



Lewiston Consolidated Schools  
306 Tiger Avenue Lewiston, Nebraska 68380  
Phone: (402) 865-4675 Fax: (402) 867-4875



# Lewiston Consolidated Schools

## Newsletter

### July 2022

Important Dates and Upcoming Events	
July 6th	Summer Reading Program 9:30-11:30am
July 12th	School Board Meeting 7:30pm
August 3rd and 4th	Band Camp 10am-12pm
August 13th	Family Skate Party 3-5pm (Beatrice Rolla Rena)

## Contents

1. Activities Calendar
2. Fun Events Information
3. Energy Drink Information
4. Booster Club Flyer
5. Board Meeting minutes and Job opportunities
6. School Supply List
7. Free and Reduced Lunch Form
8. PTO Event Flyer

The purpose of this newsletter is to provide basic information for the Lewiston Consolidated School District that will keep all citizens informed on important school procedures, issues, and facts. This newsletter will be distributed to all patrons on the Lewiston Consolidated School mail routes. If you do not receive a newsletter and wish to or know of anyone who would like to receive this newsletter, please notify the Superintendent's office at (402) 865-4675.

# July-22

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
					1	2
3	4	5 Beatrice HS VB League Summer Weights 7:30-9:00am	6 Summer Reading 9:30-11:30 Summer Weights 7:30-9:00am	7	8	9
10	11	12 Beatrice HS VB League Board Meeting@7:30pm Summer Weights 7:30-9:00am	13	14	15	16
17	18	19 Beatrice HS VB League Summer Weights 7:30-9:00am	20	21	22	23
24	25	26 Beatrice HS VB League Summer Weights 7:30-9:00am	27	28	29	30
31	NCA COACHES CLINIC					

# Summer Reading Program

## OCEANS OF POSSIBILITIES

Lewiston Summer Reading/STEM  
(Science, Technology, Engineering & Math)

Where: Lewiston Library & Cafeteria

When: 9:30-11:30 a.m.

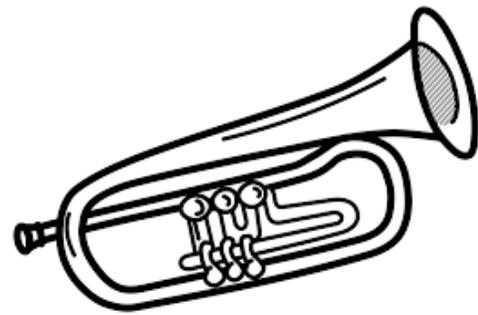
June 8: "Explore New Depths"

June 22: "Salt, It's Not Just for Taste"

July 6: "Our Blue Planet"

Students will be divided into 2 groups and alternate between STEM activities and a story time with a chance to check out library books.

Mary Moser, Pawnee County 4-H, will lead the STEM activities. Debbie Goossen, Lewiston School librarian, will provide the story time.



## 7th-12th Marching Band Camp August 3rd and 4th 10am-12pm in the band room

- No registration and FREE
- Held at the school
- For students that will be in 7th-12th Grades at Lewiston

The students will be marching in the State Fair Parade on August 29th. This camp is to help them gain a little more experience since we will only have 2 weeks once school starts! Please make sure your children wear comfortable clothes in those days and have all essentials to be marching outside. We will be doing sessions where we will playing inside and March outside and it will be HOT!

Please enter through the ticket booth doors. If your student(s) need to be picked up in Beatrice, please contact me at my cell number or at [mvoorhis@lewistonschool.net](mailto:mvoorhis@lewistonschool.net)

## Weight Room Open 7:30-9:00am M-Th



28th Annual **Miss Basketball**

#Since1992

**DIVISION II  
CHAMPS**



Lewiston

Lewiston will be adopting new school regulations in regards to the consumption of energy drinks at school. Those updates will be announced soon. Please stay updated on information on the impact energy drinks have on student health.



## The Buzz on Energy Drinks

### What Is an Energy Drink?

- A beverage that typically contains large amounts of caffeine, added sugars, other additives, and legal stimulants such as guarana, taurine, and L-carnitine. These legal stimulants can increase alertness, attention, energy, as well as increase blood pressure, heart rate, and breathing.<sup>1-4</sup>
- These drinks are often used by students to provide an extra boost in energy. However, the stimulants in these drinks can have a harmful effect on the nervous system.<sup>5</sup>

### The Potential Dangers of Energy Drinks

In 2011, 1,499 adolescents aged 12 to 17 years went to the emergency room for an energy drink related emergency.<sup>6</sup>

Some of the dangers of energy drinks include<sup>1</sup>:

- Dehydration (not enough water in your body).
- Heart complications (such as irregular heartbeat and heart failure).
- Anxiety (feeling nervous and jittery).
- Insomnia (unable to sleep).

### How Much Caffeine Is Okay?

- The American Academy of Pediatrics states that caffeine and other stimulant substances contained in energy drinks have no place in the diet of children and adolescents.<sup>9</sup>

### What Can You Do?

- Teachers and other school staff can educate students about the danger of consuming too much caffeine, including energy drinks.
- Coaches can educate athletes about the difference between energy drinks and sports drinks and potential dangers of consuming highly caffeinated beverages.
- School nutrition staff can provide only healthy beverages such as fat-free/low-fat milk, water, and 100% juice if extra items (i.e., a la carte items) are sold in the cafeteria.
- Parents, school staff, and community members can join the school or district wellness committee that sets the policies for health and wellness and establish or revise nutrition standards to address the sale and marketing of energy drinks in school settings.
- Everyone can model good behavior by not consuming energy drinks in front of kids.

### Energy Drink Recommendations for Adolescents

- The American Academy of Pediatrics recommends that adolescents do not consume energy drinks, yet between 30-50% reported consuming energy drinks.<sup>1,3</sup>
- The National Federation of State High School Associations recommends that young athletes should not use energy drinks for hydration, and information about the potential risk should be widely distributed to young athletes.<sup>10</sup>

## WHO ARE WE?

The Lewiston Booster Club is a group formed by parents for the purpose of encouraging patrons, parents and local businesses to support the extra-curricular activities of Lewiston Consolidated Schools.

## WHAT DO WE STAND FOR?:

- Supporting students their school-sponsored activities
- Encouraging student & family involvement
- Organizing family-friendly events to promote school spirit
- Recognizing student accomplishments
- Promoting good sportsmanship
- Raising funds in support of all student organizations

## WHAT WE'VE ACCOMPLISHED:

“  
We love our new, improved programs & are proud to share our  
**TIGER PRIDE**   
with our patrons, fans, & all who attend Lewiston home games!  
”

- Provided sports programs for all Home games
- Provided shirts for the Lewiston music program
- Purchased equipment for the Pee Wee basketball league
- Purchased a roll out instant runway for the track team
- Purchased new pads for the score table in the North gym
- Sponsored the annual Homecoming bonfire
- Donated \$250 worth of necessities to the LCS food drive
- Provided appreciation treats for teachers and student groups
- Sponsored a Trunk Or Treat for the elementary students
- Provided scholarships for graduating Lewiston seniors

## HOW ARE WE ABLE TO DO ALL OF THIS?

Thanks to our generous volunteers, families, school staff, local businesses and donors we are able to support the extra-curricular activities at LCS!

*In other words...*

**WE COULDN'T DO THIS WITHOUT YOU!**

**PLEASE CONSIDER PURCHASING AN AD IN THE SPORTS PROGRAM  
SO WE CAN CONTINUE TO SUPPORT LCS STUDENTS!**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

e-mail: \_\_\_\_\_

**Ad prices include FULL COLOR ad printed in all home game programs for 22/23 year, and business name listing on donor banner in the North gym**

1/2 Page - \$500  
(7" x 4.75" )

1/4 Page - \$250  
(4.625" x 3.5")

1/8 Page - \$150  
(3.333" x 2.166")

Patron Ad - \$75  
(b/w 3 lines text only)

Other: \_\_\_\_\_

Please send payment to:  
**Lewiston Booster Club  
c/o Lewiston School  
306 Tiger Ave  
Lewiston, NE 68380**

**Thanks to the generosity of our donors,  
the Booster Club has expanded the home sports programs  
to provide larger ads for better exposure for donors  
and upgraded to fantastic FULL COLOR programs!**

You may attach artwork to this form, but for color ads please send the image file to [lewistonboosterclub@gmail.com](mailto:lewistonboosterclub@gmail.com)

**\*\*Forms due August 5, 2022\*\***

# IT DOESN'T HAVE TO BE 15 MINUTES IN A ROW

**You don't** have to finish the book.

**You don't** have to read all the words.

**Talk** about the pictures instead.

**Exclaim** as you turn the pages.

**Just engage**, do it every day, and for  
at least 15 minutes.



Need a nice stroll,  
or a steady jog?  
Come check out the new Track!



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**Lewiston Consolidated Schools  
School Board Meeting Minutes  
June 15, 2022**

A regular meeting of the District 69 Board of Education, Pawnee County, was held on Wednesday, June 15th, at 7:30 p.m., the meeting being open to the public and proceeded in notice as required by law. Notice of this meeting was given to the President and all members of the Board and a copy of the acknowledgement of notice and the agenda is noted in the minutes. Availability of the agenda was communicated to the public in advanced notice and to the President of the Board and all Board members.

The meeting was called to order, the Open Meetings Law poster recognized, and verbal notice that the meeting was recorded was given by the President. Roll call recognized the following members as present: Bredemeier, Howell, Rule, Searcey, and Wehrbein. Excused Absence: Schuster. Also present: Rick Kentfield and Juli Smith.

The agenda was reviewed. Moved by Howell and seconded by Wehrbein "to approve the agenda as presented." Those voting in favor of said motion: Howell, Rule, Searcey, Wehrbein, and Bredemeier. Those opposed: none. Motion carried, 5-0.

There were no visitor comments.

Moved by Searcey and seconded by Howell "to approve the consent agenda as presented." Those voting in favor of said motion: Rule, Searcey, Wehrbein, Bredemeier, and Howell. Those opposed: none. Motion carried, 5-0.

No formal action was taken regarding the football field

sprinkler bids.

Moved by Wehrbein and seconded by Searcey "to approve the purchase of a partial lot in Lewiston from Billy Gaddy in the amount of \$2,000 per the legal description presented." Those voting in favor of said motion: Searcey, Wehrbein, Bredemeier, Howell and Rule. Those opposed: none. Motion carried, 5-0.

Moved by Howell and seconded by Wehrbein "to approve the carpet bid from Jim's Carpet in the amount of \$7,061.25 as presented." Those voting in favor of said motion: Wehrbein, Bredemeier, Howell, Rule, and Searcey. Those opposed: none. Motion carried, 5-0.

Juli Smith, Principal, reported on new curriculums and highlighted a long list of great things that are taking place at Lewiston Consolidated Schools.

Rick Kentfield, Superintendent, distributed 22-23 handbooks for the boards review, reported on state negotiation data and the alumni banquet.

Board Committee report – no report

Moved by Howell and seconded by Searcey "to adjourn at 8:32 p.m." Those voting in favor of said motion: Searcey, Wehrbein, Bredemeier, Howell, and Rule. Those opposed: none. Motion carried, 5-0.

Next regular school board meeting will be Tuesday, July 12th, at 7:30 p.m.

Rick Kentfield

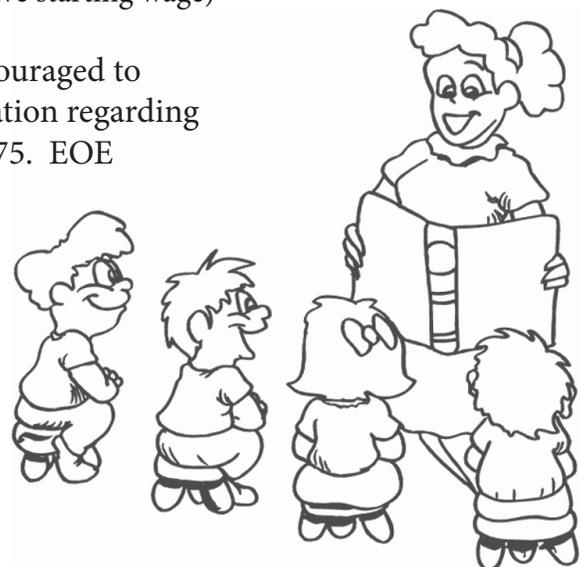
Board Secretary, Dist. #69

## **\* Hiring \***

Lewiston Consolidated Schools is accepting applications for a Bus Driver and Paraprofessional for the 2022-2023 school year.

(These positions have a very competitive starting wage)

Interested individuals are encouraged to contact Rick Kentfield for information regarding the positions at 402-865-4675. EOE



# School Supply List

## 2022-2023 School Year

<b>Pre K 3</b>	<b>Pre K 4</b>	<b>Kindergarten</b>
Backpack Markers Colored Pencils Glue Sticks 1 Glue Bottle Paper Towels Dry Erase Markers Water bottle	Backpack 1 box on Kleenex 2 Pkgs. Of baby wipes 1 box of gallon Zipper bags PE Shoes - 2nd Semester 1 box of Markers 4 Glue sticks	Backpack Nap Mat PE Shoes 4-6 Glue Sticks Sissors Pencil Box #2 Pencils
<b>1st Grade</b>	<b>2nd Grade</b>	<b>3rd Grade</b>
Backpack PE Shoes Head phones- NO Earbuds 24 ct. Crayons 24 ct. Colored Pencils 4-6 Glue Sticks #2 pencils & erasers 2 boxes of Kleenex 3 pkgs. Clorox wipes Water bottle 2 pocket folders scissors	HEADPHONES/EARBUDS Small box of crayons #2 pencils Pencil Box/Pouch Backpack PE Shoes 2 pkgs. Clorox Wipes 3 Box Kleenex	HEADPHONES/EARBUDS 24 ct. Crayons 24 ct. Colored Pencils #2 Pencils & Erasers 3 Wide Rule Notebooks 3 Pocket Folders 3 Boxes of Kleenex 2 pkgs. Clorox Wipes Backpack PE shoes
<b>4th Grade</b>	<b>5th Grade</b>	<b>6th Grade</b>
Backpack PE Shoes #2 Pencils & Erasers 5 college ruled notebooks 3 Pocket Folders 3 Box of Kleenex Water Bottle EARBUDS 24 ct. Crayons 24 Ct. Colored Pencils 2 pkgs. Clorox Wipes Pencil Box/pouch	Backpack Pencil box/ pouch 24- #2 Pencils Erasers 5 Pocket Folders Notebooks PE Shoes/ Clothes 2 pkgs. Clorox Wipes 3 boxes Kleenex 2 red pens Scissors (fiskars if possible) Colored Pencils 2 glue sticks 1 glue bottle Earbuds/Headphones	Backpack Earbuds/Headphones Trapper Keeper 6 folders 8 notebooks 3 pkgs. Glue sticks or liquid glue scissors colored pencils crayons/markers erasers blue/black pens #2 pencils pencil box PE shoes/clothes waterbottle

**Return Completed Application to: Lewiston Consolidated School 306 Tiger Avenue. Lewiston NE 68380**

**Part 1: Children in School**

List names of all children in school (First, Middle Initial, Last). If <u>all</u> children listed are foster, skip to Part 4 to sign the form. If some of the children are foster or are homeless, migrant or runaway children, complete all steps of the application.	Grade	Name of School Child Attends	Check all that apply:	
			Foster Child	Homeless, Migrant, Runaway
			<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>

**Part 2: Assistance Programs – SNAP, TANF or FDPIR Benefits**

Enter **MASTER CASE NUMBER** if household qualifies for SNAP, TANF or FDPIR:  
(Social Security numbers, Medicaid numbers and EBT numbers are not accepted.) Skip to Part 4

**Part 3: Total Household Gross Income – You must tell us how much and how often.**

<b>1. Household Members</b> List <b>everyone</b> in the household, current income each person earns in <b>whole dollars</b> (no cents) & how often. Entering "0" or leaving the income field blank certifies no income to report. A foster child's <b>personal</b> use income must be listed.	<b>2. Gross Income (before taxes) and How Often it was Received</b>					
	Earnings from Work before deductions		Public Assistance, Child Support, Alimony		Pensions, Retirement and All Other Income	
	Income	How often	Income	How often	Income	How often

Total Number of Household Members: (Children and Adults) \_\_\_\_\_ Last four digits of Social Security Number (SSN) of the adult signing this form: XXX – XXX – \_\_\_\_\_ Check if no SSN

**Part 4: Adult Signature and Contact Information – An adult household member must sign the application.**

*"I certify (promise) that all information on this application is true and that all income is reported. I understand that this information is given in connection with the receipt of Federal funds and that school officials may verify (check) the information. I am aware that if I purposely give false information, my children may lose meal benefits and I may be prosecuted under applicable State and Federal laws."*

Sign here: \_\_\_\_\_ Print name: \_\_\_\_\_ Date: \_\_\_\_\_  
 Street Address (if available): \_\_\_\_\_ Zip: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

**Part 5: Children's Ethnic and Racial Identities – Optional**

**Check one Ethnic Identity:** – and – **Check one or more Racial Identities:**

Hispanic or Latino                       Asian                       Black or African American                       Native Hawaiian or other Pacific Islander  
 Not Hispanic or Latino                       White                       American Indian or Alaskan Native

**Do Not Fill Out the Section Below - For School Use Only**

Annual Income Conversion:                      Weekly X 52;                      Every 2 weeks X 26;                      Twice a month X 24;                      Monthly X 12

Total Household Size: \_\_\_\_\_

Total Income: \_\_\_\_\_ per \_\_\_\_\_

Year     Month     2 X Mo     Every 2 Wks     Week

<input type="checkbox"/> Free <input type="checkbox"/> Income <input type="checkbox"/> Categorically eligible: <input type="checkbox"/> SNAP/TANF/FDPIR <input type="checkbox"/> Foster Child <input type="checkbox"/> Homeless/Migrant/Runaway: (Official Documentation Required at School)	<input type="checkbox"/> Reduced <input type="checkbox"/> Denied Reason for denial: <input type="checkbox"/> Income too high <input type="checkbox"/> Incomplete application
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Signature of Determining Official: \_\_\_\_\_ Date Approved: \_\_\_\_\_

<b>FOR THE VERIFICATION PROCESS ONLY:</b>		Date Withdrawn From School:
Signature of Confirming Official: _____	Date Confirmed: _____	
Signature of Verifying Official: _____	Date Verified: _____	

Your children may qualify for free or reduced price meals if your household income falls at or below the limits on this chart.

FEDERAL INCOME CHART for School Year 2022-23					
Household size	Yearly	Monthly	Twice per Month	Every Two Weeks	Weekly
1	25,142	2,096	1,048	967	484
2	33,874	2,823	1,412	1,303	652
3	42,606	3,551	1,776	1,639	820
4	51,338	4,279	2,140	1,975	988
5	60,070	5,006	2,503	2,311	1,156
6	68,802	5,734	2,867	2,647	1,324
7	77,534	6,462	3,231	2,983	1,492
8	86,266	7,189	3,595	3,318	1,659
Each additional person:	8,732	728	364	336	168

The **Richard B. Russell National School Lunch Act** requires the information on this application. You do not have to give the information, but if you do not, we cannot approve your child for free or reduced price meals. You must include the last four digits of the social security number of the adult household member who signs the application. The last four digits of the social security number are not required when you apply on behalf of a foster child or you list a Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF) Program or Food Distribution Program on Indian Reservations (FDPIR) case number or other FDPIR identifier for your child or when you indicate that the adult household member signing the application does not have a social security number. We will use your information to determine if your child is eligible for free or reduced price meals and for administration and enforcement of the lunch and breakfast programs. We may share your eligibility information with education, health and nutrition programs to help them evaluate, fund or determine benefits for their programs, auditors for program reviews and law enforcement officials to help them look into violations of program rules.

**Non-Discrimination Statement:** This explains what to do if you believe you have been treated unfairly.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

(1) Mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410

(2) Fax: (833) 256-1665 or (202) 690-7442; or

(3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.



**BACK TO SCHOOL FAMILY PARTY**  
**AUGUST 13<sup>TH</sup> 3-5PM**  
**ROLLA RENA - BEATRICE**



**STUDENTS SKATE FREE**

Sponsored by Lewiston PTO and Booster Club



COMING SOON!

**PTO T-SHIRT FUNDRAISER**



WE NEED YOUR HELP TO SUPPORT  
OUR TEACHERS & STUDENTS!

**PLEASE CONSIDER GIVING A DONATION, YOU WILL BE  
RECOGNIZED ON OUR T-SHIRTS IF WE HAVE YOUR INFORMATION  
BY AUGUST 31, 2022**

**Questions, Contact:** Mikayla McEvers – mikayla8592@gmail.com, Amber Myers – mamamyers3@gmail.com, Julie Stake – vrtistake13@gmail.com, Pandora Worthey – pworthey@lewistonschool.net

**Like and Follow on FACEBOOK – “Lewiston Consolidated PTO”**

**(Tear Off and Send to the School - PTO)**

Lewiston Consolidated PTO, 306 Tiger Ave, Lewiston, NE 68380

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Donation Amount: \_\_\_\_\_



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

