

Stanton Community Schools

Home & School CONNECTION! (Working Together for School Success)

From the Superintendent's Desk

By Michael J. Sieh

Shark Bait

As a school, we are and should be evaluated on the success of our graduates. Right now, you might be thinking that state scores are about to be released and that I'm preparing you for them. In reality, I'm thinking about our recent 2019 graduates. Many of them have just completed their first full month of college. Either they have or will be taking their first big exam in their courses. This usually is gut-check time not only because of the test but also being away from home for an extended amount of time might be kicking in.

As a parent, I'm terrible at counseling my children through those first big exams and the need to stay in college. My conversation usually goes like this. Me-Remember your goals? Child-yes? Me-Then continue to pursue them for you are not coming back home! Get your stuff together!

As you can see from the explanation points, I'm out of control. My wife is the real counselor of our family. She is patient, understands their point of view, and then instills faith back in them. I get to the point real fast by telling them to *suck it up buttercup!* Not very effective, but I can't help myself for not giving up on their dreams over a couple of tests or just being away from home, as this makes no sense to me.

But wait, I'm a college drop out after 9 weeks of college. For me, it was not the tests. It was being away from

home and thinking that I would never return to the nest. I know that some young adults vow to never to return but usually they like home.

Today, I thank my parents along with others for applying tough love to my situation. After taking a year off, I found renewed energy and refocused my goals to start a different college adventure.

As a family, we still talk to our children about the importance of continuing the long journey of college or whatever. Family support can be the difference between completing or quitting. In other words, tough goals can be accomplished if supports are in place.

After doing some research, I came across this short story titled Shark Bait. Be sure to share it with your college students as they enter the second half of the first semester.

During a research experiment a marine biologist placed a shark into a large holding tank and then released several small bait fish into the tank. As you would expect, the shark quickly swam around the tank, attacked and ate the smaller fish. The marine biologist then inserted a strong piece of clear fiberglass into the tank, creating two separate partitions. She then put the shark on one side of the fiberglass and a new set of bait fish on the other. Again, the shark quickly attacked. This time, however, the shark

slammed into the fiberglass divider and bounced off. Undeterred, the shark kept repeating this behavior every few minutes to no avail. Meanwhile, the bait fish swam around unharmed in the second partition. Eventually, about an hour into the experiment, the shark gave up. This experiment was repeated several dozen times over the next few weeks. Each time, the shark got less aggressive and made fewer attempts to attack the bait fish, until eventually the shark got tired of hitting the fiberglass divider and simply stopped attacking altogether. The marine biologist then removed the fiberglass divider, but the shark didn't attack. The shark was trained to believe a barrier existed between it and the bait fish, so the bait fish swam wherever they wished, free from harm.

The moral: Many of us, after experiencing setbacks and failures, emotionally give up and stop trying. Like the shark in the story, we believe that because we were unsuccessful in the past, we will always be unsuccessful. In other words, we continue to see a barrier in our heads, even when no 'real' barrier exists between where we are and where we want to go.

Hopefully, this story resonated with you. As parents, let's instill in our children hope and faith at their most trying times, rather than give them a way out!

Volume XVII, Issue 3

September 28, 2019

Reporters

Dr. Sieh	Superintendent
Dr. Cunningham.....	H.S. Principal
Mrs. Remm	Elementary Principal
Mrs. Fernau.....	Counselor
Mrs. Hoehne	Administrative Assistant
Mrs. Meyer	H.S. Student Council
Mrs. Holoubek	School Nurse
Pohlman, Sholes, McCarthy & Myers....	Students
.....	

Events Calendar

October 4

- Homecoming

October 14

- School Board Meeting (7:00 p.m.)

October 16

- End of 1st Quarter

October 17

- Curriculum Review Day (School is in Session for All K-12 Students)

October 18

- School Improvement/Grades Day (K-12: No School)



www.scs-ne.org
(402)439-2233

Questions??? Please Call!
Central Office – 439-2233
High School Office – 439-2250
Elementary Office – 439-2639

Happy Halloween!

Connecting with Dr. Cunningham

By Dave Cunningham

Changing of Seasons...

We all know how seasons change in Nebraska. As the old saying goes "Just wait five minutes and the weather will change". We have been on a roller coaster ride this past year with the extreme weather patterns around Stanton. The experiences we have gained from the extreme changes in weather prepare us to handle other changes in life. Change creates stress differently in each of us just as the changes in weather can change drastically in a matter of minutes. The ups and downs in the weather is no different than the ups and downs in student enrollment in the school. Stanton's current situation is that we are down on boy numbers heading into this year's football classification.

At the September school board meeting we had a discussion about the classification of football for the next scheduling cycle. The Nebraska School Activities Association's (NSAA) timeline for football scheduling for the 2020 and 2021 football seasons is:

- November 30, 2019 - Deadline for schools to submit their declaration of participation in 11-man, 8-man, or 6-man football. This is also the deadline for schools to submit their intent (via email) to 'Opt-up' or 'Opt-down' in classification.
- December 2019 - The NSAA staff will release the classification and district assignments for the 2020 and 2021 football seasons.
- January/February 2020 - The NSAA staff will establish the football schedules for the 2020 and 2021 football seasons for all member schools.
- February 12, 2020 - The schedules along with the home

and away designations for All Classes will be released to the member schools at 9:00 AM central standard time and will be posted on the NSAA Internet web site (www.nsaahome.org) at 12:00 PM CST.

Understanding the NSAA timeline is important on making decisions and providing people the opportunity to express their thoughts and opinions on Stanton's football classification for the future. The nuts and bolts of classification are that schools that play football in class C-2 have a 3-grade boy enrollment of 69 and below. Many will ask what a 3-grade boy enrollment figure is and how we come to that number? A 3-grade boy enrollment is calculated by summing the number of boys in grades 9, 10, and 11 grades this school year, 2019-2020. Currently Stanton's 3-grade boy enrollment for the 2019-2020 school year is 39. The cutoff for 8-man football is 47 and below. This means that Stanton is placed in 8-man football or we decide to 'Opt-up' and play 11-man in Class C-2.

Projected numbers for the future have a low boy count for this scheduling and the next scheduling cycle. In the 2024-2025 scheduling cycle Stanton's projected number jumps to 53 and then the following cycles drops to 48 and 44. Whichever direction is decided upon, it will be a direction that will be followed for two years until the next classification cycle. We need to hear from the people of the community to help make the best decision possible for our students. If you have an opinion or thought on this topic, please contact me and share your thoughts and ideas.

Stanton Music Boosters

Annual Soup Supper

Friday, October 4th

5:00 p.m. through Halftime

at the

Stanton Community Building
and Football Concession Stand
during the Stanton vs. Crofton Game

\$5.00 Per Meal
(Includes Soup, Drink, & Dessert)

\$3.00 Per Bowl

PLEASE JOIN US!

All proceeds support all areas and grade levels within
Stanton Community Schools Mustang Music Department

Reminiscing with Mrs. Remm

By Sarah Remm

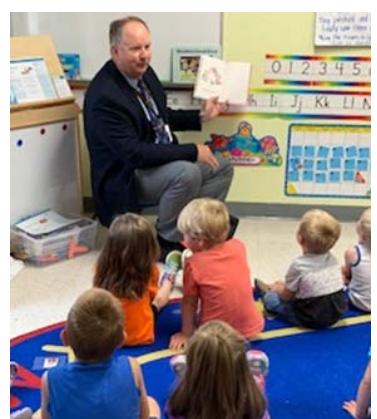
Help is Always Needed!

"To be in your child's memories tomorrow, you have to be in their lives today." ~ Barbara Johnson

October is here, which means we will soon be checking off the completion of the first quarter. From day one, the students and staff have been working hard to steer the year in the right direction. Our fall reading (Acadience) benchmark is completed and reading intervention groups have been established. Individual Reading Improvement Plans for students below the identified threshold level are in the process of being developed, and the school is building ways to collaborate with parents in order to help their child be a successful reader.

As a parent, your role within the home-school relationship is critical. Whenever you receive information regarding your child's academic progress, please know that you are welcome to contact your child's teacher for further explanation of the results and for opportunities to discuss what can be done at home to help your child strengthen his or her skills. Some questions you should ask the teacher include:

- Is my child on grade level? What does "performing on grade level" look like?
- What tests does my child take to find out if they are performing on grade level?
- How far below grade level is my child performing?
- What specific areas is my child struggling with? What activities can I do with my child at home to help?
- What additional supports are



(Schieffer) Lil' Stangs Preschool has been busy getting to know the school rules and who is all involved in keeping them safe throughout the school day. They have been practicing fire, tornado, and lockdown drills and rocked at all of them.

This past week we had the privilege of having Dr. Mike Sieh come in and read to them. The students loved his stories and hope he can come back again some time!

being provided to my child?
How frequently, and for how much time?

- How frequently will communication between home and school occur about my child's progress?

The home-school relationship is one of utmost importance. In addition to communicating with the teacher about your child's academic progress, there are other opportunities to get involved within the school. The Parent Teacher Support Group (PTSG) will meet each quarter to discuss what is happening at school and to organize events for the students and staff. Meetings for the first semester have been scheduled for Monday, September 30th and Monday, November 4th at 5:30 pm in the elementary library.

With the addition of the Lil' Stangs Preschool, the school district has established an advisory committee. Our partners include parents and members from NENCAP/Head Start, Noah's Ark Preschool, and ESU 8. Our first meeting took place in September. Topics included personnel, enrollment, curriculum, trainings, transitions, and parent/caretaker opportunities. We encourage all parents of Lil' Stangs preschoolers to attend upcoming meetings. Be looking for more information from the preschool staff concerning these opportunities.

FFA Agri Science Students Need Your Input

Agriscience Fair Survey

By: Kinley Pohlman, Josiah Sholes, Connor McCarthy, and Marysa Myers

The Agricultural Leadership class is conducting a survey for a project we are completing. We have chosen to work with a topic concerning county fairs. Our class has created a survey regarding our current county fair, and we are asking for your input. If everyone who is a resident of Stanton County could please take four to five minutes to complete the survey online, we would really appreciate it. Our goal is to have all students K-12 complete the survey on October 16th by the end of the school

day.

We need your help! If everyone completes this survey, we have a great chance to go to State FFA. Please take a few minutes to fill out this survey by Friday, October 11th. Thank you for your cooperation. The Agricultural Leadership class looks forward to hearing your thoughts.

The link for the survey can be found below:

<https://www.surveymonkey.com/r/HNHFHQBY>

Census Information Needed

(Hoehne) The State of Nebraska requires that schools conduct an annual census for children birth to twenty-year old as of June 30 of the current year. If you have recently moved into the district and have children in this age group or have had the birth of a child, please fill out the Census form in this newsletter and return it to the Stanton Community Schools.

Information needed includes the child's name, birth date, birthplace and gender. We need to have current addresses and phone numbers of the parents. The form may be mailed to PO Box 749, Stanton, NE 68779, emailed to khoehne@esu8.org, dropped off at the school or phoned in (402-439-2233). Thank you for your cooperation in this important matter.

Counselor's Corner

By Lindy Fernau

Counselors Corner - October

Juniors who want to take the PSAT test will do so on October 16th. The PSAT gives students a chance to enter the National Merit Scholarship Corporation scholarship programs. It is also an excellent opportunity to practice taking a college entrance test. The results can be used to determine strengths and weaknesses that the student can work on correcting in the coming year. The cost is \$17.

All Junior students not taking the PSAT test will take the ASVAB on October 16th as well. The ASVAB is designed to

help students learn more about themselves and the world of work and to identify and explore potentially satisfying occupations that meet their skill level, interest and values.

Seniors should be setting up a campus visit for at least 2 colleges they are interested in. It is important to go on campus, if possible, to experience the overall atmosphere of the campus and surrounding area. Students who are uncomfortable in their surroundings do not perform as well academically. The only way to get a true "feel"

Please see COUNSELOR, page 4

Homecoming 2019

(Meyer) The Stanton High School Student Council has set homecoming week for September 30th-October 4th. The king and queen will be crowned on Friday during coronation. Days of the week are as follows.

- Monday-fake n injury
- Tuesday-decades
- Wednesday-theme/class choice
- Thursday- destinations
 - ✓ 5th swimming pool
 - ✓ 6th Husker game
 - ✓ 7th as a nursing home resident
 - ✓ 8th North Pole
 - ✓ 9th safari
 - ✓ 10th Hawaii
 - ✓ 11th farm
 - ✓ 12th Disney Land
 - ✓ Staff 4th of July parade/picnic
- Friday-Mustang Pride day

Students are encouraged to show school spirit by dressing up in the different themes each day. Prizes will be awarded for each day. Also, during the week, there will be a wall or poster decorating contest for grades 5-12.

On Monday September 30th the Junior Varsity boys football team will play in an away game against West Point/Beemer at WestPoint. Tuesday, October 1st the varsity volleyball team will be competing in a triangular in Oakland Craig starting at 5:30. On Thursday, October 3rd, the boys and girls cross country teams will be participating in their own cross country meet in

Stanton at Elkhorn Acres Golf Course. This is also parents' night for the teams. The Stanton Mustangs C, JV and varsity volleyball teams will be competing against Wayne in Wayne starting at 5:30.

On Wednesday, October 2nd grades 9-12 will have an activity sponsored by the student council in the gym at 2:50, while the 5-8 students will have an activity in the middle school gym. At 6:30 p.m. there will be an event for the senior class at the baseball field, along with the event there will be a pep rally and the band will play (weather permitting) all occurring on Wednesday night. There will also be a food stand sponsored by the Post prom committee and the dunk tank results will be shared resulting in someone getting dunked.

On Friday, coronation will take place at 2:00 p.m. in the Middle School gym. A parade and pep rally, downtown will follow. Music Boosters will be having their annual soup supper in the community building before the football game. The game will begin at 6:30 p.m. against the Crofton Warriors. Candidates, the king and queen along with their parents will all be presented during half time of the football game. The homecoming dance will be held after the game in the Middle School gym from 9:30-12:30 to wrap up homecoming week.

The Stanton community is invited to all activities and

Dental Care Opportunity Coming to Stanton

Preschool thru 8th Grades

(Holoubek) The Elkhorn Logan Valley Health Department is offering their Smile in Style preventative oral health care program to Stanton preschool, elementary, and middle school students. This is an opportunity to receive preventative dental care on-site at the schools. The Health Department will provide 2 dental hygienists to screen students oral health status, apply fluoride varnish, and/or dental sealants, and offer dental health education. More information and consent forms will be sent home with students in October. See the flyer attached to the newsletter for more information! What a great opportunity for our students to receive preventative dental services!

Gotta LOVE the Mustangs!

COUNSELOR

-----Continued from Page 3-----

for the campus is to visit. As a part of their visit, they need to include a tour of their program of study or degree interest and financial aid.

Sophomores will be going to Wayne State College on October 15th for a Career Exploration Day. Students were asked to select their top areas of career interest and a personal schedule was created for each student. The students will explore a wide variety of career topics and hands-on activities. There are usually over 900 students from the surrounding area that participate.

Vaping and/or e-cigarettes have been a real topic of concern in our community and across the nation as more and more teens are using these products. Young minds still see themselves as infallible and therefore have a hard time understanding the risks involved. Because of the lack of lingering odors and their size, these products are easy to hide and hard to detect. The following is some information from "US News and World

Report" by [Dr. Natasha Burgert](#).

One Juul pod contains the rough equivalent of the nicotine in one pack of cigarettes. Most importantly, however, is the knowledge that kids' brains are super sensitive to nicotine. All Juul and Phix pods contain nicotine. When an immature brain (less than 25 years old) is exposed, it takes less of the drug to get addicted. That's exactly why teens have historically been the target market of tobacco companies, and why current e-cig marketing strategies show hip young people vaping in ads and create kid-centric "flavors" of e-juice, like berry punch and cotton candy. In short, kids who vape are inhaling one of the most addictive substances on the planet.

Here are some signs that your child may be vaping:

- **Increased thirst.** Vaping is hydroscopic, meaning the process of vaping removes hydration from skin of the mouth and throat. This leaves users with a dry, flat palate. As a natural consequence, the

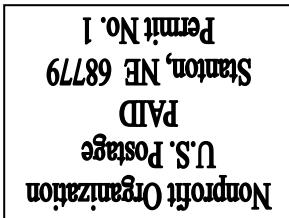
body craves liquids to combat dehydration. If you see your child heavily increasing their liquid consumption (and also peeing more), they may be vaping.

- **Desire for flavor.** Moisture is key to enjoying the flavor of foods. When the mouth is dried out, you lose flavor perception. So, with routine vaping, food can become less flavorful. This even has a name: "vaper's tongue." If your teen is reaching for the salt or enjoying unusually spicy foods, this may be a clue.
- **Nosebleeds.** Just like vaping dries the mouth, it dries the skin of the nose as well. When the nose gets dry, it can bleed.
- **Acne.** Vaping can affect the surrounding skin. If your teen is having bad breakouts on otherwise controlled skin, this may be a clue.
- **Cutting back on caffeine.** If your latte-loving teen is skipping the Starbucks, it could be the nicotine. Vaping plus caffeine can cause

anxiety and severe mood swings. Most users will decrease their caffeine intake to avoid these side effects.

- **Pneumonia.** Research suggests that outside of the problems with nicotine exposure, there are nanoparticles present in e-cig vapor that cause inflammation in the lungs. When lungs get inflamed, it can lead to pockets of bacterial infection and cause pneumonia.
- **Finding unfamiliar USB drives, battery chargers or spare parts.** E-cig devices do have parts and cartridges that need to be exchanged and replaced. Commonly, these parts are spare wires, cotton balls or small containers ("pods") that contain e-juice. If your teen is carrying an unfamiliar tech-looking device, or if there are interesting items in their trash bin, I might ask.
- **Bloodshot eyes.** There aren't many physical signs that a teen is vaping but bloodshot eyes can be a clue.

Stanton, NE 68779
Postal Patron



Stanton, NE 68779
1007 Kingwood Street
P.O. Box 749
Stanton Community Schools