

BISON BANNER



<http://www.centralcityschoolsne.org>

SUPERINTENDENT'S MESSAGE

The first semester has come to a close, and the new calendar year will follow shortly thereafter. The speed of modern society makes each year seem to fly by faster and faster.

As we enter into this Holiday Season, we all have various people and items to be thankful for. As a school district, we are very thankful and appreciative of the support that the community provides. There are numerous groups and individuals that provide support and resources to our students in need, during the Holiday Season and throughout the school year. These people that have a great heart and desire to help those less fortunate are truly a valuable asset to this district, as we work hard to support every child. These actions are often unnoticed from the outside, but their generous contributions make a difference in the lives of many of our students and their families.

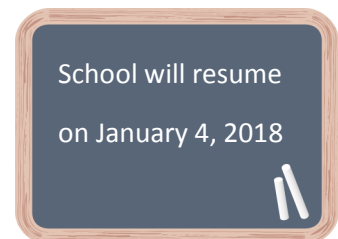
As a community, we should be thankful that Highway 14 is now open and the road construction is concluding. The new roads look great as people enter Central City. As a member of the Chamber of Commerce, I know how important it has been for many of you to get the roadways opened back up. We are hopeful that our community can get back to normal with traffic flowing in and out of our community.

We have several items that are in the works for second semester and beyond. In collaboration with the construction class and FFA, a greenhouse is being constructed south of the middle school. This project is scheduled to be completed shortly and this project will allow the FFA to expand their operations and educational opportunities while also providing additional educational opportunities for our science department.

Along the lines of educational opportunities, the district hosted the reVISION Community Engagement meeting the morning of November 29th. Many steps continue to be marked off as the district looks to greatly enhance career education and exploration for our students. The district will be meeting with the Nebraska Department of Education in the near future to follow-up with the Community Engagement meeting and to write an action grant. Through this continued process, the district continues to take steps towards Career Pathways that provide hands-on and dual credit learning opportunities for students. The number of dual credit opportunities for our students will be greatly expanded for the 2018-2019 school year, and we are currently in the planning stages with Central Community College to be able to offer an entire Framing Certificate to our students while they complete high school. The Framing Certificate is just one example of hands-on learning in conjunction with dual credit opportunities for students. The Career Pathway Initiative will lead to eventual building enhancements and renovations that will help set this district apart from others.

As a district, we have a lot to be thankful for, and with each day we must put students first. Students are the key to the success of this community, region, state, and nation, and they deserve to have the very best quality educational opportunities to help shape their future and ultimately, our future. I hope that everyone enjoys the Holiday Season and looks forward to the upcoming New Year! Go Bison!!

Jeff Jensen,
Superintendent



Jeff Jensen	Shawn McDiffett	Holee Hanke	Neely Moser	Maureen McElhinny	Justin Anderson
Superintendent	HS Principal	MS Principal	Elem Principal	SPED Director	Activities Director

From the High School Principal's Desk.....

It is hard to imagine, but the end of the first semester is in the history books. Big thanks to the students, staff and parents for a great first semester. The high school continues to improve opportunities for our kids. In a collaborative effort, Mr. Maresh's FFA and Mr. Shrader's construction classes assisted the general contractor, Bill Stuart with the design and construction process of the greenhouse. The greenhouse is located on the south side of the middle school east of the bus barn. This facility will provide additional opportunities for our students in the ag and science classes to use as part of their curriculum. I am looking forward to seeing our students get their hands dirty and learn additional methods and information about the importance of natural resources, how to grow healthy plants, and to use the facility for research and development.

The start of the new year includes many activities to jump start the year:

- January 3 Teacher Inservice (no students)
- January 4 Second Semester Begins
- January 5 Deadline for drop and add for HS classes
- January 6 CC Wrestling Invite (Student Council/Leadership Winter Dance--9:00-11:00 pm)
- January 23-25 MAP Testing (grades 9-11)
- February 1 Parent Teacher Conferences

Hope everyone has a very Merry Christmas and Happy New Year.

Mr. Shawn McDiffett



A New Holiday Tradition

By Stephanie Scott RD, LMNT

For too many of us, the holiday season surrounds us with foods high in fat and calories, and the problem of overeating and inevitable holiday weight gain. Start a new holiday tradition this year by staying healthy, without sacrificing taste or enjoyment of your typical holiday favorites. Through simple substitutions and adjustments to your holiday meals and recipes, you can keep your holidays happy and healthy.

- **Lower the sugar:** A slice of pecan pie contains 503 calories, and 31 grams of sugar! Substitute with a slice of the traditional pumpkin pie instead to have only 316 calories and 21 grams of sugar. A much healthier, but no less satisfying, choice.
- **Lower the fat:** A 4-ounce portion of roasted, dark turkey meat with the skin will give you 206 calories and 8 grams of fat. Does not seem like it amounts to much, but compared to the 153 calories and 0.8 grams of fat from 4 ounces of roasted turkey breast without the skin really puts things into perspective on how much of a difference small choices make, again, without sacrificing your traditional holiday favorites.
- **Be sodium savvy:** Drain the liquid from canned vegetables and rinse with water to lower the sodium (salt) content by over half! Or eliminate even more sodium and use fresh or frozen vegetables. When a recipe calls for seasoning salt like garlic or onion salt, substitute herb-only seasonings like garlic powder, celery seed, or onion flakes. A teaspoon of garlic powder contains 1 mg of sodium compared to the 1,960 mg of sodium in a teaspoon of garlic salt. In many cooking and baking recipes, the salt can be reduced or deleted altogether.
- **Use healthier cooking methods:** Lower the amount of fat used in cooking and baking by using nonstick pans or coating pans with nonstick cooking spray. Choose healthier cooking methods that use less fat such as baking, broiling, grilling, steaming, and microwaving.

By using these tips along with making other healthy choices on a daily basis throughout the season, you are guaranteed to enjoyable the holidays without forfeiting your health.

Suggestions for Parenting during the Technology Age

How do parents navigate the age of technology and teach responsible digital citizenship? My first suggestion is to get educated. Ask your kids about the technology they are using. Then use google for yourself to research more. Next, get online. Use the "apps" they are using. Follow them and what they follow, nothing distances you quicker from your child than not understanding their world. Interacting with them can bridge that gap.

Don't overreact when you hear the stories about using technology inappropriately. Technology is not the problem the use and abuse of the technology is the issue. When you do hear these stories use it as a teachable moment and talk to your child about dangers and consequences to the use and abuse of technology. Remember good kids make mistakes too. During the teenage years the frontal lobe is developing, with that common sense and rational portions are still a work in progress. This combined with the influence of friends and technology can send even the most trustworthy kids down the wrong road. So know your kid's friends and communicate with other parents.

Although technology is playing an ever present role in our society, don't forget to get unplugged, go outside, play in the park, get some sunshine (even though it is a little cold out), and read a book. Anyway you can connect with your kids is important. If you ever have questions please come visit with any of us. Like you, we want what is best for your kids because they are our kids too.

Holee Hanke, Middle School Principal

Central City High School National Honor Society Induction

On October 17, 2017 eighteen additional juniors and seniors were recognized for their academic success in high school when they were inducted into the Central City High School Chapter of National Honor Society (NHS). These outstanding students became part of a tradition that has existed since 1925. Mrs. Lori Supernaw played beautiful piano music before the program. Mr. Shawn McDiffett, CCHS Principal, gave the welcome. Mrs. Debra Anderson, NHS Advisor and High School Counselor, outlined the qualifications for NHS. NHS President Sydnie Reeves gave the opening address. NHS officers then gave informative speeches reviewing the purpose of NHS and described the character traits to be reflected by the members. New members were recognized individually by current members in the ceremony when they signed the NHS book, and received a NHS certificate and yellow carnation. The ceremony was followed by a reception of ice cream cake, cookies, punch, and coffee.

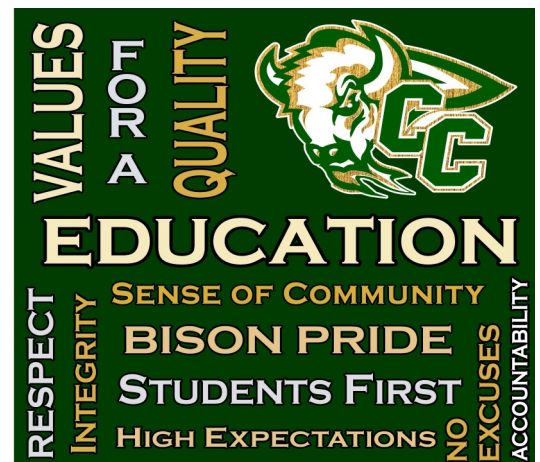
We would like to thank Lori Supernaw for playing beautiful introductory music, Dairy Queen for donating an ice cream cake, high school faculty and staff for all of their assistance, and the parents of members who served at the reception.

Class of 2018

Noah Anderson
Kiley Bamesberger
Shelby Bamesberger (Secretary)
Alyssa Belitz
Elena Dahlke
Tyler Ferris
Kyra Franzen
McKensie Gress
Robert Hanquist
Breanna King
Emiline McGinnis
Sydnie Reeves (President)
Cameron Sciuga (Treasurer)
Erica Stuart

Taylor Wagner (Vice-President)

Trenton Wilson
Class of 2019
Koby Brandenburg
Angelica Buford
Sarah Dixon
Shayla Douthit
Julie Hedglin
Gabriella Homolka
Dyllan Lee
Jacob Mack
Morgan Meyer
Chesney Reeves
Ryah Richardson
Morgan Twiss



ELEMENTARY NEWS

Happy New Year! With the start of 2018 it is a good time to reinforce good study habits and routines with your elementary child. Here are some tips to help your child develop study habits that will help them now and throughout their years in school:

- 1) Make it routine. Have a plan for after school that your child knows when it is time to do homework and when to get started.
- 2) Be organized and develop a plan. Go through his or her backpack to see what all needs to be done and plan how it's going to get finished.
- 3) Break time - It's important to establish a break time especially if the task is difficult or longer.
- 4) Limit distractions – Students should have a quiet and clean space to do homework out of the way from distractions such as the phone, TV, etc.
- 5) Make help available – Encourage your child to work alone as appropriate, but also let your child know what to do if they need help. Ask them to try a problem first and then have you assist with the next one.
- 6) Set Goals & Track Progress – Set goals and reward your child for good study habits by giving them some additional mom or dad time or even going out for ice cream if they bring home a paper in which they've greatly improved. This teaches work ethic and patience in working hard to reach a goal

Bottom line – Parent involvement is so important in the homework process. Believe it or not, the habits you are cultivating right now in elementary school set the tone for success in the middle, high school and even later in life. Don't hesitate to contact your child's teacher or myself if you would like to talk about your child's study habits or ideas to help!

Mrs. Moser



It's All About The Beef

Local beef in schools is a growing trend across the United States, including several school districts in Nebraska. The Central City Public Schools would like to implement such a program beginning in January 2018. The program helps to support producers and provides students with high quality, great tasting and locally raised beef for lunch. The program helps to keep money local as well as create a connection between the school and the community.

Beef is a source of high quality protein which plays an important role in growth, repair and maintenance of a healthy body. It provides the nutrients needed for brain development and function.

Many similar programs across the State of Nebraska have been started and created by area producers donating a quality animal to the district's lunch program. Lunch programs then advertise that producer's quality animal to their students during the time that the animal is being served. We are hopeful to begin this program in the near future and to provide students with Nebraska, locally raised beef. Additional educational experiences and opportunities can also develop from this partnership.

Producers can donate a quality animal by contacting Lynette Weller at the Middle School at 946-3056. The producer will receive a receipt for the donation that may provide a tax incentive. Processing fees will be paid for by the Central City School District. Individuals or businesses wanting to make a monetary donation to be used toward purchasing or processing local beef, are encouraged to contact the school.

BEEF it's what's for lunch.

Central City Public Schools will educate, challenge and prepare students with lifelong skills for the world around them.

Reminder for Elementary Parents:

Please make sure you are using the crosswalks when you are coming to the school. This is what is safe and sets a great safety example for our students too!



When changing after school arrangements for students, please make sure you contact the school office prior to 2:00 pm. After school arrangements should be communicated and in place with your child's classroom teacher. Occasionally emergency situations necessitate a change. Please try to have a plan in place so changes are not happening every day. Thank you for your attention to this!

Central City High School Career and College Fair 2017 - *Learn to Earn*

On November 22nd Central City High School hosted its tenth annual Career and College Fair called ***Learn to Earn***. The Fair was rated highly by the staff and students. Comments like "Loved it!", "Very informative!", and "It gave me lots of information!" were prevalent.

Over fifty guest presenters, representatives, and recruiters volunteered their time and knowledge to the students during the Career and College Fair.

The keynote speaker was a local businessman, Mr. Barry Carlson. Barry spoke about the necessity of setting goals and working to achieve them. He entertained and enlightened our students with stories and examples illustrating the importance of goal setting.

All students spent time visiting with various college representatives and military recruiters in the gym. The students seemed to have a lot of fun and gained a great amount of information from them.

Students participated in informational sessions presented by Brittney Zetocka of Central Community College, Abby Schademann of Wayne State College, Miles McGinnis with Economic Development, Amy Schoch with the Central City Chamber of Commerce, and Chuck Griffith of the Merrick Foundation.

CCHS students also heard from a variety of outstanding local and regional career awareness presenters about their specific occupations: Ann Herbig (Positively You Boutique, Business Owner); John Westman (Merrick County Sheriff Department); Doug Glunz (Pella Windows, Building Trades), Sarah Koch (Court Appointed Special Advocate); Megan (Monk) McNeal (Centris Federal Credit Union, Lawyer); Donnette Van Pelt and Troy Huebert (CCPS Educators, Coach); Tim Aldridge (Green Plains Inc. Ethanol Plant); Travis Maresh (Waddell and Reed, Financial Advisor); Jessica Hawthorne (Central Scale); Courtney Quackenbush (Prairie Creek, Chef); Shauna Graham (Merrick Medical Center, Human Resources and Marketing); Christopher Monk (Douglas County Health Department, Registered Nurse); Devon King and Jeremiah Bennett (Merrick Medical Center, System Engineer); Hannah Wegner (CCPS School Psychologist).

The school day continued for CCHS students with presentations about the college going experience from recent CCHS graduates: Colton Drage, Kaylee Eberle, Edie Erickson, Abbie Hilmer, Kaylee Hostler, Cole McReynolds, Ethan Nelson, and Luke Peterson.

The day concluded with the cast of the CCHS One Act Play performing, "The Edelweiss Pirates" by Peter Schmidt, and directed by Miss Stephanie Shearer.


Many individuals contributed to the success of this special day and a huge thank you goes out to all high school personnel, special presenters, career presenters, college representatives, military recruiters, MidAmerican Speakers Bureau, CCHS Alumni, and the CCHS One Act cast and crew. Central City High School appreciates the partnership between the community and our high school.

The Career and College Fair was organized by Counselor Debra Anderson and Sandra Abbott of CCHS. Part of the funding for the Central City High School Career and College was provided through a College Access Grant from the Education Quest Foundation.



January Breakfast 2018




Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 20 Days = \$38.00	2	3	4 Muffin Applesauce	5 Pancake & Sausage on a Stick Mixed Fruit	6
7	8 Chocolate Chip Breakfast Cookie Applesauce	9 Cheese Omelet Peaches	10 Bagel Pineapple	11 Bacon Scramble Pizza Pears	12 Donut Mixed Fruit	13
14	15 Granola Bar Peaches	16 Breakfast Burrito Mandarin Oranges	17 Pancakes Mixed Fruit	18 Egg and Cheese Breakfast Sandwich Pears	19 Long John Pineapple	20
21	22 PBJ Sandwich Peaches	23 Dutch Waffle Mixed Fruit	24 Breakfast Pizza Mandarin Oranges	25 French Toast Sticks Pears	26 Sausage Breakfast Round Pineapple	27
28	29 Muffin Applesauce	30 Sausage Breakfast Sandwich Pears	31 Apple Bread Stick Peaches			

Cereal, yogurt, and fruit are served everyday. Choice of milk and juice are offered daily.

ALL MEALS ARE SUBJECT TO CHANGE

January Lunch 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 ELEM 20 DAYS = \$52.00 MS/HS 20 DAYS = \$54.00	2	3	4 Fiestada Peas Cookie	5 Meal-in-a-Bowl (Popcorn chicken, Mashed potatoes, Corn, Gravy) Bread and Jelly	6
7	8 Pizza Peas Cinnamon Bread Stick (5-12)	9 Ham and Cheese Sandwich Potato Triangles Chocolate Chip Cookie	10 Super Nachos Corn Tortilla Chips Refried Beans	11 Pizza Macaroni Green Beans Garlic Bread Brownie	12 Chicken Strips Mashed Potatoes and Gravy Bread and Jelly	13
14	15 Seasoned Pork on a Bun Tator Tots Baked Beans	16 Teriyaki Chicken Rice Green Beans Muffin	17 Mac Sticks w/ Marinara Sauce Carrots Chocolate Chip Cookie	18 Chicken Fried Steak Mashed Potatoes and Gravy Dinner Roll and Jelly	19 Chicken Nuggets Crispy Potato Wedges Bread and Jelly	20
21	22 Meat and Cheese Stromboli Broccoli Double Chocolate Chip Cookie	23 Chicken Filet on a Bun Corn	24 Corn Dog Crispy Spiral Fries Baked Beans	25 Chicken Quesdilla Peas Peanut Butter Scotch Bar	26 Country Fried Pork Steak Mashed Potatoes and Gravy Bread and Jelly	27
28	29 Crispito w/Cheese Sauce Carrots Peanut Butter Choc. Chip Cookie	30 Mandarin Orange Chicken Rice Broccoli	31 Popcorn Chicken Smackers Baked Beans Dinner Roll and Jelly		USDA IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYEE	

Fruit/Veggie Bar & Milk Choices
All meals are served with the choice of fresh fruit and vegetables. Choice of milk also available.

Elementary Lunch Choices
Kindergarten & Gr 1
Peanut Butter/Jelly Sandwich as alternate main meal every day.

Grades 2-4 alternate main menu is Peanut Butter/Jelly Sandwich on Mon/Wed/Fri, Chef Salad on Tues/Thur.

ALL MEALS ARE SUBJECT TO CHANGE

Breakfast February 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	18 Days = \$34.20			1 NO SCHOOL	2 NO SCHOOL	3
4	5 Chocolate Chip Breakfast Cookie Applesauce	6 Cheese Omelet Peaches	7 Bagel Pineapple	8 Bacon Scramble Pizza Pears	9 Donut Mixed Fruit	10
11	12 Granola Bar Peaches	13 Breakfast Burrito Mandarin Oranges	14 Pancakes Mixed Fruit	15 Egg and Cheese Breakfast Sandwich Pears	16 Long John Pineapple	17
18	19 PBJ Sandwich Peaches	20 Dutch Waffle Mixed Fruit	21 Breakfast Pizza Mandarin Oranges	22 Sausage Breakfast Round Pineapple	23 French Toast Sticks Pears	24
25	26 Muffin Applesauce	27 Sausage Breakfast Sandwich Pears	28 Waffles Peaches			

Cereal, yogurt, and fruit are served everyday. Choice of milk and juice are offered daily. ALL MEALS ARE SUBJECT TO CHANGE

Lunch February 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		ELEM 18 Days = \$46.80 MS/HS 18 Days = \$48.60		1 NO SCHOOL	2 NO SCHOOL	3
4	5 Hot Dog on a Bun Potato Wedges Broccoli w/Cheese Chocolate Chip Gripz (5-12)	6 Chicken and Noodles Peas Dinner Roll and Jelly	7 Taco Salad Corn Tortilla Chips Black Beans Cinnamon Roll	8 Spaghetti and Meat Sauce Green Beans Bread Stick	9 Chicken Sticks Smiley Fries Bread and Jelly	10
11	12 Hamburger on Bun Crispy Fries Baked Beans	13 Fiesta Peas Chocolate Chip Bar	14 Cheese Omelet Roasted Potatoes Muffin Ash Wednesday	15 Meal-in-a-Bowl (Popcorn Chicken, M. Potatoes, Corn, Gravy) Bread and Jelly	16 Pizza Cheese Crunchers Carrots	17
18	19 Super Nachos Corn Tortilla Chips Refried Beans	20 Pizza Macaroni Green Beans Garlic Bread (5-12) Brownie	21 Chicken Strips Mashed Potatoes and Gravy Bread and Jelly	22 Ham and Cheese Sandwich Potato Triangles Chocolate Chip Cookie	23 Pizza Peas Cinnamon Bread Stick (5-12)	24
25	26 Seasoned Pork On a Bun Tator Tots Baked Beans	27 Teriyaki Chicken Rice Green Beans Muffin	28 Chicken Fried Steak Mashed Potatoes and Gravy Dinner Roll and Jelly			

Fruit/Veggie Bar & Milk Choice
All meals are served with the choice of fresh fruit and vegetables. Choice of milk also available.

Elementary Lunch Choices
Kindergarten & Gr 1 Peanut Butter/Jelly Sandwich as alternate main meal every day

Grades 2-4 alternate main menu is Peanut Butter/Jelly Sandwich on Mon/Wed/ Fri. Chef Salad on Tues/Thur.

ALL MEALS ARE SUBJECT TO CHANGE

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