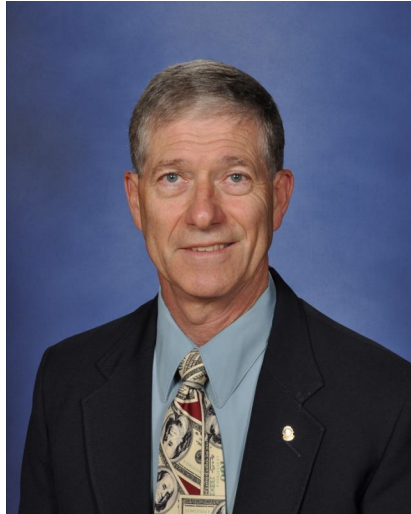


SUPERINTENDENT'S NOTES



by Mike Davis, Superintendent

Sterling FFA Chapter

Well it is official, the board of education approved starting Sterling High School's first ever FFA Chapter! We have 25 members and many of them have even competed in their first contest. Twenty-one students competed in the Area Range Judging Contest in Lincoln on September 11th and did an excellent job in this competition. Look for the results in this newsletter.

Thanks to a DuPont/Pioneer grant of \$5,000 and thanks to Greg Carpenter for submitting the application for these funds! We are planning to attend the National FFA Convention in Louisville, KY to experience what FFA has to offer our members. The convention starts on October 30th and continues until November 2nd. A portion of the grant will be used to pay the registration and the motel rooms.

Thanks to Chris Beaver for bringing in his tractor for the picture of our FFA President Kale Heusman receiving the big check from Greg Carpenter! Along with Kale was Trey Trauernicht-Vice President, Valerie Keim-Secretary, Micah Erickson-Treasurer, Elly Lempka-Reporter, Bailey Bessey-Sentinel, Jesse Phillips-Parliamentarian and rest of the membership in front of the school receiving the check from DuPont/Pioneer representatives. Look for this picture and article in this newsletter. Thanks to Cheri Wirthele for taking the picture for the school website.



Sterling Teammates Mentoring Program

Ms. Shea will be the coordinator and is need of three parents or community members to serve on a board of directors. The board of directors must be in place in order to apply for the Sterling Teammates Mentoring Chapter. We hope to get started with the mentoring during the 2nd quarter this year. Let Ms.

continued on the next page

CONTINUED FROM FRONT PAGE ARTICLE

Shea or Mr. Davis know if you would be interested in serving on the board of directors or if interested in mentoring a child.

New Playground Fencing

The board of education approved replacing the fencing around the basketball court and upper elementary playground. Volunteers will be taking out the existing fencing and Aero Fence Company has been contracted to put in new safer fencing.

A New Breakfast/Lunch Policy

The number of students on the list of owing money for their breakfast and/or lunches has dramatically dropped since starting the School Reach calls letting parents know when the balance gets to under \$10. The goal will be to get to a point where the parents will know when to send money or a sack lunch with their child the next day. Those students who qualify for the free lunch program will not be affected. (Other than no seconds.)

A policy of no charging will be implemented effective October 21st, which is the start of 2nd quarter. Parents will be getting a School Reach message reminding you about this implementation date on Sunday, October 20th. If your child's balance is not enough to pay for a reduced lunch of \$.40 or full price of \$2.25 for grades PK-5 or \$2.50 for grades 6-12 then please either send money with your child or send them with a lunch. Remember that this will go into effect starting on October 21, 2013.

FROM THE PRINCIPAL'S DESK by Ryun Theobald, Principal



The change in the weather (which is normal for this time of year) has been a welcome change for me. I really enjoy getting up in the mornings when the air is crisp. I just seem to get more done when I get the day started off right. It may also have something to do with the fact that my air conditioner has been shut off for the year, even though I will have to turn on the heat before I know it. With that being said, here are a few more important items that I would like to share with you.

1. NePAS Scores. The Nebraska Department of Education is in its second year of including NePAS (Nebraska Performance Accountability System) data in the State of the Schools Report. In simplest terms, NePAS is a way to rank schools across the state using NeSA scores and graduation rates. The graduation rates will not be released until mid October. Below is a chart that shows how we rank compared to the other districts in the state. Please keep in mind that this is a comparison of all public schools across the state, regardless of size. You may also go to the NDE website, <http://www.education.ne.gov/>, and access the State of the Schools report for Sterling, which provides a more detailed breakdown. In that report, you will also see two other rankings, one for improvement and one for growth. Improvement is comparing different students in the same grade for back to back years. Growth is comparing the same students in back to back years. As a district we view this data as important, but also realize that it is a one-shot picture of our achievement. As we look at this data as a district, I am confident we are taking the necessary steps to not

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only ensure our students do well on these types of assessments, but succeed overall. If you have any questions with any of the information in the State of the Schools Report, I would be glad to visit with you at your convenience.

Elementary (Grades 3-5)

Reading	Math	Science (grade 5)	Writing (grade 4)
130 out of 249	72 out of 249	90 out of 225	9 out of 223

Middle School (Grades 6-8)

Reading	Math	Science (grade 8)	Writing (Grade 8)
179 out of 249	76 out of 249	33 out of 228	NA

High School (Grades 9-12)

Reading	Math	Science (Grade 11)	Writing (Grade 11)
170 out of 229	150 out of 228	133 out of 228	NA

Overall (Grades 3-12)

Reading	Math	Science	Writing
166 out of 249	95 out of 249	71 out of 249	NA

2. Special Thank You #1. I would like to give a big thank you to Luke and Ria Topp. Luke and Ria donated 4 tickets to the Nebraska football game versus Iowa on November 29th. These are great seats as they are in the first row of the 30 yard line in the West Stadium. The Sterling Booster Club is selling raffle tickets for these items at most of our home athletic contests, with the final drawing to be held during the volleyball triangular on October 22nd.

3. Parent-Teacher Conferences. Unfortunately, due to poor weather and some flooding, we were unable to complete conferences on September 19th. Hopefully you were notified of the change through a school reach communication, or you either saw this information on the school webpage or the school facebook page. Parent-teacher conferences have always been the traditional format for teachers and parents to communicate about their students, however, I encourage you as a parent to contact your child's teacher anytime you have concerns or comments. Our teachers are always willing to speak with you.

4. Special Thank You #2. As many of you know, we had to cancel parent-teacher conferences on September 19th. We had a major water problem due to the heavy rain that fell in such a short time period. Many of our teachers, custodians and students are to be commended for jumping right in to help clean up. I will not list each staff member personally as I do not want to take the chance of leaving someone off the list. However, each of these people are to be commended for helping to get this huge mess cleaned up.

As always, if you have any concerns or comments, please do not hesitate to give me a call.

GO JETS!!!

Sterling FFA Chapter is Competitive in their 1st Contest



L to R Kneeling: Dorothy Frerichs-Shea, Valerie Keim, Kylie Kahler, Tessa Nelson, Sydney Goracke, Alisha Fisher, Sheanna Stolz, Erika Eckhardt, Rachel Frerichs-Shea and Elly Lempka; Standing: Bailey Bessey, Kale Heusman, Matt Wirthele, Kaleb Williams, Micah Erickson, Mason Gee, Thomas Tucker, Austin Walters, Seth Harms, Austin Buss and Ben Hier.

Twenty-one FFA members of the Sterling FFA Chapter, the newest FFA Chapter in the State of Nebraska, competed in their first contest! On September 11th, they identified range plants and evaluated range ecosystems in the Area VI Range Judging Contest held at Lincoln's Pioneer Park.

The Sterling Team of Kale Heusman, Bailey Bessey, Matt Wirthele, Rachel Frerichs-Shea and Dorothy Frerichs-Shea placed 3rd out of the 10 senior division teams.

Receiving individual ribbons were Kale Heusman – 4th and Bailey Bessey – 6th out of the 40 students in grades 11th and 12th in the senior division.

The Sterling Team of Thomas Tucker, Micah Erickson, Austin Buss and Austin Walters placed 4th out of the 22 junior division teams. The Sterling team of Valerie Keim, Elly Lempka, Alisha Fisher and Erika Eckhardt placed 5th, the team of Mason Gee, Seth Harms, Sydney Goracke and Tessa Nelson placed 6th and the team of Ben Hier, Kaleb Williams, Kylie Kahler and Sheanna Stolz placed 7th out of the 22 junior division teams.

Receiving individual ribbons were Valerie Keim - 6th, Thomas Tucker - 9th, Micah Erickson – 11th, Ben Hier– 13th and Austin Buss – 15th out of the 81 individuals, who are in grades 10th and younger in the junior division.

The Sterling FFA Advisor and Introduction to Agriculture Instructor, Mike Davis commented “ The Sterling FFA members competed very well for only three weeks of instruction in a subject that was brand new to them!” Mike Davis is also Superintendent of Sterling Public Schools.

Information on the C.A.N. Group

Hello! My name is Matt Markowski and I am the CAN sponsor for Sterling Public Schools. I am very excited to be a part of this group because it has a huge impact in the lives of the students I work with. We are about to kick off another great school year and we want to make sure it is a safe one for all of the students.

We are focusing on the 40 Developmental assets for adolescents. They are broken down into 2 sections, internal and external, and then broken down into 4 groups in each section. Two sections I would like to focus on are Support and Positive Values. All of the assets are very important but these two stick out because I feel if the person does not have any positive support or values they are more likely to involve themselves in a situation that they do not want to be in.

Support is always important in anyone's life. The support could come from family, friends, mentors, teachers, or just a next door neighbor. Everyone should be able to feel comfortable enough to go to some one for support. We all face difficult decisions throughout our lives and if we were not able to turn to someone for help, we may not be where we are today. I want students to build that relationship with someone they can turn to in a time of need.

Positive Values are something we wish everyone would have in their lives. Parents want their children to grow up having the positive values such as caring, integrity, honesty, responsibility, and restraint. As a teacher and a coach I hope my students and athletes have some of these values. Stand up for what you believe in, be honest and tell the truth about everything, hold themselves responsible for their actions, and be able to restrain themselves from alcohol or drug use.

As I stated earlier, I wanted to sponsor this group because I know drugs and alcohol are something that kids have to deal with all over the country. As a coach I want my athletes to be aware of the problems these substances can cause and as a teacher I want my students to be aware of the issues they may face later on in life. We want all kids to understand the problems out there and how to handle them or keep themselves away from those situations. Thank you very much and I hope the communities help us support our students and be positive role models for them and lend the support they may need.

Technology Tidbits

by Allison Zwygart

The past month has been very busy for everyone! We have finally wrapped up our MAPS testing. We were able to utilize two laptop carts and the computer during the testing. Having the new laptop cart allowed us to get through the testing more quickly and allowed students to be in their classrooms as much as possible.

New projectors have been installed in all the elementary classrooms! Teachers are now able to share computer and iPad screens with the entire class! Most of the teachers in the elementary also have an ELMO (document camera). This enables teachers to share physical items such as books and pictures through the projector onto a large screen so the entire class can see!

Computer classes have also started in the elementary! The students are always very eager to learn new concepts on the computers. The younger grades are reviewing computer procedures while the older grades are beginning keyboarding instruction.

COUNSELOR'S CORNER

by Jill Shea



EDUCATIONQuest Meeting Wed., Oct. 30th

JUNIORS, SENIORS and JUNIOR/SENIOR PARENTS – Mark your calendars for Wednesday, October 30th. EducationQuest, the best college planning support will hold its annual informational seminar at Sterling High School at 6:30 p.m. in the Music Room. This is a must for all parents to learn more about the financial aid process, scholarship searches, filing the FAFSA, and to hear changes within the law regarding college funding. The 45 minutes you will spend in the meeting is definitely worth your time. Contact Ms. Shea if you have any questions.

2013/2014 ACT Test Dates & Registration Deadlines

TEST DATE	REGULAR DEADLINE	LATE FEE REQUIRED
December 14, 2013	November 8, 2013	November 9-22, 2013
February 8, 2014	January 10, 2014	January 11-24, 2014
April 12, 2014	March 7, 2014	March 8-21, 2014
June 14, 2014	May 9, 2014	May 10-23, 2014



BOO AT THE PARK

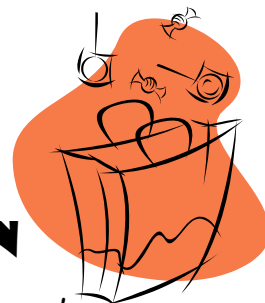
Sponsored by the Sterling Booster Club

SATURDAY, OCTOBER 26

5:30 TO 7:00 P.M.

ADMISSION \$1 PER CHILD

HOT DOG MEAL-FREEWILL DONATION



A Junior Class Fundraiser will be having a picture booth for everyone!

From the Desk of the Athletic Director

by Brent Heusman, Athletic Director

Our fall sports seasons are underway with both the volleyball and football teams off to successful starts. Both JH teams had their opening contests this last week, so their seasons will now kick into high gear. Play auditions have been held and the cast has been picked. Their first contest will be in November. So as you can see everything is in full swing as we head into the month of October.

Here are results of activities that have taken place up to this point.

Varsity Lady Jet VB (8-3)

Freeman Invite (4-1)

Sterling vs. Johnson-Brock (W 2-1) 25-27, 25-18 25-23
Sterling vs. Lewiston (W 2-0) 25-11, 25-7
Sterling vs. Southern (W 2-0) 25-13, 25-11
Sterling vs. Deshler (W 2-1) 25-16, 22-25, 25-21
Championship Game
Sterling vs. Friend (L 3-0) 20-25, 21-25, 12-25

Sterling vs. Freeman (L-3-1) 19-25, 20-25, 25-22, 19-25

Falls City Triangular (2-0)

Sterling vs. Falls City (W 2-0) 25-17, 25-17
Sterling vs. Pawnee City (W 2-0) 25-17, 25-17

MUDECAS Tournament (2-1)

Sterling vs. Palmyra (L 2-0) 21-25, 23-25
Sterling vs. Pawnee City (W 2-0) 25-16, 25-17
Sterling vs. FCSH (5th Place) (W 2-0) 26-24, 25-23

JV Volleyball (5-1)

Sterling vs. Freeman (W 2-0) 25-17, 25-18

Syracuse JV Tourney (3-0)

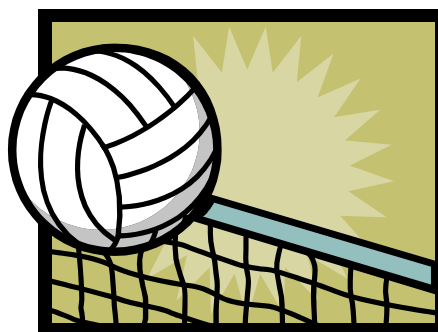
Sterling vs. Beatrice (W 2-0) 25-20, 25-21
Sterling vs. Bennington (W 2-0) 25-14, 25-12
Sterling vs. Platteview (1st Place) (W 2-0) 25-21, 22-16

Falls City JV Tourney (2-0)

Sterling vs. Falls City (W 2-0) 25-11, 25-12
Sterling vs. Pawnee City (L 2-0) 20-25, 12-25

JH Volleyball (1-0)

Sterling vs. Neb. City Lourdes (W 2-0) 25-16, 25-19



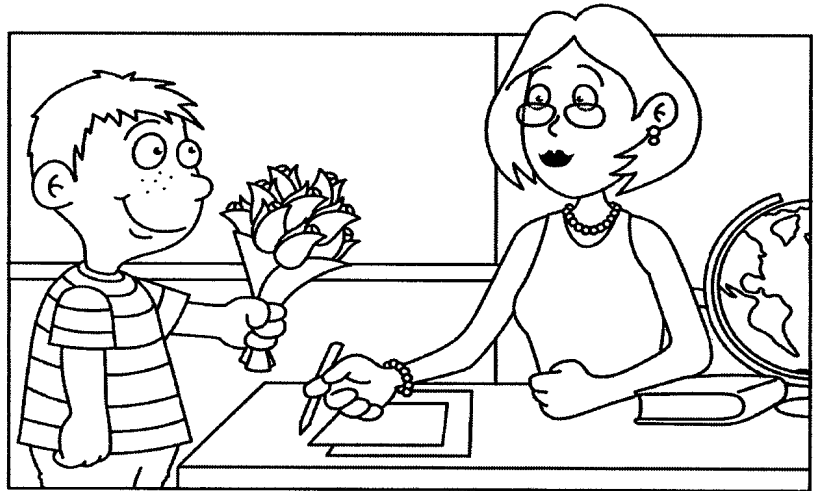
Varsity Football (2-1)

Sterling 76 vs. Johnson-Brock 20
Freeman 42 vs. Sterling 36
Sterling 52 vs. Parkview Christian 42

JV Football (2-1)

Sterling 30 Johnson-Brock 20
Diller-Odell 34 Sterling 8
FCSH 48 Sterling 22

OCTOBER 2013 MENUS



Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Menu is subject to change without notice</i></p> <p><i>Milk is served with every meal.</i></p> <p><i>A variety of fruits and vegetables are offered with every meal.</i></p>	<p>1 B- Cereal, WG Toast, fruit, milk L-Nachos w/cheese sauce or bean dip, peas, celery w/peanut butter, fruit</p>	<p>2 B-WG Pancakes, Sausage or Cereal/Sausage, juice, milk L-Sloppy Joes, broccoli w/cheese, three bean salad, fruit</p>	<p>3 B-Egg Taco or Cereal/WG Muffin, fruit, milk L-Ham Patty on WG Bun, mixed vegetables, tator gems and/or swt. tator gems, fruit</p>	<p>4 B-Breakfast Bar or Cereal/WG Muffin, juice, milk L-Pizza, green beans, romaine lettuce salad, fruit</p>
<p>7 B-Garlic Cheese Toast or Cereal/WG Muffin, juice, milk L-Mini Corn Dogs, ff and/or swt. ff, baked beans, fruit</p>	<p>8 B-Breakfast Pizza or Cereal/WG Muffin, juice, milk L-Chicken Noodle Soup, pb & jelly sandwich, romaine lettuce salad, fruit</p>	<p>9 B-Cereal, WG Toast, juice, milk L-Fish, peas, coleslaw, fruit</p>	<p>10 B-Sausage Gravy Over WG Biscuits or Cereal/WG Biscuits, juice, milk L-Tacos, corn, celery w/peanut butter, fruit</p>	<p>11 B-Donuts, Yogurt or Cereal/Yogurt, juice, milk L-Pork Chop Patty, mashed potatoes w/gravy, green beans, fruit</p>
<p>14 B-Bagel, Cream Cheese or Cereal/WG Muffin, juice, milk L-Chicken Teriyaki, peas, wg rice, fruit</p>	<p>15 B-Scrambled Eggs, WG Toast or Cereal/WG Toast, juice, milk L-Submarines, corn, gelatin, fruit</p>	<p>16 B-Toaster Pastry or Cereal/WG Muffin, juice, milk L-Vegetable Beef Soup, romaine lettuce salad, wg cheese breadsticks, fruit</p>	<p>17 B-Cereal, WG Toast, fruit, milk L-Potato Bake, ham salad or tuna salad sandwich, string cheese, fruit</p>	<p>18 B-Waffles, Sausage or Cereal/Waffle, juice, milk L-Goulash, green beans, wgtea rolls w/jelly, fruit</p>
<p>21 B-Donuts, Yogurt or Cereal/Yogurt, juice, milk L-Chicken Patty on WG Bun, mashed potatoes w/gravy, corn, fruit</p>	<p>22 B-WG Pancakes, Sausage or Cereal/Sausage, juice, milk L-Tomato Soup, cheese sandwich, romaine lettuce salad, fruit</p>	<p>23 B-Omelet, WG Toast or Cereal/WG Toast, juice, milk L-Hamburger, ff and/or swt. ff, tomatoes, fruit</p>	<p>24 B-Garlic Cheese Toast or Cereal/WG Muffin, juice, milk L-Spaghetti, green beans, wg garlic bread, fruit</p>	<p>25 B-Cereal, WG Toast, juice, milk L-Chicken Fajita, peas, rice, fruit</p>
<p>28 B-Toaster Pastry or Cereal/WG Muffin, juice, milk L-Hot Dog on WG Bun, ff and/or swt. ff, baked beans, fruit</p>	<p>29 B-Cereal, WG Toast, fruit, milk L-Chicken Gravy Over WG Biscuits or WG Bread, peas, fruit</p>	<p>30 B-Sausage Gravy Over WG Bisucits or Cereal/WG Biscuit, juice, milk L-Chili Soup w/cheese, cinnamon roll, romaine lettuce salad, fruit</p>	<p>31 B-Zombies or Crispy Critters/Haybale, Brain Matter, Witches Brew L- Nosferatus Fowl Favorties, Monster Mash with Ghoulie Goop, Kreepy Kernels, Bat Dung</p>	<p>WG - whole grain swt ff - sweet potato ff</p> <p>Extra Whole Sandwich cost .90 or half a sandwich .45</p>

OCTOBER 2013 ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
This calendar is subject to change.		1 EXPLORE testing for 8 th graders Periods 1-4 VB @ Dorchester (JV,V) 6 p.m. AWAY	2 JH VB @ Lewiston 12:30 p.m. - AWAY JH VB @ Lewiston 1 p.m. - AWAY	3 Josten's Representative 8:15 Meeting with 10 th /12 th 4 th Grade Field Trip to Beatrice	4 FB vs. Lewiston 7 p.m. - HOME	5 Middle School Dance 8-10:30 pm
6	7 Manufacturing Field Trip to Lincoln NHS/STUCO Bloodmobile 12-6 pm JV FB vs. Exeter-Milligan - HOME 5:30 pm	8 LIFETOUCH RETAKE 8:15 am VB @ Lewiston Triangular (Lew./CV) 6:15/7:30 pm	9 Energy Field Trip to Rockport, MO - 12:30 PLAN Testing for 10 th graders Periods 1-4	10 Josten's Returns 8:15 JH VB & FB @ Diller/Odell 1 pm - AWAY VB @ E-Murdock (JV,V) - 6 pm - AWAY	11 Randy Nadler Assembly on New Zealand 9/10 am FB @ FCSH 7 p.m. - AWAY	12 JH VB @ Lewiston 9 am - AWAY JV VB vs. NC Lourdes 9:30 am - AWAY VB @ Falls City 9 am - AWAY
13 5 th & 6 th Grade VB Tournament 1-6 pm	14 JH VB @ Pawnee City 1 pm - AWAY JH FB vs. Freeman 1:30 pm - HOME JV FB @ Friend 6 pm - AWAY BOE meeting - 7:30 pm	15 PSAT Testing for Juniors Period 1-4 Energy Field Trip to Hallam/NE City	16 PSAT Testing for Juniors Period 1-4	17 FFA Impact @ Norris 8 am VB vs. GICC (JV,V) 5 pm - HOME Parents Night	18 END OF 1 st QUARTER FB vs. Deshler 7 pm - HOME Parents Night	19 JH VB @ Omaha Brownell-Talbot 1 pm - AWAY
20	21 JV FB - TBA	22 JH VB & JH FB @ Johnson-Brock VB-4/FB-5 pm AWAY VB Sterling Triangular 5:30/7:30 pm	23 VB @ Johnson-Brock 6 pm -(JV, V) - AWAY	24 VB @ Johnson-Brock 6 pm -(JV, V) - AWAY	25 FB @ Diller-Odell 7 pm - AWAY	26 Booster Club's Boo at the Park 5:30-7 pm
27	28 County Government Day @ Tecumseh	29 EducationQuest MTG. Financial Aid (Jr./Sr) 6:30 pm Music Room	SkillsUSA Mid-America Conference @ Columbus			
		30 EducationQuest MTG. Financial Aid (Jr./Sr) 6:30 pm Music Room	NOV. 1		NOV. 2	
			FB - Qualifying Round TBA		Pioneer Conf. VB @ HTRS	
	Pioneer Conf. VB @ PC & HTRS		FFA National Convention in Louisville, Kentucky - October 29th - November 2nd			

**OCTOBER
2013
PUBLIC**

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SUPERINTENDENT

MIKE DAVIS

K-12 PRINCIPAL

ACTIVITIES DIRECTOR

RYUN THEOBALD

GUIDANCE COUNSELOR

JILL SHEA

ATHLETIC DIRECTOR

BRENT HEUSMAN

*Continuing a
Tradition of Excellence*



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DATE TO REMEMBER

October 11

Randy Nadler Presentation on New Zealand in the Gym

Open to the Public Presentation times are 9:00 & 10:00 a.m.

FLU: The flu season will soon be upon us. The Southeast District Health Department has their "Vaccine for Children"(VFC) Flu Vaccine supply. The CDC recommends getting the flu vaccine as soon as it is available. (See www.sedhd.org for the immunization clinic hours.) In addition to the injectable flu vaccine for 6 months and older, this year we will offer the Flu Mist. (It is like getting a mist of water in the nasal passage.) The Flu Mist will cover 4 different types of virus. There is a theory that the mist is twice as effective in children ages 2-5 years of age. As with all vaccines, a screening must be done prior to receiving Flu Mist. One of the requirements for flu mist is to be between 2- 49 years of age with no history of asthma. (VFC can only treat well children to their 19th Birthday)

Reminder: You can not get the flu from a flu vaccine.

Contact the Southeast District Health Dept at 877-777-0424 or 402-274-3993 for more information.