



Adriana Hernandez was named the State Champion Rabbit Showmanship Winner of the Intermediate Division at this year's Nebraska State Fair. Adriana also was the Intermediate Division Champion of the 2018 Nebraska State Video Companion Animal Showmanship Contest with her guinea pig.



**FORT CALHOUN HIGH SCHOOL
ALUMNI ASSOCIATION
ALL SCHOOL REUNION**

Don't forgot the upcoming All School Reunion on October 6, 2018. If you haven't already sent your form, contact Ritch Nelson at 402-510-7005 to register.

COMMUNITY WEIGHT ROOM USE



The high school weight room is available for use by District patrons. A fob is issued for a fee of \$20.00 which renews each June 1st. If you have any questions contact Mr. Nick Wernhoff at 402-468-5591.



HAPPENINGS

10/8	School Board Meeting/Meeting to Set the Levy
10/17	Booster Club Meeting
10/19	End of 1st Quarter
10/20	State Marching Band Competition
10/22-25	Elementary Book Fair
10/24-25	Parent Teacher Conferences 2:00-8:00 PM Early Dismissals
10/26	No School - Fall Break
10/31	Hall ween

WELCOME TO FORT CALHOUN

Our community is growing and we want to be prepared. We are counting students in our District to determine future needs.

Residents: Please help us with our child count by reporting your children up to 18 years old, who intend to be newly enrolled in Fort Calhoun Schools for next school year. If you have not already notified us through the census or there has been a change in your household, call the District office at 402-468-5591 with your information.



Fort Calhoun Community Schools use an automated calling system to notify families of emergencies or weather-related closings. Make sure all your contact numbers are up-to-date by calling your child's respective schools.

The Option Enrollment application period for the 2019-20 school year is now open through March 15, 2019. Forms are available on our website or the school offices. The School Board sets class size and program parameters in either February or March and according to State law, those accepted must be notified one way or the other by April 1st.



The Fort Calhoun Booster Club supports all areas of Fort Calhoun Junior High and Senior High School athletics and invites you and your family to join for the 2018-19 school year. You can find information about the Booster Club and Membership Sign-Up Form on the school's website (www.fortcalhounschoools.org), under Community Organizations.



The Fort Dispatch

Volume 28 No 2 Fort Calhoun Community Schools October 2018

FROM THE SUPERINTENDENT'S OFFICE

Mental Health and Our Kids

One of our Board of Education's Board Goals for the 2018-19 school year reads, "The Board of Education will develop a comprehensive Mental Health Program and communicate it to all stakeholders in the District". Toward this end, the administrative team and staff have begun the process of educating ourselves in this relatively new topic in education called Mental Health in Schools. Over the course of the next several Dispatches I will address our work in this area as we look to help both students and parents in dealing with an ever-changing and more complex society.

This past spring we held the first of two mental Health Summits here at the school. The summit included students, teachers, parents, local mental healthcare experts and our administration. The goal of the summit, "To provide a snapshot of Mental Health issues among youth and then create curriculum, programming and resources to help equip our student to face today's world". Researching the area of mental health and its prevalence in youth became a very surreal and disturbing undertaking. Some of those statistics included:

- Mental Health**
 - 15 million children in the U.S. could be diagnosed with a mental health disorder.
 - 13% of youth under age 18 have significant mental health problems including anxiety, depression, ADHD, or disruptive behavior disorders.
 - Only 35% of people with mental health illness seek professional help.
- Anxiety**
 - Anxiety disorders are the most common illnesses in the US affecting 18.1% of the adult population every year.
 - 10% of teenagers suffer from anxiety.
 - Anxiety and depression are common in childhood and adolescence with 14% of those between 4 and 17 year old having depression and anxiety.
- Depression**
 - 1.7 million youth have major depression.
 - Rates of depression in youth have increased from 8.5% to 11.7% from 2014 to 2016.
 - 30% of college students have reported feeling depressed, which disrupted their ability to function in school.
 - \$80,000,000,000 is the estimated cost of depression in the U.S. due to lost productivity and health care.

The statistics above seem very daunting and have become the driving force behind our Mental Health initiative.

Here is the light at the end of the tunnel: your kids are surrounded by caring adults and people who are driven to do what is in their very best interests. As a result of the two summits and the research, we have committed ourselves to we have identified a plan of attack that includes the four pillars of our Mental Health initiative they are: curriculum analysis and revision, identifying and publicizing our current services/programming, parent information and community involvement and education, and providing intervention services.



Map 1-Front of school drop-off/pick-up



Map 2-Back of school drop-off/pick-up



FORT CALHOUN ELEMENTARY

ENGAGING + LEARNING + ACHIEVING =PRODUCTIVE PIONEERS!

Home of the PIONEERS!|Welcome to the 2018-19 school year

Happy Fall Y'all! Thank you for being a Pioneer! The pride of being a pioneer is priceless. We hope you all feel the same way as we continue our journey together.

There are two items of interest I wanted to elaborate more in depth with, which is the student drop-off/pick-up and our fabulous school theme this year, Treat others how you want to be treated. As usual if you have questions/feedback on either of these topics or other topics around the school please let someone know so we can attend to them appropriately.

Our school drop-off/pick-up has been going fantastic from our new changes from last year. This process has been successful for several reasons from everyone (Parents, students, guardians, staff, family friends, etc.) being patient and kind to staff making changes from our daily schedule to adapt to help meet the needs of our students. Let's continue to make this a priority as we move forward. If everyone is following the appropriate guidelines then we will continue to be successful. Thank you for your patience during this time. WE appreciate it!

Treating others how you want to be treated takes time and purpose. Our school theme this year should not just be a theme, but a true life style. That is exactly why we are continually working on educating students to follow this precise concept to enhance the world around us. With our partnership we can get this accomplished. Please continue to take time to chat with your kiddo at home about how to be kind to one another, how to react when someone does not treat you very kind, and then creating an action plan to get a long. Please take this information how you see fit! Be Kind!

As I wrap up this communication, we want to thank our fabulous PFE for another successful Walk-a-thon (September 21) and Donuts with Dad (October 5). Another way our PFE continues to support our positive school culture. Thank you!

Keep smiling! Each day brings new endeavors. Remember to be a problem solver not a problem sharer!

Upcoming Events

October 22-25: Book Fair in the library
 October 24 and 25: Parent/Teacher Conferences
 October 26: No School-Fall Break
 November 2: Morning with Mom

In conclusion, I would like to thank all of those who have been a part of this initiative. And I would like to you assure that we will be diligent in pursuing the best environment for your kids here at the “FORT”. There will be more to come on this subject and I encourage you to contact me if you would like more information or would like to help.

Thanks and God Bless!

Dr. Johnson
Superintendent of Schools



Homecoming Royalty was named prior to the dance on Friday, September 14th. Julie Klemm and Jack Theisen are queen and king; and Courtney Baxter and Trenton Bouwman are Princess and Prince.

Other members of the Royal Court are Taya Skelton, Jordan Wear, Ben Haggar and Cole Halford. Their attendants are Quinn Hallberg, Collin McMahon, Breckon McNew and Greta Schrum

Visit our website at
www.fortcalhounschoools.org

Mr. Jerry Green
Secondary Principal

Homecoming Parade

I want to take a minute and thank everyone who participated in this year’s parade. It was a huge success and one of the largest parades I can remember. All of the non-school participants did a great job of lining up south of 15th and Monroe; this allowed the school participants to come around the block and follow the band. Thanks to the parents and/or sponsors who drive floats and to the high school staff that helped supervise the students during the parade.

I would like to especially thank Mike and Tracy Stoops from ATV Motorsports who bring in Rangers and four wheelers for us to use during the parade. They are vital for us to get around quickly and make sure everything runs smoothly. Also, a special thanks to Carl Falk and Sid Dillon who allow us to use their vehicles to transport our homecoming candidates through the parade. Thank you to everyone for making this year’s Homecoming Parade a huge success.

FOOD SERVICE PRICES 2018-19

ELEMENTARY K-6	
Student Breakfast	1.60
Adult Breakfast	2.25
Student Lunch	2.35
Seconds (2nd Entrée)	1.75
Second Lunch	2.35
Milk	0.50
Reduced Breakfast	.30*
Reduced Lunch	.40*
Adult Lunch	3.75

SECONDARY 7-12	
Student Breakfast	2.10
Adult Breakfast	2.25
Student Lunch	2.70
Seconds (2nd Entrée)	2.00
Second Lunch	2.70
Milk	0.50
Reduced Breakfast	.30*
Reduced Lunch	.40*
Adult Lunch	3.75

* Required by Federal Legislation

Lunch benefit information was sent home the first day of school. Please make sure your children have money in their account for meals. e-Funds and benefit information is also available on our website, www.fortcalhounschoools.org. Breakfast is served at 7:45 AM in both buildings every morning that school is in session. Bus route times are scheduled for riders to arrive in time to eat.



As August and September are busy for many, the PFE is no exception. The PFE Officer Team met throughout the summer to ensure that the organization was off to a great start for the 2018-19 Academic Year. The first meeting was held on September 11 at the high school.

--PFE sponsored several events before school began to support our teachers as they prepared their classrooms. PFE along with some help from Scooters delivered warm and cold coffee treats to the teachers on their final workday before students arrived. Kelli Shaner hosted elementary teachers and administrators at her house prior to the annual Back-To-School night for food and conversation with Mr. Wagner and teachers and para-professionals in attendance.

--Congrats to all of the K-6th graders who continued learning throughout the summer through Summer Bridge. About 50 students were treated to ice cream for dessert on August 31 as a reward for their hard work. Dara Waters chairs all PFE Summer Bridge activities.

--The Corporate Sponsorship and 2nd Annual Elementary School Walk-a-thon were again successful fundraisers for PFE. Corporate Sponsorship raised nearly \$8,000 this fall and on September 21, our elementary school students walked their one mile that raised approximately \$11,000. Michelle Tjardes headed both efforts. The PFE is still accepting Corporate Sponsorship contributions that will support PFE events throughout the year.

--There is still time to become a PFE Member for 2018-19! Membership forms can be found on the school website and it is only \$20 per family to join. Becoming a PFE Member is a great way to support activities throughout the year that are not possible without your donations and time.

--We look forward to the following events this fall:

Donuts with Dad: Oct. 5

Donuts with Mom: Nov. 2

****Bring your phones! New to both Donut events, a Photo Booth and 7:15 a.m. start!****

Next PFE Meeting: Nov. 13 at 6:30 p.m., Fort Calhoun High School

MR. NICK WEMHOFF
Assistant Principal/AD

With a blink of an eye we went from summer to the first sports contests of the fall. It never ceases to amaze me how fast the time goes and how quickly school events can sneak up on me!!! Every year about this time, I have many people say: “If you need any help, just ask”, well, I’m asking...!

Something that the Booster Club has begun to do over the past few years is start to assign parents to working in the concession stands. Everyone always says if you tell me when, I will be there. So, if you are a parent of a sport this year, don’t be surprised to be automatically assigned a date and time to work. We are doing this with good intentions, not trying to make it inconvenient for you. We tried to select dates and times that will not conflict with your own child’s game, but we cannot account for what you do outside of school. So if you are given a time to work and it doesn’t fit your schedule, just let me know and we will find someone else to cover that time. The Booster Club would like to thank you in advance for all your help! If you are willing to help more than that time or two we schedule you, feel free to sign up at: www.fortcalhounschoools.org/community-organizations/booster-club/concession-sign-up/.

I would also like to encourage each of you to become a Booster Club Member. By becoming a member, you are supporting our Booster Club and its mission. Over the past 8 years, the Booster Club has donated over \$240,000 to our athletic programs. Their contributions have directly impacted every single sport we have in our schools including both High School and Junior High. If you would like information on becoming a Booster Club Member, please visit: www.fortcalhounschoools.org/community-organizations/booster-club/membership-forms/

In closing, I am asking for your help. If you want to help our programs be successful, adhere to the following:

- Be a proud parent and support your child and our coaches, no-matter what.
- Be a loyal fan and cheer on our teams and our coaches through good and bad.
- Be a positive community member and speak highly of our programs in public.

The name we give to something shapes our attitude toward it.