



St. Edward Stories

St. Edward Public Schools

JANUARY 2025

From the Superintendent's Desk

BEAVER NATION NEWS

Printed by
The St. Edward Beaver
Crew

Mr. Osborn	1
Student Council	2
Kinder Apple Day	3
FFA	4
MUSIC	5-7
VINTAGE	8-9
DEPT OF ED	10-12
Mental Health	13-14
Traffic Tuesdays	15
Oct BDays/Calendar	16-17

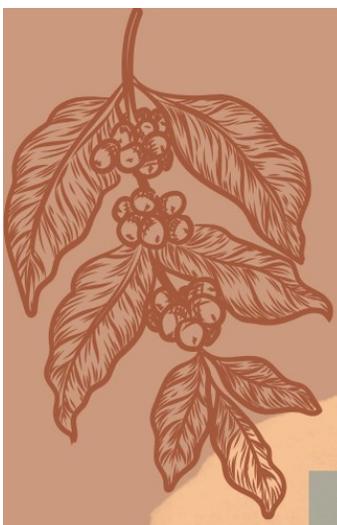
Happy New Year, and I hope your 2025 is off to wonderful start! The first semester passed quickly, and we are underway with part two of the 2024-2025 school year. I hope your Holidays were blessed and you found quality and quantity time to relax and enjoy friends and family. Our staff will be busy on January 3rd attending the first annual ESU #7 All Region Professional Development Day in Columbus. School resumes for students on Monday, January 6, 2025.

Mother Nature has been extremely good to us so far, as we have not had to adjust any school days due to inclement weather. However, when we experience inclement weather severe enough to cause a late start or a school closure, we will make the announcement, first and foremost, through the district's PowerSchool Messenger Notification System. We will also utilize local news media. Inclement weather information is currently broadcast regularly by the local radio and television stations.

On a similar note, when the windchill factor is 20 degrees Fahrenheit or below, the students will be allowed to enter the building upon arrival to school prior to the entry bell sounding and wait in an orderly manner for entry into the classrooms. The students who participate in the breakfast program, will eat breakfast and remain seated in the cafeteria until the entry into classrooms. **NEW ITEM:** On these cold weather mornings, there will be a flag hanging outside the door where the elementary kids enter the building each day. When that flag is out, the students will know that it will be an "inside morning" and they are to not wait outside and directly enter the building. Reminder, these doors are open at 7:25 a.m. each morning to begin the day with free breakfast.

Our winter NSAA activities are well underway as well with competition in full swing. The NGSE Cooperative is working well. The boys' and girls' basketball teams have played several games and boys and girls wrestling is progressing well. I would like to take this opportunity to share some thoughts on sportsmanship. Good sportsmanship by all involved in our activities and positive support of the coaches, players, and officials is an expectation. I have seen articles on "unsportsmanlike" behavior by fans in other school districts and we do not want to see or expect to see an article of that nature about our schools in the media! I would like to share with you the following statement which is announced at each home contest hosted by St. Edward Public Schools as well as every other school in the state. "St. Edward High School, Newman Grove High School and the Nebraska School Activities Association promote good sportsmanship by students, athletes, coaches, and spectators. We request your cooperation by supporting the participants and officials in a positive manner. Profanity, ethnic, sexist, or other intimidating comments or actions directed at officials, students, athletes, coaches, or team representatives will not be tolerated and are grounds for removal from the facility." Thank you in advance for cooperating and doing your part as a spectator in maintaining a positive and respectful environment for everyone to enjoy all of the activities our students are involved in.





Beaver SHACK



THE BEAVER SHACK MAKES COFFEE AND HOT CHOCOLATE TWICE A MONTH FOR STAFF AND HIGH SCHOOL STUDENTS. THE BEAVER SHACK CREW TAKES ORDERS IN THE MORNING AND CAN CUSTOMIZED THE ORDER PER REQUEST. THEY SPECIALIZE IN LATTES, CAPPUCHINO, COFFEE, AND LOADED HOT CHOCOLATE!

Mental Health Tips

- Continue/Modify your daily routine
- Put your own needs first - recognize the power in saying "no"
- Join a support group or individual peer support program
- Breathe
- Engage your senses
- Check in with yourself emotionally



Winter Mental Health Bulletin Board Kit PDF Instant Download

WINTER GENTLE REMINDERS

- Your opinions matter
- You deserve to be heard
- It's OK to have moments of doubt
- How you speak to yourself matters
- It's OK to rest & pause
- Your best is enough
- Your mistakes don't define you
- It's OK to grow at your own pace
- Your feelings are valid

DECEMBER CHALLENGE

Try these self care prompts over the month of December

Take a walk outside	Try some stretching or yoga before bed	Declutter a space in your home	Reach out to a friend
Read something for fun	Make a playlist that reminds you of a warm sunny place	Try a new hobby	Journal for 15 minutes
Compliment 3 different people	Look for a volunteer opportunity near you	Write a list of 10 things you're thankful for	Try a 5 minute meditation

Students made tic-tack-toe boards and are able to play after their work is completed!

Chronic absenteeism is widely defined as missing 10 percent or more of school days in a school year for any reason, including excused and unexcused absences.

This can translate into missing

15 or more

days per year or 3 days per month.

Students who are chronically absent in preschool, kindergarten, and first grade are much less likely to read at grade level by third grade—which would make them

4 times

more likely to drop out of high school than proficient readers.

It starts early. More than

10 percent

of kindergartners and first graders are chronically absent.

A student who is chronically absent any year between grades 8 and 12 is more than

7 times

more likely to drop out.

On average, a college graduate is likely to live about

9 years

longer than someone who has not completed high school.

Loss of interest in hobbies

Being irritable or angry

Alcohol or drug use

Change in appetite

Difficulty speaking

Headaches or muscle pains

Putting on a happy face

Having a lack of energy

Feeling tearful

Avoiding contact with others

Negative thoughts

Feeling guilty

Difficulty thinking

Sleep changes

Uncontrollable emotions

HOW ATTENDANCE LETTERS CAN IMPROVE ABSENTEEISM

HERE'S WHY USING PSYCHOLOGY & AUTOMATION HELPS DISTRICTS BOOST ATTENDANCE!

WHAT ARE THEY?

electronic or mailed Automated Letters to Parents notifying them of:

the importance of attendance

their child's attendance

how their child's attendance compares to their peers*

WHERE TO START?

SKYWARD CAN HELP!

Parents who only saw reminders (no data) underestimated their child's absence record by

50% (ABOUT 6 DAYS)

AFTER PARENTS RECEIVED LETTERS, STUDENTS WERE CHRONICALLY ABSENT

8-15% LESS OFTEN

Letters may include all or only some of this, but parents' motivation improves most with the comparison nudge.

HOW IMPORTANT IS ATTENDANCE ANYWAY?

2 = 10% MISSING JUST TWO DAYS PER MONTH IS CONSIDERED CHRONIC ABSENTEEISM!

...CHRONICALLY ABSENT MIDDLE SCHOOL STUDENTS WERE UP TO

7.4x MORE LIKELY TO DROP OUT OF SCHOOL

HERE'S HOW TO MAKE IT WORK FOR YOUR DISTRICT.

AUTOMATE ATTENDANCE LETTERS

ELIMINATE THE LEGWORK TO MAKE LETTERS WORK.

1. use attendance data in Skyward
2. use merge fields to fill in data personalized to each family.
3. set thresholds of how many absences trigger a letter.
4. add aggregated, comparative attendance trends so parents know where their student stands.
5. schedule the letters for certain times of the year, quarter, or month.

EASE ADMINISTRATIVE ATTENDANCE TIME FOR TEACHERS

...WITH POSITIVE ATTENDANCE!

1. students check in when class starts.
2. teachers teach!

FOR MORE INFORMATION VISIT THESE SOURCES:



<https://bit.ly/3curBoD>



<https://bit.ly/3kSnoQk>

Attendance affects
your **future**, so
make sure it
is **great!**

100%
your attendance
is exceptional!



DID YOU KNOW?

97%

~~97%~~
target...

you're on the right
path for success,
keep it up!

95%

our minimum
target...

this means you are
missing the equivalent
of half a day every
three weeks

90%

this is persistent
absence...

at this rate you would
miss half a year of
school by Year 11

Regular attendance at
school is important to
get the **BEST POSSIBLE
START** in life.

There is a link between
good school attendance
and **ACHIEVING GOOD
RESULTS.**

Good attendance at
school shows that you
are **RELIABLE.**

Young people who
are frequently absent
from school are much
less likely to achieve
good grades at GCSE
and around one third
achieve **NO GCSEs** at all.

FCCLA

Here in December students have been hard at work on their STAR Projects! We have a ton of entries this year. District STAR is coming up on January 17th, 2025. If you see any of the following students, wish them luck!!

- ★ Korina Bittner and Katelyn Werts - Food Innovations
- ★ Bristol Laska - Career Investigation
- ★ Jace Jones - Job Interview
- ★ Payton Kula, Isabelle Laska, and Ali Werts - Chapter Service Project Display JR
- ★ Damien Jones - Chapter Service Project Display SR



INTERVIEW DAY



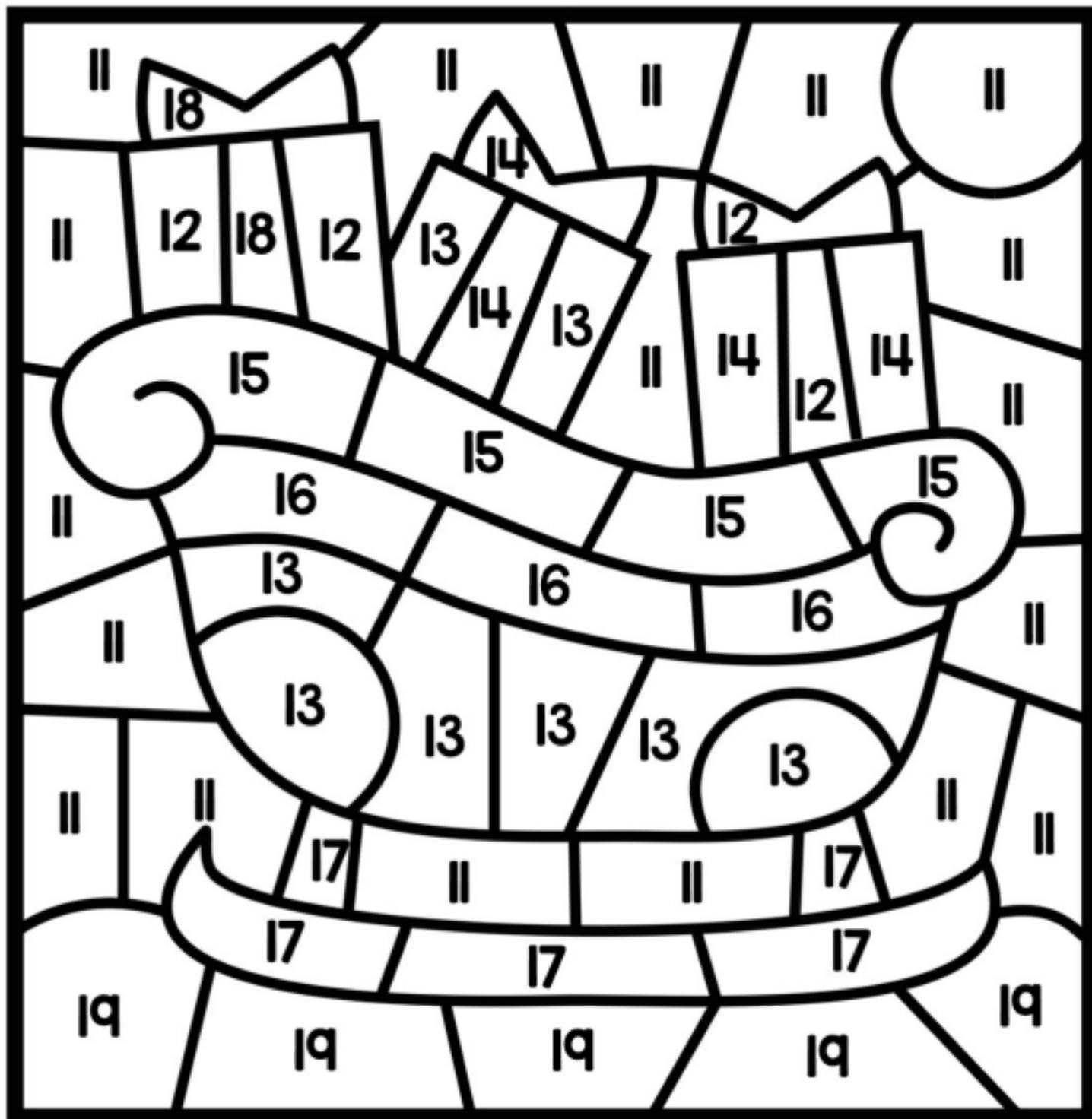
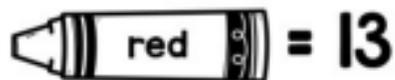
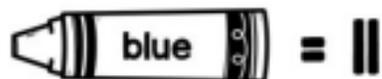
FRIDAY, NOVEMBER 22, JUNIOR STUDENTS AT ST. EDWARD PUBLIC SCHOOLS PARTICIPATED IN AN INTERVIEW DAY, SPONSORED BY THE COLUMBUS CHAMBER OF COMMERCE, IN CONJUNCTION WITH THE ST. EDWARD ECONOMIC GROUP. STUDENTS DISCUSSED THEIR GOALS, TALENTS, AND AMBITIONS WITH AREA BUSINESSES. REACTIONS FROM THE STUDENTS WERE EXTREMELY POSITIVE, AND THEY WOULD LIKE TO SEE THE BUSINESSES RETURN AGAIN IN THE FUTURE!

VOLUNTEERS FOR THE INTERVIEW DAY INCLUDED MANDY LUTTLE, SADIE SINDELAR, JACKIE VALASEK, SARA BAUSTERT, TINA STOKES, AND BLAKE MERRELL



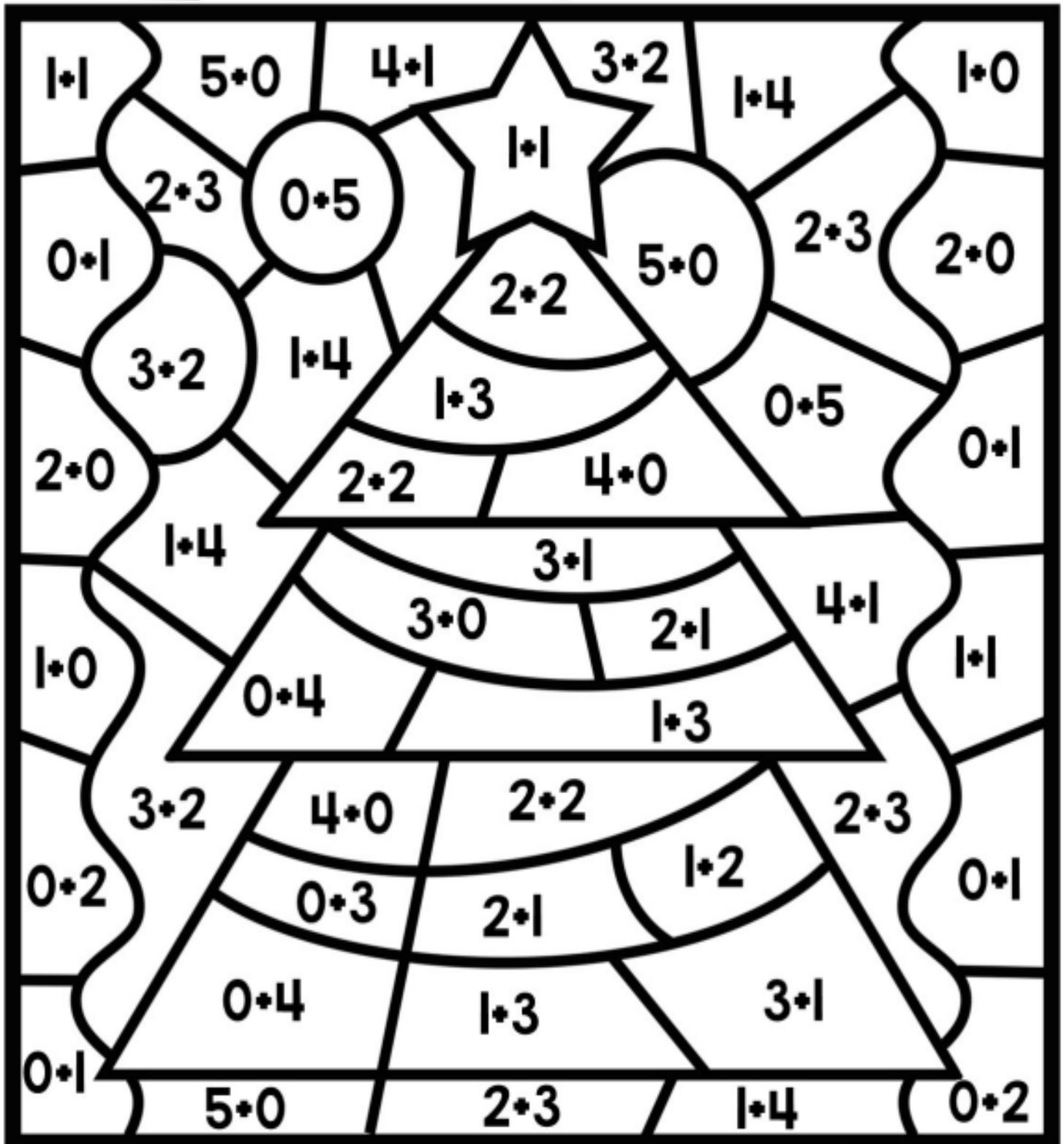
Name: _____

COLOR by TEEN NUMBERS



Name: _____

COLOR by Addition +0 5





K-12 Christmas Concert

The K-12 students, 5th-12th grade band, and 9-12th grad choir performed their Christmas selections. Three students played piano solos along with a surprise staff dance to conclude the concert! Santa surprised students and parents at the end of the concert and gave students candy canes!







NG/SE Boys Basketball

All times are subject to change

January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 NO PRACTICE	2 Practice @ NG AM if possible	3 @ Neligh-Oakdale JV - 5:00 PM Var - 7:30 PM	4
5	6 Practice @ SE 3:45-6:00 PM	7 @ Elba Var - 7:30 PM	8 Practice @ SE 3:45-5:30 PM	9 vs. Twin River (@SE) JV - 5:00 PM Var - 7:30 PM	10 Practice @ SE 3:45-6:00 PM	11 vs. High Plains (@NG) JV - 5:00 PM Var - 7:30 PM
12	13 Practice @ NG 3:45-6:00 PM	14 Practice @ NG 3:45-6:00 PM	15 Practice @ NG 3:45-5:30 PM	16 vs. Heartland Luth (@SE) JV-5:00/Var-7:30 PM	17 Practice @ NG 3:45-6:00 PM	18 GRC Tournament TBD
19	20 GRC Tournament OR Practice @ SE 3:45-6:00 PM	21 Practice @ SE 3:45-6:00 PM	22 Practice @ SE 3:45-5:30 PM	23 GRC Tournament OR Practice @ SE 3:45-6:00 PM	24 Practice @ SE 3:45 PM-6:00 PM	25 GRC Tournament Champ & 3 rd Place
26	27 Practice @ NG 3:45-6:00 PM	28 vs. Archangels Cath (@NG) JV-5:00/Var-7:30 PM	29 Practice @ NG 3:45-5:30 PM	30 Practice @ NG 3:45-5:30 PM	31 Practice @ NG 3:45-6:00 PM	

DATES TO REMEMBER

January 2nd
NO SCHOOL - Practice time set for 10 AM to Noon right now, can change if necessary.

January 18, 20, 23, 25
GRC Tournament dates. Note if we do not play games on those dates we will have a regularly scheduled practice instead, unless it is a Saturday.

Congratulations to our Athletes who made
All District/Conference Honors!



Kailey Patzel-VB All Conference 2nd Team, Billy Fyfe- All District Honorable Mention, Shae Murphy- All District Honorable Mention, Owen Kaufman-All District Honorable Mention, Anthony Reader-All District Honorable Mention, Micah Cuevas-XC State Qualifier
Marcos Paez- All District Honorable Mention, Not Pictured, Carter Anson- 1st Team FB All District and Ryan Cumming 2nd Team All District





25 Simple Ways for

self care



Over the Holidays

The holiday season can bring joy and happiness, but it can also be the most stressful time of the year. That's why it's very important to make time for self-care over the holidays. It's the best gift you can give yourself and everyone you love.

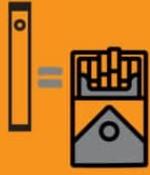
1	Morning Routine	2	Candlelight	3	Take a Walk	4	Respect Your Budget	5	One In, One Out
Make a little time for yourself first thing every morning. Sit quietly with a cup of tea, meditate, journal, or take a walk.		As the days get darker, add light to your day. Listen to music with candles burning or just sit quietly in candlelight.		Go outside and take a walk. Notice the magic.		Once you set your budget, stick to it. If you splurge now, you pay even more later.		Avoid adding to your clutter by sticking with a one in, one out rule. For each thing that comes in, another goes out.	
6	Eat Well	7	Be Intentional	8	Decorate with Your Favorite Things	9	Unschedule	10	Nap
Indulge in your favorite holiday treats but eat well the rest of the time.		Try to approach the holidays with more intention. Staying intentional will soothe your soul.		Start by decorating with only your favorite things instead of all the things. Allow them to bring you joy.		Cancel some of your planned activities and make room for holiday magic to unfold.		Give your body and brain a chance to recharge on those go-go-go holiday marathon days.	
11	Actual Book	12	Laugh	13	Write	14	Regift	15	Apologize
Shut down those digital devices and curl up with a good book.		Call or spend time with the person that makes you laugh harder than anyone else. Then laugh until you cry.		Putting your feelings down on paper gives you a chance to clear your mind and move through your day with less bottled-up stress.		Look for meaningful gifts that you can pass on with love.		Don't worry about being right. No one wins that fight.	
16	Forgive	17	Be Grateful	18	Say Goodbye to Guilt	19	Redefine Abundance	20	Give
It's not too late. Your forgiveness will not only heal their hearts, but it will also heal yours.		Being grateful for what you have can make you healthier, more energetic, less stressed and anxious, and help you get better sleep.		You are only responsible for your actions, not for what others think or do.		Be grateful for the things you have instead of being disappointed for the things you don't. Abundance is a full heart, not a full house.		Pick something close to your heart and give the way you want to give instead of how you think you are supposed to give.	
21	Make Something	22	Breathe	23	Let Go	24	Full Stop	25	Be Love
Write a poem, start a book, get out the finger paints and a big piece of paper, and express yourself.		Breathe in, breathe out. Start with your breath to avoid over-thinking and over-reacting.		There are benefits to moving through life, work, and relationships with a lighter step, a lighter look, and a lighter heart. Let go.		Already overdone it? Take a whole day to take care of yourself.		Instead of working so hard to please people, do it all, or control the world, let go and just be love today.	

SAY NO

**E-CIGARETTES ARE NOT GOOD FOR YOUR HEALTH.
SAY NO TO VAPING AND NO TO ITS HEALTH RISKS.**



Health
Central Coast
Local Health District



A single e-cigarette can contain the **SAME AMOUNT OF NICOTINE** – or even more – as an entire pack of cigarettes, making them **HIGHLY ADDICTIVE**.



They contain **HARMFUL CHEMICALS** that can cause serious **LUNG DAMAGE AND CANCER**.

Research shows kids who vape are much **MORE LIKELY TO START SMOKING CIGARETTES**.



Nicotine found in e-cigarettes can **AFFECT BRAIN DEVELOPMENT** in teens, impacting their learning, concentration and mood, causing **ANXIETY AND DEPRESSION**.



Companies are **TARGETING YOUNG PEOPLE** to get them hooked – **DON'T BE A PUPPET!**

#SayNoToVaping

L-HP-IHD-CJ-382A

Vaping:101

DANGERS OF E-CIGARETTES AND VAPING



It's a drug.

99% of e-cigarettes sold in U.S. convenience stores, supermarkets, and similar outlets contain nicotine, the same highly addictive substance that is found in regular cigarettes.



It's addictive.

Teens are especially sensitive to nicotine's addictive effects because their brains are still developing and this makes it easier to get hooked.



It's expensive.

Teens who become addicted can spend up to hundreds of dollars a month to maintain their addiction.



It's dangerous.

Between 2009 and 2016, there were 195 documented incidents of explosion and fire involving electronic cigarettes, according to the U.S. Fire Administration (USFA). The incidents resulted in 133 injuries - 38 severe enough to warrant hospitalization.



VAPING... A TOXIC MIX

It's more than just WATER VAPOR

BENZENE: A known carcinogen. Causes leukemia and other blood disorders. It is also a major component of gasoline.

ACETONE: Causes irritation to the eyes, nose, and throat. It is also a major component of nail polish remover.

TOLUENE: Causes irritation to the eyes, nose, and throat. It is also a major component of paint thinners.

NICKEL: Causes irritation to the eyes, nose, and throat. It is also a major component of stainless steel.

LEAD: Causes irritation to the eyes, nose, and throat. It is also a major component of gasoline.

CADMIUM: Causes irritation to the eyes, nose, and throat. It is also a major component of batteries.

ACROLEIN: Causes irritation to the eyes, nose, and throat. It is also a major component of tobacco smoke.

FORMALDEHYDE: Causes irritation to the eyes, nose, and throat. It is also a major component of formalin.

High School Wrestling

12/28	Saturday	NG Holiday	Boys	10:00
12/28	Saturday	Tekamah-Herman	Girls	10:00
1/10	Friday	Winside	Boys	10:00
1/11	Saturday	Winside	Girls	10:00
1/17	Friday	Schuyler	Girls	9:30
1/18	Saturday	Palmer	Boys	9:30
1/25	Saturday	Oakland-Craig	Both	
1/30	Thursday	Twin River/Palmer Triangular	Boys	6:00

High School Basketball

MON-TUE	December 30-31	Elba Holiday Tournament	Elba	TBD
FRI	January 3	Neligh-Oakdale G/B	Neligh	6:00/7:30 PM
TUE	January 7	Elba G/B	Elba	6:00/7:30 PM
THR	January 9	Twin River G/B	St. Edward	5:30/7:00 PM
SAT	January 11	High Plains G/B	Newman Grove	6:00/7:30 PM
TUE	January 14	Osmond Girls Only	Osmond	6:00 PM
THR	January 16	Heartland Lutheran G/B	St. Edward	6:00/7:30 PM
TBD	January 18-25	GRC Conference Tournament	TBD	TBD
TUE	January 28	Archangels Catholic G/B	Newman Grove	6:00/7:30 PM
THR	January 30	CWC Girls Only	St. Edward	6:00 PM

High School Bowling

Jan. 13	Howells-Dodge Dual	Dodge	5:30
Jan. 14	Plainview Dual	Newman Grove	4:00
Jan. 17	North Bend Central	Newman Grove	4:00
Jan. 21	Hartington-Newcastle Dual	Hartington-Newcastle	6:00
Jan. 23	Columbus Lakeview Dual	Columbus	10:00
Jan. 30	McCool Junction Dual	McCool	1:00

JH Basketball

<u>JH Girls and Boys</u>				
MON	January 13	Central Valley	Greeley	1:00 PM
WED	January 15	Humphrey St. Francis	Humphrey	2:30 PM
TUE	January 21	High Plains	St. Ed	1:00 PM
MON	January 27	Nebraska Christian	Newman Grove	1:30 PM
SAT	February 1	Riverside Tournament	Cedar Rapids	9:00 AM
<u>JH Boys Only</u>				
TUE	January 7	Elba	Elba	4:00 PM
WED	Jan. 22	Palmer	St. Ed	3:00 PM
MON	February 10	Madison	Newman Grove	4:30 PM

December Birthdays



Damien Jones 12/1

Stetson Nitzel 12/2

Marcos Paez 12-4

Ryker Hoffmeister 12/5

Korina Bitter 12/6

Rebekah Ketelsen 12/11

Blake Foshee 12/14

Kohen Fritzes 12/17

Blair Peirce 12/17

Fernando Martinez 12/19

Shae Murphy 12/29

Hayley Werts 12/30

Kolten Alder 12/31



January Birthdays

Quetzalli Carvajal Hernandez
01/02



Alexander Hernandez Irineo
01/05

Micah Ketelsen
01/07

Lakin Prosski
01/20

Saphira Pohl &
Arloe Roberts

Hunter Strilkivsky &
Ella Heath

01/08

01/24

Alana Mendez
01/08

Azalea Gallardo
01/22

Derek Matchett
01/14



Jameson Spath
01/29

January 2025

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

5

6

FFA Chapter Meeting - 7pm

7

G/B BB @ Elba - 6pm

8

9

G/B BB vs. Twin River
(@ SE) 6pm

10

HS B WR @ Winside - 10am

11

Speech @ Twin River
HS G/B BB vs. High Plains (@ NG)
HS G WR @ Winside - 10am

12

13

Boone Central Choral Clinic
JH G/B BB @ Central Valley - 1pm
RESCHEDULED: HS BB Bowling vs. Newark County @ Dover - 3:30

14

HS G/B Bowling vs. Plainview (@NG) - 4pm
HS G BB @ Diamond - 6pm

15

JH G/B BB @ Archangels Catholic
(Humphrey St. Francis) - 2:30

16

HS G/B BB vs. Heartland Lutheran
(@ St. Edward) - 6pm

17

ECCLA District STAR @ Schuyler High School
HS G WR @ Schuyler - 9:30
HS G/B Bowling vs. North Bend (@ NG) - 4pm

18

HS G/B BB - GRC Tournament
HS B WR @ Palmer - 9:30

19

20

Underclassmen Honor Band
HS B BB - GRC Tournament

21

HS G BB - GRC Tournament
JH G/B BB vs. High Plains (@ St. Edward) 1pm
HS G/B Bowling @ Hartington - 6pm

22

JH B BB vs. Palmer (@ St. Edward) 3pm

23

JH B BB vs. Palmer (@ St. Edward) 3pm

24

HS G BB - GRC Tournament

25

Speech @ Boone Central
HS G/B WR @ Oakland-Craig
HS G/B BB - GRC Tournament

26

27

UNK Honor Band & Choir
1:30pm JH G/B BB vs. Nebraska Christian (@ NG)

28

HS G/B BB vs. Archangels Catholic
(@ NG) 6pm

29

Boone County Spelling Bee - 1:30pm
FAFSA Completion Night - 7pm

30

HS G/B Bowling - McCool Junction Dual - 1pm
HS G BB vs. CMC (@ S E) 6pm
HS B WR @ Twin River (Triangular) 6pm

31



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St. Edward Public Schools

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Fax: 402-678-2284

Web Page:
<http://www.stedpublicschool.org>
St. Edward Beavers Public School on Facebook

UPCOMING EVENTS:
JAN. 6TH-SCHOOL RESUMES
FEBRUARY 6TH-
1:30 DISMISSAL-PARENT
TEACHER IN-SERVICE
FEBRUARY 7TH-NO SCHOOL-
TEACHER WORKDAY



STUDENTS AND PARENTS!!!! DOWNLOAD OUR APP AND CHECK OUT OUR NEW WEBSITE FOR WEEKLY ANNOUNCNECMENTS, ADS, MENUS AND SCHEDULE CHANGES ! HELP STAY CONNECTED #BEAVERPRIDE

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