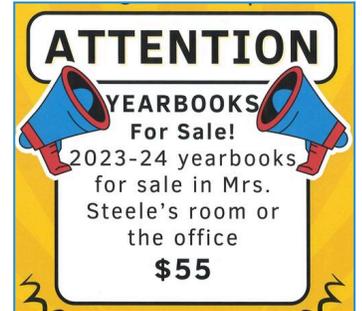


STERLING PUBLIC SCHOOLS - WEEKLY BULLETIN: April 13-20, 2024

Saturday April 13 JH/HS Trap Shoot @ Izaak Walton (Crete)
 MUDECAS JH Track @ Pawnee City 9AM - Bus/Van leave @ 7:15AM - schedule on back
 ACT Test Date

Monday April 15 Breakfast: Tornados, Blueberry Muffin, Fruit, Milk
 Lunch: Chef's Choice
 RSH - 6th period
 SCC-Lincoln Discovery Day - Van leaves @ 8:15AM
 TRACK PRACTICE 4-6PM
 School Board Meeting - 7PM



Tuesday April 16 Breakfast: Ham, Egg, & Cheese on English Muffin, Fruit, Milk
 Lunch: Taco, Fruit, Veggie, Salad Bar
 RSH - 5th period
 Irish HS Track @ Syracuse - 9:30AM - Bus leaves @ 7:17AM - schedule on back

Wednesday April 17 Breakfast: Apple Frudel, Ham Patty, Cheese Stick, Milk
 Lunch: Baked Potato Bar, Fruit, Veggie, Salad Bar
 RSH - 4th period
 Freeman JH Track @ Adams - 10AM - Bus/Van leave @ 8:30AM - schedule on back
 TRACK PRACTICE 4-6PM
 Trap Practice 4:30-6PM

Thursday April 18 Breakfast: French Toast, Omelet, Fruit, Milk
 Lunch: Hot Dog, Pasta, Fruit, Veggie, Salad Bar
 RSH - 3rd period
 District Music Contest @ JCC - Buses leave @ 7:45AM
 TRACK PRACTICE 4-6PM
 FFA Spring Banquet - 6:30PM

Friday April 19 Breakfast: Chef's Choice
 Lunch: Breakfast Nuggets, Fruit, Veggie, Salad Bar
 RSH - 2nd period
 Soph/Junior Career Fair @ Pawnee City from 9-11AM - Bus leaves @ 8:50AM
 StuCo Mother/Son Nerf Battle @ GYM from 6:30-8:30PM - info on back
 TRACK PRACTICE 4-6PM

Saturday April 20 JH/HS Trap Shoot @ Otoe County Wildlife Club (Nebraska City)
 MUDECAS HS Track @ JCC - 9AM - Bus leaves @ 7:08AM - schedule posted ASAP

 *USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYEE

*if/when the salad bar is available, it may be limited

*milk availability may be limited

TESTING	17 NSCAS ELA 8:30AM - Grade 3-5	18 NSCAS MATH 8:30AM - Grade 3-4
----------------	--	---

MUDECAS JH TRACK @ PAWNEE CITY 4/13/24

Field Events - 9AM:

Shot Put	Girls (North Pad)	Boys (South Pad)
Discus	Boys (South Pad)	Girls (North Pad)
Long Jump	Girls	Boys
Triple Jump	Boys	Girls
High Jump	Boys	Girls
Pole Vault	Girls	Boys

Running Events - 12PM:

[Girls followed by Boys]

- 4 x 800 Meter Relay Finals
- 100 Meter Hurdles (30" & 33") Prelims
- 100 Meter Dash Prelims
- 400 Meter Dash Finals
- 1600 Meter Run Finals
- 200 Meter Dash Prelims
- Break (TBD)**
- 100 Meter Hurdles (30" & 33") Finals
- 100 Meter Dash Finals
- 800 Meter Run Finals
- 200 Meter Hurdles (30" & 33") Finals
- 200 Meter Dash Finals
- 4 x 100 Meter Relay Finals
- 4 x 400 Meter Relay Finals

FREEMAN JH TRACK @ Adams 4/17/24

Field Events - 10AM:

- Girls Shot followed by Boys Shot
- Boys Discus followed by Girls Discus
- Girls Long Jump Followed by Boys Long Jump
- Boys Triple Jump Followed by Girls Triple Jump
- Girls High Jump Followed by Boys High Jump
- Boys Pole Vault Followed by Girls Pole Vault

Running Events - 12PM [Girls then Boys]

- | | |
|---------------------------------|--------|
| 3200 Meter Relay (4X800) | Finals |
| 100(30")/110(33") Meter Hurdles | Finals |
| 100 Meter Dash | Finals |
| 1600 Meter Run | Finals |
| 400 Meter Relay (4X100) | Finals |
| 400 Meter Dash | Finals |
| 300 (30") Meter Hurdles | Finals |
| 800 Meter Run | Finals |
| 200 Meter Dash | Finals |
| 1600 Meter Relay (4X400) | Finals |



**MOTHER & SON
NERF
BATTLE**

FRIDAY, APRIL 19
6:30-8:30PM
\$20

Includes an adult and one student (Grades K-6).
Additional student is \$5.

Provided: Refreshments, Snacks, & Nerf bullets.
Bring: Safety eyewear (if you choose) & nerf gun(s)
Some nerf guns will be available to use for those that do not have one.

Sponsored by HS Student Council @ the School



Sterling FFA

PANCAKE FEED

APRIL 21, 2024

9:00 a.m.- 12:30 p.m.
Sterling Community Center
Pancakes, Sausage, & Juice
Free will donation




**Father Daughter
Dance**

Friday, April 26
6:30-8:30PM
\$20

Includes an adult and one student
(Grades PreK - 6)

Additional student is \$5.

This night of fun includes snacks,
face paintings, pictures, and dancing!

Sponsored by HS Student Council @ the new Community Building

IRISH HS TRACK INVITE @ Syracuse 4/16/24

Field Events - 9:30AM:

SERIES I	SERIES II
Boys Discus	Girls Discus
Girls Shot	Boys Shot
Boys High Jump	Girls High Jump
Boys Long Jump	Boys Triple Jump
Girls Triple Jump	Girls Long Jump
Girls Pole Vault	Boys Pole Vault

Running Events - 12:30PM

- 3200 Meter Relay Girls Finals
- 3200 Meter Relay Boys Finals
- 100 Meter Hurdles Girls Prelims
- 110 Meter Hurdles Boys Prelims
- 100 Meter Dash Girls Prelims
- 100 Meter Dash Boys Prelims
- 400 Meter Dash Girls Finals
- 400 Meter Dash Boys Finals
- 3200 Meter Run Girls Finals
- 3200 Meter Run Boys Finals
- 200 Meter Dash Girls Prelims
- 200 Meter Dash Boys Prelims
- BREAK-- LENGTH OF TIME: TBA
- 100 Meter Hurdles Girls Finals
- 110 Meter Hurdles Boys Finals
- 100 Meter Dash Girls Finals
- 100 Meter Dash Boys Finals
- 800 Meter Run Girls Finals
- 800 Meter Run Boys Finals
- 300 Meter Low Hurdles Girls Finals
- 300 Meter Int. Hurdles Boys Finals
- 200 Meter Dash Girls Finals
- 200 Meter Dash Boys Finals
- 1600 Meter Run Girls Finals
- 1600 Meter Run Boys Finals
- 400 Meter Relay Girls Finals
- 400 Meter Relay Boys Finals
- 1600 Meter Relay Girls Finals
- 1600 Meter Relay Boys Finals