

OVERTON PUBLIC SCHOOL
P.O. Box 310, 401 7th St.
Overton, NE 68863-0310



Mark A. Aten, Superintendent
Brian Fleischman, Principal
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Clint Little, Activities Director

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www.overtoneagles.org

Greetings from the Principal's Office

As we approach springtime, please remember to watch the weather forecast. Spring weather can become very volatile. Thank you for ensuring your children are sent to school dressed appropriately for the weather.

Congratulations to Dylan Zeleski, Schuyler Brown, & Drake Davenport on qualifying for the State WR Tournament. Good luck at the State Tournament.

Upcoming Events:

February 16th-18th: State WR @ Omaha
February 21st & 23rd: BBB Sub-Districts @ Holdrege
February 22nd: FKC Speech @ Axtell
February 22nd: JHBB @ Pleasanton at 12:30PM
February 25th: Spring Music Showcase
February 27th: 1st Day of Spring Sports Practice
March 1st: JH Quiz Bowl @ ESU10
March 2nd - 4th: State GBB @ Lincoln
March 3rd: No School
March 5th: PeeWee WR Tournament @ Overton
March 9th - 11th: State BBB @ Lincoln
March 10th: No School
March 13th: School Board Meeting 7:30PM

School Happenings: It is that time of year again for testing. You might notice on the calendar that on March 20th, the NeSA window opens. This is the statewide assessment that all students grades 3-8 will be taking. The following subject areas are tested: Reading, Math, and Science. The Juniors will be taking the ACT on April 19th as part of the statewide ACT testing for all Juniors. Student performance is vital on these assessments as we are compared with all other schools and students across the State. Please ensure that your students are well prepared during these testing periods with a good nights rest and balanced breakfast. The teachers have done a wonderful job providing our students with the information necessary to be successful on these assessments. Thank you for giving your best effort on the assessments.

Congratulations to all our wrestlers and basketball players on their seasons. The improvements made throughout the season have laid the groundwork for successful seasons in the future. Remember the work you put into the off-season, especially summer, will pay large dividends next year.

Educationally yours,

Mr. Brian Fleischman, Principal
308-987-2424 x206
brian.fleischman@overtoneagles.org



Box Tops For Education!!!

Did you know that the box tops that you can clip and save for the school help your elementary teachers purchase extra things for the classroom? Please help our students by bringing in your labels all year long!!! CLIP AND HELP US SAVE!!

**Don't forget the Spring Showcase this weekend,
February 25,2017!!!**

Cranberry-Orange Granola Bars Recipe

Ingredients

Margarine, melted	2/3 cup
Brown sugar, light	1 cup
Corn syrup, white	1 cup
Orange extract	1 ½ teaspoons
Oatmeal, quick-cook	1 ½ lbs
Dried cranberries	1 cup

Option: Use honey in place of the corn syrup.

Directions

1. In a large bowl, combine melted margarine brown sugar, corn syrup and orange extract.
2. Add the oatmeal and cranberries. Wearing a clean pair of plastic gloves, use your hands to combine all the ingredients.
3. Spread the mixture on a ½ inch baking sheet – again, hands work best.
4. Bake at 350°F for approximately 8 to 10 minutes.
5. Watch carefully so the bars do not get too brown.
6. Cut pan 8x4 for 32 bars.

Overton FCCLA Competes at District STAR

February 02, 2017

The Overton FCCLA Chapter competed at the District 10 STAR Competition on February 1st at Mullen High School.

Receiving Top Gold and District Champion was Diana Perdomo in Career Investigation, Senior. Earning Top Silver and District Champions were Jordan Bidwell in Leadership and Calli Weston in Family Challenges and Issues, Junior.

Receiving Gold Medal Runner-up was Hannah Smith and Rebecca Zeleski in Illustrated Talk, Junior.

Silver Medalists were Ashley Carlson and Darcy Ramos-Stewart in National Programs in Action, Senior; Hailey Harris in Illustrated Talk, Senior; Samantha Sar-ratt and Andrea Gaston in National Programs in Action, Junior and Abigail Law-ton in Focus on Children, Junior.

Congratulations to all participants for a great day at District STAR and more importantly for putting together some amazing projects that are helping our school and community to be a much better place!



MS-Take the Shot for a Cure

Thank you to everyone who helped with the Multiple Sclerosis-Take the Shot for a Cure alumni and friends basketball tournament. The tournament and donations have added up to over \$4,500 so far this year! All of the funds raised by this event will be donated to the University of Nebraska Foundation for MS Research and Education. If you were unable to attend the event but would like to donate you can contact Taylor Kizer or Mrs. Ehlers.

Pictured are the Men's and Women's Tournament Champions.



2017 Spelling Bee

On Tuesday, February 14, the 6th annual school spelling was held. Approximately sixty students braved the stage to test their spelling skills. Congratulations to all participants for giving it their best effort. Spelling under pressure is harder than one thinks. Special thanks to Mr. Brumm for use of the stage and microphone set-up, Marlene Blythe and Mary Cook- judges, and Mrs. Marshall, announcer and judge. Results were:

3-4 grade division winner: Parker Walahoski, runner-up: Hayden Muirhead

Winning words: affection, elation

5-6 grade division winner: Spencer Walahoski, runner-up: Kaden Lux

Winning words-caliber, pattern

7-8 grade division winner: Addison Luther, runner-up: Garrett Converse

Winning words- oblivious, specialize





Spelling Bee



It always amazes me how fast February flies by. The school year is right on track and I hope this finds everyone preparing for Spring! –Mrs. McCoy

Senior Parents:

Apply to colleges. Application dates will soon be closed, and enrollment will begin.

Have your FAFSA completed as soon as possible. Your child's scholarships and financial aid will depend on you having that filed. Schedule an appointment with EducationQuest for help completing the FAFSA!

Continue to have your child look for scholarships! They also have a folder of local scholarship that they can complete. Almost all students will qualify for almost all of the scholarships. There are also a variety of college major or career specific scholarships available.

Be preparing for Graduation, it is rapidly approaching!

Juniors and Junior Parents,

ACT:

Junior will be taking the ACT this spring through the school in place of their required state standard test. More information is to come. The test will be offered in April and June. It is important to take it once or twice before your final test opportunities in the fall of your senior year. Dates are posted on the ACT site, and Overton Public School is a testing site. You must take the test by December to be considered for academic scholarships. Have your scores sent directly to the college(s) you are considering attending. College codes can be found on the ACT website. Register at <http://www.actstudent.org>

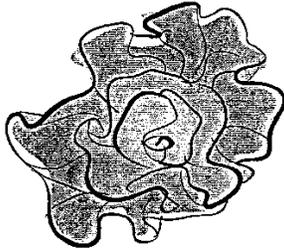
College Visits:

Colleges offer many group tours throughout the spring and summer. Check out the website and admissions page of the college you are interested in to find out about tours they are offering. Some colleges even offer \$500 or \$1,000 off of your tuition if you attend a college tour day! __

Pennies for Patients

Thank you to everyone who donated money for Pennies for Patients. Whether it was one penny or several dollars, modeling generosity, sharing, and compassion for others is a character trait that creates a positive environment. The 1st Graders collected the most in the elementary. Middle School and High School Students donated their money to a teachers box. The top three teachers took part in a Pie Eating Contest without the use of their hands. 3rd Place was Mrs. Brooks, 2nd was Mr. McCoy, and 1st Place was Mr. Ronnenkamp. Since Mr. Ronnenkamp was the winner he designated a student to take his place in the Pie Eating Contest. That student was Cody Nichols. The overall winner of the Pie Eating Contest was Cody! THANK YOU!

Overton Public School K – 12 students collected \$384.07



Veggie of the Month: Butterhead Lettuce



What is it?

Butterhead lettuces have small, round, loosely formed heads with soft, buttery-textured leaves. The flavor is sweet and succulent.

Purchasing Tips

- ◆ This lettuce should be crisp looking and unwilted leaves that are free of dark or slimy spots. The leaves' edges should be free of discoloration.



Storage Tips

- Butterhead lettuce need not to be washed before storing. It should be stored in a plastic bag and stored in the refrigerator crisper.
- Lettuce should keep for 2-3 days.



Make lettuce a Part of Your Meals!

- ◆ Give sandwiches extra crunch (and nutrients) by garnishing with lettuce leaves.
- ◆ When it comes to salads, the only limitation is your imagination. Add vegetables, fruits, seeds, nuts, whole grains or meats and cheese.
- ◆ For a fun meal, arrange nuts, diced vegetables, chicken and lettuce leaves on a large plate. Everyone then has a chance to make their own lettuce wraps.

Nutrition Facts		
Serving Size: 1 cup shredded (55 g)		
Amount Per Serving		
Calories	7	Calories from Fat 1
% Daily Value*		
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	3 mg	0%
Total Carbohydrate	1 g	0%
Dietary Fiber	1 g	2%
Sugars	1 g	
Protein	1 g	
Vit. A	36%	Vit. C 3%
Calcium	2%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.



Fat Free!

Rich in Vitamin A!

Low in sodium!



Avocado and Tomato Salad

Ingredients:

- 2 heads butterhead lettuce, rinsed
- 3 small avocados, peeled and sliced
- 4 large tomatoes, peeled and quartered
- 1/2 white onion, sliced into rings
- 1/3 cup virgin olive oil
- 4 Tbsp. red wine vinegar
- 1/2 tsp. salt and pepper



Directions:

1. Tear lettuce into bite-size pieces. Use immediately or refrigerate until needed.
2. To serve, arrange the lettuce leaves on individual plates. Top the lettuce portions with avocado, tomatoes and onions. Mix the olive oil, salt, vinegar and pepper in a small bowl. Pour over salad and serve.



Chinese Summer Salad

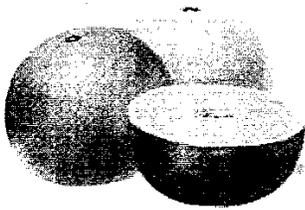


- ⊕ 1 pint bean sprouts, washed
- ⊕ 4 Tbsp. sesame oil
- ⊕ 2 Tbsp. dry sherry
- ⊕ 6 Tbsp. olive oil
- ⊕ 2 Tbsp. soy sauce
- ⊕ 2 Tbsp. lemon juice
- ⊕ Freshly ground black pepper
- ⊕ 2 cups shredded Chinese cabbage
- ⊕ 1 head butterhead lettuce, washed
- ⊕ 12 oz. can bamboo shoots, sliced
- ⊕ 12-14 nasturtium leaves, washed and cut into strips

1. Toss the bean sprouts with a mixture of the sesame oil and sherry.
2. Combine the olive oil, soy sauce, lemon juice and pepper. Pour half of it over the cabbage and toss.
3. Arrange the lettuce on a platter or in a shallow bowl. Mound the bean sprouts on one half of the platter and the cabbage on the other. Make a border of the bamboo shoots.
4. Spoon the remaining olive oil dressing over the bamboo shoots. Serve with additional dressing if needed.



Created and supplied by
Omaha Public Schools Nutrition Services division



Fruit of the Month: Grapefruit



Fun Facts

Grapefruit got its name because it grows in clusters on the tree, just like grapes!

In 1962 a citrus company proposed changing grapefruit to a more appealing name to consumers, but there were so many protests from the public that the idea was abandoned.

No one knows for sure, but grapefruit is probably a natural mutation of the pomelo and another citrus fruit.



Grapefruit Sun



Fun for kids and adults!!

Ingredients

- Thick circular slices of grapefruit (peeling removed)
- The separated sections of an orange
- Two slices of kiwi
- Bing cherries or strawberries or kumquats



Directions:

- Wash all ingredients with care before cutting them.
- Use a thick circular slice of grapefruit as the base of the "sun."
- Use the separated orange sections for the sun's rays.
- Cut crosswise slices of kiwi for big, round eyes.
- Use a Bing cherry or kumquat or strawberry for the nose and a curve of cherry or kiwi or strawberry for the smile.

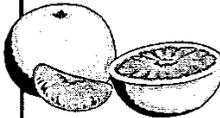


Purchasing Tips

- ✓ Grapefruit is a citrus fruit that is larger than most oranges. Grapefruit are available all year and come in several colors, including pink, red, white, and golden. The skins color is not a sign of ripeness; grapefruit are fully ripe when picked.
- ✓ Check out these popular varieties of Florida grapefruit:
 - * *Marsh white*—white to amber colored flesh and almost seedless.
 - * *Ruby Red*—pink to reddish colored flesh with few seeds.
 - * *Flame*—red flesh and many seeds.
- ✓ Choose grapefruit that is glossy, round, smooth and heavy for its size. Avoid those with brown or soft spots.
- ✓ If you see grapefruit seed oil, it is much like olive oil in flavor and can be used in the same way.



The pink or red varieties have more vitamins than the white.

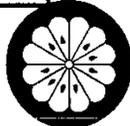


Make Grapefruit a Part of Your Meals!



- ✓ Any time of the day, eat grapefruit just like an orange by peeling it and dividing it into sections, or drink a glass of grapefruit juice.
- ✓ Put grapefruit segments on toothpicks as a fun snack for kids.
- ✓ Sweeten grapefruit with white or brown sugar or a bit of honey. You may add cinnamon, nutmeg or cloves.
- ✓ As an appetizer before dinner, grapefruit halves may be sweetened using the method above, then lightly broiled, and served hot, often topped with a maraschino cherry.
- ✓ Use the sections in fruit cups or fruit salads, in gelatins or puddings and tarts.
- ✓ Mix grapefruit juice with club soda for a refreshing drink.
- ✓ Try a refreshing vitamin C-packed shake or smoothie made with grapefruit juice.

STORAGE TIPS



- ✓ Citrus can be stored at room temperature up to a week, but will last longer if stored in the refrigerator (~8 weeks). If desired, leave at room temperature for a few hours before eating.
- ✓ Freshly squeezed grapefruit juice stored covered in the refrigerator will retain 98% of its vitamin C for up to a week.

Nutrition Facts		
Serving Size: 1/2 medium (~4" diameter)		
Amount Per Serving		
Calories 60	Calories from Fat 0	
	% Daily Value*	
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	15 g	5%
Dietary Fiber	2 g	8%
Sugars	11 g	
Protein	1 g	
Vit. A	35%	Vit. C 100%
Calcium	4%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet.		



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**MINUTES OF THE OVERTON PUBLIC SCHOOL BOARD OF EDUCATION
REGULAR MEETING
February 13, 2017
7:30 p.m.**

Board President called the meeting to order. Members Present:

Brennan
Johnson
Luther
Meier
Rudeen
Walahoski

Notification: The February 13, 2017 meeting of the Overton Public School Board of Education was posted at the Overton Public School, on the Overton Public School web site, Beacon Observer, 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: Angie Ehlers, Seth Ehlers and Tierra Bowie

Public Comments: None

Reports: None.

Communications: None

Other: None

Action Items:

1. **Agenda** - Moved by Meier, seconded by Brennan to approve the agenda of the February 13, 2017 regular monthly board meeting as presented. Motion 5-0-1. Voting Yes: (6) Brennan, Johnson, Luther, Meier, and Rudeen. Voting No: (0). Absent: (1) Walahoski.
2. **Minutes** - Moved by Johnson, seconded by Luther to approve the January 9, 2017 regular board meeting minutes. Motion 5-0-1. Voting Yes: (6) Brennan, Johnson, Luther, Meier, and Rudeen. Voting No: (0). Absent: (1) Walahoski.
3. **Claims** - Moved by Brennan, seconded by Johnson to pay the February General Fund bills in the amount of \$61,068.31. Motion 5-0-1. Voting Yes: (6) Brennan, Johnson, Luther, Meier, and Rudeen. Voting No: (0). Absent: (1) Walahoski.
4. Moved by Meier, seconded by Luther to approve the contract with ESU 10 for Special Education Supervision, Psychology Services, Physical and Occupational Therapy and Audiology. Motion 5-0-1. Voting Yes: (6) Brennan, Johnson, Luther, Meier, and Rudeen. Voting No: (0). Absent: (1) Walahoski.
5. Moved by Luther, seconded by Meier to approve contract for the Principal. Motion 6-0. Voting Yes: (6) Brennan, Johnson, Luther, Meier, Rudeen and Walahoski. Voting No: (0). Absent: (0).

6. Moved by Johnson, seconded by Brennan to approve the expenditure of three thousand dollars for the interlocal grounds and facilities. Motion 6-0. Voting Yes: (6) Brennan, Johnson, Luther, Meier, Rudeen and Walahoski. Voting No: (0). Absent: (0).
7. Moved by Luther, seconded by Walahoski to approve Security First Bank as the official depository for all District funds. Motion 6-0. Voting Yes: (6) Brennan, Johnson, Luther, Meier, Rudeen and Walahoski. Voting No: (0). Absent: (0).
8. Moved by Rudeen, seconded by Walahoski to approve the 2017-2018 Master Agreement with the Overton Education Association (O.E.A.). Motion 6-0. Voting Yes: (6) Brennan, Johnson, Luther, Meier, Rudeen and Walahoski. Voting No: (0). Absent: (0).
9. Moved by Johnson, seconded by Brennan to approve the contract for the science teaching position. Motion 6-0. Voting Yes: (6) Brennan, Johnson, Luther, Meier, Rudeen and Walahoski. Voting No: (0). Absent: (0).
10. Moved by Rudeen, seconded by Meier to adjourn at 9:02 p.m. Motion 6-0. Voting Yes: (6) Brennan, Johnson, Luther, Meier, Rudeen and Walahoski. Voting No: (0). Absent: (0).

Board Reports and Discussion Topics:

1. **Board Reports:**
 - a. Upcoming Meeting:
 - b. Negotiations Committee:
 - c. Interlocal:
2. **Discussion Topics:**
 - a. March board meeting is scheduled for Monday, March 13, 2017 beginning at 7:30 p.m. in the LMC
 - b. VoAg Discussion
 - c. Projects

Administrative Reports:

- Principal's Report:**
1. Calendar of Events
 2. Enrollment Update
 3. Student Handbook Update
 4. Parent Teacher Conference Report
- Superintendent's Report:**
1. Enrollment Option Report
 2. Option Enrollment-

a. Out –	a.	
	b.	
b. In -	a.	Samantha Luther - grade K in 2017-2018
	b.	
c. Change of Status	a.	Austin Nelson - dropped enrollment option
	b.	Angel Nelson - dropped enrollment option
 3. Financial & Budget Summary Updates
 4. State Aid Model
 5. Projects Update



March 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Jazz band 7AM, JH Quiz Bowl @ ESU10.	2 Rock band 7AM. State GBB @ Lin- coln.	3 NO SCHOOL. April ACT reg. deadline. State GBB @ Lincoln.	4 State GBB @ Lincoln.
5 PeeWee WR tourney @ Overton .	6 Student council mtg. @ lunch.	7 Dance try-out mtg. @ lunch. FCCLA mtg. 6:30PM.	8 Jazz band 7:15AM.	9 Rock band 7AM. End of 3Q (44 days). State BBB @ Lin- coln.	10 NO SCHOOL. State BBB @Lincoln.	11 State BBB @ Lincoln.
12	13 BB All-Conference mtg. School board mtg. 7:30PM. Cheer practice 6:30PM.	14 Dance practice 6:30PM.	15 Jazz band 7:15AM.	16 Rock band 7AM. Cheer practice 6:30PM.	17 NO SCHOOL — Teacher In-Service. HS Quiz Bowl @ ESU10.	18
19	20 NeSA opens. Spring Sports pictures PM. Music boosters mtg. 6PM. Cheer practice 6:30PM.	21 Dance practice 6:30PM.	22 Jazz band 7:15AM. FKC Music Contest @ Elwood.	23 Rock band 7AM. State Speech @ UNK. GO @ Overton Quad 4PM. Cheer practice 6:30PM.	24 FCA 7AM. State Speech @ UNK.	25 TR @ Wilcox/ Hildreth 10AM.
26	27 Dance practice 6:30PM.	28 TR @ Cozad 4:30PM.	29 Jazz band 7:15AM. GO @ Cambridge 10AM.	30 Rock band 7AM. Dance practice 6:30PM. 1st & 2nd grade field trip to Rowe Sanctuary.	31 FCA 7AM. TR @ Pleasanton (Kearney) 8:45AM.	

March 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
ALT MEAL: Pizza			1 <i>*Cinnamon roll & omelet</i> Fish sandwich or cheeseburger, fries, shredded lettuce, applesauce, oranges	2 <i>*Donut holes & yogurt</i> Pigs in a blanket, coleslaw, relish tray, baked beans, fruit cocktail, pineapple	3 NO SCHOOL	4
5 ALT MEAL: Cheese stuffed pretzel	6 <i>*Breakfast on a stick</i> Fried chicken, mashed potatoes & gravy, corn, orange slices, fruit cocktail, biscuits	7 <i>*French toast sticks & ham</i> Make your own sub, relish tray, salad mix, jello, pears	8 <i>*Sausage biscuit</i> Crispitos, salad mix, refried beans, yogurt, apple slices, grapes	9 <i>*English muffin and sausage</i> Chef salad, cottage cheese, relish tray, applesauce, Pineapple, garlic toast	10 NO SCHOOL	11
12 ALT MEAL: Hot dogs	13 <i>*Pancakes & eggs</i> Chicken & noodles, mashed potatoes, peas, oranges, pears, dinner roll	14 <i>*Sausage gravy & biscuits</i> Taco bar, salad mix, seasoned rice, yogurt, fruit cocktail, apples	15 <i>*Breakfast cookie & yogurt</i> Soup bar, grilled cheese, relish tray, mandarin oranges	16 <i>*Breakfast Tornado</i> Sloppy joes, potato salad, carrot sticks, jello, peaches	17 NO SCHOOL	18
19 ALT MEAL: Corn dogs	20 <i>*Banana muffins & sausage</i> Spaghetti & meat sauce, salad mix, cottage cheese, applesauce, pineapple, garlic toast	21 <i>*Breakfast on a stick</i> Burritos, shredded romaine, jello, salsa, strawberries, pears	22 <i>*Biscuits & gravy</i> Chicken patty sandwich, sweet potato fries, Broccoli & cheese, mandarin oranges, fruit cocktail	23 <i>*Breakfast pizza</i> Chicken fajitas, shredded romaine, corn, salsa, tropical fruit salad, pears	24 <i>*Cinnamon Little Johns & yogurt</i> Cheese pizza, salad mix, cottage cheese, relish tray, peaches, apple slices	25
26 ALT MEAL: Pizza	27 <i>*English muffins & sausage</i> Chicken stir fry, rice, cottage cheese, tropical fruit salad	28 <i>*Glazed donut & eggs</i> Hot dog bar, fries, broccoli & cheese, banana, peaches	29 <i>*Sausage & cheese wrap</i> Pizza burger, coleslaw, shredded mozzarella, green beans, jello, applesauce	30 <i>*Waffles & ham</i> Walking tacos, shredded lettuce, diced tomatoes, pears, grapes	31 <i>*Funnel cake & eggs</i> Tuna noodle casserole or goulash, green beans, broccoli, jello, strawberries	