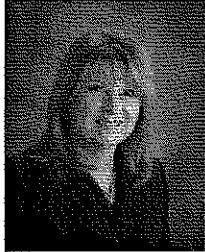




# The Beakon

September, 2013

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## A Message from Penny Hargrove, Superintendent

Dear Patrons:

The 2013-2014 school year is off to a great start. Our staffs have worked hard throughout the summer months to make sure the buildings and curriculums are in order for our students. Although we have fewer students, we are excited about the incredible opportunities we have this school year.

As we have in the past, our primary mission is to provide each and every student an exceptional learning environment with highly talented teachers, support staff, and resources. A priceless part of this mission is your involvement in your child's learning. As a community member you also play an important part. Your vast knowledge and experience in so many various areas can help our students prepare for college or the workforce once they graduate. Please get involved in our academics and activities.

We know and understand that occasionally perceptions will differ. Therefore, it is very important that we [parents, community members, and staff] communicate. We ask that the chain of command be honored. Please communicate first with the individual you have a concern with. If they cannot address your concerns, next visit with their supervisor. If that does not resolve the concern, please see me before calling upon a member of the Board of Education. Please, do not let issues go without exploring a resolution. By following the chain of command, problems will be solved more

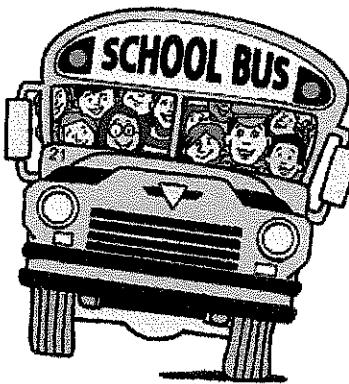
efficiently. Thank you, in advance, for working collaboratively with teaching staff to provide your child (ren) the very best learning environment.

USD 415 truly believes that communication is very important to the success of your child's education experience. In an effort to keep everyone up-to-date and informed, multiple sources of information have been established to make immediate information available to you. These sources are on our webpage at [www.hiawathaschools.com](http://www.hiawathaschools.com); Facebook at [www.facebook.com/hiawathapublicschoolsUsd415](http://www.facebook.com/hiawathapublicschoolsUsd415); Twitter at [www.twitter.com@hhredhawks](http://www.twitter.com@hhredhawks); and/or Textcaster alerts, sponsored by Morrill & Janes Bank. To sign up for Textcaster, please go to our district webpage, click the links and complete the sign up form. You are also welcome to contact me with your questions or concerns at [phargrove@usd415.org](mailto:phargrove@usd415.org), telephone at 785-742-2266, or stop by the office in person. I cannot express how excited I am about this school year and all the exceptional learning experiences our students and staff will have.

*Penny Hargrove*

# Still looking for Before or After School Care?

Bus Transportation is provided to and from school.



## **Before School Care ~ \$25 per week**

Includes care from 7-8am and late start mornings at no additional fee and breakfast served every morning at 7:30 am.

## **After School Care ~ \$25 per week**

Includes care from 3:30 to 6pm with snack served at 3:30 every day.

## **Kindergarten Care ~ \$35 per Friday**

Includes care from 7am to 6pm with breakfast, lunch and snack served daily, with educational activities throughout the day.



**Little Hands Childcare and Development Center**  
**200 East Lodge Road**  
**Hiawatha, KS 66434**  
**740-2012**

## **Bullying Policy**

The board of education prohibits bullying in any form, either by any student, staff member, or parent towards a student or by a student, staff member, or parent towards a staff member on or while using school property, in a school vehicle or at a school-sponsored activity or event. For the purposes of this policy, the term "bullying" shall have the meaning ascribed to it in Kansas law.



## **\$10 CAN GO FAR...**

We all know that \$10 doesn't go very far these days. My \$10, together with your \$10, and her \$10, and his \$10, and their \$10, etc. can go a lot farther than you might think, though. \$10 is still all it takes to join the HHS Booster Club, and together, we can make a difference for both the students and the activities and programs at HHS. Last year alone, the HHS Booster Club purchased the following items: Football goal post pads, 2 sets of side line yard markers, 6 hand shield dummies (for BB too), 3 basketball coaching boards, KBA pregame coaching board, Turbo Stats Evolution software and i-pad, refurbished the scorer's table, 3 BB defensive mannequins, Indoor tennis net with posts, 22 dozen golf balls, women's discus, 4 softball bats, 2 cheerleader warm up sets, 3 sets of spirit signs, a subscription to Huddle Scouting Software for all sports. We also sponsored the pep bus for out of town games. Additionally, we assisted the school in covering the cost of t-shirts, as well as meal and travel expenses of the HHS athletes who qualified for state competitions. On top of that, we awarded 5-\$250 scholarships to graduating seniors. The HHS Booster Club needs your support, but more importantly, the students and activities and programs at HHS need your support. Please join today! Look for the membership booths at home sports events, or contact Kim Nolte at 785-741-3998 or Courtney Riley at 785-742-2937 for more information.



Do you use the Red Hawk Car Wash?

The Junior Parents After Prom are selling Red Hawk Car Wash Prepaid Cards. By purchasing a Red Hawk Car Wash Card, you get 10% more than you paid for on the card, plus the After Prom Committee gets 10% of the amount. So if you purchase a card for \$25 dollars, you will get \$27.50 to spend at the car wash and the committee gets \$2.50. These cards can be recharged at the car wash and each time you get 10% more and the After Prom will also get a donation of 10% through the end of the year. Cards can be purchased from Pam Smith 741-5563 or Linda Lock at 741-2084.

## **News from HES**

### **Tom Schmitz, Principal**



Welcome back, a special welcome to all the new families.

HES is off to a great start. I appreciate everyone adjusting to the new parking and entrance into the school. With these changes, I believe, we have improved the safety of our children. In the afternoon it is wonderful how no one is entering the drive until after the busses have left. Once the busses have left you can pull along the curb to pick up children even though it says bus lane, and use the car lane to exit. Remember to only enter the parking lot off the east side of the drive and do not enter the parking lot off of Miami Street.

Recently, you were given a note letting you know about the new "sensory" room we have in the school. This should be a great addition for students with these needs. Feedback on this room is helpful and encouraged.

Communication and family-school relationships are important to the school success of the children. Our desire at HES is to have you start off on the right foot. You are always free to call the office and set up a meeting with me to discuss any concerns. It is best to first talk with your child's teacher or email them if you have concerns about something in the classroom.

In an effort to help with communication, here are a few suggestions. First, please try to check backpacks daily and read the information coming from the school. The school website, [www.hiawathaschools.org](http://www.hiawathaschools.org), is a valuable resource. On the elementary section of this website, we will put most of information that is sent home from the office. Notes sent home from individual teachers will not be put on the website. The school website also has the school calendar which gives times and dates for most of the school activities in the district.

The **PTA** is a way to become active at the school and thus also helping with communication. I would encourage all of you to consider joining the organization and look for ways to volunteer and become active in the school. The PTA meets six times a year, with the first one scheduled for September 26<sup>th</sup> at 6:15 p.m. If you have any questions, please call the office.

Communication in the area of **attendance** is required. I recommend that everyone read over this section of the handbook. If your child is absent, you will need to call by 9:00 a.m. If there is no contact made between the guardian and school, the student is considered to have an unexcused absence until notification is made and the principal decides if it is excused. I cannot make this determination unless I have a reason for the absence. Please make sure to read the handbook.

When calling in at the end of the day **to leave a message for your child**, do so by 2:00 in order to assure we get the messages to the child.

We are looking forward to a great year. Let's work together in helping these young children get a positive start with their education.

## **Dates to Remember**

September 3 – NO SCHOOL – Labor Day  
September 10 – HES/HMS Pictures  
September 11 – LATE START  
September 23 – 27 – HES Book Fair  
September 25 – LATE START  
September 27 – HES Grandparents Day Grades 1-4

News from HMS  
David Coufal,  
Principal

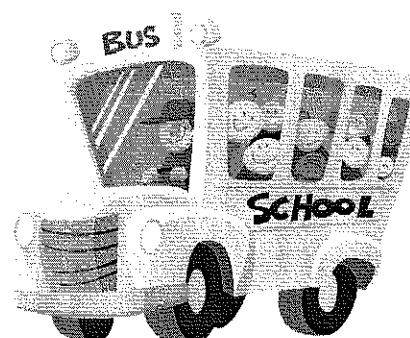


### All Abuzz About the New Year

First of all, I want to sincerely welcome all the students to Hiawatha Middle School. The new year brings about a whole range of exciting possibilities every day. The staff at HMS is dedicated to getting each student to achieve to their highest potential. But, we can't do it alone. We need help in that department from parents. Parents must have conversations every day about their student's short term and long term goals, how things are going, their thoughts and perceptions, and their future. If your students know you are interested in their education, they will have a much better chance to reach their potential.

Now back to the buzz. Some of you may have visited the school and practically crashed into the door because it was locked. For the safety and security of our students, a new security system was installed over the summer that now requires visitors to "buzz in". Look for the push button on the east side of the foyer to alert the office staff that you want to come into the building. A video monitor is in the front office and visitors must "buzz in" to be allowed to enter. We hope that this will be an effective measure of security for our students as no one will be allowed in without approval from the office.

As always, please feel free to contact the teachers or myself about any issues, questions, ideas, complements, or concerns. We want to work with you to resolve whatever situation may occur. Have a great year!



# Nutrition Nuggets



Food and Fitness for a Healthy Child

September 2013

Hiawatha Unified School District 415



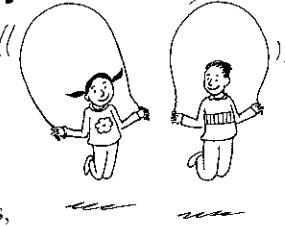
## BEST BITES

### Choose cafeteria meals

Changes in school meal requirements have made cafeteria food healthier than ever. And September is the perfect time for your youngsters to get used to eating school lunches. Get them excited by reading the menus together and talking about what they will select. Note: Look for an application in their backpacks for free and reduced-price meals.

### Time to play

Make it a point to go to places where your children can run around, such as fields, parks, or school playgrounds. Bring along balls, bats, jump ropes, or anything else that your youngsters enjoy. Idea: Add to the fun by letting them bring a friend along or arrange to meet a friend there.



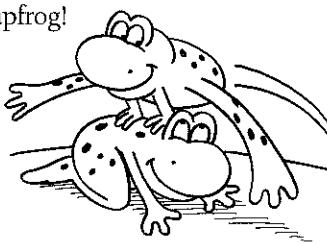
### DID YOU KNOW?

An apple and a can of soda may have the same number of calories. But the apple will give your child nutrients, including minerals and fiber, that contribute to a healthy diet—while the soda offers only empty calories. Talking about this will help your youngster understand that all calories aren't equal.

### Just for fun

**Q:** What is a frog's favorite game?

**A:** Leapfrog!



## The family that eats together...

When families have meals together at least three times a week, their children are less likely to be overweight. Kids also tend to do better in school and to stay away from drugs when they have regular family meals. Consider these ideas for your household:



them feel like "insiders"—and pique their interest in dinner—by giving them samples ahead of time.

- Each Sunday, look at your calendar for the week, and write in dinner times. They might change based on each day's activities, and that's okay. *Idea:* If dinner isn't possible, try having breakfast or lunch together that day.
- Get everyone involved. Ask one youngster to find a recipe and another one to choose a green or an orange vegetable (asparagus, sweet potato). Rotate jobs like setting the table and making a salad.
- Do you have picky eaters? Let your children be the taste testers. You'll make

### Healthier breakfast cereal

Your child's first meal of the day can be a healthy one with these tips for cereal lovers.

**Read labels.** Go shopping together, and give your youngster words and numbers to look for on cereal packages. He could use a magnifying glass to "spy" a whole grain like oats or whole wheat listed as the first ingredient. Or have him find boxes with 10 grams or less of sugar and 5 grams or more of fiber.



**Top with fruit, milk.** Increase the nutrients by encouraging him to try different fruits on his cereal. He might like peaches, blueberries, or dried cranberries, for instance. Then, let him pour in fat-free milk. ●

## **Counselor Connection by Kyley Gatz**

[kgatz@usd415.org](mailto:kgatz@usd415.org) or 785-742-4172

### **Off to a Great Start**

There is nothing more refreshing than the start of a new school year. While students are anxiously awaiting the arrival of their new schedules, teachers are working diligently to design an engaging classroom that meets the needs of today's interactive learner. As students walked thru the hallways on those first few days back, they communicated a sense of pride in themselves and in their school. At Hiawatha Middle School, we strive to create and maintain the optimal learning environment, while also recognizing the importance of personal/social needs. In order for students to perform to the best of their ability, they must feel safe and secure, a sense of belonging, confident, and of course, love, all of which we try our best to provide. We know that building meaningful relationships is essential and is a prerequisite to learning in our classrooms.

So, what can the Hiawatha Middle School counseling program do for your student? The program offers various services that promote and enhance academic, career, and personal/social development. The ASCA (American School Counselor Association) model supports a comprehensive program that consists of four major components: guidance curriculum, which should be organized, structured, and sequential; individual planning, which includes student appraisal and advisement, transition planning, and follow-up; responsive services, aimed at providing individual counseling, small-group counseling, consultation, and referrals; and lastly, system support, focusing efforts on overall program management, public relations, community outreach, committees, and advisory boards. Our school counseling program is designed and delivered in a manner best-suited for the needs of our school. If you would like further information regarding services provided, please contact me at 785-742-4172 or e-mail at [kgatz@usd415.org](mailto:kgatz@usd415.org).

Lastly, please keep in mind that often the beginning of a school year brings about anxiety and mixed emotions in many of our students. Remember to listen with open ears, understand with an empathetic

heart, and encourage and model the expectations and outcomes you desire.

Kind Regards,  
Kyley Gatz  
School Counselor



### **News from HHS Alan Jeffery, Principal**



### **FROM THE PRINCIPAL'S DESK**

Dear Students, Parents, and Friends,

On behalf of the staff and students let me extend warm greetings from the high school. In an effort to continue our progress toward raising our academic achievement and lowering our drop - out rate we will continue to host Extended Learning Day (Monday – Thursday) for those students that need extra time or help with their studies. Extended learning day may be assigned by the administration from either 7:00 – 8:00 am or 3:30 – 4:30pm or if needed, both. Attendance is mandatory unless prior arrangements have been made with the principal or vice-principal. Failure to attend will result in disciplinary action. We refuse to simply stand by and watch our students fail without taking steps to intercede. We would deeply appreciate your help and support in this effort.

Fall sports practices began on August 19, 2013 – These include football, tennis, cross country, and volleyball. Please encourage your child to consider participating in one of these extra-curricular activities. Studies have consistently shown that students that are engaged in school activities have fewer discipline problems, maintain higher grades, and are more satisfied with their high school experience than those who do not. Don't forget about our FFA program, Band, Vocal Music, Scholar's Bowl, Theatre and Drama, National Honor Society, and any of our many clubs that are available.

I would like to thank all of the parents that came out to attend our Freshmen Parent's night. We covered a lot of information in a short amount of time. I appreciate your attentiveness and support. If you have any follow up questions, feel free to contact me at any time. We will have a Senior Parents meeting on August 26<sup>th</sup> at 6:30 pm.

We encourage all parents to visit with your child's teachers with any concerns or questions you may have. Remember that you can view your student's grades at any time simply by visiting the school website and clicking on the Power School link. You should have received a password to use for this purpose. If you have any questions about grades, tests, quizzes, progress or if you have other concerns, just click on the teachers name to send a quick e-mail. They will respond as soon as they are able.

Our theme for the year is "Own it" – relating to personal responsibility and accountability. We will have many activities and contests this year to reinforce the relevant lessons in this regard.

Our homecoming celebrations will be held during the week of September 30<sup>th</sup> – October 4<sup>th</sup>, culminating in the homecoming dance on the night of the 4<sup>th</sup> (after the football game). I will be seeking involvement from HHS alumni, the Booster Club and the community as a whole during the week. We are going to participate in our annual school wide community service day for the 2<sup>nd</sup> of October (all day). If you have or if you know of anyone that could use some help that our high school students would be able to perform – please contact Mr. Diller or Mr. Jeffery at the high school.

I encourage everyone to come out and support our students in each of our extracurricular activities – artistic, academic, and athletic.

You can pick up a calendar of events at the high school office or access it through the schools website ([www.hiawathaschools.org](http://www.hiawathaschools.org)). If at any time you would like to contact me, I can be reached at;

HHS – (785) 742-3312  
Cell – (785) 288-0576  
Home – (785) 742-2179  
Or e-mail me at [ajeffery@usd415.org](mailto:ajeffery@usd415.org)

Thank you for all you do for our students and our school.

RED HAWK PRIDE!

Alan Jeffery  
Principal  
Hiawatha High School

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*HHS Counselor's Corner*  
*Sheila Hasenkamp*

### **Make Your Brain Smarter: 6 Ways to Inspire the Teen Brain**

If there is one thing I love about being a counselor, it is having the opportunity to always be learning. I love to read the latest research about teen development and ways to help them navigate the difficult teen years. From my summer reading, I found some interesting information that I feel would be helpful to parents.

Did you know that the brain undergoes more change during the teenage years than any other time except for the first two months of life? The changes are most prominent in the frontal lobe networks which are responsible for reasoning, planning, decision-making, judgment, inhibiting bad choices, and high-level cognitive functions. The key to your teen's ability to achieve future life success is by providing challenges to support development of the frontal lobe networks.

Increasing brainpower during this life stage of adolescents is imperative to promoting independent life success. Below are tips to inspire brain performance and to enhance vital frontal lobe development of your teenager.

- Teach your teen to conceive many unique interpretations of movies, books, political discussions, unsettling school or peer issues, or works of art.
- Encourage your teen to be a problem solver for issues that arise daily and discuss how academic content supports this expertise.

- Ask your teenager to give you a message from a book or movie or hurtful experience rather than a long-winded retell without reflection.
- Have your adolescent interpret the lyrics of their favorite song from positive and negative perspectives and do the same for your song with them.
- Watch their favorite TV show with them and share different take-home messages for the different characters.
- Push for a multitude of answers to a question or problem versus seeking the “right “answer.

The brain is wired to be inspired, especially during the teen years. Fostering creativity and innovation to tackle difficult problems, in and out of school, will drive successful futures of our youth. This information was taken from an article found in Psychology Today. If you are interested in more information about this subject, please feel free to contact me at the high school.

Sheila Hasenkamp  
HHS Counselor

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#### **ATTENTION 7<sup>TH</sup> GRADE PARENTS**

**JUST A REMINDER:** If your 7<sup>th</sup> grader has not had their Tdap vaccination yet OR you have not turned in the verification stating that they have had the vaccination PLEASE do so IMMEDIATELY.

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*These minutes are not official until approved at the regularly scheduled Board of Education meeting to be held August 12, 2013*

**HIAWATHA USD 415  
BOARD OF EDUCATION  
REGULAR MEETING  
JULY 25, 2013**

Vice President Pete Rosá called the meeting to order at 7:00 am.

Board members present were Denise Elffner, Steve Lock, Pete Rosá and Ian Schuetz. Board members Matt Sprick, Dave Thompson and John Wright were absent.

Also present were Penny Hargrove, Superintendent; Lesli Grimm, Clerk of the Board; Tim Larkin, USD 415 Tech Systems Analyst; Brenda Schuetz and Chris Vitt, USD 415 Teachers; and Jason and Niki Tollefson, Patrons.

Steve Lock moved and Denise Elffner seconded the motion to approve the agenda. The motion passed 4-0.

Lesli Grimm, Director of Finance, reviewed the preliminary budget for the 2013-2014 school year.

Steve Lock moved and Denise Elffner seconded the motion to approve the publication of the Notice of Hearing for the 2013-2014 budget. The motion passed 4-0.

Denise Elffner moved and Ian Schuetz seconded the motion to approve the Dual Sports Policy as written. The motion passed 4-0.

Steve Lock moved and Denise Elffner seconded the motion to approve the Middle School Activity Director's Contract for 2013-2014. The motion passed 4-0.

Superintendent Hargrove requested that the board members review the proposed board policy updates. Adoption of the policies will be addressed at the August 12<sup>th</sup> meeting.

Denise Elffner moved and Steve Lock seconded the motion to approve the purchase of seven, refurbished computers for use at board meetings. The motion passed 4-0.

No items were addressed.

Denise Elffner moved and Steve Lock seconded the motion to adjourn the meeting. The motion passed 4-0, and Vice President Rosá declared the meeting adjourned at 7:24 am.

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<b>BROWN COUNTY KANSAS SPECIAL EDUCATION INTERLOCAL #615 301 S. FIRST STREET HIAWATHA, KS 66434</b>
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**Phone (785) 742-7108**

#### **MINUTES OF REGULAR BOARD MEETING**

**August 7, 2013**

(These minutes are not official until approved at the September 4, 2013 board meeting.)

The Board of Education of the Brown County Kansas Special Education Interlocal #615 held its regular August Board of Education meeting at 6:00 p.m. on August 7, 2013 at the Special Education Annex in Hiawatha.

#### CALL TO ORDER

President Steve Lock called the meeting to order at 6:03 p.m.

#### ROLL CALL

Those present were:

Becky Shamburg, Director

Janice Crider, USD 430 Board Member

Gregg Dishon, USD 430 Board Member

Steve Lock, USD 415 Board Member

Roger Madere, USD 430 Board Member

Dr. Pete Rosa, USD 415 Board Member

Matt Sprick, USD 415 Board Member, arrived at 6:47 pm

Dr. Steve Davies, USD 430 Superintendent

Penny Hargrove, USD 415 Superintendent, arrived at 6:50 pm

Carol Strecker, Supervisor/Coordinator

Amy Larson, Board Clerk

#### APPROVAL OF THE AGENDA

Director Shamburg requested to add "Picnic" to Item S – Other. Roger Madere moved to approve the agenda with the change. Dr. Pete Rosa seconded and the motion passed with a vote of four to zero.

#### COMMENTS FROM THE PUBLIC

There were no comments from the public.

#### COMMENTS FROM THE PRESIDENT

There were no comments from the president.

#### SWEARING IN OF USD 415 BOARD MEMBER

Board Clerk Amy Larson swore in incoming board member, Dr. Pete Rosa.

#### APPROVAL OF THE CONSENT AGENDA

Gregg Dishon moved to approve the consent agenda with additional bills. Roger Madere seconded and the motion passed with a vote of four to zero. Included in the consent agenda were:

1. Approval of the minutes of the July 10, 2013 regular board meeting.
2. Approval of the bills for the month of August 2013.
3. Accept the treasurer's report for the month of August 2013.

#### LIST OF COMPUTER EQUIPMENT FOR SURPLUS – BECKY SHAMBURG

Director Shamburg discussed the list of computer equipment for surplus with the board members. There was discussion that followed. Dr. Pete Rosa moved to allow the list of computer equipment as surplus as presented. Gregg Dishon seconded and the motion passed with a vote of four to zero.

#### INSURANCE REVIEW AND ACTION TO ACCEPT INSURANCE QUOTE – SBS AGENCY

Nancy Daeschner of SBS Insurance presented the board with the 2013-14 insurance quote. The quote is an increase of 6-7% from the previous year. Nancy also discussed with the board the data breach policy. There was discussion that followed. Nancy Daeschner answered all questions and left the meeting at 6:24 pm.

Janice Crider arrived at the meeting at 6:08 pm.

Roger Madere moved to approve the insurance quote pending changes. Dr. Pete Rosa seconded and the motion passed with a vote of five to zero.

#### REVIEW AND POSSIBLE APPROVAL OF THE 2013-14 INTERLOCAL BUDGET – AMY LARSON

Board Clerk Amy Larson reviewed the 2013-14 Interlocal budget with the board members. Dr. Pete Rosa moved to approve the 2013-14 Interlocal budget. Janice Crider seconded and the motion passed with a vote of five to zero.

#### APPROVAL OF INTERLOCAL GOALS FOR 2013-14 – BECKY SHAMBURG

Director Shamburg discussed the 2013-14 Interlocal goals with the board members. Those goals are:

1. Improve technology in the classroom.
2. Increase regular education involvement in IEP meetings.
3. Work to improve IEPs so they will be in compliance with all regulations.

Director Shamburg discussed a technology request form and IEP checklist form with the board members. Janice Crider moved to approve the 2013-14 Interlocal goals. Roger Madere seconded and the motion passed with a vote of five to zero.

#### ACTION FOR SUBMISSION OF APPLICATION FOR TITLE VI-B FUNDS – AMY LARSON

Board Clerk Amy Larson presented the Title VI-B award application that will be available in late August or early September. Dr. Pete Rosa moved to approve the submission of the application for Title VI-B funds.

Roger Madere seconded and the motion passed with a vote of five to zero.

#### PURCHASE OF VANS – BECKY SHAMBURG

Director Shamburg stated that the Interlocal purchased a 2006 Dodge Grand Caravan on August 5 through the Kansas State Surplus. The Grand Caravan has low miles and is in good shape. There was discussion that followed.

Matt Sprick arrived at the meeting at 6:47 pm.

Roger Madere moved to ask for sealed bids on the 2002 Dodge Caravan and a second van if a new van is purchased. Janice Crider seconded and the motion passed with a vote of six to zero.

Penny Hargrove arrived at the meeting at 6:50 pm.

#### FINANCIAL AND STATE AUDIT UPDATE – AMY LARSON

Board Clerk Amy Larson reviewed the preliminary results of the financial audit and the final results of the state audit. Both audits went very well.

#### LEADERSHIP CONFERENCE REPORT

Director Shamburg stated that the special education administrator conference was held in Wichita in late July 2013. Both Director Shamburg and Carol Strecker attended the conference and found it a very rewarding conference. Director Shamburg won a free registration to the MTSS Conference in September.

#### PARA REPORT UPDATE – CAROL STRECKER

Supervisor/Coordinator Carol Strecker stated that she has received para resignations and para positions need to be filled. Carol Strecker also reviewed changes in the para handbook. Janice Crider moved to accept the changes to the para handbook. Matt Sprick seconded and the motion passed with a vote of six to zero.

Director Shamburg also discussed the para application process with the board members.

#### EXECUTIVE SESSION TO DISCUSS NON-ELECTED PERSONNEL AND NEGOTIATIONS

At 7:06 pm, Roger Madere moved to go into executive session for 30 minutes to discuss non-elected personnel and negotiations. Janice Crider seconded and the motion passed with a vote of six to zero. The executive session was necessary to protect the privacy interests of the individual(s) to be discussed and to protect the public interest in negotiating a fair and equitable contract. Those present for executive session were Becky Shamburg, Carol Strecker, Dr. Steve Davies, Penny Hargrove, Janice Crider, Gregg Dishon, Steve Lock, Matt Sprick, and Roger Madere.

Roger Madere, Dr. Pete Rosa, and Matt Sprick. At 7:36 pm, Roger Madere moved to go into a second executive session for 15 minutes. Janice Crider seconded and the motion passed with a vote of six to zero. Those present for the executive sessions were Becky Shamburg, Carol Strecker, Dr. Steve Davies, Penny Hargrove, Janice Crider, Gregg Dishon, Steve Lock, Roger Madere, Dr. Pete Rosa, and Matt Sprick. At 7:46 pm, Carol Strecker exited executive session. At 7:51 pm, Roger Madere moved to go into executive sessions for 10 minutes, 5 minutes, and 5 minutes. Janice Crider seconded and the motion passed with a vote of six to zero. Those present for the executive sessions were Becky Shamburg, Dr. Steve Davies, Penny Hargrove, Janice Crider, Gregg Dishon, Steve Lock, Roger Madere, Dr. Pete Rosa, and Matt Sprick. At 8:11 pm, the board came out of executive session.

#### POSSIBLE ACTION AFTER EXECUTIVE SESSION

Dr. Pete Rosa moved to accept the resignations of Megan Goodson, Morgan Horsch, Karman Buhr, and Tiffany Mueller. Roger Madere seconded and the motion passed with a vote of six to zero.

Matt Sprick moved to increase the office salaries by 2.8% of Lisa Pierce, Amy Larson and Carol Strecker. Roger Madere seconded and the motion passed with a vote of six to zero.

Roger Madere moved to give the paras a \$.25/hour increase. Janice Crider seconded and the motion passed with a vote of six to zero.

Dr. Pete Rosa moved to reimburse Becky Shamburg 1/24<sup>th</sup> of her contract salary for the work in June. Matt Sprick seconded and the motion passed with a vote of six to zero.

#### OTHER

Director Shamburg stated that she would like for the Interlocal to have a picnic for all staff, board members and family. After discussion, August 28 is the tentative date for the picnic and it will be held at the Hiawatha Middle School Commons at 6:00 pm.

#### ADJOURN

Janice Crider moved to adjourn the Board meeting. Matt Sprick seconded and the motion passed with a vote of six to zero. The meeting adjourned at 8:17 p.m.

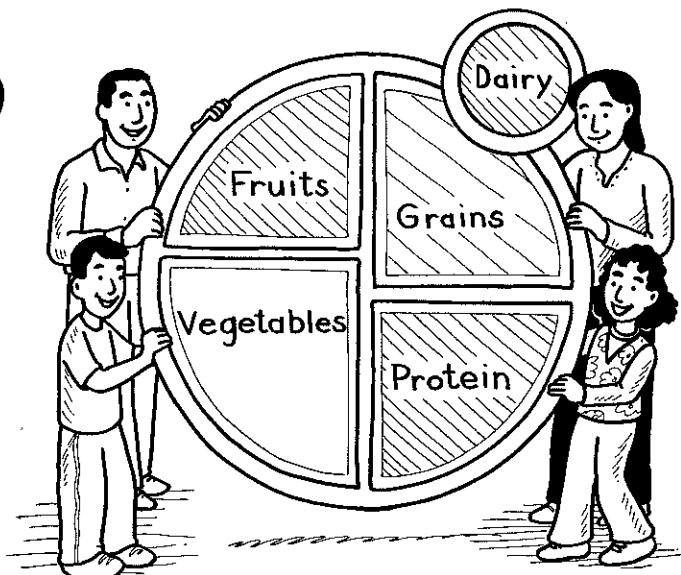
The next regularly scheduled meeting of the BCK-SEI Board of Education will be held at 6:00 p.m. on Wednesday, September 4, 2013 at the Special Education Annex in Hiawatha.

# MyPlate

## Meals at Home

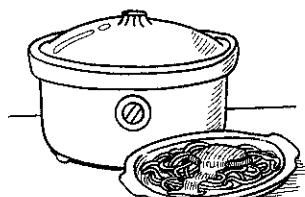
Help your kids picture what a nutritious meal looks like with MyPlate, the new food guidelines from the U.S. Department of Agriculture (USDA). MyPlate breaks down foods into easy-to-understand categories and amounts by picturing them on a plate.

You can bring MyPlate home by preparing these simple meals that follow the guidelines. Add a glass of fat-free milk to any of the meals for a healthy serving of dairy.



### SLOW-COOKER SPAGHETTI

1. Place 4 boneless, skinless chicken breasts, a 24-oz. jar marinara sauce, and 3 tbsp. water in a slow cooker. Set on low, and cook for 6 hours.
2. Serve over cooked whole-wheat spaghetti, and top with shredded low-fat mozzarella cheese.



### ZUCCHINI

Slice 2 zucchini. Sauté in 1 tbsp. olive oil, along with  $\frac{1}{2}$  tsp. oregano, until tender. Season with ground pepper.

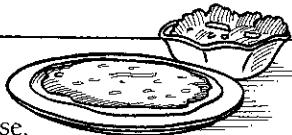
### What's on MyPlate?

When planning meals for your family, keep in mind these USDA recommendations:

- Half of the plate should be made up of fruits and vegetables.
- Another quarter of the plate should be grains. Make at least half of the serving whole grains, such as brown rice, whole-wheat pasta, whole-grain cereal, or oatmeal.
- For the other quarter, choose lean proteins like poultry (skin removed), fish, seafood, and trimmed cuts of pork and beef (for example, 90% lean ground beef). Beans, eggs, and nuts are also good sources of lean protein.
- Don't forget dairy! Choose nonfat or low-fat milk, yogurt, and cheese.

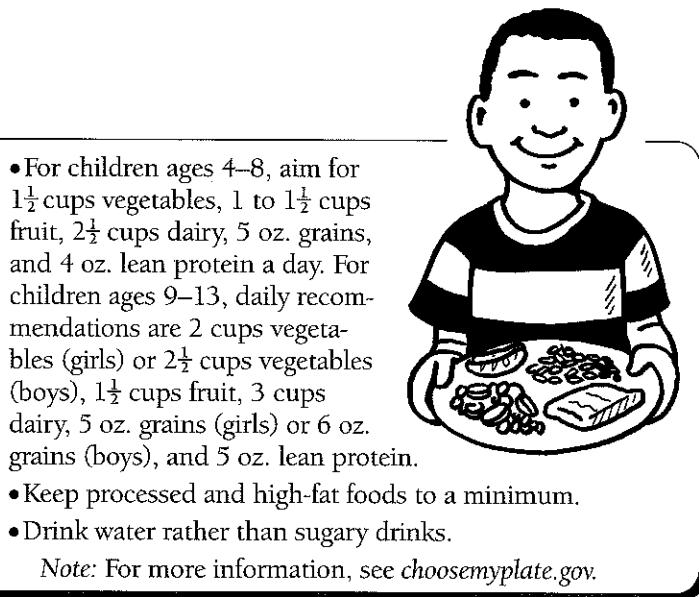
### TACO PIZZAS

1. Spoon  $\frac{1}{4}$  cup salsa onto a whole-grain tortilla. Top with  $\frac{1}{4}$  cup pinto beans (canned, drained) and low-fat, shredded cheddar cheese.
2. Place on a cookie sheet, and bake for 12 minutes at 375°. Sprinkle with thinly sliced scallions and diced tomatoes.



### SALAD

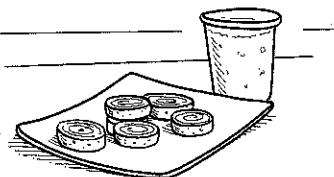
1. Toss together shredded romaine lettuce, sliced cucumbers, and diced red bell pepper.
2. Drizzle with a dressing made of equal parts salsa and fat-free ranch dressing (for example,  $\frac{1}{2}$  tbsp. of each per serving).



Note: For more information, see [choosemyplate.gov](http://choosemyplate.gov).

**TURKEY PINWHEELS**

1. Use a rolling pin to flatten a slice of whole-grain bread.
2. Spread with honey mustard.
3. Add thinly sliced turkey, low-fat Havarti cheese, avocado, and baby spinach leaves. Roll up, and slice horizontally.

**FRUIT SMOOTHIE**

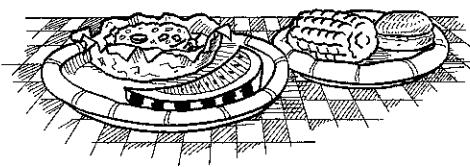
Blend 1 cup Greek yogurt,  $\frac{3}{4}$  cup water, 1 cup crushed ice, 1 can pineapple (15 oz., undrained), and  $\frac{1}{4}$  cup shredded coconut until smooth.

**EASY BAKED BEEF PACKETS**

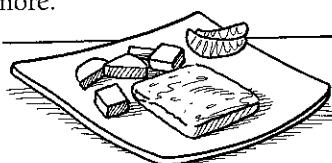
1. Place a lean hamburger patty, sliced carrots, and cubed potatoes onto a large piece of heavy-duty aluminum foil.
2. Fold and tightly seal the foil. Bake at 375° for 20 minutes or until the meat is completely cooked. Note: These packets can also be grilled on a barbecue.

**SIDES**

- Corn on the cob: Leave the husk on, and grill alongside the beef packets (or microwave canned or frozen corn)
- Whole-wheat dinner roll
- Watermelon slices

**EGG-TRA SPECIAL CASSEROLE**

1. Coat a square baking dish with cooking spray, and line with 4 slices whole-wheat bread.
2. In a bowl, beat 4 eggs with  $\frac{1}{2}$  cup fat-free milk. Pour the mixture over the bread, cover, and refrigerate overnight.
3. Bake (covered) at 350° for 25 minutes. Uncover, sprinkle with 1 cup Monterey Jack cheese, and bake for 5 minutes more.

**SWEET POTATOES**

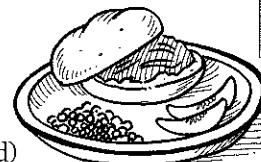
1. Cut 3 large sweet potatoes into 1-inch pieces (leave the skin on).
2. Coat a cookie pan with cooking spray. Add the potatoes and spray them, too. Bake 30–35 minutes at 425°.

**FRUIT**

Orange wedges

**BBQ CHICKEN SANDWICHES**

1. In a saucepan, heat 1  $\frac{1}{2}$  cups barbecue sauce.
2. Shred a rotisserie chicken (or 3 cups leftover chicken) into the sauce. Stir until hot.
3. Serve on whole-grain buns.

**SIDES**

- Green peas (canned or frozen, heated)
- Sliced peaches (fresh or canned without syrup)

**SHRIMP PRIMAVERA**

1. Boil and drain 1 lb. whole-wheat penne pasta.
2. Microwave a 12-oz. bag of mixed vegetables.
3. Combine the pasta and vegetables with 1 cup cooked shrimp, 2 tbsp. olive oil, and  $\frac{1}{2}$  cup grated Parmesan cheese.

**FRUIT**

Bowl of green and red grapes

**SNACKS AND DESSERTS**

When your children are hungry for a snack or you want to offer a sweet treat to finish a meal, use ideas like these that will help them meet the MyPlate nutrition guidelines.

**Fruit pops.** Peel a mango, and cut the fruit into long, thick strips. Place each mango piece on a lollipop stick (sold in grocery or craft stores), and sprinkle with chili powder for a sweet-and-spicy treat. Note: This works well with fresh pineapple spears, too.

**Cherry "pie."** Spread  $\frac{1}{2}$  tbsp. fat-free cream cheese on a graham cracker. Top each cracker with 1 tsp. no-sugar-added cherry jam or fresh (pitted) or frozen (thawed) cherries.

**Carrot cake parfaits.** In a clear glass, layer nonfat vanilla yogurt with shredded carrots, raisins, and chopped pecans.

**Cinnamon apples.** Core and slice 1 apple. Put the slices in a zipper bag, and add  $\frac{1}{2}$  tsp. sugar and  $\frac{1}{4}$  tsp. cinnamon. Shake to coat. Pour into a bowl, and microwave until hot.

**Banana bread.** Stir together 2 cups whole-wheat flour,  $\frac{3}{4}$  cup sugar,  $\frac{1}{4}$  tsp. salt, and  $\frac{3}{4}$  tsp. baking soda. In a separate bowl combine  $\frac{1}{2}$  cup softened butter (unsalted), 3 mashed bananas, 2 eggs, and  $\frac{1}{3}$  cup nonfat plain yogurt. Fold the two mixtures together. Pour the batter into a greased 9" x 5" loaf pan. Bake at 350° for 1 hour.

*Editor's Note: Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.*

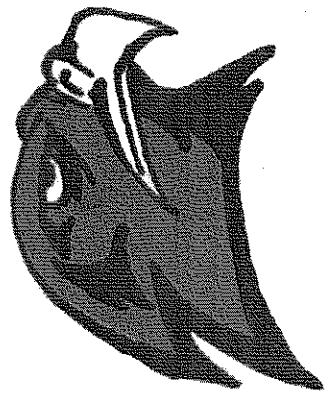
# Nutrition Nuggets™

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## Calendar Events September 2013

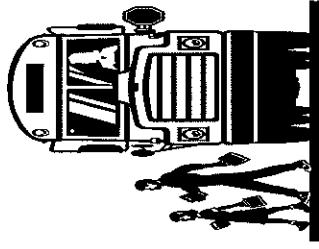
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 No School/Labor Day Board of Education closed	3 2:45pm HHS Ring Presentation 4:00pm HHS JV Tennis @ Maysville 4:30pm HHS VBR @ ACC/HHS	4 2:45pm HHS CC @ West 4:30pm HHS FB @ Hiawatha vs ACC/HHS	5 4:00pm HHS CC @ West 4:30pm HHS FB @ Hiawatha vs 5:00pm HHS VBR @ Royal Valley	6 7:30pm HHS FB @ Hiawatha vs P Lecompton	7 9:00am HHS JV VB Tourney @ Riverside 10:00am HHS Tennis @ Seaman
8	9 9:00am HHS Crooning Kids Worship 4:30pm HHS JV FB @ P Lecompton 7:00pm Board of Education Meeting	10 FAMS Pictures 11am-1:30pm HHS Ring Orders HHS Pictures 4:00pm HHS VBR @ Hiawatha vs Sabetha 5:00pm HHS VBR @ Hiawatha vs ACC/HHS	11 1 hour Late Start PLC 9:00am HHS Senior Sports Pic @ Debs	12 Progress Reports Distributed 4:00pm HHS JV Tennis @ Sabetha 4:00pm HHS CC @ Holton 4:30pm HHS FB @ Perry Lecompton	13 7:00pm HHS FB @ J West	14 9:00am HHS JV Valley 9:00am HHS F/VB @ Maysville 9:00am HHS JV Tennis Inv @ Hiawatha
15	16 4:30pm HHS JV FB @ Holton w/Alchison 4:30pm HHS JV FB @ Hiawatha vs J West 5:00pm HHS JV Quad @ Hiawatha	17 4:00pm HHS VBR @ Hiawatha vs R Valley 4:00pm HHS 7th FB @ Alchison 5:00pm HHS VBR @ Riverside	18 HHS FFA Greenhand Conference @ Silver Lake	19 HHS FB @ Sabetha 4:30pm HHS CC Inv.	20 6:30pm HHS JV Father/daughter Performance 7:00pm HHS FB @ Hiawatha vs R Valley	21 9:00am HHS Hiawatha FB Invite
22	23 HES Book Fair 3:30pm HHS Tennis @ Hiawatha 4:30pm HHS JV FB @ R Valley	24 HES Book Fair Parent's Night 4:00pm HHS 7/8 V VB @ Hiawatha vs F City 5:00pm HHS VBR @ N Valley	25 1 hour Late Start PLC HES Book Fair 4:00pm HHS 8th FB @ Hiawatha vs Alchison HHS FFA Fall CDE Day @ Holton 9:00am HHS Tennis @ Lafayette	26 HES Book Fair 4:00pm HHS 8th FB @ Hiawatha vs Alchison 4:00pm HHS CC @ N Valley 5:15pm HES Site Council 6:15pm HES PTA	27 HES Book Fair 4:00pm HES Grandparents Day Grades 1-4 7:00pm HHS JV @ Holton	28 9:00am HHS JV VB @ D West 10:00am HHS Tennis @ Baldwin
29	30 5:30pm HHS JV FB @ Hiawatha vs F City					



SEPTEMBER  
2013  
MENUS

Food For Thought:

7 Secrets to Success	
Roof said: Aim high	Fan said: Be cool
Clock said: Every minute is precious	Mirror said: Reflect before you act
Window said: See the world	Calender said: Be up-to-date
Door said: Push hard to achieve your goals!!!	
<p>This is an equal opportunity program. If you feel you have been discriminated against, write immediately to:</p> <p>The Secretary of Agriculture, Washington DC 20250</p>	



All menus meet the USDA and State regulations for school children. 1%, and Skim Chocolate & Strawberry milk are served with each meal and 100% fruit juice is served with each breakfast meal. .

SEPTEMBER 16		SEPTEMBER 17		SEPTEMBER 18		SEPTEMBER 19		SEPTEMBER 20		WEEKLY NUTRIENT AVERAGES			
PIZZA ROMAINE & SPINACH APPLE CITRUS CUP - HHS GREEN BEANS NO BAKE COOKIE - HMS & HHS	MACARONI & CHEESE LITTLE SAUSAGES WINTER BLEND VEGETABLES PEAS DICED PEAR & TOPPING BANANA - HHS APPLE CINNAMON MUFFIN - HHS	CHEF SALAD PINEAPPLE PEACH- HHS BREADSTICK	WEINER BOATS BAKED BEANS ORANGE PEAR - HHS HOT ROLL	GRILLED CHICKEN ON BUN BABY CARROTS SLICED TOMATOES APPLESAUCE GRAPES - HHS BUTTERSCOTCH COOKIE - HHS	Calories 498.50 629.76	K-5 B L	6-8 B L	6-8 B L	6-8 B L	9-12 B L	9-12 B L	9-12 B L	9-12 B L
SAUSAGE ON BISCUIT FRUIT COCKTAIL	WAFFLES SAUSAGE -HHS ORANGE SYRUP	BLUEBERRY MUFFIN YOGURT PINEAPPLE	BREAKFAST PIZZA KIWI	CINNAMON TASTRIES APPLESAUCE	Sodium (Mg) 661.50 1214.13	661.50	1214.13	661.50	1256.13	725.50	1301.49	% of Total Calories from Sat. Fat	% of Total Calories from Sat. Fat
SEPTEMBER 23	SEPTEMBER 24	SEPTEMBER 25	SEPTEMBER 26	SEPTEMBER 27									
TACO PIE REFRIED BEANS ROMAINE & SPINACH DICED TOMATOES FRUIT WITH TOPPING SNICKERDOODLE- HHS	HAMBURGER ON BUN FRIES FRESH CAULIFLOWER ORANGE PEACH - HHS CHOCOLATE MUFFIN- HHS	BURRITO BABY CARROTS GREEN BEANS GRAPES PEAR - HHS	CHICKEN NUGGETS MASHED POTATOES PEAS & CARROTS APPLESAUCE GRAPES - HHS HOT ROLL - HMS & HHS	ITALIAN PASTA BAKE MIXED VEGETABLES BROCCOLI WITH CHEESE JELL-O WITH FRUIT CITRUS CUP-HHS BROWNIE-HHS	Calories 499.50 638.80	K-5 B L	6-8 B L	6-8 B L	6-8 B L	9-12 B L	9-12 B L	9-12 B L	9-12 B L
SEPTEMBER 30	OCTOBER 1	OCTOBER 2	OCTOBER 3	OCTOBER 4									
CORNDOG FRENCH FRIES CORN GRAPE STRAWBERRIES- HHS	CHICKEN & NOODLES MASHED POTATOES GREEN BEANS PEAR ORANGE - HHS HOT ROLL - HMS & HHS	CHILI & CRACKERS DICED TOMATOES ROMAINE & SPINACH PINEAPPLE GRAPES - HHS CINNAMON ROLL	CHICKEN STICKS CORN DICED CARROTS APPLE FRUIT COCKTAIL- HHS BLUEBERRY MUFFIN- HHS	MINI CORNDOGS SEASONED FRIES FRESH BROCCOLI JELL-O WITH FRUIT STRAWBERRIES- HHS SUGAR COOKIE-HHS	Calories 493.60 643.21	K-5 B L	6-8 B L	6-8 B L	6-8 B L	9-12 B L	9-12 B L	9-12 B L	9-12 B L
CEREAL KIWI	BREAKFAST PITA MANDARIN ORANGES	WAFFLE STIX SAUSAGE FRESH PEAR SYRUP	BREAKFAST PIZZA APPLESAUCE	CINNAMON ROLL SAUSAGE-HHS BANANA	Sodium (Mg) 681.04 1180.32	681.04	1180.32	681.04	1266.55	745.05	1277.96	% of Total Calories from Sat. Fat	% of Total Calories from Sat. Fat