
Wakefield School News

Volume 18 Issue 4

December 2011/January 2012

FROM THE SUPERINTENDENT'S DESK

STAYING IN TOUCH

New messaging system designed to keep Wakefield families informed

Wakefield Community Schools has added a new mass messaging system to send messages to families from the elementary, high school or district office level. This new mass messaging system is called AlertNow.

The school has the option of sending out general information messages like "Evening Music Concert Tonight at 7:00 p.m." or emergency messages such as "School Cancelled Due to Snow" to parents, family contacts and students.

AlertNow sends messages out in three formats: a phone voice message, text message and an email message. School closing messages will be sent no later than 6:00 a.m. when school needs to be cancelled. The school has two types of

phone contact options. The first is "primary contact," which are the first phones you desire to have the message sent. The second type of contact is our "secondary contacts," which will be called along with "primary contacts" during emergency level messages.

We are using phone numbers families provided to the school during enrollment as "primary" phone numbers. If you desire different "primary or secondary" contact numbers please call the school offices with updated phone numbers and we will update the AlertNow system.

Parents will need to report changes in phone numbers to the office in order to ensure that you will receive messages when they are sent out.



Wakefield Community Schools wishes you a safe and happy holiday season!

We are very excited about the opportunity to provide you increased school communications insuring that you are kept abreast of school activities and events. AlertNow allows us to notify parents when activity busses will be late, or send reminders of parent-teachers conferences or other school activities. AlertNow also provides an “emergency” option which allows fast communications to you in the event of an emergency (ex. lock down situation).

When you receive a message the phone number appearing on your phone will indicate where the call is sent. For example, a message from the district office will show the 402-287-2012 caller identification phone number. Elementary messages will show the phone number 402-287-9892, and the

high school will show 402-287-2013 on your caller identification.

AlertNow affords the elementary, high school and district offices the ability to monitor message broadcasts insuring messages are sent and received at each home. If you believe you failed to receive a message, please notify the school offices so we can find the cause of the missed message. If you miss the phone message you will see the school or district phone number on your cell or home phone caller identification. A number of messages will occur outside the school day. Please don't call the school in the evening at the time of the call as typically no one will be at school. If you have questions on after hour calls please call me at home, 402-287-8055.

Mark Bejot, Superintendent

Student safety major concern during bad weather

Inclement weather during this time of the year may require late starts, early dismissals or cancellation of school. Wakefield Community Schools will be using our AlertNow system to contact families when a change in school opening or closing is necessary. We will also notify local radio stations KTCH 104.9, Wayne; KEXL 106.7, Norfolk; KUSO 92.0, Norfolk; and KNEN 94.7, Norfolk. Television stations KCAU Channel 9 Sioux City, KTIV Channel 4 Sioux City, and KMEG Channel 14 will also receive notification of late starts, early dismissals and school closings. Morning announcements will go out by 6:00 a.m.

Please visit with your student(s) about plans when school is to be dismissed early so they are informed about what you want them to do.

*A reminder that school will dismiss at 2 p.m. on Wednesday, Dec. 21.
Classes will resume on Tuesday, January 3, 2012 at 8:15 a.m.*

Principal's Notes

Jason Heitz, Secondary Principal

Focus is on vocabulary in grades 7-12



As a method of working towards our overall school improvement goal (which is to increase reading comprehension across the curriculum) teachers in grades 7-12 are focusing their efforts on vocabulary in each content area. A list of “Essential” vocabulary was chosen (since this process was time-consuming, each teacher chose ONE class to concentrate on this year). Students were given a pre-test at the beginning of the year, and students are given weekly quizzes over a random sampling of the terms. By the time a semester or year is over, students will have been exposed to nearly all the “essential” terms for that subject area, and thereby should improve their reading comprehension skills.

In addition to L to J, teachers are discussing vocabulary and reading comprehension strategies at nearly every late-start faculty meeting. We were also given several great strategies at the symposium that we attended on October 31. Teachers will also be choosing a second class for next year to prepare their list of “essential” terms.

After school program is open to all students

A reminder that the After School Program for students in grades 7-12 takes place on Mondays, Tuesdays, and Thursdays from 3:45 to 5:00 in room 218.

Students who have D's or F's in classes are strongly encouraged to attend, although ALL students are welcome.

Winter activities in full swing



**Check out the school website (under Trojan Sports Schedules) to see updated sports schedules, including wrestling matches that have recently been added.

**The basketball teams will be participating in the Wisner-Pilger Holiday Tournament Dec. 28-30. The Clough Post-Holiday Tournament is Jan. 5-7 in Pender.



From the Principal's Pen

Jerad Wulf, K-6 Principal

Read Something!



Reading helps lay the foundation for success in school and later in life. Being able to read proficiently increases learning opportunities in all subject areas and greatly increases our ability to communicate thoughts and ideas. Reading is a skill, and just like other skills, it gets better with practice. Kids who spend as little as 30 minutes a day reading are more likely to become good readers.

Too often we think of reading as a chore or worse yet, homework. Reading should be fun! Most people, kids included, would enjoy reading more if they could find something that interests them. The key is to find something you enjoy. It does not have to be a book, pick up a magazine, newspaper, or a nonfiction book. These other avenues can capture the attention of people who do not enjoy reading fiction.

Vacation gives families an opportunity to make reading fun because it is less likely to be accompanied by other homework. Take some time this vacation to read with your kids. It does not have to be intense, 10-15 minutes per day. If you struggle getting your kids to read on their own, read to them. This is probably the most important thing you can do to encourage your children to read. Remember, when you start anything new, gradually work it into your schedule and vary the length and subject matter of your reading. Give family reading a try this vacation, it is a wonderful way to spend quality time together.

Remember to call the school if your student is absent



If your child is going to be absent from school for any reason, please be sure to contact the main office. If we do not hear from you, we will call to find out where your children are.

If we do not reach you at home, we will call your work phone or send someone to your home. If you have any questions or comments, feel free to contact Mr. Wulf or Mrs. Anderson in the elementary office.



One Book, One School

The Mouse and the Motorcycle

Wakefield Elementary School is excited to announce our “One Book, One School” initiative which began on Dec. 2, 2011. Students, parents and staff members were all encouraged to participate in reading Beverly Cleary’s *The Mouse and the Motorcycle*. Each family received a copy of the book to be read at home on a nightly basis. Students also were encouraged to participate in daily activities based on the chapters that were read as a family.

The Mouse and the Motorcycle is the story of Ralph and his adventures at the Mountain View Inn. It is Ralph’s lucky day when a young guest named Keith arrives with a shiny miniature motorcycle. Right away, Ralph knows that the motorcycle is special-made to be ridden by an adventurous mouse. And once a mouse can ride a motorcycle...almost anything can happen!

Strategies for reading comprehension

As families read *The Mouse and the Motorcycle* they were encouraged to stop and discuss the book. Following are some strategies to encourage reading comprehension for all children.

Making Connections

- Does this remind me of something?
- Has this happened to me?
- Have I ever felt this way?
- What do I already know that will help me understand?

Predicting

- What do I think will happen next?
- I’m guessing this will be about...
- The title/pictures makes me think...

Questioning

- What is the author saying?
- Why is this happening?
- Why did this character...?
- This makes me wonder...

Monitoring

- Is this making sense?
- What have I learned?
- What clues are in the story?

Summarizing

- This story is mainly about...
- What are the key words?

Visualizing

- What are the pictures in my mind?
- What do I hear, taste, feel, etc.?
- What do the characters look like?



Share words and build vocabulary



By Jaime Manz, Reading Specialist

Helping your child develop his vocabulary is one of the most important things a parent can do to help their child become a better reader. When a child can use his knowledge about words, it can help him make sense of their reading. Readers who have a good knowledge base of words will be able to better comprehend what they listen to or read.

Helping your child develop a large vocabulary is not complicated. Simply talking and reading with your child will help. Having conversations and asking questions about new words encountered will build a strong vocabulary base. Introducing your child to new words does not need to take a long time or be anything complicated. When sharing a new word with your child, think about words that are common among adult speakers but are less common to see in children's books. Here are some tips to introducing new words to your child:

1. Provide a simple, kid-friendly definition of a word. (*Puny means something that is really small.*)
2. Provide a simple, kid-friendly example that makes sense within their daily life. (*Remember that really small bug we saw on the sidewalk? That was a puny bug.*)
3. Encourage your child to use the word in their own example. (*Can you think of anything puny? Yes, that toy car you have is puny! It has small doors on it.*)
4. Keep using the new word in daily conversations.

Taking the time to share new words with your child will help build their vocabulary tremendously!

And the Grinch, with his Grinch-feet ice cold in the snow, stood puzzling and puzzling, how could it be so? It came without ribbons. It came without tags. It came without packages, boxes or bags. And he puzzled and puzzled 'till his puzzler was sore. Then the Grinch thought of something he hadn't before. What if Christmas, he thought, doesn't come from a store. What if Christmas, perhaps, means a little bit more.



~Dr. Seuss



From the counselor's desk

By Branis Knezevic,
K-12 Guidance Counselor

Seniors...have you submitted your college applications?

If you haven't submitted your admission applications yet, it's time to get serious! Contact your top college choices to determine application deadlines and procedures. Ask if the admission application is also the application for college-based scholarships. If not, ask about the scholarship application process.

Free FAFSA Webinar will explain financial aid

If you didn't make it to the Financial Aid Program, plan to participate in one of several free webinars on "**How to Complete the FAFSA.**" You will learn the basics of financial aid and how to complete the Free Application for Federal Student Aid ((FAFSA). Webinars are scheduled for:

Monday, January 9 - 7:00 pm (CT)

Registration link: <http://goo.gl/1lthi>

Wednesday, January 11 - 7:00 pm (CT)

Registration link: <http://goo.gl/97LtJ>

To sign in, click on the link under your desired date. The password is **Presentation**.

If you have questions, call EducationQuest at 800.666.3721 or email info@educationquest.org.



How to estimate your FAFSA results

If you're a college-bound senior, you will soon complete and submit the Free Application for Federal Student Aid (FAFSA). Colleges will use your FAFSA results to determine how much they will award you in financial aid.

To estimate your FAFSA results now, use the *College Funding Estimator* at EducationQuest.org. The program will ask for 2010 income tax information. You may estimate your tax information to complete the Estimator but should use your completed 2010 tax returns when you submit the actual FAFSA.

Check out the Financial Aid Video!

Another way to learn about paying for college is by viewing the [Guide to College Funding video](#) at EducationQuest.org. The video features a family going through the financial aid process

Winning the scholarship game

Follow these tips to increase your chances of earning scholarships:

Don't pay for scholarship searches. Free scholarship search sites are available on the Internet including [ScholarshipQuest](#) at EducationQuest.org which has over 1,800 state and local awards.

Get organized. Place scholarship applications in deadline order and prioritize each award. Local awards and college-specific applications deserve top priority because you're more likely to earn them.

Continually update your activities, honors and volunteer or paid jobs using the [Activities Resume](#) at EducationQuest.org.

Earn the best possible ACT/SAT scores by taking the exam in the spring of your junior year and again in the fall of your senior year.

Use quality references such as a teacher, coach or counselor. Encourage them to write specific examples of your leadership skills. Give them advance notice and a specific deadline.

Get an early start on essays. Describe your interests, hopes for the future, and leadership abilities.

Admissions Essays

Here are some factors that colleges consider when looking at their applicants:

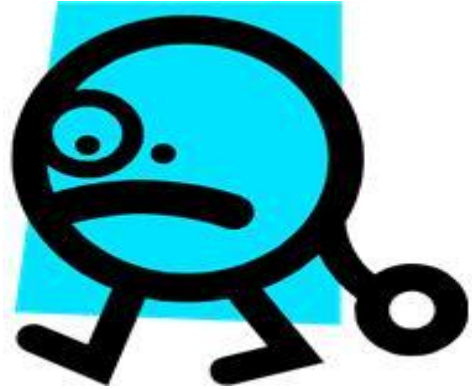
- *Class Rank
- *ACT scores
- *High school coursework
- *High school grade point average
- *Letters of recommendation
- *Extracurricular activities
- *Work experience in intended major
- *Evidence of leadership ability
- *Community service
- *Interest
- *Essay

When writing your essay try to come up with something the admission office hasn't seen a million times before. A successful essay stands apart and tells a unique story. An essay about dating or arguing over boys is not recommended. Also, stay away from controversial topics like regulating the sale of firearms, political issues and anything else that might offend the reader's beliefs.

Some successful essays gave insight into an uncommon experience, hobby or achievement. Also, you might consider writing your reflection to a lesson learned from literature. Who is your hero or heroine and why? What are your expectations of a college education? Describe your interests, hopes for the future and leadership abilities.

Students should give drafts to a variety of readers: friends, teachers, relatives etc. The value of a second opinion is that the writer has many chances at improvement. Make your essay the best possible reflection of yourself! And don't forget to pay close attention to grammar, spelling and neatness.

About teen suicide



Suicide - What it is and What to Do:

- After accidents and homicides, suicide is the third leading cause of death among young adults ages 15-24.
- It can be prevented.
- Men are more likely to commit suicide than women.
- Females, on the other hand, are more likely to attempt suicide.
- You should note that a suicide attempt is a "cry for help" and a request for social support.
- The suicidal person is letting their feelings be known.
The suicidal person perceives problems as overwhelming and too difficult to handle.

Why do young people think about suicide?

- **Major life transition(s)**, such as loss of a loved one, breaking up with a boyfriend/girlfriend, moving to a new town or school, failing a class, etc. These major life changes can cause a student to feel unloved, depressed, isolated and lonely.
- **Feelings of hopelessness and helplessness.** Problems in living seem more than one can bear. No matter what one does things do not seem to be getting better and no one seems to care or can help.
- **Negative feelings about oneself.** A student who is suicidal experiences feelings of worthlessness and of being a failure. He/she may not be doing well in school or may not be excelling in academic or social areas that are of interest.
- **Wanting to end unbearable pain/problems** that are so overwhelming.

- **Alcohol and substance abuse** can cause a student to lose self control and engage in impulsive suicidal behaviors.
- **Depression** is a major contributing factor to suicidal thinking. Depression may result from several factors, including the recent loss of a family member or friend, disappointments in romantic relationships, or failure to live up to one's own or others expectations.

Myths About Suicide:

- Asking a student if he/she is thinking about suicide will put the idea into his/her head.
- Once a student decides to commit suicide there is no way of stopping him/her.
- Suicide happens without warning.
- Students who commit suicide are mentally ill.

Facts About Suicide:

- Discussing the problem openly shows the suicidal student that someone cares and wants to help.
- Most students who are suicidal do not want to die. They are making a "cry for help".
- Most of the people who attempt or commit suicide have shown some warning sign(s).
- Students who are suicidal are not necessarily mentally ill.

Warning Signs:

Non-Verbal Warning Signs:

- Giving away personal or prized possessions.
- Increased alcohol or drug use.
- Sleeping too much or too little.
- Lack of interest in appearance.
- Lack of interest in friends.
- Lack of interest in social activities.
- Poor performance in school.
- Boredom, restlessness.

Verbal Warning Signs (statements such as):

- "Teachers, classmates, families and friends do not care."
- "Life isn't worthwhile."
- "People are better off without me."
- "Everything seems to be going wrong."
- "I don't need this anymore."

Ways to Help:

- Talk openly and freely and ask direct questions about the student's intention.
- Listen to what is said and treat it seriously.
- Do not add to your friend/classmate's guilt by debating, arguing or lecturing about whether or not suicide is right or wrong.
- NEVER leave a student who is suicidal alone.
- Encourage the student to seek help.
- Get help immediately.

Help! Where to find it:

Suicide Help:

- [National Suicide Prevention Hotline](http://www.nationalsuicidepreventionhelpline.com) - 1-800-273-8255
 - National Hopeline Network – 1-800-SUICIDE (784-2433)
 - All Emergencies Dial 911
-

To Reach Us:

PHONE

(402) 287-2012 (High School Office)
(402) 287-9892 (Elementary Office)
(402) 287-2943 (Bus Barn)



FAX

(402) 287-2014



MAIL

Wakefield Community Schools
PO Box 330
Wakefield, NE 68784



WAKEFIELD SCHOOL WEBSITE

<http://www.wakefieldschools.org>

2012 JANUARY ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 SCHOOL RESUMES	4	5	6	7 BJVBB ALLEN TOURNAMENT @ 8AM BJHBB-H PONCA @ 9AM GJHBB @PONCA 9AM WRESTLING @ WISNER
8	9 BJHBB-H WINNEBAGO @3PM	10 G&BBB @ PONCA 6:15 PM	11	12 BJHBB-EMERSON @ 3PM GJHBB-H @ 3PM	13 G&BBB @ WINSIDE 4PM	14 WRESTLING @ B ATTLE CREEK BJVBB ALLEN TOURNAMENT @ 8AM G&BBB @ LYONS- DECATUR 6PM
15	16 G&BJVBB PONCA- H @ 5:45PM	17 G&BBB @ BANCROFT- ROSALIE 5PM	18	19 BJHBB-H HOMER @ 3PM	20 WRESTLING TOURNAMENT @ MADISON G&BBB EMERSON- HUBBARD-H	21 CONFERENCE HONOR BAND @ WSC G&BBB @ RANDOLPH 4:45PM B-GJHBB @LAUREL 9AM
22	23 2 HR LATE START GBB @ HOMER USD QUAD STATES HONOR BAND @ VERMILLION	24 GJHBB-H PENDER @ 3PM	25	26 G&BBB @ LAUREL	27 WRESTLING @ WAYNE	28 WSC HONOR BAND FESTIVAL @ WAYNE WRESTLING @ ELKHORN SOUTH TOURNAMENT GJHBB-H WINSIDE @9AM BJHBB-H WINSIDE @9AM
29	30 LEWIS & CLARK CONFERENCE TOURNAMENT	31 WRESTLING @ OSMOND LEWIS & CLARK CONFERENCE TOURNAMENT				

2012 JANUARY LUNCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 NO SCHOOL	3 HAMBURGER FRENCH FRIES PEANUT BUTTER BAR FROZEN FRUIT CUP	4 MEATBALLS GREEN BEANS HOMEMADE BUN PEACHES	5 EGG SANDWICH TRI TATERS FRESH FRUIT SALAD	6 HOT DOGS TATER TOTS BANANAS	7
8	9 MINI CORNDOGS BAKED BEANS HOMEMADE BUN ORANGES	10 DELI SANDWICH FRESH VEGETABLES MARSHMALLOW FRUIT SALAD	11 BEEF & NOODLES PEAS GARLIC BREAD PEARS	12 CHICKEN NUGGETS MIXED VEGGIES HOMEMADE BUN APPLESAUCE	13 ENCHILADA SOUP BURRITOS CORN CHIPS GRAPES	14
15	16 RIB SANDWICH CARROTS OR BROCCOLI CANTALOUPE	17 CHILI FRITO PIE LETTUCE WHEAT ROLLS PEACHES	18 KFC CASSEROLE FRESH VEGGIES WHEAT ROLLS PINEAPPLE	19 HOT HAM & CHEESE CALIFORNIA MEDLEY APPLE SLICES	20 SPAGHETTI & MEAT SAUCE BREADSTICKS APPLESAUCE	21
22	23 PIZZA CORN HOMEMADE BUN PEARS	24 CHICKEN SANDWICH CHEESY HASHBROWNS STRAWBERRIES	25 SACK LUNCH	26 FRENCH DIP BROCCOLI PEACHES	27 HAM & SWISS CASSEROLE GREEN BEANS WHEAT ROLLS MIXED FRUIT	28
29	30 BEEF NACHOS TOPPING BAR SLICED BREAD BANANAS	31 CREAM CHICKEN MASHED POTATOES HOMEMADE BUN MANDARIN ORANGE SALAD				

MILK IS SERVED WITH EVERY MEAL.

ACTIVIDADES DE ENERO 2012

DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
1	2	3 PRIMER DIA DE ESCUELA	4	5	6	7 TORNEO DE BALONCESTO JH BARONIL EN ALLEN 8:00 AM BALONCESTO JH BARONIL vs. PONCA 9:00AM LUCHA EN WISNER
8	9 BALONCESTO JH BARONIL vs. PONCA @3:00PM	10 BALONCESTO FEMENIL Y BARONIL EN PONCA A 6:15 PM	11	12 BALONCESTO BARONIL JH EN EMERSON 3:00PM BALONCESTO FEMENIL 3:00	13 BALONCESTO FEMENIL Y BARONIL EN WINSIDE 4:00PM	14 LUCHA EN BATTLE CREEEK TORNEO DE BALONCESTO BARONIL JV ALLEN A LAS 8:00 AM BALONCESTO FEMENIL Y BARONIL EN LYONS-DECATUR 6:00PM
15	16 BALONCESTO FEMENIL PONCA A LAS 5:45 PM	17 BALONCESTO FEMENIL Y BARONIL EN BENCROF-ROSALIE 5:00PM	18	19 BALONCESTO JH BARONIL HOMER @ 3:00PM	20 TORNEO DE LUCHA EN MADISON BALONCESTO FEMENIL Y BARONIL EMERSON - HUBBARD	21 CONFERENCIA BANDA DE HONOR EN EL COLEGIO DE WAYNE BALONCESTO FEMENIL EN RANDOLPH 4:45PM BALONCESTO FEMENIL Y BARONIL JH EN LAUREL A 9:00 AM
22	23 2 HORAS ENTRADA TARDE BALONCESTO FEMENIL EN HOMER UNIVERSIDAD DE SOUTH DAKOTA QUADRANGULAR BANDA DE HONOR VERMILION	24 BALONCESTO FEMENIL JH EN PENDER 3:00PM	25	26 BALONCESTO FEMENIL Y BARONIL EN LAUREL	27 LUCHA EN WAYNE	28 COLEGIO DE WAYNE FESTIVALBANDA DE HONOR @ WAYNE TORNEO LUCHA @ SOUTH ELKHORN BALONCESTO FEMENIL JH vs. WINSIDE A 9:00AM BALONCESTO BARONIL JH vs. WINSIDE A 9:00AM
29	30 TORNEO DE CONFERENCIA LEWIS & CLARK	31 LUCHA EN OSMOND TORNEO DE CONFERENCIA LEWIS & CLARK				

MENU DE ENERO 2012

DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
1	2 NO ESCUELA	3 HAMBURGUESA PAPAS FRITAS BARRA DE CREMA DE CACAHUATE TAZA DE FRUTA HELADA	4 ALBONDIGAS EJOTES PAN DURAZNOS	5 EMPAREDADO DE HUEVO PAPITAS ENSALADA DE FRUTA FRESCA	6 HOT DOGS PAPITAS PLATANOS	7
8	9 MINI CORNDOGS FRIJOLES HORNEADOS PAN NARANJAS	10 EMPAREDADO DELI VEGETALES FRESCOS ENSALAD DE FRUTA FRESCA Y BOMBONES	11 CARNE CON TALLARINES CHICHAROS PAN CON AJO PERAS	12 TROCITOS DE POLLO VEGETALES MIXTOS PAN SALSA DE MANZANA	13 SOPA DE ENCHILADA BURRITOS TOSTADITAS UVAS	14
15	16 EMPAREDADO DE COSTILLA ZANAHORIAS Y BROCOLI MELON	17 PASTEL FRITO DE CHILI ENSALADA PAN DURAZNOS	18 CASSEROLA KFC VEGETALES FRESCOS PAN PIÑA	19 JAMON Y QUESO CALIENTE VEGETALES REBANADAS DE MANZANA	20 ESPAGETI CON SALSA CON CARNE PANECITOS SALSA DE MANZANA	21
22	23 PIZZA ELOTE PAN PERAS	24 EMPAREDADO DE POLLO Y QUESO PAPA RALLADA FRESAS	25 LONCHE DE BOLSA	26 SAMBUTIDO FRANCES BROCOLI DRURAZNOS	27 SUIZO Y JAMON EJOTES PAN FRUTA MIXTA	28
29	30 NOCHOS CON CARNE ENSALADA PAN REBANADO PLATANO	31 POLLO EN CREMA PURE DE PAPAS PAN ENSALADA DE NARANJA-MANDARINA				

LECHE ES SERVIDA CON CADA COMIDA. EN OPERACION DE EL PROGRAMA DE NUTRICION DE LA ESCUELA, NINGUN NIÑO SERA DISCRIMINADO POR SU RAZA, GENERO, COLOR, NACIONALIDAD, EDAD O DESCAPACIDAD. SI USTED A SIDO DESCRIMINADO ESCRIBA INMEDIATAMENTE A LA SECRETARIA DE AGRICULTURA, WASHINGTON D.C. 20250.

WAKEFIELD COMMUNITY SCHOOLS
PO BOX 330
WAKEFIELD, NEBRASKA 68784

BOXHOLDER

*One kind word can warm
three winter months
Japanese proverb*