
The Warrior

Weeping Water, NE — August -October 2017

From the Superintendent's Desk

By. Ken Heinz

Wow, where does time go? We've just completed the first quarter of the 2017-18 school year and it feels like classes just started last week! The good news is we are off to a strong start with no major hiccups (only a few more gray hairs). We had a great turnout for Parent Teacher Conferences, our various test scores all continue to show improvement – our ACT scores are all well above the state average, our NeSA and NWEA assessment scores all continue to rise, etc. – we continue to get rave reviews and compliments on our facilities and programs, and many of our extra-curricular programs, i.e. fine arts programs, as witnessed by the fall music program and various students selections to honor groups, continue to improve and excel. I have been asked several times by colleagues over the last several weeks about how the school year is going so far. My answer, very simply, is GREAT! The students and staff appear to be focused, attitude is very good, and classes and activities seem to be running

smoothly. Parents, you should be proud of your children; I certainly am. Please congratulate them on an outstanding start and encourage them to keep it up. And while you're at it, give a staff member or two a pat on the back as well. We have a great staff here in Weeping Water who work hard to provide our students the best opportunities they can.

While we don't have any new certified teaching staff this year, we do have some new classified staff that I would like to briefly introduce and welcome to our school community 2017-18 school year: Valerie Flanagan comes to us as an elementary paraprofessional this year. As many of you already know, Valerie has four children, three that are already in school here with her fourth attending preschool here this fall. Welcome Valerie!

Ryan White, while certainly not new to us, is assuming an additional paraprofessional position this year and will serve as our secondary study hall supervisor. Ryan will also continue to serve as our high school boys basketball coach. Welcome Ryan!

Beth Schram has been hired as our new high school volleyball coach. She attended Millard South High School in Omaha, received her Bachelor's Degree in Psychology from UNL and will finish her nursing degree at Methodist College of Nursing by the end of the year. She has also coached for Omaha Roncalli and Elite club volleyball. Beth currently resides in Manley. Welcome Beth!

Bob Fuller comes to us as our new head football coach and will also serve as an early bird weights and conditioning supervisor. Bob has a great deal of experience not just as a coach of multiple sports, including numerous state championships, but also as a teacher and an administrator!

Also, as an FYI for everyone, Dawn Bickford, our school counselor, is in the Air National Guard and is being deployed second semester and will not be with us during that time. Our thoughts and prayers go with her while we look forward to her happy return. In the interim, Mr. Bill Christiansen, who was a long-time English teacher for us here at WWPS and has substituted frequently for us for the

last number of years, will fill in for Mrs. Bickford during that time. While Mr. Christiansen does not necessarily have a counseling degree, he does know our system and students quite well and we are confident he will do a great job for us. For those somewhat unique circumstances that may pop up on us, we do have other personnel resources that we can and will contact to help us out if needed.

As your child's superintendent, I am very excited about the 2017-18 school year. One of the key components of having a productive and successful school year lies in good communication between home and school. One of my goals as an educator has always been to provide and foster an avenue for open communication between the school and parents. One of the main pieces of keeping our schools strong and moving them forward is the involvement of parents. Without the input and guidance of the "first and primary" educators of our children, I have a difficult time accepting the educational experience that a school provides in the "formal setting" can be as rich and as rewarding as it could and should be. Logic, research and data strongly suggest that the link between home and school is critical to the educational success and attainment of our children.

We at Weeping Water Public Schools enjoy hearing from you, your thoughts, ideas, and suggestions. As always, we ask for these suggestions and ideas and invite and encourage you to visit school and be an integral part of your child's formal educational experience. Best wishes for a fun Halloween and a Happy Thanksgiving!!!

Ken Heinz

From Principal Wockenfuss's Desk Fall 2017-18

Fall Greetings Weeping Water Families, On behalf of the faculty, staff, and administration, I hope that you and your family had a wonderful start to the 2017-2018 school year. We have completed the first quarter of the school year, and the campus has had activity around the clock!

We have had some amazing activities from athletics to our myriad of clubs and other extracurricular organizations. Our Homecoming Week kickoff was a great time; the games were awesome, and the band's halftime show was amazing. This year's Homecoming was planned differently to include our 1st annual tailgate party, the traditional downtown pep rally, and many other well-organized activities thanks to our outstanding Student Council and their sponsor. We appreciate all of our students' talents and hard work. Students had a great time all week, and the campus demonstrated awesome school spirit!

I keep being asked: "What is bringing students and parents to Weeping Water?" The answer is simple: our educational opportunities, 1-2-1 laptop program, dual credit courses, career academy programs, online college courses, aggressive and progressive elementary curriculum, an excellent activity program, and opportunities to excel across all areas of education. We are preparing our high school students to earn more credits in a broad range of courses offered. Nearly one half of these students are participating in an interscholastic sport this past fall or in the upcoming winter and spring seasons. Students are also participating in a spectrum of student clubs and activities. School spirit is visible, and all students

are encouraged to participate fully in both the academic and extracurricular offerings at Weeping Water Public.

We want to remind you that it is important for students to look at their semester grades as that is what counts for moving from one class to another and for graduation. If you are unpleasantly surprised by your child's first-quarter grades, don't get upset. Here are some dos and don'ts when your child fails to meet the grade:

Do:

- Be calm and talk to your child about the problem.
- Accentuate the positive no matter how small it is.
- Talk about how things can be better for their future.
- Make a plan with them; give suggestions, help with homework, and check over work.
- Look behind the grade. Could it be an eye or hearing problem, attention issue, learning disability etc.?
- Encourage your child always to try his or her best, regardless of the grade earned.

Don't:

- Lose your cool.
- Focus only on the bad things.
- Use the report card to judge your child's future: "You will never amount to anything".
- Leave it totally up to your child to figure out how to do better.
- Forget to look at all the reasons why your child isn't doing well.
- Assume A's reflect students' best.

- Think a poor report card means you're a poor parent.

DO remember you can create a good home where your children can learn and grow. The rest is up to them. Report cards have been mailed out already; if you have questions, contact the school.

There is a huge issue with being a good sport, and I am a believer that "Good sportsmanship begins in the bleachers and at the home supper table." Sportsmanship should be modeled in all activities by students, parents, coaches and community members. This past fall sports spectators' behavior was much improved from last year; I was very pleased with the spectators' behaviors during both home and away events. Winter sports season for Middle School and High School are about to be in full swing. Please be better than any team we play and demonstrate good sportsmanship toward our players, opponents, coaches, and officials. People that are involved in the contests will make mistakes. Please continue to have your child(ren) watch the games and rather than playing in the old gym, hallways etc. Given the problems with social media in our country, I found these top 10 suggestions /social media tips for both parents and students from Common Sense Media (commonsensemedia.org) about How Parents Can Promote Appropriate Online Behavior.

Just a few short years ago, there was no such thing as Facebook, cyberbullying, smart phones, YouTube, or texting. But we now live in a rapidly changing media and tech world where our kids are far more plugged in digitally than we are. In fact, according to a 2015 study conducted by the Kaiser Family Foundation, kids are spending nearly 7.5 hours or more per day interacting with media. It can be incredibly

tough to keep up with all this technology, but as all parents know, our kids learn from us – and not just from what we say, but also more importantly from what we do. Even if we're lacking a little bit with our own technology skills, we can still help them learn to use technology wisely. Here's some suggestions for what you can do:

- 1. Model good behavior.** If we're on our cell phones at dinner, why will our kids listen to us when we tell them to turn theirs off?
- 2. Pay attention.** We have to know where our kids are going online – and what they're doing there.
- 3. Impart our values.** Cheating, lying, cyberbullying, being cruel – they're just not OK. Right and wrong extends to online and mobile life.
- 4. Establish limits.** Phone time, video download time, and destinations. There really is a right time and place for everything.
- 5. Encourage balance.** Get kids involved in offline activities, especially activities that don't require or allow cell service.
- 6. Make kids accountable.** Using digital media is a privilege. Make sure your kids earn it.
- 7. Explain what's at stake.** Remind your kids that what they do today can be abused by someone tomorrow.
- 8. Find ways to say "yes."** This means that you have to do some homework and know the sites your children visit, their passwords, the songs they download, etc. --- and find ways to use technology that lets us say "yes" more often than we say "no."
- 9. It's not rocket science.** Learn to text, send mobile photo, set up a Facebook page, (some kids have two Facebook accounts) and upload a video, or have your kids show you how. It's impossible to guide what you don't understand.

Not only that, but think of all the anxiety you can avoid by knowing how things work. Remember that parents will be responsible for any illegal issues if the phone is registered in the parent's name, not the child's.
10. Lighten up, embrace their world, and enjoy the possibilities together. None of us want digital divides in our relationships with our kids. It's up to us to learn something new, join the fun, and help our kids make the most of digital technologies.

As we now push into the second quarter, we encourage all parents who may be concerned about their student's academic progress to contact their respective teachers. Our teachers can be reached via phone or email. Teacher contact information is listed on the teacher pages located under the district page; then click on "Staff Pages" on the WWPS Home Page (<http://www.weepingwaterps.org>) for this information.

We are immensely proud of our WWPS Indian students and we hold them to the highest of standards. As we journey through this 2017-2018 school year, please know that without the support of engaged and dedicated parents, we cannot be successful. Thank you for your efforts at home to get your children into the routine and swing of this school year. At WWPS we offer a great opportunity to get a **Free** education; take advantage of it.

Yours in Education,

Gary Wockenfuss
 Trust, Family, Integrity

It's a great day to be a Weeping Water Indian!

How Do We Measure Up?

By Dawn DeTurk, Curriculum Director

Each year the state assesses the students to check if progress is being made in the areas of reading, math, science and writing. Last spring was the first time that the state used the ACT as part of the Nebraska State Testing system. All juniors across the state took the ACT, not just those students planning to go to college. It is encouraging to report that our juniors scored above the state average in all areas according to Weeping Water's ACT Profile Report provided by ACT and the Nebraska Department of Education.

Percent of Students Who Met College Readiness Benchmarks

English	
District	State
81%	50%
Math	
District	State
38%	31%
Reading	
District	State
57%	34%
Science	
District	State
48%	30%
Met All	
District	State
29%	19%

Average ACT Scores

English	
District	State
21.0	18.4
Math	
District	State
21.2	19.4
Reading	
District	State
21.6	19.5
Science	
District	State
21.1	19.5
Met All	
District	State
21.3	19.3

The Bar Has Been Raised for All Students in the State

The state has created a new baseline for students to be considered proficient. They have raised the bar because in Nebraska and across the country it is clear that creating expectations for success beyond high school relies on a set of high expectations. Schools across the state will see a drop in their scores due to the new expectations. Preliminary scores show that our district will be **above** the state average in all areas: English Language Arts, Math and Science.

Weeping Water is on a mission to be a great school. We want to meet the high standards for Nebraska students because we want to see our students have successful adult lives. We are working to implement only the most effective teaching strategies and create a rigorous curriculum that will ensure our students meet the new baseline.

Pre-K

By. Mrs. Burch and Mrs. Heath

Pre-K is the place to be!!!! The age groups have been split this year with Mrs. Burch taking the 3's and Mrs. Heath with the 4's. The 3's class has 16 students and the 4's have 18 with each class expecting another student in November.

In our first themes, Welcome, New Friends! and My Family, we learned what a good friend is and how families work and play together. In November, we will learn about Our Community.

With October being Fire Safety Month, we had a visit from our local volunteer fire department. We thank them for taking their own time to come talk to us.

The bulk of our day is spent learning how to get along with others as we practice early literacy skills, counting, handwriting, cutting, and following directions. Although it looks like we are just playing, this is the best way for 3, 4 and 5 year olds to learn.

We invite everyone to come to our Holiday Family Night on November 30th in the Auditorium at 6:00 pm.

Can-Do Land - Kindergarten

By. Mrs. Schafer

The Kindergartners have settled into the routine of school while learning the rules. We are working hard to learn letters, letter sounds, and sight words. Our first reading unit provided stories telling how children get to school and discussing cooperation between

classmates, families, and communities. Our current unit is teaching us how animals and flowers are unique. We have become nature spies and enjoy using magnifying glasses during recess to look at plants and seeds.

The Kindergartners have been busy learning numbers 0 through 20 and recognizing whether a number is greater or less than another. We are working on writing and counting to 100 by 1's, 10's, and 5's. Patterning, counting money (to match the date), and graphing the daily temperature are some of our daily tasks.

The Kindergartners are becoming sentence writing machines! Our handwriting becomes neater every day and our confidence builds with each writing assignment. Motion is the subject area we are learning about in Science while respect, responsibility, and safety are topics discussed in Social Studies. Kindergartners rock!

1ST GRADE NEWS

By. Mrs. Wilson, , Mrs. Meeske, and Ms. Hess

This year we have 27 smart First Graders that have been working very hard in all areas of the curriculum. In reading we have been learning some amazing words and reading different genres. In math we have been working with addition, subtraction, and fact families. We have also been working very hard with our writing workshop to become authors of many interesting stories.

We also will become published authors and illustrators. Both classes are working on books in which they will write what they want to be when they grow up and what they will do.

They also are illustrating what they write and we will send these off to the publishers at the end of the month.

For Fire Safety week we had the opportunity to have our volunteer fire department come to our school with different pieces of equipment and show us how they work and what they are used for. We learned many valuable lessons from them and appreciate them volunteering their time to not only keep us safe, but to educate us as well.

On Friday, October 27th we will be taking our field trip to Vala's Pumpkin Patch. This will be in correlation with our science unit learning about seeds. We are looking forward to this fun day with all of our special volunteers that get to go with us. (Thanks to those that are attending.)

The First Grade is also excited to welcome our student teacher Ms. Hess to Weeping Water Public Schools. Ms. Hess comes to us from Millard South and is currently a student at UNL and will graduate in December. We are very excited to have her here with us.

We are very excited to keep working hard and learning many new things.

5TH GRADE

Mrs. Menghini

Our first quarter has come and gone already! WOW! That seems very hard to believe! A big thanks to Mother Nature, who has been quite kind to us so far! ☺

In Reading, we have read quite a variety of stories. A couple of our most recent were, Satchel Paige and A Summer's Trade. Both have been excellent reads. We also read a short novel by Roald Dahl called The Twits.

This is quite a crazy story about a couple whose main goal in life is to play mean jokes and tricks on each other. It is funny and intriguing and has you guessing which Twit will outwit the other!! ☺

In Language Arts, we are working on subjects, predicates, common and proper nouns, and putting together interesting and complete sentences. We also have been doing some journal writing. We are trying hard to choose the most interesting and appealing words we can to make our sentences sound the best they can. Recently, we finished a Tobacco poster for National Youth Against Tobacco Month. The kids really enjoyed researching facts and creating these.

In Math, we are working hard on adding and subtracting of decimals, place value and solving two-step story problems, multiplying 2 and 3-digit numbers, and recently learned the multiplication properties. We do know that our math life will be much easier if we MEMORIZE our basic facts! We did quite well in our first and second topics, working with rounding and estimation, and adding and subtracting decimals. ☺

Social Studies has been interesting studying the regions and climate of the United States! We are now reading about the Early People of the United States.

In Science, we learned Newton's Laws and have been working with topics such as inertia, contact and non-contact forces, air resistance, friction and gravity. Flying our helicopters was fun!

Cooler weather is upon us now. Please make sure that your child is dressed for the temperatures. Thanks! Happy Fall! ☺

MIDDLE SCHOOL MATH

By. Mrs. Mozena

Wow, another year underway and a whole quarter almost complete! Crazy how time flies! This year has been another year of change from me, but a change I have enjoyed. I am primarily teaching all math classes this year aside from one PE and Reading class. At this point in the year, all three (6th, 7th and 8th) classes are working on the same concept, but with a bit of an extension the higher the grade level. We are solving equations! The 6th grade is doing one-step solutions, 7th grade two-step solutions and 8th grade multi-step with variables on both side. Their progress has been coming along quite nicely and I am super proud of their successes

Happenings from Mrs. Robinett's room

By. Mrs. Robinett

The year has started off with a lot of activity in science. On August 21st, we started learning about eclipses, as the whole school went outside to observe the eclipse. The cloud cover held off enough for us to see the full eclipse. Students were writing down observations over the course of the eclipse and had some great insights in how the environment changed to a lack of sunlight.

Middle school science has been busy learning about chemical and physical properties in 7th grade, describing motion in 8th grade and learning about energy transfers and the earth's atmosphere in 6th grade. 7th graders used their new skills in chemical properties to identify an unknown substance, 6th graders learned how changes in potential energy changes how much kinetic energy is in a system. 8th graders could

predict the motion of an object based on the type of graph and were able to demonstrate how different graphs of motion were linked to an object motion.

Biology students have been busy learning about ecology using the reintroduction of wolves to Yellowstone National Park as a vehicle to understand ecological relationships. Students have written reflective essays about the impact on the ecosystem the reintroduction of wolves has had on the park. We will be studying chemical process and cells for the rest of the semester.

Art News

By. Mrs. Cejka

Our elementary hallways and display cases are once again exploding with color thanks to our talented K-12 grade students.

4th graders in honor of National Farmers Day October 12th, have an art display at Memory Lane Museum thanking farmers for all they do. This day of honor is very much deserved to all of our hard-working farmers in Weeping Water, our state, and Nation.

Congratulations to Lucas Buller for winning the scarecrow drawing contest during Weeping Water Fall Festival. Scarecrow art work can be viewed at Meeske's Auto Part store.

K-5 art students are helping the FBLA GO GREEN by making posters for the school about the 3R's reduce, reuse, recycle.

October is Anti-Bullying Month. Posters made by high school artists are being displayed throughout the school. While more than one in four children say they have experienced being bullied, only 20-30 percent of those children

ever report it to an adult. The startling statistic can be troublesome for parents, leaving many wondering how to know if their child is being bullied and what they should do about it.

The best way for parents to tackle the topic of bullying with their children is to establish open lines of communication before there's ever a problem. That way, if a child does experience bullying behavior at school, they're more likely to let someone know. Please let the school know if you see a problem.

Cross Country

By. Mr. Cover

This Cross Country season has run by me like I'm standing still. This year we had a total of eight boys and two girls out for the sport. Our team was very senior heavy with and most of the team had never seen a cross country meet before. It was a year of ups and downs, seriously we ran up and down quite a few hills this year. The whole goal of the team was to be competitive and improve every single day. The girls couldn't actually get team scores since it takes four runners to do so. They showed improvement almost every week. The Boys team usually ended up in the 4th to 7th range in the team scores usually losing to much larger schools. The Raymond Central meet was probably the best top to bottom that the boys and girls ran this year. Most had a personal or season record there and the Boys were 4th.

At districts the boys and girls finished out strong. Kelly Patton was the lone runner for the girls that day and ran a season best time. The boys team just missed out on a state berth by getting fourth only seven points out of third. Individually, Noah May repeated as a state

qualifier getting 10th and first year runner Michael Stackpole finished 15th to qualify for the state meet. Team members were Kelly Patton, Faith Adams, Noah May, Michael Stackpole, Marshall Garner, Dawson Garner, Cory Groleau, Jacob Groleau and Tyge Thomas

The teams were joined a various meets by some 7th and 8th graders. Four boys and four girls thought they we would try things out and run anywhere from 1 to 2 miles in meets. The 7th and 8th graders that participated were: Cadie Porter, Ciera Dieter, Lauren Wehrbein, Treva Wright, Austin Patton, Hayden Nash, Ethan Essary and Matt Cover.

IT

By. Mr. Jorn

The new school year has seen a large increase in the number of students involved in the IT programs.

Do to the increased number of students taking welding, two welding classes are being offered to handle the students enrolled in welding this year. We have several students again this year taking dual credit classes in welding. We also have several organizations working with the welding classes and helping supply welding material for the students. Woods have also seen a nice increase in numbers with the students taking on a variety of projects to enhance their learning experience.

Our marketing class took on the task of finishing the job of getting the torchmate table running. This was not only accomplished but the class also created a three page guide to operate the table. Robotics team will be more events to their schedule plus they are attempting to put together their own

competition this year with an annual event following. Please stop by and see what is going on in the IT department.

Weeping Water JV Volleyball

By. Mrs. Meeske

The Weeping Water JV Volleyball ended their season on Saturday, October 21st with a 5th place finish at the Weeping Water Booster Tournament. This year's team of 11 girls did a great job of working hard and learned many things. The team was coached by Chris Meeske and Beth Schram.

This is the breakdown of the games:

Yutan 2-0
Beatrice 0-2
Sterling 1-2
Palmyra 2-0
Elmwood-Murdock 2-0
Louisville 2-2
Cedar Bluffs 2-0
Plattsmouth 0-2
Plattview 0-2
Conestoga 2-0
Malcolm 1-2
Johnson Brock 1-2
Falls City 0-2
Nebraska City Lourdes 0-2
Johnson County Central 2-1
Syracuse 0-2
Elmwood Murdock 0-2
Palmyra 0-2
Conestoga 2-1

We want to take this time to thank our parents for all of their support with coming to our games and cheering us on. We also want to thank our bookkeeper Stacy Bickford for always keeping the scores accurate and our AD Mr.

Barrett for helping us get the gyms lined up, teams to play, and refs to officiate the games.

Counselor's Corner:

By. Mrs. Bickford

This school year we have incorporated a new guidance curriculum for the K-8 students entitled second step. The *Second Step* program teaches skills in the following four areas:

1. Skills for Learning: Students gain skills to help themselves learn, including how to focus their attention, listen carefully, use self-talk to stay on task, and be assertive when asking for help with schoolwork.

2. Empathy: Students learn to identify and understand their own and others' feelings. Students also learn how to take another's perspective and how to show compassion.

3. Emotion Management: Students learn specific skills for calming down when experiencing strong feelings, such as anxiety or anger.

4. Problem Solving: Students learn a process for solving problems with others in a positive way. I am very excited for this program and am really looking forward to seeing the results from using it.

For the 9-12 students we have incorporated a new guidance curriculum entitled Career Cruising. Career Cruising is a self-exploration and planning program that helps people of all ages achieve their potential in school, career and life. Users learn about themselves—their interests, skills, preferences and aspirations—so they can explore the opportunities right for them. They learn about career possibilities and educational pathways by exploring rich, engaging content. A dynamic,

actionable plan outlines the steps needed to achieve career, school and life goals. Plans are then brought to life—whether for a career, job or college—by taking informed action. Career Cruising connects the real world to the classroom with the latest career and labor market information, salaries, and educational pathways – all written in a way that’s easy to understand. Students also learn essential 21st-century skills like financial literacy and goal-setting through video interviews, role-playing activities, and more. I am extremely excited for this new program as well.

For those of you that do not know I will be leaving after Christmas on Deployment with the National guard. My last day will be January 12th and I will hope to return by the start of the 2018-2019 school year. There will be someone in the office to take over as many of my duties as they can. If you have any questions or concerns please do not hesitate to email me dbickford@weepingwaterps.org or call 402.267.2445

Digital Citizenship:

An article provided by Mrs. Bickford

Digital Citizenship: Promoting Positive and Ethical Behaviors Online According to Common Sense Media, youth ages 8 to 12 spend nearly 6 hours per day using some form of media and teens spend more than 9 hours. Technology has greatly transformed our world including the way we educate and communicate with youth. Even adults use digital media in the work place and to connect with friends. It seems it is close to impossible to avoid digital media. Digital media is here to stay and we need to prepare youth to be healthy digital citizens. Digital citizenship refers to the

responsible and ethical use of digital media to communicate and engage in society, understanding the risks involved in using digital media and how to keep your information safe. Common Sense Media has identified 8 main topic areas that set the framework for digital citizenship.

- Self-image and identity – The way we are presented online may be different from our offline persona. It is important to help youth understand that their relationships and reputation may be affected by their digital identity.
- Relationships and communication – Encourage youth to use intrapersonal and interpersonal skills when communicating online. According to Pew Research Center, 55% of teens text their friends daily and 68% of social-media using teens experienced some form of drama online. Using interpersonal skills when communicating through text can help reduce drama.



- Digital footprint and reputation – The digital world is permanent. Once the information or photo is posted on a social media page, it is out there for good. Talk to youth about being cautious when posting information online because the information can follow them, particularly when applying to college or for a new job.
- Cyberbullying and digital drama – Educate youth on what to do if they are

involved in a cyberbullying situation. Encourage youth to seek out a trusted adult if they or someone they know is being bullied online. For more information go to:

<http://scipnebraska.com/resources/resources/bullying-prevention.html>

- Information literacy – There is a great deal of information available on the internet. Help youth identify credible websites and evaluate information critically online. Utilize schools and local libraries to teach youth information literacy skills.
- Internet safety – Have discussions with youth about how to be safe online. Youth are often targets of online predators. Educate youth on how to determine inappropriate versus appropriate contact online and how to avoid strangers. A 2015 study by Pew Research Center found that 57% of teens met at least one new friend online. Have discussions with youth about who they are communicating with online.
- Privacy and security – Youth need to develop strategies to manage online information and avoid scams. Educate youth on how to develop a strong password and help them adjust privacy settings on social media sites.
- Creative credit and copyright – Inform youth on how to avoid plagiarism and how to give credit to authors from online sources. School and local libraries have tools available to educate youth on copyright laws. School Community Intervention and Prevention November 2017 SCIP is funded in part by: Lincoln Public Schools. United Way of Lincoln/Lancaster County, Region V Systems, Nebraska HHS, Division of Behavioral Health and Region 4 Behavioral Health System Common Sense Media and CyberWise offer school-based curriculum and resources for

parents on digital citizenship. Education needs to continue both at home and at school. There are many benefits to technology, but there are also dangers that youth need be aware of. Collaboratively, schools and parents can help youth become healthy digital citizens. If you are feeling overwhelmed or do not know where to begin, start with these basic tips. Basics and Best Practices: Use technology together – Parents and youth using technology together is a great way to educate kids, particularly elementary age students, on how to use technology appropriately. Teachers can also take advantage of the learning opportunity in the classroom. Policy – With schools providing devices like Chrome Books, policies centered on technology are more important than ever. Become familiar with the policies at your school and talk to your kids about the policies and set boundaries at home. Limit usage – Limit screen time in the evening, especially around bed-time. Shut-off phones 30 minutes before bed to optimize sleep. Consider the age of your child when setting limits. The younger the child, the less time they should be spending on digital media. Monitor – Be aware of the websites your child is visiting and the apps your child has on their phone. Become familiar with the apps they are using by using them yourself and reading the reviews. References:

https://www.washingtonpost.com/blogs/answer-sheet/post/5-ways-to-teach-kids-to-use-technologysafely/2012/07/30/gJQAbECILX_blog.html?utm_term=.c022bbc13d0a

<http://www.scholastic.com/parents/resources/online> <http://www.pewresearch.org/fact-tank/2015/08/06/6-key-takeaways-about-teen-friendships-in-the-digital-age/>

<https://www.common sense media.org/>

<http://www.cyberwise.org/>

School Community Intervention and Prevention November 2017 SCIP is funded in part by: Lincoln Public Schools. United Way of Lincoln/Lancaster County, Region V Systems, Nebraska HHS, Division of Behavioral Health and Region 4 Behavioral Health System



The opioid/prescription pain medication epidemic is already a very serious and problematic issue in the United States. Now there is an added danger for those who take prescriptions drugs that are not prescribed by a doctor and provided to them by a pharmacy. Over the last year, there has been a dramatic increase in the production and sale of counterfeit prescription drugs as well as the pill press machines used to make the counterfeit pills. These machines are reaching the US border in record numbers. The machines being seized today are high-tech machines. These machines are capable of making the counterfeit pills look almost exactly like prescription drugs, but as we know, the pills actually contain something different.

Sometimes the counterfeit drugs are harmless placebo pills, while other times, these fake pills contain drugs such as Fentanyl and now more recently, Carfentanil. Fentanyl is used for medical purposes to help ease extreme

pain for patients in the final stages of diseases and it is up to 100 times more powerful than morphine and 50 times more powerful than heroin. It is the most potent opioid available for medical use. Of course, it should be noted that most of the Fentanyl on the streets today is illegally manufactured and then bought and sold over the internet. It is believed that Prince overdosed accidentally on counterfeit pills that contained Fentanyl. School Community Intervention and Prevention November 2017 SCIP is funded in part by: Lincoln Public Schools. United Way of Lincoln/Lancaster County, Region V Systems, Nebraska HHS, Division of Behavioral Health and Region 4 Behavioral Health System Carfentanil is a powerful tranquilizer commonly used by zoologists and veterinarians for elephants and other large animals. Carfentanil is an analgesic potency that's 10,000 times stronger than morphine and 100 times more potent than fentanyl, according to the US Drug Enforcement Administration (DEA). The dark reality is that adults and youth alike have been severely poisoned by these counterfeit prescription drugs containing Fentanyl, Carfentanil or other life threatening chemicals. It's happening at such alarming rates the U.S. Drug Enforcement Administration (DEA), the Centers for Disease Control (CDC), and local health agencies have issued safety alerts to warn people about counterfeit pills being sold. It is important to note that these counterfeit drugs are not being sold in pharmacies but rather on the street or online. As we all should know, it's already dangerous to use prescription drugs for any reason except why they were prescribed to you and an overdose can happen even when the pills do contain what they're supposed to so using any drug and/or pill that doesn't come from a

medical office, hospital, or pharmacy is especially dangerous. Even if they look like prescription drugs, they could be tainted or fake and that could be deadly. Remember prescription drugs are designed to cure or alleviate the symptoms of various medical conditions. According to the National Institute of Health, approximately 20 percent of Americans have used prescription drugs for nonmedical purposes. If you believe that you or someone you know may be struggling with prescription drug abuse, you can call and talk with someone. Listed below are a few National Helplines for substance abuse and addiction.

- Alcohol & Drug Addiction Resource Center: 800-390-4056
- Boys Town National Hotline: 800-448-3000
- National Drug Information Treatment and Referral Hotline: 800-662-HELP (4357) 24/7 information, support, treatment options and referrals to local rehab
- Alcohol and Drug Abuse Helpline and Treatment: 800-234-0420 Sources:

<https://www.therecoveryvillage.com>

School Community Intervention and Prevention November 2017 SCIP is funded in part by: Lincoln Public Schools. United Way of Lincoln/Lancaster County, Region V Systems, Nebraska HHS, Division of Behavioral Health and Region 4 Behavioral Health System The Effects of Social Media on Mental Health 1 in 5 youth have a diagnosable mental, emotional or behavioral health disorder (National Alliance on Mental Illness). While some experiences or activities can promote mental health and well-being, others have the potential to hinder our wellness. According to the American Academy of Pediatrics, social media has the potential to negatively affect the mental well-being of

young kids and teens. Adolescence is an important period of growth and development. There is no doubt that technology plays a major role in the lives of our youth. As such, it is important that we pay attention to how technology affects them. Modern teens are learning to do most of their communication online or via text messaging. When we learn to do most of our communication looking at a screen instead of another person, we miss out on very critical social skills, such as the art of talking, relating to people face to face (reading body language) and navigating social negotiations. According to the American

Academy of Pediatrics, virtual interactions come with less risk for some teens, resulting in increased anxiety during real-life social interactions. Some of the adverse risks associated with social media use include cyberbullying, depression, high levels of anxiety, low levels of self-esteem and FOMO (fear of missing out). Social media's filtered sense of reality can lead to critically comparing and moments of envy, leading to lower self-esteem and depression. Additionally, excessive monitoring of friends online behaviors can lead to feelings of exclusion and turn into increased social anxiety. It is important to note that there are some benefits associated with social media. Because of the individual nature of kids and teens, we can't assume that all youth respond in the same way to social networking. How teens use social media matters. One of the best ways adults can ensure that kids are engaging in healthy online experiences is to have conversations with young people about their socially networked life. Ask them:

- Why do you use social media?
- How does it make you feel?

• Who are your "friends" that you follow or communicate with online?

• What do you like best?

• What isn't so great? School

Community Intervention and Prevention November 2017 SCIP is funded in part by: Lincoln Public Schools. United Way of Lincoln/Lancaster County, Region V Systems, Nebraska HHS, Division of Behavioral Health and Region 4 Behavioral Health System Other tips:

• Face-to-Face time is key to youth mental health. While social media can provide a sense of support and belonging and strengthen existing friendships, it isn't a replacement for "real life" social experiences.

• Encourage youth to get involved. Finding an interest, hobby, volunteer project or enjoyable activity to engage in not only can open doors for more face-face interaction, but can also help build self-esteem and confidence.

• Create "Screen Free" Time. Set aside meal times, car rides or other times of the day to connect without screens.

• Lights Off, Screens Off. Sleep deprivation greatly impacts young people's mental health. Make sure kids/teens unplug before bed.

• Set a good example as adults. It's up to parents to set a good example of what healthy "device" usage looks like. Be "fully present" when interacting and communicating with youth. Kids need to see our faces, not our heads bent over screens. References: American Academy of Pediatrics; Child Mind Institute; Psychology Today; National Alliance on Mental Illness (NAMI).

2017 Football:

Coach Bianchi and Coach Schliefert

The 2017 football year was the first season under Coach Fuller. Coach Fuller traveled from Plattsmouth to be at practice during the week and film every Saturday. This was the first year Coach Fuller, Coach Bianchi, and Coach Schliefert were part of the high school staff. The players started putting in time during the summer with weight lifting and skills. This summer we had camps at Peru State College and Weeping Water. We saw gains in both the weight room and skills. The players had good attitudes and worked hard at learning a new offense and defense. Throughout the year we saw weekly improvement and an increased confidence level. Our record doesn't reflect how we feel we performed as a team and the growth of the players this season. The JV team won all three games and finished the season with a win at Palmyra on October 16, 2017. We feel like this group of players, with the right attitude and work ethic, has the potential to be special in the future. We would also like to thank all of the parents who helped with team dinners and sack lunches for road games.

Thanks to the cheerleaders, Ron for driving the bus, and the entire community for their support. We know that without you none of this would be possible. Thank you for your support all season.

Notice of Nondiscrimination

The Weeping Water Public School District does not discriminate on the basis of race, color, national origin, sex, disability, religion, age or other protected status in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. The following persons have been designated to handle inquiries regarding the non-discrimination policies: High school students: Gary Wockenfuss, 6-12 Principal, 204 West O St., Weeping Water, NE 68463 (402) 267-4265 (gwockenfuss@weepingwaterps.org). Elementary students: Dawn DeTurk, Elementary Principal, 204 West O St., Weeping Water, NE 68463 (402) 267-2445 (ddeturk@weepingwaterps.org). Employees and Others: Ken Heinz, Superintendent, 204 West O St., Weeping Water, NE 68463 (402) 267-2445 (kheinz@weepingwaterps.org). Complaints or concerns involving discrimination or needs for accommodation or access should be addressed to the appropriate Coordinator. For further information about anti-discrimination laws and regulations, or to file a complaint of discrimination with the Office for Civil Rights in the U.S. Department of Education (OCR), please contact the OCR at 8930 Ward Parkway, Suite 2037, Kansas City, Missouri 64114, (816) 268-0550



Weeping Water Public Schools P.O. Box 206 Weeping Water, NE 68463

“Never judge a man until you’ve walked a mile in his moccasins.”

**Weeping Water
Yearbook club and
class present: A year
in our moccasins –
The Warrior .**

Order a 2017-2018 Yearbook today!
\$48 now- December 20th
See Mrs. VanderVeen or order online at:

<https://yearbookforever.com/#school/23315>

