# **DILLER-ODELL GRIFFINS**

**STRIVING FOR SUCCESSFUL 21ST CENTURY LEARNERS** 

## Week in a Glance:

September 9, 2019

Monday: JH VB/FB vs. Friend-4:00, bus leaves @ 3:00

**Tuesday:** Senior grad/sophomore class ring meeting during IAPs; JV/V VB vs. FCSH-5:30/6:30; JV/V SB vs. Milford-5:00/6:30, SB Senior Parent's Night

## Wednesday:

**Thursday:** Band to march @ Richardson County Fair, bus departs @ 9:15; JV/V VB vs. Lewiston-6:00/7:00; JV/V SB vs. Auburn-5:00/6:30

**Friday:** Picture Day; Homecoming; V FB vs. Lawrence-Nelson-7:00 **Saturday:** Homecoming dance-7:00-10:00; V SB @ Falls City HS-9:00

> Elementary Homecoming Week Monday-Dajama Day Tuesday-Favorite team Day Wednesday-Wacky Wednesday Thursday-Career Day Friday-Spirit Day

## Elementary Info

~~ Caught Being Good! Xavier Zabokrtsky, Creyton Heidemann, Quinn Logan, Bria Day

# High School Info -

~~ JH/HS students need to turn in all forms given the first few days of school ASAP. These include the handbook acknowledgement form, consent for random drug testing form, and the updated PowerSchool demographics form. Please give the signed forms to Renee.

~~ Girls softball parent's night has been moved from the 19<sup>th</sup> to September 10<sup>th</sup> vs. Milford. The September 19<sup>th</sup> game vs. Crete will be varsity only.

 $\sim -$  7—12 students need to pick up their picture forms from Renee. Pictures are Friday.

# Breakfast \_

**Monday:** Egg & cheese omelet, toast, mandarin oranges

Tuesday:Smoothie, cereal bar, tropical fruit, juiceWednesday:French toast sticks, fresh fruit, juiceThursday:Donut day, applesauce, juiceFriday:Breakfast pizza, fruit choice, juiceMilk is served with each meal.(subject to change)



All 7-12 Students - Activity Pass – any student out for an extra-curricular activity need to purchase their Activity Pass ASAP! Extra-curricular activity includes school related clubs, groups and sports. Passes are \$35 a piece with a limit of \$70 per family for those with more than two 7-12 children. No exceptions! These passes get students into all home games, conference tournaments excluded. A list of those who need one is posted on the bulletin boards and on our dillerodell.org website. Please see Renee to purchase.

Lunch

**Monday:** Meatball sub, green beans, smiley fries, pineapple

**Tuesday:** Walking taco, black beans, peaches, spice bars

**Wednesday:** Salisbury steak, mashed potatoes & gravy, broccoli, dinner roll

Thursday: Cavatini, cooked carrots, pears, garlic bread

Friday: Stromboli, steamed peas, fresh fruit (Fed From the Farm)

Milk is served with each meal (subject to change)

## **Guidance Office Info:**

Junior/Senior students to attend the Beatrice Area Educational Planning Program-College Fair (EPP) hosted at Southeast Community College Beatrice campus on Wednesday, October 2<sup>nd</sup>. Time will be announced as we get closer to the event date.

## **Presentations:**

Oct. 1st - QPR training for Students (6th-8th) by Cole Stark

\*\*Groups will be divided - 7th and 8th, 9th and 10th, 11th and 12th \*\*

### College Reps:

Cloud County Community	Sept. 19 <sup>th</sup>	IAPs
SCC	Sept 23rd	IAPs
NCK Tech Rep	Sept. 30 <sup>th</sup>	IAPs
Doane Rep	Oct. 16th	IAPs
~~ Oct. 17th Financial Aid Presentation		
~~ AccuPlacer		
Nov. 4th at 1:00 p.m.		
Feb. 13th at 9:00 a.m.		

Homecoming Dance Saturday, Sept. 14th - 7:00- 10:00 p.m. High School Cafeteria \$3/\$5



**#Mighty Mezger**. T-shirts are being sold to support Karen Mezger, counselor @ HTRS (Principal Mezger's Mom) in her fight against Adenocarcinoma Cancer. These shirts will be worn during the triangular on October 10<sup>th</sup> with Pawnee City, HTRS and Diller-Odell. Orders are due by September 10<sup>th</sup>. You can find the forms on our website or pick one up at the HS Office or Elementary office.

#### Diller-Odell on Striv.TV

This year you can catch all the sporting events JH-Varsity on the new Diller-Odell Striv.TV Channel. Click on the LiveStream button on the Diller-Odell home page or go to Striv.Tv and search schools for Diller-Odell. Join us all year long on the new Diller-Odell Striv.TV Channel.

#### Updated events: September

- Senior grad/sophomore class ring 17 orders due FFA Range Judging 18 20 FFA Kick-off 25 PTC-4:00-7:00; FFA State Range Judging; FBLA Fall Leadership Conference 26 PTC-8:00-noon, No school 27 No school October FBLA Officer meeting 1 2 FFA Land Judging 3 Jefferson County Spelling Bee 9 **SKIP Flu Clinic** 14 Teacher In-service-No school 16 **PSAT-8:30** 17 ASVAB-8:30; Financial Aid; Senior Parents' Night End of 1st Quarter 18 23 Picture retakes November Teacher in-service; No school 1 One Act Peformance-8<sup>th</sup> period and 5 7:00 pm 6 FFA Livestock Judging 8 Fall break-no school Pioneer Vocal Clinic @ Sterling 11
  - 18 Booster Club meeting-Diller-7:00
  - 20 Play Production @ Johnson-Brock
  - 26 FBLA X-mas party
  - 27 Early dismissal-11:00/11:15
  - 28/29 Thanksgiving break

#### Nerdy Notes from the Nurse

September is National Childhood Obesity Awareness Month. About 1 in 5 (19%) in the United States has obesity. Children with obesity are at higher risk for having other chronic health conditions and diseases, such as asthma, sleep apnea, bone and joint problems, and type 2 diabetes. They also have risk factors for heart disease like high blood pressure and high cholesterol than their normal weight peers. Many factors impact childhood obesity, including eating and physical activity behaviors. Obesity may be influenced by too much time being inactive, lack of sleep, lack of access to affordable healthier foods, and easy access to inexpensive, high calorie foods and sugary beverages. Each week look for tips and tricks that I will be offering about diet and exercise to help you and your child. Let me know if I can offer further resources at any time. Brittney Kotas, RN

Free College Planning Basics Night September 11, 2019 @ 6:30 High School Sponsored by Thrivent

All dates/times are subject to change.