

# March Newsletter

FBLA News	2
Helping Children Learn	3-4
Loup Basin	5-6
SchoolStore Program	6
Breakfast Menu	7
Lunch Menu	8
March Calendar	9



## Meet Our New PK-12 Principal!



>Welcome



**Mr. Jamie Slingsby**

As a Nebraska native with strong ties to the area, I'm thrilled to be part of the Sargent Public Schools system. I grew up in Broken Bow, graduating from Broken Bow High School before attending Doane University. My passion for education led me to spend 11 years teaching, coaching, and serving as an Activities Director in Arizona. At the same time, I earned my master's degree from Northern Arizona University in Educational Leadership. While in Arizona, I met my beautiful wife, Chrissy Slingsby of 20 years. We're proud parents of two wonderful children, Paige (16) and Zander (13). We moved our family to Chadron in 2013, where I continued my teaching and coaching career for the past 12 years. In my free time, I enjoy spending time outdoors and camping with my family. I also enjoy spending time at my children's sporting events.

**We are excited to make Custer County our home.**



# FBLA News

February, which is CTE (Career and Technical Education) Month has proven to be very busy for our active members! On February 5th, ten members attended the UNK Loper Business day with Hayden placing 1st in Economics and 5th in Business Communication. During the month of February our FBLA chapter also celebrates FBLA week! FBLA week took place February 10th through the 14th. We started off the week with an appreciation gift for our members. Each member received a box of Skittles and a schedule of FBLA week on their locker.

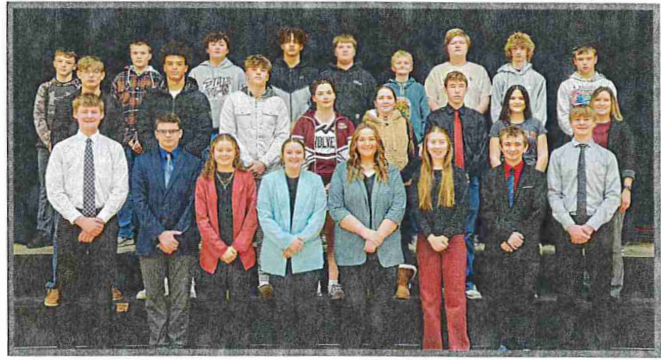
Tuesday was "Dress for Success" day, members dressed in their business attire. We also had our February meeting in the Business Room during lunch. On Thursday, we showed our appreciation for the staff and acknowledged all that they do by giving them a Reece's Peanut Butter Cup and a note. Since we didn't have school on Wednesday due to snow, we also showed our FBLA spirit by wearing an FBLA shirt on Thursday.



Then on Friday, FBLA officers and some of the members held our annual business appreciation breakfast. Members brought a variety of baked goods and casseroles to show appreciation for our local businesses. During breakfast our members and officers visited with those that came from the Sargent businesses. The high school, elementary, and the community were all involved in FBLA week. Our chapter demonstrated our excitement for FBLA, encouraged future membership, and expressed our appreciation to those who have supported our chapter. Sargent FBLA always stays busy with fun and exciting activities and events.



Friday of FBLA Week was also Valentine's Day and we were busy sorting and delivering cookies, balloons, and carnations that were sold as a fundraiser for State Leadership Conference. Several presentation deadlines for SLC also happened that week and our members stayed late and worked hard to make that deadline! Now that FBLA week has passed we are preparing for the Kids Carnival. This night is fun and always something that elementary students look forward to. Be on the lookout for more information about the Kids Carnival and other upcoming FBLA events.



Alli Smith, Reporter



# Helping Children Learn<sup>®</sup>

ELEMENTARY SCHOOL

Tips Families Can Use to Help Children Do Better in School

Title I-Educational Service Unit 10



April 2025

## Make a difference to your child and the school by volunteering

When families volunteer to help the school, learning improves for all the students. Every family can help in useful ways, and it's never too late to begin.

National Volunteer Week is April 20-26—and it's an ideal time to give volunteering at school a try. Here are six reasons to get involved now:

### 1. It benefits your child.

Whether you volunteer in your student's classroom, elsewhere at school or from home, you are showing that you think your child's education is important. Children whose families are engaged with school do better.

**2. You can get to know teachers** and other school staff. And you will know who to ask for help if your child needs it.

**3. You can get to know other families** who are volunteering, too. They can be valuable sources of information and advice.

**4. The school benefits.** When you volunteer, you free up school staff to spend more time with students who need it—which improves outcomes.

**5. It's easy.** Many schools offer training to volunteers. And if you aren't available during school hours, there are jobs that can be done at home at night or on weekends.

**6. It's fun!** You will meet interesting students and adults. You may learn new skills. And you'll know you have done something really worthwhile.



## Know when to negotiate

It's bedtime, but your child begs, "Ten more minutes, please!" Do you wonder if it's OK to negotiate? The short answer is *yes*, but not on the spot. Once in a while, sit down together to discuss family rules. Listen to and consider your child's opinions. Then, make the final decisions—and stick to them.

Source: "The Art of Negotiating with Kids," PBS Parents.

## Make a math tips poster

Help your child create a visible reminder of the many ways to get unstuck when a math problem is confusing. On a piece of poster-board, have your child list strategies such as:

- **Reread** the instructions.
- **Draw** a diagram.
- **Look** at a sample problem in my book or handout.
- **Think** about how I solved other problems like this one.
- **Estimate** an answer and check it out.



One glance at the poster will give your child ways to keep trying instead of staying stuck.

Source: D. Ronis, *Brain-Compatible Mathematics*, Skyhorse.



## Provide practice making decisions

Children learn to make well-reasoned decisions by making lots of choices and learning from the results. Offering opportunities to make small decisions now helps ensure that your child will make wise choices when it counts.

The choices you offer your elementary schooler should be age-appropriate, and within boundaries you set. For example, young children can decide which healthy items they want to pack for lunch, or which of two shirts to wear. Older children can decide whether to read or do a math assignment first (but cannot decide to watch a video before getting down to work).

When your child needs to make a decision about what to do in a particular situation, discuss the potential consequences of each option.

If your child makes a poor decision, talk about why it didn't work out. Ask, "What would you do differently next time?" Your elementary schooler will be able to draw on this experience when faced with a future decision.

## Attendance is a school skill

Children who are frequently absent from school lose essential learning time. They miss things they can't make up, like discussions and demonstrations in fundamentals like math and reading. Make on-time attendance a priority for your child. To make it easier:

- **Prep for school** the night before.
- **Maintain a bedtime** that lets your child wake up easily, rested and ready to learn.
- **Design a morning routine** that allows time to get ready without rushing.







## How can I instill a habit of timeliness in my child?

**Q:** I can sometimes be a bit of a procrastinator, and I don't want my child to start doing this, too. How can I help my child develop more positive study habits?

**A:** You can help your child stay on top of school responsibilities by creating a routine that doesn't allow for putting off tasks. Include these key elements:



- **A consistent study time.** Consider your child's views when choosing a study time. Some kids prefer to dive in right after school so the rest of the day is free. Others have more energy after a break. If no work is due the next day, have your child use the time to read or review.
- **A system.** Encourage your child to create daily to-do lists and cross off completed tasks. Explain that doing tough jobs first can make other work seem easy. If big projects are overwhelming, help your child divide them into smaller, less intimidating parts.
- **Organization.** Have a designated spot for school supplies. Teach your child to put everything away neatly after using it. Being able to find things helps avoid unnecessary delays.

Next, model the habits you want your child to form. When you dread doing something, admit it sometimes. "Ugh. I don't want to pay the bills." Then, do it anyway! Say, "That wasn't too bad, and it feels great to be responsible."

## Be a reading role model

Research shows that having a reading role model at home is an important factor in whether children see reading as something that is "cool" and worth doing. To be a model for your child:

- **Show that you value** reading by doing it every day.
- **Tell your child why** you are reading: for information, for pleasure, to double-check something you think you know, etc.
- **Talk about unfamiliar words** you read. Look up their definitions together.
- **Share interesting things** you read with your child.

Source: A. Cole and others, "Role models and their influence on children and young people's reading," National Literacy Trust.

## Help 'flip' negative feelings

All children feel worried or upset sometimes. To help your elementary schooler manage these feelings in healthy ways:

- **Help your child** put feelings into words. "It sounds like you're worried no one will sit with you at lunch tomorrow."
- **"Flip" the thought.** Talk about ways to think about the issue that are more helpful. Your child might think, "I can ask my reading buddy to have lunch with me."



## Are you fostering motivation?

Intrinsic motivation—a desire to work toward success—comes from inside. But you can encourage this feeling in your child. Are you doing what you can to inspire your child to action? Answer *yes* or *no* to the questions below:

- \_\_\_ **1. Do you teach** your child to set goals?
- \_\_\_ **2. Do you help** your child make progress charts of steps to take to achieve goals?
- \_\_\_ **3. Do you offer** praise when your child works hard?
- \_\_\_ **4. Do you teach** your child that learning from mistakes is a key step in the process of getting smarter?
- \_\_\_ **5. Do you say** often that you know your child can succeed in school?

### How well are you doing?

More *yes* answers mean you are taking steps to raise a motivated student. For each *no*, try that idea.

"The only thing standing between you and outrageous success is continuous progress."

—Dan Waldschmidt

## Be specific about respect

One of the best ways to teach respectful behavior toward others at home and at school is to talk about specific actions your child should take in particular situations. For example, if your child interrupts you when you are speaking, you might say, "When someone else is talking, it's respectful to listen until the person is finished. Then, you can have your turn."

Source: P. Denton, *The Power of Our Words: Teacher Language that Helps Children Learn*, Center for Responsive Schools, Inc.

### Helping Children Learn®

Published in English and Spanish, September through May.

Publisher: Doris McLaughlin.

Publisher Emeritus: John H. Wherry, Ed.D.

Editor: Alison McLean.

Translations Editor: Victoria Gaviola.

Copyright © 2025, The Parent Institute®,

a division of PaperClip Media, Inc.

P.O. Box 7474, Fairfax Station, VA 22039-7474

1-800-756-5525 • www.parent-institute.com





**Loup Basin**  
PUBLIC HEALTH DEPARTMENT

# Loup Basin Public Health Department February Newsletter

## Upcoming Clinics

February 19, 2025  
Broken Bow Smiles Clinic



February 25, 2025  
St. Paul Smiles Clinic

February 27, 2025  
Spalding Smiles Clinic



March 4, 2025  
Broken Bow Immunization Clinic

March 6, 2025  
Ord Immunization Clinic



SCAN HERE

HFLB is accepting new clients for Healthy Families Program! Scan for more information or to enroll today!



## Accreditation

LBPHD has applied for accreditation, with the deadline to submit documentation set for December 1, 2025.



Accreditation - measures a health department's performance against a set of nationally recognized, practice-focused, and evidence-based standards.



## Public Information and Education Mini-Grant

LBPHD was awarded a Public Information and Education Mini-Grant through the Nebraska Department of Transportation's Highway Safety Office. Grant activities will focus on increasing seat belt use in our region, decreasing youth involved accidents, decreasing all other accidents, and agricultural traffic safety. Specifically, we will focus on Teen Driver Safety, Seatbelt Safety, and Agricultural Safety. We will utilize social media campaigns, advertising, and booths at health fairs and community events.



**Sargent Public Schools will kick off their SchoolStore program on Feb 24. Watch Facebook for more info!**



# MARCH 2025

# BREAKFAST



National School Breakfast Week is March 3 – 7. Check with your school nutrition team to see how you can celebrate National School Breakfast Week at your school this year!



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Cereal- Toast  
Or Pancake  
Juice- Fruit  
Milk- yogurt

3

Mardi Gras Festival  
French Toast  
Egg or Sausage  
Fruit cup- Juice  
Milk- Yogurt

4

Pop tart- PBJ  
Or Protein ball  
Fruit cup- Juice  
Milk- Yogurt

5

National Cereal Day  
Cereal or Muffin  
Juice- Fruit  
Milk- Yogurt

6

No School

7

Cereal- Toast  
Or Pancake  
Juice- Fruit  
Milk- Yogurt

10

French Toast  
Sausage or Eggs  
Juice- Fruit  
Milk- Yogurt

11

Pop tart- PBJ  
Or Protein ball  
Juice- Fruit  
Milk- Yogurt

12

Breakfast Pizza  
Or Omelet w/Toast  
Juice- Fruit  
Milk- Yogurt

13

Cereal or Donut  
Juice- Fruit  
Milk- Yogurt

14

St. Patrick's Day  
Cereal – toast  
Or pancakes  
Juice – Fruit  
Milk - Yogurt

17

French toast  
Sausage or egg  
Juice – fruit  
Milk - yogurt

18

Pop tart – PBJ  
Or protein ball  
Juice – fruit  
Milk - yogurt

19

Burrito or  
Omelet w/ toast  
Juice – fruit  
Milk – yogurt

20

Cereal or  
Muffin  
Juice – fruit  
Milk – yogurt

21

No School

24

Cereal – toast  
Or pancakes  
Juice – fruit  
Milk – yogurt

25

Pop tart – PBJ  
Or protein balls  
Juice – fruit  
Milk – juice

26

Breakfast sandwich  
Or omelet w/ toast  
Juice – fruit  
Milk – yogurt

27

Cereal or  
Muffin  
Juice – fruit  
Milk – yogurt

28

Cereal – toast  
Or pancakes  
Juice – fruit  
Milk - Yogurt

31





# MARCH 2025

# LUNCH



## MONDAY

**3** Taco Salad  
w/ Lettuce- Cheese-  
Salsa  
Mexican rice or Carrots  
Fruit cup- Milk

**10** Burrito or Enchilada  
w/ Lettuce- Cheese- Salsa  
Corn  
Fruit cup  
Milk

**17** **St. Patrick's Day**  
Chicken nuggets  
Green beans  
Fruit cup  
Dinner roll  
Milk

**24** No School

**31** Chicken Strip wrap  
w/ Lettuce & Cheese  
Mixed veggies  
Fruit cup  
Milk

## TUESDAY

**4** **Mardi Gras Festival**  
Chicken Noodle  
Mashed potatoes  
Fruit/Apple Pie  
Dinner roll  
Milk

**11** Creamed Chicken  
w/ Biscuit  
Mashed Potatoes  
Fruit cup/Strawberry  
Cake  
Milk

**18** Beef & Noodles  
Mashed potatoes  
Fruit cup/ banana cake  
Dinner roll  
Milk

**25** Macho nacho  
Corn  
Fruit/ apple crisp  
Dinner roll  
Milk

## WEDNESDAY

**5** Lasagna or  
Tuna noodle  
Corn  
Fruit  
Dinner roll  
Milk

**12** Chili Cheese Fries  
Or stuffed potato  
Fruit cup  
Dinner roll  
Milk

**19** Tater Tot casserole  
Or chicken alfredo  
Carrots  
Fruit cup  
Dinner roll  
Milk

**26** Spaghetti w/meat sauce  
Green beans  
Fruit cup  
Garlic bun  
Milk

## THURSDAY

**6** Chicken sandwich  
Chips  
Baked Beans  
Fruit cup  
Milk

**13** Chicken & Rice  
Or Vegetable beef soup  
w/ Crackers  
Fruit cup  
Dinner roll  
Milk

**20** Home made Pizza  
Corn  
Fruit cup  
Milk

**27** Chili or potato soup  
Crackers & cheese  
Fruit cup  
Cinnamon roll  
Milk

## FRIDAY

**7** No School

**14** Sloppy Joes  
Chips  
Baked Beans  
Fruit cup  
Milk

**21** Cheeseburger  
Chips  
Baked beans fruit cup  
milk

**28** Corn dog or plain dog  
Chips baked beans  
Fruit cup milk



**March is National Nutrition Month!** To celebrate, try eating at least one new food each week. Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines.

References: Academy of Nutrition & Dietetics, USDA MyPlate





# Sargent Public Schools

## Calendar

<span>March</span> <span>2025</span>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Boys Basketball District Finals TBD
2	3	4 FFA District CDE in Sargent	5 Girls State Basketball Tournament	6 Girls State Basketball Tournament  1:00pm: Dismissal- PT Conf  2:30pm: Parent - Teacher Conference	7 No School  End of 3rd Quarter  Girls State Basketball Tournament	8 Girls State Basketball Tournament  12:00pm: Sargent Youth Wrestling Tournament
9	10 Conference Speech Meet	11 7:30pm: Twin Loup Music Sneak Peek	12 Boys State Basketball Tournament	13 Boys State Basketball Tournament  7:00pm: Speech Public Performance/ Parents Night	14 Boys State Basketball Tournament	15 Boys State Basketball Tournament
16	17 7:00pm: School Board Meeting	18 District Speech in Stuart	19	20 11:00am: UNK Indoor Track	21 MNAC High School & JH Quiz Bowls	22 Prom
23	24 No School- Staff Development  High School ESU10 Quiz Bowl @ UNK	25	26	27 Blood Drive @ Community Center  11:00am: Track & Field @ Anselmo- Merna Invite @ Merna	28 State Speech @ Kearney	29
30	31 ESU 10 Junior High Quiz Bowl @ UNK					

### Sargent Public Schools

400 N 5th Street, PO Box 366  
Sargent, NE 68874