School Closing Information Hotline

Due to Bad Weather Call:

223-1555

Updated by 6:30 a.m.

ATTENDANCE HOTLINE

223-1516

BHS Daily Bulletin also on Website www.beatricepublicschools.org

Our daily bulletin is one method used to distribute information to students regarding clubs, activities and pertinent information. It is read over the intercom during mentor, posted by the water fountains and can be found on the website. We also have a link we use for activity times and up-dates: **highschoolsports.net**

For your early planning

Graduation: Sunday, May 16, 2010 at 3:00 p.m. in the O-Zone.

Baccalaureate: Wednesday, May 12, 2010 at 8:00 p.m. in the Hevelone Center.

Both genders will be wearing black caps and gowns.

Practice: for both events will be Wednesday a.m. (after mentor at 9:15)

Seniors Last Day: Tuesday, May 11, 2010

Graduates will hand in completed check-out sheet, pay any senior fees they have remaining before being eligible to pick up cap and gowns. Senior picnic/pizza party will be around 5:30 with all graduates invited to partake. To wrap up the day, many of the seniors return to the Hevelone Center to watch the Limited Edition showcase their Senior members. We will send out a letter in May to all senior parents with a more comprehensive timeline nearer to graduation.

Beatrice High School
600 Orange Blvd.
Beatrice, NE. 68310

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Orange Peal

Beatrice High School

600 Orange Blvd. Beatrice, NE 68310 (402) 223-1515

Volume 36, Issue 6

January 2010

Monday, January 4
Staff return from Christmas
Orange Booster Mtg (Library)7:00

Tuesday, January 5, 8:12 a.m.
Students return for 2nd Semester

Saturday, January 9, 9:00 a.m.
BHS WRESTLING INVITE

Monday, January 11, 7:00 p.m.
School Board Meeting
Fine Arts Booster Mtg (Library)

Friday, January 15, 5:00-8:00 p.m.
Orange Booster sponsoring
THE PANCAKEMAN w/BB games

Monday, Thursday & Saturday
January 18, 21 & 23
RCC Girls Basketball Tourney

Tuesday, Friday & Saturday
January 19, 22 & 23
RCC Boys Basketball Tourney

Wednesday, January 20, 11:45a.m.
Districtwide early dismissal for
School Improvement Inservice

Saturday, January 30
2nd Annual Chili Cook-off

— — — — — — — —

Thursday, February 4
Dental Screening, 8:30 - 9:30

Principal - Jason Sutter
Assistant Principal - John Jarosh
Assistant Principal/Activities Director - Neal Randel

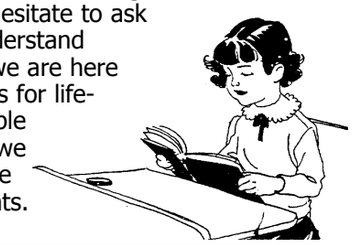
Welcome back to second semester.

January always seems to be a long month after the busy holidays. Getting back into a routine helps us all. New schedules will be handed out before school Tuesday morning in the front main hallway, we usually have them divided out by grade level alphabetically. Be sure your student doesn't worry if they cannot find their schedule to bring with them. We plan for this and are ready for them. Students are reminded that and and all schedule changes will need to be completed with their guidance councilor before 4:00 p.m. on Friday, January 8.

First semester grade cards will be put in the mail Wednesday. If parents wish to see grades before that time, please remember that the Parent Portal on our website has them available also. We remind parents that if you have not already discovered this way to stay current with your taciturn student, it is well worth getting signed up and setting up a password for. Many of our instructors have chapter test dates, project due dates and some homework listings pre-set that can serve as a prompt for you to encourage your student to meet. Also it is a good way to see if homework is getting turned in as the quarter progresses.

We will be welcoming a new nurse, Lori Kunc,this semester as Nurse Lisa Kleveland will be continuing her education and not able to return to us. We wish them both success as these changes occur.

Please do not hesitate to ask questions if you do not understand something. That is what we are here for….to prepare all students for life-long learning and responsible citizenship. Just because we are adults doesn't mean we have stopped being students.



Beatrice Public Schools...to prepare all students for life-long learning and responsible citizenship.

from Student Services:

Senior Scholarships FAFSA & Pell Grant Information

The counselors met with all seniors in November to explain how to apply for local scholarships and federal PELL grants. A financial aid booklet for 2010 was given to each person in attendance. We encourage students and parents to review information in the booklet. One section describes more than eighty scholarships available to BHS seniors. Students should read those descriptions and request the applications needed from the student services office. Many application forms are available on-line at the public schools website (the booklet will indicate which). All completed applications need to be turned in to Mrs. Morris in the guidance office. Students unable to attend one of the three counselor scholarship meetings may still request those materials.

In addition to local scholarships, seniors need to submit the FAFSA form on-line to apply for federal grants and determine eligibility for low interest loans. Students have the website information to obtain a PIN number to act as an on-line signature as well as the website to submit the application. Go to www.pin.ed.gov to request your number. It will be mailed within 7-10 days of your request or within 3 days if you provide your e-mail address. Help is available from Education Quest by appointment to file the FAFSA for you. You may set up an appointment by calling 1-800-303-3745.

The FAFSA needs to be filed after January 1, 2010, and will need to include all parent and student income for 2009. Each college sets its own deadline for accepting FAFSA results. March 1 is common. Scholarship deadlines will vary according to the wishes of the donor with February 15 and March 1 being quite common. Each application will list this information. Call the student services office if you have questions.

Carla Meyer, Counselor,
402-223-1517
FAX 402-223-1510
Carla_Meyer@bpsne.org

College - Bound Reminders

As the year winds down, college-bound students and parents need to stay aware of approaching deadlines.

* Parents should file income taxes as soon after January 1 as possible. Completed tax forms make filling out financial-aid applications easier. Colleges may want them for verifying income.
* Turn in the Free Application for Federal Student Aid (FAFSA) as early as possible after January 1. Get help from the Federal Student Aid Information Center (800-433-3243 or http:/studentaid.ed.gov/) Ask colleges about filing deadlines and if they require other forms.
* Have students check registration dates for winter and spring college-entrance exams. Find SAT deadlines online at www.collegeboard.com and ACT dates at www.actstudent.org.
* Continue making applications for local scholarships as well as college specific scholarships.

Remember to take advantage of the Financial Aid Handbook made available to you in November.

COLLEGE ATHLETICS

Students planning to play sports in college will need to register with the NCAA Clearinghouse. Following are the instructions to do so:

- NCAA website: www.ncaaclearinghouse.net
- Click "Prospective Students"
- Click "Registration form for U.S. Students"

After filling out the registration, print the "Transcript Release Authorization", (print both form 1 and form 2) fill them out and bring to Student Services. We will attach a transcript, log it to the NCAA files, and mail it to the appropriate address. After graduation, we will then be able to send a final transcript to them on your behalf.

Scholarships

Bulletin Date:	Scholarship Name:	Deadline:
12/15	**Southeast Community College Educational Foundation**. Submit on line www.southeast.edu	02/22/10
	American Legion Auxiliary. Several specific and varied scholarships available. On-line: www.nebraskalegionaux.net/scholarships.htm	03/01/10
	Nebraska Press Association Foundation. Career in print journalism.	03/01/10
12/16	Independent Insurances Agents of Nebraska, **Chet Linder Memorial Scholarship.** Scholastic application, participation/leadership in school, community activities, educational goals.	03/01/10
	National Multiple Sclerosis Society. Must have the disease or be the son/daughter of someone with the disease. www.nationalmssociety.org	01/15/10
12/17	**Veterans of Foreign Wars Post #1077.** VFW member families for one Year prior to due date.	03/01/10

LUNCH AND LEARN PREP SEMINARS

The third Lunch and Learn Seminar will be held on **January 27, 2010** at the High School in Room 133. The monthly PREP seminar is conducted by Richard Campbell, School-To-Career Coordinator for parents and any adults interested in Career and College Preparation. PREP stands for Parent's Role in Education Progress. This seminar will feature: *"Money Doesn't Grow on Trees or Ways to Reduce College Costs."* Each seminar starts at 12:10pm and lasts about 30 minutes.

Bring your lunch, and learn about topics related to Career and College Planning. Bring yourself, a friend, and your questions. No reservations required.

Beatrice Public Schools Mission Statement

The Mission of the Beatrice Public Schools is to prepare all students for life-long learning and responsible citizenship.

Successful learning is based on the belief that:

Learning is a continuous process of integrated experiences.
Learning involves the application of knowledge.
All students can learn, given the appropriate opportunity.
A variety of learning activities will be used to accommodate differences in student needs.
Schools provide a safe and positive environment.
Students, teachers, administrators, parents and the community share the responsibility for student learning.

Successful learners will:

Demonstrate the basics in academics and responsible citizenship.
Understand and demonstrate responsibility for their actions.
Utilize technology to enhance learning.
Demonstrate effective communication.
Demonstrate problem solving.
Demonstrate an understanding of emotional and physical wellness.

Every Child…..Every Day…..A Success!

LIVE YOUR LIFE WELL……How Helping Others Helps You

If you lug your elderly neighbor's groceries up her steps, clearly it's good for her. But did you know that it's likely good for you too? Research indicates that those who consistently help other people experience less depression, greater calm, fewer pains and better health. They may even live longer.

Consider some recent research:

-Students who performed five acts of kindness a day increased their happiness
-Providing emotional support to others significantly decreased the harmful health effects of certain kinds of stress among older people
-People who donated money to charity got a boost in a feel-good part of the brain, as revealed in brain imaging research

Doing good can make you feel good. It may:

-remind you that you're relatively lucky
-make you feel connected to others
-help you feel needed and effective
-take your mind off your own worries for a while
-make you feel generous
-add a sense of purpose and meaning to your life

Hints on Helping

Consider these tips for helping others—and yourself:

-Don't feel like you have to make grand gestures or huge time commitments. Sure, helping can mean serving soup at a homeless shelter every week. But it also can mean:
-Calling a friend to see how she's doing
-Serving your spouse breakfast in bed
-Letting a car in front of you on the highway
-Smiling at a stranger in the street
-Holding the elevator door for your co-worker

Vary your acts of generosity to prevent the experience from becoming ho-hum, advises happiness researcher Sonja Lyubomirsky, PhD, who also found that doing several kindnesses in one day gives the best boost.

Beware of taking on too much, or you'll risk feeling resentful. When asked a favor, think it over before saying yes.

Ways to Volunteer

If you want to volunteer for an organization, **invest in finding the right match. If you like to:**

-read… consider volunteering at a school or tutoring program
-work outdoors… try volunteering to clean up a local park
-speak another language…. perhaps work with immigrants
-work at home… make fundraising calls
-play sports… volunteer as a coach
-promote health… try a local hospital or clinic

Whatever you choose, ask if the group will provide support for your efforts, like training or a contact to answer questions that arise.

To find volunteer opportunities, call your city or county information line for the contact information for a volunteer coordinator service. You also can check your Yellow Pages under "Volunteer Clearinghouse" or "Volunteer Center" or find options online at http://www.volunteermatch.org/ or www.1-800-volunteer.org. Your local Mental Health America affiliate office also may be looking for volunteers.

Reviewed by Stephen Post, director of Center for Medical Humanities, Compassionate Care, and Bioethics at Stony Brook University and author of *Why Good Things Happen to Good People: The Exciting New Science That Proves the Link Between Doing Good and Living a Longer, Happier, Healthier Life*.

This message is brought to you as part of the "Healthy Minds/Healthy Bodies" educational campaign sponsored by Beatrice Community Hospital Gage County PATCH.. For further information and resources, contact Sharon Langvardt, MS, LIMHP, CMFT, Blue Valley Behavioral Health and Beatrice Hospital PATCH coordinator (402) 228-3386 or slangvardt@bvbh.net or slangvardt@bchhc.org.

Live Your Life Well by Being Physically Active……How Exercise Helps

The dusty tennis shoes. The gym membership that mostly exercises your wallet. The jump rope coiled at the back of the closet. Lots of us have proof that it can be tough to stick with exercising. Pump up your resolve by considering that exercise can:

-prevent heart disease and high blood pressure
-lower your risk for stroke, osteoporosis, colon cancer and diabetes
-improve your sleep
-increase your energy
-decrease some kinds of pain
-boost your immune system
-help with weight management

Exercise matters for your mood too. Millions of people have found it:

-decreases stress, anger and tension
-reduces anxiety and depression
-offers a greater sense of well-being

It's not clear exactly how exercise boosts mood, but experts say it:

-relieves pent-up muscle tension
-stimulates feel-good hormones
-burns off stress hormones
-increases blood flow to the brain

Sweating: The Details

Sure, lots of us would rather serve cookies than tennis balls and would rather channel-surf than surf. But some tips can make exercising easier. For one, you don't have to join a glitzy gym: Lots of city recreation departments, senior centers and YMCAs have great equipment and fun classes (salsa dancing, anyone?) at reasonable rates. Also, find out if you can hit the track at your local school.

How Much Exercise Do You Need?

For your overall health, the American Heart Association recommends:

- at least 30 minutes of moderate aerobic activity (think walking or a leisurely bike ride) five days a week PLUS strength training twice a week.

OR

- at least 20 minutes of vigorous aerobic activity (like jogging or a challenging bike ride) three days a week PLUS strength training twice a week.

The Centers for Disease Control offers more detailed guidelines at: http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html

A little twist on the rules: Though 20- or 30-minute sessions may be ideal for health and mood, experts say that you can get plenty of benefit from exercising in just 10-minute spurts too.

For your mood, aim for 30 to 60 minutes of aerobic exercise or a combination of aerobic exercise and muscle-strengthening three to five days a week. Some research shows that even lower levels of activity may offer mental health benefits, according to U.S. Department of Health and Human Services.

LiveYourLifeWell campaign by Mental Health America. Check website for details.

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Music Quote for the month:

"I think I should have no other mortal wants, if I could always have plenty of music. It seems to infuse strength into my limbs, and ideas into my brain. Life seems to go on without effort, when I am filled with music."

- George Eliot

Upcoming jazz performances -

February 19 & 20 - UNO Jazz Festival

Upcoming Winter Drumline and Flag Corps events:

Saturday, January 30th - Evaluation Show - Norris High School, Firth, NE
Saturday, February 13th - Morning Show - Beatrice High School, Beatrice, NE
Saturday, February 13th - Afternoon/Evening Show - Seward High School, Seward, NE
Saturday, February 27th - Morning Show - Plattsmouth High School, Plattsmouth, NE
Saturday, February 27th - Afternoon/Evening Show - Bellevue West High School, Bellevue, NE
Saturday, March 6th - HWAA Championships - Location TBA

Look for more information about the Beatrice Drumline/Flag Corps show.
We would love to see a large audience show for that event.

Midwinter Band Concert Feb. 8th - 7:00
RCC Honor Band/Choir Feb. 9th - all day at Ralston

District One-Act Play contest at Lincoln North Star, was December 5, 2009

"Rapunzel Uncut"
by Mariah Everman

Steven Roberts
— chosen outstanding actor

cast:
Lauren Hubka, Leighann Campbell, Shelby Bloomquist, Travis Eubanks, Tyler Buhr, Steven Roberts, Mackenzie James, Jordan Henkel, Alek Bartels
crew:
Matt Anderson, Mitch Vostrez, Darrel Shottenkirk, Colby Warford

Next Fine Arts meeting January 11 @ 7:00 p.m. Media Center

We will be making final plans for the 2nd Annual Chili Cook off which is January 30th.

For information or to enter, contact:
Gail Mann at (402)223-4456 or gailmann5@yahoo.com

Thank you
Limited Edition and Concert Choir for all the hard work you put into splendidly delightful productions. Music Man and Madrigal. Now on to contests!!

Limited Edition Contests:
January 23 at Millard West
January 30 at Om. Westside
February 6 at Lincoln Southwest
February 11 at UNO
February 15 at Norris (NCDA)

Looking for Orangeman and Lady O attire?

Design your own Beatrice High School shorts, sweatshirts, bags and more at mylockershop.com. A portion of all sales is returned to fund the BHS Activities Department. Support your teams and your school by going to mylockershop.com. You can also access it on the Beatrice Schools website by clicking on the High School page.

WANTED!!

We need a space approximately 12' x 8' to store Booster Club inventory. If you have a secure, dry space that you would be willing to donate, please contact: Steve Faxon, Crystal Meyer, Howard Rains, Beth Lineweber, or Neal Randel at Beatrice High School.

January is NATIONAL MENTORING MONTH

Learn more about becoming a mentor with TeamMates one-to-one Mentoring Program. Friday, January 15, during the BHS vs Holdredge BB game Chances to win a sweatshirt in the Hoop 'N Chair contest at half-time.

Orange Booster Club

next meeting

Monday, January 4, 2010 at 7:00 p.m.
media center

The Winter sports are off to a great start, and the fundraiser for Winter sports this year is "The Pancake Man". The date set is Friday, January 15th, Boys/Girls double header with Holdredge. In the past we combined our Winter and Spring fundraisers into one, however there has been some interest in having a Spring sports fundraiser sometime this spring. I am going to ask for help from both the Winter and Spring teams for this fund raiser and for the fundraiser in the spring. I believe that we can staff both events with as few people as possible and make it easier to do both. Thanks in advance for your help.
Steve Faxon, President

SEWARD Booster Club Soup Supper

January 8, 2010 with our boy/girl doubleheader with them. Serving starts at 4:30 pm and continues until 8:00 pm or until the soup runs out.

Seward AD

SOPHOMORE
SPAGHETTI FEED FUNDRAISER

Sponsors are working with the kitchen to secure a date - most likely in February. Watch for further information.

Pre-season Track and Field starts Monday, January 11th.

Will meet every Monday, Tuesday and Thursday until the season starts. There will be a meeting the week of January 4th for all track and field athletes with Coaches Mahoney, Schlueter and Hollman.