

# Lewiston Consolidated Schools Newsletter

Lewiston Consolidated School  
306 Tiger Avenue, Lewiston, NE 68310  
402.865.4675-402.865.4875 (fax)

## Upcoming Events

Tuesday, October 1st	VB vs Parkview Christian 6pm Parents Night / Plinkout / Junior Cheer Camp
Wednesday, October 2nd	Picture Retakes / Area Range Judging
Wednesday, October 9th	No preschool / 12:30 dismissal
Monday and Tuesday, October 14 and 15th	Brighter Smiles
Friday, October 18th	End of 1 <sup>st</sup> Quarter    FB vs Sterling 7pm / Homecoming
Wednesday, October 23rd	State Land Judging
Thursday, October 24th	LCS Haunted House
Friday, October 25th	FB vs Deshler 7pm / Parents Night

7:00 Friday  
October 18, 2019  
Sterling @ Lewiston

### Homecoming!

Theme: Blackout the Jets, Light Up the Night  
Wear Black for the game!  
Crowing after the game on the football field  
(North gym if raining)

**Flu Shots**



October 9  
7:30-9:30  
Bring paperwork and insurance  
card or money  
Forms will be given out

# Everyday Preventive Actions Can Help Fight Germs, Like Flu

FIGHT FLU



CDC recommends three actions to fight flu.

1. The first and most important step is to get a flu vaccination each year.
2. If you get sick with flu, take prescription antiviral drugs if your doctor prescribes them. Early treatment is especially important for the elderly, the very young, people with certain chronic health conditions, and pregnant women.
3. Take everyday preventive actions that may slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu. This flyer contains information about everyday preventive actions.

## How does flu spread?

Flu viruses are thought to spread mainly from person to person through droplets made when people with flu cough, sneeze, or talk. Less often, a person might get flu by touching a surface or object that has flu virus on it and then touching his or her own mouth, nose, or possibly eyes. Many other viruses spread these ways too. People infected with flu may be able to infect others beginning 1 day before symptoms develop and up to 5-7 days after becoming sick. That means you may be able to spread flu to someone else before you know you are sick as well as while you are sick. Young children, those who are severely ill, and those who have severely weakened immune systems may be able to infect others for longer than 5-7 days.

## What are everyday preventive actions?

- Try to avoid close contact with sick people.
- If you or your child gets sick with flu-like illness, CDC recommends that you (or your child) stay home for at least 24 hours after the fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs that can cause respiratory illnesses like flu.
- If an outbreak of flu or another illness occurs, follow public health advice. This may include information about how to increase distance between people and other measures.
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For more information, visit:

[www.cdc.gov/flu](http://www.cdc.gov/flu)

or call **1-800-CDC-INFO**



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

***What additional steps can I take at work to help stop the spread of germs that can cause respiratory illness, like flu?***

- Find out about your employer's plans if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.
- Routinely clean frequently touched objects and surfaces like doorknobs, keyboards, and phones, to help remove germs.
- Make sure your workplace has an adequate supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes.
- Train others on how to do your job so they can cover for you in case you or a family member gets sick and you have to stay home.
- If you begin to feel sick while at work, go home as soon as possible.



***What additional preventive actions can I take to protect my child from germs that can cause respiratory illness, like flu?***

- Find out about plans your child's school, child care program, or college has if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.
- Make sure your child's school, child care program, or college routinely cleans frequently touched objects and surfaces, and that they have a good supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes on-site.
- Ask how sick students and staff are separated from others and who will care for them until they can go home.

**Everyday preventive actions can help slow the spread of germs that can cause many different illnesses and may offer some protection against flu.**



# Counselor's Currents

October 2019



## October "To Do" List

### Juniors and Seniors:

- \_\_\_ Attend a College Fair or Educational Planning Program in your area.
- \_\_\_ Attend a Financial Aid Program to learn how to pay for college.

### 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!
- \_\_\_ Register by September 20 for the October 26 ACT.

Beginning October 1, Seniors and their parents can complete the 2019-20 FAFSA (Free Application for Federal Student Aid). The FAFSA is the application for state, federal, and college-based financial aid.

\*\*There will be a representative from EducationQuest to assist with the FAFSA process at Lewiston on October 4<sup>th</sup> at 2:45 P.M. in the library. Bring your 2018 IRS taxes to complete the FAFSA that day!

*All Nebraska high school juniors will take the ACT college entrance exam this spring!*

*ACT has a free website where students may practice for the ACT test. The site is: <https://academy.act.org/>*

### 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.

**Going to a College Fair this fall?**

**You must first register for a barcode!**

- Before attending a college fair, visit [NebraskaCollegeFairs.org](http://NebraskaCollegeFairs.org) to register for a barcode.
- 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](http://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](http://EducationQuest.org).

**Earn the best possible ACT/SAT scores** by taking the exams 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.

**2019 – 2020 ACT TEST DATES**

Test Date	Registration Deadline	Late Regist. (fee required)
December 14, 2019	Nov. 8, 2019	Nov. 9 - 22
February 8, 2020	Jan. 10, 2020	Jan. 11 - 17
April 4, 2020	Feb. 28, 2020	Feb. 29 - Mar. 13
June 13, 2020	May 8, 2020	May 9 - 22
July 18, 2020	June 19, 2020	June 20 - 26

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 \$52.00.  
 ACT with writing costs \$68.00.  
 Juniors and Seniors qualifying for F/R Lunch may see Mrs. Houston for a fee waiver.

**Reminder to all Seniors and Juniors...**

The Beatrice Area College and Career Fair is Wednesday, October 2nd at SCC in Beatrice. We will be leaving Lewiston by bus at 8:30 A.M.  
 Don't forget your barcode!





## Wanted: Empty Inkjet Cartridges

Please give your empty inkjet cartridges to any Lewiston student and have them deliver them to the library. Lewiston HAL receives cash to donate towards Earth Day projects. Last year a tree was purchased for the playground with the profits! Each student who donates a cartridge will receive a prize from Mrs. Goosen's treasure box!



## Lewiston Chess Club

Join us every Tuesday and Thursday during lunch period in Mrs. Smith's classroom. We usually have 6-10 members but are always happy to have more.

Chess Set Donations  
Greatly Appreciated!

**Lewiston Consolidated Schools  
School Board Meeting Minutes  
September 11, 2019**

A regular meeting of the Lewiston School Board District 69 was held on Wednesday, September 11th, at 7:00 p.m. This meeting was open to the public and preceded in notice as required by law. The meeting was called to order by President Aaron Rule and he verbally acknowledged the Open Meetings Law poster on the wall and that the meeting was recorded. Roll call found the following members to be present: Janssen, Rinne, Rule, Schuster, and Searcey. Excused Absence: Husa. Also present: Rick Kentfield, Juli Smith, Linda Thomas, and two visitors.

The agenda was reviewed. Moved by Searcey and seconded by Rinne “to approve the agenda as presented.” Those voting in favor of said motion: Janssen, Rinne, Rule, Schuster, Searcey. Those opposed: none. Motion carried, 5-0.

Visitors were welcomed. There were no visitor comments.

Moved by Rinne and seconded by Searcey “to approve the minutes of the August 14, 2019, school board meeting and August 28, 2019 school board workshop minutes as presented.” Those voting in favor of said motion: Rinne, Rule, Schuster, Searcey, Janssen. Those opposed: none. Motion carried, 5-0.

The treasurer’s report was presented by Dennis Schuster, and Rick Kentfield presented the monthly claims, payroll, and transfers. Moved by Rinne and seconded by Searcey “to approve the September treasurer’s report, September payroll and claims as presented in the amount of \$320,074.39.” Those voting in favor of said motion: Rule, Schuster, Searcey, Janssen, Rinne. Those opposed: none. Motion carried, 5-0.

Moved by Janssen and seconded by Rinne “to approve 2019-2020 budget as presented and published in the Pawnee Republican.” Those voting in favor of said motion: Schuster, Searcey, Janssen, Rinne, Rule. Those opposed: none. Motion carried, 5-0.

Rick Kentfield, Superintendent, read the 2019/2020 Tax Request Resolution for Pawnee County School District 67-0069. Moved by Rinne and seconded by Schuster “to adopt the 2019-2020 property tax resolution for Pawnee County School District 67-0069 as presented.” Those voting in favor of said motion: Searcey, Janssen, Rinne, Rule, Schuster. Those opposed: none. Motion carried, 5-0.

Discussion was held regarding the Piper Jaffray tax anticipation note.

Moved by Schuster and seconded by Rinne “to approve a revolving line of credit from Pinnacle Bank, Beatrice, Nebraska in the amount of \$300,000 for Pawnee County School District #69 for the 2019-2020 school year starting September 2, 2019 and ending August 31, 2020 to be used for General Fund expenditures.” Those voting in favor of said motion: Janssen, Rinne, Rule, Schuster, Searcey. Those opposed: none. Motion carried, 5-0.

Moved by Janssen and seconded by Rinne “to approve a six-man football classification for the next two years, 2020-2021, at Lewiston Consolidated Schools.” Those voting in favor of said motion: Janssen, Rinne, Rule, Schuster, Searcey. Those opposed: none. Motion carried, 5-0.

Mr. Kentfield discussed timelines on the ADA doors, parking stalls, and kitchen project.

Discussion was held on facility projects.

Juli Smith, Principal, shared information on student testing and achievement, reading program, and motivating students to excel in class work.

Mr. Kentfield, Superintendent, presented information on staffing cost comparison, free and reduced meal count percentage report, student board member update, Marcia Herring workshop December 11<sup>th</sup> at 6:00 p.m., and 2019 State Education Conference November 20-22nd.

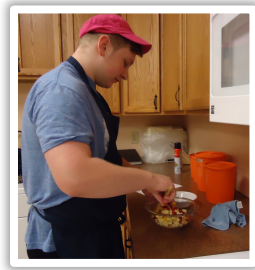
Board Committee Reports – none at this time.

Moved by Searcey and seconded by Rinne “to adjourn at 8:40 p.m.” Those voting in favor of said motion: Rinne, Rule, Schuster, Searcey, Janssen. Those opposed: none. Motion carried, 5-0.

Next regular school board meeting will be Wednesday, October 16th, at 7:00 p.m.

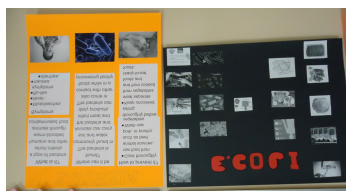
Rick Kentfield, Board Secretary, Dist. #69

# From The Corner Room October 2019



Intro to Design students experimented with fabric. Experiments conducted were to determine static electricity and absorbency.

PBL – a fun class to experiment and learn new concepts. JC chose two cooking projects: Cannoli Cream cheesecake and Bubble Pizza to begin the semester.



The Food and Nutrition Class presented research about different types of bacteria that causes food poisoning and how to prevent it. They also experimented with cooking with squash and made squash muffins.

Quick-n-Easy Foods class experimented with making Butternut Squash small loaves of bread by preparing the squash and baking bread loaves. They also prepared fresh Fruit Salsa and Tortilla chips.



Textiles and Embroidery students are enjoying the use of three new machines. Three students are creating projects in Textiles and two students are learning the ins and out of the Embroidery Machine. Embrace Embroidery will be back in business this year!





# LCS CLUB HAPPENINGS

## September 19 Blood Drive

The Lewiston LCS Club sponsored a Red Cross Blood Drive, Thursday, September 19, in the Lewiston Lunchroom. Club members registered 20 donors, provided refreshments and assisted donors following giving blood. Fourteen units of blood were collected from this drive.



Members participating in the Blood Drive:  
Shaylyn Salts, Mathew Barker, Kelsay Bledsaw, Johanna Keyes, Emma deKoning, Caleb Bredemeier, Cayd Wilgers



## Halloween Haunted House

October 24

6-8 pm.



Lewiston South Gym.

Admission: \$1.00



# LEWISTON CONSOLIDATED SCHOOLS

OCTOBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>1 GARLIC &amp; BROWN SUGAR CHICKEN OVER RICE GLAZED CARROTS FRUIT &amp; VEGGIES</p>	<p>2 HOT DOGS IN WG BUN CHIPS FRUIT &amp; VEGGIES</p>	<p>3 CHICKEN SANDWICH BAKED TATER TOTS BAKED BEANS FRUIT &amp; VEGGIES</p>	<p>4 HAM &amp; TURKEY CHEESE KABOBS CHIPS FRUIT &amp; VEGGIES</p>	
<p>7 QUESADILLAS BEEF SALAD MIX FRUIT &amp; VEGGIES</p>	<p>8 DORITO CHEESY CHICKEN CASSEROLE BREAD/STICKS FRUIT &amp; VEGGIES</p>	<p>9 EARLY OUT PB &amp; JELLY CHIPS FRUIT &amp; VEGGIES</p>	<p>10 CHICKEN &amp; POTATO RANCH POCKET SALAD MIX FRUIT &amp; VEGGIES</p>	
<p>14 EGG ROLL FRIED RICE FRUIT &amp; VEGGIES</p>	<p>15 BISCUIT GRAVY CASSEROLE FRUIT &amp; VEGGIES</p>	<p>16 KWIK DISH LASAGNA SALAD MIX FRUIT &amp; VEGGIES</p>	<p>17 CHEESY MEATBALL BITS PASTA SALAD VEGGIES &amp; FRUIT</p>	
<p>21 TEX MEX NACHO'S SALAD MIX FRUIT &amp; VEGGIES</p>	<p>22 CHICKEN NUGGET POTATO &amp; CHEESE BOWL FRUIT &amp; VEGGIES</p>	<p>23 RIB SANDWICH TATER TOTS BAKED BEANS FRUIT &amp; VEGGIES</p>	<p>24 BURRITO'S SALSA SALAD MIX FRUIT &amp; VEGGIES</p>	
<p>28 QUESADILLAS CHICKEN &amp; CHEESE SALAD MIX FRUIT &amp; VEGGIES</p>	<p>29 MEATLOAF SCALLOPED POTATOES BREAD/BUTTER FRUIT &amp; VEGGIES</p>	<p>30 TACO SOUP CORN CHIPS FRUIT &amp; VEGGIES</p>	<p>31 SPAGHETTI O'S CASSEROLE GARLIC/BREAD FRUIT &amp; VEGGIES</p>	
				<p>25 HOME MADE LUNCH ABLES FRUIT &amp; VEGGIES</p>

**BREAKFAST**

MONDAY-FRIDAY  
CHOICE OF CEREALS, JUICES, YOGURT, FRUIT, AND HOT BREAKFAST  
ITEM

\*\*Milk served with all meals

\*\*Menu subject to change

# October-19

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
		<b>1</b> VB vs Parkview Christian 6pm (Parents Night) Pinkout Junior Cheer Camp	<b>2</b> Picture Retakes Area Range Judging	<b>3</b> VB Triangular @ Weeping Water (OCA) 5pm	<b>4</b> JH FB @ Dorchester 4pm FB @ Dorchester 7pm	<b>5</b>
<b>6</b>	<b>7</b> JH FB vs Sterling 2pm	<b>8</b> VB Triangular @ College View (Sterling) 5pm	<b>9</b> NO PRE-K 12:30 Dismissal	<b>10</b> JH VB vs Tri County 2pm	<b>11</b> FB @McCool Junction 7pm	<b>12</b> JH VB Tournament (H) 8am
<b>13</b>	<b>14</b>	<b>15</b> VB Triangular @ Pawnee City (Lourdes)  Brighter Smiles	<b>16</b>	<b>17</b> JH VB @ HTRS 1:30pm	<b>18</b> FB vs Sterling 7pm HOMECOMING	<b>19</b>
<b>20</b>	<b>21</b>  PIONEER CONFERENCE VOLLEYBALL A Site: Sterling B Site: Friend	<b>22</b>	<b>23</b> State Land Judging TBA	<b>24</b> LCS Haunted House	<b>25</b> Pioneer Conference VB FB vs Deshler 7pm (Parents Night)	<b>26</b>
<b>27</b>	<b>28</b> VB Sub Districts	<b>29</b> VB Sub Districts	<b>30</b>	<b>31</b>		

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

NON-PROFIT  
US POSTAGE  
**PAID**  
BEATRICE, NE  
PERMIT 11

