



VETERANS PROGRAM

The annual Veterans Program hosted by our Skills USA Club members and sponsors will be Friday November 9th at 10:00 AM in the high school gym. Everyone is welcome. Veterans are invited to stay for a luncheon afterward. Please RSVP for the luncheon to the high school at 402-468-5591.

FROM THE SUPERINTENDENT'S OFFICE

“Winding Down the Fall”

The cool days and cool nights serve as a reminder that winter is just around the corner. This first quarter of school is already over and we bounce from one sport season straight into the next. The Fall activities here at the “FORT” are ending on a good note. The softball team went deep into district tournament play and ended the season playing their softball of the year. The football team persevered through a ton of injuries and adversity to pull off a win in the last game of the year. I loved the fact that even though the win/loss record didn’t show it, our kids fought every game. The cross-country team had another outstanding year with both teams qualifying for the State meet. The girl’s team won another State trophy bringing home the Runner-up trophy and having two State medalists. The Marching Band improved with each performance and finished the year receiving a “1” Superior rating at the state band contest.

I am so very proud of the student-athletes that fought so valiantly for the “FORT”. Athletics and Activities are an essential part of a student’s high school experience. Research shows that students who participate and high school activities reap a ton of additional benefits including: Community Pride, Fitness, Improved Academics, the 3 “P’s” (persistence, patience and practice), Teamwork and Cooperation, Positive Mentors, Social Relationships, Leadership Skills, Time Management, and a Success Mindset. All three of my kids participated in a variety activities and are definitely better people for having done so. Currently I am concerned with the number of students not participating in extra-curricular activities, I would also add that it seems these students are not fully engaged in the whole school experience. So parents I challenge you to get your child involved in an activity and watch them not only receive all the benefits listed above, but also gain more confidence in themselves.

The involvement in activities also works to reduce the amount of students who struggle with confidence and self esteem. Activities also require kids to put down the remote and gaming devices and participate in something more beneficial and productive. Future employers want to see workers who can multi-task and understand the concept of having a solid work ethic. They want employees that can persevere and battle through the barriers to accomplish the task in front of them. They want students who have good communication skills, which require students to get off whatever screen they’re behind and interact with family and other peers. Erin Walsh with Mind Positive Parenting gave some shocking research numbers concerning kids using media, they included: 53 hours a week is the amount of time tweens and teens spend with media outside of school and homework; 4.5 hours a day is the amount each day teens spend on their smartphones; 37% of 2-4 year olds have TVs in their bedroom; ¼ of children go online daily at age 3. The point here is that these kids are missing out on a ton of time where they could be playing outside or participating in activities, doing homework, socializing with family and friends; all activities, which have proven to be very beneficial for your child. So for your child’s health and well being be sure you are limiting their screen time and that you have some rules which you enforce on a daily basis. Erin Walsh recommends three very defined places where students should not be using technology, the dinner table, the bedroom and the study area if it does not involve technology. If studying with technology, be sure that it is in a common space in the house where you have the ability to monitor their usage.

This article got pretty long but the more I research the use of technology the more it can be connected to mental health issues and bullying. Throughout this year, my articles will deal with issues related to this one. We also have included within this Dispatch a flyer that lists resources for you and your kids when you are facing issues that you need additional services to solve.

Thanks for reading and God Bless!
Dr. J



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.

The Fort Calhoun Schools Offices will be closed November 22nd and 23rd for the Thanksgiving holiday.

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.



American Education Week—November 12-16, 2018 will present all Americans with a wonderful opportunity to celebrate public education and honor individuals who are making a difference in ensuring that every child receives a quality education.

ALUMNI BASKETBALL MENS TOURNAMENT

Fort Calhoun Boys Basketball is hosting an Alumni Tourney on November 16-17 at the high school. Contact Coach Andy Christensen at 402-468-5591 for more information or to register.



**-Elementary News-
Your Principal: Drew R. Wagner**

Engaging + Learning + Achieving = Productive PIONEERS!

How does it feel? I start my Dispatch with this question for several reasons. I know how we feel to have such unique and intriguing students. The different ideas each student brings to this school are amazing. I would like to elaborate on three ideas which show how neat our students really are. I would like to break this into three parts: Unique, Collaborative, and Inspirational.

Fort Calhoun is unique in several different ways-from our approach to learning to our exposure of different activities each student is provided. The students we have are all so unique in this approach. Each student brings their own innovative approach to our system. We welcome that diversity into each classroom. We not only welcome it, it drives our instruction to adapt to each student which then creates a powerful environment for learning. My point is we are doing this together (staff, students, and parents) to create an environment that is not only unique to the state but also unique to each individual need of the students. This is productive because of our students and what they bring naturally to our environment!

Students love talking to each other, it comes naturally and we are making a purpose of that chatter. We do this together because collaboration is the key to our success. Collaboration is a life long skill. The way society is evolving we must be able to communicate with others at a high level. That goes along with our mission to serve students. Students have been very open and receptive to this skill. We not only just talk about it, but when you walk in each classroom it is happening at different levels. We truly think we are building collaborative learners to be successful in the future.

Our students are an inspiration to each other and to us. We observe this on a daily basis. The battle each student takes on just to learn a new concept is inspirational. The majority of students love to be challenged at their level. You know what else is really neat is they don't stop there, they try to look around and help others. Our students are resilient! I recently had a student express something I will never forget. He looked up and said, "I can tell each teacher here cares for me and all students in this building." Talk about inspirational. He inspired me to continue to preach about showing each student we care by our actions. That gave me goose bumps. So I apologize now to teachers and all stakeholders if you continually hear me say this, but remember there is a reason to my madness... Our students are inspirational!

All three concepts that I discussed are life long skills. We truly believe if we aren't preparing students for life, then we are not doing our job. A BIG THANK YOU to all of the parents/guardians for raising and sculpting these unique individuals. Let them be different/unique. That is who they are! Do not interrupt the natural process that the world needs. So how do you feel? Keep up the great work. We will too!

Thank you all for your continuous support of your child's education and letting us assist!

Be thankful, stay positive, and encourage a growth mindset. Take care! Go PIONEERS!

Respectfully,
Drew R. Wagner

Upcoming events for the 2018-19 school year

October 30: Stranger Danger presented by Washington County Sheriff's Department
November 2: Morning with Mom
November 15: Thanksgiving Feast
November 16: Health Rescreens
November 21: Early out; 1:15pm dismissal
November 22 and 23: No School
November 29 and 30: Anti-bullying presentation by Fremont Crisis Center
*All dates are subject to change.

ATTENTION WALKERS

The Community Building is available for walkers any time no school or community activity is scheduled. Contact the high school for information.



Tyler Strauss is the new single game reception record holder with 15 receptions against Boys Town.

Fort Calhoun's **Girls Cross Country Team** is Conference Champ and also is the District Champion and secured a place at the State Tournament. **Taya Skelton, Avery McKennan** and **Katie Barta** earned medals. Other team members are **Tessa Skelton, Savannah Lukasiewicz** and **Morgan Miller**. The **Boys Cross Country Team** finished 3rd and also qualified for the State Tournament. Medalists are **Ben Haggard** and **Jake Hagger**. Other runners were **Dylan Blair, John Wiese, Nate Premier** and **Zach Marshall**. **John McKennan** will also be running at State. Congratulations to you all. **The Girls Team was State Runner-Up with Taya and Avery both State Medalists.**

Two of our Board Members, **Jon Genoways** and **Kim Lukasiewicz**, were our latest members recognized by the NASB for "their volunteer time and commitment to education" and "continued participation and growth in knowledge and best practice governance".

The Nebraska Capitol Conference released the 2018 All-Conference Teams. **Courtney Baxter** was named First Team; **Kinsley Wimer** was named 2nd Team; and **Zoe King, Julie Klemm** and **Jordan Wear** were Honorable Mention.



The PFE school year started with a very busy August and September: Scooters Back to School, Back to School Night for Teachers, Summer Bridge Party and the Walk-a-Thon welcomed our students, staff and teachers back. We also kicked off our annual membership drive and saw many area businesses support PFE activities through corporate sponsorship. Our first meeting allowed the PFE to update parents on goals for the year, fill some important volunteer positions, and learn about upcoming initiatives from Dr Johnson.

PFE kicked off October with a fantastic Donuts with Dad event. The addition of the photobooth brought laughs from students and dads, some more enthusiastically than others. With over 450 RSVPs and nearly 700 fresh donuts consumed, this continues to be a favorite event for families. The PFE looks forward to the first Mornings with Mom of the

year on November 2. The photo booth will be back with some new props to change things up a bit for our students. Cortney Raether is the new Donuts with Dad / Morning with Mom chair.

Join us for the next PFE meeting on November 13. There are a lot of quality requests coming to us and not enough funds to say "yes" everything. Prioritizing is key and your opinion matters. The PFE wants to be certain that we are offering the programs that benefit our students, teachers, and families the most and for that we need input from the district we serve. The meeting will begin at 6:30 p.m. at the high school.

With the first quarter of the school year over already, we look forward to events that lie ahead, including the Spring Carnival, Original Art Works, Artist in Residence, and our Spring Donut events, to name a few!

We are grateful for all the families that donated during the Walk-A-Thon and for the generosity of our Corporate Sponsors:

Abe's Trash Service Inc
Countryside Small Animal Clinic
Seal-Rite Insulation
Steiner Dental
The Rustic
Zig Drywall Inc.
Able Transport Solutions
AP Plumbing LLC

Nuttelman Construction
Rock Hard Concrete Inc
Simone's Suds
Big Green Tomato
Drs. Mancuso & Mancuso DDS
Florence Food Mart & Gas
Longhorn
Lycos Inc
Family Fare

Autumn Pointe Assisted Living
Cummings & Sons Construction
D+W Fine Pack
Exterior Remodel and Design
Geiger Built Homes
Northwest Feed & Co Inc
Washington County Bank
Scooters
Iwen Exposures Photography



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 Wemhoff at 402-468-5591.

NOVEMBER HAPPENINGS



11/5	Conference Vocal Clinic
11/6	Fall Jr-Sr High Choir Concert
11/12	School Board Meeting
11-14-16	NMEA All State Music
11/16-17	Alumni Basketball Tourney
11/21	Early Dismissal
11/22-23	THANKSGIVING BREAK NO SCHOOL

Mr. Jerry Green
Secondary Principal

Legacy

When I teach P.E.P. (Pioneer Enrichment Program) to our 7th graders, I focus on what I call the three P’s, Positive, Passion and Purpose. When we talk about being Positive we talk about legacy. We explore the word and how we are constantly developing our legacy with everything we do, our words, our actions, and our attitude, basically everything. As you may know, I am a big fan of Jon Gordon and I received this from his weekly email dispatch. I thought I would share it with you. Please help encourage our young students establish a positive legacy.

5 Ways to Leave a Legacy

In *Training Camp* I wrote that every one of us is going to leave a legacy. It just depends on what kind. So what kind of legacy do you want to leave? I encourage you to think about it because knowing how you want to be remembered helps you decide how to live and work today. Consider the following ways to leave a legacy and then identify other legacies you can share.

1. **A Legacy of Excellence** - To leave a legacy of excellence; strive to be your best every day. As you strive for excellence you inspire excellence in others. You serve as a role model for your children, your friends and your colleagues. One person in pursuit of excellence raises the energy, standards and behaviors of everyone around them. Your life is your greatest legacy and since you only have one life to give, give all you can.

2. **A Legacy of Encouragement** - You have a choice. You can lift others up or bring them down. Twenty years from now when people think of you what do you want them to remember? What stories do you want them to tell? I recently spent a few days with Ken Blanchard, author of *The One Minute Manager*, and I had the opportunity to thank him for his support, encouragement and the difference he has made in my life. He not only inspired me by the way he lived his life but also by the way he encouraged me as a writer and speaker. Who will you encourage today? Be that person that someone will call five, ten or twenty years from now and say “Thank you, I couldn’t have done it without you.”

3. **A Legacy of Purpose** - People are most energized when they are using their strengths and talents for a purpose beyond themselves. To leave a legacy of purpose, make your life about something bigger than you. While you’re not going to live forever you can live on through the legacy you leave and the positive impact you make in the world.

4. **A Legacy of Love** - I often think about my Mom, who passed away nine years ago, and when I think about her I don’t recall her faults and mistakes or the disagreements we had. After all, who is perfect? But what I remember most about her was her love for me. She gave me a legacy of love that I now share with others. Share a legacy of love and it will embrace generations to come.

MR. NICK WEMHOFF
Assistant Principal/AD

It is my belief that social media was created with the intention of sharing positive messages among family and friends. Social media definitely has cemented its place in the modern world and will be here for a long time to come. I personally use various forms of social media. I use Twitter here at school to share sports scores and highlights. I also use Facebook at home to share pictures of my family with my friends and relatives as well as use it to see what is happening with my family, friends. Facebook has also been a great avenue to reconnect with high school classmates who are all over the US. Social media has created this environment where we can connect with others in such a different way than we were ever able to before and that can be a positive experience.

It is my fear that social media is not always being used as I believe it was intended. I would like to believe that social media is being used as a positive for our students here at the FORT. But I am here to tell you that it is not 100% positive. In my office I talk to students on a regular basis about messages they have posted or messages that were posted about them on social media. In my experience, I am here to tell you that kids can be very mean on social media. It is easy to say something when the other person is not standing right in front of them. This ability to say something without immediate consequences, something as simple as seeing that initial reaction of how a person feels, is creating an environment that is not healthy.

The actions we are taking here at school are focused around teaching our students the importance of using social media appropriately. Everything has a time and place, and most importantly, a standard by which it should operate. Unfortunately, either they don’t understand or they are unwilling to recognize the impact they have when they send “non-positive” messages on social media. One of our sayings here in the office is “You can’t get in trouble for what you are thinking, but you can get in trouble for what you say or post on social media”. I worry about our students’ ability to distinguish what thoughts should stay personal versus what is appropriate to put on social media is getting worse.

My hope is that as parents you are involved. Are you aware of your child’s social media habits and conduct? Even more importantly, are you are taking the time to have the conversations as needed about those habits? If you are the parent thinking to yourself that your child is not posting or does not have any social media accounts, I am here to tell you that there is a high probability they are or they do. I am not in any way saying that they are one of the students using it inappropriately, but it is very likely they have an account.

Community Resources

Arbor Family Counseling

Fort Calhoun Community Schools has a student assistance contract with Arbor Family Counseling. Please contact their office for an appointment or see the HS counselor, Mrs. Micki Hernandez or the K-8 school counselor, Mrs. Marie Adams for more details about this and/or our new on-site Arbor Family counselor Jennifer (she is here on Wednesday mornings).

402-330-0960

WHAT DOES ARBOR STUDENT ASSISTANCE HAVE FOR YOU?

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- Stress/Anxiety
- Depression
- Internet/Social Networking Issues
- Drug/Alcohol Concerns
- Family Conflict

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ARBOR FAMILY COUNSELING

www.arborfamilycounseling.com

- Nebraska Helpline

1-888-866-8660
- National Suicide Prevention Hotline

1-800-273-TALK (8255)
- Crisis Text Line

text “help” to 741741
- Boys Town National Hotline -- “You don’t have to face your problems ALONE”

~ call: 1-800-448-3000

~ chat: yourlifeyourvoice.org

~ email: yourlifeyourvoice@boystown.org

~ text: “voice” to 20121
- CHI Health Behavioral Crisis Hotline

402-717-HOPE (4673)
- AA Omaha Central Office

402-555-1880
- Narcotics Anonymous

402-660-3662
- The Bridge (domestic abuse / sexual abuse)

1-888-721-4340
- Blair Office:

402-533-4411

Professional Therapists in the area:		
Choices Counseling	Annie Pawol & Jody Koziol	Sue Miller-Harsin
Chandra Peterson	Hold Your Horses Equine Therapy	805 South 75th St
1630 Washington St	9255 County Road P32	Omaha, NE 68114
Blair, NE 68008	Fort Calhoun, NE 68023	(402) 391-5111
(402) 533-3680	(402) 657-6025	

MR. WEMHOFF CONTINUED

What I am recently noticing is that not only do many students have an account, many students have secret accounts that they are trying to keep away from parents. Take the time to have the conversation. Get to know who they are on social media. See who they are friends with on social media. I wish I could say I was surprised with messages that are being sent to people, but I have seen many things and the bar continues to be raised...and not in a good way.

Social media has its place. In the hands of the right people, it has the ability to do great and wonderful things. When used appropriately, it is a powerful tool to create an environment unimaginable. When messages are fueled with positive thoughts, we can build a culture that not only improves our lives every day, but the lives of every person we meet.