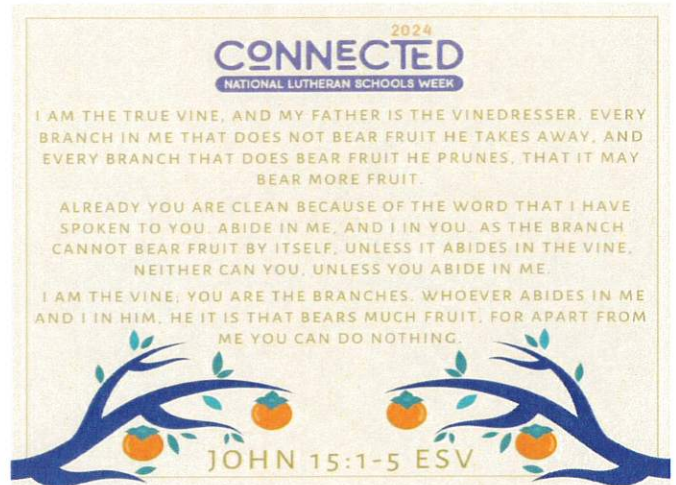


EAGLE NEWSLETTER - August 18, 2023



Please give a **WARM WELCOME** to our new staff members this school year.
Mrs. Quick is our new Principal, Music Teacher & SPED Director
Ms. Bergman as our 1st & 2nd Grade Teacher &
Mrs. Jamison is our Preschool/Pre-Kindergarten/Kindergarten Teacher Aide.

A HUGE THANK YOU To everyone who helped make the Church & School's Fair Stand a success!

School Picture Day is NEXT, FRIDAY, AUGUST 25 Pegasus will once again be taking our photos. It's up to the parent's to choose what your child will wear (within reason of course). **Preschool and Pre-Kindergartens, who do not usually come to school on Friday Mornings please bring your child to school any time from 8-11am to get their photo taken.** Please see the flyer in the Family Folder for more information.

The School Calendar has a change for October 16th. We will have NO School. The new calendar is included in the Family Folder this week.

St. Paul Booster Club Spirit Wear 2023 is Now Available! The order deadline is Next Friday, August 25th at 12:00 PM. You can order by scanning the URL code on the flyer (included in this weeks Family Folder) or by clicking on the link on our website which can be found on our "Registration and Parent Information" page at the bottom.

The August Calendar and Lunch Menu are coming home in this weeks Family Folder.

Chapel is every Wednesday Morning from 8:15 am 9:00 am, at St. Paul Lutheran Church across the street. Parents & grandparents are always welcome and encouraged to join us. Please Note: The School office will be closed on Wednesdays from 8:15—9:00 am while we are Chapel. We ask that you try to avoid making doctor appointments at that time.

Our First Quarter Chapel Offerings will go towards making Baptismal Blankets.

Drop-Off & Pick Up: Mornings and after school are busy times for us all. Safety is always a concern. **If you need to get out of the car or need to help with a seat belt, please park your car, we ask that you DO NOT USE THE DROP OFF LANE.**

The School Beacon—is our text message system. As a parent your cell number is already put into the system. If you'd like to make any changes or to add a grandparent please contact the school office. If you haven't gotten any messages, please call the school office.

Season Passes for Volleyball & Basketball: The Booster Club will be selling Season Passes for the Volleyball and Basketball seasons. They are \$50.00 per family and are good for all HOME games. Please note: this DOES NOT include tournaments. Regular admission is \$2.00 per adult and \$1.00 per student in K-12.

Community ways that you can help would be to send in or scan receipts for Box Tops for Education, turn in you Graybeal's receipts, Best Choice UPC (proofs of purchase) from product labels, add St. Paul to your Casey's Rewards program, or select St. Paul to receive your Thrivent Choice Dollars. As the saying goes "It takes a village to raise a child." Thank you all for being our village.

St. Paul Lunch—Each year we are required to provide you with a copy of the St. Paul School Meal Charge Policy and the school's Wellness Policy. We completed an assessment of our school's Wellness Policy and the School Board approved the changes and updates on June 19th, 2023. Copies of both the Meal Charge Policy and Wellness Policy are included in this week's Family Folder. These policies can also be found on our school's website on the Registration and Parent Information page under the School Lunch Program served at GACC section.

IMPORTANT DATES:

Chapel Wednesday, Aug. 23rd at 8:15 am

SPLS VB vs St. Johns Columbus at 4:30 Thursday, August 24th

Cadets XC at Logan View at 4:30 Thursday, Aug. 24th

School Picture Day is Friday, August 25th beginning at 8:00 am!

Last Day to Order Spirit Wear is Friday, Aug. 25th at 12:00 pm

SPLS VB at Zion Pierce B girls at 5:30, A girls at 6:30, Tuesday, Aug. 29th

Chapel Wednesday, Aug. 30th at 8:15 am by the 8th Grade

Cadets FB at Logan View on Thursday, August 31st at 4:30

Cadets VB vs GACC on Thursday, August 31st at 4:30

Lets Have a Fun & Safe School Year!

If you need to contact Pastor Gierke, please call him at the church office at 402.372.2111, on his cell at 402.380.9549 or email him at jpgierke@stpaulwp.org.



ST. PAUL LUTHERAN SCHOOL MISSION STATEMENT

"St. Paul School is in partnership with parents in providing a Christ-centered education that will equip children in pre-school through eighth grade to faithfully serve as witnessing Christians and productive citizens."



Rev. John P. Gierke, Pastor

St. Paul Lutheran School

325 North Colfax Street
West Point, Nebraska 68788

(402)372-2355 phone

(402)372.2742 fax

www.stpaulwp.org

stpaulschool@stpaulwpne.org



Susan Quick, Principal

August 10th, 2023



St. Paul Lutheran Families, staff, and all those who support us,

Welcome back to the 2023-2024 school year. I hope that your summer was filled with fun, friend, family and a time to reflect on all the blessings that we receive. My name is Susan Quick and I am so excited to be joining the staff as your new principal. My husband, mom and I have enjoyed the short time that we've been in West Point. Everyone has been so welcoming and gracious. This was a big step of faith and God has shown over and over how good HE is!

Our staff, school board, and other volunteers have been helping to get our school ready for the new year. You may have noticed the hard work being done on the playground. The old gravel along with those nasty stickers were removed and three loads of new gravel was brought in. Classrooms are decorated, and teachers are putting on the final touches. We are excited to have students back in the building.

We also want to welcome new teacher Zoey Bergman, she will be teaching 1st and 2nd grade and new teacher's aide, Kaylee Jamison. She will be working with the PK-K classroom.

A few housekeeping notes: Please take time to read through the handbook as there are some changes. Note the reference under medication. Also, if your student will be gone for any reason, or needs to leave early **please call the office**, 402-372-2355. Teachers won't always have an opportunity to check their cell phone, and we don't want to miss any messages from our families. Finally, if you need to visit our building, please stop by the office to sign the check in list and get a visitor pass.

Reminder: Open House, Tuesday August 15th, 2023 from 5-7 PM

Again, welcome back to the new school year. Should you have any questions, please feel free to call me at the school office.

In HIS grace,

Susan Quick

Mrs. Susan Quick
Principal
St Paul Lutheran School

SQ

St. Paul Lutheran School Calendar 2023-2024

Adopted by the School Board on Feb. 13, 2023 & Revised August 14, 2023

Aug-23

S	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Sep-23

S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Oct-23

S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Nov-23

S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Dec-23

S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Start / End Date of School

1/2 Days Dismiss at 11:30

Aug. 15 First Day of School
May 16 Last Day of School

Early out on Fridays @ 2:00

Half Days Dismiss at 11:30

Aug. 15	First Day
Oct. 19	Parent Teach Conf.
Dec. 22	Christmas Break
Feb. 08	Parent Teach Conf.
Mar. 15	Luth. Sch. Week
May 16	Last day of school

In-service Days for Teachers

No School for Students

August 7-9
August 14
September 15
October 16 - Lutheran Ed Conference
January 5
February 16
May 17, 20-22

Holidays No School

Sept. 4	Labor Day
Oct. 27	Fall Break
Nov. 22 - 24	Thanksgiving Break
Dec. 23 - Jan 5	Christmas Break
Feb. 2	Comp
Feb. 26	C-Club
Mar. 28 - April 3	Easter Break

Parent Teachers Conf.

Oct. 19	PTC
Feb. 8	PTC

End of Quarter

Oct. 13
Dec. 22
March 8
May 16

173 Student Days

185 Teacher Days

Jan-24

S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Feb-24

S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

Mar-24

S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Apr-24

S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May-24

S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Other Dates

AUGUST

1-2 Registration / Financial
13 Rally Sunday
16 Kingdom Kids
20 Golf Tournament
25 Fall Pictures

SEPTEMBER

14 Picture Retakes

OCTOBER

8 Oktoberfest
13 End of 1st Quarter

DECEMBER

3 Advent Begins
10 Christmas Program
22 End of 2nd Quarter

FEBRUARY

23-25 C-Club

MARCH

8 End of 3rd Quarter
10 Pancake Breakfast
11-15 Lutheran Schools Week
24 Palm Sunday / Confirmation
31 EASTER

APRIL

14 Spring Musical

MAY

1 Field Day
Field Day Rain Date
15 Kindergarten/8th Grade Graduation
16 Family Picnic

August 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 		1 Registration Night 4:00pm – 7:00pm	2 Registration Night 4:00pm – 7:00pm	3	4	5 Church 6:00 pm
6 Church 9:00 am	7	8	9	10 Cuming County Fair – Fair Stand	11	12 Church 6:00 pm
13 Cuming Cty Fair Church 9:00 am Rally Sunday & Staff Dedication	14 School Board Meeting 7pm	15 First Day Early Dismissal @ 11:30am Open House Meet the Teacher 5:00- 7:00pm	16 Chapel 8:15 am First Full Day of School	17 First day of Volleyball Practice! Volleyball Parent Meeting 5:30 pm	18	19 Church 6:00 pm
20 Church 9:00 am	21	22	23 Chapel 8:15 am	24 VB vs St. Johns Columbus @ 4:30 Cadets XC @ Logan View @ 5:00	25 School Picture Day! Begins at 8:00 am!	26 Church 6:00 pm
27 Church 9:00 am	28	29 VB @ Zion Pierce B Girls @ 5:30 A Girls @ 6:30	30 Chapel 8:15 am	31 Cadets FB @ Logan View @ 4:30 Cadets VB vs GACC @ 4:30		

Vs. = Home Game @ = Away Game

Lunch Menu on Back

Guardian Angels Central Catholic

Lunch Menu

August 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16 Club Sandwich	17 Chicken Wraps Deli Salad Bar	18 Philly Steak Deli Salad Bar	19
20	21 Pizza	22 Taco Bags Deli Salad Bar	23 Spaghetti w/Meatsauce Deli Salad Bar	24 Ham & Egg Burrito Deli Salad Bar	25 Chicken Patty/Bun Deli Salad Bar	26
27	28 Hot Ham & Cheese	29 Pulled Pork Nachos Deli Salad Bar	30 Chicken Alfredo Deli Salad Bar	31 Breaded Beef Patty Deli Salad Bar		

*Menu Subject to Change
 *An Assortment of fruits, vegetables, and milk offered daily.
 *Salad Bar Grades 4-12.
 *Deli Bar Grades 2-12.



St. Paul Booster Club Spirit Wear 2023

You can now purchase your items online in 3 easy steps:

1. Scan the QR code or go online to <https://stpaul2023.itemorder.com/>
2. Choose your items and add them to your cart
3. Securely checkout with your credit card

Online Store Deadline: Friday August 25th, 2023 (12:00pm CDT)

Gildan Softstyle® T-Shirt



4 Colors

\$15.00

Bella + Canvas 3413 Unisex Triblend Short Sleeve Tee



3 Colors

\$20.00

Bella + Canvas 3413 Unisex Triblend Short Sleeve Tee



\$20.00

Bella + Canvas 3413 Unisex Triblend Short Sleeve Tee



\$20.00

Gildan Heavy Blend™ Hooded Sweatshirt



\$28.00

Comfort Colors Heavyweight Ring Spun Long Sleeve Tee



\$25.00

Comfort Colors Heavyweight Ring Spun Long Sleeve Tee



\$25.00

Gildan Heavy Blend™ Hooded Sweatshirt



\$28.00

Bella + Canvas Youth Triblend Jersey Short Sleeve Tee



2 Colors

\$17.00

Colortone - Youth Multi-Color Tie-Dyed T-Shirt - 1000Y



\$18.00

Sport-Tek Youth Posicharge Tri-Blend Wicking Raglan Tee



\$17.00

Gildan Youth Heavy Blend Hooded Sweatshirt



5 Colors

\$25.00

Gildan Heavy Blend™ Hooded Sweatshirt



5 Colors

\$25.00

Bella + Canvas Youth Triblend Jersey Short Sleeve Tee



\$20.00

Bella + Canvas Youth Triblend Jersey Short Sleeve Tee



\$20.00

powered by



ORDERMYGEAR

Questions?

Emily Kumm

402-372-9000

info@creativexpressionsstore.com

<https://www.creativexpressionsstore.com/>



St. Paul Lutheran School Picture Day is Friday, August 25, 2023

Proofs: About 1 to 2 weeks after Picture Day you will receive a **Proof** of your student's **2 poses**.

The Proof has the **Website** and **Password** to place your order **online**.

If you do not wish to pay with a credit card: **Still place the order online** and select **Cash** or **Check** as the **method of payment** upon checkout. Place cash or check in the **Payment Envelope** that came with your Proof. Write your **Order Confirmation Number** from your online order on the **Payment Envelope**.

The Picture Packages you order will arrive approximately **2-3 weeks** after the Due Date printed on the **Proof**.

Family Plan: When you pay for two children in your family, this qualifies you for a **FREE** package of equal or lesser value for all other children in your family.

If you qualify for the Family Plan, please email info@pegasus-si.com with the two **Order Confirmation Numbers** that have been **paid** in full **along with the Order Confirmation Number** for the order that is **FREE**. Please be sure **to order** and **send email prior** to the **Due Date** on the proof to avoid any late fees – Do NOT wait for all student's proofs as deadline dates may vary if they attend another school or are a Retake. Your **FREE** order is **ON HOLD** until you email the Confirmation Numbers.

For the 3rd order or more, use payment type **FAMILY** and click **APPLY**, then submit your online order.

Retakes: If you prefer to have a retake, you may do so for any reason on Retake Day. Wait until you get your **RETAKE Proof** to place an order at that time. If you decide to order from your original Proof rather than the Retake, you'll receive a late fee, as it is past the Order Due Date.

Due Date: On your proof is an Order Due Date. If you submit your order **AFTER** the Due Date, you'll have a \$10 late fee and late orders can take up to 6 – 8 weeks after ordering.

Pegasus School Images

Cut here -----
Note to separated or divorced parents: *Mom and Dad may receive different PASSWORDS/Proofs ONLY IF your student **tells the photographer: "I need 2 sets of proofs"***
To help your student remember to request this, you may use this Reminder Slip.

ONLY For parents living separately: Fill out information below & have your student give this note to photographer while sitting at the camera for school pictures on

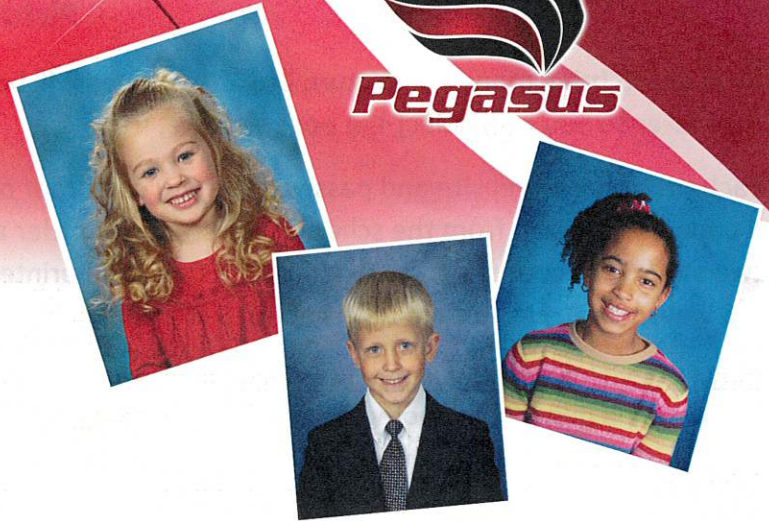
St. Paul Lutheran School Picture Day -- Friday, August 25, 2023

Please provide **TWO Order PROOF FORMS** for:

STUDENT'S NAME: _____ **Grade** _____

to allow Mom and Dad to order separately.

PHOTO DAY is coming



www.pegasus-si.com

172/63

St. Paul Lutheran School Picture Day is Friday, August 25, 2023

No need to bring money on Picture Day. Two poses will be taken of every student. A Proof will be sent home about 10 days later so you may select the pose you like.

Each proof has a website and password so you can order online. If you are unable to access the internet, please request a paper order form from the school. Each student's order and payment must be separate. (Do NOT write one check for two students.) Orders submitted after the Due Date printed on the Proof need to include a \$10 late fee and may take 6-8 weeks to arrive. Retake Day is about 3-4 weeks later.

Only For split/divorced/separated families: To allow Mom and Dad to order separately: Write student name below and have Student hand this note to photographer **when at camera on Picture Day** -OR- tell the photographer prior to picture being taken.

STUDENT'S NAME _____ Grade _____ needs two sets of proofs.

How Can You Help St. Paul Lutheran School within the Community

There are numerous ways to help St. Paul School within the Community. They stem from actually helping at the school or a school function to assigning Casey Rewards to go to St Paul School to saving grocery receipts, Box Tops for Education and UPC labels from Best Choice products and turning them in to the school office as well as other ways.

Here are just a few ways you can help.

**GRAYBEAL'S
FOODS**

Graybeal's Grocery Receipt Program: Shop at Graybeal's in West Point. Turn your store receipts into the school office by putting them in the Receipt Box located between the outside and inner doors of the school. You can also bring them directly into the school office. We receive credit for each receipts subtotal with the exception of alcohol or tobacco.

Best Choice

Best Choice® Save-A-Label™ Program: Participating is as easy as 1-2-3!

- 1 Shop at your grocer for BEST CHOICE products. There are more than 4,400 Best Choice® items at more than 3,000 stores. Brands include Best Choice®, Clearly by Best Choice®, and Best Choice® Superior Selections®.
- 2 Save the UPC portion only of the labels from those products. It is not necessary to send in the whole label. To ensure it is a Best Choice product look for the words "Best Choice®" printed above the UPC symbol.



- 3 Turn the UPC codes into the school office! We receive \$30 for every 1,000 labels we send in.



Box Top's for Education: Cash can be earned for St. Paul School through the Box Tops for Education program, via the Box Tops App, by visiting online at www.boxtops4education.com or by clipping actual "Box Tops" from products and turning them into the school office. It's as easy as 1, 2, and 3.

- 1) Purchase eligible Box Tops products.
- 2) Redeem your earnings by going to the Box Tops App or online, within 14 days from purchase, and scan or enter your receipts (both paper and digital receipts are eligible). There is a maximum of scanning 50 receipts per day per registered account. Also, you can cut the actual "Box Top" from the product and turn them into the school office. Please make sure the box tops have **not expired**. We earn \$0.10 for each actual box top.
- 3) St. Paul earns cash rewards which are directly deposited into the school's account.

You can also earn BONUS cash rewards by redeeming 14-digit Bonus Box Top Codes OR participating in periodic bonus cash opportunities on both the App or online. Offers are updated all the time, so make sure to check back often!



Casey's Rewards Program. Did you know that Casey's has a Rewards program and that our school is participating in the Cash for Classrooms part of that reward program? You earn points on all your Casey's purchases in-store, online, or at the pump. You can then turn those points into donations to St. Paul School.

You can join Casey's Rewards by creating an account through the Casey's app by downloading it from the App Store or on Google Play or online at Caseys.com. You then start earning points on your everyday purchases and turn those points into a donation to our school.

To donate your points just find St. Paul Lutheran School in the rewards section of the program. It's that easy!

All Casey's donations go directly to our school. Funds are disbursed twice a year, in December and April, via a check to the school. There is No minimum amount required. We have already received funds from generous community donors.



Thrivent Choice Dollars®. Thrivent Members have the option to donate the choice dollars they have earned to charitable organizations. Just select St. Paul Lutheran School as your charity of choice. This can be done online

or via the telephone.

To select St. Paul School online: Visit Thrivent.com/thriventchoice. In the "GET STARTED" section on the right and click Direct Thrivent Choice Dollars®. Log in then choose St. Paul Lutheran School, ID ending in 4797 or St. Paul Lutheran Preschool, ID ending in 0021 as the organization to which you want to direct Choice Dollars. Choose "Direct All" or enter a specific number and click "Direct Now." Follow the prompts on the confirmation page to direct Choice Dollars.

To select St. Paul School By phone, call 800-847-4836 and say "Thrivent Choice." Press 1 to direct Choice. A representative will then work with you to direct your Choice Dollars.

St. Paul's then receives those Choice Dollars deposited directly into the schools bank account. We have received a total of \$70,710.00 since 2010.

Wellness Policies on Physical Activity and Nutrition
(Updated & Approved by the Board of Education on (June 19, 2023)
This Policy is also available in the Parent-Student Handbook)

The Wellness Policy of St. Paul Lutheran School (SPLS) in partnership with Guardian Angels Central Catholic (GACC) School is updated and approved on June 19, 2023 by St. Paul Lutheran School, Board of Education. The Wellness Policy includes and follows the guidelines of the Nebraska Department of Education's National School Lunch Program. Daily the students, at GACC, are offered the variety of fruits and vegetables as required by the program. The serving sizes recommended by the program also meets the guidelines. A copy of the guidelines is available for viewing any time at GACC, stored in the office next to the kitchen.

Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years of age) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid:

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, schools around the country are facing significant fiscal and scheduling constraints

and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, it is the goal of the St. Paul Lutheran School (SPLS) Wellness Policy, in partnership with Guardian Angels Central Catholic (GACC) School (who also follows the guidelines and updates from the Nebraska Department of Education National School Lunch Program), to be committed to providing a school environment that will promote healthy lifestyles in school and protect our student's health, well-being, and ability to learn by supporting healthy eating and physical activity.

Therefore, it is the policy of St. Paul Lutheran School that:

- SPLS students have full access to free filtered drinking water at all times during the school day.
- SPLS students have full access to free drinking water at all times during mealtime at GACC.
- SPLS and GACC will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing nutrition and physical activity policies.

- All students in grades Pre-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, SPLS and GACC will participate in available federal school meal programs including the National School Lunch Program and Special Milk Program.
- SPLS and GACC will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.
- SPLS and GACC do not offer breakfast. Vegetables and a fruit bar are offered at mealtime at GACC at every lunch period. There is no charge for seconds at the vegetable and fruit bar.

Nutritional Quality of Foods and Beverages Sold and Served on Campus

Meals served through the National School Lunch Program and served at GACC will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables; GACC will share information, upon request, about the nutritional content of meals with parents and students.

Free and Reduced-Priced Meals

SPLS and GACC will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

Applications for Free and Reduced-Price school meals are available to all families at any time both online at stpaulwp.org on the "Registration & Parent Information" page under the "School Lunch Program Served at GACC" section or in the school office.

Students with Unpaid Meal Balances

SPLS will not withhold lunches from any student for any reason such as an unpaid meal balance. Every effort will be made to eliminate any social stigma attached to, and prevent the overt identification of, students who have unpaid meal balances. Parents will be required to apply for Free and Reduced lunch prices.

Meal times and Scheduling GACC & SPLS:

- Will provide students with at least 20 minutes after sitting down for lunch;
- Will schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.;
- Will not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or tooth decay risk)

Qualifications of School Food Service Staff

Qualified nutrition professionals, at GACC, will administer the school meal programs. As part of the school's responsibility to operate a food service program, continuing professional development for the Food Service Manager annual training is provided for both SPLS & GACC in accordance with USDA Professional Standards.

Sharing of Foods and Beverages

Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Foods and Beverages Sold Individually

SPLS & GACC does not provide foods & beverages sold Individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte lines, fundraisers, school stores, etc.) during lunch mealtime.

Snacks & Treats

Snacks

Students may bring snacks for breaks. Chewing gum and hard candy is discouraged in school. Any person in authority has final authority on the permissibility of these items. Candy and pop are discouraged. The goal of snacks served during the school day is to make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. SPLS and GACC will assess if and when to offer snacks based on timing of other school meals, children's nutritional needs, children's ages and other considerations.

Treats

Students may bring birthday treats if they so desire. It is encouraged to bring healthy treats. Parents/guardians are encouraged to discuss the treats with the child's teacher in advance of bringing them in. This is to ensure that any treat brought is safe for all students. In some cases of peanut allergies a classroom or the school may be a "Peanut Free Zone". Parents/ guardians may also choose to purchase a book or other needed items in place of birthday treats.

Rewards

SPLS and GACC will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as punishment.

School-Sponsored Events (such as, but not limited to, athletic events, dances, or performances)

Foods and beverages offered or sold at school-sponsored events outside the school day will meet standard for meals or for foods and beverages sold individually.

Nutrition and Physical Activity Promotion and Food Marketing Nutrition Education and Promotion

SPLS and GACC aim to teach, encourage, and support healthy eating by students. SPLS and GACC should provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- Links with school meal programs, other school foods, and nutrition-related community services;
- Teaches media literacy with an emphasis on food marketing; and

- Includes training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- Opportunities for physical activity breaks between lessons or classes, as appropriate.

Physical Activity Opportunities and Physical Education for SPLS

Daily Physical Education (P.E.) K-8

All students in grades K-6, including students with disabilities, special health-care needs, and alternative educational settings, will receive physical education at least 75 minutes/week for elementary school students for the entire school year. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess

All elementary school students will have at the least 30 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Extended periods (i.e., periods of two or more hours) of inactivity is discouraged. When activities, such as mandatory school-wide testing or activities which make it necessary for students to remain indoors for long periods of time, students will be given periodic breaks during which they are encouraged to stand and be moderately active.

Communications With Parents

SPLS and GACC will support parents' efforts to provide a healthy diet and daily physical activity for their children. SPLS at GACC will have nutrition information available and provide nutrient analyses of school menus when requested.

SPLS and GACC will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages.

SPLS and GACC will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such support will include sharing information about physical activity and physical education through a website, newsletter, or other take-home material, special events, or physical education homework.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. As such, SPLS and GACC will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually. GACC has posters hung in the lunchroom promoting healthy choices. They are replaced as new ones are made available.

School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, other printed or electronic educational materials, signs, scoreboards, school structures, and sports equipment, beverage cups & containers, coolers, trash containers; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school publications and

medial such as in school television, such as Channel One, computer screen savers, school announcements; free samples or coupons; and food sales through fundraising activities.

Staff Wellness

St. Paul Lutheran School and Guardian Angels Central Catholic School highly value the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The school encourages healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

Fundraising

All fundraising must be approved by the administration, whether they are edible or non-edible items.

Wellness Policy Monitoring, Updating, Review & Assessment

Wellness Policy Monitoring

The administrator or a designee will ensure compliance with established nutrition and physical activity wellness policies. The principal will ensure compliance with those policies and will report on the school's compliance to the Board of Education.

The Food Service Manager will ensure compliance with nutrition policies within school food service areas and will report on this matter to the school principal. In addition, SPLS and GACC will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If SPLS and GACC have not received a SMI review from the state agency within the past five years, SPLS and GACC will request from the state agency that a SMI review be scheduled as soon as possible.

Wellness Policy Updating & Review

The updates and revisions to SPLS's & GACC's policies are made before each school year; any changes are implemented at the beginning of each school year whenever possible but can be updated at any time deemed necessary to inform the public of changes.

When updating the policy, the public can view the meal patterns, rules for vending, the nutritional information on snacks served and list of approved snacks for the smart snack list all available at GACC.

Wellness Policy Assessment

The Wellness Policy will be reviewed at least every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, SPLS and GACC will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. SPLS and GACC will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

The Wellness Policy on Physical Activity and Nutrition is provided to all families at the beginning of the school year by being sent home in the first Family Folder. It is also available for viewing at any time in the school office or online at stpaulwp.org on the "Registration & Parent Information" page under the "School Lunch Program Served at GACC" section or in the 2023-2024 Parent-Student Handbook (both online or in print form.) Any new information and/or updates will be sent home to each family when additional family envelopes are sent home. The Family Folders are sent home every Thursday and require a parent's signature on the envelopes when they are returned to the school.

The Wellness Policy will continue to be revised as needed or as any changes are made to improve the wellness and activity of the students.

The St. Paul Lutheran School Wellness Policy (August 2016)
Reviewed 5/18/2023
Updated, Revised & Adopted (June 19, 2023)

St. Paul Lutheran School Meal Charge Policy

(Taken from the 2023-2024 Parent-Student Handbook
Available on the school website or printed (by request only.)

- 1) Lunch account balances will be sent home in the Family Folder once a month and should be either prepaid or paid as soon as the statement is received.
- 2) You can check your child's lunch account balance at any time online at www.teacherease.com by going to Parent Main>Fees or by calling the school office.
- 3) Once a family has a negative balance, they will receive a notification from the school office or through Teacher Ease.
- 4) Payment may be made by cash or check to St. Paul Lutheran School and brought or sent into the school office at any time.
- 5) NO ONE is turned away for non-payment.
- 6) Assistance is available to provide every student with a hot lunch through Free & Reduced Lunch options.
- 7) The Meal Charge Policy is provided to all families at the beginning of the school year and is available for viewing at any time online at stpaulwp.org on the "Registration & Parent Information" page in the 2023-2024 Parent-Student Handbook or separately in the "School Lunch Program Served at GACC" section.

Bluejay Flag Football

This is for 1st - 6th grade boys. The program's intent is to provide your son an environment where teamwork, sportsmanship, skill development, and fun are not only encouraged but emphasized. All proceeds will go towards the GACC football program.

DIVISIONS: 1st/2nd Grade; 3rd/4th Grade; 5th/6th Grade.

PRACTICES: Tuesday/Thursdays (beginning Aug. 29th): 1st/2nd Timmermann Field #4 6:00-7:00 pm; 3rd/4th Timmermann Field #2 6:00-7:15 pm; 5th/6th GACC Practice Field 6:30-8:00 pm on Tues. and 6:00-7:30 on Thurs.

ATTIRE: Weather appropriate active wear, cleats if possible otherwise regular athletic shoes are fine.

FEE: \$50.00 (make checks payable to Bluejay Flag Football) to be paid with the registration.

INCLUDED: A mouth guard and t-shirt will be provided with fee.

SIGNUP DEADLINE: August 25th (please return registration form to the school office – a big Thank You to Rochelle Kai).

GAMES: The Saturday mornings of 9/9, 9/16, 9/23 at the GACC Practice Field and the Thursday evening of 9/28 in Beemer on the High School Field.

If interested in helping, please contact one of the following grade representatives:

1 st /2 nd grade:	Andy Guenther	402-380-0080
	Kevin Thiele	402-380-9944
	Jason Prinz	402-380-3702
3 rd /4 th grade:	Tyler Toline	402-440-4512
	Mike Stratman	402-380-2726
	Craig Randel	402-372-6139
5 th /6 th grade:	Jason Smith	402-380-1958
	Connor Bramlet	307-331-8137
	Luke Strehle	402-380-0113

----- CUT and RETURN to School Office -----

Players Name: _____ Address: _____

City: _____ Grade: _____ DOB: _____ Shirt Size: _____

Mother's Name: _____ Father's Name: _____

Cell Phone: _____ Cell Phone: _____

As a condition to participate in the Bluejay Youth Flag Football program, I knowingly and voluntarily assume all risks inherent of participation. Further, I waive any rights or claims against the Bluejay Youth Football League (coaches, representatives, officials). If medical attention is required, I give my permission for such medical care.

Parent Signature: _____ Date: _____

WHAT IS SCOUTING?

QUÉ ES EL ESCULTISMO



LEADERSHIP
LIDERAZGO



RESPECT
RESPETO



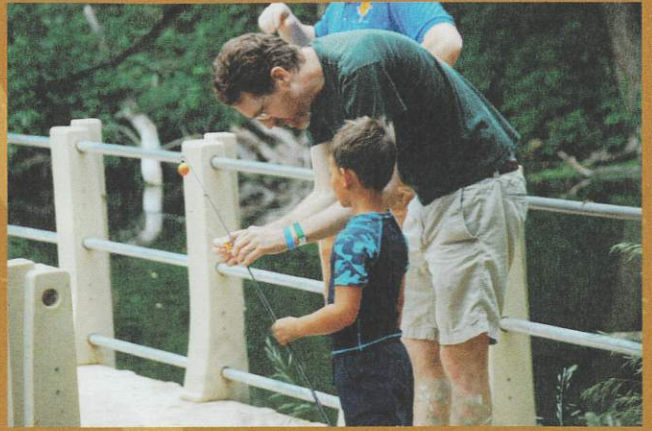
SERVICE
SERVICIO



HONOR
HONOR



GRATITUDE
GRATITUD



SCOUTING PROGRAMS

PROGRAMAS DE EXPLORACIÓN



Cub Scouting:
K-5th Grade



Scouts BSA:
6th-12th Grade



Venturing ages:
14-20



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ESCUCHA QUE OTROS LOS PADRES DICEN SOBRE SCOUTING:



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SCOUTS

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KIDS WANT.
VALUES
THE WORLD
NEEDS.

ADVENTURA QUE LOS NIÑOS QUIEREN.
VALORES QUE EL MUNDO NECESITA.



JOIN US TODAY!

www.mac-bsa.org

(402) 431-9272

Join the adventure with Pack 165!

Únete a la aventura con la manada 165!

Thursday, August 24, 6:30 pm

jueves, agosto 24 6:30 pm

Grace Lutheran Church

Iglesia Luterana Grace

104 S Colfax St, West Point, 68788

Contact/Contacto:

Teresa

wpcubpack165@gmail.com

402-770-7558