

The Knight Times

Life is a journey; Education is the roadmap and compass.



What's Inside

School Board Minutes
Revenue/Expenses
Elementary News
Box Tops For Education
Monthly Calendar's`

Upcoming Events

May 1

Track Sandhills Conf
@North Platte 10am

May 2

Elem Track meet
@10am

JV Golf Mullen Invite
@Mullen Course 2pm

May 3

JH Track Loup Valley
Conf @Arnold
10:30am

1st Grade Authors Tea and K-12 Art Displays on
MAY 5th @ 6:30

Spring
Concert &
Awards Night
May 5th @
7PM

Elem Track Meet May 2nd
@ 10am....RAINDATE is
May 7th TBA

Kindergarten
Roundup May 9th

High School
Graduation
May 10th
4pm @ SHS

School Physicals
@ SHS May 12th
9:30am

Student's Last Day of
School May 15th

May



3rd Graders Celebrating St. Patty's



The third graders welcome Mason Weickum to their class!!!!

May 5

Spring Concert and Awards Night @7PM

1st Grade Authors Tea @6:30PM

K-12 Art Displays

May 7

Elem Track Meet RAINDATE TBA

May 9

Kindergarten Roundup

May 10

High School Graduation 4pm @ SHS

May 12

School Physicals @ 9:30am

May 14

Golf Mullen Invite @ Mullen Golf Course 11am (CT)

Track District Meet TBA

May 15

Students Last Day of School

Golf Ainsworth Invite @Ainsworth Course 10am

May 16

Teacher In-Service

**Sandhills Public School
Board of Education Regular Meeting
April 7, 2014**

MINUTES

Regular Board Meeting

The Sandhills Board of Education regular meeting was called to order at 7:38 p.m. All board members were present. Also present Bruce Loeffler of Ameritas; Scott Heinzen of Eakes'; and Superintendent Dale Hafer.

Consent Agenda:

Michelle Milleson moved and Steve Bass seconded to approve the consent agenda. The motion passed 6 – 0.

Administrative Report:

Superintendent/Principal's Report:

- a. Supt. Hafer discussed/facilitated the following discussion items:
 1. Bruce Loeffler presented to the board low interest finance options related to HVAC needs at the HS building. More discussion and information is forthcoming at the May 12th board meeting.
 2. Scott Heinzen discussed the renewal of the Eakes' copier and printer lease including significant decreased district costs due to competitive pricing.
 3. Mr. Hafer discussed possible options and a time frame for the transportation committee to travel to Master's in Kearney to look at used buses.
 4. Mr. Hafer reported the hire of new Ag Ed Teacher / FFA Advisor Jill Lander.
 5. Mr. Hafer informed the board of possible curriculum purchases with more information to be brought to the May 12th board meeting.
 6. The board was reminded prom is April 12th with all planning and logistics proceeding accordingly.
 7. HS graduation is May 10th at 4:00 pm in the HS gym.
 8. Mr. Hafer reported that Taylor Marten and Michaela Goedeke will be the summer custodial assistants for summer 2014.

S-T Coop: The COOP advisory committee met March 26th at Thedford High School with the following topics being discussed: Host school for the ST Coop fund; teacher committee work toward the possibility of a common extra duty pay scale; purchasing the online coaches video service HUDL; gate/admission prices for Thedford; update regarding the new conference (Mid

Nebraska Activities Conference – MNAC); coaching assignments were discussed to be reported to each board; the purchase of needed equipment and uniforms based on current needs; and discussion of the 2014-15 athletic schedules.

New Business:

- a. No patrons were present for purposes to address the board.
- b. It was moved by Steve Bass and seconded by Tedd Teahon to authorize Supt. Hafer to accept and sign the new lease agreement with Eakes'. The motion passed 6 – 0.
- c. It was moved by Tedd Teahon and seconded by Tyson Cox to authorize the surplus of the district's tire machine by sealed bid to be advertised in the near future. The motion passed 6 – 0.
- d. Jeff Martindale moved and Steve Bass seconded to approve the 2014-15 High School Class Schedule. The motion passed 6 – 0.
- e. Tedd Teahon moved and Michelle Milleson seconded to participate in the esu10 NCLB Title Funds Consortium for 2014-15. The motion passed 6 – 0.
- f. The item of business to accept resignations died due to lack of a motion.
- g. Tyson Cox moved and Jeff Martindale seconded to recognize the first reading of the revised school board policy 1005.07 "Visitors to school". The motion passed 6 – 0.
- h. Board President Anderson adjourned the meeting at 10:35 p.m.

Official Notice of Upcoming Board Meetings:

The May regular board meeting of Sandhills Public Schools will be May 12, 2014 at 7:30 p.m. The meeting will be held in the high school lecture hall and is open to the public. An agenda is kept continually current and is available for public inspection in the Superintendent's Office during regular hours.

Respectfully Submitted:
Dale J. Hafer
Recording Secretary

April 7, 2014 Board Meeting

SANDHILLS PUBLIC SCHOOLS

Total Resources Available	\$	3,264,202.00
Total Budget Available for Expenditures	\$	2,914,202.00
April Beginning Balance	\$	1,585,099.18
Less: April Expenditures	\$	167,377.83
Plus: Checks thru 9000	\$	-
April Ending Balance	\$	1,417,721.35
Balance of Expenditure Budget	\$	1,417,721.35

GENERAL FUND RECEIPTS

Received to Date (03-01-14)	\$	1,188,445.82
03/11/14 Patrons	Activity Bus	\$ 64.00
03/13/14 Logan Co Treas	Tax Credit; Co Fines	\$ 1,324.64
03/14/14 Custer Co Treas	Local; Tax Credit; PRMV	\$ 4,047.77
03/19/14 State of Nebraska	HHS MCP	\$ 43.38
03/19/14 State of Nebraska	HHS MCP	\$ 84.06
03/19/14 State of Nebraska	HHS MCP	\$ 400.41
03/20/14 State of Nebraska	SPED	\$ 12,192.00
03/24/14 Patrons	ST Hats	\$ 220.00
03/24/14 Blaine Co Treas	MV; Local; HS; Tax Credit; Co Fines	\$ 54,186.97
03/24/14 Joe Hamik	House Rent	\$ 250.00
03/26/14 Thomas Co Treas	MV; Local; HS; Co Fines	\$ 7,286.18
03/26/14 Douglas Co Schools	Medicaid Admin	\$ 505.00
03/26/14 ESU 10	Perkins Grant	\$ 1,337.45
03/26/14 Patron	Activity Bus	\$ 20.00
03/31/14 State of Nebraska	State Aid	\$ 3,929.57
03-31-14 WNB	Interest Earned	\$ 35.80
	<i>March Total</i>	\$ 85,927.23
	<u>Total to Date</u>	\$ 1,274,373.05

BANK BALANCE FOR GENERAL FUND

BALANCE 03-01-14	\$	231,782.52
Receipts	\$	85,927.23
Expenditures	\$	176,702.88
Bank Charges	\$	-
BALANCE 03-31-14	\$	141,006.87

Certificate of Deposits

CD #10114, \$107,037.84

CD # 9867 \$ 100,833.91

PLEASE NOTE! The date of the receipts do NOT necessarily reflect the date in which it was received by the office or the date that it was deposited. If you have any questions feel free to call the office.

April 2014 Expenditures April 7, 2014 Board Meeting

Check Date	Check Nu	Payee	Description	Amount
04/07/2014	27084	AS Central Services	Dist. Learning	\$ 233.21
04/07/2014	27085	Bio Corporation	Science Supplies	\$ 355.62
04/07/2014	27086	Cash-Wa Distributing	Supplies	\$ 67.09
04/07/2014	27087	Central Ne Medical Clinic	Bus Physical	\$ 120.00
04/07/2014	27088	Conditioned Air Mechanical	Service Contract	\$ 937.50
04/07/2014	27089	Consolidated Telephone	Phone & Fax	\$ 207.46
04/07/2014	27090	Corporate Payment Systems	Credit Cards	\$ 406.28
04/07/2014	27091	Custer Public Power District	REA	\$ 3,236.42
04/07/2014	27092	Dale Hafer	Health Ins. Reimb, PE Supplies	\$ 1,010.65
04/07/2014	27093	Duda Plumbing	Repairs	\$ 944.43
04/07/2014	27094	Dunning Water	Water/Sewer	\$ 698.00
04/07/2014	27095	Eakes Office Products	Meter Readings	\$ 4,093.42
04/07/2014	27096	ESU 10	Service	\$ 731.25
04/07/2014	27097	Garrett Tires & Treads	Tires	\$ 594.90
04/07/2014	27098	Harding & Shultz, P.C., L.L.O.	Legal Service	\$ 92.50
04/07/2014	27099	Harris	Training	\$ 238.90
04/07/2014	27100	Hodges Conoco Service	Gas	\$ 1,141.22
04/07/2014	27101	Holcomb Pharmacy	Health Supplies	\$ 3.99
04/07/2014	27102	Hometown Leasing	Copiers, Printers	\$ 798.71
04/07/2014	27103	Jackie Carpenter	AdvancED Meal	\$ 57.55
04/07/2014	27104	Joshua Deines	Drive to Practice	\$ 75.00
04/07/2014	27105	Lunch Fund	Reimb Food	\$ 69.12
04/07/2014	27106	Marcia Wales	AdvancED Meal	\$ 60.00
04/07/2014	27107	Mark's Plumbing Parts	Supplies	\$ 63.27
04/07/2014	27108	MCI	Long Dist.	\$ 65.97
04/07/2014	27109	Mead Lumber	Supplies	\$ 63.48
04/07/2014	27110	National Ice Beverage Cooler	Ice Maker Rent	\$ 85.00
04/07/2014	27111	Norm's Auto	Repairs, Fuel	\$ 904.79
04/07/2014	27112	Oper Reimb	Reimb	\$ 1,066.50
04/07/2014	27113	Petty Cash	Elem Postage	\$ 100.00
04/07/2014	27114	Presto X Company	Service Contract	\$ 96.56
04/07/2014	27115	Quill	Supplies	\$ 92.72
04/07/2014	27116	Renaissance Learning, Inc.	AR	\$ 2,548.00
04/07/2014	27117	Sandhills Education Coop	SPED	\$ 5,166.37
04/07/2014	27118	Shiffler Equipment Sales	Equip	\$ 101.44
04/07/2014	27119	Stelling Brass & Winds	Clarinet Repair	\$ 225.00
04/07/2014	27120	Trotter Service	Propane	\$ 11,666.36
04/07/2014	27121	Two Rivers Wellness	Weight Room Rent	\$ 150.00
04/07/2014	27122	Village of Thedford	Elem Trash	\$ 130.00
04/07/2014	27123	Western Nebraska Bank	DD Payroll	\$ 46.25
04/07/2014	27124	Worthington Direct	Equip	\$ 266.50
			<i>Vendor Total</i>	\$ 39,011.43
			Payroll & Payroll Payables	\$ 128,366.40
			TOTAL	\$ 167,377.83



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for pediatric orthopaedic
specialty care

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arthrogryposis • brittle bone disease • burn scars and other specialized plastic surgery • cerebral palsy • cleft lip and palate • juvenile arthritis • limb deficiency and limb length discrepancy • rickets • spina bifida and other spine conditions



Monday, April 7

Monday, May 5

Monday, June 2

1:00 pm – 3:00 pm

**Bryan Health Medical Center
2222 S 16th Street, Tower A #240
Lincoln, NE**

**Call now to schedule an
appointment:**

402.323.7260 (press 1)

Please join
The First Grade Class
for the presentation of this year's
Alphabet Books
at the

***Annual First Grade
Authors Tea***

Commons Area
of the High School
Monday, May 5th
6:30 p.m. - 7:15 p.m.

*Refreshments will be served after the
concert
to help us celebrate our accomplishments!*



2013-2014 Sandhills Conference Boys Basketball All-Conference Team

All Conference

Gunner Walker	Arthur County
Nate Sitorius	Brady
Dustin Gourd	Cody-Kilgore
Gabe Haney	Hyannis
Lance Moore	Mullen
Tye Spies	Mullen
Justin Lee	Sandhills-Thedford
Cole Taylor	Sandhills-Thedford
Alex Hinkle	SMC
Luke Walz	SMC

Honorable Mention

Walter Carr	Arthur County
Austin Helmer	Arthur County
Troy Lusk	Brady
Austin Anthony	Hyannis
Travis Hoover	Hyannis
Adam Starr	Mullen
Alex Coffman	Sandhills-Thedford
Jacey Nutter	Sandhills-Thedford



Sandhills FBLA had a successful trip to State Leadership Conference April 3-5 in Omaha, Nebraska. Members attending were Jacy Spencer, Cassidy Hafer, Shaina Simonson, Landen Hopkins, Greg Schukei, Jaylee Simonson and Jacy Hafer. The 52nd Annual Nebraska State FBLA Conference was the largest in history with 2,409 members from 135 chapters in attendance.

On Wednesday night we had our annual meal at Fuddruckers and then explored the Conference Center.



We toured The Omaha World Herald on Thursday morning before the Conference started. Following the tour, the members got ready for the Opening General Session. The Keynote Speaker, Layman Kicks presented “*Get Up, Get Out, Go Get It!*” His presentation was very energetic, empowering and motivating and got us all



geared up for a great conference. During the Opening General recognized as All State Quality the Gold Seal Award of Merit and recognized for contributing to March of Dimes, Feed Nebraska, Scholarship Fund. At the members were off to seminars, ask questions of the state officer

Session, all the Sandhills members were Members, The Sandhills chapter was awarded the Sweepstakes Award. In addition, we were iGive, the Nebraska FBLA Foundation, Membership Increase, and the FBLA conclusion of the Opening General Session competitive events, and campaign booths to candidates. Thursday night all members attended the State Officer Candidate Caucus and had the opportunity to ask questions of the candidates.

Friday morning came all to soon and members were once again off to competitive events, job interview, impromptu speaking, and the Community Service Presentation. As well as voting for the 2014-15 Nebraska State Officer. At the Second General Session Jacy Spencer received Who’s Who in Nebraska FBLA Recognition (one of 46 members who received this recognition). Jacy also received Honorable Mention in Job Interview since she qualified for the semi-finals which was the top 40 out of 413 job interview applicants. Way to Go, Jacy! After the second session, the members all had a chance to kick back and get out of their business attire and into jeans and t-shirts for the dance.

At the Awards of Excellence Program on Saturday morning, the 2014-2015 State Officers were installed. Recognition included: 5th place in the Community Service Report Presentation. The team consisted of Jacy, Cassidy and Shaina. The Annual Chapter Business Report also placed 5th. Greg Schukei placed 2nd in Keyboarding Knowledge (356 enrolled in that event). Cassidy and Shaina placed in the top 50% in Business Procedures (447 enrolled); Jacy placed in the top 50% in Business Calculations (539 enrolled); Landen was in the top 30% in Business Math (531 enrolled); Cassidy was also in the top 30% in Business Communications (598 enrolled); Jacy Hafer and Jaylee were both on the top 30% in Keyboarding Knowledge; Greg and Landen were both in the top 20% in Spelling (543 enrolled); Greg was also in the top 20% in proofreading (448

enrolled). Almost everyone was in the top 50% of the competitive events that they participated in. So, all in all it was a great conference.

The year will end with a bloodmobile on April 15, election of 2014-15 chapter officers, our annual banquet and highway cleanup.



Proclamation

National School Nurse Day

May 7, 2014

Whereas, children are the future and, by investing in them today, we are ensuring our world for tomorrow; and

Whereas, all students have a right to have their health needs safely met while in the school setting; and

Whereas, children today face more complex and life-threatening health problems requiring care in school; and

Whereas, school nurses have served a critical role in improving public health and in ensuring student's academic success for more than 100 years; and

Whereas, school nurses are professional nurses that advance the well-being, academic success, and life-long achievements of all students by serving on the frontlines and providing a critical safety net for our nation's most fragile children; and

Whereas, school nurses act as a liaison to the school community, parents, and health care providers on behalf of children's health by promoting wellness and improving health outcomes for our nation's children; and

Whereas, school nurses support the health and educational success of children and youth by providing access to care when children's cognitive development is at its peak; and

Whereas, school nurses are members of school-based mental health teams; and

Whereas, school nurses understand the link between health and learning and are in a position to make a positive difference for children every day, therefore be it

Resolved, that the Nebraska School Nurses Association and the **National Association of School Nurses** celebrates and acknowledges the accomplishments of school nurses everywhere and their efforts of meeting the needs of today's students by improving the delivery of health care in our schools and offers gratitude for the nation's school nurses, who contribute to our local communities by helping students stay healthy, in school, and ready to learn, and keeping parents and guardians at work, not just on this **National School Nurse Day**, but at every opportunity throughout the year.

Now, THEREFORE, I (Name), Governor of (State), do hereby proclaim May 7, 2014, as "School Nurse Day" in (State), and commend its observance to all citizens.

Sharon Baker APRN CNS BC
Lefler Middle School MWTHF 402-436-1215 Fax 402-458-3215
Kloefkorn Elementary TTH 402-436-1148 Fax 402-458-3248
sbaker@lps.org

Kindergarten Sunflower Poems

Sunflowers
by Hunter Douglass

Sunflowers are pretty.
Sunflowers are sunny.
Sunflowers are yellow.
And sunflowers are tall.

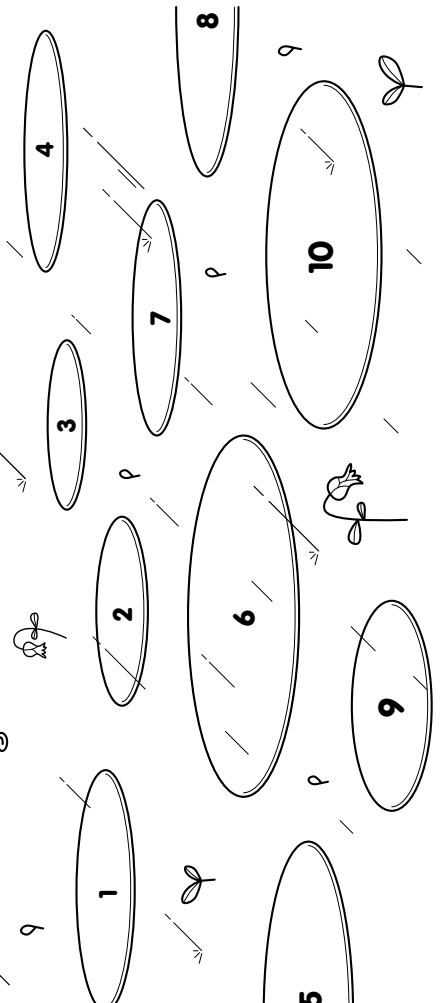
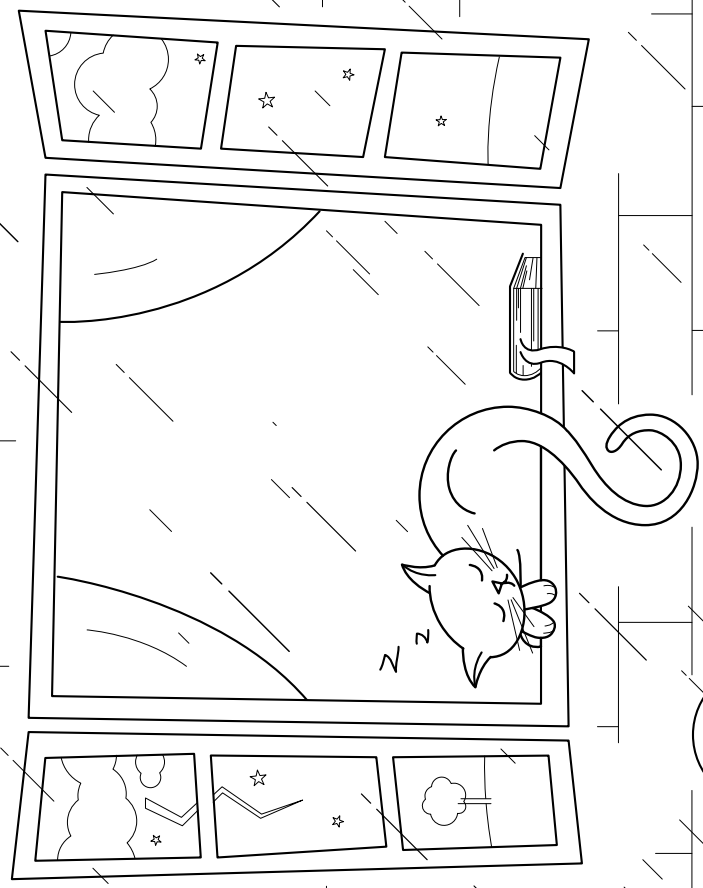


Sunflowers
by Peyton Saner

Sunflowers are yellow.
Sunflowers are pretty.
Sunflowers are salty.
And sunflowers are tall.



April showers...bring May flowers



Name _____

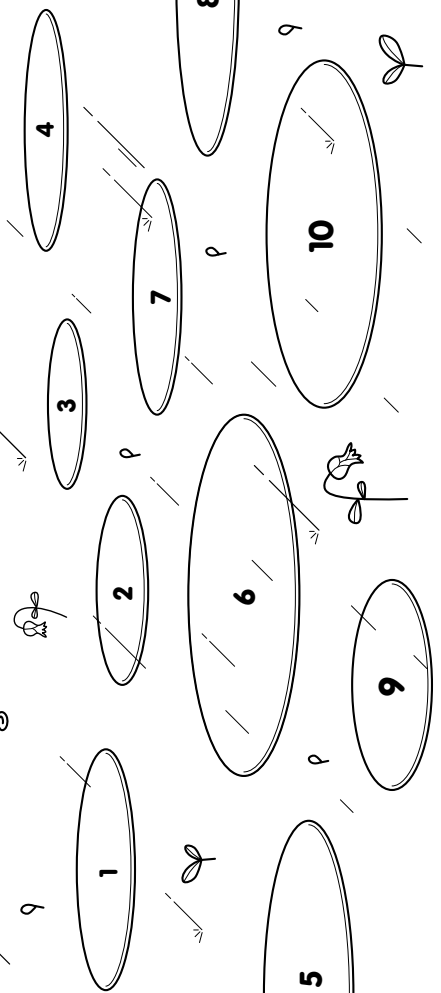
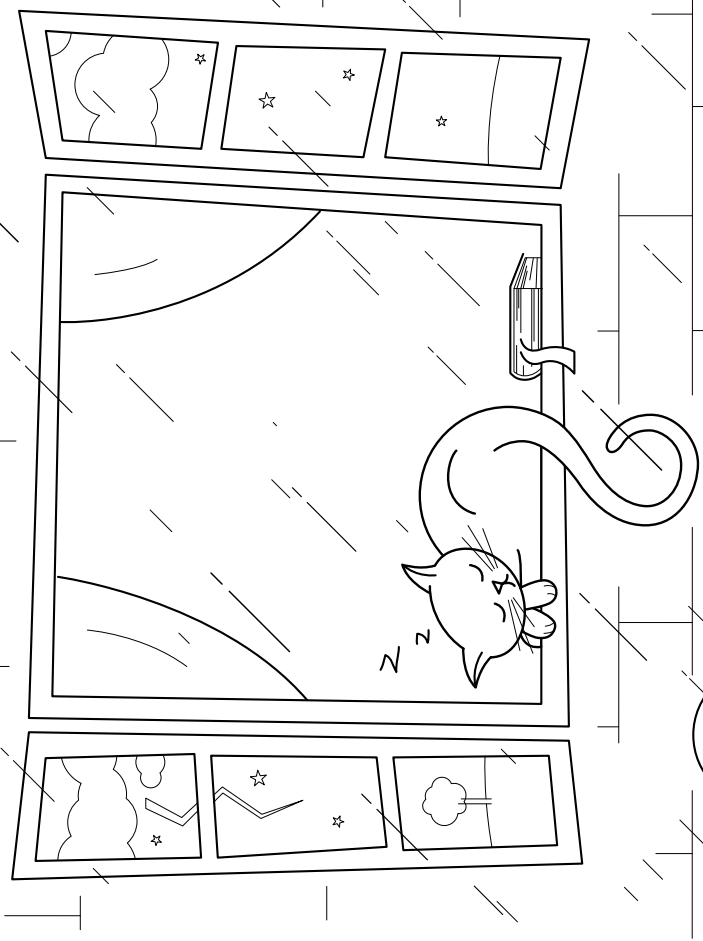
Grade _____

Teacher's Name _____

Thank you for helping! Every Box Top you collect is worth 10¢ for your school. For more collection worksheets and projects, go to www.boxtops4education.com/activitycenter



April showers...bring May flowers



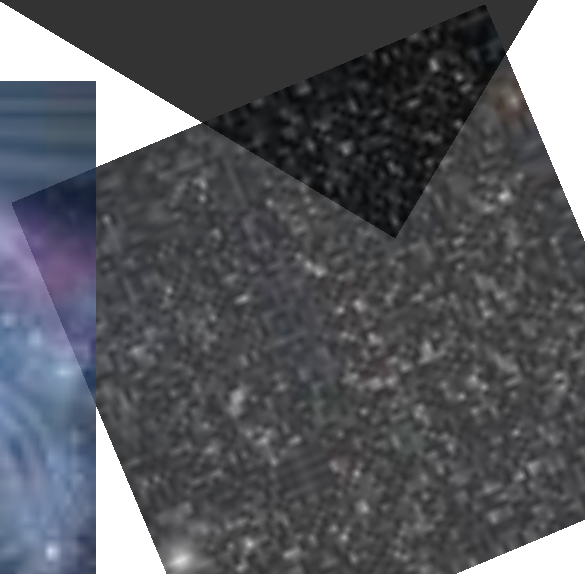
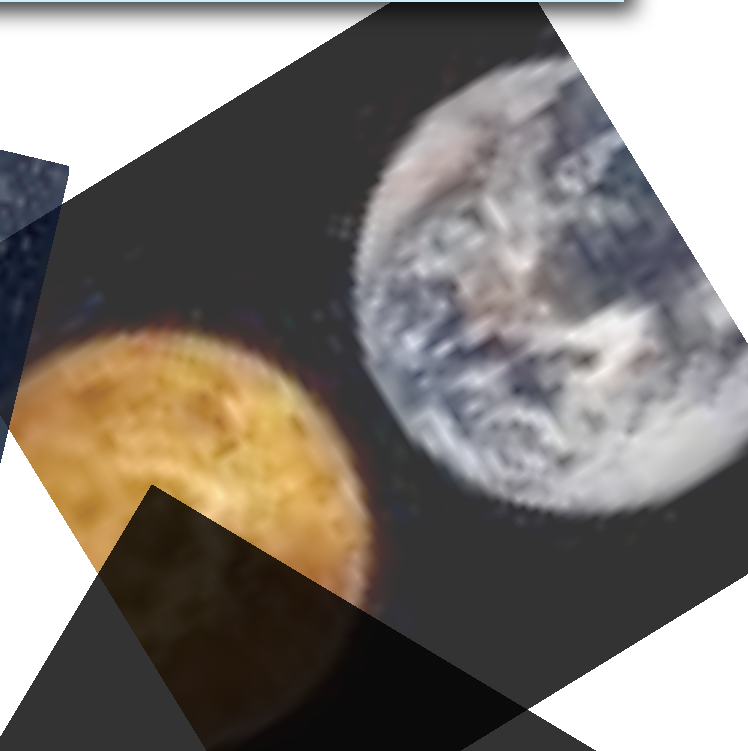
Name _____

Grade _____

Teacher's Name _____

Thank you for helping! Every Box Top you collect is worth 10¢ for your school. For more collection worksheets and projects, go to www.boxtops4education.com/activitycenter

The Star Planetarium Lab from ESU 10 will be at Sandhills HS on Wednesday, April 23 and available to be viewed by the public from 8:00 - 3:50. Everyone is welcome to come by and crawl through the lab to view the planets, the stars, and the galaxy. The lab will be located in the lecture hall.



Cecilia Wonch won third place in the Young Author's Writing Contest sponsored by the Mid-Nebraska Reading Council.

“Making Memories at Grandma’s”

By Cecilia Wonch

The stars were out and Grandma was on the porch, watching the horses sleep. The moon shone over her like an umbrella. It was 4:00 and Grandma was waiting for a light from a yellow van. In a few moments, she saw the van bumping on the dirt road. It stops and two grownups rush in the house with a girl named Shaley. “Thanks Mom for taking care of her, here is her stuff.” Shaley’s dad said to Grandma. “Jacob, we are going to be late for the meeting.” said Shaley’s mom. He laid down Shaley on the couch. Shaley slightly opened her eyes. “Be good.” Jacob said and gave her a big hug and her mom did the same. Jacob headed out the door and whispered thanks to Grandma as they left. Shaley waved at them both as they were leaving and said, “By Dad and Mom.” Then there was silence.

Grandma sat down and started reading. “Grandma.” Shaley said. Grandma glanced out from her book, “Yes?” “I’m not tired anymore.” “Are you sure?” Shaley nodded. “Hmm...do you want to go find something to do in the attic?” Grandma asked. “No thank you.” Shaley replied. “Oh come on, the attic is always fun!” Grandma exclaimed. They walked up the wooden stairs that led to the door of the attic. They opened the door and Grandma turned on the lights. “Wow!” Shaley exclaimed. The room was full of stuff she had never seen before. She went to a chest and tried to open it. After a few tries it finally flew open. There were several doll dresses, a few pairs of shoes and some classy hats. “What’s this?” Shaley thought. She started digging through the small clothes and found a beautiful rag doll with a bright smile. “That’s Rose!” Grandma exclaimed. Your Aunt Lucy received her for Christmas when she was six. She wanted me to give her to you. “Really!” said Shaley with a twinkle in her eye. She dressed the doll in the clothes she liked the best, a yellow dress with gold spots and ruffles on the edge and a hat to match. Then she clutched Rose in her hands and went on to find other things. Shaley stopped by a box and peered inside. “Teacups!” Then she went to a closet. When Shaley opened it, she saw fancy, old jackets and hats. An idea popped into her head. “Grandma, can we have a tea party?” Grandma looked up from where she was looking at old pictures. “Why?” She asked. “Well, here are some old hats and jackets. We could dress in them and use the teacups in that box!” “That’s a great idea Shaley! We can!” Shaley clapped with happiness.

Just a few moments later Grandma had a beautiful pink hat with fake pink roses on it. Shaley was wearing a tiara and a pink wool jacket. “Grandma, “ Shaley started in a British voice. “Do you want more tea?” “Yes, Ms. Shaley. “ Shaley held out a teapot and poured fake tea into Grandma’s cup. “How about you, Ms. Rose?” Shaley asked. Shaley talked in a different voice pretending that it was Rose. “I’d be delighted.” She pretend to pour tea into Rose’s cup. Suddenly Shaley’s stomach rumbled. “I’m hungry. What are we going to eat for breakfast?” “Hmm... I guess we can have pancakes!” Grandma said as she took off her hat and walked into the kitchen. “Mmm, I love pancakes!” Shaley exclaimed. Grandma paused and asked. “Shaley, why don’t you feed old Sis?” “Sure Grandma!” “The grain is in the garage.” Grandma said. Shaley pulled on her shoes and jacket. She ran to the garage door and opened it. Soon she spotted the grain. She took the bucket and shoved it in the grain. She ran out the open garage door and went to the fence. “Sis!” Shaley yelled. Then came a pinto that was followed by the other horses. Sis dug her face in the bucket. “Silly horsey!” After that she put up the bucket and went into the house. She spotted Grandma putting down the pancakes on the table. Shaley took off her shoes and jacket and rushed to the table. She sat down and looked at the pancakes covered in syrup. She took her fork and tore a piece. “Mmmm!” Shaley said as she gobbled them down. Grandma sat down and started eating. After they were done, Grandma led Shaley to the couch. “Your parents are going to pick you up in two hours. Their meeting went short and they said next week you can spend the night here.” Shaley show a bright smile on her face. “What should we do next?” Shaley asked “Well, we could ride horses before your mom and dad get here.” Answered Grandma.

Once they saddled old Sis and another horse named Les, they road for a while. They talked about the next week. “We can go to your town’s library and the store.” Shaley said. “Yes, we can do that.” Grandma responded. “Shaley, did you know that you’re a special, perfect girl?” Grandma said. Shaley smiled which made Grandma smile. They kept on riding and smiling, thinking of the wonderful day they had together.

5th and 6th Grade News

Wow! It’s been a fast and busy year which is quickly coming to a close! The 5th and 6th graders are ecstatic as the finish line comes in sight, and we’re closing in on the end of our books.

The final weeks have found us studying matter and chemical and physical changes in science. Chemical changes was a favorite study of ours. An activity the students enjoyed was combining 2 polyurethanes to create our own foam gnomes. (When we mix poly A with poly B, we get canned insulation foam. It grows and grows!)

For the last several months we have been studying Europe in Social Studies. Our studies began in ancient Greece and Rome. Over the weeks we studied Europe’s history, including the Middle Ages, the Crusades, and the Renaissance. We followed Europe’s history to present day Europe and the issues they are facing today. It has been quite a journey, and we are glad to announce that as of April 11 we will be putting our Social Studies books away for the year!

April 21 the 6th graders will leave on their 6th grade trip. We’ll return on Friday, April 25. Thank you again for all your support that makes this trip possible.

Stop in and visit us any time. You are always welcome.

5th & 6th Graders with their foam gnomes



You Are Invited!**2014 Healthcare Career Exploration Day Camp****(Hosted by Alegent Creighton Health)****Time to Explore and Discover!**

- Purpose:** Explore a variety of health career options, learn about important issues in health care, and become certified in First Aid and CPR.
- Cost:** FREE!
- Camp dates:** Monday, June 9, 2014 – Friday, June 13, 2014.
- Time:** 9:00am – 4:00pm (lunch & snacks provided).
- Location:** Immanuel Medical Center, 6901 North 72nd Street, Omaha, NE.
Note: On Wednesday, June 11th, students will be at Bergan Mercy Medical Center (7500 Mercy Road, Omaha, NE) from 9:00am – 11:15am in order to tour and experience the Simulation Lab. They will meet SimMan 3G who can talk in English and Spanish, gasp, blink, convulse, have an allergic reaction, cry, foam at the mouth, bleed and vomit. Cool stuff! Students will travel back to IMC at 11:15am for the remainder of the day.
- Deadline:** Friday, May 2, 2014. Your application MUST arrive in our office by Noon on this date to be considered.
- Application:** The writeable PDF will be posted in January 2014 here <http://www.alegentcreighton.com/HealthCareerExplorationCamp>. No handwritten applications will be accepted.
- How to complete:** This application is a writeable PDF and must be completed on a computer. We recommend allowing enough time to complete the application in one sitting. Print the completed application and add the appropriate signatures prior to submitting.
- Transportation:** You will be required to provide your own transportation.
- Who is Eligible:** Incoming 10th, 11th and 12th grade males and females.
- Required:** NE and IA students must have an interest in pursuing health care as a profession (Excluding Veterinary Science and Dentistry).
- Enrollment:** Space is limited to 30 students, so apply today!
- Schedule conflicts:** If the student has family or work commitments during the week of the camp, they should not submit an application. Accepted students are expected to attend all five days of the camp.
- Notification:** A selection committee will review applications, and all students will be notified by e-mail of their standing (accepted, wait list, or denied) by Wednesday, May 14th.
- Send to:** Diane Lee
Workforce Planning Coordinator
Alegent Creighton Health
McAuley Fogelstrom Center
12809 West Dodge Road
Omaha, NE 68154
Phone: 402-717-1850
Email: diane.lee@alegent.org

**CENTRAL
NEBRASKA
MEDICAL
CLINIC
PC**

PO Box 690
Broken Bow, NE 68822
Telephone: (308) 872-2486
Fax: (308) 872-2027
SARGENT
404 West Main Street
(308) 527-4300

David A. Minnick, M.D.
Robert R. Kahnk, M.D.
Julie A. Lindstrom, D.O.

April 3, 2014

JEANNE RAPP
ANSLEY PUBLIC SCHOOL
1124 CAMERON, PO BOX 370
ANSLEY NE 68814

Listed below are the dates for upcoming school physicals. We wanted to let you know the dates that have been scheduled and the process that we will follow this year. All dates are for both boys and girls and the students can have their physical done on any date and at any place that works for them.

The schedule and location of physicals being done by Central Nebraska Medical Clinic:

DATE & TIME

Tuesday, May 06, 4:00-7:00 p.m.

Monday, May 12, 9:30 a.m.

Monday, May 12, 1:30-3:30 p.m.

Tuesday, May 20, 4:00-6:00 p.m.

LOCATION

Broken Bow Public School @ Central
Nebraska Medical Clinic

Sandhills High School, @school

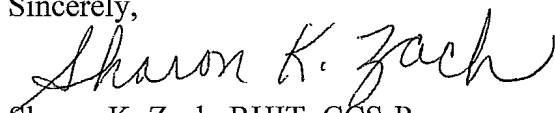
Sargent Public School, @school

Ansley Public School, @school

The history form that is to be used is enclosed. This is the **approved form** from the Nebraska School Activities Association website and is the only form to be used. The form needs to be given to the parents to complete and sign and then sent back with the student at the time of the physical so we can release the information to the school. The forms need to be signed by the parent **twice** and those places are highlighted. It is very important that it has these signatures by the parent at the bottom of the form or the physical form will be held at the clinic until we have a signature. As in the past, the student will need to have a urine specimen checked and it is preferred that this be the first morning specimen of the day. It is important that the first morning specimen is refrigerated until it is brought to the school. The cost of the physical will be \$30.00 and needs to be paid at the time of the physical. The check should be made payable to Central Nebraska Medical Clinic. When the students are all cleared, we will send the physicals to the school.

If you have any questions, please feel free to contact me.

Sincerely,



Sharon K. Zach, RHIT, CCS-P

2014 SPORTS PHYSICALS
CENTRAL NEBRASKA MEDICAL CLINIC

INSTRUCTIONS:

1. Walk-ins only: No appointments will be taken. Physicals will be done on a first come first serve basis.
2. Sports physicals will be performed for students who will be in 7th grade through 12th grade and participating in sports activities in the 2014/2015 school year. No immunizations will be given at the time of the physicals.
3. Parents are welcome to participate but are not required to be present as long as they have signed their portion of the medical history form.
4. The student/guardian portion of the medical history form needs to be completed and signed by the guardian. The student will need to bring this history form to the office at the time of the physical. There will be extra history forms available, however, time will go smoother if the form is completed and signed before the student arrives. The physical will not be sent to the school until the history form has been signed by the parent/guardian.
5. A urine sample will be checked as part of the physical. The first morning specimen is preferred and can be collected in a clean container, marked with the student's name and brought to the clinic anytime during the day of the physical. It must be refrigerated if it can't be delivered to the clinic prior to the physical.
6. Students will not need to take their clothes off for the exam. However, boys will be checked for hernias and are encouraged to dress appropriately.
7. The cost of the exam is \$30.00 and is to be paid at the time of check-in, no exceptions. Checks should be made payable to Central Nebraska Medical Clinic. If additional physicals are done at the same time, there will be an additional charge.
8. The signed physical forms including the clearance to participate portion will be sent to the school following the physicals.
9. If there are any abnormalities noted at the time of the physical, the healthcare provider will discuss this with the student and/or guardian.

PREPARTICIPATION PHYSICAL EVALUATION HISTORY FORM

(Note: This form is to be filled out by the patient and parent prior to seeing the physician. The physician should keep this form in the chart.)

Date of Exam _____

Name _____ Date of birth _____

Sex _____ Age _____ Grade _____ School _____ Sport(s) _____

Medicines and Allergies: Please list all of the prescription and over-the-counter medicines and supplements (herbal and nutritional) that you are currently taking

Do you have any allergies? Yes No If yes, please identify specific allergy below.
 Medicines Pollens Food Stinging Insects

Explain "Yes" answers below. Circle questions you don't know the answers to.

GENERAL QUESTIONS	Yes	No
1. Has a doctor ever denied or restricted your participation in sports for any reason?		
2. Do you have any ongoing medical conditions? If so, please identify below: <input type="checkbox"/> Asthma <input type="checkbox"/> Anemia <input type="checkbox"/> Diabetes <input type="checkbox"/> Infections Other: _____		
3. Have you ever spent the night in the hospital?		
4. Have you ever had surgery?		
HEART HEALTH QUESTIONS ABOUT YOU	Yes	No
5. Have you ever passed out or nearly passed out DURING or AFTER exercise?		
6. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?		
7. Does your heart ever race or skip beats (irregular beats) during exercise?		
8. Has a doctor ever told you that you have any heart problems? If so, check all that apply: <input type="checkbox"/> High blood pressure <input type="checkbox"/> A heart murmur <input type="checkbox"/> High cholesterol <input type="checkbox"/> A heart infection <input type="checkbox"/> Kawasaki disease Other: _____		
9. Has a doctor ever ordered a test for your heart? (For example, ECG/EKG, echocardiogram)		
10. Do you get lightheaded or feel more short of breath than expected during exercise?		
11. Have you ever had an unexplained seizure?		
12. Do you get more tired or short of breath more quickly than your friends during exercise?		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	Yes	No
13. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50 (including drowning, unexplained car accident, or sudden infant death syndrome)?		
14. Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia?		
15. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator?		
16. Has anyone in your family had unexplained fainting, unexplained seizures, or near drowning?		
BONE AND JOINT QUESTIONS	Yes	No
17. Have you ever had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or a game?		
18. Have you ever had any broken or fractured bones or dislocated joints?		
19. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches?		
20. Have you ever had a stress fracture?		
21. Have you ever been told that you have or have you had an x-ray for neck instability or atlantoaxial instability? (Down syndrome or dwarfism)		
22. Do you regularly use a brace, orthotics, or other assistive device?		
23. Do you have a bone, muscle, or joint injury that bothers you?		
24. Do any of your joints become painful, swollen, feel warm, or look red?		
25. Do you have any history of juvenile arthritis or connective tissue disease?		

MEDICAL QUESTIONS	Yes	No
26. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
27. Have you ever used an inhaler or taken asthma medicine?		
28. Is there anyone in your family who has asthma?		
29. Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
30. Do you have groin pain or a painful bulge or hernia in the groin area?		
31. Have you had infectious mononucleosis (mono) within the last month?		
32. Do you have any rashes, pressure sores, or other skin problems?		
33. Have you had a herpes or MRSA skin infection?		
34. Have you ever had a head injury or concussion?		
35. Have you ever had a hit or blow to the head that caused confusion, prolonged headache, or memory problems?		
36. Do you have a history of seizure disorder?		
37. Do you have headaches with exercise?		
38. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?		
39. Have you ever been unable to move your arms or legs after being hit or falling?		
40. Have you ever become ill while exercising in the heat?		
41. Do you get frequent muscle cramps when exercising?		
42. Do you or someone in your family have sickle cell trait or disease?		
43. Have you had any problems with your eyes or vision?		
44. Have you had any eye injuries?		
45. Do you wear glasses or contact lenses?		
46. Do you wear protective eyewear, such as goggles or a face shield?		
47. Do you worry about your weight?		
48. Are you trying to or has anyone recommended that you gain or lose weight?		
49. Are you on a special diet or do you avoid certain types of foods?		
50. Have you ever had an eating disorder?		
51. Do you have any concerns that you would like to discuss with a doctor?		
FEMALES ONLY	Yes	No
52. Have you ever had a menstrual period?		
53. How old were you when you had your first menstrual period?		
54. How many periods have you had in the last 12 months?		

Explain "yes" answers here

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of athlete _____ Signature of parent/guardian _____ Date _____

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I hereby give permission for the release of the attached student medical history and the results of the actual physical examination to the school for the purposes of participation in athletics and activities.
 Parent or Legal Guardian Signature _____ Date _____

May Breakfast

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Sausage Gravy over a biscuit fruit cereal	2 Donuts yogurt cheese sticks cereal	3
4	5 French Toast Sticks Sausage Link fruit cereal	6 Bkfst. Sausage Pizza yogurt fruit cereal	7 Breakfast Burrito yogurt cereal	8 Apple coffeecake yogurt cereal	9 Egg omelet with toast fruit cereal	10
11	12 choc. Chip muffin yogurt fruit cereal	13 Tornado's fruit cereal	14 Cooks Choice	15 Cooks Choice	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

May Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Fruit & vegetable bar with every lunch			1 Sliced Ham Scalloped Potatoes Green Beans Rolls	2 BBQ Beef or Pork on WG Bun Chips cookie	3
4	5 Chicken Pattie on WG Bun French Fries Green Beans	6 Lasagna Garlic Bread	7 Tacos cheese & toppings Strawberry shortcake	8 Hamburger Patty on a Bun Potato Chips Baked Beans	9 Baked Potato Bar Duced Gan Broccoli w/cheese	10
11	12 Swedish Meatball with Gravy Mashed potatoes Roll	13 Cooks Choice	14 Cooks Choice	15 Pizza	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

MAY

2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Track Sandhills Conf @ North Platte 10am	2 Elem track meet @ 10am JV Golf Mullen Invite @ Mullen Course 2pm	3 JH Track Loup Valley Conf @ Arnold 10:30am
4	5 Spring Concert and Awards Night @ 7 1 st Grade Authors Tea @ 6:30 K-12 art display	6 NPPD Open House R Project (arrive 11 am until 9 pm) Track Best of the Mid-West @ Sutherland 3pm	7 Elem Track Meet rain date Safety Committee Meeting - make up date if needed	8 Golf St. Pats invite @ North Platte's River's Edge 9am Track Loup Valley Conf @ Broken Bow 10am	9 Kindergarten Roundup	10 High School Graduation 4pm @ SHS
11	12 School Physical @ SHS 9:30am	13	14 Golf Mullen Invite @ Mullen Golf Course 11am (CT) Track District Meet TBA	15 Golf Ainsworth Invite @ Ainsworth Course 10am Student's Last Day	16 Teacher In-Service & Work Day	17
18	19 District Golf Meet TBA	20 District Golf Meet TBA	21	22	23	24 State Track in Omaha TBA
25 State Track in Omaha TBA	26	27 ST Lady Knights BBall Camp	28 ST Lady Knights BBall Camp State Golf Meet TBA	29 State Golf Meet TBA	30	31