

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

## IMPORTANT ANNOUNCEMENTS

\*\*\*[FREE AND REDUCED APPLICATIONS LINK](#)\*\*\*

### No School Days in November

22<sup>nd</sup>, 23<sup>rd</sup> & 24<sup>th</sup> for Thanksgiving Break

### Date Correction for Junior's ACT

March 26<sup>th</sup>, 2024

### Preschool

### Thanksgiving

### Program, Monday

### November 20

a.m. session 8:15-9

p.m. session 12:15-1





# Freeman November, 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 FFA Convention @ Indianapolis, IN	2 FFA Convention @ Indianapolis, IN TBD Volleyball	3 FFA National Convention @ Indianapolis, IN TBD Volleyball	4 FFA National Convention @ Indianapolis, IN TBD Volleyball
5	6 1pm MUSIC JH/HS Vocal Clinic ECNC @ Palmyra High School	7 7:45am-8:05am Bank in School, Elem Commons 7pm-8pm Facility Study Informational Meeting @ Freeman Media Center	8 FFA District Livestock Judging @ SCC Beatrice Facing History Trip @ DC	9 8:30am-3:30pm EL Facing History Author Visit @ Freeman Media Center Facing History Trip @ DC	10	11
12	13 7pm Board of Education Meeting @ Freeman Media Center 9:05am-9:51am Veteran's Day Program @ South Gym	14 2pm Bball-B/JH @ Freeman HS 9am ONE ACT-ECNC @ Palmyra High School	15	16 ART Field Trip 4pm Bball-B/JH JCC Middle School	17 FBLA Leadership Conf @ Freeman 7pm-8pm One Act Comm Performance South Gym	18 FBLA Fall Leadership Conf @ Freeman
19	20 4pm Bball-B/JH Syracuse @ Freeman North Gym Preschool Program 8:15/12:15	21 7:45am-8:05am Bank In School @ Freeman Public School Elem Commons TBD Bball-B/V TBD Bball-G/V	22 No School	23 No School	24 No School	25
26	27 4pm Bball-B/JH @ Freeman HS	28	29	30 3pm Bball-B/JH Freeman S Gym 4:30pm Bball-G/JV Freeman N Gym 4:30pm Bball-B/JV Freeman S Gym 6pm Bball-G/V Freeman N Gym 7:30pm Bball-B/V Freeman N Gym 4:30pm Wrestling-B/V @ Palmyra HS		



# DANIEL FREEMAN PUBLIC SCHOOLS

QUALITY EDUCATION FOR ALL LEARNERS

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

## FROM THE SUPERINTENDENT, MR. ANDREW HAVELKA

Freeman Families:

I hope everyone enjoyed their fall break. The holidays are fast approaching! Before we know it, Thanksgiving will be here. We hope families were able to get in touch with teachers during our parent-teacher conferences. If you need any help connecting with our staff, please reach out.

### **Inclement Weather**

Despite having higher temperatures a few days ago, it is time to put out information regarding inclement weather. A decision to close school is made when the National Weather Service forecasts and road conditions indicate it would be unwise for students to attend school. Ideally, a decision about the next school day will be made by 9:00 PM for announcement during the 10:00 PM news. An early decision is not always possible because of uncertain weather conditions. School officials will make periodic assessments of road conditions at night and decide early in the morning (by 6:00 AM if possible). If school is closed or begins 2 hours late, information will be sent through the school messenger system and website. Information will also be sent to the following media outlets:

- ☐ KOLN/KGIN 10/11
- ☐ KWBE-AM 1450
- ☐ KLKN TV Channel 8

Freeman has built three days into the 2023-2024 calendar for severe weather cancellations. If additional days are needed to respond to severe weather, the district will add student days or look for options within the current calendar. We will keep everyone informed as we progress through the school year.

### **SchoolMessenger Text Messaging**

Please consider taking advantage of our Text Messaging Service. Our school utilizes the SchoolMessenger system to deliver text messages to your mobile phone with important information about events, school closings, safety alerts, and more. **You can participate by sending a text message of “Y” or “Yes” to 67587.** You can also opt out of these messages at any time by simply replying to one of our messages with “Stop.”

With so many things going on every day at Freeman, check our Facebook, Twitter, webpage, and Falcons In Action!

As always, don't hesitate to contact the school with any questions. Go Falcons!

Dr. Havelka

Dr. Andrew Havelka

Superintendent of Freeman Public Schools 402-988-2525 x103 | [Andrew.havelka@freemanschools.net](mailto:Andrew.havelka@freemanschools.net) |

Twitter: @FreemanPS\_S415 8<sup>th</sup> Street PO Box 259 Adams, NE 68301



## **From the 7-12 Principal, Mr. Cody Wallinger**

Hello Falcon Family.

As I stood on the sideline of our Homecoming football game, a couple weeks back, I was reminded of an interaction I had with a gentleman a handful of years ago at a previous Homecoming experience. "Hard to believe that 50 years ago, was my Homecoming...I can remember it like it was yesterday." he said.

I still think about that interaction, from time to time. And it never fails that it's followed by the same thought; Time is a thief. With that view out on the table, I found myself reading a message that was shared with me, the other day. A simple Instagram post from a father reminiscing about his now adult daughters.

*Dear moms and dads...*

*The princess stage is amazing...*

*But the slumber party stage is also amazing...*

*The first crush stage is incredible...*

*The boy band worship stage is remarkable...*

*The first date stage is awesome...*

*The turning into adult stage is everything...*

*I just want to remind you that it just keeps getting better...*

*Sure, it may sometimes seem harder...*

*But I promise you it gets better...*

*Don't wish they stay little...*

*Enjoy the miracle that is them getting older...*

*It's better that way...*

It's here I find myself a little unsure of what to think and how to feel. One truth I know though is that no matter how much I may want to slow down the hands of time and even turn that clock back, that's never going to happen. As Gandalf so famously expressed to young Frodo, "All we have to decide is what to do with the time that is given us." So here we are. Not with just over 25% of the school year gone. Rather, here we are with almost 75% of the school year to embrace, enjoy, and look forward to. Things like Halloween happening on a Tuesday, the FFA

National Convention in Indianapolis, the ECNC vocal clinic, our Facing History trip to Washington, DC, November's board meeting, the start of One Act, the first wrestling match and basketball games, the first snow, Christmas concerts, the Holiday Tournaments over break, MUDECAS for both basketball and speech, FFA State Degrees, Valentine's Day, Quiz Bowls, the spring Parent/Teacher Conferences, spring weather, Track season, our School Improvement visit in April, ECNC Honor Band, and without a doubt graduation.

I'm not sure I'm ready to share THE secret of life, with you. However, I am confident that A secret to life is our ability to adjust the kaleidoscope to the proper perspective. Through the trials that we have all undoubtedly experienced, we are gifted so many more blessings. May the next three quarters of our school year find you filled with joy and excitement for each and every stage of the journey.

#WeAreFreeman

### **Communication:**

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

☐ [Freeman Website](#)

☐ [rSchool Activities Calendar](#)

☐ [Falcons In Action](#)

☐ [Facebook](#)

☐ X (Formerly known as Twitter): @Freeman\_Falcons and @FreemanPS\_Supt

Phone: 402-988-2525

Fax: 402-988-3475

Freeman Public Schools has a duty to identify, refer, evaluate, and if eligible, provide a free, appropriate public education to students with disabilities. If you suspect that your child is struggling in school or may have a disability, Freeman Public Schools can assist you.

For additional information about the rights of parents of eligible children or for answers to any questions you might have about identification, evaluation, and placement into Section 504 and special education programs, please contact Freeman's superintendent, Dr. Andrew Havelka at 402-988-2525

**Attention, Junior Parents!** The ACT for juniors is March 26, 2024. It is now a state requirement for all juniors to take the AC through the school. Freeman's juniors will be testing at the Adams Community Building on Main Street. The date provided is the ONE DAY across the state that schools can give the paper/pencil version of the test. Therefore, PLEASE MAKE SURE MARCH 21 IS LEFT CLEAR ON YOUR CALENDAR. Do not schedule medical appointments, dental appointments, college visits, etc. More information will follow later.

Grades	Test	Date	Test	Date
Kindergarten	Math	12/7/23	Reading	12/8/23
Grade 1	Math	12/5/23	Reading	12/4/23
Grade 2	Math	12/5/23	Reading	12/4/23
Grade 3	Math	12/12/23	Reading	12/11/23
Grade 4	Math	12/12/23	Reading	12/11/23
Grade 5	Math	12/14/23	Reading	12/13/23
Grade 6	Math	12/14/23	Reading	12/13/23
7	Reading	12/5/23	Math	12/6/23
8	Reading	12/5/23	Math	12/6/23
9	Reading	12/5/23	Math	12/6/23
10	Reading	12/5/23	Math	12/6/23
11	Reading	12/5/23	Math	12/6/23
Seniors	senior planning	12/5/23	senior planning	12/6/23
Kindergarten	12/4/23	Reading Fluency		
Grade 1	12/6/23	Reading Fluency		
Grade 2	12/7/23	Reading Fluency		
Grade 3	12/13/23	Reading Fluency		
Grade 4	12/13/23	Reading Fluency		
Grade 5	12/12/23	Reading Fluency		
Grade 6	12/12/23	Reading Fluency		
Grade 11	ACT--required of all juniors	March 26	Adams Community Building	
Grade 11	ACT makeup	April 9	Adams Community Building	
Grade 11	ACT makeup	April 23	Adams Community Building	
Kindergarten	Math	4/30/24	Reading	5/1/24
Grade 1	Math	4/16/24	Reading	4/8/24
Grade 2	Math	4/17/24	Reading	4/9/24

REQUIRED	NSCAS Math		NSCAS Reading	
Grade 3	4/22/24		4/16/2024	
Grade 4	4/22/24		4/15/2024	
Grade 5	4/24/24		4/17/2024	
Grade 6	4/24/24		4/18/2024	
	NSCAS tests			
Grade 7	reading	April 8		
Grade 8	reading	April 8		
Grade 7	math	April 16		
Grade 8	math	April 18		
Grade 8	Science	TBD		

### **Title 1 Reading, Nebraska READS Meeting**

A meeting regarding Title 1 reading at Freeman and the NebraskaREADS Act was held in the Freeman Media Center on October 16th. Parents were given information regarding benchmark reading levels as approved by the Nebraska Department of Education. These benchmark scores are used to determine which students need additional reading interventions. Reading interventions are part of Title 1 reading and also WIN time (What I Need), which is utilized for 30 minutes daily in the K-3 classrooms. Title 1 reading is in addition to classroom instruction time, and supports the same skills being taught in the classroom. For additional information, contact Title 1 teacher, Mrs. Teri Nieveen.

### **Illustrator Chloe Burgett to Visit Freeman**

We are excited to host illustrator Chloe Burgett the afternoon of October 26. Burgett will read from some of the books she has illustrated and will be demonstrating her drawing. Community is always welcome to attend a session. We are able to host Burgett due to the generosity of the Hevelone Foundation which provided the grant for this visit.

### **Illustrator Sydney Saathoff to Visit Freeman**

It's always a privilege to host an author or illustrator at Freeman, and this fall we are honored to host two different illustrators. On November 9th, Sydney Saathoff will be at Freeman to talk about graphic design and about the books she has illustrated. She is also currently writing a book. Sessions have not yet been set up for that day. We are able to host Saathoff due to the generosity of the Hevelone Foundation which provided the grant for this visit.

### **TeamMates—We're Not a Fix-It Program**

Generally, when someone hears "mentoring," they tend to think someone is an apprentice to a skilled position, or someone is being tutored to become better at something. Neither is the case with TeamMates. The TeamMates mission is "to positively impact the world by inspiring students to reach their full potential through mentoring." Mentors help students reach their full potential by guaranteeing a young person that there is someone who cares about them. Mentors listen and encourage their mentee (student). A mentor's job is not to plan what to do every week, but let the mentee lead, whether they play a game, do an activity, or just talk. At Freeman, we currently have 65 mentors and mentees meeting each week. That's 65 young people receiving additional encouragement and support in their school day. Consider being a mentor. We still have students on our list looking for a caring adult to support them at school. For more information or to apply to be a mentor, go to [TeamMates.org](https://www.teammates.org). You can also contact coordinators Danelle Evers or Teri Nieveen at the school.

## Feel like something may be missing?

Please encourage your child to check our lost and found.



FRESCO was able to raise \$311.70 to donate to PCAN, an organization started by FRESCO member, Leyna Ahlschwede's family. The money was raised in September for Pediatric Cancer Awareness month. Students and staff were encouraged to wear yellow and donate \$1 to wear a hat. All the money raised was donated to Pediatric Cancer Action Network. The money is used to help families cover the cost of being away from work while being with their child as they go through cancer treatments. Karri Ahlschwede came to the October meeting to receive the

donation as well as educate the FRESCO members on where the money goes!



## From the Nurse's Office:

How much do you know about what our youth are putting into their bodies? This is a question that I have had on my mind in recent months as I have children navigating their teenage years. Often times, children want to be bigger and stronger than they are. They are tired and stressed out with the demands of keeping up with school, activities and everything else. There are many products out there that claim to boost energy, increase alertness, hasten weight gain, increase muscle mass or enhance performance. These products are called dietary supplements. In the next few newsletters, I will get into some of the products that are available and often marketed to our adolescents. I will provide information on how they are used, the effects of the using the products, what the medical community's stance on use is and how they are regulated. My intent is not to tell anyone what is okay or not okay to consume, but merely to provide you with information. I hope you find this information to be useful as you help your child navigate this world that is so different than the one that I grew up in.

Let's start with the definition of a dietary supplement. Merriam-Webster Dictionary defines a dietary supplement as "a product taken orally that contains one or more ingredients (such as vitamins or amino acids) that are intended to supplement one's diet and are not considered food". The FDA states these

supplements are ingested and come in many forms, including tablets, capsules, soft gels, gel caps, powders, bars, gummies and liquids.

Some common examples of dietary supplements include:

vitamins (multivitamins/vitamin d and biotin)

minerals (calcium, magnesium and iron)

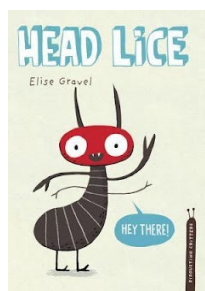
botanicals or herbs (echinacea and ginger)

botanical compounds (caffeine and curcumin)

amino acids (tryptophan and glutamine)

live microbials (commonly referred to as probiotics)

As you can see, there are a wide range of products that are considered dietary supplements. Many of these items can be classified as either dietary supplements or foods and beverages. This classification changes how they are regulated. I will go into greater detail in future newsletter articles about this and other important topics. In the meantime, I challenge all of you to talk to your children about what fuels their bodies every day.



Head lice are a common problem in school-age children. As winter approaches and hats and caps return to school, so does the presence of head lice. Anyone can get head lice...it is not a sign of being dirty or unclean. We have already seen several cases of head lice in various classrooms. So what

can you do to decrease your family's chance of getting head lice?

- 1) Regularly check your child's head for head lice and nits.
- 2) Tell your child not to share personal items like hats, brushes or towels as these items can transmit lice.
- 3) Encourage your child to avoid head to head contact with others as this is how lice are most commonly spread.
- 4) Watch for an unusually itchy head.
- 5) If you find that your child has head lice, please notify the school.

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# MENUS

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

Extra milk may be purchased for \$0.45 each. Menu is subject to change.

Purchase of an entrée only or an additional entrée will cost \$2.00 for students and staff.

<b><u>November 1-3</u></b>				
Wednesday:	Donuts	Chicken Patty, Mashed Potato, Gravy, Bread & Butter, Pears		
Thursday:	Muffin	Chili, or Veg. Beef Soup, PBJ, Vegetables, Applesauce		
Friday:	Omelet	Fiestada, Corn, Vegetables, Oranges		
<b><u>Nov. 6-10</u></b>				
Monday:	French Toast	Burrito, Queso Sauce, Corn, Vegetables, Pears		
Tuesday:	Muffin	Hamburger, Bun, Baked Beans, Vegetables, Peaches		
Wednesday:	Pancakes	Mandarin Chicken, Rice, Roll & Butter, Vegetables, Oranges		
Thursday:	Donut	Corn Dog, Cottage Cheese, Baked Beans, Vegetables, Pineapple		
Friday:	Scrambled Egg	Pizza, Carrots, Vegetables, Applesauce		
<b><u>Nov. 13-17</u></b>				
Monday:	French Toast	Walking Taco- Meat, Cheese, Nacho Chips, Broccoli, Vegetables, Peaches		
Tuesday:	Waffles	Spaghetti & Meat Sauce, Breadstick, Vegetables, Pineapples		
Wednesday:	Donut	Chicken Patty, Mashed Potato, Gravy, Bread & Butter or PB, Pears		
Thursday:	muffin	Br. Pork Patty, Potato Triangles. Vegetables. Oranges		
Friday:	Sausage & Biscuit	Fiestada, Corn, Vegetables, Applesauce		
<b><u>Nov. 20-24</u></b>				
Monday:	French Toast	Sloppy Joe, Bun, Baked Beans, Vegetables, Pineapple		
Tuesday:	Donuts	Falcon Hero, Chips, Broccoli, Vegetables, Strawberries		
Wednesday:	NO SCHOOL			
Thursday:	NO SCHOOL			
Friday:	NO SCHOOL			
<b><u>Nov. 27-30</u></b>				
Monday:	French Toast	Chili Dog, Bun, Green Beans, Vegetables, Peaches		
Tuesday:	Donut	Chicken Noodle Soup, Ham & Cheese, Sandwich, Peas, Vegetables, Applesauce		
Wednesday:	Waffles	Country Fried Steak, Mashed Potato, Gravy, Bread & Butter, Vegetables, Pears		
Thursday:	Muffin	Spaghetti & Meat Sauce, Breadstick, Vegetables, Pineapples		

## **TOTAL MONTHLY COST**

Elementary Lunch	19	\$3.10	\$58.90
JH/HS Lunch	19	\$3.40	\$64.60
Adult Lunch Price:		\$4.60	

**Breakfast: K-12 served 7:45-8:05. Cost for K-12 is \$2.10 Adult price is \$2.75**