

Sutton Public Schools

April/May 2021



Mission Statement - Embracing diversity to educate and empower all students for success. Together we strive to create the leaders of tomorrow, today.

Vision Statement
Teachers, Students,
Parents, Community

Building the foundation of our future by creating an environment where students are provided the skills needed to become life long learners.

From the Desk of Dana Wiseman, Superintendent

What a Year

As the '20- '21 school year comes to an end, the following question is posed, "What would you say were some of Sutton Public School's finest accomplishments this year." Well first, we survived a pandemic! We were able to open school on time in August, in person instruction exclusively, and for the most part, operate as a normal year. Yes, we wore masks, hand sanitized a lot, and learned to social distance, but in the big scheme of things, those were miniscule. Those things were much more difficult for we adults to adjust to than kids.

Students were able to participate in activities. Our talented kids took advantage of the opportunities offered at Sutton Public Schools, creating future citizens who have an appreciation for all areas – athletics, music, art, speech, drama, agriculture, business, etc. Not only did Sutton kids participate, perform, and compete in many activities, but also do so finishing at the top or towards the top of the heap repeatedly. With every win, 1st place, or milestone accomplished, it was because Nebraska figured out alternative plans to make it happen. What a huge feat!

Sutton students were able to experience many successes this year. I have observed kids turn their lives around with little or no guidance at home, I have observed kids achieve a goal that they never thought they could, or the smallest moments when a student makes a comment such as, "I'm glad to be back in school" or "this is a good place to be." Those are the moments that define the question, "What would you say were some of Sutton Public Schools finest accomplishments this year?"

"We cannot always build the future for our youth, but we can build our youth for the future." – Franklin D. Roosevelt

Shifting gears to Summer.....

Soon books will get shelved, laptop computers stored, and bulletin board decorations removed, as staff and students prepare to take a break. For the school building, it may become quiet from the noise of students, but noise still exists. Students are replaced with contractors and a full staff of custodians working hard to maintain/improve the facility.

Through the strategic planning process, the Board of Education has identified building needs, plugging them into a three-to-five-year plan to accomplish. Coming off a big project of replacing our heating and cooling systems, window replacement, and lighting upgrade, we will take a breather and allow for our Special Building fund to build back to a comfortable balance.

Summer 2021 building projects are as follows:

- New carpet and updates to the Elementary Library and Instrumental Music Room
- Continued roof repair/replace

Along with the projects, general maintenance to the building will occur, i.e. classroom floor refinishing, repairs, cleaning, etc. Continued efforts to keep our facility "inviting", creates an environment conducive to learning. Having a clean, updated facility instills a sense of pride for students and community members alike. Progressing is an expectation, not an option. This is a belief held by the Board of Education as they continue to make decisions that reflect this mindset. Before long, we will be gearing up for the 2021-2022 school year; hopefully, minus a pandemic!

BUY ONE, GET ONE
FREE
BOOK FAIR!
STOCK UP FOR SUMMER READING!

May 10—May 14

8:00 am—

4:00pm

Monday, Wednesday,
Thursday, Friday

8:00 am—

7:30pm

Tuesday

Graduation Information

The senior class and their parents should have received a letter detailing the expectations for graduation. The letter detailed seating and flower information as well. If you or your senior did NOT receive this information, please contact the office so we can get that to you.

Baccalaureate will take place on May 2nd at Sutton Public Schools in the theater. This will begin at 7:00 pm. Members of the senior class have been working on their class video and will share it that evening. If your student has not submitted photos for the video, please be sure to do that as soon as possible. You can submit those photos to the office or Nicole Flores.

The last day for seniors is currently scheduled for Tuesday, May 4th. Rehearsal for seniors for graduation will take place on Friday, May 7th and it will begin at 8:30 am. All seniors are required to attend rehearsal.

On May 8th at 4:00 pm, Sutton Public Schools will be hosting its commencement activities to honor the seniors of the Class of 2021. Please join us at Graduation as we celebrate the success of this year's senior class and congratulate them on this accomplishment.



Honors Convocation

The annual Honors Convocation will take place on Friday, April 30th beginning at 7:00 pm. In addition to awards distributed and recognition of our students, there will also be displays of student work for all to view.

Art Fair/Elementary Academic Fair

On Tuesday, May 11th, come visit Sutton Public Schools and take in the arts. The annual art fair will be held to showcase student artwork in grades K-12. The doors will open at 3:30 pm and close at 7:30 pm. In addition, there

will be science and social studies projects on display from the elementary students.

Sutton Public Students participating in statewide NSCAS Assessments

Sutton Students are working very hard to complete their statewide assessments. Students in grades 3-8 have been participating in the NSCAS Assessments as their statewide assessments in the areas of English Language Arts (ELA) and Mathematics. Students in grades 5 and 8 also participated in an NSCAS Science assessment. The NSCAS assessments are adaptive tests, meaning that the test adjusts the difficulty level based on how a student answers the previous question.

On March 23rd, the junior class participated with other students across the state in their NSCAS state assessment by taking the ACT test. Students participated in exams on English, Math, Reading, Science, and Writing, just as they would if they had taken the exam on one of the other Saturday National ACT assessment dates. Student scores can be shared with various colleges and universities to help them in their admission to those institutions.

We are proud of the effort that the staff have done in preparing our students and to our students for their hard work on all assessments.

State Qualifying Activities

Congratulations to the members of the Sutton Quiz Bowl Team for earning an invite to the state Quiz Bowl Competition later in April.

Team members are:

Joe Hinrichs
Leif Andersen
Tyler Baldwin
Kylie Baumert
Tristan Hofaker
Melanie Minchow
Blake Schmer
Quin Schroetlin



State Speech

Congratulations to the following students for earning an invite to compete at the state Speech Meet in Kearney on March 18th.

Shelby Dietz-Serious Prose
Leif Andersen-Extemporaneous
Melanie Minchow-Informative
Kylie Schroetlin-Entertainment

Sutton Public Schools is proud to announce the honor roll for the third quarter of the 2020-2021 school year:

Honor Roll:

Seniors: Tyler Baldwin, Kylie Baumert, Wyatt Bergen, Joseph Hinrichs, Nathan Ladehoff, Evianna Mendez, Melanie Minchow, Melaney Nuss, Dayvie Perrien, John Sheridan, Hayden Switzer, Glenda Vance, and Cade Wiseman

Juniors: Leif Andersen, Deyby Arevalo, Cody Barritt, Chesney Betterton, Garrett Bonnell, Juan Castaneda, Shelby Dietz, Megan Dyer, Grace Eastin, Julia George, Adam Griess, Kate Griess, Colton Haight, Jesse Herndon, Tristan Hofaker, Tanner Huber, Evan Landauer, Andaira Landenberger, Makayla Messenger, Grasha Nuss, Kaleigh Nuss, Paxton Olson, Macey Peterworth, Carly Rose, Blake Schmer, Quinn Schroetlin, Tynan Skalka, Jadyn Stevens, and Reagan Vavricek

Sophomores: Nathan Baldwin, Jesse Bergen, Rivers Bergen, Claydon Claus, Whitney Hahn, Jacob Hinrichs, Daelynn Hofaker, Alivia Huxoll, Myles Jones, Trinity Keffer, Olivia Kessler, Caleb Ladehoff, Miranda Miranda, Alvino Sanchez Jr., Kylie Schroetlin, Vance Smith, and Greyson Stengel

Freshmen: Ingelise Andersen, Cole Baumert, Abril Cabrera, Devon Griess, Marai Guinyard, Grayson Landauer, Carson Mau, Lily McCroden, Kennedy Perrien, Tori Peterson, Reagan Robinson, Owen Schelkopf, Grace Schmer, and Ethan Vance

Eighth Grade: Madylinn Bautista, Chloe

Bergen, Sonia Castaneda, Leah Cool, Montana Dietz, Keegan Domeier, Trinity Elliott-Piersee, David Fonseca Jr., Jady Friesen, Lily Griess, Gabe Gwennap, Jace Haight, Aidan Jones, Ellie Kessler, Lindsey Ladehoff, Eduardo Rico, and Gerrit Vander Ley

Seventh Grade: Brody Borgmann, Angelina Cloet, Shae Eggers, Ella Eggleston, Lincoln Friesen, Addison George, Adilynn Gimple, Kyla Griess, Jacob Huxoll, Kayden Kauk, Ava Kerwood, Keith Kliewer, Laurel Moore, Miranda Nuss, Mia Ochsner, Payton Reed, Rylan Reutzel, Avery Smith, Jentry Stenger, and Kaci Yost

Honorable Mention:

Seniors: Jackson Anderson, Fallon Bonnell, Quenton Jones, and Jena Prieto-Post

Juniors: Matthew Davis and Shaylene Westover

Freshmen: Marlie Drudik, Jasmine Keffer, and Mary Lou Mesa

Eighth Grade: Billy Marshall

Seventh Grade: Landon Scheidemann

Congratulations students on your achievements!



April 2nd-5th No School
 April 7th-9th FFA State Convention
 April 11th-13th FCCLA State Star & Leadership
 April 16th Athletic Awards 8pm
 April 22nd-23rd District Music @ Sutton
 April 24th FFA Spring Banquet
 May 4th 7th-12th Band/Choir Concert
 May 8th Commencement
 May 17th-18th 7-12 Semester Tests
 2pm Dismissal



You're Invited to the
Art, Social Studies & Science Fair
 Tuesday, May 11th, in the Elementary Gym

Art Fair is from 3:30—7:30 pm
 Social Studies & Science Fair is from 6:00—7:30 pm
 Book Fair is from 3:30—7:30 pm

Come & celebrate learning with our school



Be there.

TEAMMATES
MENTORING

TeamMates Mission Statement

To positively impact the world by inspiring youth to reach their full potential through mentoring.

If you want to make a impact in the life of a child, please consider mentoring. It takes approximately 40 minutes a week when school is in session.

Program Coordinators

Dee Boals
 Kim McElfresh

Officers

Barb Bailey, President
 Ashley Ulmer, Secretary
 Sheila Griess, Treasurer

Board Members

Jordan Anderson, Bob Boettcher, Neal Ely, Dana Griess, Katie Vander Ley, Dana Wiseman, Emeritus

We are always looking for mentors. If this is something you would consider doing, please contact any TeamMates member.

IXL

This Spring we have started to pilot a program called IXL. IXL is a computer based program that helps students bridge some of the gaps they may be missing with certain concepts being taught in the classroom. The skills and concepts are directly tied to Nebraska State standards in all areas. Teachers are able to identify which skills a student may need extra work in and assign those skills throughout the day when there is free time or students have finished assignments. The program is more than just interventions and progress monitoring. Just as teachers are able to identify areas of concern and assign those skills to students, teachers are also able to see which students need to be pushed and are ready for more difficult concepts. IXL adapts to students and their needs to meet them where they are at. Another important facet of the program is that it can be used as a supplemental resource to reinforce the skills and concepts teachers are currently working on. Teachers have been implementing the pilot since early March and will have participated in two 90 minute trainings by the end of March. At the end of the year teachers will meet to discuss the pros and cons of the program and decide whether or not to move forward with full implementation. One note for parents is that IXL can be used not only at school but students can access IXL and practice at home too, on pretty much any device. IXL does have an app for any tablet or you can go directly to <https://www.ixl.com/signin/suttonpublic> and login. Parents, you may need to contact teachers for student usernames and passwords.

Step Up Day!

This is the time of year that we, as a staff, begin to think about student placement for the next school year. Every administrator has their own system in making sure that students are placed in the right classroom to ensure they are successful because it is a very important decision. However, it is my belief that this process should be quick and efficient so we are not overthinking a relatively simple process. The staff approaches this in a very thoughtful manner and grade lev-

els will meet to discuss student and teacher pairings, taking into consideration a variety of factors to make the classes as equal as possible, from boy/girl ratio to achievement levels. Teachers are the experts in this area because they are with these students day in and day out. They know which students will work well with which teacher for the next year, not to mention the students they work well with or who they may clash with. All of those discussions are had collectively as they are placed into specific classrooms. I will meet with each grade level to discuss, make changes, and finalize the placements. If parents wish to request their student be placed in a certain teacher's class, I am asking you make these requests no later than April 15th (tax day, easy to remember). On Monday, May 10th, a note will come home with each student, letting them know who their teacher will be next year. 'Step Up Day' will be the following Monday, May 17th. Students will spend about 30 minutes with next year's class and teacher. They will get to know their teacher, their plans and expectations for the following year, and participate in an activity designed by the teacher. Students will leave school this spring knowing who their teacher will be next year. Changes will not be made over the summer.

Grade Level Sections and New Assignments

Next year, Kindergarten through second grade will be two sections, third and fourth will be one section, and fifth and sixth grade will also be two sections. Teachers in Kindergarten, third, fifth, and sixth grades will remain unchanged. Mrs. Helgoth will be moving down to first grade from fourth grade and will be Mrs. Parr's grade level partner. Miss Mau will stay in the single section fourth grade, while Mr. Friesen will move back up to second grade, alongside our new teacher, Mr. Tate Mazour. More on him later. Mrs. Francis will be taking over the Media Specialist/Librarian position for K-12 and Mrs. Landauer will be teaching Spanish in place of Mrs. Rodriguez

Projected numbers for 2021-2022:

Kindergarten: 31 (two sections)

1st Grade: 29 (two sections)
2nd Grade: 26 (two sections)
3rd Grade: 25 (single section)
4th Grade: 21 (single section)
5th Grade: 38 (two sections)
6th Grade: 25 (two sections)

Staff Highlights

As we wrap things up this year, there are still plenty of people on my list that I need to highlight. My goal was to try and recognize everyone and I know some were more detailed than others, but I want to stress that this staff does amazing things and a short paragraph highlighting the things they do everyday doesn't really do them proper justification.

Let's start with the new second grade teacher next year, Mr. Tate Mazour. Tate will be graduating from Doane in May and is originally from just down the road, in Trumbull, NE. He will also be helping with Junior High Boys Basketball as the assistant to Mr. Parrish.

Like I said, there's a lot of people yet to cover, so I'm going to mention many people together. For instance Mr. Zach Weir and Mrs. Kelsey Linabery, our band and music teacher respectively. Mr. Weir really took the time this year to break things down for his students and tried to get the right instrument in their hands so that they could be successful. I know things will only continue to go up with the band program and Mr. Weir. In music, I want to personally thank Mrs. Linabery for allowing me to sing with sixth graders and putting up with my awful attempt at falsetto during, "More Than a Feeling." Mrs. Linabery and Mr. Weir both, do a fantastic job of organizing our school's musical programs and have put together programs that are fun for the kids.

The staff in our BEES classroom, Mrs. Susan Landenberger, Mrs. Chelsea Kreutzer, and Mrs. Vicky Softley, have made the transition from half day preschool to full day preschool. They do a great job of providing learning activities all day for those littles, who demand a ton of attention. It seems like their hands are always full no matter how many are in there, but they always make the most of it.

In a news note from earlier. Mrs. Ahlona Landauer will be taking over teaching Spanish classes from Mrs. Dara Rodriguez. Currently as the media specialist/librarian, Mrs. Landauer has been doing some pretty cool things

with coding and machines. Students are given a robot-type machine and then have to write code to make the robot perform certain acts. For those that remember using the green Apple IIe computers, think of the program LogoWriter, where you gave a turtle on the screen commands to draw shapes, only this is much more interactive and engaging. If you don't remember LogoWriter, Google it.

Speaking of Mrs. Rodriguez, to say she is a wonderful teacher is an understatement! Sutton was extremely lucky to have her and she will be missed by all of us here. Good luck in your next travel adventure Mrs. Rodriguez!

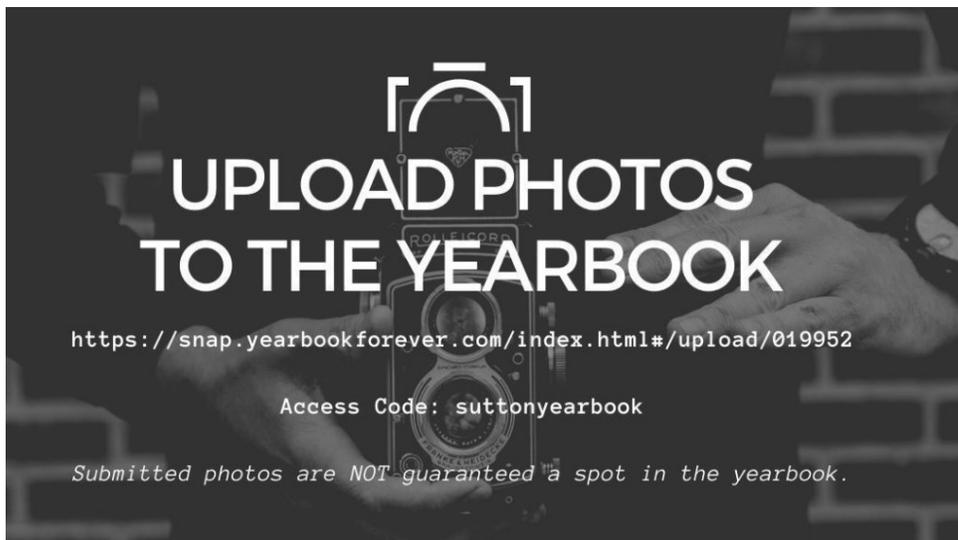
Let's head into kindergarten where Mrs. Taylor Roth and Ms. Michelle Schmer both do one of the hardest jobs on the planet. They teach kindergarten! It takes a special kind of person to teach kindergarten. You have to have an abundance of patience, be

especially kind even on your worst of days, and have the biggest fullest hearts you can imagine. That's these ladies all the time. I can't tell you the countless times I've walked into one of their rooms and then slowly backed my way out because of the unique madness that is kindergarten. These two teachers absolutely love what they do and each kid in their classrooms. It gives me comfort knowing that they'll be teaching my kindergartner next year.

Finally, into first grade we go where Mr. Vincent Friesen and Mrs. Hailey Parr always seem to surprise me with new ways of teaching things. I think this first grade team does a fantastic job of fitting the needs of each individual student and differentiating their instruction. It's as if they personalize each lesson for every student so that they can have success. As far as first grade teachers go, they're one step up from those kindergarten teachers, so

you know the type of demeanor they have to have. I love the calming sense I get when I walk into both of these classrooms. It's always warm and inviting. Mr. Friesen's science experiment with seeds in straws was pretty cool too.

Well everyone, we're getting closer to wrapping this crazy unpredictable year up. Amazing that we did it all in person. That's a testament to this staff, our kids, and you as parents. It wasn't easy, there were definitely some hurdles to overcome, but we did it. I'm so proud to be in this community and a part of this school. If you see me this summer, say hey!

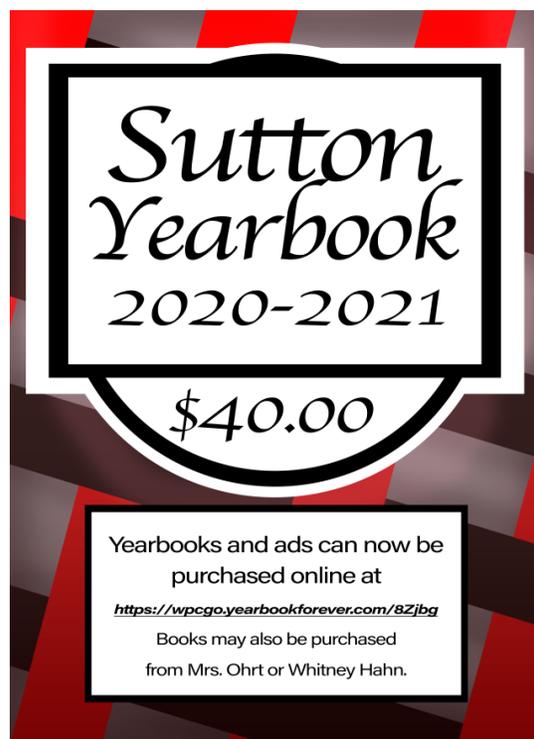


UPLOAD PHOTOS TO THE YEARBOOK

<https://snap.yearbookforever.com/index.html#/upload/019952>

Access Code: suttonyearbook

Submitted photos are NOT guaranteed a spot in the yearbook.



Sutton Yearbook 2020-2021

\$40.00

Yearbooks and ads can now be purchased online at <https://wpcgo.yearbookforever.com/82jbg>

Books may also be purchased from Mrs. Ohrt or Whitney Hahn.

Sutton Schools Educational Foundation, Inc.

If you would like to contribute to the scholarship fund, we are still accepting donations for the class of 2021.



Please make checks payable to: **Sutton Community Scholarship Fund**

_____ Donation Amount

_____ Signature



Beginning May 1, there are 12 more days the school will be serving lunch this school year. The last day of school is Tuesday, May 18. School is dismissed at 2:00 p.m.

If you do not want a large balance in your lunch account at the end of the school year, please plan accordingly when sending lunch money for your account. **NO ACCOUNTS WILL BE PERMITTED TO GO IN THE RED AT THE END OF THE YEAR!**

Lunch prices are \$2.90 each for elementary students and \$3.10 each for high school students. Any balance that you have left for elementary afternoon milk will be moved over to the lunch.

The school has no problem carrying your positive balance over to next year. We **WILL NOT** be able to carry a negative balance. If you want a refund, you will need to notify the school by Friday, May 7, and a check will be mailed to you. Please call Deb in the elementary at 773-4423 **ONLY** if you want a refund or if you have questions.

We appreciate you!

National Volunteer Week April 18-24

We would like to extend a special *thanks* to all of our volunteers who are essential to the well-being of our community and school. Their caring from the heart always comes through. We appreciate their service, commitment and everything they do, from helping put the newsletter together each month, mentoring an elementary or high school student, being kindergarten lunch helpers to helping in the classrooms with various projects.

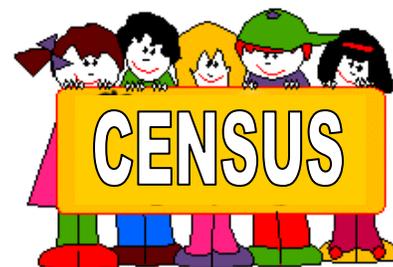
Special Thanks

On January 28, 2021 The Lions Club was here at the school & completed Vision & Hearing Screenings. Grades BEE'S-4th , 7&10th grades were screened. A total of 213 Students! I would like to THANK the volunteers from the Lions Club for taking the time to come to our school to complete this for us. I would also like to thank Mr. Weir for letting us use his band room that day! Trisha

Enclosed with this newsletter is a Census Form. If you have had no changes in your family since last June, you do not need to fill out this form and return it. If your children are opted into our district you do not need to fill out the form as they are counted in your home district. Also, if you have no children living with you or if those living with you are over 21 you need not fill out the form. However, if you have added a child or are new to the community since June 30, 2020, or are new parents since June 30, 2020, we need to record information.

Children from 0 years of age to 21 years are recorded. This information is used for state aid and for future school planning. Thank you for helping with this project.

Deb Griess, Census Recorder for School District 2, Clay County.



With summer just around the corner and the school year coming to an end, we will be looking at putting together the routes for the 2021-2022 school year. When the routes are set and times are figured out the drivers will call or text the parents of country students the weekend before school starts. Town stops will remain the same at this time. If you have any questions please call [402-773-5590](tel:402-773-5590) and leave a message.

Please make sure to fill out the transportation request form that will be sent home.
Have a great summer!

Bus Barn Crew
Ginny, Shannon, Larry, Eric, Mike



Sutton FFA

March - May Newsletter



District LDEs

This year we had two State Qualifiers! Carson Mau will be competing at State Convention in Creed Speaking and Lindsey Ladehoff will be competing in Ag Literacy Speaking.

District CDEs

Members competed at District CDEs in Minden this year. Caleb Ladhoff, Carson Mau, Cason Peterson, and Owen Schelkopf will be competing at State Convention in Jr. Livestock Judging!



National FFA Week

We had a busy week during National FFA Week this year! Donut deliveries, Ag Relays, and the Chapter Breakfast were just a couple of the fun events.



CENSUS DATA

Once again School District #2 will be conducting a school census during the month of June. In order to get the most accurate and complete number and names of persons living within our district, we are asking the patrons to complete the attached questionnaire. It is important for one form to be filled out for **each household that has children aged birth to 21 years**. If you have had no changes in your family since last June, you do not need to fill out this form and return it. If your children are opted into our district you do not need to fill out the form as they are counted in your home district. Also, if you have no children living with you or if those living with you are over 21 you need not fill out the form. However, if you have added a child or are new to the community since June 30, 2020, or are new parents since June 30, 2020, we need to record information.

Please return the completed questionnaire to the school office or mail it to the Superintendent's Office, PO Box 590, Sutton, NE 68979.

This information affects our state funding, so it is very important that we have current and accurate data.

FAMILY NAME: _____

FATHER: _____ MOTHER _____

ADDRESS: _____ LOCATION OF RESIDENCE
Street No. P.O. Box BY COUNTY _____

 City, State, Zip Code PHONE: _____

NAMES OF ALL CHILDREN FROM BIRTH TO 21 YEARS (Include children attending college who are living away from home or serving in the Armed Forces)

NAME (LAST, FIRST, MIDDLE)	DATE OF BIRTH Month/Day/Year	PLACE OF BIRTH TOWN/STATE	GENDER	GRADE (Current)
_____	_____	_____	M F	_____
_____	_____	_____	M F	_____
_____	_____	_____	M F	_____
_____	_____	_____	M F	_____
_____	_____	_____	M F	_____
_____	_____	_____	M F	_____
_____	_____	_____	M F	_____

**PLEASE COMPLETE & RETURN THIS FORM BY MAY 15, 2021
 EVEN IF YOUR CHILDREN DO NOT OR WILL NOT ATTEND SUTTON PUBLIC SCHOOLS
 THANK YOU FOR YOUR COOPERATION**

FCCLA



FCCLA Holds Virtual STAR Competition

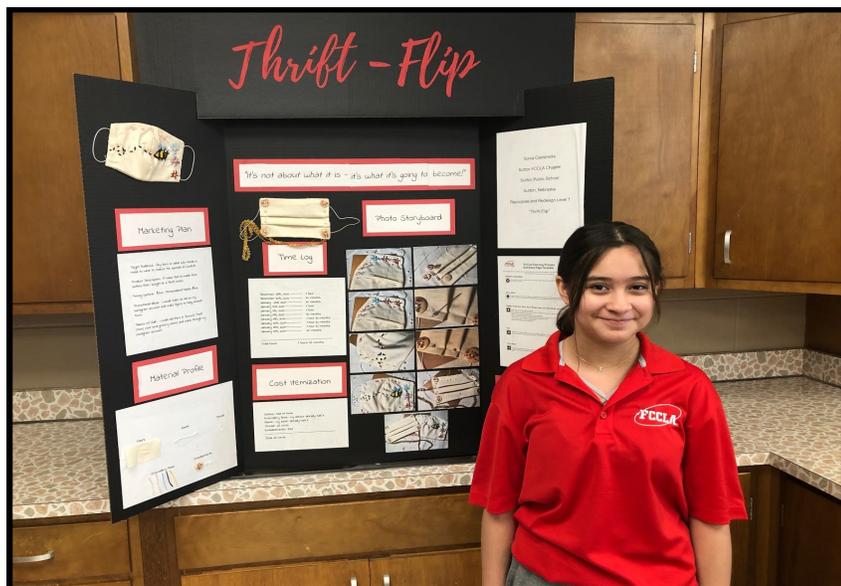


District 4 of Nebraska FCCLA held its annual STAR competition in a virtual format this year. STAR stands for Students Taking Action with Recognition and is a chance for FCCLA members to showcase their projects, abilities, and passions in a competitive format. Last year, STAR projects were presented and judged in person. This year, due to Covid, projects were recorded and then submitted to be evaluated in a virtual format. Several students tackled this brave new format and presented their projects for District competition. District 4 includes seven local chapters in the South Central part of Nebraska. Nancy Schlautman serves as the District 4 STAR advisor.

Professional Presentation- Level 1

**Lindsey Ladehoff - Gold -
STATE QUALIFIER!**

The title of Lindsey's presentation was "Celiac Disease, It's Forever!" Lindsey made a powerpoint to educate her peers about Celiac Disease. She also made gluten-free chocolate chip cookies and regular chocolate chip cookies for her peers to try and see if they could tell the difference. (Pictured above)



Recycle & Redesign- Level 1

**Sonia Castaneda - Top
Silver - STATE
QUALIFIER!**

Sonia made masks out of an old tablecloth. She embroidered and embellished the masks. (Pictured left)

Nutrition Nuggets

Food and Fitness for a Healthy Child

Sutton Public Schools
Wellness Program



BEST BITES

Go "whole"

Eat healthier by selecting foods that are as close as possible to their natural state. For example, instead of canned fruit



cocktail in syrup, give your child a fruit salad of fresh blueberries, raspberries,

and kiwi. Or offer him homemade chicken nuggets made from boneless, skinless chicken breasts rather than the pre-made frozen ones.

Tumble together

Want to fit in more exercise at home? Have your youngster take a tumbling break. On a carpeted area, challenge her to do a few forward and backward rolls. Join in the fun—seeing Mom or Dad do somersaults will encourage her to do more. *Note:* Tumbling is a weight-bearing exercise that helps children build bone density.

DID YOU KNOW?

Frozen fish is a bargain. It's nutritionally the same as fish that has never been frozen, it often tastes fresher, and it's usually cheaper. Select fillets without spots or blemishes and that are frozen solid in vacuum-sealed packaging. Store in the freezer for up to five months. To use, thaw in the refrigerator overnight.

Just for fun

Q: Why did the tortilla chips start dancing?

A: Because they put on the salsa!



Food + games = picnic!

A picnic is a terrific way to mix yummy food and active games over the nice summer months. Here are some fun combinations.

Bunnies in the grass

The food: Chow down on a bunny feast. Try carrot sticks with a side of hummus or a cold salad made with whole-grain pasta, chopped vegetables, and a lemony dressing.

The game: Race like a bunny. Each person holds a ball between her knees and hops toward a finish line. Drop the ball, and you have to begin again.

Burgers and bowling

The food: Enjoy hamburgers—deconstructed! Thread skewers with cooked turkey or lean beef meatballs and all the fixings—cherry tomatoes, lettuce, sliced cucumbers, and chunks of cheddar or other cheese. Bring mustard and ketchup for dunking.

The game: In a grassy area or on a sidewalk, set up "bowling pins" of partially



filled water bottles. Play a few rounds, using a softball to knock down the pins.

Beach time, anytime

The food: Pack "fish" (tuna salad sandwiches), "sand" (a salad of corn, red onion, and crumbled cotija or feta cheese tossed in lime juice and olive oil), and "sails" (triangle-shaped watermelon wedges).

The games: Play badminton, toss a Frisbee, or fly a kite. Or try this version of volleyball: Lob a beach ball over a "net" made from a rolled-up beach towel or blanket placed on the ground. ●

Summer safety

Playing outside is one of the best parts of summer. Use these tips to keep your youngster healthy and safe as he plays.

Stay hydrated. Children often forget to drink fluids when they're having fun. To prevent dehydration, remind your child to take frequent water breaks.

Avoid sun damage. Exposure to sun now can increase your youngster's risk of skin cancer later. Help him apply sunscreen 30 minutes before he goes outdoors. Reapply every 2 hours. *Note:* Clouds don't block all of the sun's harmful rays, so use sunscreen even on cloudy days.

Beware of bugs. Insect repellent can protect your child from tick- and mosquito-borne illnesses. Look for child-safe products, or ask your pediatrician for advice. ●



Create a cookbook

Let your youngster craft his own cookbook—he'll get excited about cooking, enjoy eating the healthy food he makes, and practice reading and writing. These steps will get him started.

1. Collect. Together, brainstorm healthy recipes to include. They might be his favorites from home, or he could ask relatives, neighbors, and friends to contribute theirs.

2. Organize. Help your child decide how to arrange the recipes. He may want to group them in a binder or an accordion file by category (starters, main dishes, sides, dessert). Or he



can put them into folders according to food groups: fruits, vegetables, grains, protein, and dairy. *Idea:* Suggest that he classify fruit and vegetable recipes by color (red fruits, yellow vegetables). This will remind him to eat a variety of colors.

3. Illustrate. Have your youngster add drawings or photos of each dish. Even better, take pictures of him cooking, and he could include those.

4. Explain. Encourage him to write stories introducing some recipes. For example, he might describe the first time he tried a particular food or why he likes a certain dish. ●

ACTIVITY CORNER

Relay games

Build your child's coordination skills with these lively family games.

Run forward, throw back

Players line up, with the first person holding a ball. At the signal, he runs to a designated spot, turns around, and tosses the ball to the next person in line. That player catches the ball and repeats the process. Continue until everyone has had five turns to catch, run, and throw. *Variation:* Before throwing the ball, do movements like three jumping jacks or five squats.

Egg-and-spoon race

Divide into teams. The first runners each place a hard-boiled egg on a spoon. They run (or walk quickly) to a turnaround point and then run back—passing the egg and spoon to the next person in line. (Drop the egg, and you have to stop to pick it up.) First team to finish wins! *Variation:* Play with an egg and a spoon in each hand. ●



Q&A Healthy lunch to go

Q: During the school year my daughter buys lunch at school. But this summer she's going to day camp, and I'll need to pack her lunch. What advice do you have?

A: Start by shopping with her for lunch items. That way, she can help pick out foods she likes, and you'll get a chance to talk about healthy choices like whole-grain bread, lean meats, fruits, and vegetables.

Then, have your child pack her own lunch. A fun idea is to include items for her to assemble at lunchtime. For example, she might put in separate containers of marinara sauce, shredded mozzarella cheese, and round whole-wheat sandwich thins—she'll be able to make her own mini pizzas. Also, suggest fruits that travel well, such as grapes or orange slices.

Note: If your youngster's lunch won't be refrigerated, use an insulated bag, and include an ice pack or a frozen water bottle. ●



IN THE KITCHEN

Campfire cooking

Enjoy healthy summer foods by cooking them in foil packets over a campfire, grill, or fire pit. Just place ingredients in the middle of a large sheet of heavy-duty foil and fold tightly. Try these recipes.

Quesadilla

Cut corn from a cob. Mix with $\frac{1}{2}$ cup canned black beans (rinsed, drained) and 2 tbsp. shredded Monterey Jack cheese. Spread on half of a large whole-wheat tortilla, and fold the other half over. Cook for 15–20 minutes.



Shrimp & veggie

Marinate 1 lb. peeled, uncooked shrimp for 10–15 minutes in a mixture of 1 tsp. lime juice, 1 crushed garlic clove, 1 tbsp. olive oil, and $\frac{1}{4}$ tsp. ground pepper. Mix with $\frac{1}{2}$ cup chopped zucchini and $\frac{1}{2}$ cup snap peas. Split among 4 packets, and grill for 10–12 minutes.

Grilled fruit

Combine 1 sliced peach or nectarine, 1 tsp. ground cinnamon, and 1 tsp. brown sugar. Cook for 15 minutes. Eat this single-serving sweet snack on its own or with fresh mint and a dollop of vanilla yogurt. ●

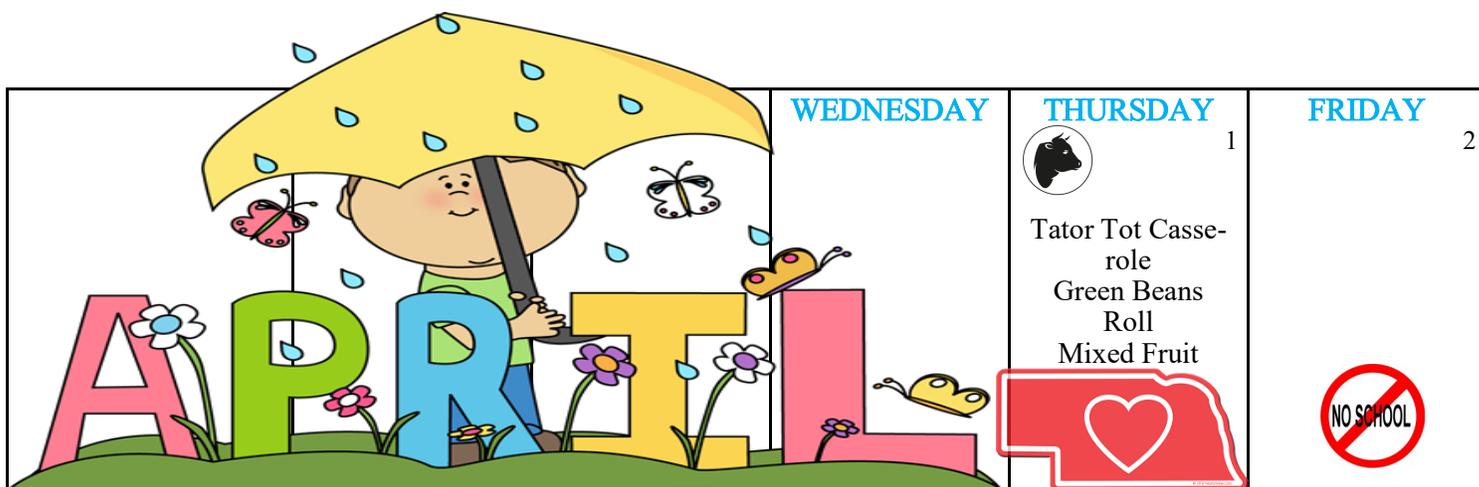
OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
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Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

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WEDNESDAY

THURSDAY

FRIDAY



1

Tator Tot Casse-
role
Green Beans
Roll
Mixed Fruit



2

<p>Lunch Prices</p> <p>Elementary \$2.90 High School \$3.10 Adult \$3.85 Extra Milk \$.60</p>  <p>Milk Choices</p> <p>Skim, 1% Chocolate Skim Strawberry Skim</p> <p>EVERYDAY</p> <p>FRESH FRUITS & VEGGIES</p> <p>Fresh Fruit & Veggie Bar Offered Daily</p>  <p>Local Beef Days</p>	5	6	7	8	9
		<p>Pancakes Sausage Patty Hash Brown Fruit Cup</p>	<p>Nacho Bar Beans Corn Rice</p> 	<p>Calzone Green Beans Carrots Pears</p> 	<p>Corn Dog Peas Carrots Mixed Fruit</p>
	12	13	14	15	16
	<p>Chicken Nuggets Green Beans Carrots Roll</p>	<p>Chicken Fajita Beans Corn Rice</p>	<p>Beef & Noodles Mashed Potatoes Pears Roll</p> 	<p>Pizza Crunchers Peas Carrots Applesauce</p> 	<p>Beef Tender Sandwich Green Beans Carrots Mixed Fruit</p>
	19	20	21	22	23
<p>Chinese Broccoli Rice Mandarin Oranges</p>	<p>Burrito Corn Rice Peaches</p>	<p>Senior Dinner Chicken Mashed Potatoes Green Beans Roll</p>	<p>Pulled Chicken Baked Beans Carrots Pears</p>		
26	27	28	29	30	
<p>Hamburger Deluxe Peas Carrots Pears</p>	<p>Fiestada Beans Corn Peaches</p>	<p>Breakfast Corn- dog Hash Brown Carrots Fruit Cup</p>	<p>Chicken Patty Sandwich Baked Beans Carrots Applesauce</p>	<p>Pizza Green Beans Carrots Mixed Fruit</p>	

April

EVENTS

THURSDAY

1

FRIDAY

2

SATURDAY

3

9:00 am
Golf @ Superior
10:00 am JH
Track @ Friend
10:30 am
V Track @
Thayer Central



Easter Break

	<p>5</p> <p></p> <p>Easter Break</p>	<p>6</p> <p>10:30 V Track @ Sandy Creek 4:30 Golf @ Sandy Creek</p>	<p>7</p>	<p>8</p> <p>2:00pm JH Track @ Sandy Creek</p>	<p>9</p>	<p>10</p>
<p>FFA State Convention</p>				<p>16</p> <p>Blood Drive 6:00 pm Elementary Carnival 8:00 pm Athletic Awards Night</p>	<p>17</p>	
<p>11</p> <p>FCCLA State STAR and Leadership Conference</p>	<p>12</p>	<p>13</p> <p>10:00 am Golf @ Fillmore 11:00 am V Track @ Heartland</p>	<p>14</p>	<p>15</p> <p>9:00 am Golf @ York 12:30 JH Track @ Heartland</p>	<p>23</p> <p></p>	<p>24</p>
<p>25</p> <p>4:00 pm Golf Quad @ Sutton Fox Hollow 4:00 pm V Track @ Centennial</p>	<p>26</p>	<p>27</p> <p>2:00 JH Track @ Centennial</p>	<p>28</p>	<p>29</p> <p>9:00 am Golf @ Southern Hills Choir Concerts K-3—1:30/6:30p 4-6—2:15/7:15p 2:00 JH Track @ Fillmore</p>	<p>30</p> <p>7:00 pm Honors Convocation</p>	



LUNCH

Elementary \$2.90
 High School \$3.10
 Adult \$3.85
 Extra Milk \$.60

**Senior
 CHOICE**



Milk Choices

Skim, 1%
 Chocolate Skim
 Strawberry Skim

EVERYDAY

**FRESH FRUITS
 & VEGGIES**

Fresh Fruit &
 Veggie Bar
 Offered Daily



**Local
 Beef
 Days**



3	4	5	6	7
	Turkey Wrap Carrots Chips Peaches	Pulled Pork Baked Beans Carrots Pears	Yum Yum Broccoli & Cheese Carrots Pears 	Ham Sandwich Mixed Veggies Carrots Mixed Fruit
10	11	12	13	14
Hamburger Deluxe Peas Carrots Oranges	Taco Bar Corn Rice Peaches 	Turkey Hoagie Carrots Chips Pears	Club Wrap Fresh Veggies Carrots Applesauce	Meatball Sub Mixed Veggies Carrots Mixed Fruit
17	18	19	20	21
Pulled Chicken Sandwich Baked Beans Chips Mixed Fruit	PB&J Mixed Veggies Carrots Mixed Fruit			
24				28

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1 style="text-align: center;">May Events</h1>						1 10:00 am SNC Varsity Track @ Wilber-Clatonia
2  Baccalaureate Service	3 12:30 JH Track @ Sutton	4 9:00 am Golf @ Sutton Fox Hollow 7:00 pm 7-12 Band/Choir Concert  Last Day	5	6 9:00 am SNC Golf @ Milford 1:00 pm V Track @ Sutton	7 10:00 am SNC JH Track @ Milford	
9	10	11 Art, Science & Social Studies Fair 3:30pm-7:30pm	12 9:30am Golf @Thayer Central	13 TBD V Track @ Thayer Central	14 Elementary Picnic/Park Day	15
Elementary Book Fair 8:00am-4:00pm						
16	17 <div style="border: 1px solid black; padding: 2px; text-align: center;"> 7-12 Semester Tests </div> <div style="border: 1px solid black; padding: 2px; text-align: center;"> Dismiss @ 2:00 </div> 	18 Elementary Hon- ors Convocation Last Day of School	19	20	21 	22
23	24	25 	26	27	28	29

SUTTON PUBLIC SCHOOLS

P.O. Box 590
Sutton, NE 68979-0590

Elementary: 402-773-4423
High School: 402-773-4303
Superintendent: 402-773-5569
Bus Barn: 402-773-5590

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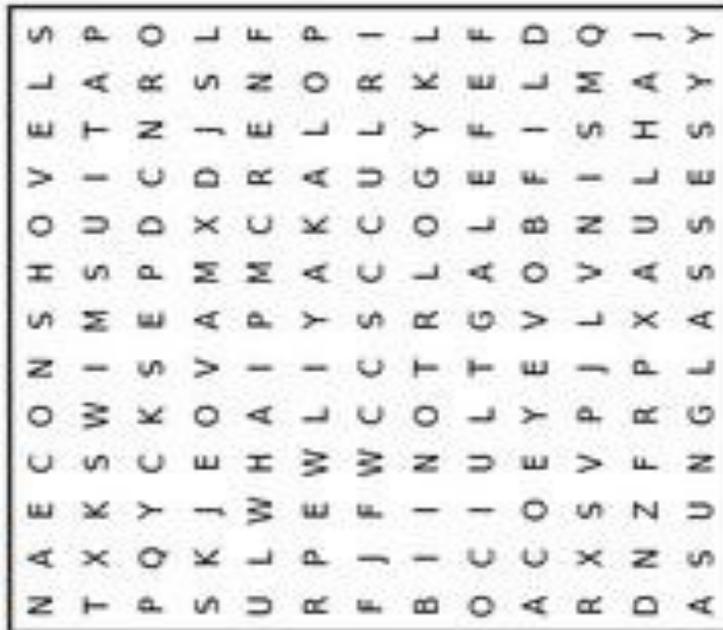
Greenhouse Dates

4:00pm to 6:00pm
on
Monday, May 3rd
Tuesday, May 4th
Wednesday, May 5th
Thursday, May 6th
Friday, May 7th

ECRWSS
POSTAL CUSTOMER



**A Day at the
Beach**



- CRAB
 - FLIP FLOPS
 - JELLYFISH
 - LIFEGUARD
 - OCEAN
 - PAIL
 - PICNIC
 - SAND CASTLE
 - SHOVEL
 - SNORKEL
 - SUNBLOCK
 - SUNGLASSES
 - SURFBOARD
 - SWIMSUIT
 - TOWEL
 - WAVES
- 