competition @ Midland University, Fremont	Girls State Basketball Tournament @ Pinnacle Bank Arena, Lincoln
2000	Wednesday		Early Student Dismissal 2:03 pm YHS Parent-Teacher Conferences 4:30 - 8:30 pm District FFA State Degree & Proficiency Review @ Tri County	Early Student Dismissal 2:03 pm District FFA Welding & Poultry Events @ YHS YHS D & D @ Midland Festival of the Arts @ Fremont	Early Student Dismissal 2:03 pm Boys Basketball Sub-Districts (V) - TBD	28 Early Student Dismissal 2:03 pm
	Tuesday		State Bowling (Team)  @ Sun Valley Lanes, Lincoln, Boys 8:00 am, Girls 1:30 pm, Finals 7:30 pm	GBB-Home vs Crete JV 4:30 / V 6:00 pm BBB-Home vs Crete JV 4:30 (Aux Gym) / V 7:30 pm YHS Community Speech Performances - 7:00 pm	20	District FFA Career 27 Development Events @ Centennial High School Spring Sports Parents Meeting - 7:00 pm
	Monday		State Bowling (Individual) @ Sun Valley Lanes, Lincoln Boys 9:00 am, Girls 1:30 pm BBB-Home vs GISH (Res) - 6:30 pm	YHS Full Day of School 9 BBB @ Seward Tournament - TBD Central Conference Speech @ Crete - 9:00 am Board of Education Meeting	Girls Basketball Sub-Districts (V) - TBD	YHS Start of Spring 26 Practices SC, BC, GT, TR YHS Choir Concert @ YHS Theater - 7:00 pm Boys Basketball District Final (V) - TBD Board of Education Meeting
	Sunday		4	<del></del>	18 National FFA Week	25

