

**CROFTON COMMUNITY SCHOOL
OCTOBER 2019 NEWSLETTER**

SUPERINTENDENT'S OFFICE

The 2019-2020 school year is off to a great start! It is hard to believe that fall is in the air and winter is right around the corner. With this in mind there is always the chance for poor weather that may cause a late start, early release, or cancellation. We use several methods to inform parents and the community if this should occur:

1. Our automatic calling system which includes email and a text message along with the phone call.
2. Our website will have information on the front page.
3. Social media - Twitter and Facebook
4. Channels 4 (KTIV) and 9 KCAU
5. KYNT 1450, 93.1, 94.3, and WNAX 570, and 104.1

Thank you for all the great support of our school district! Enjoy the fall season and all of the activities taking place, Go Warriors!

Crofton Homecoming Coronation 2019

When: Sunday, October 13th

Where: Crofton High School Football Field

Time: 6:00pm

Coronation will begin at 6:00 with the ceremony at the high school football field, weather permitting. Following the ceremony, the band will perform their halftime show. When the band has finished, there will be the class Tug-A-War contest. At the conclusion of the games there will be a bonfire pep-rally in the gravel section of parking lot, weather permitting. We encourage all to come attend and participate in the festivities.

From the Secondary Principal:

We have had a great start to the year with academics and activities. A great deal of credit is due to the dedication and hard work of our student body and teaching staff. The rest of the credit goes to all of the outstanding families that live in our district. Without your continuous support for the school and the education that we are providing none of this would be possible.

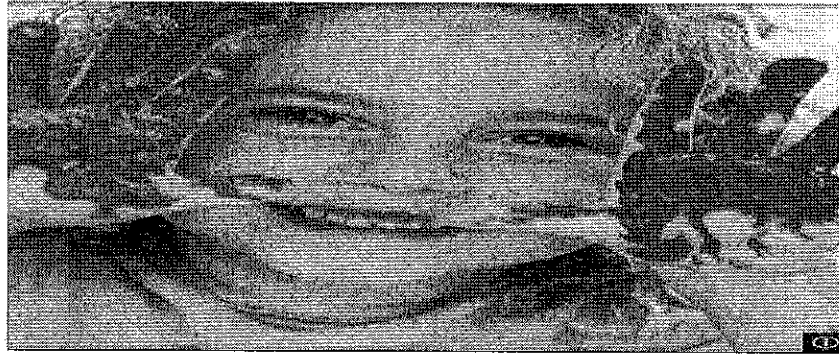
Please mark your calendars to attend Parent Teachers Conferences on Tuesday, October 8th. This is a 1:00 dismissal at the high school. We look forward to communicating with you about your student(s) academic achievement.

High School Parent Teacher Conferences are from 3:30 to 8:00.

Thank you for your attendance,

Johnnie Ostermeyer
Secondary Principal
Crofton Community Schools

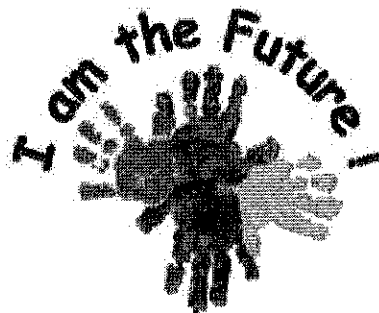
Free Early Childhood Educational Screenings



- When:** Thursday, October 24th
Where: Screenings will be at Crofton Elementary School, by appointment only.
Time: We will need 30 minutes with you and your child. Appointments start at 9:00 a.m.
Cost: **FREE**
Who: Educational screenings for children ages birth to 5 years old.
Contact: Please call Crofton Elementary School, 402 – 388 – 4357 to schedule an appointment.
Details: Parents who are residents of the Crofton School district and have concerns about their child's development are invited to schedule an appointment.

If you have a concern about your child's development in the areas of speech, language, thinking skills, social skills, self-help skills, movement, or general health concerns please call to schedule a screening.

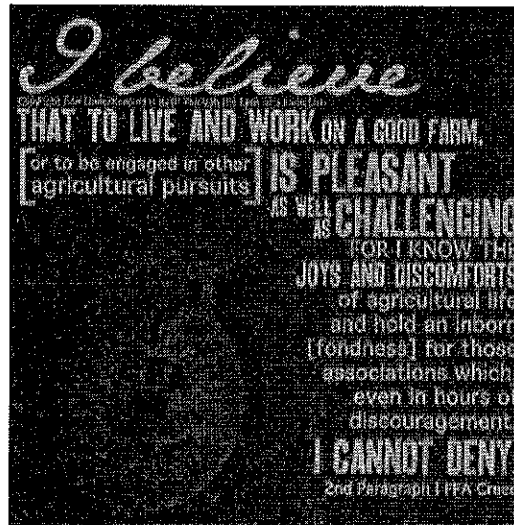
Call Crofton Elementary School, 402 – 388 – 4357 for an appointment.



Crofton FFA News

Greetings from the Crofton FFA Chapter! We have had an exciting school year so far! The 2019-20 Crofton FFA Officer team started the year off in the summer with the **Chapter Officer Leadership Training** at the Leadership Center in Aurora, Nebraska. We continued summer activities by serving at the **CHS Alumni banquet**. Many alumni of Crofton High School gathered for food, memories, and speakers. The officers helped bus tables and serve at the banquet. On August 10, some members helped at the **Kolberg Pioneer Inc. picnic**. Members helped out with children's games and also aided in cleaning up afterwards. Many members also were exhibiting at the **Knox County Fair** that day! We had exhibits in beef, dairy, swine, photography, rabbits, and dogs. We held our first **chapter meeting** on August 20th at the high school. After covering the agenda, we had pizza and played some shaving cream wiffle ball and a water balloon fight. We had a great turn out and a fun time!

Tom Burbach, Nathan Schmidt, Blake Zavadil, Jason Zavadil, and Jarrin Sage participated in the **District Tractor Driving** on September 7th in Pierce. Each had to complete two obstacle courses, using an operator's manual, a safety test, and a took part in the contest. Blake Zavadil received a Tom and Nathan both received red ribbons. Later **FFA cookout** that was held at Mrs. Mann's house. **"Blue Jackets, Bright Futures"** competition. We Thirty-two members participated in **District Dairy** Members worked hard to prepare for the different rotations involving decision-making, Dairy Judging results were not in by the time of take place on October 4th at Northeast Community



take a general knowledge test, problem-solve parts and identification test. Thirty-six students purple, Jason and Jarrin both received blues, and that night, we enjoyed some fun and games at the Eight members recently wrote essays for the will find out the results for that next month. **Judging** in Hartington on September 25th. competition. The contest consists of seven problem-solving, and general knowledge. District printing. The **EDGE leadership conference** will College. All members are welcome. We

encourage everyone to attend to take advantage of the new leadership programming the Nebraska FFA has put together. Members will be involved in the upcoming harvest of the **FFA corn plot** in early- to mid-October. We will begin **fruit sales** the last week of October. As the year goes on, we will be participating in community service events. Members should watch the announcements for a **homeroom meeting** to kick that event off! We are having a difficult time finding an evening to meet in October due to the many sporting events on the schedule. Therefore, the date of the regular monthly meeting is yet to be determined. Members will be starting to practice for the **Leadership Development Events** that will be held here at the school on December 11th. **We are in need of many adult volunteers to serve in a variety of capacities during our LDEs that day.** Please **contact Mrs. Mann** if you are able to help out. As you can see members have many events in which they can participate. We hope that all of our members take advantage of the many opportunities to build their leadership skills throughout the year. **Taylor Arens, Crofton FFA Reporter**



Counselor's Corner

by Addie Rossman, Crofton 7-12 Counselor

October 2019

Understanding Childhood Trauma and Traumatic Stress

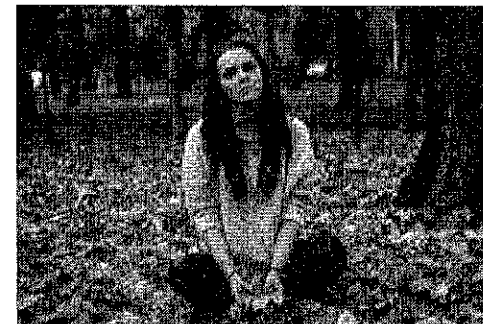
“There are wounds that never show on the body that are deeper and more hurtful than anything that bleeds.” — Laurell K. Hamilton, *Mistral's Kiss*.

According to the National Child Traumatic Stress Initiative, an initiative of the Substance Abuse and Mental Health Services Administration (SAMHSA), two thirds of children under the age of 16 have experienced at least one traumatic event. Untreated traumatic stress in childhood can impact not only the child's development, but also their health and well-being in adulthood.

Trauma can be experienced as a single event or can persist over periods of time. When a traumatic event occurs, there is a perceived threat to one's safety. One is likely to feel frightened, helpless or feel that their life is in danger. Witnessing an event that threatens the life or well being of a loved one can also be traumatic, especially for children who rely on that person for security. Not only can traumatic experiences cause strong emotional responses, but they can also trigger physiological reactions. These reactions may include heart pounding, increased blood pressure, upset stomach or even vomiting or loss of bladder control. This physiological reaction is called the “flight or fight” response, which is the body's way of preparing us to respond to stimuli in the environment. The flight or fight response is something we all experience at one time or another. A traumatic experience, however, is an extremely stressful situation that the person does not have the tools to bounce back from easily. Two people can experience the same event, but respond very differently. An event that is traumatic for one person, may not be for another.

Examples of potentially traumatic events include:

- Physical, sexual or emotional abuse
- Parental substance abuse
- Refugee and war experiences
- Loss related to natural disasters
- Accidents – like car accidents or a plane crash
- Bullying





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October 2019

A child that has experienced multiple traumatic events may develop traumatic stress that can impact their future behavior and well-being. They may struggle with emotional regulation and have symptoms of anxiety and depression. In addition, they may have difficulty forming attachments and developing relationships. It may be difficult for them to focus in school and to reach their academic potential. Children with traumatic stress may have nightmares, struggle to eat or have ongoing physical symptoms, like headaches. They are also more likely to engage in risky behaviors like substance abuse and sexual promiscuity and are at an increased risk of being involved in the juvenile justice system. Without treatment, children with traumatic stress can develop life-long health issues, like heart disease and diabetes (The National Child Traumatic Stress Network).

There are a variety of factors that impact how a child responds to a potentially traumatic event. Genetics and cultural factors can be a risk or protective factor for a child. For example, racism can potentially cause traumatic stress. A child who previously experienced a traumatic event is at a greater risk for traumatic stress. The way care givers respond to the needs of the child during a traumatic event can influence the response of the child. The proximity of the event is another factor. A child may experience trauma by viewing images of a school shooting on TV or by talking to a loved one who experienced the event first hand. There is little that can be done to prevent a traumatic event from occurring, but there are ways to help children recover.

One way to help a child with traumatic stress is to create a space that makes them feel safe and reassure them that they are safe. Teachers may reduce noise in the classroom by using a calming chime to get the attention of the class instead of clapping or shouting. Being up front and honest about event details and taking the child's concerns seriously can help the child cope with the traumatic event. Help the child understand that they are not responsible for the traumatic event that they experienced. Encourage parents to seek professional help for the child. A therapist can help the child process their feelings and develop healthy coping strategies. Family therapy may also be beneficial for parents to understand their child's needs and practice coping strategies at home.



Counselor's Corner

by Addie Rossman, Crofton 7-12 Counselor

October 2019

Priorities for College-Bound Seniors

October begins a very busy time for college-bound seniors. Consider the following a checklist:

- Take the Oct. 28th ACT test if at all possible. AFTER completing the John Baylor Prep. video series.
- VISIT, VISIT, VISIT colleges you are considering if you haven't already. Advance planning can often help you visit two schools in one day. Mrs. Rossman. can assist you with the planning process.
- APPLY, APPLY, APPLY to all colleges you are considering. October is plenty early to apply but being early will help ensure this step doesn't get lost in the busy-ness of scholarship applications.
- Finalize and keep updating your Activities Resume. Keep it to two pages maximum. (I can help with formatting and etc.)
You will likely need a single page version for some scholarships.
- Gear up and get organized. Have a folder for each college you are considering, write important deadlines on the folder and check them off as you meet them. Keep college-related documentation in the appropriate college folder for future reference.
- Keep copies of all scholarship applications organized in a folder. Very few scholarships happen yet this fall but you can get started on the very generous Susan Thompson Buffett Scholarship and RHOP scholarships. Watch for information on the school website and in the daily announcements.
- Start thinking about potential people to write letters of recommendation. Once you know you will need one, ask politely if that person can give you a positive letter. Give at least two week's notice, make sure they know the deadline and any relevant scholarship details. Also, provide a copy of your Activities Resume for reference.
- If you are planning to compete in collegiate athletics, you need to register with the NCAA Eligibility Center at www.ncaaeligibilitycenter.org or the NAIA Eligibility Center at www.playnaia.org.

Crofton Warrior Band News!

Marching Season is beginning! The Crofton Marching Warriors will compete on the following dates:

| | | |
|--------------|---------------------------------|---------------------------|
| October 2nd | Pierce Marching Competition | Pierce, Nebraska |
| October 5th | Festival of Bands | Sioux Falls, South Dakota |
| October 12th | March to the Meridian | Yankton, South Dakota |
| October 19th | Quad State Marching Competition | Vermillion, South Dakota |

Please join us especially on October 12th! It would be nice to make Yankton feel like home field turf! For more information check out the Band Twitter and Facebook page closer to the event!

Homecoming is also right around the corner! The band will perform on October 13th their complete show for the coronation! Come check it out!

Mark your calendars for November 4th Buck Burger Night!

Thank you again for supporting our band program! A special thanks to all of the parents and community members that have traveled to support us at our various competitions!

FCCLA HAPPENINGS

The next FCCLA meeting will be held on October 7th at 7pm in the FCS room. Pop on in and check it out!

Crofton FCCLA will be sponsoring a Pink Out at the Oct 10th Volleyball game versus Wayne. Please wear pink! We will also be having a Pink Out Bake sale at the game with a variety of goodies for only \$1! Proceeds from the Pink Out will go to Camp CoHoLo a camp near Omaha for 7-17 year old children who have battled or are currently receiving treatment for a cancer diagnosis. The name of the camp stands for Courage Hope Love. For more information on this organization please visit: campcoholo.com.

Crofton FCCLA will also be attending our annual District 8 Leadership Conference held at Northeast Community College in Norfolk. The District theme is "A Whole New World with FCCLA". Students will participate in sessions to hear about a variety of opportunities available through FCCLA as well as learn about potential career fields. Our District 8 service project this year is collecting donations for the local animal shelter. Please watch our chapter Facebook page, Twitter, and Instagram for details on items to be collected.

If you are still interested in joining FCCLA, no worries, there is still time! Talk to a current officer, member, or Mrs. Thoene to find out what's poppin' with Crofton FCCLA!



The Crofton Music Boosters are hosting a fundraiser and it will be Tu-Bad if you miss out! A Tuba ensemble is traveling around Crofton (and surrounding communities) and it would look "sharp" # in your yard! If it lands on your property, you have some options...

"Bb" gone. (This just removes the Tu-Bad ensemble from your yard) for a donation of **\$15.**

"March on" and repeat at a suggested address. You have the opportunity to send it on to as many yards as you wish! (for a donation of \$10 each.) Or...

Don't "treble" me again! (This is an Insurance policy to guarantee the ensemble does not return to your yard) This donation will cost you \$30.

We would love to see your yard art... feel free to take a picture of it in your yard and post it on social media (Twitter/Facebook) @CroftonWarriors or @CroftonBand or to your Facebook account and tag Crofton Community School to share our school spirit!

If you have any questions or concerns, or want to expedite the removal, please contact Jami Stevens (605-660-7794) or Monique Knapp (918-698-3829).

Thank you again for generously supporting our music students! It is truly appreciated by the Music Boosters and our **OUTSTANDING** musicians that Crofton brings forward year after year.



Crofton Community Schools
2019-2020 Lunch, Grades 9-12
October 2019

Mon

Tue

Wed

Thu

Fri

| | | | | |
|--|---|---|--|--|
| 30 | 1 | 2 | 3 | 4 |
| <p>Lunch Entree * Traditional Sloppy Joe * French Toast Sticks & Sausage * Crispy Chicken Salad with Roasted Flatbread</p> | <p>Lunch Entree * Creamy Macaroni & Cheese with Dinner Roll * Crispy Chicken Sandwich * Fresh Baked Ham & Turkey Sub</p> | <p>Lunch Entree * Country Potato Bowl with Fresh Baked Biscuit * Beef & Bean Burrito * Southwest Salad with Tortilla Chips</p> | <p>Lunch Entree * Pizza Pasta Bake with Garlic Breadstick * Mini Corn Dogs * Fresh Baked Italian Sub</p> | <p>Lunch Entree * BBQ Pulled Pork Sliders * Cheese Pizza * Pepperoni Pizza * Turkey Combo Deli Wrap</p> |
| 7 | 8 | 9 | 10 | 11 |
| <p>Lunch Entree * Home-style Scalloped Potatoes & Ham with Dinner Roll * Cheeseburger * Fajita Salad with Tortilla Chips</p> | <p>Lunch Entree * Taco in a Bag * Oven-Roasted Hot Dog * Fresh Baked Ham & Cheese Sub</p> | <p>Lunch Entree * Hearty Meatloaf with Dinner Roll * Popcorn Chicken Bites with Dinner Roll * Grilled Chicken Salad with Roasted Flatbread</p> | <p>Lunch Entree * Hot Pepperoni Sub * Breaded Beef Patty Sandwich * Fresh Baked Roasted Chicken Sub</p> | <p>Lunch Entree * Crunchy Fish Tacos * Cheese Pizza * Pepperoni Pizza * Crispy Chicken Deli Wrap</p> |
| 14 | 15 | 16 | 17 | 18 |
| <p>Lunch Entree * Chicken Fajita with Roasted Peppers and Onions * Pork Fritter Sandwich * Asian Salad with Roasted Flatbread</p> | <p>Lunch Entree * Beef Stroganoff * Corn Dog * Fresh Baked Ham & Turkey Sub</p> | <p>Lunch Entree * Turkey & Gravy with Dinner Roll * Baked Breaded Steak Fingers with Dinner Roll * Chef Salad with Roasted Flatbread</p> | <p>Lunch Entree * Baked Spaghetti with Garlic Breadstick * Spicy Chicken Sandwich * Fresh Baked Combo Sub</p> | <p>Lunch Entree * Mexi Tots with Dinner Roll * Cheese Pizza * Pepperoni Pizza * Roasted Ham & Cheddar Deli Wrap</p> |

| Mon | Tue | Wed | Thu | Fri |
|---|---|---|---|---|
| 21 Lunch Entree * Buffalo Ranch Macaroni & Cheese with Breadstick * Cheeseburger * Greek Chicken Salad with Fire Roasted Flatbread | 22 Lunch Entree * Nosh'n But Brunch: Smothered Burrito * Grilled Chicken Sandwich * Fresh Baked Turkey & Cheese Sub | 23 Lunch Entree * Cheeseburger Macaroni Skillet with Garlic Breadstick * Chicken Nuggets with Dinner Roll * Taco Salad with Tortilla Chips | 24 Lunch Entree * Home-style Tater Hotdish with Dinner Roll * Baked Fish & Cheese Sandwich * Fresh Baked Ham & Cheese Sub | 25 Lunch Entree * BBQ Hot Dog * Cheese Pizza * Pepperoni Pizza * Grilled Chicken Deli Wrap |
| 28 Lunch Entree * Spicy Thai Chicken over Rice * Ham & Cheese Bagel Melt * Crispy Chicken Salad with Roasted Flatbread | 29 Lunch Entree * Soft Shell Beefy Tacos * Mini Corn Dogs * Fresh Baked Ham & Cheese Sub | 30 Lunch Entree * Loaded Hash Browns with Dinner Roll * Crispy Chicken Sandwich * Southwest Salad with Tortilla Chips | 31 Lunch Entree * Chicken Ranch Pasta with Dinner Roll * Pork Fritter Sandwich * Fresh Baked Italian Sub | 1 Lunch Entree * Taquito Grande with Dipping Sauce * Cheese Pizza * Pepperoni Pizza * Turkey Combo Deli Wrap |

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http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410

fax: (202) 690-7442; or

email: program.intake@usda.gov.

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CROFTON COMMUNITY SCHOOLS



Great Nutrition Fuels
Great Results
Good Choices Each Day
Build Great Nutrition



Crofton Community Schools
2019-2020 Saint Rose & Elementary Lunch,
Grades K-6
October 2019

Mon

Tue

Wed

Thu

Fri

| | | | | |
|---|--|---|--|--|
| <p>30</p> <p>Lunch Entree * Traditional Sloppy Joe * French Toast Sticks & Sausage</p> | <p>1</p> <p>Lunch Entree * Creamy Macaroni & Cheese * Crispy Chicken Sandwich</p> | <p>2</p> <p>Lunch Entree * Country Potato Bowl with Fresh Baked Biscuit * Beef & Bean Burrito</p> | <p>3</p> <p>Lunch Entree * Pizza Pasta Bake * Mini Corn Dogs</p> | <p>4</p> <p>Lunch Entree * BBQ Pulled Pork Sliders * Cheese Pizza * Pepperoni Pizza</p> |
| <p>7</p> <p>Lunch Entree * Home-style Scalloped Potatoes & Ham with Dinner Roll * Cheeseburger</p> | <p>8</p> <p>Lunch Entree * Taco in a Bag * Oven-Roasted Hot Dog</p> | <p>9</p> <p>Lunch Entree * Hearty Meatloaf with Dinner Roll * Popcorn Chicken Bites with Dinner Roll</p> | <p>10</p> <p>Lunch Entree * Hot Pepperoni Sub * Breaded Beef Patty Sandwich</p> | <p>11</p> <p>Lunch Entree * Crunchy Fish Tacos * Cheese Pizza * Pepperoni Pizza</p> |
| <p>14</p> <p>Lunch Entree * Chicken Fajita * Pork Fritter Sandwich</p> | <p>15</p> <p>Lunch Entree * Beef Stroganoff * Corn Dog</p> | <p>16</p> <p>Lunch Entree * Turkey & Gravy with Dinner Roll * Baked Breaded Steak Fingers with Dinner Roll</p> | <p>17</p> <p>Lunch Entree * Baked Spaghetti with Garlic Breadstick * Crispy Chicken Sandwich</p> | <p>18</p> <p>Lunch Entree * Mexi Tots with Dinner Roll * Cheese Pizza * Pepperoni Pizza</p> |
| <p>21</p> <p>Lunch Entree * Buffalo Ranch Macaroni & Cheese * Cheeseburger</p> | <p>22</p> <p>Lunch Entree * Super Nachos * Grilled Chicken Sandwich</p> | <p>23</p> <p>Lunch Entree * Cheeseburger Macaroni Skillet * Chicken Nuggets</p> | <p>24</p> <p>Lunch Entree * Home-style Tater Hotdish with Dinner Roll * Baked Breaded Fish Sandwich</p> | <p>25</p> <p>Lunch Entree * BBQ Hot Dog * Cheese Pizza * Pepperoni Pizza</p> |

| Mon | Tue | Wed | Thu | Fri |
|--|---|---|--|--|
| 28 | 29 | 30 | 31 | 1 |
| Lunch Entree * Popcorn Chicken Bites with Dinner Roll * Ham & Cheese Bagel Melt | Lunch Entree * Soft Shell Beefy Tacos * Mini Corn Dogs | Lunch Entree * Loaded Hash Browns with Dinner Roll * Crispy Chicken Sandwich | Lunch Entree * Chicken Ranch Pasta with Dinner Roll * Pork Fritter Sandwich | Lunch Entree * Taquitos * Cheese Pizza * Pepperoni Pizza |

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

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fax: (202) 690-7442; or

email: program.intake@usda.gov.

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**Crofton Community Schools
2019-2020 Breakfast, Grades K-12
October 2019**

Mon

Tue

Wed

Thu

Fri

| | | | | |
|---|--|---|--|--|
| <p>30</p> <p>Breakfast Entree * Egg & Cheese Omelet with Toast * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable</p> | <p>1</p> <p>Breakfast Entree * Fresh Baked Biscuits and Gravy * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable</p> | <p>2</p> <p>Breakfast Entree * Waffles with Syrup * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable</p> | <p>3</p> <p>Breakfast Entree * Sausage Breakfast Pizza * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable</p> | <p>4</p> <p>Breakfast Entree * Fresh Baked Cinnamon Roll * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable</p> |
| <p>7</p> <p>Breakfast Entree * Cereal Choices with Toast * Iced Long John * Smucker's Peanut Butter & Jelly Uncrustable</p> | <p>8</p> <p>Breakfast Entree * Fresh Baked Sausage Biscuit Sandwich * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable</p> | <p>9</p> <p>Breakfast Entree * Cereal Choices with Toast * Banana Dog * Smucker's Peanut Butter & Jelly Uncrustable</p> | <p>10</p> <p>Breakfast Entree * Breakfast Sliders * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable</p> | <p>11</p> |
| <p>14</p> <p>Breakfast Entree * French Toast Sticks with Syrup Dipping Sauce * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable</p> | <p>15</p> <p>Breakfast Entree * Iced Long John * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable</p> | <p>16</p> <p>Breakfast Entree * Fresh Baked Biscuits and Gravy * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable</p> | <p>17</p> <p>Breakfast Entree * Bacon & Egg Breakfast Pizza * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable</p> | <p>18</p> <p>Breakfast Entree * Fresh Baked Cinnamon Roll * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable</p> |

| Mon | Tue | Wed | Thu | Fri |
|--|--|--|---|--|
| <p>21</p> <p>Breakfast Entree * Ham, Egg & Cheese Biscuit Bake * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable</p> | <p>22</p> <p>Breakfast Entree * Iced Long John * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable</p> | <p>23</p> <p>Breakfast Entree * Yogurt with Goldfish Grahams * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable</p> | <p>24</p> <p>Breakfast Entree * Pancake Sausage Stick * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable</p> | <p>25</p> |
| <p>28</p> <p>Breakfast Entree * Egg & Cheese Omelet with Toast * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable</p> | <p>29</p> <p>Breakfast Entree * Fresh Baked Biscuits and Gravy * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable</p> | <p>30</p> <p>Breakfast Entree * Monte Cristo Sandwich * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable</p> | <p>31</p> <p>Breakfast Entree * Sausage Breakfast Pizza * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable</p> | <p>1</p> <p>Breakfast Entree * Fresh Baked Cinnamon Roll * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable</p> |

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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at:

http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

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This institution is an equal opportunity provider.

October 2019

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|--|--|---|--|
| | <p>30 FCCLA Capital Leadership Conference 9/10 FB @ Pierce 5:00p JV VB vs LHNE 5:30p</p> | <p>1 JH FB here w/ ElkPoint, 4:30pm V VB Triangular @ LHNE, 5:00pm</p> <p>FCCLA Conference @ Washington DC</p> | <p>2 Marching Band @ Pierce,</p> | <p>3 G Conference Golf @ Albion, 10:00am JV/V XC @ South Sioux City, 4:00pm 9/JV/V VB here w/West Holt, 5:30pm</p> | <p>4 FFA EDGE Conference @ NECC V FB @ Stanton, 6:30pm</p> | <p>5 Marching Band @ Sioux Falls, SD 9th VB @ Pierce, 8:00am</p> |
| 6 | <p>7 G District Golf @ Fairplay JH VB here w/Cedar Catholic, 2:30pm JV FB here w/Ponca, 6:00pm Music Boosters, 6pm</p> | <p>8 DISMISS @ 12:50pm K-6th DISMISS @ 1:00pm 7th-12th Parent/Teacher Conferences, 3:30pm-8:00pm</p> | 9 | <p>10 JH FB here w/Cedar Catholic, 4:00pm JV/V Mid State XC @ Crofton Lakeview 9th/JV/V VB here w/Wayne, 5:30pm VB & Girls Golf Parents' Night</p> | <p>11 NO SCHOOL Teacher In Service V FB here/Cedar Catholic, 7:00pm</p> | <p>12 Marching Band @ March to the Meridian, Yankton</p> |
| <p>13 Homecoming Coronation @ Football Field, 6:00pm</p> | <p>14 JH VB @ Battle Creek, 5:00pm JV FB @ Stanton, 6pm School Board Meeting</p> <p>Knox County VB Tournament @ Wausau</p> | <p>15 End of 1st Quarter Sophomore Career Fair @ WSC JH/JV XC @ Fox Run, Yankton</p> | <p>16 PSAT/NMS Tests @ 8:30am</p> | <p>17 JV/V District XC JH VB here w/Pierce, 3:00pm JH FB @ Stanton, 5:00 9/JV/V VB @ GACC, West Point, 5:30pm</p> | <p>18 DISMISS @ 12:50, K-6th DISMISS @ 1:00pm 7th-12th Homecoming Parade 2:00pm FB Parent Night, 6:30 V FB here w/Ponca</p> | <p>19 Marching Band @ Quad State, USD Vermillion</p> |
| 20 | <p>21 JV FB here with Hartington Cedar Cath. 6:30pm</p> <p>VB Mid State Tournament @ TBA</p> | 22 | <p>23 FCCLA Districts Leadership @ NECC Blood Drive @ High School, 9:00-1:30pm</p> | <p>24 VB Mid State Final</p> | <p>25 NO SCHOOL- FALL BREAK STATE X-Country @ Kearney V FB @ Battle Creek, 7:00pm</p> | 26 ACT Test |
| 27 | 28 | <p>29 Picture Retakes</p> <p>VB Sub-Districts @ Neligh-Oakdale</p> | <p>30 JH VB here w/ Creighton, 3:00pm</p> | 31 | <p>National FFA Convention @ Indianapolis, IN</p> | |