

**FRIEND  
PUBLIC  
SCHOOL**

**JANUARY  
2022**



***Congrats to our Principal,  
Mrs. Elizabeth Stutzman!!***

***She was recognized as  
Nebraska's Outstanding New Principal!!!***

***It's a great day to be a Bulldog!!***

Friend Public Schools  
501 South Main St.  
P.O. Box 67  
Friend, NE 68359  
402.947.2781



**Superintendent**

**Derek Anderson**

**Principal**

**Elizabeth Stutzman**

**Activity Director**

**Jim Pfeiffer**

**Counselor**

**Amy Hottovy**



# Stutzman's Side Notes



"You Learn Something New Every Day"

December was a fast and furious month with so many amazing things happening at Friend Public School! Thank you to everybody who was able to come out to watch our students preform at their music concerts. The elementary program was held on December 9<sup>th</sup>; the students and Miss Heath did a fantastic job! On December 13<sup>th</sup>, the secondary students were very impressive as well during their winter concert!

Please feel free to come out and support our wrestling and basketball teams. All of the (junior high and high school) teams have begun their seasons, and their hard work in the off season is paying off! Thank you to our coaches for their extra time and effort. Also, thank you to our youth coaches throughout the school year who put in the extra hours to help build our young students' fundamentals. Your hard work is appreciated!

Thank you to our Parents And Teachers Together (PATT) group which takes the time to appreciate all of our staff at FPS! We feel very fortunate to have such a great group supporting our staff. Thank you to everybody who was able to donate their time or money to the PATT group as well!

**Thank you very much for your continued support of our students and staff!**

**Liz Stutzman- Principal      Friend Public School      Go Dawgs!!**

## Upcoming Dates:

January 5<sup>th</sup>: Back to school!

### FPS Staff 12 Days of Fitmas

- 22 Staff signed up to participate in The 12 Days of Fitmas
- 19 of 22 had at least 1 day of 12,00+ steps
- 17 of 22 had at least 4 days of 12,000+ steps
- 12 of 22 had at least 8 days of 12,000+ steps
- 10 of 22 completed 12 days of 12,000+ steps
- 4 of 22 completed more than 12 days of 12,000+ steps!

As a staff we walked over 2.6 MILLION steps, which means we could have walked, round-trip, to North Pole Santa's Workshop at Pikes Peak, Colorado!



**Parents/guardians of seniors who are college bound -- scholarship season is officially here! Please have a conversation with your child about these items:**

- ⇒ Has your family completed the FAFSA? (Consider contacting Education Quest for assistance.)
- ⇒ When was the last time the student checked the “Scholarship Central” link on the school website? (AT LEAST once each week is recommended.) This is just a FRACTION of the scholarships available. See below! ☐
- ⇒ When was the last time the student visited “Scholarship Quest” on the Education Quest website? New opportunities may appear each week or even daily!
- ⇒ Has your son/daughter completed a high school resume to use with scholarship applications?
- ⇒ Has your son/daughter identified three to five people who can be solid scholarship references or writers of recommendation letters?
- ⇒ Has your child scheduled time to see Ms. Hottovy for help with any of the above?

**Parents/guardians of juniors:**

Preparation will soon begin to help our juniors be prepared to take the ACT on Tuesday, March 22, 2022. In 2016, the state of Nebraska mandated that state testing at the high school level be completed through a college entrance exam, and the ACT was selected. Our students will take the Reading, English, Math, Science, and Writing portions of the ACT. Results from the ACT will be used for both state reporting and college entrance requirements. Watch for more information in next month’s newsletter regarding practice sessions for students taking the ACT.

Juniors are also encouraged to schedule one college visit some time during the second semester. As long as required paperwork is turned in on time, this is an excused absence from school. Students should contact Ms. Hottovy for any questions or help needed with this process.

**For ALL Parents**

One of the skills we encourage all of our students to learn and use is to ask for help when needed. What better way for our children to learn this skill than to see the adults in their lives ask for help when they need it, too.

The website “Your Life Your Voice” is an excellent resource for parents, families, and children in times of need. Check it out here: [Your Life Your Voice](#)



## Lessons for Real Life

Students in Mrs. Houlden's Personal Finance Class have covered various topics in preparation for adulthood and real life. Highlights for the semester were listening to speakers on such things as saving, investing, and insurance. Shown below is John Clouse, local insurance agent, and Preston Meints, local financial advisor.




**Kindergarten celebrated the holidays by making gingerbread houses on December 20th! Merry Christmas!!**





# January



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>For the most current and up to date information, please go to: <a href="http://www.pioneerconference.org">http://www.pioneerconference.org</a> and click on Friend or check the calendar on the school website: <a href="http://friendbulldogs.org">friendbulldogs.org</a></p>						 <b>1</b>
<b>2</b>	NO SCHOOL Teacher Work Day  <b>3</b>	NO SCHOOL Teacher Cohort Day  GB BB vs. Tri-County 4:30/5:00/6:00/7:30  <b>4</b>	School Reconvenes  <b>5</b>	GB BB @ Southern 4:00/5:00/6:15/8:00  <b>6</b>	<b>2:00 out</b>  EMF FFA Officer Meeting (Friend) 2:30  Sadie Hawkins Dance 8-10 p.m.  <b>7</b>	JH GB & BB vs High Plains 10:00/11:00  GB BB vs. McCool Junction 1:00/1:45/2:30/4:00  WR @ Franklin Invite 9:00  <b>8</b>
<b>9</b>	JH GB & BB vs Meridian 3:00/4:00  BOE - Media Center 7:30  <b>10</b>	GB BB vs Dorchester 4:30/5:00/6:00/7:30  <b>11</b>	<b>12</b>	GB BB @ Osceola 4:00/5:00/6:15/8:00  WR @ Yutan 4:00  <b>13</b>	<b>2:00 out</b>  <b>14</b>	JH BB Quad @ Deshler 9:00  WR @ Cross County 9:00  <b>15</b>
EMF FFA Chapter Meeting in Friend 4:00  <b>16</b>	MLK JR. DAY  JH BB @ Shelby-RC 4:30  <b>17</b>	GB BB vs. Thayer Central 4:30/5:00/6:00/7:30  <b>18</b>	FFA District LDE @ Holthus Center-York 9:00  EMF FFA JH Speaking Contests @ Holthus Center-York 9:30  <b>19</b>	JH BB @ Sutton 4:00  <b>20</b>	<b>2:00 out</b> WR @ Thayer Central Invite TBA  GB BB @ Johnson-Brock 4:00/5:00/6:15/8:00  <b>21</b>	G BB vs. Red Cloud 3:00/4:00  <b>22</b>
<b>23</b>	Pioneer Conference Instrumental @ Sterling  <b>24</b>			JH BB @ Exeter-Milligan 3:00  GB BB vs. Heartland 4:30/5:00/6:00/7:30  <b>27</b>	<b>2:00 out</b>  GB BB vs. Pawnee City 5:00/6:00/7:30 (1 qtr girls JV, 2 qtr boys JV)  <b>28</b>	WR @ Raymond Central Invite 9:00  <b>29</b>
<b>30</b>	Pioneer Conference Tournament TBA  <b>31</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>

# Breakfast & Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Holiday Break</b> NO SCHOOL</p> <p style="text-align: right;"><b>3</b></p>	<p><b>Holiday Break</b> NO SCHOOL</p> <p style="text-align: right;"><b>4</b></p>	<p><b>Choc. Chip Muffin</b> Hamburger/Bun Baked Beans</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p style="text-align: right;"><b>5</b></p>	<p><b>French Toast</b> Chicken Quesadilla Corn Bread &amp; Butter</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p style="text-align: right;"><b>6</b></p>	<p><b>Cherry Strudel</b> Stuffed Crust Cheese Pizza Pudding</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p style="text-align: right;"><b>2:00 out 7</b></p>
<p><b>Breakfast Pizza</b> Chicken Nuggets Mashed Potatoes Gravy Bread &amp; Butter</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p style="text-align: right;"><b>10</b></p>	<p><b>Pancakes</b> Meaty Nachos Toppings Shredded Cheese Bread &amp; Butter</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p style="text-align: right;"><b>11</b></p>	<p><b>Cinnamon Rolls</b> Tomato Soup Gilled Cheese Crackers</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p style="text-align: right;"><b>12</b></p>	<p><b>Breakfast Bites</b> Mini Corn Dogs Potato Smiles</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p style="text-align: right;"><b>13</b></p>	<p><b>Choc. Choc. Chip Muffins</b> Fiestada Corn Churro</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p style="text-align: right;"><b>2:00 out 14</b></p>
<p><b>Donuts</b> Breaded Chicken Patty/Bun Cheesy Broccoli Jell-O</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p style="text-align: right;"><b>17</b></p>	<p><b>Egg Bacon Pizza</b> Chicken Fajita Toppings Shredded Cheese Bread &amp; Butter</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p style="text-align: right;"><b>18</b></p>	<p><b>Scrambled Eggs</b> Hamburger/Bun Green Beans</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p style="text-align: right;"><b>19</b></p>	<p><b>Breakfast Bars</b> Spaghetti Breadsticks Shredded Cheese</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p style="text-align: right;"><b>20</b></p>	<p><b>Biscuits &amp; Gravy</b> Subs Chips Cookie</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p style="text-align: right;"><b>2:00 out 21</b></p>
<p><b>Breakfast Pizza</b> Chicken Strips Mashed Potatoes Gravy Bread &amp; Butter</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p style="text-align: right;"><b>24</b></p>	<p><b>Choc. Chip Mini Loaf</b> Taco Salad Toppings Shredded Cheese Bread &amp; Butter</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p style="text-align: right;"><b>25</b></p>	<p><b>Choc. Chip Muffins</b> Hot Dog/Bun Chili Shredded Cheese</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p style="text-align: right;"><b>26</b></p>	<p><b>Egg Bacon Pizza</b> Cheese Flatbread Sliced Carrots</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p style="text-align: right;"><b>27</b></p>	<p><b>Breakfast Bites</b> Mandarin Orange Chicken Rice Bread &amp; Butter</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p style="text-align: right;"><b>2:00 out 28</b></p>
<p><b>Donuts</b> Sloppy Joes Doritos Brownies</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p style="text-align: right;"><b>31</b></p>	<p><b>SUBJECT TO CHANGE WITHOUT NOTICE DUE TO AVAILABILITY OF CERTAIN PRODUCTS</b></p>			

# January





**Congrats to the following EMF Bobcats on receiving awards!!**

***District D-1-3***

First Team

Breckan Schluter  
Christian Weber  
Chase Svehla

Second Team

JB Drake  
Spencer Eberspacher

Honorable Mention

Cooper Girmus

***Pioneer Conference***

First Team

Running Back-Breckan Schluter  
Defensive Line-Chase Svehla

Honorable Mention

Christian Weber  
Chase Svehla

***York News Times***

All Area

Breckan Schluter

Honorable Mention

Christian Weber, Chase Svehla, JB Drake

***Omaha World Herald***

Honorable Mention

Breckan Schluter, Chase Svehla, Christian Weber

***Lincoln Journal Star***

Breckan Schluter, Chase Svehla, Christian Weber



## Healthy New Year's Resolutions for Kids\*

New Year's is the perfect time to talk to your children about realistic goal-setting. Learning to work towards sustainable, positive changes is an essential life skill that benefits people of all ages, from preschoolers to adults.

Unfortunately, many New Year's resolutions are abandoned before the month of January is over. That's usually because the initial groundwork of establishing support and accountability hasn't been put in place. Here's how you can set age-appropriate resolutions as a family for a healthier and happier year ahead.

Instead of typical resolutions, try setting **SMART** goals, which are:

- **Specific:** List exactly what you want to achieve (instead of "running faster" think "run a 5k in under 30 minutes").
- **Measurable:** How will you keep track of your goal and determine whether you've been successful?
- **Achievable:** Your goals don't have to be easy, but they need to be possible. Do you have the means and ability to make your dream a reality?
- **Relevant:** Does this goal serve your greater focus and purpose in life?
- **Time-bound:** Give yourself a deadline. Aim to reach milestones by certain dates.

### Resolution Ideas for Preschoolers

Kids from the ages of 3 to 5 might have trouble sticking to long-term goals. However, thinking about a few small goals to work on each day is a good strategy for this age group. Set up a sticker chart on the refrigerator to help them keep track of their goals. You can even discuss planning a reward if they're successful.

Here are some examples of age-appropriate goals for preschoolers:

- I will clean up my toys at the end of the day before bedtime.
- I will brush my teeth twice a day, once after breakfast and again before I go to sleep.
- I will wash my hands after going to the bathroom and before eating.
- I will try all the food on my plate, even if it's just one bite.
- I will work on my letters and numbers for at least five minutes per day.

### Goals for School-Aged Kids

Coming up with resolutions is a fun activity for school-age children (from kindergarten to middle school), too.

Here are some ideas to help your child get started:

- I will drink plain milk and water, limiting soda and fruit drink to once per day or less.
- I will wear sunscreen before I go outdoors on a sunny day. I will keep it by the door so I remember to apply it before heading out.
- I will find a sport (like basketball or soccer) or an activity (like playing tag, jumping rope, dancing, or riding my bike) that I can do at least three times per week.
- I will always wear a helmet when bicycling or skateboarding.
- I will buckle my seat belt every time I get in a car.
- I will turn off electronic devices, like tablets, television, and video games, at least 30 minutes before bedtime.
- I will read at least one book per month.



## New Year's Resolutions for Teenagers

Teenagers are old enough to set their own resolutions. However, they might need some guidance to make sure they're putting realistic goals in place. Talking to your teenager about their resolutions gives you an opportunity to bond and learn about what's important to them.

Here are some things your teen might want to work on:

- I will eat at least one fruit and one vegetable every day.
- I will spend 30 to 60 minutes per day being physically active.
- I will limit video games or television to one to two hours per day.
- I will help out in my community through volunteering or working with community groups.
- I will wipe negative "self-talk" (i.e., "I can't do it" or "I'm so dumb") out of my vocabulary.
- I will store my phone away in the glove compartment when driving so I'm not tempted to check text messages or take calls.
- I will start a savings account and work on putting away a certain amount of money every month.
- I won't check social media notifications after I go to bed for the night.

## Family New Year's Resolutions

How about setting some New Year's Resolutions to work on as a family? Include your kids in the process of setting goals to improve your interactions and build healthy habits together.

Here are some ideas:

- We will limit fast food to twice per month or less.
- We will add at least one fresh fruit snack to our daily routine.
- We will spend 30 minutes outside playing together every weeknight. If the weather is bad, we'll play an active game indoors.
- We will pick a fun run/walk or 5K a few months away, sign up, train as a family, and participate in it together.
- We will share a meal (whether it's dinner or breakfast) together four days of the week. We won't use cell phones at the table.
- We will play a boardgame together every Sunday night to bond and enjoy quality time together.

Even the most realistic and carefully-planned resolutions don't always work out the way we hope. If outside factors get in the way of your child's goals, you can use the experience to teach them flexibility. Learning to adapt and pivot when life throws us a curveball is a fundamental aspect of building resilience. Turn disappointments into teachable moments and help your child navigate their own New Year's resolutions.

\*By [Vincent Iannelli, MD](#). Verywell Family, Updated May29, 2021



## **Dental Day**

Dr. Kubicek, DDS, will be visiting Friend Public School on January 13, 2022, to perform brief dental exams for students in K-4<sup>th</sup> grade, 7<sup>th</sup> grade, and 10<sup>th</sup> grade. We are very fortunate to receive these services as dental health plays a large role in overall well-being, and it improves student attendance and attentiveness, too! Consent forms will be sent upon return from Christmas break.

# Bulldogs of the Month



## Students-

Aniston Meints - 7th Grade

Grady Bresson - 7th Grade

## Staff- Paras

Erika Arp, Julie Bartels, Joyce Nickel,  
Jon Schluter, Melissa Pederson,  
Cortney Kenney

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