



ELBA HI-TIMES 2.0

Volume 6, Issue 1

September 2023



Allison Pritchard, Superintendent

School Motto:

Michael Collett, 7-12 Principal

Small Classes,

Tessa Reiman, Guidance Counselor

Big Futures

Michael Collett, Activities Director

Elba Public Schools

P.O. Box 100

Elba Public School's Mission is to

711 Caroline Street

develop students academically,

Elba, Nebraska 68835-1001

socially and emotionally

Telephone (308) 863-2228

for a successful future.

Fax (308) 863-2329

www.elbaps.org

Welcome Back to a New School Year.....

Educators are required to complete several trainings during the year. Currently, our educators are completing "Youth Suicide" on our Vector on-line program. The staff has to listen to the videos and answer questions throughout the training. At the end of the training there is a comprehensive quiz. I just finished my training and I reflected on how important this topic is in schools and the staggering statistics. It is important for our staff to be tuned into the forewarning signs, which is taken seriously. Parents will be contacted if there is a concern.

Elba Public Schools does have a system in place to support the students and their families. One important piece to our system is the SAFE2HELPNE tool which is located on our main page of our new website under one of our main icons. SAFE2HELPNE is available to support families and/or students with a crisis and/or suicide situation.

I didn't know how the system worked, so I clicked the link. The number displayed on the webpage: 988 or 1-833-980-7233. I called. At first there was an automated message and then if you stay on the line it will state, "If you would like to stay on the line a lifeline crisis counselor will be contacted". This occurred in a timely process. The crisis counselor assists the person through the crisis. The caller can be a person who is concerned, the person having the crisis or a family member. IT IS CONFIDENTIAL. The system will send the Elba crisis head and administration a confidential message, if needed. Our crisis team is enacted depending the urgency of the crisis.

Working together creates support for everyone.

I hope each of your families has had a smooth beginning of the school year.

Sincerely,

Allison Pritchard
PK-12 Superintendent
PK-6 Principal



SMALL CLASSES, BIG FUTURES

This summer has flown by and it is time for another big WELCOME BACK!! We are in full swing here at the school and off to a great start! I am excited to announce that we have a new 7-12 Ag teacher, Miss Harms. Miss Harms comes to us from Omaha. She has been busy this summer moving and also taking over the FFA duties. If you see her here at school or at activities please say hi and welcome her to the area.

We have a couple changes in the JH/HS that I wanted to highlight in this month's newsletter.

Homeroom

We added a "Homeroom" period in our daily schedule this year. Homeroom will consist of every student in the 7-12 grade having a specific teacher that they will check in with for 30 minutes each day. Expectations for homeroom will consist of:

- Weekly grade checks
- Weekly communication with parents about grades and missing assignments
- Complete homework and missing assignments
- Improve school culture by activities and projects geared towards making the school a more positive place to learn.
- Build community and relationships through class competitions and activities.

Random Drug Testing for Extracurricular Activities

This year we are implementing 6th - 12th grade random drug testing for students who are out for competitive extracurricular activities. A handful of students will be selected each month for a drug test. These drug tests are just another step toward our goal to maintain a positive school atmosphere where students are safe and promote Elba in a positive light in the various communities we visit throughout the year.

If you have any questions throughout the year, please feel free to contact the school so that we can assist you in answering your questions.

We are here to develop students academically, socially, and emotionally for a successful future.

-Mr. Collett - Secondary Principal and Activities Director

Mrs. Reiman

School Counselor



I am here for you!

Please don't hesitate to contact me:

Phone: 308-863-2228

Email: tessa.reiman@elbaps.org

Classroom Lessons:

Social & Emotional Wellness

Mrs. Reiman will deliver lessons related to building students' social and emotional wellness. For this school year, an emphasis will be placed on emotional regulation, coping skills, and mindfulness. All Students K-12 participate in these lessons as a part of the Specials rotation and Homeroom.

Individual & Group Counseling

Mrs. Reiman can provide short-term, solution focused counseling support to students as needed. Teachers and parents may share concerns and make referrals, and students often refer themselves! Mrs. Reiman typically helps with friendship concerns, managing stress and anxious feelings, and processing big emotions in tough situations. Targeted small group interventions are also offered as needed.

College & Career Readiness

Mrs. Reiman is working diligently to schedule experiences for junior and senior high students to explore all of the options available after graduation, including college and career fairs, college visits, local business visits, military recruiter visits, financial aid planning events, and much more! Mrs. Reiman will also deliver classroom lessons to teach students the importance of academics, life skills, and financial planning during Homeroom.

August - September College/Career Events

- **8/28/23 - Marine Corps Recruiter Visit**
 - 11:30am at Elba Public School (Juniors & Seniors)
 - Learn about military service and opportunities in the Marine Corps!
- **9/7/23 - College/Career Night for Junior and Senior Students and Parents**
 - 6:00pm at Elba Public School - Supper will be provided!
 - Learn about planning and preparation for college and career fields, and ways to pay for education!
- **09/20/23 - College Fair in St. Paul, NE**
 - 11:30am - 12:30pm at St. Paul High School (Freshmen & Sophomores)
 - Representatives from colleges and local employers are available to meet with your student!
- **09/27/23 - University of Nebraska-Lincoln Campus Tour**
 - Leave at 7:30am! 10:00am - 12:30pm at UNL (Interested Juniors and Seniors)
 - Information session on admission requirements and scholarships followed by a campus tour and lunch in the dining hall!

Central Community College Fall 2023

September 11 — October 23
7:00 p.m.—8:45 p.m.

Cost \$50

Students can attend in-person on the
Grand Island Campus (room 102)
or from home via
WebEx .

ACT Prep Course

Prep Better, Score Higher

Central Community College
is offering an ACT prep course that
will cover all sections of the ACT including English,
reading, math and science as well as incorporating
test-taking strategies.

Six class sessions will be offered on Monday evenings from 7:00 p.m.—8:45 p.m.
starting September 11. Class will not meet on October 16. The last class session will be
held on October 23, just in time before the October 28 ACT Test. Classes are taught by Central
Community College adjunct instructors with experience teaching ACT prep courses.

For registration or other information, contact Jerry Dunn at 308-398-7447 or by email at
geraldjdu@cccneb.edu or complete the attached form and return it with payment.



College Planning Priorities

Fall - Senior

- ☐ Create an EducationQuest account.
- ☐ Make sure you're on track to meet graduation and college admission requirements.
- ☐ Apply to your top college choices.
- ☐ Create an FSA ID (one for you and one for a parent).
- ☐ Complete the FAFSA.
- ☐ Expect a FAFSA Summary Sheet (FSS) via an email link.
- ☐ Retake the ACT and/or SAT.
- ☐ Get serious about applying for scholarships.
- ☐ Request letters of recommendation for scholarship applications.
- ☐ Sign up for Countdown2College email service.
- ☐ Visit (or revisit) your top college choices.

Fall - Junior

- ☐ Stay on track to meet college admission requirements.
- ☐ Take the ACT and ASVAB exams.
- ☐ Get involved in extracurricular activities.
- ☐ Focus on your career interests.
- ☐ Research colleges that interest you.
- ☐ Sign up for Countdown2College email service.
- ☐ Sign up for an EducationQuest account.

Fall - Sophomore

- ☐ Sign up for Countdown2College email service.
- ☐ Sign up for an EducationQuest account.
- ☐ Expand your involvement in extracurricular activities.
- ☐ Improve your study skills to help you earn better grades.

Fall - Freshmen

- ☐ Create a four-year academic plan.
- ☐ Get involved in extracurricular activities.
- ☐ Sign up for a MyEducationQuest account.



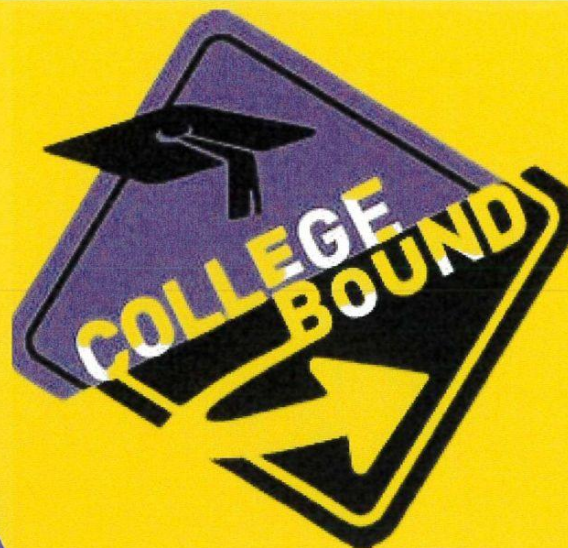
Elba Public Schools

11TH/12TH GRADE COLLEGE/CAREER NIGHT

SUPPER PROVIDED!

JOIN MRS. REIMAN AT THE
ELBA COMMUNITY CENTER
AT 6PM TO LEARN MORE
ABOUT LOCAL CAREER
OPPORTUNITIES AND HOW
TO PLAN FOR COLLEGE!

- ✓ Meet other parents
- ✓ Get your questions answered
- ✓ Discuss important information



THURSDAY
7
SEPTEMBER



Live Well Counseling Services

Offered weekly at Elba Public Schools on Thursdays!

Kiffany Conner, LIMHP, Therapist

Kearney

Location: Kearney Office

Phone: (308) 234-6029

Email: kconner@livewell-kearney.com



Kiffany Conner is a Licensed Independent Mental Health Practitioner with a passion for working with children, adolescents, and adults of all ages. She graduated from the University of Nebraska at Kearney and has 10 years of experience in working in different clinical settings, including group homes, MST (Multi-systemic therapy), and non-profit agencies. She is trained in EMDR (Eye Movement Desensitization and Reprocessing), CPP (Child Parent Psychotherapy), and TF-CBT (Trauma Focused Cognitive Behavioral Therapy). She also has extensive training and experience in working with individuals who have experienced trauma resulting from domestic violence, sexual assault, childhood trauma/abuse, stalking, and harassment.

Kiffany provides individual, couples, and family therapy for concerns relating to anxiety, depression, adjustment/life transitions, as well as a wide variety of other mental health concerns.

Please return the attached referral form to Mrs. Reiman if you would like your child to start private counseling.

***This service will be billed through your child's health insurance.**

Megan Stapel

School Interventionist



Who am I?

I am Megan Stapel, the school interventionist for the 2023-2024 school year. I graduated from the University of Nebraska at Kearney in December 2022 with a degree in psychology. I grew up in a small town in Kansas and have grown to love rural small towns. I enjoy all things outdoors in both the winter and summer months. I look forward to a fun school year!

What is my role?

Overall my role in the schools is to ensure students and their families well-being. I will be focusing a lot on: truancy (attendance), regular check ins with students, providing resources, and if I can't help with something, I know someone who may be able to.

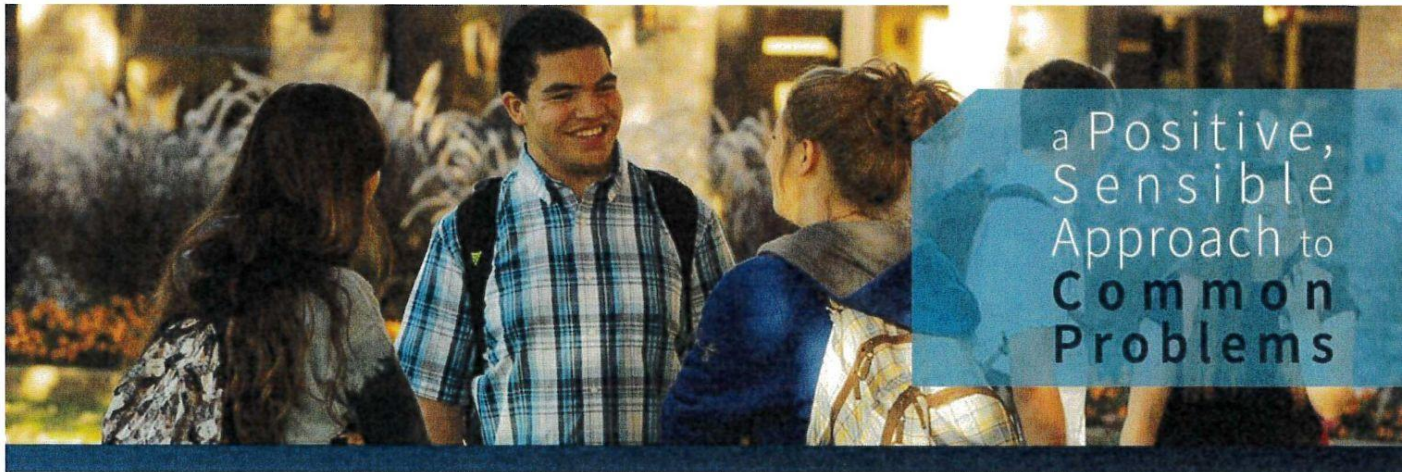


What can I help with?

- Assistance with bills, housing, and personal needs
- One to ones with students
- Guidance with teens and the relationships they encounter throughout school
- Help students with problem-solving efforts
- and MANY more things, just ask!

How you can contact me:

email: megan@livewell-qi.com



Boys Town Common Sense Parenting®

Free

Orientation: You are invited to attend a 30-minute session to learn more about the program, test technology and meet other parents and their parent instructor.

Dates: September 20, 2023

Times: 5:30 – 6:00 PM

Goal: Learn about the class

Where: Online

Who Should Attend: Parents who would like to attend the class.

Common Sense Parenting (CSP)® for School

Success is a six-week class that offers training for parents who want to build on their existing skills or learn new ways of dealing with their children's behaviors. Professional parent trainers teach the course.

Dates: September 20 – October 25, 2023
(Wednesday evenings for 6 weeks)

Times: 6:00 – 7:30 PM

Cost: FREE! Using Coupon Code: **PV0920**

Where: Online - WebEx (phone or computer)

Who: Parents who have children ages 6-16, and are living in Central Nebraska!

FOR MORE INFORMATION
about Boys Town Common Sense
Parenting® program and how it
can help you build and reinforce
healthy family relationships,
call us at

531-355-1059

Register Online Today!

www.boystown.org/cspne

Questions? Contact Gayle Rocz

gayle.roc@boystown.org

531-355-1059





High School Football

The 2023 Elba Bluejays had to cancel their Varsity football season at the June Board meeting due to lack players. This was done in order for our opponents to find replacement games that would be played during Week Zero. The football team gained two incoming freshmen for the upcoming Junior Varsity season, giving us a total of seven players: Juniors: Remo Buecker, and Trevon Rasmussen; Sophomores: Blake Barg, Tyler McKoski, and Seth Patton; Freshmen: Ethan Lange, and Wyatt Loewen. Quentin Donscheske is our Student Manager this year. As of right now, we have two Junior Varsity games scheduled against Paxton, and Franklin. Losing five seniors, and two juniors from last year's squad for the upcoming season is really difficult to bounce back from especially for a team that plays 6-Man Football. Losing our star offensive player, Brendon Keene, who accounted for 89 of our 169 total points will be hard to replace, as well as Bryson Eacker, who led our team defensively with 71 total tackles (44 solo). This season will be good for our young team, and we will get the players some good learning experiences to build on for the 2024 Football Season.

-Coach Simmerman

Lady Jays Volleyball

This season we have 10 players out for Volleyball. They are Senior Maycee R.; Juniors: Klaira R., and Reagan A.; Sophomores: Marissa U., and Carmen TG.; and Freshmen: JarahLynn M., Addison W., Marena P., Shia R., and Chelsi M. Hadlee M. is our Student Manager, and Tessa Reiman is the Assistant Coach! We have been practicing for 3 weeks now, and the girls have made great strides and improvements. We have done skill testing and rotation work. We named our 3 team captains: Maycee R., Addison W., and JarahLynn M. We are a really young team, but we have high hopes and goals for the season!

Our Gatorade Scrimmage was held on Thursday, August 17; we then traveled to Harvard on Friday, August 18th, for our Jamboree. We came home with all three wins! On Tuesday, August 29th, we traveled to Nebraska Christian for a triangular vs. Gibbon and Nebraska Christian.

Coach Sarah Morrow

Upcoming games in September:

Sept. 5 at Riverside

Sept. 21 at Osceola

Sept. 25 at Palmer

Sept. 26 at Harvard

JH Volleyball

The Junior High volleyball girls started practice on the first day of school, August 15th. This season we have 8 players out for volleyball. They are eighth graders: Jazlyn E., Ayva G., and Brooklyn P.; Sixth graders: Hadlee M., Brooklyn F., Sylvia G., Isabella L., and Elsie W. Kayla Colfack is our Assistant Coach, and our Head Coach is Melissa Donscheski. Their first game was Monday, August 28th, when they traveled to Nebraska Christian.



Elba Cheer



Tryouts for this years' cheer squad were held in May of last school year. The girls learned the school dance, two basic cheers, and they had to make up their own cheer. The following girls were accepted to be on this years' Cheer Squad: Juniors: Klaira R., and Reagan A.; and Freshmen: Shia R., Marena P., and Chelsi M. The girls attended a UCA cheer camp to learn some new cheers, dances, and how to stunt. The girls have been working to improve their skills by practicing regularly. They won't have a regular football season this year to cheer at, so they are looking forward to basketball. These ladies are excited and ready to show their newly learned skills and cheers.



One-Act

Auditions were held for this years' school play. The following students are members of the cast: Maycee R., Addison W., Jesse M., Cody D., Trevon R., Klaira R., Marena P., Shia R., Alana B., Jackson R., Reagan A., Marissa U., Aryana U., Jarahlynn M., Carman T., and Chelsi. M.

The following students are crew members for this years play: Seth P., Tyler Quentin D., Jarahlynn M., Carmen TG., Chelsi M., Remo B.

Practices have started in the evening, as well as early mornings. Bluejay Fest will be held this year on Wednesday, November 15th. The fest will be held here at the school; stay tuned for more information!

Student Council

Each Class has picked their Student Council representatives. This years' Student Council members are: Seniors: Cody D., and Logan A.; Juniors: Kaylee T., and Raven L.; Sophomores: Carmen GT., and Blake B.; Freshmen: Addie W., and Shia R.; and 8th Grade: Ayva G., and Jazlyn E.

ELBA FFA

FOOD DRIVE

AUGUST 24TH - SEPTEMBER 12TH

DROP OFF IN AG ROOM

CLASS WITH THE MOST CANNED DONATIONS WILL RECEIVE A PIZZA PARTY!

WE ACCEPT DONATIONS OF NON-PERISHABLE FOOD IN JARS AND CANS. WE RECOMMEND SAUCES, SOUPS, BEANS, HONEY, PEANUT BUTTER, COCONUT CREAM AND FISH IN OIL.



SNACK CART

- NHS will be organizing smart snacks for sale for the junior high and high school students.
- Snack Cart will be coming to each high school classroom everyday starting at about 10:10.
- Snack cart is available to students in seventh-twelfth grade.
- All snacks are \$.50.
- Students may only purchase two snacks.
- Students can purchase snacks after school. There is no limit at that time.
- Students must have their money with them for snacks at snack time and not return to their lockers to get their money.
- Students may use incentive money for snacks. Students must fill out and have a form signed.

Elba PTO

Fun Run/Walk



Friday, September 8th
Elba Public School Front Doors
Registration Begins at 6:30-7:00 p.m.
Run/Walk Begins at 7:00 p.m.

1 mile or 3 mile walk or run

Be Prepared to get wet!!!!!!



How do you join this fun?

Just show up at registration.

\$5 Students, \$10 Adults

Children under 3 and under are Free!

PTO is Hosting....

Donuts with "The Grandparents"

Monday, September 11th

Elba Public School

Preschool-6th Grade

Grandparents can join them for recess from 7:30-8:00
and donuts will be served at 8:00 in the cafeteria.



**WE ARE WORKING TO HAVE SOME ADOPT A GRANDPARENTS AVAILABLE FOR
THE STUDENTS WHOSE GRANDPARENTS AREN'T ABLE TO ATTEND!**

NOTICE OF NONDISCRIMINATION

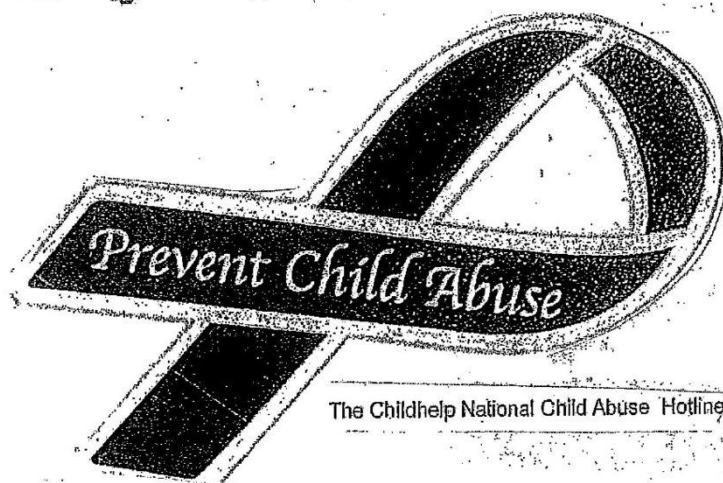
Students, parents, employees, and applicants for admission and employment, and all unions holding collective bargaining or professional agreements with Elba Public School are hereby notified that this institution does not discriminate on the basis of race, color, national origin, ethnicity, sex, age, disability status, sexual orientation, or gender identification in admissions, programs, activities, career and technical education (CTE) classes and opportunities, or any other aspect of school operations. Discrimination based on any of the grounds listed above, as well as sexual violence and/or harassment are not permitted by this institution.

Grievance Procedures

Elba Public School has grievance procedures for addressing discrimination of any kind related to the above listed non-discrimination policy (including sexual violence and/or sexual harassment) that are available to all students, parents, and staff. Any person wishing to initiate a grievance procedure or having questions about this institution's compliance with Civil Rights including, but not limited to, Title IX, Title II, Title VI, and/or Section 504 should contact the Superintendent of Schools at 308-863-2228 or in person at the school office.

Admission/Selection/Participation in Educational Classes/Programs & Co-Curricular/ Extracurricular Activities

Admission/selection/enrollment in/participation in instructional classes and programs (including, but not limited to, Career and Technical Education - CTE) and co-curricular and extracurricular activities, where possible, is determined according to student interest and abilities. Student interests and preferences are considered with regard to class schedules in conjunction with meeting graduation requirements, and state and federal guidelines. All students are allowed to participate in extracurricular and co-curricular activities according to their interests as long as they are in compliance with academic eligibility requirements, state guidelines, and school policies. Students are not barred admission to classes, programs, other instructional opportunities (including career and technical education - CTE), or co-curricular and extracurricular opportunities on the basis of race, color, national origin, ethnicity, sex, disability status, sexual orientation, or gender identification. Students with disabilities are encouraged to participate in the full range of school instructional programs and co-curricular and extracurricular programs in accordance with their ability as determined by the IEP team in conjunction with parent/guardian and student preferences.



We have some incredible resources available in our communities. Whether or not families know about them, can access them, or can qualify for them seems to be a major system issue. Moments of crisis for families is something the Behavioral Health System of Care is focusing on, partnering with the **Nebraska Family Helpline** as the #1 resource for help. Helpline operators are trained and can assess immediate safety needs, identify the potential level of crisis, and make recommendations or referrals to appropriate resources. If needed they can help callers connect to emergency resources or providers. The Nebraska Family Helpline can help find providers and community resources for help.



NEBRASKA FAMILY
HELPLINE

888-866-8660

Calendar

This institution is an equal opportunity provider

Calendar

October 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 ● 3:00pm: JH Volleyball vs Harvard @ Harvard	2	3 4th thru 6th Grade Field Trip ● 12:35pm: FFA CHAPTER MEETING	4 ● 3:00pm: JH Volleyball vs Central Valley @ Central Valley ● 5:30pm: Varsity Volleyball Triangular @ Central Valley	5 ● 5:00pm: Varsity Volleyball Dual @ St. Edward	6 ● 1:00pm: Varsity Volleyball Tournament @ Palmer Harvest of Harmony
8 ● 2:00pm: JH Volleyball vs St. Edward @ Elba NO SCHOOL--FALL BREAK	9 NO SCHOOL--FALL BREAK	10 NO SCHOOL--FALL BREAK ● 5:30pm: Varsity Volleyball Triangular @ Palmer	11	12 Goldenrod Conference Volleyball Tournament	13 ● 12:35pm: FFA OFFICER MEETING	14 Goldenrod Conference Volleyball Tournament
15 COUNTY GOVERNMENT DAY	16	17	18	19 VOLLEYBALL SENIOR NIGHT ● 3:00pm: JH Volleyball vs Palmer @ Elba HOMECOMING END OF 1ST QUARTER ● 5:30pm: Varsity Volleyball Triangular @ Elba	20 NO SCHOOL TEACHER IN SERVICE	21
22 ● 4:00pm: FFA To SCARECROW PATCH	23	24	25 ● 10:30am: LBHD FLU SHOT CLINIC ● 12:35pm: FFA CHAPTER MEETING	26	27 ● 12:35pm: FFA OFFICER MEETING FFA CHAPTER MEETING & HALLOWEEN PARTY	28
29	30	31				

This institution is an equal opportunity provider

September 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4 Donuts ...or Cold Cereal & Toast NO SCHOOL (Labor Day)	5 Donuts ...or Cold Cereal & Toast	6 Scrambled Eggs ...or Cold Cereal & Toast	7 Sausage & Toast ...or Cold Cereal & Toast	8 French Toast ...or Cold Cereal & Toast	9
		Fruit, Juice & Milk	Fruit, Juice & Milk	Fruit, Juice & Milk	Fruit, Juice & Milk	
10	11 Donuts ...or Cold Cereal & Toast Fruit, Juice & Milk	12 Breakfast Burrito ...or Cold Cereal & Toast Fruit, Juice & Milk	13 Biscuits & Gravy ...or Cold Cereal & Toast Fruit, Juice & Milk	14 Pancakes ...or Cold Cereal & Toast Fruit, Juice & Milk	15 NO SCHOOL --Day After Parent Teacher Conferences	16
17	18 Apple Fritters ...or Cold Cereal & Toast Fruit, Juice & Milk	19 Scrambled Eggs ...or Cold Cereal & Toast Fruit, Juice & Milk	20 Sausage & Toast ...or Cold Cereal & Toast Fruit, Juice & Milk	21 Waffle Sticks ...or Cold Cereal & Toast Fruit, Juice & Milk	22 NO SCHOOL (Junk Jaunt)	23
24	25 Cinnamon Roll ...or Cold Cereal & Toast Fruit, Juice & Milk	26 Breakfast Burrito ...or Cold Cereal & Toast Fruit, Juice & Milk	27 Breakfast Bagels ...or Cold Cereal & Toast Fruit, Juice & Milk	28 Pancakes ...or Cold Cereal & Toast	29 NO SCHOOL	30

Fruit & Vegetable Salad Bars at Elba Public School comply with the National School Lunch Program. Students will visit the salad bar daily. Fruits and vegetables play a very important part, providing many nutritious and healthy options to choose from.

This institution is an equal opportunity provider

September 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Meatball Sub Vegetables Cookie Milk Salad Bar	2
	3 NO SCHOOL (Labor Day)	4 Ham Patty Scalloped Potato Cookie Bar Milk Salad Bar	5 Soft Shell Taco Corn Cookie Milk Salad Bar	6 Chicken Nuggets Vegetables Jello Poke Cake Milk Salad Bar	7 Pizza Vegetables Cookie Milk Salad Bar	8 9
10 Philly Steak & Cheese Vegetables Cookie Milk Salad Bar	11 Chicken Fajitas Corn No Bakes Milk Salad Bar	12 Crispitos Broccoli Peanut Butter Bar Milk Salad Bar	13 Goulash Green Beans Garlic Bread Milk Salad Bar	14 NO SCHOOL --Day After Parent Teacher Conferences	15 16	
17 Smothered Burrito Spanish Rice Cookie Milk Salad Bar	18 Nacho de Grande Corn Cookie Milk Salad Bar	19 Corn Dogs Baked Beans Cookie Milk Salad Bar	20 Spaghetti & Meat Sauce Garlic Bread Milk Salad Bar	21 22 NO SCHOOL (Junk Jaunt)	23	
24 Breaded Pork Patty Mashed Potatoes & Gravy Bread Milk Salad Bar	25 Soft Shell Taco Corn No Bakes Milk Salad Bar	26 Chicken Patty Vegetables Cookie Bar Milk Salad Bar	27 Pizza Vegetables Cookie Milk Salad Bar	28 29 NO SCHOOL	30	

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