

Lewiston Consolidated School District Newsletter

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FLU SHOT CLINIC

It is time to think about getting our flu shots again this year. Influenza is a highly contagious respiratory illness caused by the influenza virus. It spreads from person to person via airborne droplets when someone sneezes or coughs. Influenza can lead to pneumonia, dehydration, and worsening of chronic diseases, especially for those with lung and heart problems. There is a strong possibility of missing school for several days once influenza symptoms set in.



The school strongly encourages all staff and students to receive a flu shot. We are going to make it easy for you to do so. The Pawnee Health Clinic will be at Lewiston Consolidated Schools on **Thursday, October 5th from 8:30 – 9:30 A.M.** to administer flu shots to students and staff. Please bring your insurance card and the clinic will submit a claim for you, otherwise you will need to pay \$25 for the shot. Please make checks payable to **Pawnee County Rural Health Clinic. Medicaid insurance is only accepted at the Pawnee County Rural Health Clinic in Pawnee City.**

Please read the flu vaccination administration release form on the back if you would like a flu shot and return it the morning of the vaccination clinic.

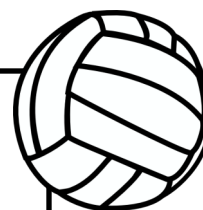
Thank you for protecting your health and the health of others. If you have questions, please contact the Pawnee Rural Health Clinic at 402-852-2311.

Important Dates to Remember

- Thursday, October 5**
Flu Shots
- Friday, October 6**
PK ONLY— NO SCHOOL
- Wednesday, October 11**
Lifetouch Picture Retakes
- Friday, October 20**
End 1st Quarter
- Monday, October 23**
Start 2nd Quarter
- Thursday, October 26**
NO SCHOOL
- Friday, October 27**
NO SCHOOL

MUDECAS VOLLEYBALL HONORS

Megan Wehrbein - 1st Team



OCTOBER LUNCH MONEY AMOUNTS

PK-6 Full Breakfast	7-12 Full Breakfast	PK-6 Full Lunch	7-12 Full Lunch	Reduced Breakfast	Reduced Lunch	Snack Milk
\$32.00	\$36.00	\$47.00	\$57.00	\$6.00	\$8.00	\$8.00

Please note: Snack milk is NOT included in free & reduced lunch program.

Lewiston Consolidated School

Vision: "Every Lewiston Student Educated for Success!"

Mission: "Empowering students to become confident and creative builders of their future."

Injectable Flu Immunization Release

Name: _____ Date of Birth: _____ Age: _____

Flu immunizations will not protect all persons who get the flu. The immunizations will not protect against other illnesses that resemble the flu.

There are two kinds of flu vaccines. Your answers to the following questions will help us know which of the two kinds of vaccine you will receive or if you are eligible to receive it at all.

- | | | | |
|----|--|----|-----|
| 1. | Have you ever had a serious allergic reaction or other problems with the flu vaccine? | NO | YES |
| 2. | Are you allergic to eggs, latex, thimerosal (a mercury derivative), gentamicin, gelatin, or arginine used as a preservative? | NO | YES |
| 3. | Have you ever had Guillain-Barre Syndrome (a type of temporary severe muscle weakness)? | NO | YES |
| 4. | Do you have any of the following: Asthma, diabetes, disease of the lungs, heart, kidneys, liver, nerves, or blood? | NO | YES |
| 5. | Question for those who are 2-17 years of age. Are you on long-term Aspirin or aspirin-containing therapy (do you take aspirin every day)? | NO | YES |
| 6. | Do you have a weak immune system (Example: HIV, cancer, take meds such as steroids or those used to treat cancer), or in close contact with a person who needs care in a protected environment (Example: Someone who has recently had a bone marrow transplant?) | NO | YES |
| 7. | Are you pregnant or nursing? | NO | YES |

Most people have no side effect from the flu vaccine. If mild or moderate problems occur, they can last up to 1-2 days. These may include the following for the injectable vaccine:

Soreness, redness or swelling where the shot was given. Fever or tiredness or achiness. These may begin 6-12 hrs. after the vaccination. Immediate allergic reaction causing difficulty breathing.

Having read the above information, I voluntarily consent to receive the influenza immunization. I release Pawnee County Rural Health Clinic from all responsibilities for reactions that may occur and I will take the responsibility for seek medical attention should more severe symptoms occur.

Signature _____ Date _____



Counselor's Currents

Beginning October 1, Seniors and their parents can complete the 2018-19 [FAFSA](#) (Free Application for Federal Student Aid). The FAFSA is the application for state, federal, and college-based financial aid.

Lewiston will be hosting an Apply2College night in October for Seniors and their parents. There will be a representative from EducationQuest to assist with the FAFSA process! More details to come later!

Reminder to all Seniors and Juniors...

The Beatrice Area College Fair is Wednesday, October 4th at SCC in Beatrice.

We will be leaving Lewiston by bus at 8:30 A.M.

Don't forget your barcode and bring money for lunch!

October "To Do" List

Juniors and Seniors:

- ___ Attend a college fair or educational planning program in your area.
- ___ Attend a Financial Aid Program.

Seniors:

- ___ Create an FSA ID for you and one for a parent. You'll need them for the FAFSA.
- ___ Complete the FAFSA on or after October 1.
- ___ Complete college applications. If your school is hosting an Apply2College event, participate!
- ___ Register by Nov. 3 for the Dec. 9 ACT.

Going to a College Fair this fall?

You must first register for a barcode!

1. Before attending a college fair, visit NebraskaCollegeFairs.org to register for a barcode.
2. Print the barcode and take it to the fair so that college reps can scan it. This will save time spent completing college information cards.



Winning the scholarship game

Follow these tips to increase your chances of earning scholarships:

Don't pay for scholarship services! Free resources include [ScholarshipQuest](#) at EducationQuest.org, your school counselor's office, and EducationQuest offices in Omaha, Lincoln, and Kearney.

Focus on college-based and local scholarships. You're more likely to earn them over large national awards.

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

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

Use quality references such as a teacher, coach or counselor. Give them advance notice, a specific deadline, and a copy of your Activities Resume.

Ask at least two people to proofread your application.

Seniors - Have you visited your top colleges?

If you haven't done so already, visit your college choices soon as application deadlines will start hitting this fall. Follow these tips for a successful visit:

- ⇒ **Contact the admissions office at least two weeks in advance** to schedule your visit. Make appointments with an admissions representative, financial aid counselor, and a faculty member in the area of study that interests you.
- ⇒ **Check out the college website before you visit.** Most college sites have a section for prospective students where you can learn about the school's admissions process, types of majors, student services, and employment opportunities. You might even be able to schedule your visit online.
- ⇒ **Visit while school is in session.** You won't get the true flavor during breaks or finals week.
- ⇒ **Get a feel for the campus.** Hang out in the student union, find coffee shops with wireless internet access, eat in a restaurant close to campus or attend athletic or cultural events.
- ⇒ **Ask LOTS of questions!** See the EducationQuest College Prep Handbook or website for good questions to ask.

*All Nebraska high school juniors will take the ACT college entrance exam this spring!
The John Baylor ACT prep course will be offered to all Lewiston juniors.*

2017-2018 ACT TEST DATES

Test Date	Registration Deadline*	Late Registration* (Late Fee Required)
December 9	November 3	November 4-17
February 10	January 12	January 13-19
April 14	March 9	March 10-23
June 9	May 4	May 5-18
July 14	June 15	June 16-22

*If you miss the regular deadline, you can register during the late period but must pay the additional nonrefundable late fee.

NOTE: All materials sent by mail must be RECEIVED by the last date of the late period, regardless of when they are postmarked. If students are wishing to register at school, he/she must have their social security number and a credit card to pay for registration.

TEST FEES

Registration for the ACT without writing is \$46.00.



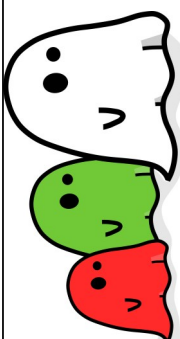
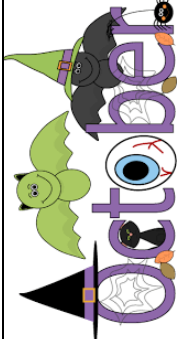

ACT with writing costs \$62.50.

Juniors and Seniors qualifying for F/R Lunch may see Mrs. Houston for a fee waiver.



LEWISTON CONSOLIDATED SCHOOLS

OCTOBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 SPAGHETTI/MEAT SAUCE SALAD MIX GARLIC BREAD FRUIT	3 HAM SANDWICH SUN CHIPS VEGETABLES/FRUIT	4 CALZONE GLAZED CARROTS FRUIT BROWNIE	5 CHICKEN FAJITA SPICE FRIES BLACK BEANS FRUIT	6 PIZZA SALAD MIX VEGETABLES/FRUIT
9 MEATLOAF SANDWICH BAKED BEANS VEGETABLES/FRUIT	10 POPCORN CHICKEN POTATOES/GRAVY VEGETABLES/FRUIT MUFFIN	11 HOTDOGS BAKED TATOR TOTS VEGETABLES/FRUIT COOKIE	12 LASAGNA ROLL UP SALAD MIX GARLIC BREAD FRUIT	13 TURKEY WRAP DORITOS VEGETABLES/FRUIT
16 CHICKEN SANDWICH BAKED FRIES VEGETABLES/FRUIT COOKIE	17 CORNDOGS MAC&CHEESE BAKED BEANS FRUIT	18 CHICKEN NOODLES OVER POTATOES BREAD/BUTTER VEGETABLES/FRUIT	19 CHICKEN/RICE BOWLS BLACK BEANS VEGETABLES/FRUIT	20 HAMBURGER IN WG BUN SUN CHIPS VEGETABLES/FRUIT
23 CHILI SOUP CRACKERS CINNAMON ROLL VEGETABLES/FRUIT	24 CHEESY CHICKEN QUESADILLAS SALAD MIX VEGETABLES/FRUIT	25 PB&JELLY DORITOS SUNCHIPS VEGETABLES/FRUIT	26 	27 
30 BREADED PORK CHEESY HASH BROWNS BREAD/BUTTER FRUIT	31 NACHO'S CHICKEN SALAD MIX DONUTS VEGETABLES/FRUIT			
BREAKFAST				
MONDAY-FRIDAY CHOICE OF CEREALS, JUICES, YOGURT, FRUIT, AND HOT BREAKFAST ITEM				

**Milk served with all meals

**Menu subject to change

Pre-K 3 Celebrates Families



On Friday September 8th, the Pre-K 3 classroom ended a unit on families with a Grandparent Celebration / picnic in the park. Grandparents were invited to recess, a picnic and craft with their grandchildren.

I would like to offer a special thank you to everyone who took time to make our celebration special!

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The Lewiston Ag-Ed department recently started an enhancement to the Greenhouse facility to better utilize the Greenhouse space. Students are learning construction skills by building a 5' X 12' addition to the north side of the Greenhouse. This will allow for storage of Greenhouse supplies, which has taken up growing area within the Greenhouse in the past.

The spring Greenhouse plant sale will be the Lewiston FFA chapters main fundraiser this year. Students are already working to maximize the quality and quantity of plants available for our customers next spring.





From The Corner Room

October 2017

A month has gone by and students are settling in for the semester's work. The end of the quarter is coming up soon.

8th grade students completed a cooking unit. They prepared simple snacks that are quick and easy to prepare and eat within the class hour.

My two embroidery workers are finishing up a volleyball order and working on a second order for the Booster Club. They are learning how to digitize and edit their work. They have had to problem solve several designs to make them work on the machines.

The Junior High Study Skills class learned how to carry a conversation with peers, adults, and how to ask for help. These students were introduced to "Genius Hour", an opportunity to explore their passions and interests.

Sixth Period Quick and Easy Foods class are preparing recipes in two groups at a time. It is a challenge to prepare food with half the class and keep the rest of the class busy with review work. They started with appetizers, moved to dips, sandwiches, and quick breads.

The design elements and principles are encouraging the Introduction to Design class to look at design in many different ways. They completed a fabric unit and a fabric project. This was followed by working with each of the elements and principles of design daily.

The 8th Period Problem-Based-Learning class is a lively class. Many different projects are going on in the room at the same time. A couple of projects were completed outside in the good weather. Inside projects range from food projects to paper projects to refinishing a chair.

Check out my website at the Lewiston website for photos and classwork as we move through first semester.

8th Grade FACS

Embrace Embroidery

Textiles

7-8th Study Skills

Quick & Easy Foods

Foods 1

Problem Based Learning

Intro to Design

LCS provides members

- Opportunities to practice leadership skills
- To be role models of good character
- Service activities to give back to their communities

Interested?

- Open to any 9-12th grade student
- Membership dues are \$5.00
- Meetings held during school lunch hour

October Haunted House



October 19

7:00-8:30

Lewiston

South Gym

\$2 per

person

October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 --JH FB at Freeman 4:30 pm --JV FB at Freeman 6:30 pm	3 --V VB Triangular at Sterling w/ College View 5 pm	4 --Southeast Area Land Judging TBA --Jr./Sr's to SCC College Fair	5 --Flu Shots at Lewiston --PK to Burchard Fire Department 12:00-1:30pm	6 --NO PK – PK staff training --V FB at Fairbury 7 pm	7	
8	9 --Columbus Day --JH FB vs JCC at Wymore 4:30 pm --JV FB at Auburn 6 pm	10 --V VB Triangular at Nebraska City w/ Pawnee City 5 pm	11 --Lifetouch Picture Retakes 8 am	12	13 --V FB vs. Ashland-Greenwood at Southern 7 pm	14	
15	16 --V VB at Pioneer Conf. Tourney (Diller-Odell & Southern) TBA	17 --V VB at Pioneer Conf. Tourney (Diller-Odell & Southern) TBA	18	19 --V VB at Pioneer Conf. Tourney (Diller-Odell & Southern) TBA	20 --End 1 st Quarter --V FB at Lincoln Christian 3 pm --V VB at Pioneer Conf. Tourney (Diller-Odell & Southern) TBA	21 --JV VB Tourney at Sterling 9 am	
22	23 --Start 2 nd Quarter --V VB Triangular at Lewiston w/ Pawnee City and Friend 4:30pm	24	25 --National FFA Convention at Indianapolis --PK & Kindergarten to Pumpkin Patch	26 --NO SCHOOL --Teacher In-Service 8-4 pm --National FFA Convention at Indianapolis	27 --NO SCHOOL --V FB - NSAA Playoffs 1 st Round – TBD --National FFA Convention at Indianapolis	28 --National FFA Convention at Indianapolis	
29	30 --V VB Sub-Districts - TBD	31 --V VB Sub-Districts – TBD --Halloween	Notes:				

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County of Pawnee School District #69
306 Tiger Avenue
Lewiston, NE 68380
402-865-4675

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ONE-ACT



The Great AMERICAN Talent Show!

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11th- York Performance
15th- Pioneer Conference at Pawnee City
17th- Dinner Theater (Dinner @6
perform at 7)
21st- Lincoln High Festival
27th - Dec 1st Districts TBD

Please help support Lewiston School by attending these shows!