



Duke News

February 2025

Volume XXXIX Number 6

Brian Galheer
Principal

Tyler Herman
Assistant Principal/Activities Director

FROM THE PRINCIPAL'S DESK —

Parent-Teacher Conferences - 02/05/2025

Parents-Teacher Conferences for YHS (as well as YMS and YES) will be held on Wednesday, February 5th in the teachers' classrooms. While YMS and YES will not have school on February 7th and February 10th, YHS will be in session on both dates.

Driver's Education Classes - Summer 2025

We will be offering three sections of Driver's Education this summer. The dates will be as follows:

- ◆ Session I 05/27 - 05/30
- ◆ Session II 06/10 - 06/13
- ◆ Session III 06/23 - 06/26

Students will be required to complete the 20 hours in the classroom as well as 5 hours of driving time in order to complete the program. Cost for the program is \$375 and will be due no later than Friday, May 2nd.

GO DUKES!

Brian Galheer
High School Principal
brian.galheer@yorkdukes.org



SPRING PARENT-TEACHER CONFERENCES

Parent-Teacher Conferences at York High School will be held on Wednesday, February 5th 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 5th **AND** Thursday, February 6th due to transportation and activity practices.

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

Important Activity Dates

Girls District Wrestling: February 8 at Plattsmouth
Girls State Wrestling: February 18-19 at CHI Health Center in Omaha

Boys District Wrestling: February 15 at Blair High School
Boys State Wrestling: February 20-22 at CHI Health Center in Omaha

Girls & Boys State Bowling: February 10-11 at Sun Valley Lanes, Lincoln

Girls Sub-District Basketball: February 24-26 at TBD
Girls District Basketball: March 1 at TBD
Girls State Basketball: March 5-March 8 at Pinnacle Bank Arena in Lincoln

Boys Sub-District Basketball: February 26-28 at TBD
Boys District Basketball: March 1 at TBD
Boys State Basketball: March 12-15 at Pinnacle Bank Arena in Lincoln

Conference Speech: March 1 at Grand Island Northwest
York High Speech Invite: March 8 at York High School
District Speech: March 17 at Raymond Central High School
State Speech: March 26 at Kearney High School

Upcoming Spring Season

The first official day of the spring sports season begins Monday, March 3rd. 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, March 4th at 6:30 pm. Team pictures and button pictures will take place on Wednesday, March 12th 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, March 3rd. Boys Soccer, Girls Soccer, Boys Golf, Girls Tennis, Boys Baseball, 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! Check out the attached flyer, The Easy Way to Eat Healthy.



February is **American Heart Month**

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

Kindergarten registration will be held at York Elementary School from Monday, February 3 through Thursday, February 6. Letters were mailed to potential kindergarten students; however, if you do not receive a letter, please contact the office at (402)362-1414. Any child who will be five years old on or before July 31, 2025 is eligible for kindergarten for the 2025-2026 school year.

Varsity Dukette Auditions



for the 2025-2026 school year will be Tuesday, March 18 (aux gym) and Friday, March 21 (main gym) from 6:00 pm to 8:00 pm. Any girls (8th grade thru 11th grade) who are interested in auditioning need to fill out a try-out form that can be picked up in their school office! Please reach out to Brooklyn Horne, brooklyn.horne@yorkdukes.org if you have any questions!

2024/2025 YEARBOOKS

The 2024/2025 Yearbooks are for sale for \$60!
They must be purchased online, go to www.yearbookforever.com.

MUSIC DEPARTMENT NEWS

Special Points of Interest:

- *YMS Musical*
- *Band Notes*



YMS - DEAR EDWINA JR.




Rehearsals for the production of *Dear Edwina Jr.* are well underway! Come support the Middle School Dukes at their performances of the show on Thursday, March 27th and Friday, March 28th in the YHS Theater.

BAND NOTES

The band is putting together our spring semester repertoire for Concert Band and Jazz Band. We have multiple students that were selected for honor bands this month. Three students were selected to the Nebraska Wesleyan University Honor Band, Jaida Scamehorn, Xavier Paris, and Lauren Ecklund. Xavier Paris was selected as one of only two students from Nebraska to attend the South Dakota State University Honor Band. Congratulations!

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 25th! 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 2nd 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 1st. 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 and event workers will be needed all day Saturday April 26th at York High School. It's a great way to get outdoors and help our athletes! Contact Nicky Eimermann at progressivechiropractic@yahoo.com or call her at 402-363-1939 to get on your mark, ready, set, Go...help!

York Duke Stadium Seats
For Sale \$65.00
Purchase at the YHS Office
or Contact a Booster Club Member!!



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 www.yorkpublic.org. 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 7 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.
- **ScholarshipQuest 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 25 – (Proctored at YHS)

TEST DATE – April 5

REGISTRATION DEADLINE – February 28

TEST DATE – June 14

REGISTRATION DEADLINE – May 9

TEST DATE – July 12

REGISTRATION DEADLINE – June 6

IT'S FAFSA TIME – IT'S NOT TOO LATE – GRADUATION REQUIREMENT NOW!

Students and parents will each need to create a username and password at <https://fsaid.ed.gov> that will serve as your Federal Student Aid (FSA) ID for the FAFSA. (Students should not 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 Student Aid Index (SAI) 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, JASMINE BROWN, 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. www.educationquest.org.*

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 qualify 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 NAIA 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 7, 2025.

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 information (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 20th of each month, and payment is due **February 20, 2025**. Tuition for **Peru** - bills will be emailed and mailed U.S. mail near the beginning of March, and payment is due **April 1, 2025**. See Mrs. Stuhr with any questions.

VALENTINE'S DAY ANNOUNCEMENT

Valentine's Day is on a Friday 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.

MEMO

**Parent-Teacher
Conferences
Wednesday,
February 5th**

BUS TRANSPORTATION

Please Note: On Friday, February 7th and Monday, February 10th 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 7th and 10th. Buses will run at 3:20 pm on Friday, February 7th and on Monday, February 10th.



FFA *upcoming events*



02/05 → Blood Drive

02/12 → Water Tower Welding
Invitational

02/15-21 → National FFA Week

02/17 → SCC District Welding/
Poultry Invitational

02/19 → Cattlemens Classic

02/25 → District Career
Development Events

02/28 → Rise to the Top

03/26 → Corn Husker Classic

Yearbook Parent Ads 2025

One of the graduate's greatest treasures is his or her senior yearbook. To help make the 2025 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 **Monday, March 31st**. 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 **50 words**. You may purchase an additional ad if you wish to have more pictures and/or text.

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 off at YHS by
MONDAY, MARCH 24th.***

**Don't forget to purchase your child's Senior yearbook! Yearbooks can be purchased online by following the link from this QR Code:



Your Name: _____ Phone: _____

Senior's Name: _____

Parent Ad with pictures and copy -- \$45

Message to be included:

Please make checks payable to York High School.
Pictures can be emailed to levi.loofe@yorkdukes.org
No late payments or pictures will be accepted.

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 mistakes regarding your information in last year's booklet, please indicate that so we may correct it for this year.

Example:

<u>Sport</u>	<u>Lettered</u>	<u>Awards Received</u>
<u>Tennis</u> _____	Y N	<u>State Qualifier, State Medalist (4th),</u> <u>NCA All-State Selection, 1st Team</u> <u>LJS Academic All-State, NSAA</u> <u>Academic All-State</u> _____

<u>Sport</u>	<u>Lettered</u>	<u>Awards Received</u>
_____	Y N	_____ _____ _____ _____ _____

*more on back if needed

Sport

Lettered

Awards Received

Y N

Y N

Y N

Info missed in past years booklets:

THE EASY WAY TO EAT HEALTHY



A healthy eating pattern is about making smart choices.

The American Heart Association suggests these daily amounts.*



VEGETABLES

CANNED, DRIED,
FRESH & FROZEN

2 1/2 CUPS EQUIVALENT



FRUIT

CANNED, DRIED,
FRESH & FROZEN

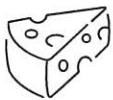
2 CUPS EQUIVALENT



WHOLE GRAINS

BARLEY, BROWN RICE, SORGHUM,
OATMEAL, POPCORN AND WHOLE
WHEAT BREAD, CRACKERS & PASTA

6 OUNCE EQUIVALENT



DAIRY

LOW FAT (1%) & FAT FREE

3 CUPS EQUIVALENT



PROTEIN

EGGS, NON-FRIED FISH, LEAN
MEATS, LEGUMES, NUTS,
SKINLESS POULTRY & SEEDS

5 1/2 OUNCE EQUIVALENT



OILS

POLYUNSATURATED,
MONOUNSATURATED, CANOLA,
OLIVE, PEANUT, SAFFLOWER &
SESAME OIL

29 GRAMS (2 1/3 TBSP)

Food should give you energy – Not weigh you down! With a few simple changes, you can make eating healthy your easiest habit.



LIMIT

sugary drinks, sweets,
fatty meats & salty or
highly processed foods



AVOID

partially hydrogenated oils,
tropical oils &
excessive calories



REPLACE

highly processed foods
with homemade or
less-processed options



ENJOY

a variety of nutritious foods from
all of the food groups, especially
fruits & veggies



KEEP

healthy habits even when you
eat away from home

*Servings are based on the 2020-2025 Dietary Guidelines for Americans for 2,000 calories/day. Your calorie needs may be different. Servings equivalent may depend on form of food. For more info on serving sizes, visit heart.org/Servings

LEARN MORE AT

heart.org/HealthyForGood



EAT SMART MOVE MORE BE WELL

Helping at Home: Tips For Parents

1. The first rule of caring for your child's emotional or behavior struggles is that there are no rules. Parenthood doesn't come with a manual and there will be a lot of trial and error as you figure out what works best to help your child.



2. Cover the basics. Before you dismiss your child's outburst as a lack of control, ask yourself if there is a simple explanation for what's going on. Are they hungry or thirsty? Are they too hot or cold? Are they overstimulated? Did they get enough sleep? Are they feeling under the weather (i.e. – colds, allergies, headaches, upset stomachs)?

3. Pick your battles. Ask yourself if this specific behavior is doing any harm, or if it's just annoying—annoying probably isn't worth arguing over. If you do get in an argument with your child, resist the urge to raise your voice. Be matter-of-fact and stand your ground.



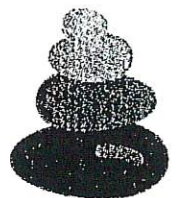
4. Environment matters. Do your best to create a home that is low on stress, safe, and supportive. A "Mary Poppins"-type household would be great, but let's get real. If you and your significant other get in a fight, keep it away from the kids. Give reasonable timelines for getting chores done. Praise your child for the things they do well and let them know that you love them.

5. Encourage communication. Let your child know that they can talk to you about their thoughts, feelings, or difficult situations they're dealing with. When they do come to you, really listen to what they have to say. You may not agree or understand, but you need to accept that the difficulties they are having are very real to them. Think about things you struggled with when you were their age.



6. Timing is everything. In stressful situations, allow your child some space and address issues later when they have regained control over themselves, otherwise you're basically pouring gasoline on a fire.

7. Create calm. A child in crisis and out of control cannot rely on reason. Your gut reaction may be to panic or go into mama/papa bear mode, but they rely on you to help them regain a sense of calm and stability. Soften your voice and use short, clear directions: "Come with me." "Take a deep breath." "Tell me what's going on."





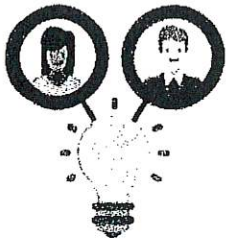
8. Help them to help themselves. There are harmful and helpful ways to manage emotions. Help your child find a constructive way to deal with feelings. It's great for your child in the long-term and their teachers will also appreciate strong coping skills. Praise successes and use failures as learning opportunities. Ask questions like, "What can you do the next time you're in this situation?" or "What made you feel better the last time you felt this way?"

9. Tackle troubling thoughts. Sometimes the brain can play tricks on us. We've all had something unsettling cross our minds or have assumed someone was mad at us when they weren't. Break down problem thoughts and bring your child back to reality. For instance, if they think that a friend doesn't like them anymore, ask them why they think that and if their friend did anything to make them think that way. Or if they are worried that you are going to get hurt in a car accident, remind them that you drive safely to and from work and/or school every day and that your car has airbags to help keep you safe.



10. Create routines. Routines give a sense of stability to children and teens, especially those who struggle with anxiety. Keep both bedtime and the morning in mind. The Sleep Foundation recommends 9-11 hours of sleep for children ages 6-13, and 8-10 hours of sleep each night for teens ages 14-17. Make sure that your morning routine includes a healthy, low-sugar breakfast, which keeps young people from getting tired in school and helps improve attention span.

11. Check your tone. You may find it tempting to blame problem behaviors on your child hanging out with the "wrong group of friends" - but if you use an accusatory tone, odds are your son or daughter will stop listening. Frame your approach from a place of care and concern, not anger.



12. Learn from other parents. Visit with other parents at practice or when picking your child up from school. Ask them what they do. Share and compare ideas. It's a great opportunity to get some good ideas from peers.

Adapted from Red Flags, "Coping with Depression at Home." Originally designed by Mental Health America.



February 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9 BBB, Res GBB-Home vs GINW G-6:00 / B-7:30 pm	4 Bowling Districts @ Pastime Lanes, Hastings - 10:00 am	5 Early Student Dismissal 2:03 pm YHS Parent-Teacher Conferences 4:30 pm to 8:30 pm	6 Early Student Dismissal 2:03 pm BW-Home Invite (JV) - 4:00 pm G/B BB @ Aurora (Res) G-4:30 / B-6:00 pm	7 YHS Full Day of School GBB @ DC West JV-4:30 / V-6:00 pm BBB @ DC West JV-4:30 / V-7:30 pm	8 Girls Wrestling Districts @ Plattsmouth - 10:00 am Speech Contest @ Aurora Mini Cheer @ Main Gym 8:00 am to 12:00 pm BWR @ State Duals (V) (Buffalo County Fairgrounds) - 10:30 am GBB @ Lakeview JV-1:00 / V-2:30 pm BBB @ Lakeview JV-1:00 / V-4:00 pm
Groundhog Day						
9	10 YHS Full Day of School State Bowling (V) @ Sun Valley Lanes, Lincoln - TBD	11 BBB-Home vs Columbus (Res) - 6:30 pm	12 Early Student Dismissal 2:03 pm FFA District Welding & Poultry Events @ York	13	14 Speech Contest @ GICC GBB-Home vs Seward JV-4:30 / V-6:00 pm BBB-Home vs Seward JV-4:30 / V-7:30 pm Academic Decathlon State Final - TBD	15 Speech Contest @ David City Boys Wrestling Districts @ Blair - 9:30 am 9 BBB @ Seward - TBD National FFA Week
16	17 Board of Education Meeting 9 BBB @ Seward - TBD Presidents' Day	18 GBB @ Standing Bear V-5:45 / JV-7:30 pm BBB @ Standing Bear JV-5:45 / V-7:30 pm Girls State Wrestling Championships @ CHI Health Center, Omaha	19 Early Student Dismissal 2:03 pm FFA Day @ Cattleman's Classic, Kearney	20 GBB @ Hastings V-5:30 / JV-7:00 pm BBB @ Hastings JV-5:30 / V-7:00 pm YHS Speech Community Performance - 7:00 pm Boys State Wrestling Championships @ CHI Health Center, Omaha	21 	22 Speech Contest @ GINW
National FFA Week						
23	24 Girls Basketball Sub-Districts - TBD Board of Education Meeting	25 FFA District Career Development Events @ Centennial High School	26 Early Student Dismissal 2:03 pm Boys Basketball Sub-Districts - TBD	27	28	1 Girls Basketball District Final - TBD Boys Basketball District Final - TBD Central Conference Speech @ GINW - TBD