



Happy Spring from the Principal's Office

Welcome to the final quarter of the school year. With the end of 3rd Quarter, basketball and wrestling shoes have been traded in for track and golf spikes. Good luck to all of these participants during their seasons. Let's have a great end to the school year.

Upcoming Events:

- March 22nd: FKC Music Contest @ Wilcox-Hildreth
- March 23rd: GO Quad @ Overton 4PM
- March 24th: TR @ Wilcox-Hildreth 10AM.
- March 28th: TR @ Cozad 4:30PM
- March 29th: GO @ Cambridge 10AM
- March 29th: Music Booster Night @ Runza (Lexington)
- March 29-31st: State FFA @ Lincoln
- March 31st: TR @ Pleasanton (Kearney High) 10AM
- April 2-4th: State FCCLA @ Lincoln
- April 4th: GO @ Hi-Line 10AM
- April 4th: 12:45 Dismissal (JHTR @ Overton 1PM)
- April 5th: FKC Quarterly Mtg. 5:30PM
- April 6th: TR @ Axtell 9AM
- April 6th: GO @ Overton Four-Ball Invite 10AM
- April 7th & 10th: No School – Spring Break
- April 8th: Little Eagle Learning Center Breakfast w/ Easter Bunny 8-10AM
- April 10th: School Board Meeting 7:30PM
- April 11th: GO @ Arapahoe 10AM
- April 11th: JHTR @ Loomis (Bertrand) 1PM
- April 12th & 13th: NSCAS Testing AM (Grades 3-8)

Kindergarten Enrollment Requirements: Students must be 5 years of age by July 31 to be allowed to attend Kindergarten. If your child turns 5 between August 1st and October 15th, you may request your child be assessed on their readiness for Kindergarten work. There is paperwork that must be completed prior to this assessment. You will need to contact the school to receive and complete the Written Request for Consideration of Early Kindergarten Entrance. The testing will take place this summer on a date to be determined. All students will need a Kindergarten physical before beginning school in the fall. If your child was enrolled in our Pre-Kindergarten (4-year preschool) during the 22-23 school year, they do not need to complete further enrollment paperwork to attend Kindergarten. You will just need to bring their completed Kindergarten physical to the school. Students who were not enrolled in our Pre-Kindergarten class during the 22-23 school year will need to visit the school, after the school year has completed, to complete the enrollment paperwork prior to enrollment in the fall.

Thank you for your support of the school. If you have any further questions or comments, please feel free to contact me or stop by and visit.

Educationally yours,

Mr. Brian Fleischman, Principal
308-987-2424 x206

brian.fleischman@overtoneagles.org

OVERTON HIGH SCHOOL
SENIOR SPOTLIGHT

Violet Nelms



FUTURE PLANS

Attend a 4-Year University to Obtain my Registered Nursing Degree & Become a Circulating Nurse

FAVORITE HIGH SCHOOL MEMORY

When the Fire Alarm was Pulled at the Hotel we stayed at for State Track

ACTIVITIES INVOLVED IN

FFA, FCCLA, One Act, Quiz Bowl, Track, NHS, & Student Council. I am also a CNA at LRHC & a kennel worker at West Villa Animal Hospital

FAVORITE MEAL

Pesto Pasta

OVERTON HIGH SCHOOL
SENIOR SPOTLIGHT

Jorja Raastad



FUTURE PLANS

Attending College for Graphic Design & Animation, then going to Work at an Animation Studio or On My Own!

FAVORITE HIGH SCHOOL MEMORY

Going to Dairy Queen After School every Monday during Junior Year with Jada and Alexz

ACTIVITIES INVOLVED IN

FCCLA and One Act

FAVORITE MEAL

Pasta W/ Butter, Garlic Salt, & Parmesan Cheese

OVERTON HIGH SCHOOL

SENIOR SPOTLIGHT

Alexz Rodriguez



FUTURE PLANS

Attend Sunny Nail Academy in Kearney, then follow to Xenon academy in Grand Island to earn my Cosmetology/Esthetician license.

FAVORITE HIGH SCHOOL MEMORY

Taking Senior Pictures with my Class

ACTIVITIES INVOLVED IN

FCCLA, One Act, Speech, FFA

FAVORITE MEAL

Mac and Cheese with Hotdogs, Hands Down!

OVERTON HIGH SCHOOL

SENIOR SPOTLIGHT

Monica Sarratt



FUTURE PLANS

Attending the University of Nebraska Lincoln for Business Administration

FAVORITE HIGH SCHOOL MEMORY

Having to catch the One-Act Trailer after the blocks came out from under it & the trailer rolling away with people in it

ACTIVITIES INVOLVED IN

National Honor Society, One Act, FCCLA, and Work (Management)

FAVORITE MEAL

Chinese Food

OVERTON HIGH SCHOOL
SENIOR SPOTLIGHT

Connor Shively



FUTURE PLANS

Attend WyoTech in Laramie, Wyoming
for Automotive Technology

FAVORITE HIGH SCHOOL MEMORY

State Golf

ACTIVITIES INVOLVED IN

Football, Basketball, Golf

FAVORITE MEAL

Cheeseburger

OVERTON HIGH SCHOOL
SENIOR SPOTLIGHT

Kaedan Wallace



FUTURE PLANS

Attend Central Community College in
Hastings to Major in Business

FAVORITE HIGH SCHOOL MEMORY

Golfing

ACTIVITIES INVOLVED IN

Football, Basketball, Golf

FAVORITE MEAL

Kaedan's Answer: Pizza
Friends' Answer: Chicken Strips

Summer Meals Participation Needed

It's again that time of year to think about Summer Meals. It's no secret that the world and even Overton has changed in the last few years with Covid, work shutdowns and supply chain issues to name just a few.

One thing over time that has never changed is that our children have a right and a need to fresh, wholesome food that is provided for them in a safe place.

Last year we came very close to losing our Summer Meal program due to lack of participation. Beyond our control we had to return to Congregate Meals. In other words, meals served at school during specific times. For the 10 plus years that our summer meal program was in affect before Covid we served meals to children 1-18, many families, neighbors and other people of our communities. We also had various enrichment programs like chalk drawings, petting zoos and bouncy houses.

Every summer is different as some of our families move, the kids get older and find jobs that take them away from town at meal times, families go on vacation or some children go to spend other members of their families. But at the same time, we would have families move in to Overton or come town for an extended visit and so our numbers stayed somewhat stable.

We need have the support of all of our families to keep this program going. It doesn't matter if your child does not qualify for free or reduced meals during the school year we need your family to come and take part in Summer Meals! For every meal we are able to serve, we are making sure a child that needs a meal and companionship gets what they need. Summer can be a very difficult for some kids who are home by themselves most of the day. Being able to come to school for

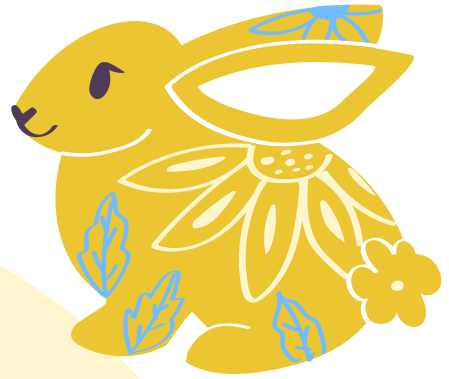
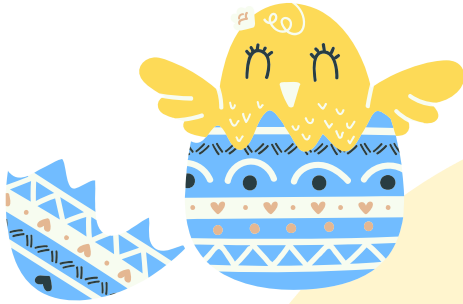
a couple of meals and participating in enrichment programs is the high point of many a kid's day.

It takes a lot of people behind the scenes to put this all together but if we don't have the interest from the children and families we are trying to help, none of this is possible. At this time, I would like to thank Mrs. Alicia Lassen, Overton FCCLA, Overton FFA, Overton Cheer & Dance, Anthony, Dilan, Christian and Hannah Smith, Brady & Cydney Weiss, Jacob Jensen, The Nebraska Appleseed, Nebraska Department of Education Nutrition Services and many more for all the help with various enrichment programs over the years. The kids love these programs so much!

There maybe some changes coming to help small programs like ours but if we don't have the local support all of our hard work for our children is for not.

Please help us keep our Summer Meals Program going for all of Overton's kids!

If you have any questions please feel free to call Brenda at 308-987-2424 ext 121.



INVITES YOU TO

BREAKFAST WITH THE EASTER BUNNY

Donuts, Juice & Milk
Photos with the bunny
Activities

8 | April | 8-10 AM

OVERTON PUBLIC SCHOOL
COMMONS

Free Will Donation



State Wrestling

Congratulations to all of the wrestlers that competed this year. It was a fun year with lots of successes and lots of learning opportunities. To finish the year off the eagles wrestling team competed at both the boys and girls districts. Girls districts was held in Bridgeport with 30 teams and 159 total wrestlers. Congratulations to Sydnie Brown on winning the girls 130lb bracket, her second District championship and qualifying for the state tournament. The boys district was held at Southern Valley with 23 teams and 206 total wrestlers. Congratulations to Dylan Pooschke on placing 4th @ 170 to qualify for the state tournament. Sydnie went 1-2 at state losing a couple of very close matches. Dylan went 0-2 also losing a couple of close matches. Both of these wrestlers represented Overton very well and will return next year to improve on their impressive seasons. Again, great job to all of the wrestlers that competed hard this year.



FFA Updates

We want to thank you ALL for coming and eating pancakes with us! We love serving you in this way!

We participated in Chapter Visits again this year. Lexi Bodlak, current Nebraska FFA State President, came and led workshops for all students in Mrs. Loudon's class. We had fun and learned about leadership, communication, and how to play Ships & Sailors.



We also had a busy National FFA Week. We wrapped up our food drive with the FCCLA chapter and helped collect over 50 items of food. Our freshmen helped lead an activity with the 3rd grade about seeds and strawberries. Last, we had cupcakes to celebrate with each student. Huge thanks to Amy Barnes for providing those and

flowers to our advisors!

We want to wish everyone good luck at State Convention, taking place March 29-31st in Lincoln, NE!





FCCLA attends the State Peer Education Conference

The Overton Chapter joined over 370 other Nebraska FCCLA members and advisers at the State Peer Education Conference held in Kearney, NE on February 27, 2023. The theme of the meeting was "Channeling Your Inner Leader."

Chapter members attended sessions that focused on several of the FCCLA National Programs including StandUP, Families Acting for Community Traffic Safety and Career Connections.

FCCLA members and sponsors attending the State Peer Education Conference from Overton were: Jorja Raastad, Alexz Rodriguez, Jada Araujo, Neala McCall, Paige Walahoski, Jordan Araujo, Jaelynn Roberts, Elijah Jackson, Tenleigh Roberts and Mrs. Ehlers.

Summer Hunger is Too Expensive to Ignore

AN ANALYSIS OF THE HIDDEN TOLL SUMMER HUNGER TAKES ON AMERICA'S CHILDREN AND OUR ECONOMY



OVERVIEW

THE LONG-TERM EFFECTS OF SUMMER HUNGER

A new report from Deloitte Consulting, "Summer Nutrition Program Social Impact Analysis," analyzes available research on the long-term impacts of childhood hunger during the summer months.

The study, conducted on behalf of No Kid Hungry (with support from the Arby's Foundation) shows that providing children with access to nutritious food beyond the school year and into the summer months has clear health, education and economic benefits.

National summer nutrition programs increase food security and have a lasting impact on children's lives. In the short-term, the programs can help mitigate summer weight gain, cognitive decline and summer learning loss for children from low-income families. In the long-term, they may help increase high school graduation rates and reduce susceptibility to chronic diseases, which are otherwise each accompanied by large potential costs to the children and their communities.

THE FINDINGS

THE ECONOMIC IMPACT OF SUMMER HUNGER

What could happen if all children receiving free or reduced-price school meals were able to access nutritious meals during the summer? Using existing research as a base, the study investigated the potential impact on American society and found:

- As many as **1 million fewer children** would be food insecure.
- Potentially 22,800 fewer child hospitalizations, **saving \$274 million** in associated costs annually.
- Potentially **81,600 more high school graduates** each year.
- Summer nutrition is closely tied to summer learning loss. Stopping the "summer slide" among kids from low-income families could **save up to \$50.6 billion in reteaching costs**, equal to approximately 10% of the current total U.S. spending on K-12 education.

THE COST OF HUNGER FOR A CHILD



\$12,000

THE AVERAGE COST OF A CHILD'S HOSPITALIZATION. FOOD INSECURE KIDS ARE 31% MORE LIKELY TO BE HOSPITALIZED.



\$300

THE ADDITIONAL AMOUNT LOW-INCOME FAMILIES SPEND ON GROCERIES EACH MONTH DURING SUMMER.



\$1,540

THE AMOUNT SCHOOLS SPEND IN RE-TEACHING A STUDENT STRUGGLING WITH SUMMER LEARNING LOSS



\$10,090

HOW MUCH MORE A HIGH SCHOOL GRADUATE EARNS THAN SOMEONE WITHOUT A HIGH SCHOOL DEGREE

“WE SEE A WHOLE HOST OF HEALTH PROBLEMS FROM KIDS WHO DON’T CONSISTENTLY GET THE HEALTHY FOOD THEY NEED...FOOD FOR KIDS ACTS AS A VACCINE. MAKING SURE OUR KIDS GET ENOUGH OF THE HEALTHY FOOD THEY NEED IN THE SUMMERTIME HAS THE POTENTIAL TO HEAD OFF MANY LONG-TERM, EXPENSIVE HEALTH PROBLEMS IN THE FUTURE.”

*Lee Hammerling, MD
Chief Medical Officer, ProMedica*

ANALYSIS

SUMMER NUTRITION PROGRAM SOCIAL IMPACT ANALYSIS

The Education Impact

Students who do not get enough nutrition over the summer months are more likely to fall behind their peers once the school year starts.

- Studies show students from low-income families experience a greater “summer slide” in academics than their peers, returning to school two months behind in reading.
- The effect is cumulative, and by the end of fifth grade, “low-income youth are nearly three grade equivalents behind their more affluent peers in reading.”
- Overall, nearly 80% of the achievement gap between high-income and low-income students may be attributable to this summer reading loss.
- Summer nutrition plays a role in academic achievement. According to the study, “nutritious meals protect against cognitive decline, which can help mitigate summer learning loss.”

The Health Impact

Students who do not get enough nutrition over the summer months are more likely to experience long-term health consequences than their more affluent peers.

- Without access to nutritious school meals, many children from low-income families struggle with hunger. Many turn to cheap, calorie-dense foods with little nutritious value. As a result, many low-income children gain weight two to three times faster during the summer than during the school year.
- Food insecurity makes children more susceptible to chronic diseases, like iron deficiency, anemia, asthma, type 2 diabetes and heart disease. They are also at a higher risk of hospitalizations.
- These issues carry a high-dollar cost. The average pediatric hospitalization costs \$12,000. And the average total health expenses for a child treated for obesity are more than 200% higher than the average child’s health cost.

The Economic Impact

Ending summer hunger has the potential to strengthen our economy.

- For example, a decrease in the summer learning loss would be expected to lead to a reduction in the achievement gap and an increase in students graduating from high school. Studies show that high school graduates have greater long-term economic productivity than those who do not graduate.
- In analyzing schools in Maryland which successfully began summer meals program, we found that schools offering a summer nutrition program see up to 5.3% more students graduating from high school, compared with schools that do not offer a summer nutrition program. High school graduates typically earn \$10,090 more per year and enjoy a 4% higher employment rate.

CONCLUSION

SUMMER NUTRITION PROGRAM SOCIAL IMPACT ANALYSIS

Access to healthy and nutritious food should not be limited to the months that fall within the school year. Imagine closing the gap between 21.7 million kids receiving a free or reduced-price lunch during the school year and the 3.8 million children receiving meals through the federal nutrition programs over the summer. Millions more children would experience the associated health and education benefits, including increased food security, improved physical and mental health, and decreased summer learning loss. Ultimately, this can lead to long-term economic improvements for the children and their communities.



Is It True What Parents Say About Summer Meals?

What do you know about the Summer Meal Programs? With so much information out there, sometimes things can get confusing. Let's clear up some of the common misconceptions families have about Summer Meals!

1. **Myth:** Summer Meal Programs are only for young children.

Fact: Anyone 18 and under can receive meals through USDA's Summer Meal Programs! Teens face the same risks of food insecurity in the summer, so make sure your teens are taking advantage of free Summer Meals too!

2. **Myth:** To get a meal, I have to sign my children up at the site ahead of time.

Fact: Most Summer Meal sites are "open sites," which means they are open to the community and do not require that children sign up in advance or even "check-in" at the site. Children and teens must simply show up at the site to get their meal. Remember, the meal has to be eaten at the site! Most residential and day camps do require that you sign up for their program in advance in order to receive free meals.

3. **Myth:** I already receive benefits from SNAP (the Supplemental Nutrition Assistance Program), so my children cannot receive meals from this Program.

Fact: USDA's Summer Meal Programs supplement the meals that your children receive during the school year. Regardless of what other assistance your family may receive, open Summer Meal Program sites will provide meals for your children.

4. **Myth:** I should not send my children to a Summer Meal site because we are doing better than some other families, and I don't want to take a meal away from someone who needs it more.

Fact: Sponsors prepare and distribute meals based on the number of children and teens that come to their sites. They are reimbursed by USDA for these meals, so if there is an increase in attendance at the site, the sponsors can plan to provide more meals the next day.



10/31/16



5. **Myth:** I have to submit income information, legal status, or other personal information about my family, in order for my child to be welcomed to a Summer Meal site.

Fact: "Open Summer Meal sites" are open to the community. Parents are not required to give any personal information about their children to site operators in order for the child to receive a free meal.

For Additional Information

Review these ideas and adopt the strategies that seem reasonable to you and achievable for your Program. Do you have more questions? Sponsors and the general public should contact their State agency for answers. State agencies should contact their FNS Regional Office.

List of FNS Regional Offices: <http://www.fns.usda.gov/fns-regional-offices>

List of State Agencies: <http://www.fns.usda.gov/sfsp/sfsp-contacts>

USDA and its recipient institutions share responsibility for compliance and oversight to ensure good stewardship of Federal funds.



DAWSON COUNTY



HEALTH & HUMAN RESOURCES

MEDICAID ELIGIBILITY

<https://dhhs.ne.gov/Pages/Medicaid-Eligibility.aspx>

ENERGY ASSISTANCE (LIHEAP)

<https://dhhs.ne.gov/Pages/Energy-Assistance.aspx>

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

<https://dhhs.ne.gov/Pages/SNAP.aspx>

CHILD CARE ASSISTANCE

<https://dhhs.ne.gov/Pages/Child-Care-Parents.aspx>

DAWSON COUNTY FAMILY PARTNERS

<https://www.dawsonfamilypartners.org/>

MICAH'S HOUSE


<https://www.facebook.com/MicahsHouseLex/>

COMMUNITY ACTION PARTNERSHIP OF MID-NEBRASKA

<https://communityactionmidne.com/>

LUTHERAN FAMILY SERVICES

<https://www.onelfs.org/>

 Volume 6: Study Instruments (1.77 MB)

The USDA Summer Meals Study provides a comprehensive, nationally representative assessment of the two summer meal programs operated by the U.S. Department of Agriculture: the Summer Food Service Program and the National School Lunch Program Seamless Summer Option. It is the first national study to simultaneously examine the facilitators and barriers to program participation among participating and nonparticipating families, sponsors, and sites. This study examines the characteristics of participating and nonparticipating children, including sociodemographic characteristics, household food security status, reasons for participation or nonparticipation, and satisfaction with the meals served to children in the summer of 2018.

- The summer meal programs have a broad geographic reach. Nearly 80 percent of children in low-income households live within 1 mile of an urban site or within 10 miles of a rural site.
- Overall, 45 percent of households with children living near a summer meal site are food insecure, which is higher than the 14 percent of households with children who are food insecure nationally.
- Lack of awareness of the programs is the most frequent reason for nonparticipation.
- Most summer meal sites are open to all children who want to attend, are located in urban areas, and are operated in school settings.
- Nine out of ten sites serve fresh fruits and/or vegetables twice a week or more.

Updated: 10/20/2021

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Praising Your Child

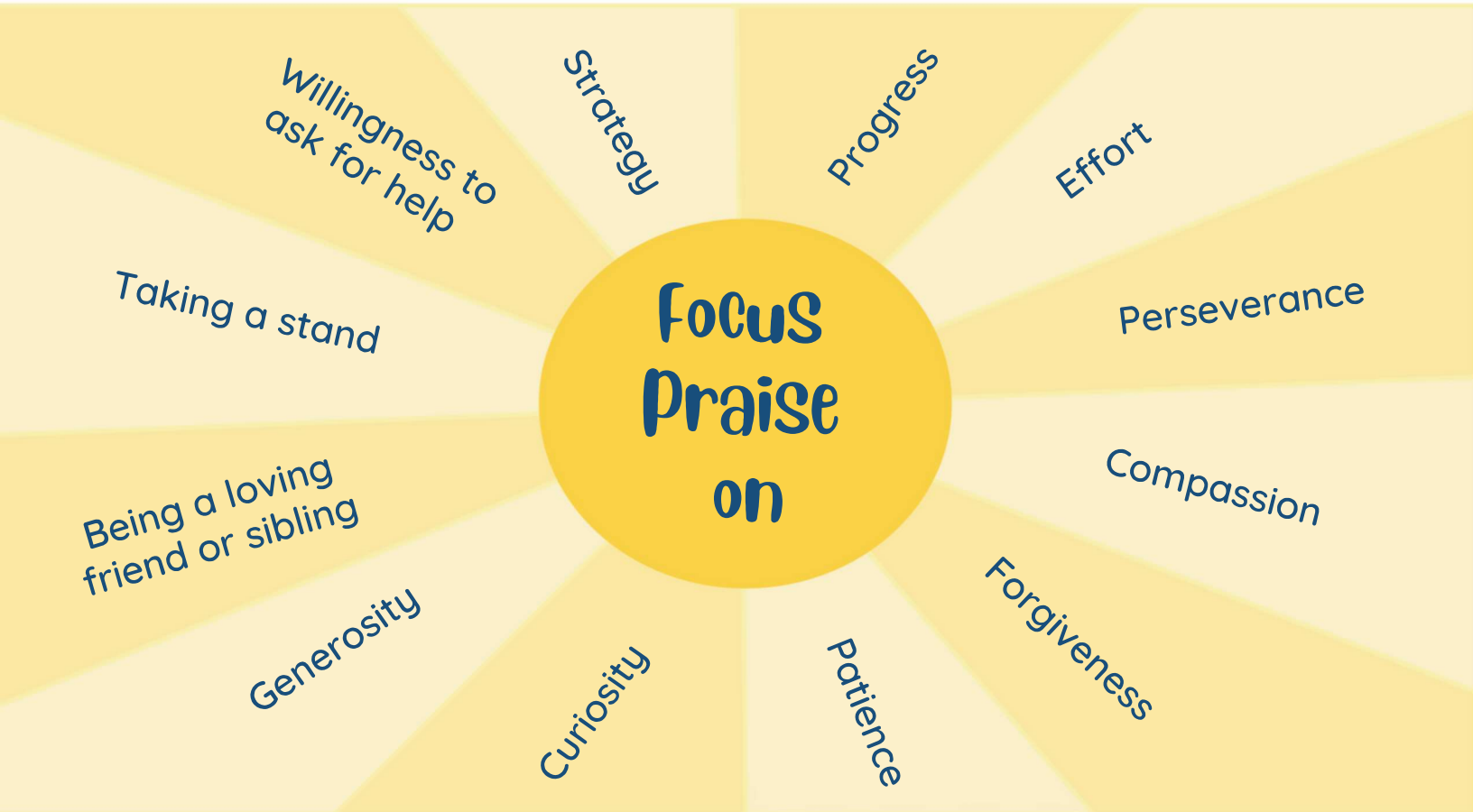
Reference Guide

Effective Praise is

♥ Specific ♥

◆ Sparing ◆

★ Sincere ★



Alternatives to Praise

Say thank you

Say nothing

Ask questions

Acknowledge goals

Avoid

Praising ability
"You're so good at solving puzzles."

Exaggerating
"That's the best story I've ever read."

Comparing
"You're so much better at this than your brother."

Setting Too Low Expectations
"Great job! You wrote a story."

Evaluating
"I like how clean your room looks."

Try

Focusing on effort
"I can tell you put in a lot of time and effort on that."

Focusing on individual progress
"You improved since last time."

Focusing on performance
"You didn't give up even when it was hard."

Giving encouragement
"You look really proud of yourself."

Encouraging
"Your room looks clean."



BE THE CHEF!

PREP TIME: 15 MINUTES

Fruity Fun Chicken Salad Cups

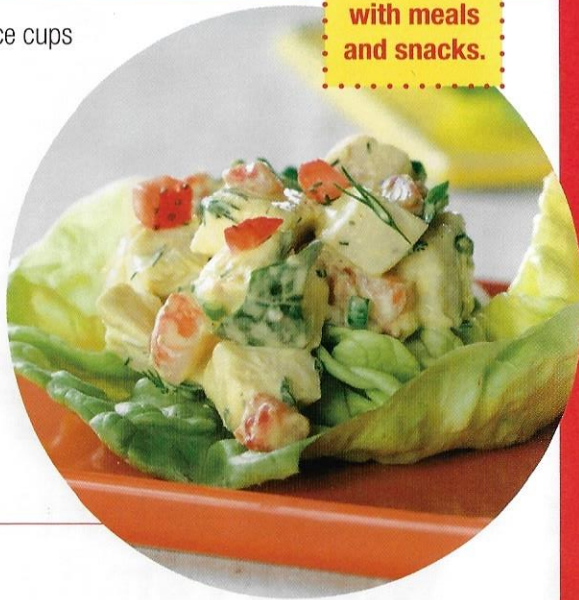
This chicken salad, served in cute lettuce cups, helps make summer fruits and vegetables fun to eat.

Eat fruits
and veggies
with meals
and snacks.

Servings: 6 | **Serving Size:** 2 lettuce cups

INGREDIENTS

- 1 10-oz can all white meat chicken
- ½ cup strawberries, diced
- ½ cup fresh spinach, chopped
- ¼ cup green onions, thinly sliced
- ¼ cup fat-free sour cream
- 4 teaspoons yellow mustard
- 2 teaspoons dry oregano leaves
OR dry dill weed
- ¼ teaspoon ground black pepper
- 12 small Romaine lettuce leaves or
Bibb lettuce leaves



DIRECTIONS

1. Drain canned chicken.
2. In a medium bowl, combine chicken, strawberries, spinach, and green onions.
3. In a small bowl, mix together the sour cream, yellow mustard, oregano or dill, and black pepper.
4. Gently fold the dressing into the chicken mixture.
5. Measure ¼ cup of chicken salad into each lettuce leaf.

OPTIONS

- Use 1½ cups of any cooked white meat chicken in place of canned.
- Consider adding blueberries, diced peaches, or grapes for a fruitier chicken salad.
- Instead of serving in lettuce cups, serve over 1½ cups of leafy greens like torn or chopped Romaine to make it a salad.

NUTRITION INFORMATION

Amount per serving: 2 lettuce cups; **Calories:** 58; **Total Fat:** 2 g; **Saturated Fat:** 0 g; **Sodium:** 121 mg; **Potassium:** 145 mg; **Total Carbohydrate:** 4 g; **Dietary Fiber:** 1 g; **Sugars:** 1 g; **Protein:** 7 g; **Vitamin A:** 1368 IU; **Vitamin C:** 10 mg; **Vitamin D:** 0 IU; **Calcium:** 35 mg; **Iron:** 1 mg.

Food and Nutrition Service • FNS-612 • March 2016

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United States Department of Agriculture

Let's Celebrate Summer Meals!

ACTIVITY GUIDE FOR FAMILIES

Your Guide to Healthier Summer Parties

Are you ready to celebrate? This summer, it's easy to fill your parties with with fruits, vegetables, activities, and lots of fun.



Look inside for:

- Delicious dishes for the Fourth of July
- Games to get the whole family moving
- A festive recipe with the flavors of summer



SUMMER
FOOD
SUMMER
MOVES



TEAM
NUTRITION

The 4 Healthy Moves

Have a blast while caring for those you love by making these 4 Healthy Moves part of all your summer celebrations. Your kids will learn healthy habits as they eat smart, exercise, and have fun.



DRINK SMART TO PLAY HARD

Choose drinks with less added sugar. Teach kids how to recognize drinks that are high in added sugars. Encourage them to choose water instead of sugar-sweetened beverages. Kids should drink 2 to 3 cups of low-fat (1%) or fat-free milk a day, depending on age.



CHOOSE MORE FRUITS & VEGGIES

Offer kids fruits and vegetables during meals and snacks. Try new fruits and veggies together as a family.



LIMIT SCREEN TIME

Help kids discover fun ways to stay busy and active this summer. Limit TV and video game time to no more than 1-2 hours a day.



GET ACTIVE

Kids need at least 60 minutes of moderate to vigorous physical activity each day. Help your family get moving with games, dancing, and more.

Choose more fruits and vegetables.

Invite Fruits & Vegetables to the Party

5-Ingredient Side Dishes

Mix up:







- Sliced summer squash, basil, vegetable oil, ½ teaspoon of salt, and red pepper flakes
- Jicama and cucumber spears, lime juice, ½ teaspoon of salt, and chili pepper
- Shredded cabbage and carrots, parsley, vegetable oil, red wine vinegar, and ½ teaspoon of salt

Grilled Desserts

These fruits taste great grilled for 3-5 minutes:

- Thick pineapple slices
- Peaches cut in half (brush cut sides with a little vegetable oil to keep from sticking)
- Strawberries — make sure you put them on a skewer first!

4th of July Fruits and Vegetables — Make your Independence Day party fun and festive. Offer red, white, and blue fruits and vegetables for a patriotic feast!

	★ RED ★	★ WHITE ★	★ BLUE/PURPLE ★
FRUITS	 <ul style="list-style-type: none"> Cherries Raspberries Strawberries Watermelon 	 <ul style="list-style-type: none"> Bananas Pears Apples 	 <ul style="list-style-type: none"> Blackberries Blueberries Black Grapes Plums
VEGETABLES	 <ul style="list-style-type: none"> Beets Radishes Red bell peppers Red onions Tomatoes 	 <ul style="list-style-type: none"> Cauliflower Jicama Mushrooms Potatoes White corn 	 <ul style="list-style-type: none"> Eggplant Purple cabbage Purple potatoes

Water Sparklers

These sparklers are delicious and refreshing, without any added sugars. Start with sparkling water and ice, and add a splash of **100% fruit juice (with no added sugars)**. Toss in a few slices of fruit. Cheers!

Choose water instead of sugary beverages.



Sparkling water, squeezed orange slices, strawberries



Sparkling water, splash of 100% grape juice, blueberries



Sparkling water, splash of 100% apple juice, watermelon cubes

Games and Activities To Get the Whole Family Moving

Move more, sit less!

These classic picnic games are a great way to get family members involved in the party!

Sack Race:

Provide pillowcases, burlap sacks, or garbage bags. Players have to step into the sacks, hold them up with their hands, and hop across to a finish line.

Toy Hoop Contest:

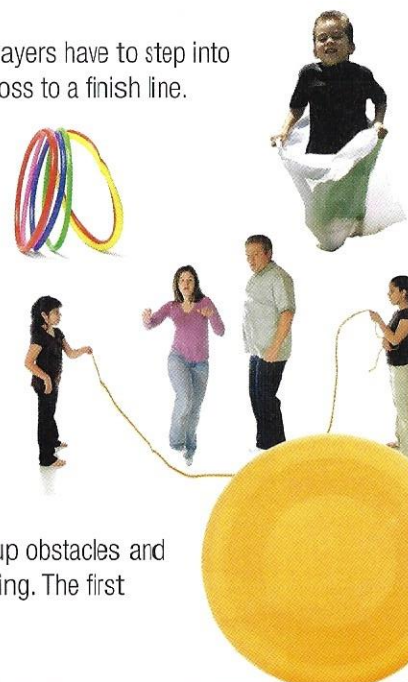
See who can go the longest.

Jump Rope Sing-Along:

You may be surprised at the jump-rope rhymes that you remember, even as an adult! Teach each other jump-rope rhymes while jumping along.

Disc Golf:

Put toy hoops down on different locations on the ground as “goals.” Players have to toss their discs at the hoops. Players get 5 points for landing inside the hoop, 2 points for landing on the edge of the hoop, and 1 point for landing within a step of the hoop. Set up obstacles and toss discs from farther away to make it more challenging. The first person to get to 20 points wins.



¡SÉ EL CHEF!

TIEMPO DE PREPARACIÓN: 15 MINUTOS

Tazas divertidas de ensalada de pollo con frutas

Esta ensalada de pollo, servida en simpáticas tazas de lechuga, ayuda a que sea divertido comer frutas y vegetales de verano.

Come frutas y vegetales en las comidas y meriendas.

Porciones: 6 | Tamaño de la porción: 2 tazas de lechuga

INGREDIENTES

- 1 lata de 10 onzas de carne blanca de pollo
- ½ taza de fresas en trozos
- ½ taza de espinaca fresca, picada
- ¼ de taza de cebollas verdes cortada en rebanadas finas
- ¼ de taza de crema agria sin grasa
- 4 cucharaditas de mostaza amarilla
- 2 cucharaditas de hojas de orégano seco o de eneldo seco
- ¼ de cucharadita de pimienta negra molida
- 12 hojas pequeñas de lechugas romana o Bibb



INSTRUCCIONES

1. Escurre el pollo enlatado.
2. En un recipiente mediano, mezcla el pollo, las fresas, la espinaca y las cebollas verdes.
3. En un recipiente pequeño, mezcla crema agria, mostaza amarilla, orégano o eneldo, y pimienta negra.
4. Suavemente incorpora el aderezo a la mezcla de pollo.
5. Mide ¼ de taza de ensalada de pollo y colócala en cada hoja de lechuga.

OPCIONES

- Usa 1½ taza de carne blanca de pollo cocida en vez de carne enlatada.
- Considera agregar arándanos, duraznos en trozos o uvas para obtener una ensalada de pollo con más frutas.
- En lugar de servir en tazas de lechuga, sirve sobre 1½ taza de vegetales de hoja verde como lechuga romana o espinaca para hacer una ensalada.

INFORMACIÓN NUTRICIONAL

Cantidad por porción: 2 tazas de lechuga; **Calorías:** 58; **Grasas totales:** 2 g; **Grasas saturadas:** 0 g; **Sodio:** 121 mg; **Potasio:** 145 mg; **Carbohidratos totales:** 4 g; **Fibra alimentaria:** 1 g; **Azúcares:** 1 g; **Proteínas:** 7 g; **Vitamina A:** 1368 IU; **Vitamina C:** 10 mg; **Vitamina D:** 0 IU; **Calcio:** 35 mg; **Hierro:** 1 mg.



United States Department of Agriculture

¡Celebremos los alimentos de verano!

GUÍA DE ACTIVIDADES PARA LAS FAMILIAS

Tu guía para tener fiestas de verano más saludables

¿Estás listo para celebrar? Este verano, es fácil colmar tus fiestas de frutas y vegetales, actividades y mucha diversión.



Encuentra adentro del folleto:

- Deliciosos platos para el 4 de julio
- Juegos para que toda la familia se mantenga en movimiento
- Una receta festiva con los sabores del verano



SUMMER
FOOD
SUMMER
MOVES



Los 4 pasos saludables

Diviértete mientras cuidas a tus seres queridos tomando estos 4 pasos saludables en todas tus fiestas de verano. Tus niños aprenderán hábitos saludables mientras se alimentan bien, hacen ejercicio y se divierten.

Opta por más frutas y vegetales.



TOMA BEBIDAS SALUDABLES PARA JUGAR CON GANAS

Elige bebidas con menos azúcar. Enséñales a los niños cómo reconocer las bebidas con un alto contenido de azúcares adicionales. Aliéntalos para que tomen agua en lugar de bebidas azucaradas. Los niños deben beber entre 2 y 3 tazas de leche baja en grasa (1%) o sin grasa por día, según la edad.



OPTA POR MÁS FRUTAS Y VEGETALES

Ofréceles a los niños frutas y vegetales durante las comidas y las meriendas. Prueben nuevas frutas y vegetales juntos en familia.



LIMITA EL TIEMPO FRENTE A LA PANTALLA

Ayúdales a los niños a descubrir nuevas maneras para mantenerse ocupados y activos este verano. Limita a 1 o 2 horas al día el tiempo que pasan mirando televisión o jugando videojuegos.



MANTENTE EN MOVIMIENTO

Los niños necesitan al menos 60 minutos de actividad física moderada a vigorosa cada día. Ayuda a mantener a tu familia en movimiento con juegos, baile y mucho más.

Toma agua en lugar de bebidas azucaradas.

Agua espumante

Estos espumantes son deliciosos y refrescantes y no contienen azúcares adicionales. Comienza con agua carbonatada y hielo, y agrega un poco de jugo 100% de fruta (sin azúcares adicionales). Añade unas rodajas de fruta. ¡Salud!



Agua carbonatada, rodajas de naranja exprimidas, fresas



Agua carbonatada, un poco de jugo de uva 100% natural, arándanos



Agua carbonatada, un poco de jugo de manzana 100% natural, cubos de sandía

Invita a las frutas y a los vegetales a la fiesta

Platillos de 5 ingredientes

Mezcla:

- Calabaza de verano en rodajas, albahaca, aceite vegetal, $\frac{1}{2}$ de cucharadita de sal y pimienta roja molida
- Bastones de jícama y pepino, jugo de limón, $\frac{1}{2}$ de cucharadita de sal y pimienta chile
- Zanahorias y repollo rallados, perejil, aceite vegetal, vinagre de vino tinto y $\frac{1}{2}$ de cucharadita de sal

Postres asados a la parrilla

Estas frutas tienen un sabor delicioso si las asas a la parrilla de 3–5 minutos.

- Rodajas gruesas de piña
- Duraznos cortados en mitades (cubre los lados cortados con un poco de aceite vegetal para evitar que se peguen)
- Fresas: ¡asegúrate de ponerlas primero en una brocheta!

Frutas y vegetales para el 4 de julio: haz que tu fiesta del Día de la Independencia sea divertida y alegre. ¡Ofrece frutas y vegetales rojos, blancos y azules para tener un banquete patriótico!

	★ ROJO ★	★ BLANCO ★	★ AZUL/VIOLETA ★
FRUTAS	<p>Cerezas Frambuesas Fresas Sandía</p>	<p>Bananas Peras Manzanas</p>	<p>Moras Arándanos Uvas negras Ciruelas</p>
VEGETALES	<p>Remolachas Rábanos Pimientos rojos Cebollas rojas Tomates</p>	<p>Coliflor Jícama Hongos Papas Maíz blanco</p>	<p>Berenjena Repollo morado Papas moradas</p>

Juegos y actividades para que toda la familia se mantenga en movimiento

Estos clásicos juegos para picnic son una excelente manera de hacer que todos los miembros de la familia participen en la fiesta.

¡Muevete más, sientate menos!

Carrera de sacos:

Se pueden usar fundas para almohadas, sacos de arpillera o bolsas para la basura. Los jugadores deben meterse dentro de los sacos, sostenerlos con las manos y saltar hasta la línea de llegada.



Competencia con aros hula hula:

Vean quién dura más haciendo hula hula.



Salta la cuerda mientras cantas:

Te sorprenderías al escuchar las rimas para saltar la cuerda que recuerdas, ¡incluso de adulto! Enséñense entre ustedes rimas para saltar la cuerda mientras saltan.



Golf con discos voladores:

Coloca aros hula hula en el suelo en diferentes lugares para que sirvan como "metas". Los jugadores deben lanzar sus discos voladores a los aros. Los jugadores obtienen 5 puntos si el disco cae dentro del aro, 2 puntos si cae en el borde y 1 punto si cae a un paso de distancia del aro. Coloca obstáculos y lanza el disco desde más lejos para hacerlo más desafiante. La primera persona que llegue a 20 puntos, gana.

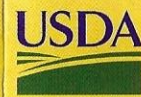


¡MANTÉNGANSE SALUDABLES EN FAMILIA!
DESAFÍO PARA LA FAMILIA:
 Bingo de frutas y vegetales de verano

¿Quiere que sus niños recurran a una merienda saludable? Colaboren en familia para completar el desafío del bingo y observe cómo sus niños aprenden hábitos saludables en el proceso! Es simple, solo tienen que marcar las frutas y los vegetales a medida que los van probando durante el verano.

Estas frutas y vegetales están en temporada y se cosechan en el verano.

Moras 	Pepinos 	Piñas 	Espinaca 	Melones 
Fresas 	Calabacín 	Pimientos 	Cerezas 	Tomates 
Ciruelas 	Duraznos 	Tu elección 	Arvejas 	Col silvestre 
Nectarinas 	Remolachas 	Aguacates 	Tomatillos 	Arándanos 
Albaricoques 	Lechuga 	Maíz 	Habichuelas 	Frambuesas 



United States Department of Agriculture

Alimentos de verano diversión de verano

GUÍA DE ACTIVIDADES PARA LAS FAMILIAS



Tu guía de frutas y vegetales de verano

Mantén a tu familia feliz y saludable dándole frutas y vegetales de verano en las comidas y las meriendas.



Encuentra adentro del folleto:

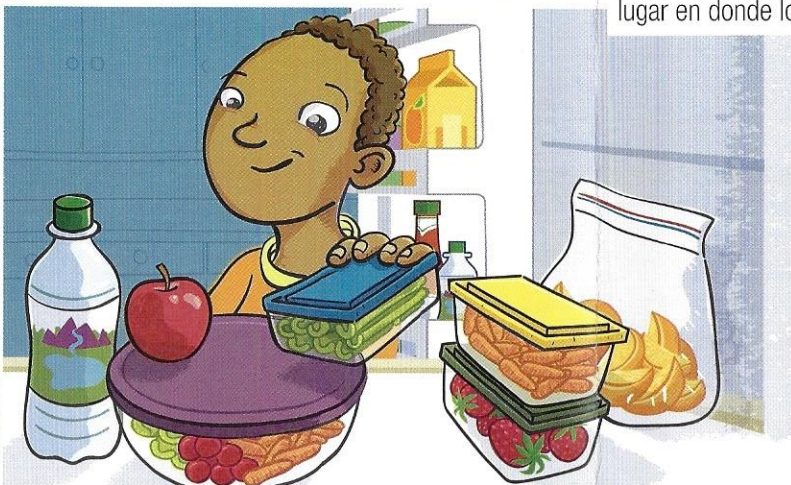
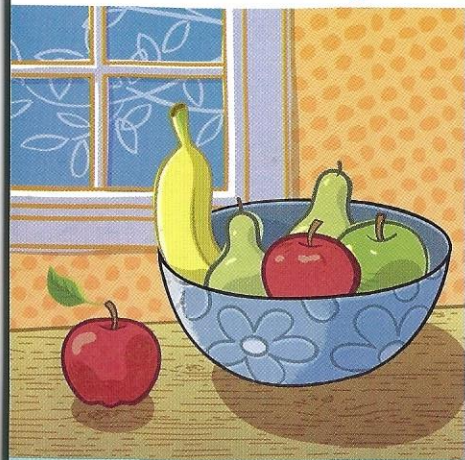
- Maneras para que los niños te pidan más frutas y vegetales
- Consejos para ahorrar dinero para cualquier presupuesto
- Un desafío divertido y motivador para toda la familia



Convierte la cocina en un paraíso de frutas y vegetales



Unos empujoncitos pueden marcar una gran diferencia. Del mismo modo en que los supermercados colocan meriendas rápidas donde se hace la fila para la caja, y los restaurantes te ofrecen muestras para tentarte, tú puedes emplear esas mismas ideas para que tus niños elijan frutas y vegetales con más frecuencia. Prueba estas ideas para hacer de tu hogar un lugar en donde los niños comen frutas y vegetales con las comidas y las meriendas.



Coloca las frutas y los vegetales a la vista, en un recipiente sobre el mostrador o mesa. Mantén las meriendas menos saludables fuera de la vista o, mejor aún, cómpralas con menos frecuencia.

Haz que las frutas y los vegetales estén al alcance de los niños y les sea fácil comerlas. Córtalos y colócalos en el refrigerador dentro de bolsas o recipientes de plástico reutilizables.

¡Deja que ellos elijan! Pregúntales a los niños qué vegetales y frutas les gustaría probar. Pídeles ayuda para hacer la lista de compras. Usa palabras como *frescas, jugosas, sabrosas, dulces y crujientes* para describir las frutas y los vegetales.

Cuatro formas de comer más frutas y vegetales

Comer frutas y vegetales puede ahorrarte dinero si tomas algunas decisiones de compra inteligentes.

1. Compra en temporada. Por lo general, las frutas y los vegetales son menos costosos y saben mejor cuando se los compra en temporada. Este es el momento del año en el que las frutas y los vegetales maduran y se recogen. Puedes encontrar productos en temporada en el supermercado. También puedes visitar un mercado de granjeros; a tus niños les encantará recibir frutas y vegetales de muestra y conocer a los agricultores. Visita <http://search.ams.usda.gov/farmersmarkets> para encontrar un mercado de granjeros cerca de ti.

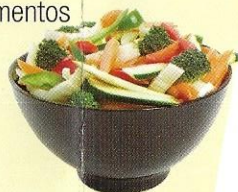
2. Prueba alimentos congelados o enlatados. Los productos congelados y enlatados son tan nutritivos como los frescos y, a menudo, cuestan menos. Prueba frutas congeladas en batidos o saltea vegetales congelados antes de agregarlos a la salsa para pastas. Busca vegetales que digan “sin sal adicional” o “bajo en sodio”. Busca frutas enlatadas que contengan el 100% jugo de fruta o en agua.

¡Consulta la página de atrás para ver lo que está maduro en verano!



- 3. Usa tus beneficios.** Si recibes beneficios de asistencia alimentaria, usa tu tarjeta de Supplemental Nutrition Assistance Program (SNAP) o Transferencia Electrónica de Beneficios (EBT) para comprar frutas y vegetales, además de semillas o plantas para cultivar tus propios alimentos. Siembra semillas de lechuga o de rábano para obtener resultados rápidos.
- 4. Lleva a tus niños a un sitio de alimentos de verano.** Tu niño puede disfrutar de una comida saludable con sus amigos en un sitio de alimentos de verano.* Algunos también ofrecen juegos divertidos, manualidades y actividades. Los niños y adolescentes de hasta 18 años comen gratis. Llama al 1-866-348-6479, o visita <http://www.fns.usda.gov/summerfoodrocks> para encontrar un sitio de alimentos de verano cerca de ti.

*En áreas en las que al menos el 50 por ciento de los niños son elegibles para recibir comidas gratis o a precio reducido, basado en datos de la escuela local o del censo.



¿Por qué las frutas y los vegetales son importantes?

Los niños necesitan comer frutas y vegetales para crecer, aprender, estar activos y mantenerse saludables. Pero...

- Solo el 40% de los niños entre los 2 y 18 años de edad come la cantidad recomendada de frutas.¹
- ¡Solo el 7% consume suficientes vegetales!¹

Las frutas y los vegetales aportan muchos nutrientes importantes, como los siguientes:

- Vitamina A
- Vitamina C
- Potasio
- Ácido fólico (un tipo de vitamina B)
- Fibra



1. Centros para el Control y la Prevención de Enfermedades (CDC). Vital Signs: Fruit and Vegetable Intake Among Children – United States, 2003-2010. March 2014. Disponible en <http://www.cdc.gov/vitalsigns/fruit-vegetables>








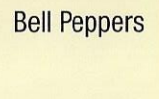
















El ícono de **MiPlato** nos recuerda hacer que la mitad de nuestro plato tenga frutas y vegetales. Trata de seguir este consejo para asegurarte de que tu familia esté comiendo lo suficiente. ¡Las frutas y los vegetales también son buenas opciones para las meriendas! Para averiguar cuántas tazas de frutas y vegetales al día necesitan exactamente todos los miembros de tu familia, visita <https://www.supertracker.usda.gov>.

GET HEALTHY AS A FAMILY!

FAMILY CHALLENGE: Summer Fruit & Veggie Bingo

Want your kids to reach for a healthy snack? Work together as a family to complete the bingo challenge, and watch your kids learn healthy habits along the way! It's simple: just check off the fruits and vegetables as you try them over the summer.

These fruits & veggies are in season and are harvested during the summer.

Blackberries 	Cucumbers 	Pineapples 	Spinach 	Melons 
Strawberries 	Zucchini 	Bell Peppers 	Cherries 	Tomatoes 
Plums 	Peaches 	Your Choice 	Peas 	Collard Greens 
Nectarines 	Beets 	Avocados 	Tomatillos 	Blueberries 
Apricots 	Lettuce 	Corn 	Green Beans 	Raspberries 

Food and Nutrition Service • FNS-608 • March 2016

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United States Department of Agriculture

Summer Meals Summer Fun

ACTIVITY GUIDE FOR FAMILIES



Your Guide to Summer Fruits and Vegetables

Help keep your family healthy and happy by eating summer fruits and vegetables at meals and snacks.



Look inside for:

- Ways to get kids asking for more fruits & veggies
- Money-saving tips for any budget
- A fun and motivating family challenge



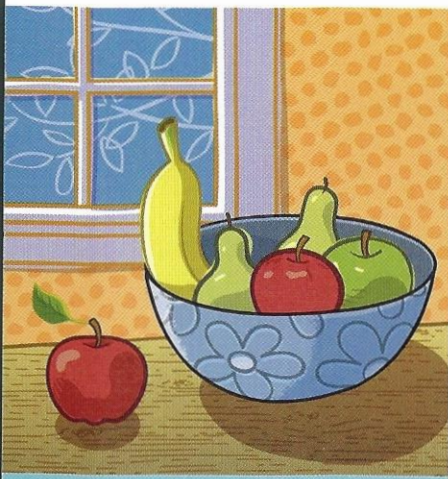
SUMMER
FOOD
SUMMER
MOVES



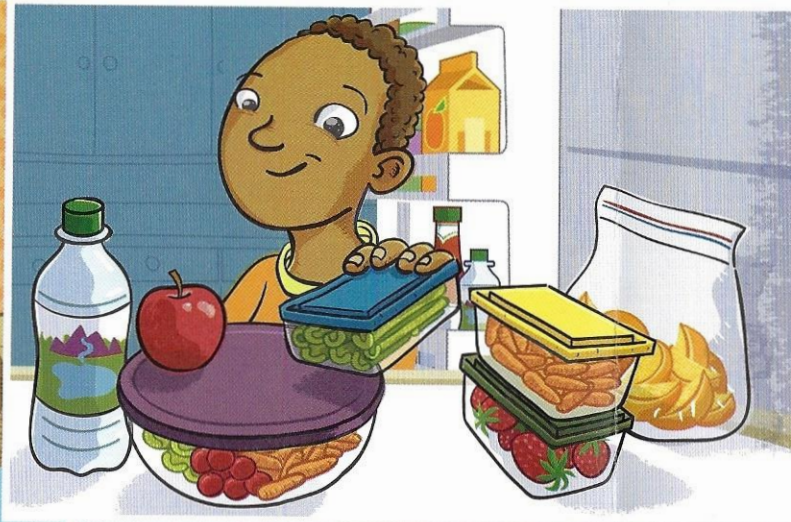
Turn Your Kitchen Into a Fruit & Veggie Paradise



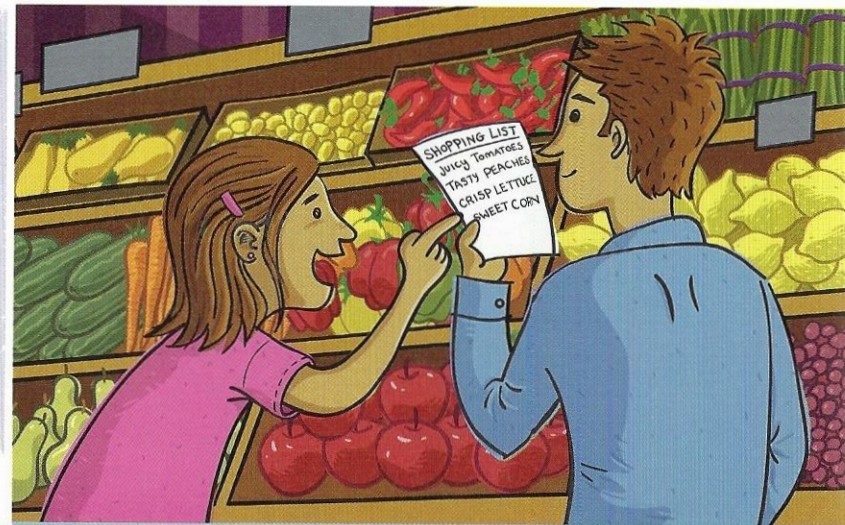
Little nudges can make a big difference. Just like grocery stores keep last-minute snacks in the checkout line and restaurants offer samples to tempt you, you can use those same ideas to get your kids to choose fruits and vegetables more often. Try them out to make your home a place where kids eat fruits and vegetables at meals and snacks.



Put fruits and vegetables on display, like in a fruit bowl on the counter. Keep less healthy snacks out of sight or, better yet, buy them less often.



Make fruits and vegetables easy for kids to reach and eat. Cut them up and keep them in bags or reusable plastic containers in the fridge.



Let them be produce pickers! Ask your kids which vegetables and fruits they'd like to try. Ask them to help you make the shopping list. Use words like *fresh, juicy, tasty, sweet, and crisp* to describe fruits and vegetables.

4 Ways to Eat More Fruits & Veggies

Eating fruits and vegetables can save you money if you make some smart buying choices.

1. Buy in season. Fruits and vegetables are usually cheaper and taste better when they are in season. This is the time of year when the fruit or vegetable ripens and is picked. You can find seasonal produce in the grocery store. Or, try visiting a farmers market — your kids will love sampling fruits and vegetables and meeting farmers. Go to <http://search.ams.usda.gov/farmersmarkets> to find a farmers market near you.

2. Try frozen or canned. Frozen and canned produce are just as nutritious as fresh, and often cost less. Try frozen fruit in smoothies, or sauté frozen vegetables before adding them to pasta sauce. Look for vegetables that say “no salt added” or “low sodium.” Look for fruits canned in 100% fruit juice or water.

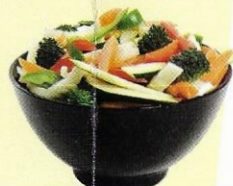
3. Use your benefits. If you receive food assistance benefits, use your Supplemental Nutrition Assistance Program (SNAP) or Electronic Benefit Transfer (EBT) card to purchase fruits and vegetables, as well as seeds or plants for growing your own food. Plant lettuce or radish seeds for quick results.

4. Bring your kids to a summer meal site. Your child can enjoy a healthy meal with friends at a summer meal site.* Some sites also offer fun games, crafts, and activities. Kids and teens age 18 and under eat free. Call **1-866-348-6479**, or visit <http://www.fns.usda.gov/summerfoodrocks> to find a site near you.

Look on the back page to see what's ripe and ready in summer!



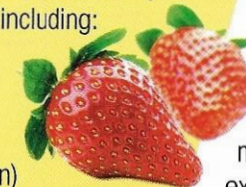
*In areas where at least 50 percent of children are eligible for free or reduced-price school meals, based on local school or census data.



Why Do Fruits and Veggies Matter?

Kids need fruits and vegetables for growing, learning, being active, and helping to stay healthy. *But...*

- Only 40% of kids ages 2-18 eat the recommended amount of fruit.¹
 - Only 7% eat enough vegetables!¹
- Fruits and vegetables provide many important nutrients including:
- Vitamin A
 - Vitamin C
 - Potassium
 - Folate (a B vitamin)
 - Fiber



1. Centers for Disease Control and Prevention (CDC). Vital Signs: Fruit and Vegetable Intake Among Children — United States, 2003-2010. March 2014. Available at <http://www.cdc.gov/vitalsigns/fruit-vegetables>



The **MyPlate** icon reminds us to make half our plates fruits and vegetables. Try to follow this advice to make sure your family is eating enough. Also, fruits and veggies make great snacks! Find out exactly how many cups of fruits and vegetables everyone in your family needs each day by visiting <https://www.supertracker.usda.gov>.

MINUTES OF THE OVERTON PUBLIC SCHOOL BOARD OF EDUCATION
REGULAR MEETING
March 13, 2023
7:30 p.m.

Board President called the meeting to order. Members Present:

Brennan
Jeffries
Lassen
Meier

Notification: The March 13, 2023 meeting of the Overton Public School Board of Education was posted at the Overton Public School, on the Overton Public School website, Beacon Observer, Overton Post Office, and the Security First Bank.

Open Meetings Information: To be in compliance with LB 898, The Nebraska Open Meetings Act, Board President informed the public that a copy of the Open Meetings Law is posted near the LMC check-out counter.

Administration Present: Mark Aten, Superintendent, Brian Fleischman, Principal

Guests Present: Aaron McCoy, Derrick Pulliam, and Keith Swift

Public Comments: No Public Comments

Reports: No Reports

Communications: No Communications

Other:

1. The board appointed member Brennan to serve as the board Secretary in the absence of member Walahoski.
2. The board excused the absences of members Rudeen and Walahoski. Motion carried 4-0-2. Voting Yes (4): Brennan, Jeffries, Lassen, and Meier. Voting No: (0). Absent (2): Rudeen and Walahoski.

Action Items:

1. **Agenda:** Moved by Lassen, seconded by Jeffries to approve the agenda of the March 13, 2023 regular monthly board meeting as presented. Discussion: Discussion was limited as there were no changes made to the agenda. Motion carried 4-0-2. Voting Yes (4): Brennan, Jeffries, Lassen, and Meier. Voting No: (0). Absent (2): Rudeen and Walahoski.
2. **Minutes:** Moved by Brennan, seconded by Meier to approve the minutes of the February 13, 2023 regular board minutes as presented. Discussion: Discussion was limited as there were no corrections made to the minutes. Motion carried 4-0-2. Voting Yes (4): Brennan, Jeffries, Lassen, and Meier. Voting No: (0). Absent (2): Rudeen and Walahoski.
3. **Claims:** Moved by Lassen, seconded by Brennan to pay the March General Fund bill roster in the amount \$44,589.44. Discussion: Superintendent provided additional information on several of the bills. Motion carried 4-0-2. Voting Yes (4): Brennan, Jeffries, Lassen, and Meier. Voting No: (0). Absent (2): Rudeen and Walahoski.

4. Moved by Jeffries, seconded by Lassen to approve the resignation for Mr. Hoyt effective the end of the 2022-2023 school year. Discussion: Mr. Hoyt has met the board policy for resigning. Motion carried 4-0-2. Voting Yes (4): Brennan, Jeffries, Lassen, and Meier. Voting No: (0). Absent (2): Rudeen and Walahoski.
5. Moved by Brennan, seconded by Jeffries to approve the purchase of new scoreboards for the north gym. Discussion: Mr. Fleischman provided a report on the selection process of the new boards. Motion carried 4-0-2. Voting Yes (4): Brennan, Jeffries, Lassen, and Meier. Voting No: (0). Absent (2): Rudeen and Walahoski.
6. Moved by Lassen, seconded by Brennan to approve the purchase of the K-12 math curriculum. Discussion: The board curriculum team provided information on the selection process and agreed with the teacher committee on the new curriculum. Motion carried 4-0-2. Voting Yes (4): Brennan, Jeffries, Lassen, and Meier. Voting No: (0). Absent (2): Rudeen and Walahoski.
7. Moved by Rudeen, seconded by Brennan to adjourn the meeting at 8:48 p.m. Discussion: Limited discussion as the board agreed it was time to adjourn. Motion carried 4-0-2. Voting Yes (4): Brennan, Jeffries, Lassen, and Meier. Voting No: (0). Absent (2): Rudeen and Walahoski.

Board Reports and Discussion Topics:

1. **Board Reports:**
 - a. Transportation:
 - b. Facilities and Grounds:
 - c. Negotiations:
 - d. American Civics: Public input meeting is scheduled for April 10, 2023
 - e. Interlocal: Report on the March 9, 2023 interlocal meeting
2. **Discussion Topics:**
 - a. April Board Meeting scheduled for Monday, April 10, 2023 beginning at 7:30 p.m. in the LMC.
 - b. NASB Calendar of Events
 - c. Board reviewed board policy 5001 Compulsory Attendance and Excessive Absenteeism as required in board policy
 - d. Board reviewed the following 5000 board policies:
 - i. 5025 Student Insurance
 - ii. 5026 Sex Equality in Educational Program
 - iii. 5028 Initiations and Hazing
 - iv. 5030 Dating Violence
 - v. 5031 Student Appearance
 - vi. 5032 Closed Campus
 - vii. 5033 Student Driving and Parking
 - viii. 5034 Handbooks
 - ix. 5035 Student Discipline
 - x. 5036 Lockers
 - xi. 5037 Student Internet and Computer Access
 - xii. 5039 Fundraising Activities
 - xiii. 5040 Work Permits
 - xiv. 5041 Student Government
 - xv. 5042 Bulletin Boards
 - xvi. 5043 School-Sponsored Publications
 - xvii. 5044 Safe Pupil Transportation and Pupil Transportation Vehicle Driver Satisfactory Driving Criteria

Administrative Reports:

Principal's Report:

- a. Calendar Update
- b. Enrollment Update
- c. HUDL Program
- d. North Scoreboard Recommendation

Superintendent's Report:

- 1. Enrollment Option Report
- 2. Option Enrollment -
 - Out:
 - a.
 - In
 - a.
 - Change of Status a.
- 3. Financial and Budget Update
- 4. Food Program Update
- 5. Staffing Update
- 6. State Aid Certification



April 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 State FCCLA @ Lincoln.	3 NSCAS Spring Growth Opens. State FCCLA @ Lincoln.	4 12:45 dismissal. State FCCLA @ Lincoln. GO @ Hi-Line (Lakeside) 10AM.. JHTR Overton Invite 1PM.	5 FCA 7:30AM. FKC Quarterly mtg. 5:30PM.	6 TR @ Axtell 9AM. GO @ Overton Fourball Invite 10AM. Author Visit.	7 NO SCHOOL — Spring Break.	8 Little Eagles Learning Center Easter Bunny Breakfast 8-10AM.
9 Easter Sunday	10 NO SCHOOL — Spring Break. Music Booster mtg. 5:30PM. School Board mtg. 7:30PM.	11 GO @ Arapahoe 10AM. JHTR @ Loomis (Bertrand) 1PM.	12 FCA 7:30AM. NSCAS Testing Grades 5-8 (10:00 Start Grades 9-12). TE 204 1:30PM.	13 NSCAS Testing Grades 5-8 (10:00 start Grades 9-12).	14 TR @ Bertrand 12PM.	15 ACT Test Date. Prom: Walk up 5PM, Pictures 5:30PM, Dinner 6:30PM, Dance 7:30-10:30PM.
16	17 MAP Growth Begins. 4th Gr. to State Capital. FFA Chapter Officer interviews. JHTR @ Hi-Line 2PM. Cheer/Dance uniform fitting 6PM.	18 NO SCHOOL. TR @ Overton Invite 9AM. GO @ Alma Invite 10AM.	19 FCA 7:30AM.	20 FFA Banquet 6PM.	21 TR @ Lexington (Don Bader).	22 Athletic Banquet 5:30PM.
23	24 FCCLA Banquet 6:30PM.	25 JHTR @ Bertrand 2PM.	26 FCA 7:30AM.	27 PreK Picnic Day @ Yanney Park. 7-12 Spring Concert 7PM.	28 NO SCHOOL. FKC TR @ Overton 9AM. GO @ Overton Invite 9AM.	29 FKC TR Rain Date.
30						

April

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Overton Public Schools is an Equal Opportunity Provider	Milk and Fruit Provided with Each Meal					1
2 Corn Dogs Alternate	3 Breakfast Sandwich Beef & Noodles on Mashed Potatoes	4 Waffles & Chicken Strips Pepperoni Pizza 12:45 Dismissal	5 Yogurt Parfait & Cinnamon Roll Make Your Own Sub	6 Scrambled Eggs & Funnel Cakes	7 No School	8
9 Ham & Cheese Wrap Alternate Easter	10 No School	11 Breakfast Pizza Chicken Drumsticks & Potato Salad	12 Breakfast PreK-8 Fruedel & Sausage Hot Turkey Sandwich	13 Breakfast PreK-8 Griddle Sandwich Lasagna	14 Biscuits & Gravy Cheeseburger & Fries	15
16 Pepperoni Pizza Alternate	17 Glazed Donut & Ham Emoji Waffles & Sausage (No Alternate)	18 No School Track Invite	19 Breakfast Cookie & Eggs Chef Salad	20 Donuts & Yogurt Chicken Nuggets & Mashed Potatoes & Gravy	21 Homemade Breakfast Pizza Pigs in a Blanket	22
23 Chicken Patty Sandwich Alternate	24 Cheese Filled Pretzel & Sausage Chicken Al Fredo	25 Cinnamon Roll & Sausage Crispitos w/Cheese	26 Breakfast on a Stick Big Daddy's Pepperoni Pizza(5-12) Pepperoni Pizza Prek-4	27 Chocolate Donuts & Omelets McCoy Burgers	28 No School FKC Track	29
30 Pork & Veggie Egg Rolls Alternate						