

DILLER-ODELL GRIFFINS

STRIVING FOR SUCCESSFUL 21ST CENTURY LEARNERS

Week in a Glance:

September 16, 2019

Monday: MUDECAS VB vs. Exeter-Milligan-7:00, bus departs @ 5:00; JH VB/FB @ Johnson-Brock-4:00/5:00, bus departs @ 2:00
Tuesday: Senior grad/sophomore class ring meeting during IAPs, placing orders; Annual staff to a workshop, bus departs @ 6:30; MUDECAS VB; JV/V SB @ Freeman-5:00/6:30
Wednesday: FFA Range Judging, bus departs @ 8:15
Thursday: MUDECAS VB; V SB vs. Crete
Friday: FFA Kick-Off-6:30
Saturday: JV VB @ Lewiston Tourney; V SB @ Wilber-Clatonia-10:00

Elementary Info

~~ Caught Being Good! Aidan McKinney, Cale Clifford, Greidys Cardenas, Kasen Kotas

High School Info

~~ FFA Back to School Kick-off: Join the FFA Chapter on Friday, September 20th for a fun-filled picnic at 6:30 in the Odell city park.

~~ Girls softball - The September 19th game vs. Crete will be varsity only.

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, and will post the list in next week's bulletin. Please see Renee to purchase.

FOR THE SAFETY OF EVERYONE:

NO RUNNING

IN THE HALLS OR

ON THE WALKWAY ABOVE THE BLEACHERS!

ELEMENTARY STUDENTS SHOULD BE SEATED, PLEASE!

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.

Breakfast

Monday: Biscuits & gravy, pineapple, juice
Tuesday: Breakfast quesadilla, pears, juice
Wednesday: Pancake & sausage on a stick, fruit choice, juice
Thursday: Donut day, fresh fruit, juice
Friday: Bagel, yogurt, fruit choice, juice
*Milk is served with each meal.
(subject to change)*

Lunch

Monday: Chicken drumsticks, mashed potatoes & gravy, green beans, dinner roll
Tuesday: Mini corn dogs, baked beans, French fries, tropical fruit
Wednesday: Grilled chicken sandwich, potato salad, fresh vegetables, mixed fruit
Thursday: **Pork bacon burger, sweet potato fries, fresh fruit**
Friday: Chicken fajita, corn, Mexican rice, brownie
*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 2nd. 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 th	IAPs
SCC	Sept 23 rd	IAPs
NCK Tech Rep	Sept. 30 th	IAPs
Doane Rep	Oct. 16 th	IAPs

~~ Oct. 17th Financial Aid Presentation

~~ AccuPlacer

Nov. 4th at 1:00 p.m.
Feb. 13th at 9:00 a.m.

~~ Oct. 21st and 22nd –
3rd - 6th Online Safety,
7-12th Set Me Free Project
More Details to follow

Updated events:

September

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

1 FBLA Officer meeting
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
18 End of 1st Quarter
23 Picture retakes

November

1 Teacher in-service; No school
5 One Act Performance-8th period and 7:00 pm
6 FFA Livestock Judging
8 Fall break-no school
11 Pioneer Vocal Clinic @ Sterling
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

December

12 Elementary Christmas Concert
13 8th grade Raffle/Ice Cream Social
18 Art Club Christmas Party
19 HS Christmas Concert
20 Early dismissal-11:00/11:15

Nerdy Notes from the Nurse

MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future. This means: Focus on variety, amount, and nutrition. Choose foods and beverages with less saturated fat, sodium, and added sugars. Start with small changes to build healthier eating styles. Support healthy eating for everyone.

Eating healthy is a journey shaped by many factors, including our stage of life, situations, preferences, access to food, culture, traditions, and the personal decisions we make over time. All your food and beverage choices count. MyPlate offers ideas and tips to help you create a healthier eating style that meets your individual needs and improves your health. Use the following picture to help guide you into smart food and drink choices. Let me know how I can help you get more information if needed!

Brittney Kotas, RN

