

Freeman Public Schools
415 Eighth Street
PO Box 259
Adams NE 68301-0259

IMPORTANT ANNOUNCEMENTS

[FREE AND REDUCED APPLICATIONS LINK](#)

JANUARY NO SCHOOL/EARLY DISMISSAL DAYS:

2-4: WINTER BREAK.

16: PROFESSIONAL DEVELOPMENT DAY

27: 1:00 EARLY DISMISSAL

Communication:

If you are wondering what is happening at Freeman, here are a few ways to get connected:

☐ Website: www.freemanpublicschools.org

☐ rSchool Activities Calendar:

<https://www.eastcentralnebraskaconf.org/public/genie/455/school/558/>

☐ Facebook: <https://www.facebook.com/FreemanPublicSchools/>

☐ Twitter: @Freeman_Falcons and @FreemanPS_Supt

☐ Monthly Newsletter – emailed monthly to all families

Phone: 402-988-2525

Fax: 402-988-3475

January, 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 No School	2 No School	3 4:30pm Bball B/JV Sthern @ Freeman 6pm Bball-G/V Sthern @ Freeman 7:30pm Bball-B/V Sthern @ Freeman 4pm Swimming BNFF No School	4 No School - Professional Development	5 Start Q3/S2 6pm Wrestling-V @ JCC HS	6 6pm Bball-G/V @ Parkview Christian HS 5pm Bball-G/JV @ Parkview Christian HS 12pm Swimming BNFF @ Kearney 4pm Wrestling-Girls (Beatrice)	7 5pm Bball-B/V Tri County @ Freeman 2pm Bball-B/JV Tri County @ Freeman 2pm Bball-G/JV Tri County @ Freeman 3:30pm Bball-G/V Tri County @ Freeman 10am Swimming BNFF 9am Wrestling-V @ Malcolm HS
8 TBD Bball-G/V 7pm Board of Education Meeting @ Freeman Media Center	9 7:45am-8:10am Bank In School @ Freeman EL Commons TBD Basketball-B/V 4pm Swimming BNFF @ Beatrice YMCA	10 7:45am-8:10am Bank In School @ Freeman EL Commons TBD Basketball-B/V 4pm Swimming BNFF @ Beatrice YMCA	11	12 Bball G/V TBA Bball-B/V TBA 4:30pm Swimming BNFF 6pm Wrestling - Girls (Beatrice)	13 TBD Bball-G/V 4:30pm Swimming BNFF 2pm Wrestling-V @ Weeping Water HS 1:30pm Wrestling - Girls (Beatrice)	14 TBD Bball-B/V SPEECH Meet @ Ashland/Greenwood
15 5:30pm Bball-G/C Team @ Falls City HS 6:30pm Bball-B/C Team @ Falls City HS FFA District LDE Contest @ Norris HS MUSIC KHS Underclassman Honor Band @ Kearney No School - Professional Development	16 6pm Bball-G/V @Malcolm 4:30pm Bball-G/JV @ Malcolm 4:30pm Bball-B/JV @ Malcolm 7:30pm Bball-B/V @ Malcolm 3:30pm-5:30pm EL Cheer Clinic Practice @ Freeman 6pm Wrestling-V Lincoln Christian @ Freeman 6pm Wrestling - Girls (Beatrice)	17 6pm Bball-G/V @Malcolm 4:30pm Bball-G/JV @ Malcolm 4:30pm Bball-B/JV @ Malcolm 7:30pm Bball-B/V @ Malcolm 3:30pm-5:30pm EL Cheer Clinic Practice @ Freeman 6pm Wrestling-V Lincoln Christian @ Freeman 6pm Wrestling - Girls (Beatrice)	18 3:30pm-5:30pm EL Cheer Clinic Practice @ Freeman	19 4pm Bball-G/JH @ Johnson-Brock HS 6pm Bball-G/V Wilber-Clatonia @ Freeman 4:30pm Bball-G/JV Wilber-Clatonia @ Freeman 7:30pm Bball-B/V Wilber-Clatonia @ Freeman 4:30pm Bball-B/JV Wilber-Clatonia @ Freeman 3:30pm-5:30pm EL Cheer Clinic Practice @ Freeman 4pm TeamMates Raffle	20 2:30pm Wrestling-V @ Thayer Central Community School 2pm Wrestling - Girls (Beatrice)	21 8am Bball-B/V Riverside Community Schools @ Sokol Arena 8am Freeman Hoops Classic @ Multiple Locations SPEECH Meet @ Nebraska City 9am Swimming BNFF
22 8am Freeman Hoops Classic @ Multiple Locations	23 4pm Bball-G/JH @ Johnson County Central Middle School	24 7:45am-8:10am Bank In School @ Freeman EL Commons 7:30pm Bball-B/V @ Elmwood Murdock 6pm Bball-G/V @ Elmwood Murdock 4:30pm Bball-B/JV @ Elmwood-Murdock Elem 4:30pm Bball-G/JV @ Elmwood-Murdock HS 5pm Wrestling - Girls (Beatrice)	25	26 4pm Bball-G/JH Falls City @ Freeman 4:30pm Swimming BNFF @ Beatrice YMCA	27 1pm Early Out - PD 3pm TeamMates Raffle 3pm Wrestling-V Lincoln Christian @ Freeman 3pm Wrestling-V @ Freeman 4pm Wrestling - Girls (Beatrice)	28 SPEECH Meet-MUDECAS @ HTRS High School
29 TBD Bball-G/V 4pm Bball-G/JH @ HTRS	30 TBD Bball-B/V	31 TBD Bball-B/V	February No School: 17 th & 20 th	March No School: 10 th	April No School: 7 th -11 th	May Tentatively Last Day of School/Early Dismissal: 16 th 1pm (is subject to change as needed).



DANIEL FREEMAN PUBLIC SCHOOLS

QUALITY EDUCATION FOR ALL LEARNERS

www.freemanpublicschools.org

FROM THE SUPERINTENDENT, MR. ANDREW HAVELKA

Freeman Public Schools Patrons, Parents, and Staff:

Happy Holidays! I hope everyone has a great holiday break and gets an opportunity to relax and spend time with family and friends.

Each December, a comprehensive report of the previous school year is released. The 2021-2022 annual report can be found on our website at <https://freemanpublicschools.org/wp-content/uploads/2022/12/2021-22-Freeman-Public-Schools-Annual-Report.pdf>. This report is submitted to the patrons, parents, and staff of Freeman Public Schools annually in accordance with accreditation rules of the Nebraska Department of Education. The intent of this annual report is to provide the Freeman Public School community with information on student achievement, school system performance, and district resource allocation and expenditures. The Nebraska Department of Education recently released its 2021-22 Education Profile and Accountability classifications for every school district. The classification is based on several indicators, including academic proficiency, achievement growth, graduation rate, and absentee rates. Freeman Public Schools was classified as an EXCELLENT school district, the highest possible classification!

We are extremely proud of the accomplishments and achievements of our students, faculty, and staff. Freeman strives to continue their excellence as a premier school district in Nebraska. These accomplishments could not have happened without the hard work done each day by our students and staff and the amazing support by the Freeman community.

Freeman Public Schools is an amazing place to learn and grow for our students. It also serves as a great place to work for our faculty and staff. This annual report attempts to provide a variety of information about Freeman Public Schools. While this report has been prepared as a comprehensive picture, we realize that the total picture cannot be fully represented in this report. I encourage you to read the report and contact the superintendent's office if you have any questions. On behalf of the Freeman staff and Board of Education, we will proudly continue to serve the students of this district and help prepare them today for their lives tomorrow.

Andrew Havelka
Superintendent of Schools

402-988-2525 x103 | Andrew.havelka@freemanschools.net | Twitter: @FreemanPS_Supt
415 8th Street PO Box 259 Adams, NE 68301



From the Desk of 7-12 Principal, Steve Adkisson

1st Semester Report Cards

Middle school report cards for the 1st semester will be mailed to parents between December 26, 2022 and January 2, 2023.

2nd Semester Begins

Classes will resume for all students on Thursday, January 5, 2023 with a normal day schedule. This will begin the 3rd Quarter and 2nd Semester.

Please Update Your Contact Information

It is often necessary for the school to make contact with our parents. Some reasons for this might include sickness, disciplinary issues, emergencies, or to schedule meetings. Because it is absolutely vital that the school be able to contact parents when necessary, I urge you to update your contact information with the school as soon as the need arises. Many times when moving or changing a job, notifying the school is often overlooked. However, by sharing this information with the school in a timely manner, you will help to ensure that an uninterrupted line of communication is always available between home and the school.

Screen Time

Prior to the onslaught of desktop, laptops, and other mobile devices parents just needed to concern themselves with the amount of TV time their student would watch a day. The American Academy of Pediatrics has recently updated their guidelines for limits on exposure of children/students to 'digital media' or screen time. Here are some of recommendations taken from the study:

- Designate 'media-free times together'. This should include dinners, driving, and media-free areas at home like bedrooms. These limits will encourage more face-to-face conversations and benefit to create more of an intimate bond.
- Keeping bedrooms free of tech devices will aid your child in getting better sleep and monitor its safe use.
- There can still be time set aside to allow for video games and other online activities with your child. It is just to model a practice that digital media is used for communication and not entertainment.

Getting Back Into The Routine

Starting school after a long holiday break is similar in many ways to the start of the school year. It is important to get back into the routine of school as soon as possible once the 2nd semester starts. Below are some reminders that you might find helpful as you work to establish a routine that helps your student to be successful in and out of school.

- Go to bed at a reasonable time each night. A young person's body and brain are busy all day and they need a lot of rest at night to recover from the day and to prepare for the next day.
- Get up early enough so that you're not rushed in the morning. Students who get up late and give themselves "just enough time" will start their day under unnecessary stress and confusion. "Bad mornings" lead to "bad days."
- Eat Breakfast. By eating a breakfast with a healthy balance of carbohydrates, proteins, and fats children feel more energetic at the start of the day and generally perform better all day long. You would never attempt a long commute to work with an empty gas tank in your car; avoid sending your children to a long day of school without breakfast.
- Maintain a healthy routine during breaks and weekends. Often students see breaks such as holiday breaks and summer breaks as an opportunity to stray from their normal routine. This might include such things as staying up later than usual, sleeping in, or poor nutritional choices. These types of breaks in routine can negatively impact a student once they return to school. Encourage a balanced, healthy routine for your student when they are on break from school. The best way to get into an effective routine is to never stray from an effective routine.

Public Health Solutions Announces Winner

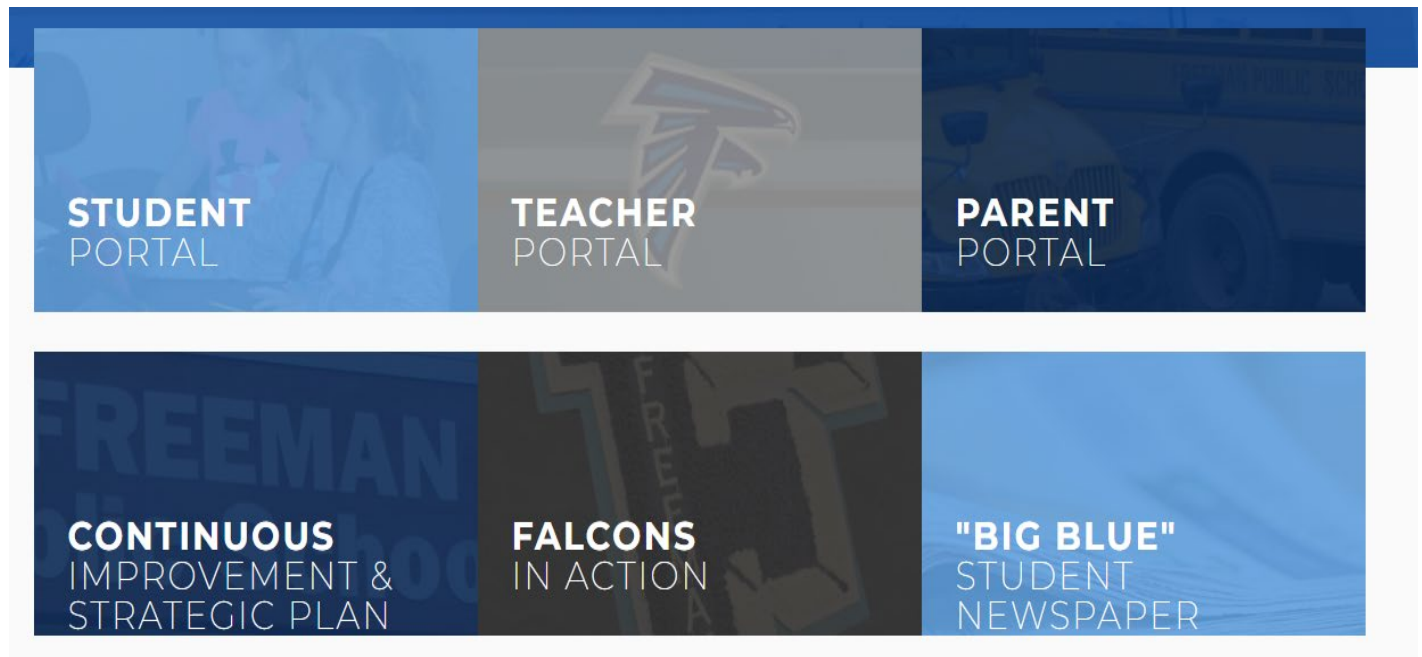
Public Health Solutions was recently at Freeman offering flu shots. All students who returned a permission form and received the flu shot were entered into a drawing. Blakely Fritzen is the lucky winner who participated in the 2022-2023 SKIP Flu Vaccine Clinic held at Freeman Schools in October. Her name was drawn from all students at your school who received a flu shot, to receive a \$20.00 gift card. The CDC is forecasting a rough flu season this year so all staff and students who got their flu shot are winners by protecting themselves and their families.

If for any reason you missed the SKIP Flu Clinic, please make the effort to get your flu shot at your local health care provider. For more information on flu shot locations, feel free to contact Public Health Solutions at 402-826-3880.



The Falcons in Action document has a new location on Freeman's website!

It is now one of the buttons you can click on towards the top of the website (see picture below). The Falcons in Action keeps students, teachers and community members up to date on what is happening at Freeman with activities, athletics and gym usage by youth teams. It provides specific details for each event including game times, locations, streaming channels and more. Use the Falcons in Action and follow our social media accounts (Facebook and Twitter) to stay up to date.



Cheer Clinic



Strengths Ambassadors Spend the Day at Clifton Strengths Institute

Sixteen high school Strengths Ambassadors spent the day at the Clifton Strengths Institute (CSI) on



December 8th. CSI is part of the College of Business at the University of Nebraska-Lincoln. Students were greeted by executive director Tim Hodges and assistant director Alyson Lenz. Lenz, along with three UNL student strengths coaches, led the ambassadors through a variety of activities and question/answer sessions, allowing the ambassadors the opportunity to learn more about their own top five CliftonStrengths and CliftonStrengths in general. These student ambassadors are considered student leaders at Freeman and discussed ways they can help others in learning more about each other's individual strengths.

They also used the day to plan for additional strengths activities for the year. CliftonStrengths began on the UNL campus over forty years ago with psychology professor Don Clifton. He explored the idea of focusing on what is right about people instead of dwelling on what is wrong, thus, the birth of CliftonStrengths. Freeman Public Schools also believes it is important to focus on the positive, and a focus on each person's strengths is a part of the Freeman culture. Freeman Strengths Ambassadors include: Megan Nelson, Rebecca Ford, Molly Flanagan, Summer Buss, Catie Reed, Faith Holland, Paige Mahler, Shelby Ford, Aubrie Hill, Reagan Miller, Carson Robinson, Ben Ruyle, Kellen Anderson, Sam Troxel, Wesley Havelka, and Lily Wiese.

The Saran Wrap Challenge!
TeamMates of
Freeman held its
annual breakfast on
December 14.

It was an awesome turnout of both mentors and mentees, with breakfast pizza served by the TeamMates of Freeman Board of Directors. This year the activity included the Saran Wrap Challenge. Mentees were challenged to unwrap the saran wrap ball to get as many prizes as possible out of the ball until their turn was up. The real challenge? Unwrapping the saran wrap with socks on their hands! The commons were buzzing with excitement as mentees worked through the challenge with their mentors cheering behind them!



Non-Discrimination Statement: The U.S. Dept. of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found at www.ascr.usda.gov/complaint_filing_cust, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov Individuals who are deaf, hard of hearing speech disabilities may contact USDA through the Federal Relay Service (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

MENUS

Cereal, juice & fruit are offered with breakfast. All meals come with one carton of milk.

Extra milk may be purchased for \$0.40 each. Menu is subject to change.

Ala carte items additional charge. Entrees are \$1. each and sides \$0.50.

<u>January 2-6</u>		
Monday:	No School	
Tuesday:	No School	
Wednesday:	No School	
Thursday:	Donut	Corn Dog, Cottage Cheese, Baked Beans, Vegetables, Peaches
Friday:	Scrambled Eggs	Pizza, Corn, Vegetables, Applesauce
<u>January 9-13</u>		
Monday:	French Toast	Walking Taco, Meat, Cheese, Chips, Vegetables, Oranges
Tuesday:	Muffin	Chili or Veg. Beef Soup, PBJ, Vegetables, Applesauce
Wednesday:	Pancakes	Br. Pork Patty, Bun, Potato Triangle, Vegetables, Pineapple
Thursday:	Donut	Chicken Patty, Mashed Potato & Gravy, Vegetables, Bread & Butter/PB, Peaches
Friday:	Omelet	Fiestada, Corn, Vegetables, Applesauce
<u>January 16-20</u>		
Monday:	NO SCHOOL	
Tuesday:	French Toast	Hamburger, Bun, Baked Beans, Vegetables, Peaches
Wednesday:	Donuts	Mandarin Chicken, Rice, Vegetables, Roll & Butter, Oranges
Thursday:	Pancakes	Spaghetti & Meat Sauce, Breadstick, Vegetables, Pineapple
Friday:	Sausage & Biscuit	Pizza, Corn, Vegetables, Pears
<u>January 23-27</u>		
Monday:	French Toast	Chicken Noodle Soup, Ham & Cheese Sandwich, Peas, Vegetables, Applesauce
Tuesday:	Pancakes	Ribette, Bun, Potato Triangles, Vegetables, Peaches
Wednesday:	Donut	Country Fried Steak, Mashed Potato, Gravy, Vegetables, Bread & Butter/PB, Oranges
Thursday:	Muffin	Sloppy Joes, Bun, Baked Beans, Vegetables, Pears
Friday:	Omelet	Chicken Quesadilla, Corn, Vegetables, Pineapple
January 30-31		
Monday:	French Toast	Falcon Hero Sandwich, Chips, Vegetables, Fruit Cup
Tuesday:	Donut	BBQ Pork, Bun, Potato Triangles, Vegetables, Peaches

TOTAL MONTHLY COST

Elementary Lunch	18	\$2.95	\$53.10
JH/HS Lunch	18	\$3.25	\$58.50
Adult Lunch Price:		\$4.25	

Breakfast: K-12 served 7:45-8:05. Cost for K-12 is \$1.95 Adult price is \$2.60