



St. Edward Stories

St. Edward Public Schools

O C T O B E R 2 0 2 5

From the Superintendent's Desk

BEAVER NATION NEWS

Printed by
The St. Edward Beaver
Crew

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2025-26 NG/SE Panther Booster Club Members

Gold Level \$500+

Cornerstone Bank
1st Bank & Trust of Fullerton
Quality Trucks & Trailers
Citizens State Bank

Silver Level \$250+

Luke & Tammy Kaufman
Jay & Barbie Nelson
Nelsen Transportation-Flood Logistics
Kaufman Construction
Kelly Nelsen
*VB ace club, GBB 3 point club,
Track medal club
Shell Creek Market
TLC Electric-Terry & Angela Luetkenhaus

Bronze Level \$100+

Gene & Rose Wissenburg
Jared & Kylie Sweeter
Mary Jo Buhl
Growing Solutions
*Wrestling pin club
Benson Ag Sales
Big Iron Auctions
Dusty & Erin Forre
Kristin Nelson
Farmers Pride Cooperative
Gene & Sabrina Sarniak
Brent & Tonya Beekman
Werts G.W Beaver Creek Smokehouse
Back Road Bargains
Funkhouser Construction
Brandon and Clarissa

Other \$25+

Darvin & Cindy Fowlkes
Brian & Christie Wallin
Tim & Kathy Strong
Chad & Kari Fehringer
*VB ace club, Wrestling pin club,
Track medal club
Creek Road Barn
Dennis & Jeanie McCloud
Dave & Donna Schroeter
Dan & Andrea Morris
Troy & Karla Patzel
*VB ace club, GBB 3 point club
Mike & Dianne Sindelar
*Bowling strike club
Tyson & Ginger Jorgensen
*FB TD club, Bowling strike club
Brian & Crystal Werts
Brent & Sheena Werts



Volleyball ace club:
\$1 for every ace serve
Wrestling Pin club:
\$3 for every pin
Basketball 3 point club:
\$1 for every made 3 pointer
Track Medal club:
\$1 per medal earned
Bowling strike club:
\$1 per strike thrown
Football Touchdown club:
\$3 per touchdown scored

UNK CHOIR Selection

Congratulations to Kaylee Applegarth and Bristol Laska for being selected to the UNK Treble Choir!

Congratulations to Ryder Beekman for being selected to the UNK Festival Choir!

Over 659 students across the State of Nebraska auditioned for these choirs! They will perform on Monday, January 26, 2026 at the University of NE at Kearney Campus.

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 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
1	Make a little time for quiet time. Starting your morning with a quiet time, writing in a journal, or quiet time in candlelight.	2	Light a candle (or two or three) and sit down. Light a candle (or just a few) in candlelight.	3	Get outside and take a walk. Notice what impresses you.	4	Drive your car past local businesses and/or your favorite restaurants. Even make stops.	5	Watch something that you enjoy, but doing with a friend. For each thing that you do, do one other thing out.
6	Exit Well	7	Be Intentional	8	Decorate with Your Favorite Things	9	Unschedule	10	Nap
6	Include in your favorite holiday food and the rest of the time.	7	Try to approach the day with more intentionality and focus on what's important and valuable.	8	Start by decorating with only one favorite thing. Add one other thing. Add one more thing. Continue this pattern.	9	Cancel some of your planned socials and instead focus on activities that you enjoy.	10	Give yourself a break. It's a Finance 101 rule that you can't have it all. Prioritize the actions above.
11	Read an Actual Book	12	Laugh	13	Write	14	Wright	15	Apostrophe
11	Read a non-fiction book (devotional and not all with a good book).	12	Coff or several times with the person you're most drawn to. Laugh together. Laugh with others. Laugh with pets.	13	Planting your thoughts through journaling is a great way to clear your mind and increase through-patch. Play with your thoughts up, up, up.	14	Laugh. Never stop. Laugh. Laugh. Laugh. Laugh. Laugh. Laugh.	15	Don't always about "having it all." Not one, one, one, one, one.
16	Forgive	17	Be Grateful	18	Say Goodbye to Guilt	19	Redefine Abundance	20	Give
16	It's not that it's your favorite, but it's your favorite, but it's not also their's.	17	Being grateful for what you have can make you feel more energized, less stressed and anxious, and help you feel better sleep.	18	Way are you? For your actions, not for what others think or do.	19	Be grateful for the things that you have instead of the things you don't. Abundance is a full heart, not a full house.	20	Pick something close to your heart that you may not want to give instead of what you know you are supposed to give.
21	Make Something	22	Breathe	23	Let Go	24	Full Stop	25	Be Love
21	Make a Christmas ornament out of twigs and pine cones and a big potpourri of peace and richness yourself.	22	Breathe in, breathe out, and with your breath, let go of your thoughts and fears, reaching.	23	Slowly and leisurely. Moving from your toes, and torso, and neck, with a lighter breath, and a lighter heart, let go.	24	Relax into silence. Take a minute to just sit in yourself.	25	Instead of asking yourself to prove yourself, do it all in control that you're not going to look bad.

Source: <https://www.healthyholidaychoices.com/25-ways-self-care-holiday>

Making Healthy Holiday Choices

The holiday season brings party food, cookies, eggnog, and other holiday treats that, though tasty, are often high in calories. To enjoy your holiday parties without overindulging, consider the following tips:



Eat a healthy snack before heading to a party to help you avoid grazing on party food to satisfy your hunger.



Make socializing your focus – conversation will keep you occupied and away from the food table.



Abstain from or limit your drinking. Alcohol increases hunger and lowers willpower.

Offices Nationwide: 800.627.3660 www.NISBenefits.com

National Insurance Services

a64.wellness.healthy.holiday.choices.rev.5



CHRISTMAS

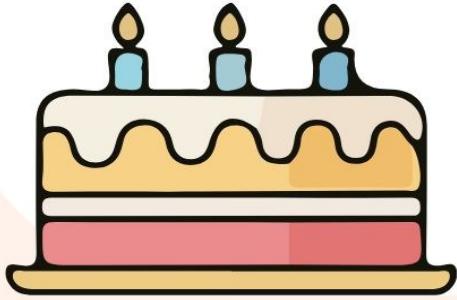
ST. EDWARD FFA OFFICER TEAM 25-26

PRESCHOOL INTERVIEWS

WHAT IS YOUR
NAME?
KIP GRAY



JULY 29



WHAT IS THE BEST
THING
ABOUT
PRESCHOOL



PLAYING WITH
MY FRIENDS

HOW OLD ARE
YOU?



WHAT DO YOU
WANT TO BE
WHEN YOU GROW
UP?



A DOCTOR

WHO IS YOUR
HERO?

CHLOE

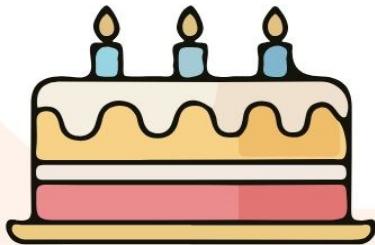
PRESCHOOL INTERVIEWS

WHAT IS YOUR
NAME?

DAVID
HERNANDEZ
IRINEO



SEPTEMBER 14



WHAT IS THE BEST
THING
ABOUT
PRESCHOOL
PUZZLES



HOW OLD ARE
YOU?



WHAT DO YOU
WANT TO BE
WHEN YOU GROW
UP?



SPIDER-MAN



WHO IS YOUR
HERO?

MOM &
DAD



7 TIPS TO BEAT THE WINTER BLUES



1. BRIGHTEN YOUR HOME

Vitamin D from natural light can help to improve your mood. Make it a daily routine to open your blinds and curtains.



2. ANTICIPATE AN EVENT

Anticipate an upcoming event, or create something to look forward to such as inviting your grandchildren or friend to visit. This can create positive feelings and excitement.



3. STICK TO A SCHEDULE

Avoid the temptation to alter your schedule to avoid activities and socialization. Stick to your every day schedule.



4. EAT A BALANCED DIET

Eating the right combination of proteins, carbohydrates, dairy, fruits and vegetables is a natural way to boost your mood and energy.



5. STAY ACTIVE

Exercise can be vital to lifting up your mood during the winter months. Stretching, walking and lifting light weights are a few ideas to get you started.



6. ACCOMPLISH A GOAL

Motivate yourself by adding a goal to your to-do list, big or small, and once it's finished, cross it off.



7. SOCIALIZE WITH OTHERS

Lift your spirits and shift your perspective by being around others. Attend a church service or volunteer in your community.

—Beating the Winter Blues

- ✓ Brighten your surroundings
- ✓ Stick to a Schedule
- ✓ Eat a Balanced Diet
- ✓ Workout Regularly
- ✓ Listen to Happy Music
- ✓ Vacation/Stay-cation
- ✓ Volunteer
- ✓ Get a Massage



BEAT THE WINTER BLUES



JANE MADAY

DOS AND DON'TS FOR A COLD-WEATHER WORKOUT

WHAT NOT TO WEAR

It is tempting to overdress to stave off the cold with a heavy coat and hat, but during a vigorous workout the body will heat up even when it is freezing outside.

WHAT TO WEAR

Layers remain the best solution for exercising in the cold, since they can be removed gradually when warming up, and then replaced if the body begins to cool off.



10 WAYS TO BEAT THE Winter Blues

01.

Lace Up Your Running Shoes and Get Moving

Getting at least 20 minutes of vigorous activity four times a week has been shown to reduce depressive mood.



02.

Set Your Alarm Clock and Stick to a Sleep Routine

Tempting as it might be to sleep in on dark mornings, it's best to stick with a regular sleep schedule — which means waking up at the same times on weekdays and weekends.



03.

Queue Up a Stream of Laugh-Out-Loud Films

Experts believe that laughter actually stimulates processes in your brain that counter depressive symptoms.



04.

Warm Yourself Up With a Mug of Real Hot Cocoa

Make it with fortified milk, which provides a combination of carbohydrate, protein and vitamin D — the combination helps increase serotonin levels, which help us relax.



05.

Host a Festive Party — But Don't Stress

Any excuse to host a gathering of friends will do — try a dinner party, cheese tasting, or board game night. Planning an event will give you something to look forward to — and it could also put you on other people's invite lists (more fun for you!).



06.

Give Yourself a Manageable Task to Accomplish

It's important to build activities into your day — even chores, like cleaning the floor — that will give you a sense of competence and accomplishment.



07.

But Don't Let Your To-Do List Get Too Out of Hand

Decide to stop procrastinating on the unpleasant stuff that could just snowball into more stress later, like unpaid bills, so you'll have more time to do things you do enjoy.



08.

Book a Staycation — Even if It's a Mini One

You can save money and still get a boost by planning mini-getaways closer to home. Plus, it's much easier to make time for and plan a local staycation treat, such as an afternoon ice skating with friends, trying out a new restaurant in a nearby town, or going to a concert.



09.

Consider Light Therapy if You Can't Get the Sunshine You Need

If you don't think less sunlight during winter months can affect you, your mood, or your energy levels, think again. Schedule an early-morning walk or lunchtime stroll.



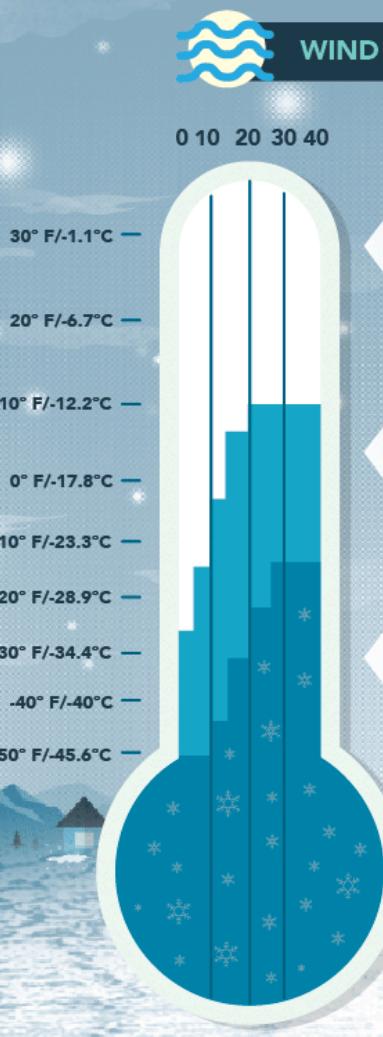
10.

Don't Hesitate to See Your Healthcare Professional

Chronic pain, headaches, sleep disorders, and even heart disease are all linked to depression symptoms, so check in with your healthcare provider to make sure your winter blues aren't something more serious.



RISK OF FROSTBITE WHEN TEMPS DROP AND WIND PICKS UP



Avoiding FROSTBITE and HIPOTERMIA



KEEP WARM

- Dress in several layers of loose, warm clothing.
- Wear a hat or headband that fully covers your ears.
- Wear mittens rather than gloves. Mittens provide better protection.
- Wear socks and sock liners that fit well, wick moisture and provide insulation.
- Limit time you're outdoors in cold, wet or windy weather.

Warning signs of FROSTBITE

- At first, cold skin and a prickling feeling
- Numbness
- Red, white, bluish-white or grayish-yellow skin
- Hard or waxy-looking skin
- Blistering after rewarming, in severe cases
- Clumsiness due to joint and muscle stiffness

Warning signs of HYPOTERMIA

- Shivering
- Slow, shallow or mumbled breathing
- Weak pulse
- Clumsiness or lack of coordination
- Drowsiness or very low energy
- Confusion or memory loss
- Loss of consciousness
- Bright red, cold skin (in infants)



COLD WEATHER EXERCISE: THE MUST-DO LIST



TAKE ADVANTAGE OF DAYLIGHT



It's easier to see surroundings and spot tricky terrain.



It's warmer when the sun is up.



Don't forget sunscreen.

WEAR THE APPROPRIATE GEAR



Wear quality safety gear.

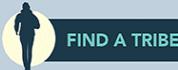


Choose footwear with good traction.

MONITOR FLUID INTAKE



Keep drinking liquids even if you don't feel thirsty.



Work out with a buddy or in a group for extra safety and motivation.

STAY SAFE WHEN SOLO



Carry an alarm.



Choose familiar routes that are well lit and frequented often.



Let someone know where you'll be.

BE VISIBLE



Choose gear with reflective material.



Clip a light to the back of your running belt or pants, or wear a headlamp.

CREATE A POST-WORKOUT PROTOCOL



Get out of the cold as quickly as possible.



Remove any wet clothing and replace with a dry layer.

Get Fit So You Can Do More!

NIH National Institute on Aging

Exercise and be active every day so you can keep doing what's most important to you.

Practice all 4 types of exercise for the most benefits.

1 Endurance

So you can



2 Strength

So you can



3 Balance

So you can prevent falls and related injuries



4 Flexibility

So you can



Get exercise ideas, motivational tips, and more from the National Institute on Aging at NIH.

How to stay active in Winter?

@nicsnutrition



Dress according to the weather



Exercise at home



7-8 hours of sleep



Plan, Plan, Plan!



Aim for balance diet



Make it fun!

7 Tips to Maximize Winter Driving Safety

- 1 Give Yourself Space
- 2 Slow & Steady Wins the Race
- 3 Know Your Vehicle's Drive Type
- 4 Know Your Vehicle's Safety Features

- 5 Stick to the Road
- 6 Prepare for the Unexpected
- 7 It's All About the Attitude

GET YOUR CAR READY FOR WINTER AT AAMCO!

Fun Wintertime Activities to Get Moving

For Kids - Outdoors



For Adults - Outdoors



WINTER WEATHER DRIVING TIPS

Driving in winter weather requires extra caution and preparation. Follow these essential tips to stay safe on icy, snow-covered roads.

- Take an Online Driving Safety Course
- Prepare Your Vehicle for Winter
- Stock Your Car with Winter Equipment
- Check the Weather Before Leaving Home
- Eliminate Distractions
- Slow Down and Increase Following Distances
- Ease into Throttle
- Fully Clean Your Car
- Tap, Don't Slam, the Brakes
- Don't Panic If You Slide
- Call 911 if in a Crash

By following these winter driving tips, you can safely navigate challenging winter weather. To further improve your driving skills, consider enrolling in a winter driving course at TicketSchool.com. Stay prepared, stay safe, and drive with confidence this winter!

TOP TIPS FOR WINTER DRIVING

SLIP AND SLIDE: TEST ROAD CONDITIONS FREQUENTLY



GRIP IT GOOD!

It's best to avoid braking or acceleration when negotiating a turn.

- 1 Brake before the turn
- 2 Negotiate the turn
- 3 Accelerate after the turn

YOU CRUISE, YOU LOSE

Avoid cruise control in wet, icy or snow conditions to maintain control of acceleration and deceleration at all times.



Avoid cruise control in wet, icy or snow conditions to maintain control of acceleration and deceleration at all times.



Hectic Holiday? Battling Holiday Depression and Stress

Holiday-related stress and depression can cause headaches, excessive alcohol consumption, overeating, and insomnia.

To combat these side effects, it is best to identify the cause of your stress and then take steps to rectify them. Consider the following suggestions:

- Do not feel as though you MUST meet all family obligations.
- Ask others for assistance in hosting gatherings, purchasing presents, etc.
- Make a to-do list in chronological order to minimize stress.
- Consider volunteering to help others, especially if you are feeling lonely.
- Stay active and continue to exercise and eat well.
- Make time for yourself and your needs, even when hosting guests in your house.
- Do not overspend. Keep tabs on your holiday budget and stick to it.



Winter Break Checklist



Drink Hot Cocoa



Make a Snow Angel



Make/Sing a Holiday Carol



Bake Cookies



Donate Old Toys



Have a Snowball Fight



Sing Holiday Songs



Help a Neighbor or Friend



Have a Holiday Meal



See a Snowy Tree



Eat/Make a Holiday Dessert



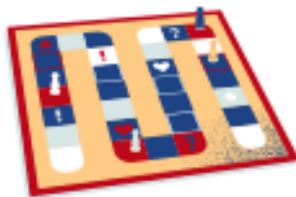
Build a Snowman



Watch a Holiday Movie



Have a Pajama Day



Play a Board Game

Name: _____

Winter Color by Number

Use the key to color the picture.

1-10



2



3



4



7



8



9



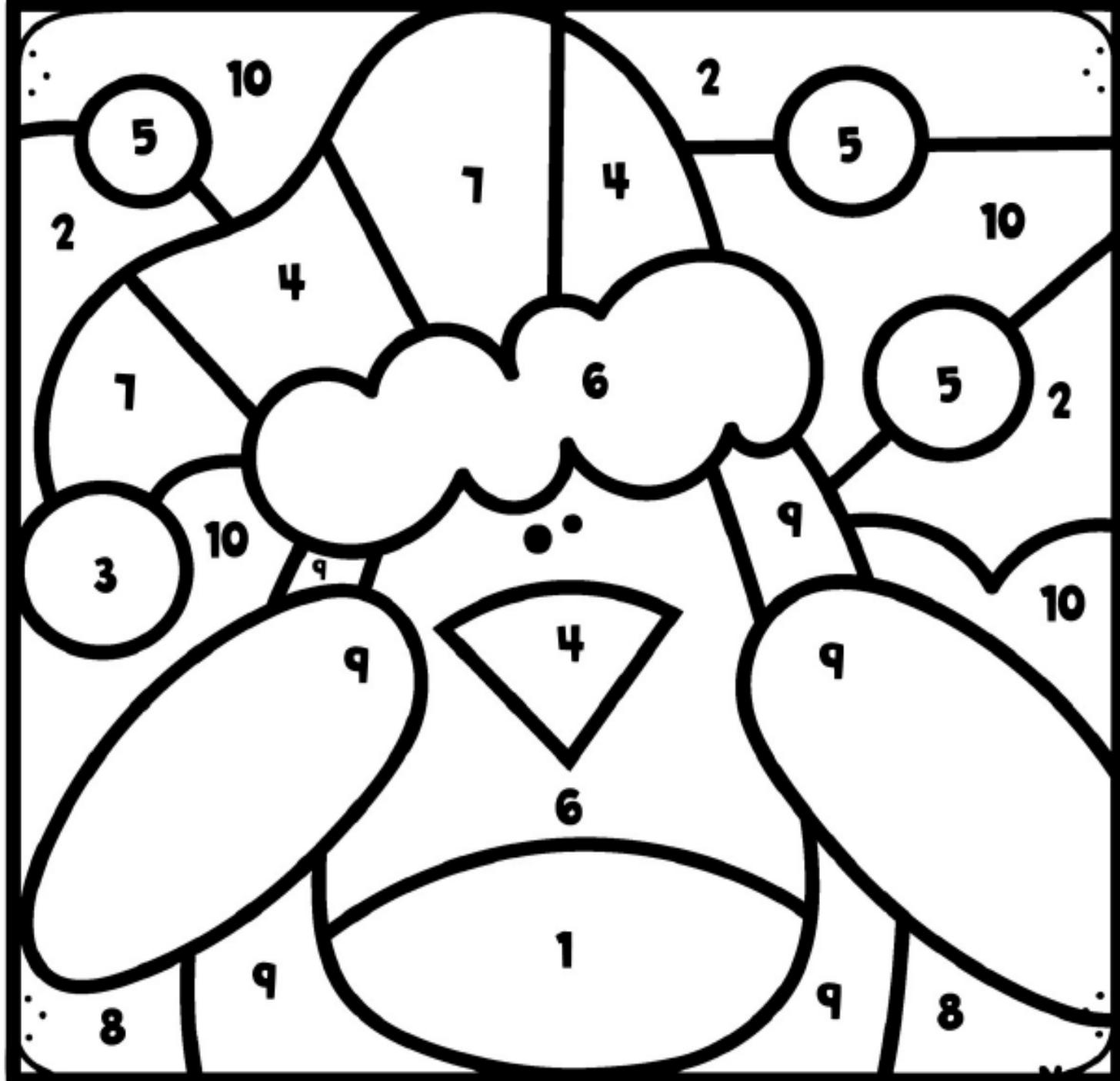
1



5, 6



10



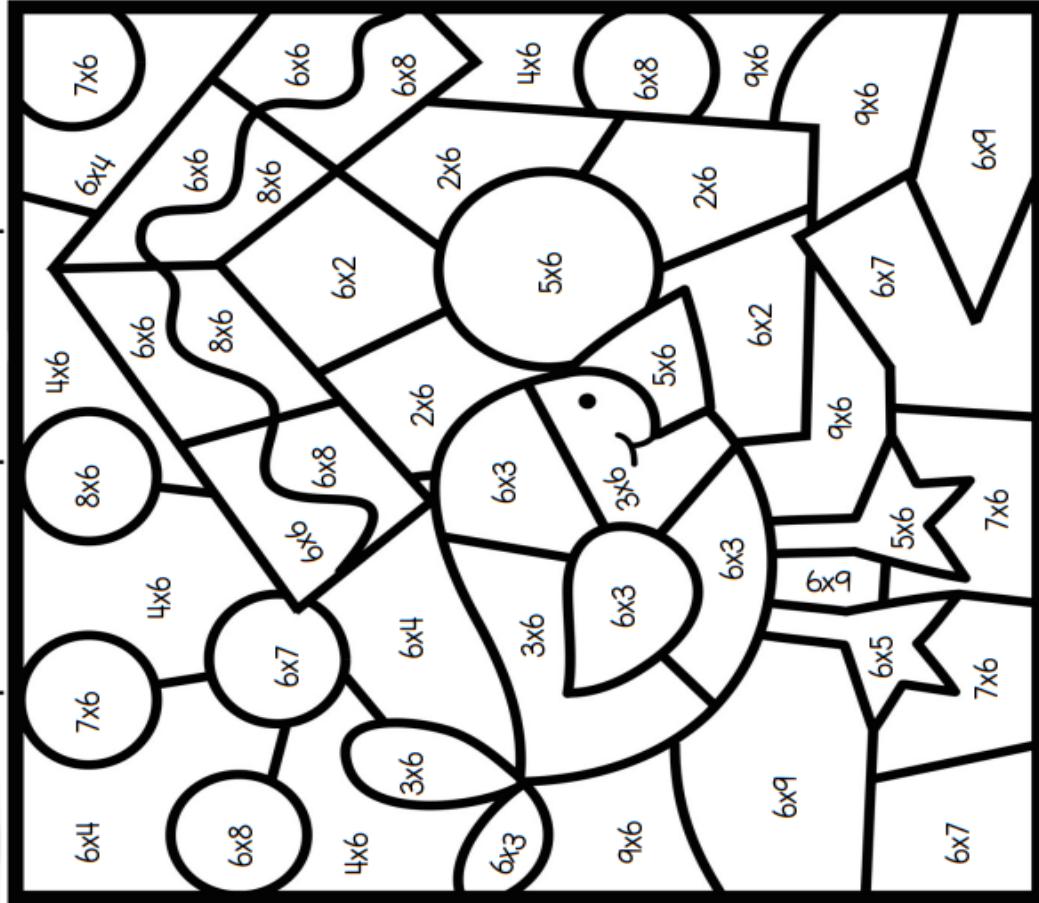
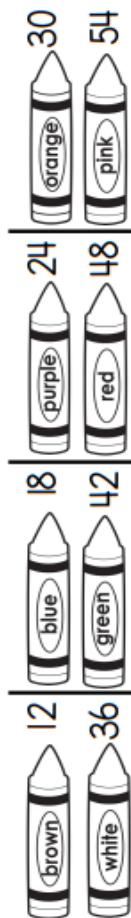
MULTIPLY BY 3

Name: _____



Directions: Determine the answer to each multiplication fact. Match your answer to the correct circle.

Directions: Determine the answer to each multiplication fact. Match your answer to the color.



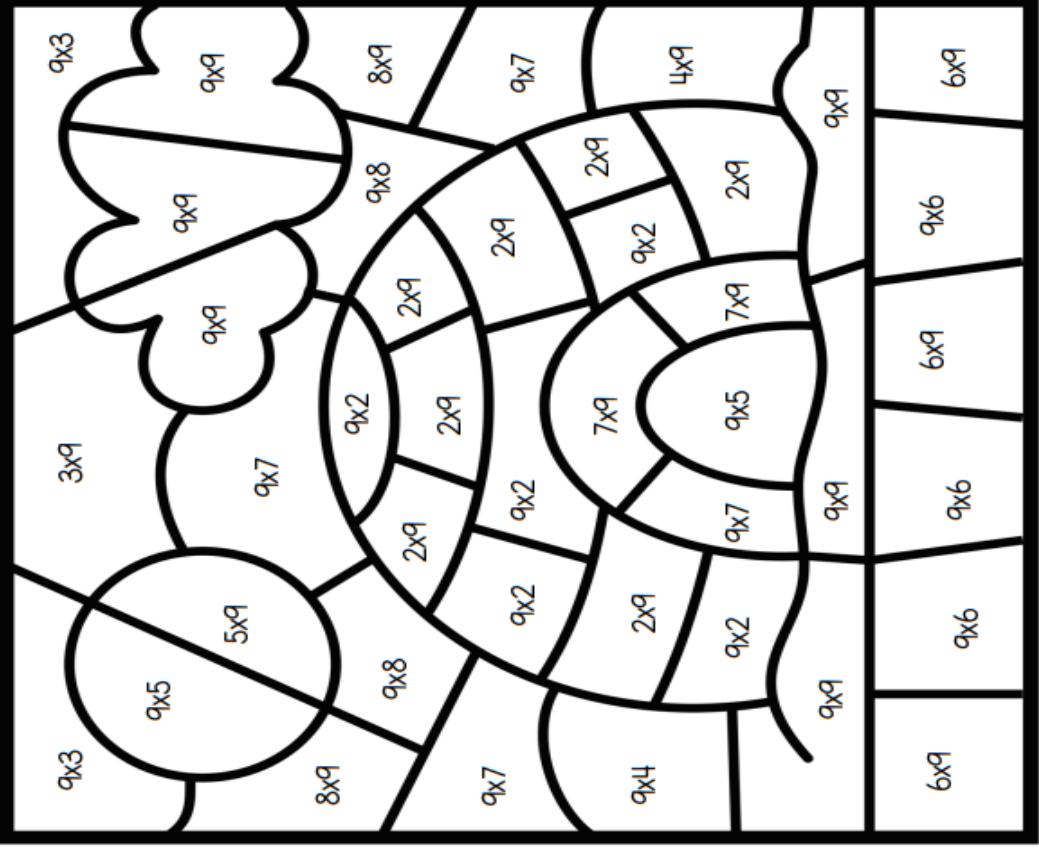
MULTIPLY BY

Name _____



Directions: Determine the answer to each multiplication fact. Match your answer to the correct circle.

Directions: Determine the answer to each multiplication fact. Match your answer to the color.





St. Edward High School

SENIOR SPOTLIGHT

Emily Cruz Sanchez

Do you have a favorite high school memory? If so, please share:

Going bowling with the cheerleading team.

Which teacher or staff member had the biggest impact on you?

Why?

All the staff have had a significant impact on me because of their kindness over the past four years.

What extracurricular activity are you most proud of participating in? Why?

Basketball, because I got to know the funniest and supportive girls.

Which peers or friends had really positive influences on you?

Lydia, because of how kind she was to me and showed me how to open up to new people.

What are you most excited about in this next phase of your life?

Going back to Mexico and visiting my family whenever I want.

What's your favorite book or movie? Why does it resonate with you?

"Shrek" because it shows that everyone deserves a chance at happiness, no matter what they look like.

What's the one piece of life advice you wish someone had given you sooner?

Focus on your own progress.



Coping With Holiday Stress and Anxiety



While often joyful, the holiday season can also bring a wave of stress and anxiety. With social obligations, financial pressures and the desire to create perfect memories, it's easy to feel overwhelmed.

The following are practical ways to manage these emotions and enjoy the season more fully:

- **Set realistic expectations.** Let go of the idea that everything must be perfect. Traditions evolve, and it's okay if things don't go exactly as planned. Instead, focus on connection, gratitude and rest.
- **Prioritize self-care.** Make time for activities that recharge you. Whether it's a quiet walk, reading or declining an invitation, protecting your energy is essential.
- **Budget mindfully.** Financial stress is common during the holidays. Set a realistic budget and stick to it. Thoughtful, low-cost gifts or experiences often carry more meaning than expensive purchases.
- **Stay connected.** Reach out to supportive friends or family, especially if you're feeling isolated and in need of emotional support. Sharing your thoughts and feelings can lighten the emotional load. If you need additional support, consider consulting a mental health professional.
- **Practice mindfulness.** Take a few minutes each day to breathe deeply, meditate or reflect on your thoughts. These brief pauses can help you remain in the present, even in the midst of chaos.
- **Create boundaries.** It's okay to decline invitations or limit time with people who drain your energy. Protecting your mental health sometimes means saying "no" without guilt.
- **Focus on gratitude.** Focusing on what you're thankful for can help ease anxiety and foster a sense of peace. Try keeping a short daily gratitude list to stay grounded in the positives.

It's completely normal to feel stressed during the holiday season. By acknowledging your emotions and taking small, intentional steps to care for yourself, you can create a season that feels calmer and more peaceful.

Tips for a Mindful Year-End

As the year draws to a close, December naturally invites a moment of pause. Between the flurry of holiday plans and the anticipation of a fresh start in January, it's easy to overlook your emotional well-being. Yet, this month may be one of the most important times to gently check in with your mental well-being.

The end of the year offers a unique opportunity to reflect on what has passed and reset intentions for what's ahead. However, before rushing into resolutions, think about creating space for self-compassion and clarity. Consider the following tips to do just that:

- **Reflect.** Take a quiet moment to look back on the year—not just the milestones, but the everyday moments as well. What challenged you? What surprised you? What helped you grow? Reflection isn't about perfection; it's about awareness.
- **Recognize.** Celebrate your wins—big and small. Maybe you led a successful project, supported a teammate or showed up on tough days. Acknowledging your efforts builds confidence and resilience. At the same time, recognize areas for growth

without judgment.

- **Reset.** Take time to reset and set intentions for 2026. Consider what kind of energy you want to carry into the new year. What values will guide your choices? What boundaries or habits will support your well-being? A short mindfulness practice or writing a letter to your future self can help you connect with your vision.

As you take time to reflect, recognize and reset, remember that you don't have to navigate your well-being alone. If you're feeling overwhelmed or want to explore ways to support your mental health, consider reaching out to your HR representative to learn more about the mental health benefits available to you.

The Power of Gratitude and Positive Thinking

It can be easy to get caught up in everyday stress and negativity. However, practicing gratitude can be a powerful tool to improve mental health. Gratitude involves recognizing and appreciating life's positive aspects, which can reduce stress, anxiety and depression. By focusing on what you have rather than what you lack, gratitude helps shift your mindset to a more positive and resilient state.

Gratitude is similar yet different from appreciation. The American Psychological Association defines gratitude as “a sense of happiness and thankfulness in response to a fortunate happenstance or tangible gift.”

Psychologists also explain that gratitude can be both a fleeting feeling and a long-term trait. Individuals can be grateful for someone or something at a specific moment, and they can also experience gratitude as a positive character trait. Gratitude can be enhanced with awareness and practice. Over time, once gratitude is part of one's daily life, it becomes a character strength.

This article explores the impact of practicing gratitude and maintaining a positive outlook.

The Impact of Gratitude and the Power of Positive Thinking

Positive thinking, a side effect of gratitude, can be a powerful tool. Gratitude encourages you to savor the present moment and acknowledge the good in your life, no matter how small. This positive focus can lead to a more optimistic outlook and allow you to build stronger relationships. It also encourages resilience, helping you to bounce back from setbacks more quickly. Similarly, gratitude instills a sense of control over emotions, enabling calmer and more effective responses to stressors. Research continues to explore how gratitude can also help reduce one's stress levels and anxiety.

Embracing a positive mindset may lead to greater happiness and success, as it can open up new opportunities and foster a sense of optimism. Regular gratitude practice also can help individuals savor positive experiences and be more present in the moment. A positive outlook doesn't mean you ignore life's challenges; rather, it means you approach them with a constructive and hopeful attitude.

Ways to Practice Gratitude

Practicing gratitude is essential for fostering a positive mindset. Regularly acknowledging what you're grateful for can cultivate a sense of contentment. Starting small with gratitude and being consistent can make a significant difference. To get started with practicing gratitude, consider the following tips:

- **Keep a gratitude journal.** Write down a few things you're grateful for each day and reflect on why they're meaningful to you. By writing them out, you'll better be able to remember and reflect on those blessings.
- **Try gratitude affirmations.** Similarly, gratitude affirmations can help reinforce positive thinking. Instead of writing down what you're grateful for, reflect on what it is and repeat it to yourself daily. The more you practice these affirmations, the more you'll start to believe them.
- **Express thanks.** Send a quick text or write a note to someone you appreciate, expressing why you're grateful for them or how they're positively impacting your life. If you can do so in person, go ahead, as that can further strengthen your social bond or relationship with them.
- **Embrace mindful moments.** Pause to appreciate the beauty or the good around you, such as a sunny day or a kind gesture. It can be as simple as taking a few deep breaths and focusing on what you're thankful for in that moment.
- **Try meditation.** Mindfulness and meditation can help you focus on the present moment. Think about the things you're grateful for and visualize the positive aspects of your life.
- **Take a walk.** Go for a walk and consciously notice things you're grateful for in your surroundings. Then, reflect on these observations and how they enhance your life.

Be mindful that gratitude isn't meant to increase feelings of guilt or minimize painful experiences. For example, you can be anxious about upcoming transitions while being grateful for the support from your loved ones. Gratitude shouldn't negate how you feel.

Conclusion

By incorporating simple practices into your daily routine, you can harness the power of gratitude to improve your mental health and overall well-being. Remember, gratitude is a journey; every small step can lead to a more positive and fulfilling life.

If you have any concerns, seek help from a mental health professional.



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**FREE THRESHOLD
DELIVERY WITH PURCHASE
OF ANY MATTRESS
(SET UP DELIVERY AVAILABLE AT
ADDITIONAL COST)**

You've been personally referred by: _____



St. Edward High School

SENIOR SPOTLIGHT

Kaden Albert

Do you have a favorite high school memory? If so, please share:

My favorite high school memories are going to state in basketball, going on a field trip, singing at graduation last school year, and bowling with Mrs. Ray.

Which teacher or staff member had the biggest impact on you? Why?

I went to three different schools: Riverside, Benson, and St. Edward. At Riverside, The teacher in Riverside is Mrs. Ray because she takes me on a field trip especially bowling. The teacher at Benson is Mrs. Paulie because she is always being nice to me. At St. Edward, My biggest impact is Mrs. Beekman because she lets me listen to music if I don't have any homework.

What extracurricular activity are you most proud of participating in?

Why?

I am proud of participating in One Act because I have a good memory.

Which peers or friends had really positive influences on you?

My friends had a really positive influence on me from the schools I went to: Payton, Bennett N., Haylee, Olivia S. Olivia R. Lakin, Josie, Macy, Claire, Kendall, Karly, Dennis, Meena, Ryan, Emily Cruz Sanchez, Eliza, Addy, Emily Davis, Narali, Ericka, Cole, Victor, and Amelia. me it by getting help.

What are you most excited about in this next phase of your life?

I am excited to go to colleges.

Is there a new skill you're eager to learn or a hobby you want to explore?

I want to listen to music.

What's your favorite book or movie? Why does it resonate with you?

My favorite movie is Sing 2 because I love music.

If you could have any superpower, what would it be and how would you use it?

I choose strength for holding heavy stuff.

What's the one piece of life advice you wish someone had given you sooner?

I wish someone had given me sooner is a tablet.

How do you deal with academic pressure? What was your biggest challenge in high school, and how did you overcome it? How do you balance school, extracurriculars, and social life?

My biggest challenge in high school is failing classes, and I overcome it by getting help.



Christmas QUIZ

Santa & Reindeer Trivia

Q: What color is Santa's suit?

Q: Which reindeer has a red nose?

Q: Which reindeer shares a name with a Valentine's symbol?

Q: How many reindeer does Santa have?

Characters & Stories

Q: What brings Frosty the Snowman to life?

Q: What is the name of the Grinch's dog?

Q: What are Buddy the Elf's four main food groups?

Q: What number is on the tickets in The Polar Express?

Q: What did Rudolph never get to join

Q: Which movie character said the phrase, "Bah humbug!" when complaining about Christmas?

Q: In the song, "The 12 Days of Christmas," how many turtle doves are mentioned?

Q: In the movie "A Christmas Story," what does Flick get his tongue stuck on?

Traditions & Fun Facts

Q: Which country started the tradition of putting up Christmas trees?

Q: What is the first song broadcast from space?

Q: What does the 'X' in Xmas stand for?

Q: What is one popular type of Christmas tree?

Christmas

QUIZ

ANSWERS

Santa & Reindeer Trivia

A: Red (though he wasn't always).

A: Rudolph.

A: Cupid (a heart/cupid).

A: Eight (Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner, Blitzen)

Characters & Stories

A: A magic hat.

A: Max.

A: Candy, candy canes, candy corn, and syrup.

A: 1225 (December 25th).

A: Any reindeer games.

A: Ebenezer Scrooge in "A Christmas Carol."

A: Two

A: A pole

Traditions & Fun Facts

A: Germany.

A: "Jingle Bells" (by astronauts in 1965).

A: The Greek letter Chi, meaning Christ.

A: Fraser fir.



BOX TOPS

'Tis the season to give back! December's earning opportunities make supporting schools feel extra bright.

DECEMBER
2025 EDITION

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Buy 3, Earn 6
on all Betty Crocker
products*



Buy 2, Earn 5
on all Nature Valley
products*



Buy 2, Earn 5
on all Totino's
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on all Cinnamon
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products*



Buy 2, Earn 5
on all Pillsbury
products*

*Must submit your receipt within 14 days of purchase. Limit 5 claims per receipt.



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The holiday season is a great time to support schools with fewer resources. Consider changing your designated school for a week (or more) to show some love to the students and teachers who need it most.

Go to your account and tap "Manage Schools" to find a School in Need.

WANT TO WARM UP YOUR WINTER EARNINGS?

These tips make it easy to rack up Box Tops



- Buy single-serving Box Tops items such as Gushers, fruit snacks and Nature Valley granola bars. Give them out as small holiday gifts for classrooms or stocking stuffers.
- Don't forget to stock up on seasonal favorites before winter break

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3 EASY WAYS TO EARN FOR OUR SCHOOL



SCAN

Qualifying receipts
in the app



SUBMIT

Qualifying digital
receipts in the app



CONNECT

Your Walmart and
Box Tops accounts

SEE PRODUCTS & LEARN MORE ABOUT
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DON'T HAVE THE BOX TOPS
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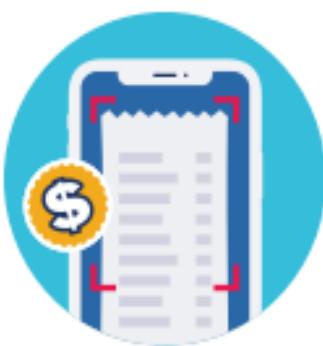
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For over 29 years, Box Tops for Education has given families an easy way to earn for schools with products they already buy. Today, you can find hundreds of participating products throughout the store — and all you need is the Box Tops app.



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SCAN
qualifying receipts
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Whether you order groceries for delivery or pickup, shop through your store's app, request an email receipt at checkout or shop with your Walmart connected account, you can earn for your school no matter where you shop.

SEE PRODUCTS & LEARN MORE ABOUT
THE BOX TOPS APP AT BTFE.COM

DON'T HAVE THE BOX TOPS
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January Birthdays

Alexander Hernandez Irineo-O1/O5

Micah Ketelsen-O1/O7

Saphira Pohl and Alana Mendez-O1/O8

Ms. McIntosh- O1/11

Riley Kassian-O1/16

Crystal Werts-O1/17

Lakin Prososki-O1/20

Hunter Strilkivsky and Ms. Heath-O1/24

Azalea Gallardo-O1/22

Jameson Spath-O1/29



January

Monday

Sunday

Wednesday

Friday

Thursday

Saturday

4



10



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16



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Web Page:
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Upcoming Events:

Jan 5th-School Resumes

Jan. 21st—NO SCHOOL-Teacher Work Day (SE hosts FCCLA District Star)

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