



# **January 2019**

## **Deshler Public Schools Newsletter**

**School Resumes Friday, January 4th**

**Upcoming Dates:**

**Monday, Feb 4th - No School**

**Wednesday, Feb 6th - 2:00 Dismissal**

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### **JANUARY IS NATIONAL MENTORING MONTH**

**HOW MANY TIMES A WEEK DO YOU EAT OUT FOR LUNCH? OR LEAVE WORK DURING YOUR LUNCH HOUR?  
HOW LONG DOES IT USUALLY TAKE?**

**IMAGINE TAKING THAT TIME ONCE A WEEK TO MAKE AN IMPACT IN YOUR COMMUNITY.**

**MENTORS CAN MAKE A DIFFERENCE IN A YOUNG PERSON'S LIFE JUST BY BEING A GOOD LISTENER... A  
CHEERLEADER... AND AN ADVOCATE.**

**JOIN ME DURING NATIONAL MENTORING MONTH TO SUPPORT THE CAUSE AND BECOME A MENTOR WITH  
THE TEAMMATES MENTORING PROGRAM... IT DOESN'T TAKE MUCH. JUST ONE VISIT A WEEK AT THE  
SCHOOL.**

**YOUR TIME CAN MEAN THE WORLD TO A YOUNG PERSON IN YOUR COMMUNITY. GO TO TEAMMATES.ORG  
TO LEARN HOW OR EMAIL HANNAH KANE AT [hannah.kane@deshlerdragons.org](mailto:hannah.kane@deshlerdragons.org).**

As our school community continues to grieve the loss of Jaide, we wanted to share the following information. Following are links to handouts that were provided to DPS staff while attending a workshop about grief. Some information also focuses on trauma within the pamphlets. There are two levels: one for younger children and the second link is pertinent for teens. Your students (And you) are not alone in this process. Our top priority is the well being of our school community. Don't hesitate to reach out to us.

## [Information for Helping Children with Trauma and Grief](#)

## [Information for Helping Teens with Trauma and Grief](#)

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### **ACT offered to Juniors at School! (no charge!)**

Picture yourself waking up extra early on a Saturday morning and driving your child to Geneva or Fairbury....they need to take the ACT college entrance exam. Your child is nervous to face this "high stakes" test. They know that better scores often equal more scholarship opportunities and a chance to enter the educational program of their choice at college. The extra half hour of driving time is no fun! Yes, this is how it is done....

BUT APRIL 2nd WILL BE BETTER FOR JUNIORS! We will be giving the ACT test here at school and at NO CHARGE TO THE STUDENT! All juniors will be given the test. Their scores will be reportable to the colleges of their choice. Following is some information about this new opportunity...if it gets confusing, please call Mrs. Unruh to discuss details. Often, things can be verbally explained more clearly... so do not hesitate to call.

#### ***ACT Preparation this Spring***

This spring, all juniors will take the ACT college entrance test. DPS plans to offer the John Baylor Test Prep program to the students before they take the test. DPS is able to give the test here at our building on April ; this is a special setup and supplemental materials will be given to juniors during class time. Do not go 2nd online to register for this particular administration of the test....registration is handled via other methods taken care of by the school.

#### **Other National Test Administrations**

Students will need to go online to register for all other ACT test dates that are offered at other schools on Saturdays. Those offerings are national test dates and require separate registration materials and they will charge a fee. Students that participate in the Federal Lunch Program with free or reduced status also qualify for a fee waiver for national test dates; they can use a fee waiver two times.

Tests are offered on national test dates at other sites in February, April, June, September, October and December. For these tests offered at other sites, students must register online.

#### ***Qualifying Score needed For College Classes***

Students that want to take College Composition class as a senior through SCC or College Calculus or College Algebra need an ACT or ACCUPLACER test before they can register. There is a minimum qualifying score students must meet; so students are encouraged to do their very best.

The ACCUPLACER Test is available at no charge from the community colleges or at the Hebron Learning Center - SCC. The April 2nd ACT testing opportunity is at no charge to students as well.

## **Other Testing Results Are In**

### *Juniors*

The Juniors were given two opportunities for testing this fall. They could choose to take the PSAT, the Preliminary Scholastic Aptitude Test, which tests critical reading and math skills. And, all-Juniors took the ASVAB Armed Services Vocational Aptitude Battery. Both scores are here.

The National Guard recruiter gave an interpretation of the scores to the juniors. The PSAT results are now available in the guidance office.

Beyond the actual scores in each area, students have an “access code” that they can use online to consider career options and college choices; both of the tests offer further information online. These materials are excellent in helping students consider future options for college/career choices.

## **Sophomores will take a PreACT**

Our current sophomores will take the PreACT on January 23. This test will give them a practice session to see how the ACT is set up and scored. With this program, the student will also take an interest inventory that helps them explore careers they may be interested in learning more about. This program is provided by the school for each student. Students and their parents can think about what preparations could be made in the next 2 years of their high school education that would help them in their tentative career choices. A career unit will be explored with Mrs. Unruh when the test results are returned from ACT. Some of the considerations for future careers may impact the choice of classes at enrollment time.

## **Seniors -- Local Scholarship Applications Available**

Seniors were given a manilla envelope with some local scholarship applications to work on over the break. More applications will be forthcoming throughout the whole spring semester.

Best Access to State level scholarships is gained by signing up with EducationQuest in their scholarship search program. Then, repeat visits to their site to see new opportunities.

National level scholarships give a higher monetary award..... and can be found by using national level scholarship search databases. Examples of such sites are: Fastweb, Chegg and Scholarships.com. There are many resources available at no charge to the student. Please feel free to drop into the guidance office to view current opportunities.

# EducationQuest Foundation

# College Planning Bulletin

*A monthly college planning guide for Nebraska high school students*

January 2019

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## Winter break: a good time for college prep!

Take advantage of free time over the holidays to do some prep work for college. Here are a few things you can do!

### Seniors, complete your FAFSA

If you haven't already, complete your [FAFSA](#) (Free Application for Federal Student Aid). Need help? Use our free [FAFSA Tools](#) or call us to make an appointment for free help: Omaha - 888.357.6300; Lincoln - 800.303.3745; Kearney - 800.666.3721; or Scottsbluff - 800.303.3745, ext. 6654.

### Juniors, prepare for the ACT

All Nebraska high school juniors will take the ACT Test this spring. Here's a [list of resources](#) to help you prepare.

### Search for scholarships

Use our free [ScholarshipQuest](#) tool to find Nebraska-based awards. You'll also find links to national scholarship sites.

### Update your Activities Resume

Our free [Activities Resume](#) is an easy way to track your extracurricular activities, accomplishments, volunteer work, and part-time jobs. The information is then readily available when you apply for scholarships and employment.

### Volunteer

In addition to giving back to your community, your volunteer work can lead to scholarship opportunities. Make sure you track your involvement on your *Activities Resume*.

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## January "To Do" List

### Seniors:

- If you haven't already, complete the [FAFSA](#).
- Apply for scholarships; see [ScholarshipQuest](#) for Nebraska-based awards.
- Update your [Activities Resume](#).

### Juniors:

- Update your [Activities Resume](#).
  - Check out [ACT prep resources](#).
  - [Register](#) by January 11 for the February 9 ACT.
  - [Register](#) by February 8 for the March 9 SAT.
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**For free help with college planning, contact EducationQuest Foundation:**

<b>Omaha</b>	<b>Lincoln</b>	<b>Kearney</b>	<b>Scottsbluff</b>
402-391-4033	402-475-5222	308-234-6310	800-303-3745 ext. 6654
888-357-6300	800-303-3745	800-666-3721	

[EducationQuest.org](http://EducationQuest.org)

Follow us on [Facebook](#), [Twitter](#) and [Instagram](#)!

*Your Journey to College Begins with Us*

# Deshler Public School – After School Program

Monday – Thursday 3:35-5:00

Please Return to Classroom Teacher by Friday/Dec. 21

Please check the dates that your student will attend the After School Program



## January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<u>1</u> <b>Happy New Year!</b>	<u>2</u>	<u>3</u>	<u>4</u> <i>School Resumes</i>	<u>5</u>
<u>6</u>	<u>7</u> _____	<u>8</u> _____	<u>9</u> _____	<u>10</u> _____	<u>11</u>	<u>12</u>
<u>13</u>	<u>14</u> _____	<u>15</u> _____	<u>16</u> _____	<u>17</u> _____	<u>18</u>	<u>19</u>
<u>20</u>	<u>21</u> _____	<u>22</u> _____	<u>23</u> _____	<u>24</u> _____	<u>25</u> <i>Feb. Forms go out!</i>	<u>26</u>
<u>27</u>	<u>28</u> _____	<u>29</u> _____	<u>30</u> _____	<u>31</u> _____	<i>Feb. 1 Return Feb. Forms</i>	<u>2</u>

Student's Names


Parent/Guardian Signature

Date

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# January 2019 Breakfast Menus

Menus are subjected to change. Oatmeal served on Friday as choice. And Juice for all.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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		1	2	3	4	5
6	7 Breakfast Pizza Applesauce Juice Milk	8 Cinn. Breadstick Cereal Peaches Juice & Milk	9 French Toast Sausage Pineapple & Orange Juice & Milk	10 English Muffin Cereal Pears Juice & Milk	11 Omelet Pancake Grapes Juice & Milk	12
13	14 Bagels Cereal Bananas Juice & Milk	15 Cinnamon Toast Cheese Stick Raisins Juice & Milk	16 English Muffin Sandwich Apricots Juice & Milk	17 Almond Granola Bar Cereal Star Apple Juice & Milk	18 Breakfast Wrap Applesauce Juice Milk	19
20	21 Whole Wheat Donut Cereal Strawberries Juice & Milk	22 Scrambled Eggs Toast Cantaloupe Juice Milk	23 Cinnamon Roll Cereal Fruit Cocktail Juice & Milk	24 Taco Go Oranges Juice Milk	25 Pancake on a Stick Pineapple Juice Milk	26
27	28 Breakfast Bagel Tropical Fruit Juice Milk	29 Biscuit Sandwich Applesauce Juice Milk	30 Pancake Sandwich Peaches Juice Milk	31 Coffee Cake Cereal Pears Juice Milk		

# January 2019 Lunch Menus

Menus are subjected to change. PBJ or yogurt are alternated entrée choices for Grade 4-6. Chef salads are available daily & optional entrée choices for Grade 7-12.  
And Just as for all.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Happy</b>	<b>New Year!</b>			
6	7	8	9	10	11	12
Chicken Quesadilla Refried Beans Salas Cinn. Breadsticks Peaches Milk	Cavatina Romaine Lettuce Garlic Bread Pineapple & Orange Milk	Sub Sandwiches Lettuce Tomatoes Doritos Peas Milk	Pig In a Blanket Oven Fries Veggies Animal Crackers Grapes Milk	Corn Dogs Cooked Broccoli Smilax Dinner Roll Applesauce & Milk		
13	14	15	16 3 <sup>rd</sup> Grade Meal	17	18	19
Mesly Cheesy Nacho Tortilla Chips Lettuce Peppers Apple Crisp & Milk	BBQ Pork Sandwich Baked Beans Coleslaw Seasoned Pasta Apricots & Milk	Green Beans Veggies Choc. Chip Cookie Star Apple & Milk	Cheese Sticks Marinara Sauce Sweet Potato Fries Garlic Breadstick Smoothies & Milk	Turkey Mash Potatoes Romaine Lettuce Dinner Roll Strawberries & Milk		
20	21	22	23	24	25	26
Pork Sandwich Lettuce Oven Fries Snicker Doodle Cantaloupe Milk	Chili Cheese Stick Crackers & Celery Cinnamon Roll Fruit Cocktail Milk	Ham & Noodle Bake Corn Veggies Pumpkin Muffin Oranges Milk	Chicken Fried Steak Mash Potatoes Cooked Broccoli Dinner Roll Tropical Fruit Milk			
27	28	29	30	31		
Creamed Chicken Mash Potatoes Cooked Carrots Biscuit Applesauce Milk	Hot Ham & Cheese Sandwich Baked Beans Cucumbers Oatmeal Cookie Peaches & Milk	Chicken Fajita Salsa Lettuce Coffee Cake Baked Apples Milk				