

NAUTICAL

N E W S

STEVE BRISTOL, SUPERINTENDENT



Nautical News

Parent-Teacher Conferences

Parent-Teacher Conferences are just around the corner and are a great opportunity for families to sit down one-on-one with their child's teacher and talk about their child's progress in school. For many families, this may be their first opportunity to visit with their child's teacher and talk about how things are going at school. This process of sitting down with your child's teacher is the foundation for establishing an honest and productive relationship with your student's teacher. This relationship will help increase the likelihood of academic success for your child. As a parent it's important to use this time to share your impressions of the school year, and to ask any questions you might have. If you run out of time at the conference and are on your way home and thought why didn't I ask this question, just drop your child's teacher a written note, or schedule a second face-to-face meeting. And remember strong parent involvement and a partnership with your child's teacher will send a positive message to your student. When this partnership is in place, success follows.

Please make every effort you can to attend the Parent-Teacher Conferences, September 27th & 30th. If these dates don't fit your schedule, contact the school and set a time that you as a parent can collaborate with your child's teachers. As a reminder, the conference doesn't have to be a one-time event as it's our desire to have a partnership of regular and meaningful communication throughout the school year.



SPS Foundation

The Sutherland Public Schools Foundation annual fund drive begins October 1st. The goal of the challenge is to raise \$15,000 dollars by the end of the year, December 31st. The mission of the foundation is to *Enrich* our school, *Equip* our teachers, and *Expand*

opportunities for our children. The foundation is a non-profit organization that allows donors to give tax-deductible donations. These donations help fund projects, large and small, benefiting our students and teachers.

Donors may give an undesignated gift, or a donor may select a specific project to fund. The principal amount of undesignated gifts is never spent, thus, your donation will always be giving. A donor's recognition board has been placed at the school honoring donors. Contributors on the board range from \$250 - \$10,000. There have been challenges made to the SPS Foundation by graduating classes which include the following classes: 1945, 1955, 1957, 1961, 1963, & 1965.

Continued on the next page.....

STEVE BRISTOL, SUPERINTENDENT.....CONTINUED

Please thoughtfully consider having an integral part of providing educational opportunities to our students! Donations can be sent to either the school, Box 217, Sutherland, NE 69165 or to Mid-Nebraska Community Foundation (MNCF), P.O. Box 1321, North Platte, Nebraska 69103.

It's recommended that donations be sent to the school where we can track those donations and assign them to the donor(s) who have given money to the foundation. Donations sent to Mid-Nebraska Community Foundation are deposited into a general pool and do not have the donor's name attached to any particular donation. By sending your donations to the school your donation is accounted for and tracked and will help distinguish your name on the donor board.

2022-2023 School District Budget

The valuation of property for the 2022-2023 school year was \$427,754,482. Last year's valuation was \$422,752,305. This equates to an increase in valuation of \$5,002,177. The budget for the 2022-2023 school year was set at the September school board meeting. The total levy will increase slightly this year while the tax asking increased \$60,303.

I would like to recognize the school board for their fiscal responsibility in budgeting for the district. School budgets are very unique and require somewhat of a balancing act. Schools need to balance the needs of the students, staff, facilities, transportation etc. all the while keeping the district's taxpayers in mind.

Roll Up Those Sleeves

Pfizer vaccine, now FDA approved, will be available at the school to anyone 12 years old and older from 9:00 to noon on Sept. 30th. Please bring your insurance cards and identification. Register on vaccinate.ne.gov.

SPS Play Production 2022 Sponsors

SPS Play Production is searching for sponsors for this year's production. Proceeds from sponsorships will go toward costs of this year's production, particularly for performance royalty fees and set building purchases.

Sponsors will receive a special mention on our Dessert Theater program and on a social media post on the day of each performance this season.

Please fill out the form below and attach payment if you are interested in sponsoring at one of three levels. Form and payment must be returned by **November 15th** to be featured in our Dessert Theater program. Thank you so much for your support! |

Sponsorship Form:

Name (as you would like it to appear in the program and postings):

Sponsorship level (Check one): Bronze (\$50) _____ Silver (\$100) _____ Gold (\$200) _____

Payment (Check one): Make checks payable to Sutherland Public School with Drama in the memo line.

Cash: _____ Check: _____

Thank you for supporting SPS Play Production!

AMANDA HUEBNER, HIGH SCHOOL PRINCIPAL

Sutherland Families,

hello

It seems as though September flew by before we realized it was here. We have certainly had a fantastic month here - it's been incredibly busy, but the progress students have made in just a few short weeks has been astounding! By now, everyone is settling in well to their classrooms, their new routines, expectation adjustments, and getting down to the business of learning. This year has so much in store and I am excited to witness the growth of your students.



Now that October is approaching, we have noticed an ever so slight dip in our temperatures. With that being said, please ensure your students are not only abiding by the current dress code policies, but also dressing appropriately to adapt to the changes in weather.



This year, we are changing up how we determine who our students of the month will be. In order to be considered each month, teachers submit Positive Office Referrals for students who go above and beyond and consistently do things “The Sailor Way.” Hopefully, you have seen a few yard signs out. We have amazing students and this is just a small way to showcase how proud of them we are.

Continued on the next page.....

AMANDA HUEBNER, HIGH SCHOOL PRINCIPAL.....CONTINUED



October is going to be a fast and furious month for us on campus. Currently, we have the following events planned:

- September 27 - Parent/Teacher Conferences (North Gym from 1:30-4:30)
 - This will replace the original 3:30 - 8:00 time. We know this isn't ideal, but we are going to be flexible due to a home volleyball game. We can also schedule phone calls and Zoom conferences to help parents with the timing issues for PTC.
- September 30 - Parent/Teacher Conferences (In Classrooms from 8:00-12:00)
- October 3-7 - Homecoming Week (full of activities)
 - The Homecoming Dance will be held following the football game on Friday, October 7, 2022.
- October 14 - End of 1st Quarter



As the end of our first quarter of school draws near, please take the time to log into PowerSchool to check your student's grades. The website can be located at <https://sailors.powerschool.com/public/home.html>. If you have any difficulty utilizing PowerSchool please contact the high school office.

In regard to the Parent/Teacher Conferences, we are asking that parents log into PowerSchool from their phone or home computer to check their students' schedules and grades. Conferences are a great time to talk to teachers about how students are doing in each class and to talk about any concerns students may be having.

We also recommend that students attend the conference and work on self advocacy skills, as well as build communication skills that will keep teachers, students, and parents on the same page. By now, you should have received emails from your students updating you on their progress in their classes. These emails should discuss behaviors and grades. If you have not received these emails, please let the Seminar teacher or the high school office know because this is a regular practice we are requiring students to partake in every Tuesday.



Continued on the next page.....

AMANDA HUEBNER, HIGH SCHOOL PRINCIPAL...CONTINUED



We are currently planning a Community Service Day for grades 7-12 (likely in October). If you have projects or tasks you would like help with, please call the JH/HS office or email me at amanda.huebner@spssailors.org no later than October 3, 2022.

Finally, I would like to thank parents, students, and the community for a productive opening to our school year. School activities are in full swing, along with the many clubs and activities offered to students. Students continue to be involved in a multitude of activities, including Football, Cross Country, Volleyball, FFA, Drama, Music, and other groups. I would encourage parents and students to utilize our school calendar located on our school website at www.spssailors.org, and by accessing the Sutherland app to stay aware of weekly events. We will also post on our school app and social media!



Sutherland Public School is THE BEST school in Nebraska and our Sutherland families, students, and community continue to prove it through their pride, encouragement, and enthusiasm. Let's have a great year!

Sincerely,

Amanda Huebner

7-12 Principal, Sutherland High School
amanda.huebner@spssailors.org
 401 Walnut St.
 Sutherland, NE 69165
 (308)386-4426

STUDENT COUNCIL 2022-23

OFFICERS:

President- Alexa Green **Vice President -** Glory Naughtin

Treasurer - Reese Erbert **Secretary -** Charlee Weber

12th Grade: Chandler Books, Alexa Green, Taylor Dorram

11th Grade: Charlee Weber, Tessa Miller, Glory Naughtin

10th Grade: Reese Erbert, Fallyn Elfeldt, Gracyn Elfeldt

9th Grade: Isaac Sinsel, Briley Dorram, Payten Weber

8th Grade: Max Buscher

7th Grade: Bryer Brown

STUDENT CONDUCT COMMITTEE: (Chosen by Administration)

Jackson Saner, Luke Harper, Aydan Kaps, Boone Snyder, Isabella Blagdon, Story Rasby, Sidney Morgan

HOW TO HELP TEENAGERS WHO ARE STRUGGLING WITH THEIR MENTAL HEALTH



01



Encourage them to talk openly about how they are feeling and what they are thinking

02



Support them to find the right help by encouraging them to reach out to their local doctor or a mental health charity

03



Regularly check in with them and ask them if there is anything you can do to help or support

04



Work with them to come up with an actionable plan of things they can do that help them feel better

05



Support and encourage them to look after their physical health (E.g. good sleep habits, eating well balanced meals)

06



Encourage them to stay physically active. Exercise can be a great way to boost mood and reduce stress

07



Remind them that you are there for them to help, guide and support

08



Be patient and understanding. Listen to what is they are saying

09



Guide them towards helplines or mental health websites that offer advice

10



Work with them as a team to learn some coping skills that you can practise together



SAMANTHA PAVELKA, ELEMENTARY PRINCIPAL.....CONTINUED



SUTHERLAND ELEMENTARY SCHOOL | OCTOBER 2022

Mrs. Pavelka's
**ELEMENTARY
 NEWSLETTER**



Dear Parents & Guardians,

The first few weeks of school have gone remarkably well! The first quarter is quickly coming to a close. With that being said, **Parent Teacher Conferences** are the last week in September. You should have received a handout from your child's teacher about your scheduled time and date. If you have a scheduling conflict, please call the elementary office and speak with Ruth to reschedule.

FALL TESTING

Fall testing is coming to a close. Our students have been assessed with NSCAS Growth (3rd - 6th Grade), DIBELS (K - 6th), and MAP (2nd Grade). This data is used by our teachers to help differentiate instruction to your child's needs. You will receive these results at Parent Teacher Conferences.

TEMPERATURES

Lately we are seeing a noticeable drop in temperature. Please ensure that your child comes to school wearing appropriate clothing for recess.

PAPERWORK

Many families have not yet completed the beginning of the year paperwork on PowerSchool. This needs to be completed **ASAP**. This information is critical for our school district.

STUDENTS OF THE MONTH

Congratulations to our August Students of the Month! Oliver Miller, 2nd Grade & Lakin Foster, 1st Grade.

UPCOMING EVENTS

Sept. 27 - Parent Teacher Conferences - 1:00 dismissal
 PTC - 1:30 PM - 4:30 PM

Sept. 30 - Parent Teacher Conferences - no school
 PTC - 8:00 AM - 12:00 PM

Oct. 10 - No School -
 EDventurous PLC

Oct. 14 - End of 1st Quarter

Oct. 19 - 1:00 Dismissal

Oct. 21 - No School - Fall Break

Oct 23 - 31 - Red Ribbon Week

(308) 386 - 4321 | 401 WALNUT STREET | SUTHERLAND, NEBRASKA 69165

Note from the Nurse:

With the Fall season comes the time for flu shots. This is available for all ages so please contact your Primary Care Provider or go to West Central Health Department to get your vaccine.

Quick reminder for all 7th graders that you are required to get your Tdap booster vaccine. Please bring your immunization sheet to the school when that is completed.

Nebraska has adopted MAX the VAX campaign promoting COVID-19 vaccines for kids. Learn more about this at [MaxTheVaxNE.org](https://www.maxthevaxne.org).

We will be doing our health screening on October 17, 2022. The Lions Club will be assisting us with the vision and hearing portion of these screenings. This does not take the place of the eye exam required for kindergarten.

As we move forward into flu season it is important to practice good hand washing to minimize the spread of germs. Remember to remind your children to do this before eating meals and after using the restroom.

HOT LUNCH ELECTRONIC PAYMENTS



E~Funds for Schools makes paying lunch accounts simple for your students. Here are your six easy steps to follow to set up your account:

1. Go to our school website: spssailors.org
2. Click on Lunch Payments in the Quicklinks Box
3. Click on Fund Lunch
4. Click on Create an account
5. Fill out required information
6. Contact the school for your student's student ID

IMPORTANT INFORMATION FOR YOU TO HAVE:

You may set up one time payments or automatic payments on specific dates.

If you have more than one child, make a payment for each one during the same transaction - if you make separate payments you will be charged a fee for each child.

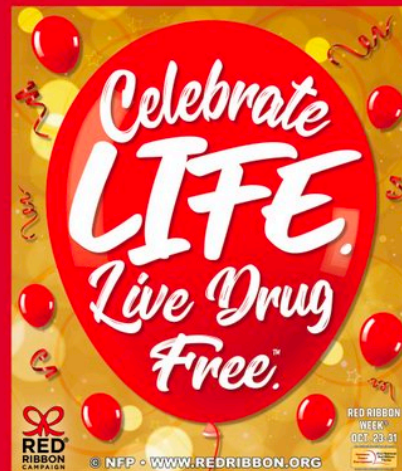
FEES: If you set up your account using your Bank Routing Number and Bank Account Number the fee will only be \$1.00. If you set it up with a Debit or Credit Card the fee will be \$2.65 for every \$100 you transfer.

If you have any questions, please call the School at: 308-386-4656

CATHY BRUNZ, K-12 COUNSELOR

October brings bully prevention month and Red Ribbon Week. The theme for Red Ribbon Week this year is "Celebrate Life, Live Drug Free". Red Ribbon Week is the oldest and largest drug prevention campaign in the country. This movement was created to honor Enrique "Kiki" Camarena, who was a Drug Enforcement Administration Special Agent. He was killed by drug traffickers in 1985, so his friends and family started this campaign to share his story, honor him, and stop the spreading of and destruction caused by drugs. By wearing the red ribbons, we not only show our commitment to be drug free but also to honor all of the law enforcement personnel who have given the ultimate sacrifice in protecting us and supporting our nation's struggle against drug trafficking and abuse. The dress up days are as follows so mark your calendars!!

INTRODUCING THE 2022 NATIONAL RED RIBBON WEEK® THEME



THIS WEEK'S ACTIVITIES:

MONDAY, OCT 24= COWBOY UP AGAINST DRUGS - Wear western gear

TUESDAY, OCT 25= DRUGS ARE A FASHION DISASTER - Forget the latest trends, mix and match and dress tacky!

WEDNESDAY, OCT 26= BEING DRUG FREE IS NO SWEAT= Wear your favorite sweats and workout gear

THURSDAY, OCT 27= SAILORS ARE TOO SMART FOR DRUGS= Wear your favorite college gear

FRIDAY, OCT 28= TEAM UP AGAINST DRUGS= Wear your Sutherland Sailor gear

Senior parents were invited to attend a financial aid presentation via zoom through EducationQuest. If you missed those, simply go to www.educationquest.org to catch up on the information. There is a lot of valuable information on FAFSA, grants, loans, work study, and scholarship services that EducationQuest can provide for your student at this presentation. Your student even has a chance to win a scholarship, just by attending!



CATHY BRUNZ, K-12 COUNSELOR.....CONTINUED

Sophomores and Juniors will have the opportunity to take the PSAT (pre-SAT) on October 12th. This is a great practice test and a chance to work on taking a timed test and get feedback on reading, math and writing skills. There are only 20 spots available and must sign up with Mrs. Brunz. There is a \$20 fee associated with this test.

The seniors have had a jump start on everything college and career last month! They each have a folder with a to-do list and many other helpful hints and tips to get them college and career

ready. This month is a great time to start applying to college. Things to be working on are their resume, biographical sketches, and asking people to write letters of recommendations for them for scholarships. There are some early deadlines, so make sure we are following our to-do lists. I would like to invite all senior parents to set up a 1 on 1 conference with you and your student to answer questions and help you get ready for this next step in their lives. We can do this during parent-teacher conference days, or during the school day with your student and myself. Call or email me to set up a time! I look forward to seeing the amazing things these seniors will do!



Veterans Day at Sutherland Public Schools

Sutherland Public Schools is proud to announce our annual Veterans Day Celebration on November 11, 2022. National Honor Society will host Breakfast for Veterans at 8:30 in the school's Commons Area. Any Veterans are welcome to attend. Our program will begin at 10:00 A.M. and will take place in the south gym. This year's program is a tribute to our Vietnam Veterans. Mr. Rascal Martinez will be performing as part of the program, and we invite all Veterans and community members to attend! Lunch with a Veteran will follow the program. Any Veterans who would be willing to eat lunch in a classroom and talk about your time and experiences in the military, please email Kelli Kaps (kelli.kaps@spssailors.org), have your child let their classroom teacher know or call the school at 308-386-4321. I am also asking Veterans or their families for any photos taken during their time in the military during the Vietnam Conflict. They can be your formal service picture, or candid photos taken during your service. You may email those as well or bring them to school to be scanned! We look forward to seeing everyone on November 11!



ATTENTION!

**PARENTS OF CHILDREN AGES BIRTH TO FIVE,
PLEASE STOP AND TAKE A MOMENT TO
THINK ABOUT YOUR CHILD. ALL CHILDREN
DEVELOP AT DIFFERENT RATES. IF YOU HAVE
ANY CONCERNS ABOUT YOUR CHILD'S
DEVELOPMENT, PLEASE CALL..**

Educational Service Unit 16

"in conjunction with local school districts"

308-284-8481

Email: jlee@esusixteen.org

or

Early Developmental Network

308-284-8481

Email: apwilson@esusixteen.org

www.answers4families.org

**THE EARLY DEVELOPMENT NETWORK/ESU16 PROVIDES
SERVICES AND SUPPORTS THAT ARE DESIGNED BASED
ON THE NEEDS OF CHILDREN BIRTH TO AGE FIVE AND
THEIR FAMILIES.**



CHILD FIND SCREENINGS NEWS RELEASE

(For immediate release)

Local school districts in cooperation with ESU 16 are sponsoring an opportunity for parents of preschool children to participate in Child Find Screenings. This fall screening will be made available in each school district at the request of parents.

Child Find is a screening program for preschool children between the ages of birth and five. Professionals will be available to answer questions from parents regarding their preschool child's speech and language development, motor development, social/emotional development, hearing and learning skills. Parents who suspect that their child(age 0-5) may need special help in these areas are encouraged to call their local school district.

Children between the ages of five and twenty-one who reside in Arthur, Grant, Hooker, Keith, Lincoln, Logan, McPhearson, Oerkins and Thomas counties may be referred to the school's Student Assistance Team. The Student Assistance Team provides suggestions for accomodation/modification. This referral may result in an evaluation for special help. Parents should contact their local school district to request this referral.

Further information is available from your local school district or from Eduacational Service Unit 16 office (308-284-8481).

Jo Lee, Preschool Coordinator, ESU 16

Molly Walz, Director of Special Services, ESU 16

HOMECOMING!

October 3, 2022- Fancy Red Carpet

October 4, 2022- Soccer Moms vs. BBQ Dads

October 5, 2022- Holidays-JH Easter 9th Gr-Thanksgiving 10th Gr-4th of July
11th Gr-Christmas 12th Gr-Halloween

Powder Puff Football Game @ 2:30 and Out of Town Date Forms due to the office by 1pm

October 6, 2022- Hallway Themes

October 7, 2022- Red Kingdom/Sailor Pride

Homecoming Parade 2:30 (All groups welcome to enter a float. Each group is responsible for decorating their float and arranging for a trailer)

Guardian Angel Reveal will be right before lunch

Homecoming Football Game 7:00

Crowning during half time

Fireworks following crowning at half time

Dance "Neon Nights" 10:00 pm-1:00 am Deputy will be present & all Admin will be present

TO PARENTS OF PRESCHOOLERS:

Although many different services are available to area preschoolers with disabilities (age 0-21) through their local school district and ESU 16, some children remain unserved because parents may not know of the existence of programs or do not recognize the need for a program for their child. The observance of several of the items on the following chart may indicate a need to request Child Find Screening being offered by local school districts in

cooperation with ESU 16. Evaluations will be done in your home or local school. Please call your school or the ESU 16 office (308-284-8481) to request an evaluation for your child.

DOES YOUR..

3 MONTH OLD

- Turn toward, smile and respond to a familiar voice?
- Coo and give vowel sounds when pleased?
- Lift head and hold upright while on stomach?

6 MONTH OLD

- Turn head towards sounds and search out new sounds?
 - Laugh loud?
 - Roll to both sides?
 - Pick up objects?

9 MONTH TO 1

YEAR OLD

- Respond to own name, simple requests and pat-a-cake?
 - Wave bye-bye?
 - Shake head no?
 - Sit alone?
 - Stand alone?
 - Feed self with fingers?
- Have at least 1 word at 12 months?

2 YEAR OLD

- Identify one or more pictures?
- Listen to simple stories read repeatedly?
 - Say own name?
- Walk downstairs with hand held?
- Imitate drawing by lines and circles?
- Put 2 words together?

3 YEAR OLD

- Separate easily from mother?
- Begin to listen to reason?
- Say 3-4 word sentences?
- Know name and own sex?
- Say at least one color?
 - Stand on one foot?
 - Undo two buttons?
- Is understood by others at least 3/4 of the time?

4 YEAR OLD

- Understand prepositions: on, under, in, by, between?
- Understand adjectives: fast-slow, big-little, tall-short?
 - Say 4-5 word sentences?
- Count three objects, pointing correctly?
 - Hop at least twice on one foot?
 - Button coat, shirt or dress?
 - Ask and answer questions?
- Is understood by others at least 90% of the time?

For more information on Child Find Screening, please contact your school district or Jo Lee, ESU 16 Preschool Coordinator, at 308-386-4867 or 308-284-8481



Sutherland Elementary School
Sutherland NE
School ID: 288938

Hello Parents,

This year we are partnering with SchoolStore.com to raise funds for essential tools our students and teachers need to succeed. SchoolStore's program is 100% online so there is no selling or handling of money or products. Your participation is easy with no more than 12 minutes of your time required, and there is a nice prize program available to make this a fun experience.

Here is all you need to do for our program to succeed.

1. Scan the QR code or go to schoolstore.net and sign up using our school ID: **288938**
2. Send form emails inviting family, friends, and co-workers to support your student.
3. **Return the Envelope with the Student Prize Code for your child to get their really fun participation prize.**



Here are three ways your family, friends, and co-workers can help our school.

1. Make a 100% tax-deductible donation to your child's classroom with the purchase of a CaringForClassrooms.org gift card for your child's teacher to use for classroom supplies and equipment.
2. Shop online at The Family Book Store for wrapping paper, magazines, popcorn, cookbooks and more. We earn up to 50% of their purchase.
3. Shop online with over 400 major merchants like Walmart, Kohl's, Best Buy, Disney, and more. We earn a small percentage of their purchase.

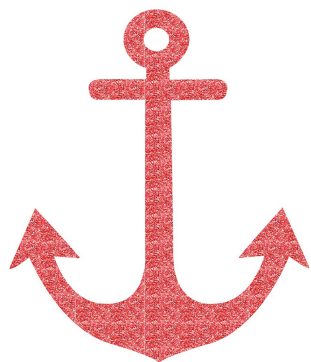
With a few minutes of your time, SchoolStore is the easiest and safest way for our teachers and school to earn money for materials to enhance your child's education.

Thank you so very much for your participation.
Sutherland Elementary School

2022-2023 CLASS OFFICERS

Senior Class Officers

President: McKenna Bliss
Vice President: Cole Kerner
Secretary: Lacey Brunner
Treasurer: Harmon Johnsen



Junior Class Officers

President: Rebecca Foster
Vice President: Tessa Miller
Secretary: Ella Mann
Treasurer: Jordy Cox

Sophomores

President: Reese Ebert
Vice President: Fallyn Elfeldt
Secretary: Mahala Vasquez
Treasurer: Story Rasby

Freshmen

President: JT Lantis
Vice President: Isaac Sinsel
Secretary: Cooper Kerner
Treasurer: Scotty Anderson

Eighth Grade

President: Eliana Dyer
Vice President: Max Buscher
Secretary: Maleah Vasquez
Treasurer: Kaid Hogan

Seventh Grade

President: Macradee Lantis
Vice President: Bryer Brown
Secretary: Shaydyn Rasby
Treasurer: Keigan Kershner

SUTHERLAND PUBLIC SCHOOL

P.O. Box 217

401 Walnut Street

Sutherland, NE 69165

Phone: 308-386-4321

Fax: 308-386-2426

www.spssailors.org



SCHOOL SAFETY

Please be reminded to use caution and safety when dropping off or picking up your child at school. Always use slow speeds when traveling around the school building. We have students who walk home and/or ride bikes, and are crossing the street in several locations. Also, make note of our two bike rack locations.

One is located on the north side of the building and the other is located on the north side of Sutherland Farm & Auto to assist with more playground area.

Students may use whichever bike rack is more convenient. If using the rack near Sutherland Farm & Auto Supply, students must use the crossing guard before and after school to enter or leave the school grounds.

Calendar

October 7, 2022 - Homecoming

October 10, 2022 - NO SCHOOL - PLC Day for Teachers

October 14, 2022 - End of 1st Quarter

October 17, 2022 - School Board Meeting 7:00PM

October 19, 2022 - Early Dismissal 1:00 pm




October 21, 2022 - NO SCHOOL Fall Break

October 24, 2022 - Red Cross Blood Drive






OCTOBER 2022 ACTIVITIES

Sutherland Public School

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Youth WR Girls 4pm	3 JH VB @ SPS vs. Maxwell 3:00pm JH FB @ SPS vs. Maxwell 4:00pm JV FB @ SPS vs. Maxwell 5:30pm 5th VB 6:30pm Play Production 6:30pm TeamMates 7pm	4 JV,V VB @ SPS vs. Sandhills-Thedford 4:30pm	5 FFA Livestock Judging @ Valentine 3rd VB 4pm	6 JV,V VB @ Hershey 5:00pm	7 FB @ SPS vs. Sandhills Valley Coop 7:00pm HOMECOMING Senior Parent's Night - FB, XC, Dance Team	8
9	10 NO SCHOOL ESU PLC Day @ SPS JH VB @ Paxton 2:00pm JH FB @ SPS vs. Hyannis 3:00pm JV VB Quad @ McCook 4:00pm	11 JV, V VB @ SPS vs. Maywood/Hayes Center 5:00pm Senior Parent's Night - VB	12 District Livestock Judging @ North Platte Goal Setting Board Meeting 5:30pm PSAT	13 XC Districts @ Bridgeport FB @ Maxwell 7:00pm	14 End of 1st Quarter Play Production 6:30pm	15 JH VB Tourney @ Paxton 9:00am V VB Tourney @ Perkins Co. 11:00am
16 Youth WR Girls 4:00pm	17 Lions Club Health Screenings Play Production 6:30pm Board Meeting 7:00pm TeamMates 7pm	18 JV,V VB Tri @ SPS vs. Elm Creek/NPSP 5:00pm	19 EARLY OUT 1:00PM	20 Play Production 6:30pm	21 NO SCHOOL - Fall Break	22 Youth VB Tourney
23 Youth VB Tourney	24 Red Cross Blood Drive 9am-3pm Play Production 6:30pm TeamMates 7pm	25 Play Production 6:30pm	26	27 Play Production 6:30pm	28	29
30 Youth WR Girls 4pm	31 TeamMates 7pm					

OCTOBER 2022 MENUS

Sutherland Public School

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 	3 Cereal, Twix bar, fruit, juice, milk. Chicken nuggets, smiley fries, cherry crisp, salad bar, milk.	4 Breakfast sandwich, fruit, juice, milk. Burritos, cheese, salsa, cookie, salad bar, milk.	5 Waffles, sausage, fruit, juice, milk. Italian dunkers, salad bar, milk.	6 Cereal, Twix bar, fruit, juice, milk. Grilled cheese, soup salad bar, milk.	7 Cereal, poptart, fruit, juice, milk. Tacos (Beef in Schools), ice cream bar, salad bar, milk.	8
9	10 NO SCHOOL	11 Breakfast burritos, fruit, juice, milk. Macaroni & cheese, muffins, salad bar, milk.	12 French toast, ham, fruit, juice, milk. BBQ rib sandwich on w/g bun, salad bar, milk.	13 Cereal, poptarts, fruit, juice, milk. Chicken and noodles over mashed potatoes, green beans, dinner rolls, salad bar, milk.	14 Cereal, snack bread, fruit, juice, milk. Hamburgers (Beef in Schools), chips, cookie, salad bar, milk.	15
16	17 Cereal, poptart, fruit, juice, milk. Chicken strips, potato patty, churros, salad bar, milk.	18 Breakfast sandwich, fruit, juice, milk. Hot ham & cheese, pudding, salad bar, milk.	19 Pancakes, ham, fruit, juice, milk. Stoppo joes (Beef in Schools), chips, salad bar, milk.	20 Cereal, Banana bread, fruit, juice, milk. Corn dogs, baked beans, cookie, salad bar, milk.	21 NO SCHOOL	22
23	24 Cereal, Twix bar, fruit, juice, milk. Chicken patty sandwich, apple crisp, salad bar, milk.	25 Breakfast burritos, fruit, juice, milk. Grilled cheese, soup, salad bar, milk.	26 Waffles, ham, fruit, juice, milk. Italian dunkers, salad bar, milk.	27 Cereal, poptart, fruit, juice, milk. Burritos, rice crispy bar, salad bar, milk.	28 Cereal, poptarts, fruit, juice, milk. Pizza (Beef in Schools), salad bar, milk.	29
30	31 Cereal, poptart, fruit, juice, milk. Pigs in a blanket, salad bar, milk.		Milk is Served w/ Every Meal: *1% White *FF Chocolate *FF Strawberry		This Institution is an Equal Opportunity Employer & Provider	