



BEAVER NATION NEWS

Printed by
The St. Edward Beaver
Crew

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St. Edward Stories

St. Edward Public Schools **APRIL/MAY 2025**

From the Superintendent's Desk

We have entered the month of April, and this 2024-2025 school year is rapidly winding down. It has been a great school year, and we are excited for a strong and successful finish to this year as we are busy preparing for the 2025-2026 school year which is shaping up to be a most positive educational experience for students and staff!

Our spring activities are underway, and our high school track team has already successfully participated in a few meets. Our first NGSE junior high track meet will be the Boone Central meet in Albion on April 8th. Several FFA state qualifiers will be competing in Lincoln during the first week in April, and the FCCLA state qualifiers will be competing during the next week in Lincoln.

A couple dates in April to mark on your calendar for planning purposes include April 17th which is a 1:30 dismissal day for students to allow for a staff in-service session. This is a change from the original 2024-2025 school calendar. There will be no school on April 18th and April 2nd due to Easter break. On April 28th at 1:30 p.m., will be the annual honors program for grades 7-12 in our gym. Another important day, especially for parents of seniors, is April 30th which is the last day for our 2025 graduating seniors. If you have any questions on these dates, please do not hesitate to contact the office. Thank you for your time and, make April a great month.



KINDERGARTEN MOVE UP DAY

MONDAY, APRIL 7TH-1:00 PM

IT IS TIME TO SIGN UP FOR PRESCHOOL AND KINDERGARTEN!

PLEASE FILL OUT THE REGISTRATION FORM PRIOR TO THIS MEETING AND TURN IT IN TO THE SCHOOL OFFICE. IT CAN BE FOUND ON THE NEXT PAGE OR ON OUR WEBSITE UNDER QUICKLINKS!

STUDENTS ENTERING THREE-YEAR-OLD PRESCHOOL MUST BE THREE BY JULY 31, 2025.

STUDENTS ENTERING FOUR-YEAR-OLD PRESCHOOL MUST BE FOUR BY JULY 31, 2025.

IF YOUR STUDENT HAS NOT BEEN TO SCHOOL AT SEPS, PLEASE BRING YOUR CHILD'S BIRTH CERTIFICATE AND IMMUNIZATION RECORD!

****DATE AND TIME SUBJECT TO CHANGE****

**COME SIGN ON
WITH THE BEAVERS!**





2025-2026 Preschool-Kindergarten Registration

****Please return all forms to the office prior to April 7th!****

****Students cannot attend preschool without a copy of birth certificate and new student sheet. *Students cannot attend kindergarten without a copy of immunization record, valid birth certificate, physical, and eye exam. These forms must be turned into the office before the start of the school year.**

Student Information

Has your child previously been enrolled in Preschool? _____ **Yes!** _____ **No!**

Last Name: _____ **First Name:** _____

Date of Birth: _____ **Gender:** _____

Are you registering for:

3 year old preschool _____ **4 year old preschool** _____ **Kindergarten** _____

Parent Information

Last Name: _____ **First Name:** _____

Mailing Address: _____
City State Zip

Physical Address: _____
City State Zip

Email Address _____

Phone Number: _____

Are you a resident of the St. Edward School District? _____ **YES** _____ **NO**

I certify that all information is true and correct:

Parent/Guardian Signature: _____

READY FOR SCHOOL?

BACKPACK?	<input checked="" type="checkbox"/>
PENCILS?	<input checked="" type="checkbox"/>
CRAYONS?	<input checked="" type="checkbox"/>
SHOTS?	<input type="checkbox"/>
PHYSICALS?	<input type="checkbox"/>

**KIDS NEED SHOTS BEFORE THEY GO TO SCHOOL.
PROTECT YOUR CHILD FROM DISEASES.
CALL US TO SCHEDULE YOUR CHILD'S SHOTS OR
SCHOOL PHYSICAL!**

TO REDUCE WAIT TIME, CALL US TO MAKE AN APPOINTMENT.
MORNING, AFTERNOON AND EARLY EVENING APPOINTMENTS
AVAILABLE.

☎ (402) 562-7500




¿LISTO PARA LA ESCUELA?

¿MOCHILA?	<input checked="" type="checkbox"/>
¿LÁPICES?	<input checked="" type="checkbox"/>
¿CRAYOLAS?	<input checked="" type="checkbox"/>
¿VACUNAS?	<input type="checkbox"/>
¿EXÁMEN FÍSICO?	<input type="checkbox"/>

**LOS NIÑOS NECESITAN VACUNAS ANTES DE IR A LA
ESCUELA.
PROTEJA A SU HIJO DE LAS ENFERMEDADES.
¡LLÁMENOS PARA PROGRAMAR LAS VACUNAS DE SU
HIJO O EL EXAMEN FÍSICO DE LA ESCUELA!**

PARA REDUCIR EL TIEMPO DE ESPERA, LLÁMENOS PARA
HACER UNA CITA. CITAS DISPONIBLES POR LA MAÑANA, POR
LA TARDE Y TEMPRANO EN LA NOCHE.

☎ (402) 562-7500




7th Grade Class Fundraiser!

WE NEED YOUR SUPPORT

St. Edward Public School | Online Fundraiser
Please help St. Edward Public School reach our goal by purchasing from our fundraiser. The sale ends on 04/04/2025, so don't wait to order! Members of our group will deliver your products when they arrive. You...

My Fundraising Place

**Contact any 7th grader
or Mrs. Berggren to order!**

Last Day to order is
April 4th!





2025 GOLDENROD CONFERENCE ART SHOW

**APRIL 28-29,
2025**

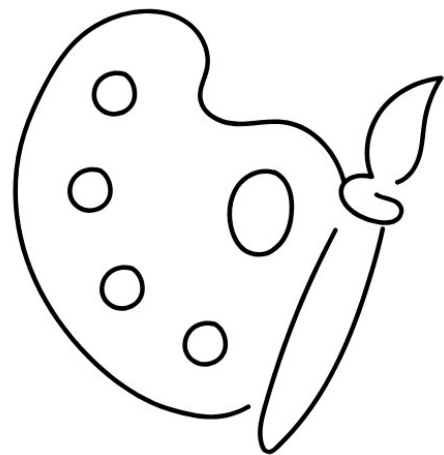
Open To The Public
4:00Pm - 6:00pm
At the St Edward High School Gym

For More Details

Host: Hayley Koch

Email: hkoch@sted.esu7.org

**AWARDS PRESENTATION
FOR GRC STUDENTS AND
TEACHERS ONLY ON
APRIL 30TH @ 1:00PM**



OPEN HOUSE preschool

Come meet the teacher & check out the class room!

Monday, April 7th
@ 5:30 pm

Please bring your child's birth certificate, registration form, and immunization record!



I NEED TO STAY HOME IF...

I HAVE A FEVER	I AM VOMITING	I HAVE DIARRHEA	I HAVE A RASH	I HAVE HEAD LICE	I HAVE AN EYE INFECTION	I HAVE BEEN IN THE HOSPITAL
Temperature of 100 degrees F or higher	Within the past 24 hours	Within the past 24 hours	Body rash with itching or fever	Itchy head, active head lice	Redness, itching, and/or pus draining from eye	Hospital stay and/or emergency room visit

I AM READY TO GO BACK TO SCHOOL WHEN I AM...

Fever free without the assistance of medication for 24 hours (i.e., Tylenol, Motrin, Advil)	Free from vomiting for 24 hours.	Free from diarrhea for 24 hours.	Free from rash, itching or fever. I have been evaluated by my doctor if needed.	Treated with appropriate lice treatment at home.	Free from drainage and/or have been evaluated by my doctor if needed.	Released by my medical provider to return to school.
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If your child has strep throat or another bacterial infection, he/she should stay home until the antibiotic has been given for at least 24 hours and your health care provider has given permission for your child to return to school. We encourage you to seek medical attention when your child is sick and to follow your health care provider's recommendations about returning to school and other activities.

HOW OFTEN TO REPLACE THESE HOUSEHOLD ITEMS



Sponge
When it's stinky



Shower Curtain Liner
3 months



Microwave Charcoal Filter
6 months



Toilet Brush
6-12 months



Bed Pillows
1-2 years



Bath Mat
18-24 months



Sheets
2 years



Bath Towels
2 years



Non-Stick Cookware
5 years



Mattress
6-8 years



Couch
7-15 years



Throw Pillow
5-10 years



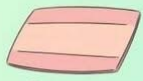
Duvet inset
10-15 years



Smoke Detector
10 years



Small Kitchen Appliances
10-12 years



Doormat
When the bristles wear down



Curtains
When they're faded, stained or frayed



Buffalo County Sheriff's Office

EIGHTEEN APPS PARENTS SHOULD KNOW ABOUT



LIVE.ME IS A LIVE-STREAMING VIDEO APP THAT USES GEOLOCATION TO SHARE VIDEOS. SO USERS CAN FIND OUT A BROADCASTER'S EXACT LOCATION. USERS CAN EARN "COINS" AS A WAY TO "PAY" MINORS FOR PHOTOS.



CALCULATOR% IS ONLY ONE OF SEVERAL SECRET APPS USED TO HIDE PHOTOS, VIDEOS, FILES, AND BROWSER HISTORY.



HOLLA IS A SELF PROCLAIMED "ADDICTING" VIDEO CHAT APP THAT ALLOWS USERS TO MEET PEOPLE ALL OVER THE WORLD IN JUST SECONDS. REVIEWERS SAY THEY HAVE BEEN CONFRONTED WITH RACIAL SLURS, EXPLICIT CONTENT, AND MORE.



DISCORD IS AN APP THAT ALLOWS USERS TO TALK TO FRIENDS AND STRANGERS IN REAL-TIME VIA VOICE, TEXT, OR VIDEO CHAT WHILE PLAYING VIDEO GAMES. REVIEWERS SAY THEY HAVE BEEN CONFRONTED WITH RACIAL SLURS, EXPLICIT CONTENT, AND MORE.



ASK.FM IS KNOWN FOR CYBER BULLYING. THE APP ENCOURAGES USERS TO ALLOW ANONYMOUS PEOPLE TO ASK THEM QUESTIONS.



ROBLOX IS AN ONLINE GAMING PLATFORM WITH A CHAT FUNCTION. UNDERAGE USERS HAVE HAD ISSUES WITH SOLICITATION FROM SEXUAL PREDATORS.



WHATSAPP IS A POPULAR MESSAGING APP THAT ALLOWS USERS TO SEND TEXTS, PHOTOS, VOICEMAIL, MAKE CALLS, AND VIDEO CHATS WORLDWIDE. WHATSAPP USES AN INTERNET CONNECTION ON SMARTPHONES AND COMPUTERS.



KIK ALLOWS ANYONE TO CONTACT AND DIRECT MESSAGE YOUR CHILD. KIDS CAN BYPASS TRADITIONAL TEXT MESSAGING FEATURES. KIK GIVES USERS UNLIMITED ACCESS TO ANYONE, ANYWHERE, ANYTIME.



WHISPER IS AN ANONYMOUS SOCIAL NETWORK THAT PROMOTES SHARING SECRETS WITH STRANGERS. IT ALSO REVEALS A USER'S LOCATION SO PEOPLE CAN MEET UP.



BUMBLE IS SIMILAR TO THE POPULAR DATING APP "TINDER" HOWEVER, IT REQUIRES WOMEN TO MAKE THE FIRST CONTACT. KIDS HAVE BEEN KNOWN TO USE BUMBLE TO CREATE FAKE ACCOUNTS AND FALSIFY THEIR AGE.



BADOO IS A DATING AND SOCIAL NETWORKING APP WHERE USERS CAN CHAT, SHARE PHOTOS, AND VIDEOS AND CONNECT BASED ON LOCATION. WHILE THE APP IS INTENDED FOR ADULTS ONLY, TEENS ARE KNOWN TO CREATE PROFILES.



GRINDR IS A DATING APP GEARED TOWARDS LGBTQ+ PEOPLE. THE APP GIVES USERS OPTIONS TO CHAT, SHARE PHOTOS, AND MEET UP BASED ON A SMART PHONE'S GPS LOCATION.



SKOUT IS A LOCATION-BASED DATING APP AND WEBSITE. WHILE USERS UNDER 17 YEARS OLD ARE UNABLE TO SHARE PRIVATE PHOTOS, KIDS CAN EASILY CREATE AN ACCOUNT USING A DIFFERENT AGE.



SNAPCHAT IS ONE OF THE MOST POPULAR APPS IN RECENT YEARS. WHILE THE APP PROMISES USERS CAN TAKE A PHOTO/VIDEO AND IT WILL DISAPPEAR, NEW FEATURES INCLUDING "STORIES" ALLOWS USERS TO VIEW CONTENT FOR UP TO 24 HOURS. SNAPCHAT ALSO ALLOWS USERS TO SEE YOUR LOCATION.



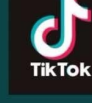
HOT OR NOT ENCOURAGES USERS TO RATE YOUR PROFILE, CHECK OUT PEOPLE IN THEIR AREA, AND CHAT WITH STRANGERS. THE GOAL OF THIS APP IS TO HOOK UP.



OMEGLE IS AN ONLINE CHAT SITE WHERE REGISTRATION IS NOT REQUIRED. USERS ARE ABLE TO CHAT ANONYMOUSLY VIA VIDEO, PRIVATE CHATS, OR GROUP CHATS. CHILD PORNOGRAPHY HAS BEEN AN ISSUE ON THIS SITE.



MEEMEE IS A DATING SOCIAL MEDIA APP THAT ALLOWS USERS TO CONNECT WITH PEOPLE BASED ON GEOGRAPHIC PROXIMITY. AS THE APP'S NAME SUGGESTS, USERS ARE ENCOURAGED TO MEET EACH OTHER IN PERSON.



TIKTOK IS A MOBILE DEVICE APP POPULAR WITH KIDS USED FOR CREATING AND SHARING SHORT VIDEOS. WITH VERY LIMITED PRIVACY CONTROLS, USERS ARE VERY VULNERABLE TO CYBER BULLYING AND EXPLICIT CONTENT.



APPS PARENTS SHOULD KNOW



SNAPCHAT allows users to send photos and videos that disappear after they're received, but pictures don't completely disappear from a device and users can take a screenshot before an image vanishes.



SKOUT is a location-based dating app and website. While users under 17 are unable to share private photos, kids can easily create an account using a different age.



Grindr is a networking site for "public" conversations or direct messages. It also has been used for bullying or harassment.



OMEGLE lets users chat with strangers through text or video in real-time, with no registration required. While it can be used for casual conversations, users have reported encountering inappropriate content, cyberbullying, explicit material, and even predatory behavior.



INSTAGRAM is a photo/video sharing app. Profiles can be public, allowing anyone to see or comment. Teens can create fake accounts to hide content and use the messaging feature.



GRINDR is a dating app geared toward gay, bi, and transgender people. The app gives users options to chat, share photos and meet up based on a smart phone's GPS location.



WHATSAPP is a messaging app that allows users to send texts, photos, voicemails, make calls and video chats worldwide. The app uses an internet connection on smart phones and computers.



BADOO is a dating and social networking app where users can chat, share photos & videos and connect based on location. While the app is for adults, teens are known to create profiles.



ROBLOX is an online gaming platform where users can play games designed by others or create and share their own. Be aware of in-app purchases and features. "crazy" games and using "hugs" to communicate if chat is blocked.



BADOO is a dating and social networking app where users can chat, share photos & videos and connect based on location. While the app is for adults, teens are known to create profiles.



KIK allows anyone to contact and direct message your child. Kids can bypass traditional text messaging features. KIK gives users unlimited access to anyone, anywhere, anytime.



HOLLA is a dating app where users can browse photos, engage in chats, send private videos and more. Based on GPS location of phone, strangers can arrange to meet up locally.



DISCORD allows users to talk to friends or strangers in real-time via voice/text or video chat while playing games. Users have seen racial slurs, explicit content, cyberbullying and more.



MEEMEE is a dating social media app that allows users to connect with people based on geographic proximity. As the app's name suggests, users are encouraged to meet each other in person.



WHISPER is an anonymous social network that promotes sharing secrets with strangers. It also reveals a user's location so people can meet up.



MONKEY is a live video chat app that connects users to random strangers worldwide, offering group chat and private message options. Rated for 12+, but has mild sexual content and nudity.



AMONG US is a space-themed online multiplayer social game where players can message and chat with each other.



ASKFM is known for cyber bullying. The app encourages users to allow people to ask and chat anonymously with them in 40 different languages.



HOLLA is a video chat app that allows users to meet people all over the world in seconds.



BEST SECRET FOLDER is specifically meant to hide photos and videos. It features password protection, decoy videos and alarm settings.



LIVE.ME is a live-streaming video app that uses geolocation to share videos to users can find out a broadcaster's exact location. Users can earn "coins" to pay minors for photos.



YIK YAK is a location-based network app to connect with people around your location. It is an anonymous virtual bulletin board known for bullying.



CALCULATOR% is only one of several secret apps used to hide photos, videos, files and browser history.



REDDIT is a chat/discussion board app. Users can post whatever they want without identity verification. Reviewers have been confronted with racial slurs, explicit content & more.

Apps change daily, and this list is not conclusive nor permanent. Woodstock Police Department encourages ongoing conversations with your children about social media, guidelines and the associated dangers and risks.

MY SELF-CARE RULES

Always try

Learn from my mistakes

Trust my feelings

Don't be afraid to say yes

Love myself

Laugh often

If something seems wrong, don't do it

Forgive, even if it's difficult

NO Don't be afraid to say no

Do everything possible to make my dreams come true

Keep my head high

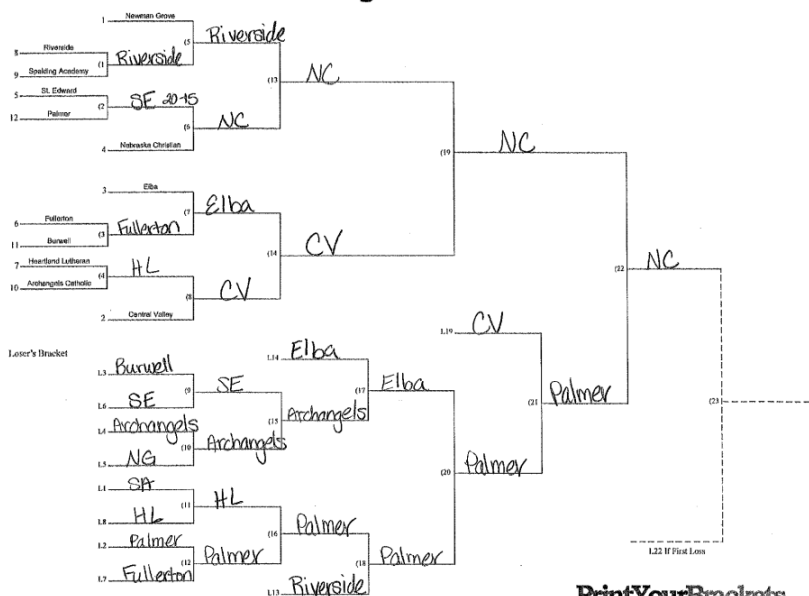
Believe in myself

Enjoy life, every day



Winner's Bracket

2025 High School Bracket



High School Quiz Bowl competed in Conference at Heartland Lutheran High School!

April

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 5 th ELA 8:15-9:30 State FFA	3 6 th ELA 8:15-9:30 State FFA	4 State FFA	5
6 State FCCLA	7 3 rd / ₄ th ELA 8:15-9:30 State FCCLA	8 ACT Make Up 5 th Math 8:15-9:30 HS Track/JH Track State FCCLA	9 6 th ELA 8:15-9:30	10 K-2 MAPS 3 rd / ₄ th Math 8:15-9:30 JH Track	11 K-2 MAPS	12
13	14 7-12 MAPS Periods 1-4 & ACCESS	15 7-12 MAPS Periods 5-8 & ACCESS	16	17 1:30 Dismissal HS Track JH Track	No School 18	19
20	No School 21	22 ACT Make Up	23 JH Track	24 3-6 MAPS HS Track	25 3-6 MAPS District Music	26
27	28 HS Track	29 JH Track	30 GRC Art 4pm			



ST. EDWARD PUBLIC SCHOOL

HONOR ROLL

3rd Quarter 2024-2025

All-A Honor Roll

All grades 94 and above

12th Grade

Jerel Matchett
Trinity Sindelar

11th Grade

Ryan Cumming
Narali Irineo Gallardo
Victor Lagunes
Olivia Reardon
Claire Tibor

10th Grade

Arlette Irineo Gallardo
Noah Ketelsen

9th Grade

8th Grade

7th Grade

Isabelle Laska
Quetzalli Carvajal Hernandez

A Honor Roll

Average grades of 94 or higher, no grade below 88, only one grade below 92

12th Grade

Carter Anson
Alli Brauner
Rebekah Ketelsen
Anthony Reader
Kendra Werner

11th Grade

Dennis Gallardo Bernal
Macy Reardon

10th

Kalvin Sindelar
Kate Werts

9th Grade

Parker Fitchner
Jocelin Gallardo Bernal
Bristol Laska

8th Grade

Shinel Justus

7th Grade

Payton Kula
Saphira Pohl
Jacob Reardon
Ali Werts

B Honor Roll

Average grades of 88, no grade below 85, only one grade below 86

12th Grade

Shae Murphy
Marcos Paez

11th Grade

Emily Cruz Sanchez

10th Grade

Ryder Beekman
Abner Carvajal Hernandez

9th Grade

Zaiden Heusman
Triton Sindelar

8th Grade

7th Grade

Addison Applegarth

HIP HIP HOORAY!

*St. Edward Public School presents:
3rd Quarter perfect attendance*

AWARDED TO:

Douglas Borthwick

Evelyn Cruise

Morgan Cumming

Jasper Ditter

Kohen Fritzges

Sophia Gracia

Hip Gray

Alexander Hernandez

Irineo

Emanuel Hernandez Irineo

Oliver Roberts

Tucker Shotkoski

Jameson Spath

Hunter Strilivsky

Brooklyn Tenski

Adalynn Trube

Bennett Werts

Easton Zuniga

Kalany Irineo Gallardo

Samuel Garcia Martinez

Rayna Johnson

Tanner Johnson

Isis Martinez Uriostegui

Jase Nitzel

Emily Olson



**You are invited to
Family Literacy Night
At St. Edward Public School
On April 3, 2025
Time: 5:30 p.m.**

**Join us for an evening with local author, Brody Kelley from Albion.
Brody will be sharing his books with us as well as sharing how he
became a published author. This is also a chance for you to learn
more about our Title 1 program.**



If you would like to purchase a book for your child to have autographed, they can be bought off of Amazon for \$11.99 a piece.

For planning purposes, please indicate your child's name and if you plan on attending. Your child must be accompanied by an adult. (if your plans change that is fine)

___ yes, we plan on attending

___no, we can not attend

Name _____

Please return by Monday, March 24.

Thanks!
Mrs. Stone

POWERSCHOOL APP -AND- ST.EDWARD PUBLIC SCHOOLS WEBSITE APP

stay connected! Everything you need to know-right in your pocket!



PowerSchool Device Requirements:
Mobile apps require the following operation system
version installed on your device:

Mobile App	OS
PowerSchool Mobile (iOS) v25.1.2	iOS 13.0+ (iPhone, iPad, iPod Touch)
PowerSchool Mobile (Android) v25.1.2	Android 8.0+

Keep up to date on:
Schedules-grades-
attendance-dining-
news-staff-and more!

Go to the website and search "quicklinks" for
important documents regarding your student!

Need to plan an appointment for your child? Find
next year's academic calendar on the website
under "quicklinks" or use the website calendar!

Download the PowerSchool app to get instant
access to your child's attendance, grades, behavior,
and more!



Want to see the newsletter in color? Go to
www.stedpublicschool.org

B E A V E R S

Download the Apps to stay up-to-date on back to
school information!

Want to know what time your child is in a
certain class? Download the app to see for
yourself!

Prioritize Your Physical Well-Being

Your physical health and well-being are of the utmost importance – it's the key to being happy and healthy. Here are some quick tips to help you prioritize your physical well-being.



Eat Healthy

Make small changes in your eating habits to help protect you from heart disease, bone loss, diabetes, and high blood pressure.



Drink Your Water

Drinking water can help you lose weight and reduce fluid retention. Proper hydration is the key to good health.



Exercise Regularly

Exercise can help improve your stability, balance, and coordination. It can help control your blood pressure, blood sugar, weight, raise your good cholesterol, and help to prevent heart disease and diabetes.



Watch Your Weight

It's important to your overall health to achieve and maintain a healthy weight. Being overweight can lead to serious health problems, affecting both your well-being and health care costs.



Manage Your Stress

Keeping your stress in check can help you sleep better, improve concentration, and have an overall feeling of calmness.



Avoid Tobacco and Limit Alcohol Consumption

Alcohol and tobacco use are linked to an increased chance of developing chronic conditions. Quitting smoking and limiting or avoiding alcohol can help combat such risks.



Get Routine Checkups

Visit your doctor regularly to receive preventive care to help you maintain your overall well-being and help identify potential illness early.



Get Enough Sleep

Lack of sleep can wreak havoc on your physical and mental health as well as your productivity at work. Aim to get at least seven hours of sleep each night.

Effective Strategies for Managing Anxiety and Stress

In today's fast-paced world, anxiety and stress are common companions. However, they can intensify with the constant stream of news, current events, or unexpected situations that could impact your well-being.

Is it Anxiety or Stress?

Stress is any demand placed on your mind or body, typically caused by an external trigger.

Anxiety is persistent, excessive worries that persist even in the absence of a trigger.

Anxiety and stress can cause mental and physical symptoms like irritability, fatigue, muscle pain, and sleep issues.

Anxiety and Stress Can Be Managed with Similar Coping Strategies. Here Are Some General Tips to Help:

Avoid Doomscrolling: Consuming too much negative news or social media can be harmful. Focus on facts, not speculation.

Be Mindful: Mindfulness and meditation can calm racing thoughts and help you stay present.

Be Physically Active: Take a mental break and focus on your body; exercise boosts mood-boosting brain chemicals.

Maintain Sleep Habits: Even when anxious, try to stick to your sleep routine. Rest is crucial for emotional balance.

Eat Healthy, Balanced Meals: Healthy eating is essential for your overall physical and mental health, improving your ability to navigate stress during challenging times.

Try Breathing Exercises: By practicing deep, controlled breathing with extended exhalations, you can decrease your heart rate and blood pressure.

Take the Time to Unwind: Engage in enjoyable activities like hobbies, crafts, or writing, for a positive distraction.

Connect with Others: Strong relationships create belonging and offer a space to share experiences, improving your situation and feelings.

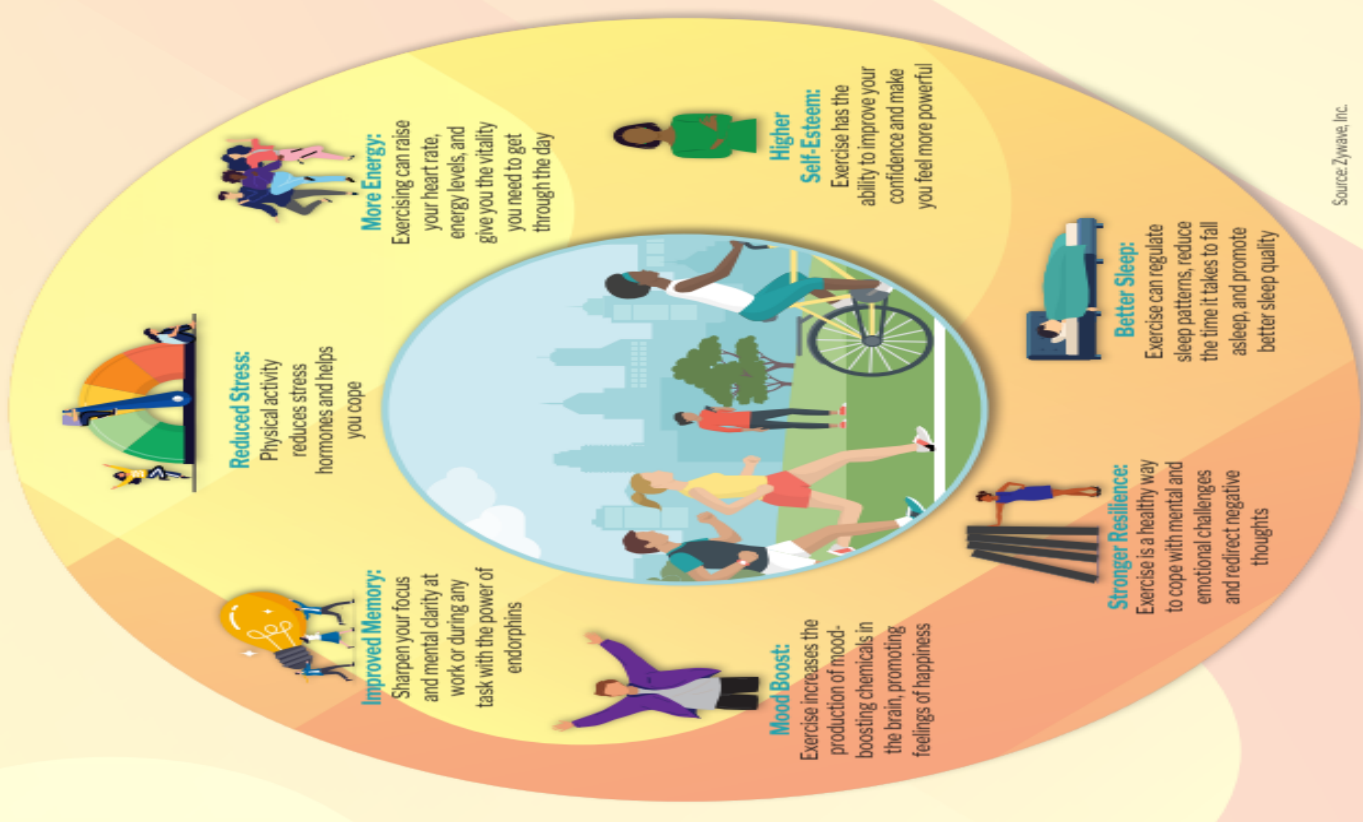
Be Transparent: Talk to your manager if your stress/anxiety stems from work-related situations. There may be ways that they can help.

Reach Out for Help: Feeling anxious or stressed? Don't suffer alone. Talk to your doctor or employer for mental health support.

If you're worried about your mental health, reach out to a doctor, mental health professional, or call the Substance Abuse and Mental Health Services Administration's National Helpline at 800.662.HELP (4357).

The Mental Health Benefits of Exercise

Incorporating exercise into your daily routine can help improve your mental health by reducing anxiety, depression, and a negative mood.

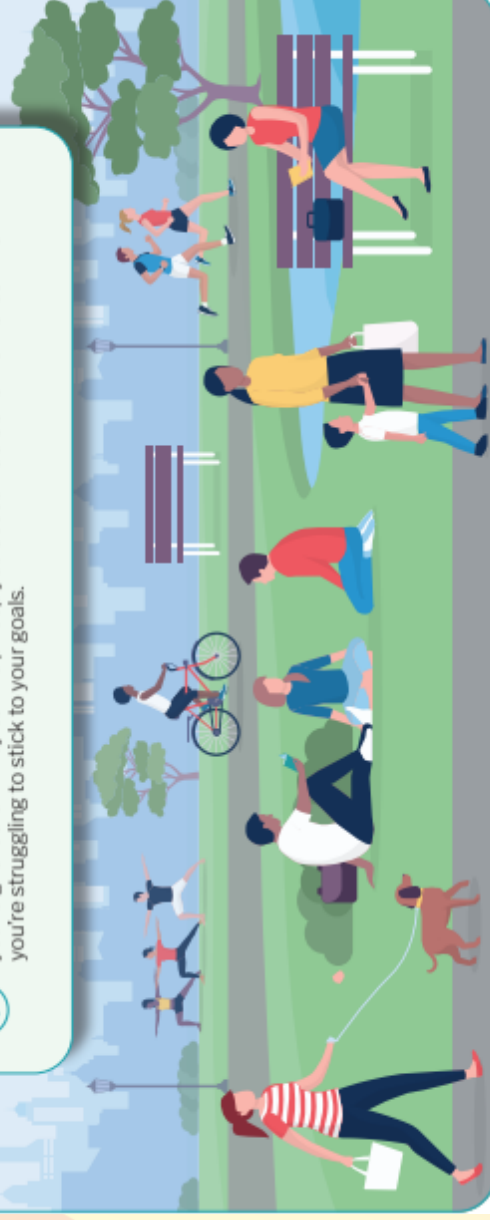


Source: Zylwave, Inc.

Simple Strategies for Digital Detoxing

Technology is integral to our lives, but overuse can impact mental health, causing anxiety, stress, and tech addiction. A digital detox, a temporary break from devices or social media, can alleviate these issues, improving well-being and productivity. Here are some effective strategies for a digital detox:

- ✓ **Turn off notifications:** Reduce distractions by disabling your notifications to boost productivity.
- ✓ **Use digital detox tools:** Many devices offer tools to silence notifications or disable apps temporarily, helping reduce smartphone overuse and social media's negative impact.
- ✓ **Start your day tech-free:** Begin your day with activities like exercise, outdoor time, or a healthy breakfast to boost brain health and set a positive tone, avoiding phone scrolling that can cause anxiety.
- ✓ **Take periodic breaks from technology:** Consider setting daily limits on social media use or scheduling specific phone times; choose face-to-face conversations instead of relying on your phone.
- ✓ **Create gadget-free zones:** Designate specific areas in your home, like dining rooms and bedrooms, as tech-free zones to enhance presence and promote activities like baking, reading, and playing games.
- ✓ **Reach out for support:** Family and friends can offer emotional support during your digital detox. They can help keep you accountable and motivated when you're struggling to stick to your goals.



Summer Reading Skills

PROGRAMS



NEBRASKA
WESLEYAN
UNIVERSITY

Courses designed and taught by
instructors from the Institute
of Reading Development and
offered in partnership with
Nebraska Wesleyan University



INSTITUTE OF
READING
DEVELOPMENT



Phonics
Fluency
Comprehension
Love of Reading
Study Skills
Reading Speed

Program for 4-Year-Olds and Entering Kindergartners

Your child will learn to read in this exciting program. Children learn letter recognition, beginning phonics, and easy sight words while developing a real love of books. By the end of the program your child will read simple words and sentences and be confident about reading.

Program for Entering 1st Graders

Your child will learn to read independently in this fun program. Children learn the most important first grade reading skills—phonics, sight words and comprehension—and develop a love of reading. Your child will start the school year confident, enthusiastic, and ready to succeed.

Program for Entering 2nd Graders

In this fun program, your child will become a confident, enthusiastic reader. Children build strong phonics skills and improve reading fluency and comprehension. Your child will develop a love of reading and get off to a great start in second grade.

Program for Entering 3rd Graders

In this fun program, your child will become a strong, enthusiastic reader who loves books. Children improve decoding skills, fluency, comprehension, and vocabulary, so they start third grade confident about reading and excited to learn.

Program for Entering 4th and 5th Graders

In this fun and effective program, your child will become a more skilled, confident reader. Students improve comprehension and fluency in fiction and nonfiction and expand their vocabulary. As a result, your child will complete homework more easily, get better grades, and enjoy reading more.

Program for Entering 6th, 7th, and 8th Graders

In this program, your child will become a stronger reader and a more confident, motivated student. Students double reading speed and improve comprehension and focus in fiction and nonfiction, both in print and online. Your child will expand vocabulary and learn note-taking, test-taking, and study strategies that result in higher grades and test scores.

Program for Entering 9th, 10th, and 11th Graders

This program will set your son or daughter up for academic success in high school. Students learn to read twice as fast and increase comprehension and focus in fiction and nonfiction, both in print and online. They expand vocabulary and develop effective study and test-taking strategies, leading to better exam scores and higher grades.

FOR MORE INFORMATION OR TO REGISTER
Call 1-800-715-2808

Mon.-Fri. 7am-9pm, Sat. 7am-6pm, and Sun. 9am-5pm

PLEASE SEE REVERSE SIDE FOR CLASS SCHEDULE





"Nebraska Wesleyan University is delighted to offer programs that help students become confident and skilled readers. I recommend parents learn more and consider enrolling their children."

Graciela Caneiro-Livingston, Provost



Class Schedules

All programs meet once each week. Tuition varies by grade level. Please ask about our family discount.

Interested in more options? Give us a call.

4-Year-Olds and Entering Kindergartners:

Sat. May 31-June 28, 11:00am-12:15pm
Sun. June 1-June 29, 9:30am-10:45am
Mon. June 2-June 30, 11:00am-12:15pm
Tues. June 3-July 1, 1:15pm-2:30pm
Sat. June 14-July 19, 11:00am-12:15pm
Sat. July 12-August 9, 11:00am-12:15pm
Sun. July 13-August 10, 9:30am-10:45am

Entering 1st Graders:

Sat. May 31-June 28, 1:15pm-2:30pm
Sun. June 1-June 29, 11:00am-12:15pm
Mon. June 2-June 30, 2:45pm-4:00pm
Tues. June 3-July 1, 9:30am-10:45am
Sat. June 14-July 19, 1:15pm-2:30pm
Sat. July 12-August 9, 1:15pm-2:30pm
Sun. July 13-August 10, 11:00am-12:15pm

Entering 2nd Graders:

Sat. May 31-June 28, 9:30am-10:45am
Sun. June 1-June 29, 11:00am-12:15pm
Mon. June 2-June 30, 1:15pm-2:30pm
Tues. June 3-July 1, 2:45pm-4:00pm
Sat. June 14-July 19, 9:30am-10:45am
Sat. July 12-August 9, 9:30am-10:45am
Sun. July 13-August 10, 11:00am-12:15pm

Entering 3rd Graders:

Sat. May 31-June 28, 9:30am-10:45am
Sun. June 1-June 29, 1:15pm-2:30pm
Mon. June 2-June 30, 9:30am-10:45am
Tues. June 3-July 1, 11:00am-12:15pm
Sat. June 14-July 19, 9:30am-10:45am
Sat. July 12-August 9, 9:30am-10:45am
Sun. July 13-August 10, 1:15pm-2:30pm

Entering 4th and 5th Graders:

Sat. May 31-June 28, 11:00am-12:15pm
Sun. June 1-June 29, 9:30am-10:45am
Mon. June 2-June 30, 11:00am-12:15pm
Tues. June 3-July 1, 4:15pm-5:30pm
Sat. June 14-July 19, 11:00am-12:15pm
Sat. July 12-August 9, 11:00am-12:15pm
Sun. July 13-August 10, 9:30am-10:45am

Entering 6th, 7th, and 8th Graders:

Sat. May 31-June 28, 9:30am-10:45am
Sun. June 1-June 29, 1:15pm-2:30pm
Mon. June 2-June 30, 9:30am-10:45am
Sat. July 12-August 9, 9:30am-10:45am

Entering 9th, 10th, and 11th Graders:

Sat. May 31-June 28, 1:15pm-2:30pm
Sun. June 1-June 29, 9:30am-10:45am

These live online programs are offered in partnership with **Nebraska Wesleyan University**.
Classes are designed and taught by instructors from the Institute of Reading Development.



FOR MORE INFORMATION OR TO REGISTER

Call 1-800-715-2808

Mon.-Fri. 7am-9pm, Sat. 7am-6pm, and Sun. 9am-5pm

INQUIRE EARLY! CLASS SIZE IS LIMITED.



FFA Celebrates National FFA Week!

The chapter hosted an Ag Olympics event where Marcos Paez won representing the senior class against fellow competitors Isaiah Ketelsen, Michael Roscoe, Jacob Reardon, and Bentley Roan. The chapter also hosted a coloring contest for the 4th through 6th grades. In the 4th grade the first, second, and third place winners were Morgan Cumming, Adalyn Armagost, and Nevaeh Shotkoski, respectively. In 5th grade winners were Hayley Werts, Cohen Fritzges, and Mason Hoffmeister in first, second, and third. Two students participated in the coloring contest in 6th grade with Anhelina Umanska taking first and Macy Alder taking second. The officers also completed craft activities with the Kindergarten through 3rd grade classes as part of National FFA Week.





Upcoming Activities

State FFA Convention is April 2-4, 2025 in Lincoln. There are 16 students attending the State FFA Convention to compete and participate!

The Annual FFA Banquet will be held Tuesday, April 15, at 6:30PM in the St. Edward School Gym. All are welcome to join us for recognition of our members' accomplishments!

The Chapter will be going on a points trip for those students who have accumulated at least 100 activity points throughout the year some time in April.

Students Qualify for State at CDEs!

On Friday, February 28th, Mrs. Meyer and FFA members loaded up and headed to Grand Island for District CDEs at CCC. The FFA members were looking to send more teams to state. Although Mrs. Meyer was nervous going into the day, she had nothing to worry about because not 1, not 2, but 3 teams qualified and punched their ticket to compete at State Convention in Lincoln during the first week of April.

The Floriculture team of Arlette Irineo (7th, blue), Rebekah Ketelsen (15th, red), Olivia Reardon (23rd, red), Macy Reardon (28th, white), Emily Cruz Sanchez (38th, white), and Dennis Bernal placed 3rd overall, qualifying for state.

The Livestock Management team of Carter Anson, Ryan Cumming, Rebekah Ketelsen, Olivia Reardon, and Josie Sock were District Runner-Ups and state qualifiers.

Finally, the Meats Evaluation team of Ryan Cumming (3rd, purple), Olivia Reardon (6th, blue), Josie Sock (12th, blue), and Parker Fitchner were District Runner-Ups and state qualifiers.

Also competing at District CDEs were the Natural Resources team of Carter Anson (13th, blue), Abner Carvajal, Katelyn Werts, and Calvin Sindelar, who placed 10th as a team, and the Agriscience team of Kolten Alder (16th, red), Parker Fitchner, Zaiden Heusman, Jocelin Bernal, and Triton Sindelar. Ryan Cumming also competed in MIG Welding, receiving 16th place.



Fruit Sales a Success!

Fruit sales were completed during the end of February, with fruit being delivered on March 11th. Members did a great job selling fruit to raise funds to support chapter activities such as the upcoming State FFA Convention.

A special thank you to everyone who supported the FFA Chapter by purchasing during our Fruit Sale!



7-12 School Supply List

-8 Notebooks—at least 2 College Ruled

-1 Package of Red, Black, and Blue pens

-2 Packages of Mechanical or Regular Pencils

-1 Package of Highlighters

-8 Pocket Folders

-8 Jumbo Book Covers

-1-3 Ring Binder

-1 Scientific Calculator

-3 Packages of Index Cards

-3 Boxes of Kleenex—

Take to your Access teacher or Class Sponsor's Room

-2 Bottles of Hand Sanitizer—

Take to your Access teacher or Class Sponsor's Room

-2 Bottles of Disinfectant Wipes—

Take to your Access teacher or Class Sponsor's Room

-Clothes-Shoes of P.E. Classes

ST. EDWARD PUBLIC SCHOOLS ELEMENTARY SCHOOL SUPPLY LIST

****Please label each individual item with your child's initials****

PRESCHOOL

- 1 Backpack**
- 1 glue stick**
- 1 box of Crayola crayons (24 pack)**
- 1 box of thick Crayola markers**
- 1 dry erase marker**
- 1 bottle of liquid glue**
 - **1 plastic pencil box**
 - **1 pair of child size scissors**
- **1 FULL change of clothing (shirt, shorts AND pants, 1-2 undergarments, socks)**
- **1 water bottle- labeled with name**

KINDERGARTEN

Kindergarten

- 1 Backpack- No Wheels**
- 1 Pair of Fiskar Scissors (Blunt Tip)**
- 1 Dozen Sharpened #2 Pencils**
- 4 Large Glue Sticks**
- 1 Large Eraser**
- 3 boxes of 24 Regular Size Crayons**
- 4 THIN Expo Markers**
- 1 Beach Towel or Blanket**
- 1 Pair of PE Shoes (non-marking sole)**
- 1 Pair of Headphones (NO earbuds!!)**
- 2 Boxes of Tissues**
- 3 Containers of Clorox Wipes**
- 1 Full Change of Clothes (shirt, pants, shorts, underwear, and socks)**

ST. EDWARD PUBLIC SCHOOLS ELEMENTARY SCHOOL SUPPLY LIST

****Please label each individual item with your child's initials****

1st Grade

- 1 Backpack—No Wheels
- 3 Boxes of Tissues
- 1 Pair of PE Shoes (non-marking sole, please)
- 1 pair of Friskar Scissors (Blunt Tip)
- 20 Sharpened #2 Pencils
- 1 Pair of Headphones (NO EARBUDS, PLEASE)
- 1 bottle Elmer's School Glue
- 4 Large Glue Sticks
- 2 boxes of -24 Count—Regular Size Crayons
- 1 Large Eraser
- 2 packages of -10—Basic Wide Tip— Washable Crayola Markers
- 1 Clear Plastic Tote or Shoe Storage Container (14x8x4 & 1/8 with lid)
- 2 Colored Ink Pens (Not Black)
- 1 Highlighter (any color)
- 1 Clear Plastic Pencil Box

2ND Grade

- *1 Backpack – no wheels
- *3 boxes of tissues
- *1 pair of P.E. shoes (non marking soles)
- *1 pair of scissors
- *1 box of colored pencils (12 count)
- *1 dozen sharpened #2 pencils
- *1 pair of headphones
- *4 glue sticks
- *1 box of crayons (24 count)
- *2 large erasers
- *1 box of wide tip markers
- *1 pencil box
- *1 highlighter (any color)
- *1 colored ink pen (NOT black)
- *4 dry erase markers
- *1 wide ruled notebook
- *2 containers of disinfectant wipes
- *1 bottle of hand sanitizer

ST. EDWARD PUBLIC SCHOOLS ELEMENTARY SCHOOL SUPPLY LIST

****Please label each individual item with your child's initials****

3RD Grade

- 1 Backpack—No Wheels
- 4 Boxes of Tissues
- 1 Pair of PE Shoes (non marking sole, please)
- 1 Pair of Fiskar Scissors
- 1 Box of —12 Count—Colored Pencils
- 1 Dozen #2 Pencils
- 1 Pair of Headphones
- 1 Bottle of Elmer's School Glue
- 2 Large Glue Sticks
- 1 Box of —24 Count or more— Crayons
- 2 Large Erasers
- 1 Package of Wide Tip Markers
- 1 Clear Plastic Tote or Shoe Storage Container (14x8x4 & 1/8 with lid)
- 1 Highlighter—Any Color
- 2 Colored Ink Pens (No BLACK, PLEASE)
- 6 Dry Erase Markers
- 2 Wide Ruled Notebooks
- 2 Black Sharpies—1 Regular—1 Fine Point
- 1 Folder
- Boys— Bring 2 bottles of hand sanitizer—girls bring 2 containers of disinfectant wipes

4TH Grade

- 1 Backpack—No Wheels
- 3 Boxes of Tissues
- 1 Pair of PE Shoes (non marking sole, please)
- 1 Pair of Fiskar Scissors
- 1 Box of —12 Count—Colored Pencils
- 1 Dozen #2 Pencils Or Mechanical Pencils
- 1 Pair of Headphones (to keep at school, no Bluetooth)
- 3 Large Glue Sticks
- 1 Box of —24 Count or more— Crayons
- 2 Large Erasers
- 1 Package of Markers
- 2 Highlighters—Any Color
- 2 Red Ink Pens
- 5 Dry Erase Markers (any color)
- 3 Single Ruled Notebooks
- 2 Black Sharpies—1 Regular—1 Fine Point
- 1-12 inch ruler (in/mm)

ST. EDWARD PUBLIC SCHOOLS ELEMENTARY SCHOOL SUPPLY LIST

****Please label each individual item with your child's initials****

5TH & 6TH Grade

1 Backpack—No Wheels

3 Boxes of Tissues

1 Pair of PE Shoes (non marking sole, please)

1 Pair of Fiskar Scissors

1 Box of -12 Count—Colored Pencils

1 Dozen #2 Pencils Or Mechanical Pencils

1 Pair of Headphones (to keep at school)

1 Bottle of Elmer's School Glue

2 Large Glue Sticks

1 Box of -24 Count or more— Crayons

2 Large Erasers

1 Package of Wide Tip Markers

1 Pencil Box

2 Highlighters—Any Color

2 Red Ink Pens

4 Dry Erase Markers

3 Single Ruled Notebooks

2 Black Sharpies—1 Regular—1 Fine Point

2 Pocket Folders

1-12 inch ruler (in/mm)

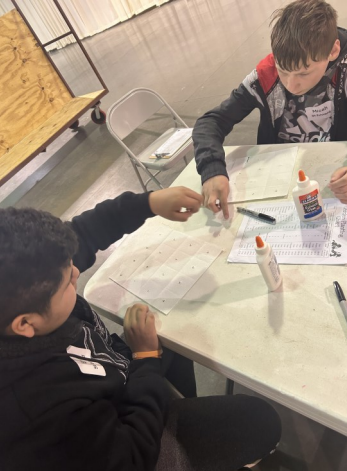
2 Containers of Disinfectant Wipes

1 Bottle of Hand Sanitizer





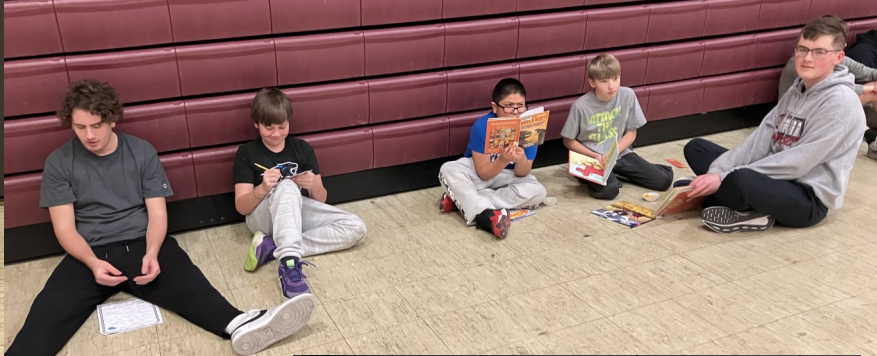
Planting carrots on paper towels!



5th & 6th grade
Healthy Habits
Day!-My Health,
My Choice!



Dr. Seuss Read Across America
Day!
Junior High and High School Stu-
dents paired up with elementary
students to read their favorite
books!



May Birthdays

John Laska-05/04

Wynne Talley-02/05

Lilith Peters -05/08

Paxtyn McCoy-05/09

Matt Justus -05/10

Katelyn Werts-05/14

Dafne Lopez Martinez-05/18

Kalany Irineo Gallardo-05/19

Bentley Roan 05/19

Rosella Labenz 05/23

Erik Vargas Bernal -05/24

Mr. Adam-05/26

Kalvin Sindelar -05/28

Samuel Garcia Martinez-05/29



April

Birthdays

Makyleigh Majerus-04/01

Eleanor Lawrence-04/04

Arlette Irineo Gallardo-04/05

Payton Kula-04/05

Brynlee Sindelar-04/06

Emanuel Hernandez Irineo-04/08

Kaylyn Steensnes-04/09

Macy Reardon-04/09

Trinity Sindelar-04/18

Ramzey Gallardo-04/19

Carter Anson-04/20

Macy Alder-04/26

Violet Talley-04/26

Bohen Christman-04/26

Addyson Shotkoski-04/29

Emiley Shotkoski-04/29



MAY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					HS Track-GRC- @ Humphry-10am	Graduation-2pm
				1	2	3
4	JH Track-GRC Meet- @ Fullerton-10am FFA Chapter Meeting-7pm	6	7	HS Track @ Mc Cool Junction- 9:30am LAST DAY OF 3 YEAR-OLD PRESCHOOL	Elementary Field Day -100pm	10
11	4 year old pre-school last day! 4 year-old pre-school graduation -2:30pm 12	13	14	Students Last day! HS District Track-10am 15	Staff Inservice Activities 16	17
18	19	20	21	22	23	ST. EDWARD ALUMNI BANQUET-6PM 24
25	26	27	28	29	30	31

APRIL



2025

SUN	MON	TUE	WED	THU	FRI	SAT
30	31	1 NCTA VISIT - 8:15AM K-12 SPRING CONCERT - 6:00PM	2 STATE FFA	3 STATE FFA HS TRACK @ OSCEOLA 9AM TITLE I PARENT MEETING / EVENT - 5:30	4 STATE FFA	5
6 STATE FFCLA	7 STATE FFCLA Preschool open house - 5:30pm FFA Chapter Meeting - 7pm	8 STATE FFCLA HS TRACK @ Fullerton 10am JH Track @ BC - 3pm	9 FFA Chapter Interviews - 5pm	10 JH Track @ Osceola - 9am	11	12
13	14	15 FFA Banquet - 6:30pm	16	17 1:30 DISMISSAL HS Track @ Burwell - 10am JH Track @ Humphrey - 1:00pm	18 NO SCHOOL - EASTER BREAK	19
20	21 NO SCHOOL - EASTER BREAK	22	23 JH Track @ Fullerton - 10am	24 HS TRACK @ FULLERTON - 9:30AM	25 DISTRICT MUSIC CONTEST	26
27	28 HS TRACK - CENTRAL NE TRACK CHAMPIONSHIPS @GI FFA POINTS TRIP - 12:30 HONORS PROGRAM - 1:30	29 JH TRACK @ TR - 9AM	30 SENIORS LAST DAY GOLDENROD ART CONTEST @ SE - 1:00PM		wld	

St. Edward Public Schools

P.O. Box C
St. Edward, NE 68660-0138
Phone: 402-678-2282
Fax: 402-678-2284

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

Upcoming Events:

April 17th-1:30 Dismissal-Teacher In-Service

April 18th-No School-Easter Break

April 21st-No School-Easter Break

April 30th-Seniors Last Day

May 3rd-Senior Graduation

May 15th-1:30 Dismissal-Students Last Day

May 16th-Teacher Workday

St. Edward Public Schools

P.O. Box C
St. Edward, NE 68660-0138

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