

EAST BUTLER BULLETIN
"WHERE FUTURES BEGIN"
APRIL 10, 2018
www.ebutlertigers.org

TUESDAY, APRIL 10, 2018

State FCCLA Continues

1:00 P.M. - Track - Yutan Invite

Dine At Runza 10% of sales donated to TEAMMATES MENTORING

WEDNESDAY, APRIL 11, 2018

6:30 P.M. - Board of Education Meeting - Brainard Library

THURSDAY, APRIL 12, 2018

8:15 A.M. - Brainard 4th Grade Field Trip to Gretna

9:00 A.M. Jr. High Track - Osceola Invite

FRIDAY, APRIL 13, 2018

No Special Activities

MONDAY, APRIL 16, 2018

6:00 P.M. - National Honor Society Induction Dinner - MPR

7:30 P.M. - Pre-Contest Concert

TUESDAY, APRIL 17, 2018

10:00 A.M. - Track - Friend Invite

CONGRATULATIONS TO THIS YEAR'S PROM ROYALTY: Abby Pierce & Hidde Heida

CONGRATULATIONS TO THE FOLLOWING STUDENTS WHO WILL BE INDUCTED INTO NATIONAL HONOR SOCIETY ON APRIL 16, 2018 AT 6:00

P.M.: Amanda Aerts, Olivia Bohac, Abbie Christensen, Lexis Haney, Kailyn Hummel, Matthew Janak, Morgan Jones, Elizabeth Pernicek, Austin Pierce, Justin Sousek.

NOTE TO PARENTS REGARDING LUNCH ACCOUNTS: As the end of the school year is quickly approaching, all lunch accounts must be kept in good standing by having a positive balance at all times. If your child's account has a negative balance they may be served an alternate lunch. The school can not carry negative balances. You can register to check the balance in your account by going to the "lunch login" icon on the school website and set up your account. You can also set up your family to put money in your lunch account through the "efunds" icon on the website to save sending cash or a personal check to school. If you have any questions please call the school office in Brainard 402-545-2081.

REMINDER TO ALL STUDENTS: As the weather warms up, please remember that shorts need to be of an appropriate length and all shirts must have sleeves.

LUNCH MENU CHANGE: April 23rd from (chicken fried steak) to breaded pork patty.

EAST BUTLER HAS ARTWORK ON DISPLAY AT THE HRUSKA MEMORIAL PUBLIC LIBRARY IN DAVID CITY FOR THE MONTH OF APRIL.

Congratulations to the following students for representing East Butler: Kristine Tejral, Mallory Krenk, Anna Rigatuso, Kelsey Buresh, Lizzie Pernicek, Olivia Bohac, Abbie Christensen, Zoie Keagy, Kylee Martinez.

TOPP NOTE: *Be the reason someone smiles today!*

DRIVER'S EDUCATION – Driver's Education will be presented at the East Butler facility May 14-25, 2018. *PLEASE STOP BY THE OFFICE AND PICK UP A REGISTRATION FORM.*

EAST BUTLER HONORS NIGHT will be Tuesday, May 8th at 6:30 P.M. in the Brainard gym.

REMINDER: ATHLETIC BANQUET - FRIDAY, MAY 4TH. More details coming soon!

Community Partners Bring:

PLAY THEIR WAY

A Free Family FUN Event for all families in Butler County!

Monday, April 23rd, 2018 6-8 PM

David City High School



BCAFF

Butler County Area Foundation Fund

Families are invited to come PLAY!
Stations of PLAY will be available
for infants, toddlers, preschool
age, school age children &
parents.

Stations will focus on PLAY based learning
opportunities for early childhood.

The PLAY THEIR WAY event is
a cooperative partnership
between the Butler County
Community Foundation and
our area schools.

Enter via the New Activity
Center Entrance on the
northeast side of David City
High School, located at
750 D St in David City.

Community Agencies will be
passing along information on
child development, literacy,
health and wellness, PLAY
based activities and MORE for
families.

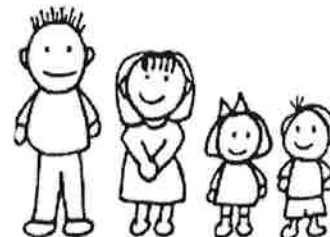
"For children,
play IS serious
learning. Play is
really the work of
childhood."

- Fred Rogers



Food will be
served
during the
event 😊

**Adult supervision/participation required for
children to participate in "Play Their Way" event.**



On to College!

Brought to Butler County through a cooperative partnership between the Butler County Community Foundation, Community Partners, and our local schools.

April 23, 2018 6-8 PM

David City High School Activities Center

750 D Street, David City

**This event is geared for students in
middle and high school.**

Our focus area for this year's event will be around careers in health care.

Representatives from area health care providers, Nebraska Vocational Rehabilitation, EducationQuest, Central Community College and other partners will be available to help you learn more about obtaining employment in health care now and after graduation from high school. Come learn about how you could have a future career in health care – from direct patient care to facility maintenance and business/technology positions within health care facilities.

Food will be served during the event.

**It's never too early to start exploring
options for your future!**



BCAFF

Butler County Area Foundation Fund



CHILD ABUSE PREVENTION MONTH



Talking With Your Kids About Sexual Abuse



Starting the Conversation

USE EVERYDAY MOMENTS

Choose a time when you and your child are relaxed and comfortable. To be effective, these conversations should be frequent, especially with younger kids. And remember, this is first and foremost a safety conversation.



Bath and bedtime: A great time to discuss body parts with young children. Experts recommend teaching the correct names for private parts (penis, vagina, anus, nipples, bottom) like you do with knees, elbows, and toes.



Reading time: Consider reading books about safety for private body parts, or pick up themes from a regular story ("The coach gave Andy a pat on the back.") Ask open-ended questions: "What kind of safe touch happened?" and use your child's comments for further discussion.



Leaving the house: Go over safety rules, especially when they're leaving without you. Your rules can include general safety ("Wear your seatbelt.") and private body parts ("It's never okay to touch someone else's private body parts.")



Over a treat: Over hot chocolate or another treat, bring up the topic of safety rules. Whether it's unsafe play (never play with fire), household safety (never play with guns), or private body parts, the topic can be broached as part of a general safety conversation.

HOW TO BEGIN

It's normal to feel uncomfortable and nervous at the idea of talking to kids about safety for private body parts. But you should emphasize that these things are important. It may help to frame it as a safety talk:

"It's time we went over rules about safety."

"I want to have a talk about safety today."

Try starting with general safety rules for their bodies: wearing a bike helmet to protect their head, waiting for hot chocolate to cool to avoid burning their tongue. Then move to the rules for private parts.

"We have safety rules for all parts of the body, and that includes your private parts."

If you get flustered or interrupted, keep trying. These should be ongoing conversations, and the more you bring it up, the more natural it will feel each time.

"I know you don't want to talk about it, but this is important. Let's talk for one minute."

"It's weird for me too, but it's important that we have this talk."

REPEAT AND REVIEW

Kids need frequent reminders and practice of all family safety rules. Make sure your children learn the rules and skills to stay safe by reviewing them often during normal family activities.

Conversations by Age

5 AND UNDER

Keep rules simple and easy to remember, and bring them up frequently. Example talking points:

"A bigger person should NEVER touch your private parts except to keep you healthy."

"Never keep secrets about touching."

AGE 6 TO 9

As kids get older, you can introduce more rules and specifics. Again, go over the rules from time to time.

Example talking points:

"No one should EVER touch your private body parts except to keep you healthy."

"You shouldn't touch other people's private body parts, either."

9 AND UP

By this age, children can handle detailed rules. Example talking points:

"Another person should NEVER touch or ask to see your private body parts except to keep you healthy."

"You should NEVER touch or be made to look at another person's private body parts."

"No one should take photos of your private body parts or show you photos of other people's private parts."

RULES FOR KIDS OF ALL AGES

- Never keep secrets about touching.
- Always ask the adult in charge if it's okay for another adult to give you something or take you somewhere.
- It's never your fault if someone touches your private body parts.
- Tell an adult if someone makes you feel uncomfortable, and keep telling until someone believes you.

NATIONAL HOTLINES

- Childhelp: 800-4-A-Child (1-800-422-4453)
- Rape, Abuse, and Incest National Network (RAINN): 800-656-HOPE

What to Do If Your Child Tells You

AFTER THEY DISCLOSE SEXUAL ABUSE

Stay calm, remain warm and caring, and avoid expressing anger or blame.

WHAT TO SAY RIGHT AWAY

Assure them they did the right thing, that you believe them, and that you'll keep them safe.

"I am so proud that you told me."

"You were so brave to tell me about this."

"I can help keep you safe because you told me."

GUIDELINES FOR HANDLING THE CONVERSATION

Stay matter-of-fact and objective. Repeat what they tell you and encourage them to open up:

"Tell me more."

"What happened next?"

Don't insist on precise details, numbers, days, or times. Let them know it won't happen again and that you will help them.

IF YOU WERE TOO UPSET TO LISTEN

It's perfectly fine to revisit the conversation once you have calmed down. "Remember what you told me about Uncle John touching your vagina? Can we talk about it again?" Then follow the same guidelines outlined above.

"WHAT IF" SCENARIOS AND THE THREE Rs OF SAFETY

These rules apply to any unsafe situation, and can help you discuss "what ifs" with your kids. As with all conversations, discuss and practice safety scenarios on a regular basis.

Recognize: Is it safe? Does it break a rule?

Report: Always tell if someone breaks a safety rule.

Refuse: You can say no to any situation or touch you don't want.

Find additional information and resources at EarlyOpenOften.org