



## ELBA HI-TIMES 2.0

Volume 6, Issue 3

**December 2023/January 2024**

**Merry Christmas  
and Happy New Year!**



by Ms. Lolitta

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.

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[www.elbaps.org](http://www.elbaps.org)

## ZONES OF REGULATION

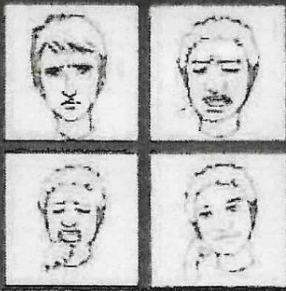
Tis the season for many holiday emotions. The Zones of Regulation are a tool to teach children to self-regulate and control their emotions. When a child has feelings of mad/anger, sadness, happiness, and/or frustration the child needs to know how to regulate, or control, their feelings. If students are angry educators let the students de-escalate, calm down, before having a discussion with the student. The biggest key is not to talk to children if they are escalated. The child is not listening. When you refer to the chart, we want students to function in the green zone. While working with a child we will ask, "What color are you in?"

Educators teach the student's strategies to be ready to learn again or be in the green zone again. The students might take a break by walking, running, deep breathing, box breathing, finger touching etc. Some students are so angry you might have to re-visit the situation an hour or two later. As a parent, this tool might prove useful because elementary students often use this communication at school.



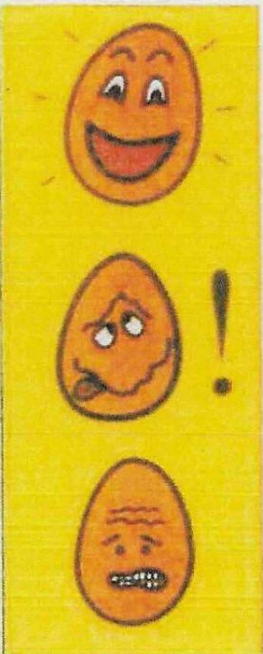
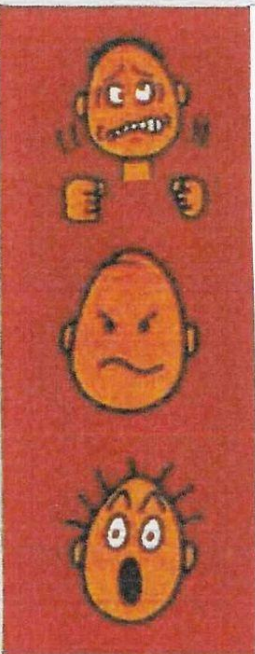
Happy Holidays!

Ms. Pritchard

# The **ZONES** of Regulation®

			
BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Terrified Yelling/Hitting Elated Out of Control

## The Zones of Regulation

			
Blue Zone	Green Zone	Yellow Zone	Red Zone
sad      tired sick      moving tired      slowly	happy calm feeling ok focused ready to learn	frustrated worried silly/wiggly excited loss of some control	mad/angry terrified yelling/hitting elated out of control



Chelsea Wiese

November 2023 Teacher of the Month

Jazmyne Spilinek

November 2023 Staff of the Month

Shia Rasmussen

November 2023 HS Student of the Month

Macy Wysocki

November 2023 Elementary Student of the Month



PLEASE, PLEASE, PLEASE  
SEND YOUR CHILD TO SCHOOL WITH A  
COAT, HAT, & GLOVES ON WITH THE  
WEATHER CHANGING TO COLDER  
TEMPERATURES OUTSIDE!

THANK YOU! ❄️



# Lady Jays Basketball

Our team members this year are: Junior: Reagan A.; Sophomore: Carmen T.; and Freshman: Addison W., Shia R., Jarahlynn M., Marena P., and Chelsi M. As our practices continue we are looking forward to our first game on December 5th vs Giltner at 6:00 p.m. at home.

## **December Schedule:**

12/5 vs Giltner @ Home, 6pm  
12/8 vs Silver Lake @ Silver lake, 6pm  
12/12 vs hampton @ Home, 5pm  
12/14 vs Central Valley @ Home, 6pm  
12/19 vs St. Edward @ St. Edward, 6pm  
12/21 vs Burwell @ Burwell, 6pm  
12/28&29 vs Elba Holiday Tournament @ Home, TBD



# HS Boys Basketball

This is the 2023/2024 year of basketball for the Bluejays, BlueJays Coach Simmerman started the season with a week of conditioning then getting right into practicing the following week. Now the boys are almost to their first game against Giltner. The players this season are: Seniors: Cody D., and Logan A.; Junior: Trevon R.; Sophomores: Blake B., Quentin D., and Tyler M.; and Freshman: Ethan L.

## **December Schedule:**

12/5 vs Giltner @ Home, 7:30pm  
12/8 vs Silver Lake @ Silver lake, 7:30pm  
12/12 vs hampton @ Home, 6:30pm  
12/14 vs Central Valley @ Home, 7:30pm  
12/19 vs St. Edward @ St. Edward, 7:30pm  
12/21 vs Burwell @ Burwell, 7:30pm  
12/28&29 vs Elba HolidayTournament @ Home, TBD

## **JH Girls Basketball**

The Junior High Girls Basketball team traveled to Palmer on November 20th to play their first game of the season. The Lady Jays struggled the first half, but was able to put more points on the board in the 4th quarter. The final score was 23-13, with the Lady Jays taking their first loss of the year.

After a long Thanksgiving break, the Lady Jays played their first home game on November 27th, against Harvard; they squeaked out a win with a score of 10-8 against the Cardinals.

“We have only 3 returning players from last year with 5 new 6th graders needing to fill some big shoes. We have a great team this year that shows a lot of promise. We must continue to work on ball handling, guarding our passes, and work on shooting the ball more accurately. We had a lot of shots go up that would not fall. We have a very busy schedule the first two weeks of December, and we will build on our skills.” stated Coach Kaslon.

Those on the team this year are: 8th grade: Tayalynn B., Jazlynn E., and Ayva G.; 6th grade: Brooklynn F., Sylvia G., Isabella L., Hadlee M., and Elsie W; Head Coach is Marsha Kaslon and Assistant Coach is Kayla Colfack.

The schedule for Junior High Girls Basketball:

December 4th with Hampton at 3:00 pm @ Home

December 7th with High Plains at 2:00 pm @ Home

December 9th Kenesaw Tournament at 8:00 am @ Kenesaw

December 18th with Shelton at 3:00 pm @ Shelton

January 27th Riverside Tournament at 9:00 am @ Riverside

January 30th with Trinity Lutheran at 4:00 pm @ Grand Island



# One-Act

The Bluejay Fest was the first competition of the 2023 season for the Elba One-Act. They competed against teams from Giltner, Sandhills, Ansley, Arcadia, and Axtell. The following are team members from the Elba cast who received awards: Addison W., Marena P., Shia R., and Jesse M. The team then traveled to Central City for the Goldenrod Conference One-Act on November 21st. They competed against 10 teams and placed 7th. The following are team members from the Elba cast who received awards: Addison W., Carmen T., Marena P., and Trevon R. They then headed to Newman Grove for Districts on November 27th, where they placed 7th again. The following are team members from the Elba cast who received awards: Trevon R., Jesse M., Shia R., Addison W., and Carmen T. The Team performed for the school on November 28th at 1 o'clock. They wrapped up their season with a performance for the Elba community with Soup, Drama, and Desserts on November 30th at 7 o'clock.



# Houses

The October house meeting was held on 26th in the cafeteria, jam packed with lots of fun! The meeting started out with Rosie and Shana getting everyone in the Nebraska Crunch challenge eating yummy apples for our state to win. Then with Halloween that month coming up we made Halloween lights with ping pong balls and tea lights. The elementary volleyball girls presented Ms. Pritchard and Mr. Collet with gifts for supporting our youth sports and National Principal month.



The November House Meeting was held on the 29th in the gym. We played a fun game of Outburst; fun was had by all! We then announced the following: Elementary Student of the Month was Macy Wysocki; High School Student of the Month was Shia Rasmussen; Support Staff of the Month was Jazmyne Spilinek; and Teacher of the Month was Chelsea Wiese!



## NOTICE OF NONDISCRIMINATION

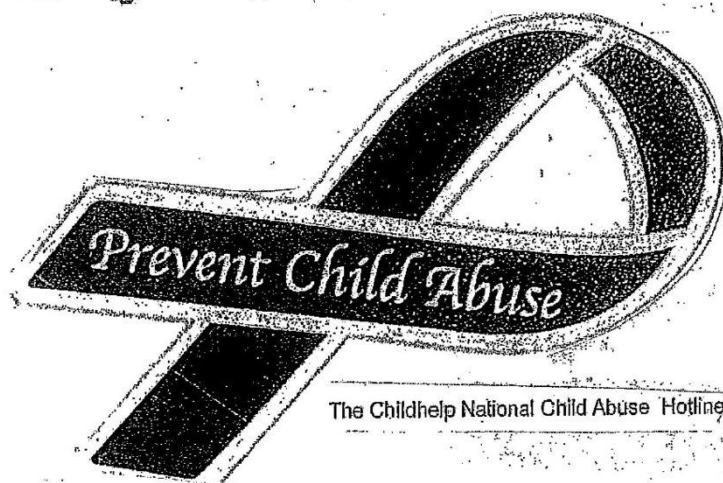
Students, parents, employees, and applicants for admission and employment, and all unions holding collective bargaining or professional agreements with Elba Public School are hereby notified that this institution does not discriminate on the basis of race, color, national origin, ethnicity, sex, age, 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



# Elba Public Schools

December 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 ● 12:35pm: FFA OFFICER MEETING	2
3	4 ● 3:00pm: JH Girls Basketball vs Hampton @ Elba ● 4:00pm: JH Boys Basketball vs Hampton @ Elba	5 ● 6:00pm: Varsity Girls Basketball vs Giltner @ Elba ● 7:30pm: Varsity Boys Basketball vs Giltner @ Elba	6 ● 9:15am: 9th Grade to Connecting the Dots ● 6:00pm: FFA Christmas Party & Meeting	7 ● 2:00pm: JH Girls Basketball vs High Plains @ Elba ● 3:30pm: JH Boys Basketball vs High Plains @ Elba	8 ● 6:00pm: Varsity Girls Basketball @ Silver Lake ● 7:30pm: Varsity Boys Basketball @ Silver Lake	9 ● 8:00am: JH Girls Basketball Tournament @ Kenesaw
10	11 NO ELEMENTARY CLASSES ELEMENTARY CURRICULUM DAY	12 ● 5:00pm: Varsity Girls Basketball vs Hampton @ Elba ● 6:30pm: Varsity Boys Basketball vs Hampton @ Elba	13 FFA LDE Contest @ Ansley	14 ● 6:00pm: Varsity Girls Basketball vs Central Valley @ Elba ● 7:30pm: Varsity Boys Basketball vs Central Valley @ Elba	15 STAFF HOLIDAY PARTY @ VINN-U ● 6:30pm: CHRISTMAS CONCERT	16
17	18 ● 3:00pm: JH Girls Basketball @ Shelton	19 ● 6:00pm: Varsity Girls Basketball @ St. Edward ● 7:30pm: Varsity Boys Basketball @ St. Edward	20	21 ● 6:00pm: Varsity Girls Basketball @ Burwell ● 7:30pm: Varsity Boys Basketball @ Burwell	22 2:00 DISMISSAL END OF 2ND QUARTER	23
24	25 HOLIDAY BREAK	26 HOLIDAY BREAK	27 HOLIDAY BREAK	28 Elba Holiday Basketball Tournament HOLIDAY BREAK	29 Elba Holiday Basketball Tournament HOLIDAY BREAK	30
31						

# December Breakfast Menu 2023

				<p>1 French Toast Or Cold Cereal &amp; Toast</p> <p>Fruit, Juice, &amp; Milk</p>
<p>4 Donut Or Cold Cereal &amp; Toast</p> <p>Fruit, Juice, &amp; Milk</p>	<p>5 Scrambled Eggs Or Cold Cereal &amp; Toast</p> <p>Fruit, Juice, &amp; Milk</p>	<p>6 Biscuit &amp; Gravy Or Cold Cereal &amp; Toast</p> <p>Fruit, Juice, &amp; Milk</p>	<p>7 Sausage &amp; Cheese, on a Bun Or Cold Cereal &amp; Toast</p> <p>Fruit, Juice, &amp; Milk</p>	<p>8 Pancakes Or Cold Cereal &amp; Toast</p> <p>Fruit, Juice, &amp; Milk</p>
<p>11 Cinnamon Roll Or Cold Cereal &amp; Toast</p> <p>Fruit, Juice, &amp; Milk</p>	<p>12 Breakfast Burrito Or Cold Cereal &amp; Toast</p> <p>Fruit, Juice, &amp; Milk</p>	<p>13 Coffee Cake Or Cold Cereal &amp; Toast</p> <p>Fruit, Juice, &amp; Milk</p>	<p>14 Breakfast Sandwich Or Cold Cereal &amp; Toast</p> <p>Fruit, Juice, &amp; Milk</p>	<p>15 Pancakes Or Cold Cereal &amp; Toast</p> <p>Fruit, Juice, &amp; Milk</p>
<p>18 Donut Or Cold Cereal &amp; Toast</p> <p>Fruit, Juice, &amp; Milk</p>	<p>19 Scrambled Eggs Or Cold Cereal &amp; Toast</p> <p>Fruit, Juice, &amp; Milk</p>	<p>20 Biscuit &amp; Gravy Or Cold Cereal &amp; Toast</p> <p>Fruit, Juice, &amp; Milk</p>	<p>21 Sausage &amp; Toast Or Cold Cereal &amp; Toast</p> <p>Fruit, Juice, &amp; Milk</p>	<p>22 Pop Tart Or Cold Cereal &amp; Toast</p> <p>Fruit, Juice, &amp; Milk</p>
<p><b>25</b> <b>No School</b></p> <p><b>Happy</b> <b>Holidays</b></p>	<p><b>26</b> <b>No School</b></p> <p><b>Happy</b> <b>Holidays</b></p>	<p><b>27</b> <b>No School</b></p> <p><b>Happy</b> <b>Holidays</b></p>	<p><b>28</b> <b>No School</b></p> <p><b>Happy</b> <b>Holidays</b></p>	<p><b>29</b> <b>No School</b></p> <p><b>Happy</b> <b>Holidays</b></p>

This Institution is an equal opportunity provider

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



# December Lunch Menu 2023

				<p>1</p> <p>Lasagna Garlic Bread Vegetables Milk</p> <p>Salad Bar</p>
<p>4</p> <p>Pork Beef Patty Mashed Potatoes &amp; Gravy Bread Vegetables Milk</p> <p>Salad Bar</p>	<p>5</p> <p>Chicken Fajitas Corn Cookie Vegetables Milk</p> <p>Salad Bar</p>	<p>6</p> <p>Ham Patty on a Bun Vegetables Cookies Fruit Milk</p> <p>Salad Bar</p>	<p>7</p> <p>Creamed Chicken on a Biscuit Peas Cake Milk</p> <p>Salad Bar</p>	<p>8</p> <p>Pizza Vegetables Cookie Bar Milk</p> <p>Salad Bar</p>
<p>11</p> <p>Tater Tot Nachos Vegetables Cookie Milk</p> <p>Salad Bar</p>	<p>12</p> <p>Soft Shell Taco Corn Brownie Fruit Milk</p> <p>Salad Bar</p>	<p>13</p> <p>Meatball Sub Vegetables Cake Milk</p> <p>Salad Bar</p>	<p>14</p> <p>Crispitos Broccoli w/Cheese, Peanut Butter Bar Milk</p> <p>Salad Bar</p>	<p>15</p> <p>Spaghetti, Meat Sauce Garlic Bread Vegetables Milk</p> <p>Salad Bar</p>
<p>18</p> <p>Chicken Breast, Scalloped Potatoes Cookie Milk</p> <p>Salad Bar</p>	<p>19</p> <p>Nacho-de-Grande Corn Fruit Milk</p> <p>Salad Bar</p>	<p>20</p> <p>Sloppy Joes French Fries Cookie Milk</p> <p>Salad Bar</p>	<p>21</p> <p>Pizza Sticks Vegetables Cookie Milk</p> <p>Salad Bar</p>	<p>22</p> <p>Chili Dogs w/Cheese Vegetables Cake Milk</p> <p>Salad Bar</p>
<p>25</p> <p><b>No School Happy Holidays</b></p>	<p>26</p> <p><b>No School Happy Holidays</b></p>	<p>27</p> <p><b>No School Happy Holidays</b></p>	<p>28</p> <p><b>No School Happy Holidays</b></p>	<p>29</p> <p><b>No School Happy Holidays</b></p>

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