



November 2020—Issue 3

Voyager



From The Superintendent's Desk — By Dr. Plas

Thanksgiving is my favorite holiday of the year! It is a time for us to focus on all the positives in our life and give thanks. Like many others, I can get trapped in worrying about what is next, what would make life easier, and comparing to others but forget to give the proper amount of gratitude for the many gifts for which we have been blessed. With that said, here a few things I am thankful for at Lakeview:

- Some of the best students of any school system in the state of Nebraska
- A wonderful, caring staff that puts students first
- The Lakeview community that will do anything to help the district
- A supportive Board of Education with a deep passion for Lakeview
- A support staff that is second to none
- Amazing administrative assistants that do so much behind the scenes for our students
- A maintenance crew that keeps our buildings clean and safe
- A school nutrition staff that provides excellent meals every day to our students
- A transportation staff that ensure our students get to their events safely

It is nice to spend a day giving thanks for all of the positives in our life! I truly hope you and your family have a wonderful Thanksgiving!

Coronavirus Information

At the time this newsletter was submitted, the school year is eight weeks old, and we have worked our way through several COVID-19 related situations. Lakeview, like so many other districts, has had our fair share of students, staff, and patrons that have contracted the virus. When this happens, we examine the situation, determine close contacts within the school system, and communicate to those who need to know the positive case. Because of our mandatory mask policy and social distancing, we do not know of any school-related spread of the virus.

East Central Health Department has publicly communicated that our community's safest place is within the school systems. A big compliment considering we are a large gathering of people, every single day! We very much appreciate all the students and parents continuing to adhere to these new policies that were created to ensure we could continue a traditional in-person education throughout the school year.

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In & Around the Jr/Sr High School...

The Viking Way

Congratulations to Shelby Smith for being selected as the September, Viking Way, Student of the Month!

Shelby serves as a great role model for other students! She has a positive attitude and is always willing to help others out! Awesome job Shelby



Congratulations to Parker Osten for being selected as the September, Viking Way, Junior High, Student of the Month!

Parker is a great helper! He helps out in the classroom whenever there is a need, he always participates well in classroom discussion and he is a big help as a manager on the varsity football team. Great job Parker!

Students of the Month



High School Counseling News



Dates to Remember:

October 1st: FAFSA Opens <https://studentaid.gov/h/apply-for-aid/fafsa>

October 15th: Chadron State College Virtual Visit at 3:15

October 22nd: PreACT for all junior students

October 29th: Nebraska Wesleyan Virtual College Visit at 3:15

November 1st: Susan T. Buffett Scholarship Application Opens <https://buffettscholarships.org/>

Scholarship Information:

- All scholarships that come through the counseling office will be emailed to all senior students on their Lakeview account, as well as posted on my website.
- <https://sites.google.com/lakeview.esu7.org/counselingcenter>

Virtual College Fair:

EducationQuest has put together information and videos from over 100 colleges and universities from all over the country. Visit educationquest.org to find out more information on college admissions, scholarships, selecting a major, college visits and paying for college.

Paige Rambour
High School Counselor
prambour@lakeview.esu7.org



Will you join us?

**We're heading to
Washington, D.C.**

Interested?

Here's a sneak peek of our itinerary:

- Smithsonian Museums
- Arlington National Cemetery
- Mount Vernon
- Tidal Basin
- See the Capitol Building
- National Archives
- And so much more!



efexploreamerica.com/2351094XU

Check out our tour enrollment page to reserve your spot on tour.

Or use your smartphone to scan the QR code:

Open your cellphone camera, point camera at QR code (right) to scan. Once the link appears, click to open!



Mental Health Outreach Services

Community and Family Partnership and Columbus Area United Way are offering therapy sessions with local mental health providers in the Columbus area.

This service is available for anyone in Platte, Colfax, Boone, Butler, Polk, or Nance county regardless of their insurance.

- Available for up to three therapy sessions.
- Offered in English and Spanish.
- Telehealth or in-person sessions are offered.



Our Mental Health Providers can provide the following support in the following areas (but not limited to):

- Coping skills
- Communication skills
- Stress Management
- Anxiety
- Depression
- Employment Concerns

Services Provided by COVID-19 Relief Funding

To apply for these services, visit:

 www.communityandfamilypartnership.org/Mental-Health-Outreach-Services
or
 call 402-276-0378.

If calling, state that you are interested in Mental Health Outreach Services.

This is a **NON-EMERGENCY** service.
If you or your family is experiencing an emergency, please contact 911,
Nebraska Family Helpline
888-866-8660,
Your Life Your Voice
1-800-448-3000, or
Crisis Response 402-564-3264.

Servicios de Extensión de Salud Mental

Community and Family Partnership y Columbus Area United Way están ofreciendo sesiones de terapia con proveedores locales de salud mental en el área de Columbus.

Este servicio está disponible para cualquier persona en el condado de Platte, Colfax, Boone, Butler, Polk o Nance, independientemente de su seguro.

- Disponible para hasta tres sesiones de terapia.
- Ofrecido en Inglés y Español.
- Se ofrecen sesiones de tele salud o en persona.



Nuestros proveedores de salud mental pueden brindar el siguiente apoyo en las siguientes áreas (pero no se limitan a):

- Habilidades de afrontamiento
- Habilidades de comunicación
- Manejo del estrés
- Ansiedad
- Depresión
- Preocupaciones laborales

Servicios provistos por COVID-19 Relief Funding

Para solicitar estos servicios, visite:

📶 www.communityandfamilypartnership.org/Mental-Health-Outreach-Services

📞 llame al 402-615-0884.

Si llama, diga que está interesado en Servicios de extensión de salud mental.

Este es un servicio que NO ES DE EMERGENCIA. Si usted o su familia están experimentando una emergencia, por favor contacte al 911,

Nebraska Family Helpline
888-866-8660,

Your Life Your Voice

📞 1-800-448-3000, or
📞 Crisis Response 402-564-3264.

NOVEMBER 2020

Lakeview FBLA

The Lakeview FBLA chapter is up to 84 members!

The FBLA officer team participated in Fall Leadership Conference via Zoom.

National Fall Leadership Conference has unfortunately been cancelled this year.

October Events

Oct. 14 Fall Tours

Oct. 15 Concessions

Oct. 23 Food Feud

On September 29th, the FBLA officers "Amplified their Leadership" by virtually attending Fall Leadership Conference. Officers heard a motivational message from Aaron Davis and virtually attended breakout sessions highlighting leadership skills and ways to improve the chapter.



Food Feud! The Lakeview vs Scotus food feud is set to take place during the football game on October 23rd. Bring your can food or donation to the game or drop it off at the school that week.

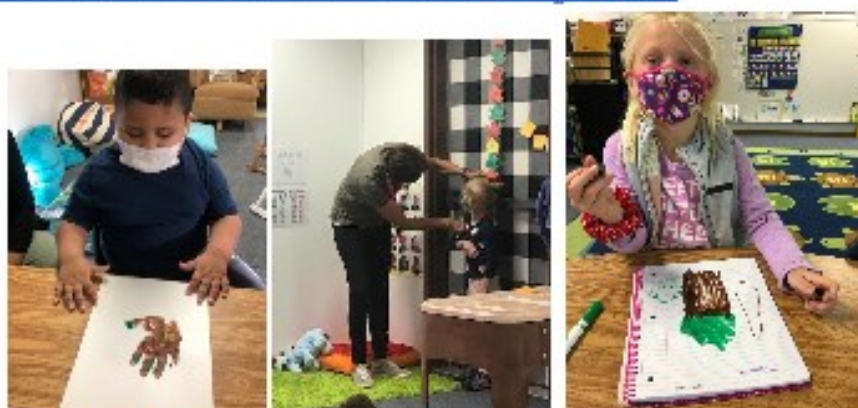
Lakeview Community Schools



Preschool

During the month of October, students started a Tree Project through the *Creative Curriculum*. Students have learned the parts of a tree, who lives in a tree, the difference between deciduous and evergreen trees, explored apples, and pumpkins. Preschoolers are like sponges, they are soaking up so many words and how to be a student at Lakeview. Students are learning how to get a friend's attention, share toys, give compliments, and how to use a solution kit to fix problems in the classroom. Here is the link to the solution kit to use at home- I cut them out and then put them on a ring so students can flip through solutions until they find a solution they like.

<http://csefel.vanderbilt.edu/resources/strategies.html>



Upcoming Events

November 25-27--Thanksgiving Break

Check out the Preschool Blog

<https://lakeviewprecshool.blogspot.com/>

Go Vikings!

-Mrs. Jarecki

In & Around Shell Creek Elementary...

Student Engagement by Kelly Frenzen

Keeping students engaged is an important part of teaching and learning. Having activities and lessons where students can be doing hands-on things helps to keep all students actively participating in the lesson being taught. This also allows me as the teacher to see what all students in my room can do, not just the ones that like to speak up. Coming up with fun, unique ways of teaching is something I try to do daily for my students.



Dear 1st through 6th Grade Shell Creek Parents/Guardians,

Shell Creek Elementary grades 1-6 will be participating in a very special community service program to raise funds for the American Heart Association. We're joining in the fight against our nation's No. 1 and No. 3 killers – cardiovascular disease and stroke. Kids Heart Challenge (aka-Jump Rope for Heart) is a nationwide event that helps students learn about the benefits of regular physical activity and heart health while raising funds to fight heart disease and stroke. The money our school raises will fund potentially lifesaving research and will support programs that help people in our community. **The Shell Creek Students will be doing their Jump Rope for Heart on November 3rd and 5th 2020 during P.E. class at Shell Creek Elementary.**

Most people do not realize that the roots for cardiovascular disease in adults often begin in childhood from age 10 and even younger. That's why it's important to make changes now to help your children and other family members eat healthy foods, stay physically active, and live tobacco-free.

As this year's coordinator, the students have shown a lot of interest and excitement in taking part in this year's Kids Heart Challenge. I will be sending home with each of them an information/money envelope along with this letter. This will have a listing of the prizes they can earn as well as your child's consent form. That's right I said prizes! Students who collect money donations for their schools Jump Rope for Heart event will receive dollar amount prizes for their hard work from the American Heart Association.

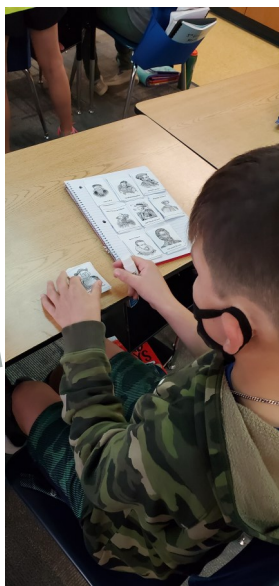
This year I am asking all parents to convert all cash and coin collected into one check. It makes it a lot easier to count the individual money collected and get it sent so the students receive their prizes sooner. If someone that donates wants to write a check, please ask him or her to write it out to the American Heart Association. They can also go online and donate to your child after registering your child online. See collection envelope for information to register online. I ask that you do not allow your son or daughter to go door to door asking for money donations. I would prefer that they ask friends and family for money donations. Parents may take collection envelopes to their place of employment if they wish. I am giving the students two weeks to collect money donations and turn the money back into me by November 3, 2020.

Kids Heart Challenge is a fun and effective way to teach heart-healthy living. It emphasizes the importance of physical activity as our children do something they enjoy. The money you contribute will fund research that will save more lives each year... maybe your own or that of someone in your family. Our efforts can truly make a difference. Any questions please call 402-564-8008, email cthoms@lakeview.esu7.org or stop and visit with me at school.

Sincerely,

Chris Thoms
Physical Education Teacher/KHC Coordinator – Shell Creek Elementary

The 5th graders at Shell Creek have had an awesome 1st quarter of school! We are so glad to be back in person and we have accomplished a lot of learning! Some things we have been working on are: In S.S. the students completed a unit on Native Americans and now are getting ready to "dive" into the Age of Exploration. Science has been a lot of hands-on experiments. Currently students are looking at mold growth on food. In math, students are working on writing equations and getting reacquainted with fractions. Looking forward to many more engaging activities in 2nd quarter!



Shell Creek ~ School Counselor News

This month we are focusing on emotional awareness during guidance. The purpose of these lessons is to help students identify specific feeling words, learn definitions of new feeling words, recognize feelings in self and others and understand that all feelings are okay! Students will participate in a variety of activities to identify feeling faces, how feelings feel in our body, and comfortable vs. uncomfortable feelings. Finally, we discuss how to calm down big feelings.

~ Help your child build emotional awareness

Below is a list of simple activities you can do to help your child learn more about their emotions.

- Ask your child how he/she is feeling. List some feeling words to choose from.
- Share how you are feeling!
- Play feelings charades. Show feelings on your face and body.
- Read stories with your child and talk about how the characters are feeling.

~Why is emotional awareness important?

Children who are able to identify how they feel are often better able to communicate their needs. They are also more likely to understand the feelings of their friends, classmates, and the grown-ups in their lives. When students are aware of their own feelings and the feelings of others, they are able to build empathy! Empathy is the ability to see and understand what someone else is feeling. We teach students to show empathy and compassion to those around them!

In & Around Platte Center Elementary..

Our Viking Award winner for September is Zarrid Hunsaker. Zarrid is a 2nd Grade student who exhibits the Viking Way Characteristics of Mindset, Academics, and Character. Congratulations Zarrid for being a great friend and super student!

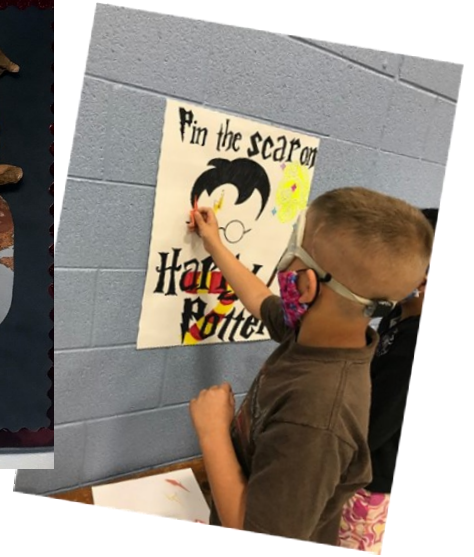
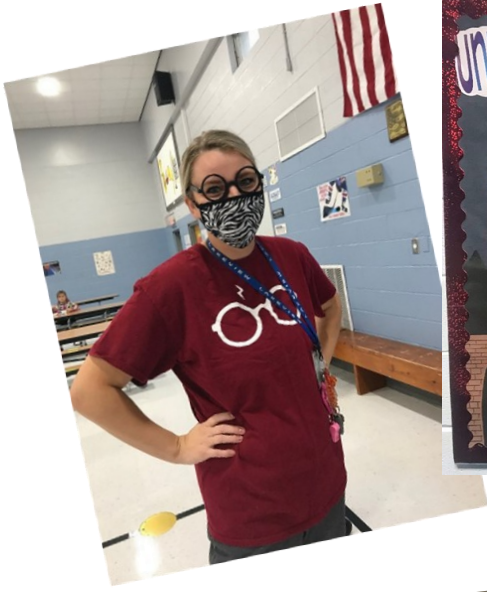


Mrs. Luebker and Ms. Bryan joined our September Birthday Assembly! The students were extremely excited to see them and presented them with "Happy Retirement" Booklets containing wonderful suggestions and pictures of what retirement might look like! We wish them both the best retirements ever!!

Grade 4 was awarded the Viking Pipe Puppy for September for being the best behaved class. Congrats!!



Accelerated Reader Kickoff ~ Unleash the Magic of Reading!



Homecoming Activities!!!



In & Around Christ Lutheran Schools...

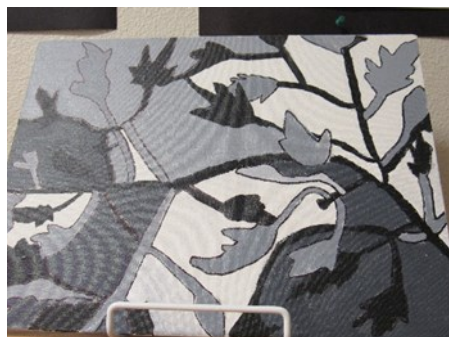
Christ Lutheran School News

October brings Fall colors and beautiful weather for students to enjoy. This year the students at Christ Lutheran School are enjoying the weather while learning about a variety of topics. What a blessing!

The K-1 students have been learning about habitat. They went on a nature walk to look for where animals live around the school grounds. Then the students spent a week building a life-size eagle nest. This was hard work and the students were very proud of their creation. The end result was about the height of one of the students! Next, the students tried to identify birds that may want to live in their creation.



The 2nd-4th grade class spent a school day at Camp Luther. They learned about God's creation in an outdoor setting. They were also able to enjoy archery, nature hikes and spending quiet moments resting and relaxing!



Upper grade students also have enjoyed the outdoors. They completed two art projects of outdoor sketching with pastels. The class also spent a day with the 4-H extension leaders completing a GPS class at Pawnee Park. The group was grateful for the pleasant weather since the original date was canceled due to cold temperatures.

October is Fire Prevention Month. Jordan Wilke from the Leigh Volunteer Fire Department visited our campus. He donned his full gear and let students try it on. He also handed out packets and posters. We thank Jordan and the Leigh Volunteer Fire Department for the information and time given to us!

This semester Christ Lutheran students are collecting money to sponsor a kindergarten student to attend a Lutheran school in Cambodia. The founders of the Garuna school system in Cambodia are Pastor Jeff and Cheryl Ehlers. They are the guest speakers at Mission Fest on Sunday, Oct. 18th and then again to our students on Monday, October 19th at an assembly. Students have learned more about Cambodia and the mission of these Christian schools. They also have written letters to their sponsor student. CLS students look forward to hearing back from him.



Harvest Festival is an exciting event sponsored by the Christ Lutheran PTL. This year's festival includes food, decorated pumpkins, Trunk/Table or Treat, and activities for young and the young at heart. We are so thankful for our parents who put in the time and energy to make such fun events for our school and church community.

Happy Fall!

In & Around St. Johns Lutheran School...

This is what we are learning in our Rooms at St. John's!

In our Preschool Room we have been having fun learning letters and shapes. We are currently learning about colors. The children wear an assigned color to school, then look for that color both inside and outside on the playground. We welcome Julie Fittje as our new preschool teachers aide!

Our Little Room has enjoyed playing Soccer with Mrs. Evans (our PE teacher), playing the math/puppy computer game with Miss Betterton (our Little Room Teacher), and drawing Humpty Dumpty with Miss Warneke (our Art teacher). In Science they are learning about animals, what they eat, and how they eat. The Kindergarten class has been working on syllables, beginning sounds, and differences in shapes. The First Grade students have been working on signing the Vowel Jingle, Adverbs, and Number Sentences.

Our Middle Room is learning about plants and animals and how to classify them in Science. In Social Studies we are studying maps and directions.

Our Big Room has been learning about Egypt in World History. Our 8th graders are finishing World War II in US History. We are drawing Egyptian chalk drawings in Art class.

We are excited to have our Oktoberfest celebration on October 18th, although there will be changes made for the meal with Carry Out meals only. We will be serving the meals with smiling faces under our masks.

We pray for anyone ill with the coronavirus, or with cancer, or any other illness at this time. We pray for our President and all the leaders in our country at this time.

In & Around Lakeview Community...

Senior & Junior Parents – Post Prom Information November, 2020

Parent involvement is what makes Post Prom a success! If you plan on working at Post Prom, we ask that you serve on a committee or help with fundraisers. We realize everyone is BUSY, but hopefully you can look at your schedule and find some time to volunteer.

ATTENTION:

Junior and Senior Parents, and ANYONE interested in helping:

**Next meeting January 11, 7pm
at Lakeview High School**

Parent Donation! Get your coupon below!

THANK YOU from the Post Prom Steering Committee:

Holly Anderson, Merin Koch, Stacey Vogt

**Junior-Senior Parent Donation
For Lakeview High School Post Prom
April 24, 2021**

Please consider donating to the Post Prom fund with a monetary gift of at least \$25.00. We are asking all Junior and Senior parents, grandparents or willing Lakeview patrons to donate. Your donation will be used to purchase food and gifts for Post Prom for all junior and senior students in attendance. Please drop your contribution in the mail to: Lakeview Community Schools, Attn: Post Prom Committee, 3744 83rd St., Columbus, NE 68601

I am willing to donate \$ _____ towards the 2020 Lakeview Post-Prom and help my child to have a safe and fun event to attend following the Jr.-Sr. Prom on April 24, 2021

PatronName(s)



Lakeview Education Foundation



Mission Statement: Inspire investment in scholarships, innovative programs and facilities that enhance the educational experience and opportunities for students & faculty of Lakeview Community Schools

The COVID-19 pandemic has resulted in at least one positive thing: a much greater appreciation for the importance of public schools. As parents struggled to work with their children at home due to school closures, public recognition of the essential caretaking role schools play in society has skyrocketed. As young people struggle to learn from home, parents' gratitude for teachers, their skills, and their invaluable role in student well-being, has risen.

As our community continues to deal with the daily changes of dealing with COVID, our district administrators are too having to constantly evaluate and re-evaluate practices, policies, and protocols. Things have continued to open up, which has created new circumstances and more changes.

The Lakeview administrators, teachers, and staff have been phenomenal. Due to their commitment we are nearly through October with no school closure, our athletics and activities continuing on nearly as scheduled. This is not possible without complete commitment from all of LAKEVIEW.

As we all continue to make decisions on what is best for our students, The Education Foundation continues to look for ways to support OUR school. We ask that all families consider contributing to our Endowment in the following ways:

- Support the LEF by purchasing a NEW Annual Membership for only \$50.00
- Honor you loved ones with a Memorial to the Lakeview Education Foundation
- Consider including the Lakeview Education Foundation within your estate planning.

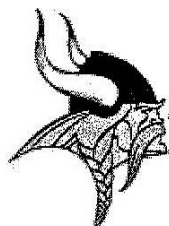
We ask that you contact Clete Pillen with any questions or inquiries. You can also visit the LEF page on the Lakeview Community Schools web page at: <https://www.lakeview.esu7.org> under the "Community" tab.

An investment in the Lakeview Education Foundation is an investment in our School, our Students, our Future.

November 2020

This November calendar is blank, printable and contains Canada holidays. Courtesy of WinCalendar.com

November 2020							Dec 2020 ▶
◀ Oct 2020	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7	
	Chicken nuggets Tri-potato Broccoli	Fish stick Mac cheese Peas	Chicken fried steak Mashed potatoes/gravy Corn Roll	Pulled pork Scalloped potatoes Baked beans	Nachos Refried beans Peach crisp		
8	9	10	11	12	13	14	
	Quesadilla Tri-potato Carrots	Corn dogs Mac cheese Peas	Sloppy joes Baked beans Chips Cookies	Chicken Alfredo Corn Bread sticks	Chicken patty Rice Green beans		
15	16	17	18	19	20	21	
	Fiesta pizza Smile Fries Mix veggies	Chili Cheese Crackers Cinn roll	Hamburgers Chips Baked beans	Thanksgiving meal	Stir fried meal Rice Broccoli Apple sauce		
22	23	24	25	26	27	28	
	Max sticks Tri-potato Green beans	Creamed chicken Over a biscuit Mix veggies Baked Apple slices					
29	30						
	Calzone pizza Green beans Fruit cups Pudding cup						



Lakeview

November, 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 6:00pm (Awards Night) Cross Country- @ Cafeteria	2 6:30pm (Band) Parents' Meeting- @ Band Room 7:00pm-9:00pm (One Act) Practice- @ East Gym	3 7:00pm-9:00pm (One Act) Practice- @ East Gym	4 Mock Interviews for Seniors and Juniors-	5 TBD VB-Varsity TBD vs. TBD 7:00pm-9:00pm (One Act) Practice- @ East Gym	6 (FBLA) NFLC - Omaha- TBD VB-Varsity TBD vs. TBD TBD FB-Varsity TBD vs. TBD	7 (FBLA) NFLC - Omaha- TBD VB-Varsity TBD vs. TBD
8	9 Mock Interviews for Seniors and Juniors- 7:00pm-9:00pm (One Act) Practice- @ East Gym	10 (Vocal) Hastings Honor Choir Audition Applications Due- @ Vocal Room 6:30pm WR-B/Middle School Norfolk Catholic	11 Early Dismissal - 1:30PM - All attendance centers-	12 4:00pm WR-B/Middle School Madison Public Schools 7:00pm-9:00pm (One Act) Practice- @ East Gym	13 TBD FB-Varsity TBD vs. TBD 7:30am-4:30pm Fall Blood Drive- @ West Gym	14
15	16 Start of Winter Practice- 6:30pm BB-G/7th Schuyler Community 6:30pm BB-G/8th Schuyler Community	17 4:15pm WR-B/Middle School Columbus Discoverers	18	19 All State Vocal Clinic- (Cancelled) 4:00pm BB-G/7th Pierce 5:00pm BB-G/8th Pierce More...	20 All State Vocal Clinic- (Cancelled) 7:00pm-9:00pm (One Act) Practice- @ East Gym	21 All State Vocal Clinic- (Cancelled) 9:00am WR-B/Middle School Howells-Dodge 10:00am BB-G/7th York Middle School vs. Multiple Schools 10:00am BB-G/8th York Middle School vs. Multiple Schools
22	23 7:00pm-9:00pm (One Act) Practice- @ East Gym	24 TBD FB-Varsity TBD vs. TBD 6:30pm BB-G/7th Twin River 6:30pm BB-G/8th Twin River	25 No School-	26 No School-	27 No School-	28 3:00pm-5:00pm (One Act) Practice- @ East Gym
29 3:00pm-5:00pm (One Act) Practice- @ East Gym 6:00pm (Awards Night) Volleyball-	30 6:30pm BB-G/7th Scotus Central Catholic 6:30pm BB-G/8th Scotus Central Catholic 7:00pm (FFA) Meeting- @ Cafeteria					

Booster Club has lots of new Lakeview items and will be at all the home football games. Call Crystal Klug at 402-910-1289 to set up a time to shop for your Lakeview gear!

Support Lakeview Viking History...

BUY A BRICK!

For all those fans who wish to become a permanent part of Lakeview High School history and continue to building the Viking tradition, we offer a unique opportunity. Be a part of the most distinctive feature of the Lakeview Athletic Complex...the "VIKING WALK OF PRIDE". The entrance to the newly renovated stadium will consist of personalized bricks which will form a walkway for our fans. The walkway, to be named the "VIKING WALK OF PRIDE", will capture the LHS tradition of excellence. Viking athletics have produced some outstanding athletes. Now, the "VIKING WALK OF PRIDE" provides a unique opportunity to leave an enduring symbol of your support for Lakeview High School Athletics.

YES! I want to be a part of Viking History with a personalized **VIKING WALK OF PRIDE** brick!

Purchaser's Name _____

Address _____

City, State, Zip _____

____ This is a SURPRISE gift. (Do not send acknowledgement letter.)

____ Send acknowledgement letter to:

Purchaser's Name _____

Address _____

City, State, Zip _____

Print information exactly as you would like it to appear, noting there are a maximum of 16 characters per line (including spaces). It could be the name of your company, a special message or something more creative.

4" X 8" Standard size, imprinted: \$100.00

Maximum of 14 characters per line (including spaces) - 3 lines. If you wish to order more than one brick or would like your bricks placed next to a friend's brick or with a group of bricks, your orders **MUST BE PLACED TOGETHER!** All contributions are tax deductible to the extent allowed by law.

All profits from this sale will be used for the construction and maintenance of a new track. **ALL STATE PLAYERS!** There will be a spot reserved for you along the main entrance.

ORDER YOUR BRICKS TODAY!

CHECK OR MONEY ORDER

Enclose your check or money order along with this form in an envelope and mail to:

LAKEVIEW HIGH SCHOOL FOUNDATION (TRACK)

3744 83rd Street

COLUMBUS, NE 68601