TUESDAY, OCTOBER 30, 2018
6:30 P.M. - Special Board of Education Meeting - Room 158

WEDNESDAY, OCTOBER 31, 2018
HAPPY HALLOWEEN!!
ASVAB Testing

THURSDAY, NOVEMBER 1, 2018
Spanish Concert at Central City

FRIDAY, NOVEMBER 2, 2018
NO SPECIAL ACTIVITIES

SATURDAY, NOVEMBER 3, 2018
Quiz Bowl at Central City

SUNDAY, NOVEMBER 4, 2018
10:00 A.M. - Board Retreat - Room 158

MONDAY, NOVEMBER 5, 2018
County Government Day

TUESDAY, NOVEMBER 6, 2018
6:30 P.M. - Post Prom Meeting - MPR

BUS SHUTTLE: Lyle Divis will be driving the bus shuttle from Dwight to Brainard in the morning and afternoon beginning Wednesday, October 31.

IMPORTANT LUNCH ACCOUNT NOTE: If you have a past due balance in your lunch account, your child will not be able to order breakfast or seconds. Please keep your account current. Thank you.

TOPP NOTE: **DON'T BE TRICKED...DRUGS ARE NOT A TREAT!!**

SCHEDULE CHANGES:
*Butler County One Acts have been rescheduled to Thursday, November 15, 2018 at East Butler, NOT Tuesday, November 20, 2018.

STUDENTS WHO PLAN TO PARTICIPATE IN WRESTLING OR BASKETBALL AND DID NOT PARTICIPATE IN A FALL SPORT MUST HAVE A PHYSICAL ON FILE BEFORE PRACTICING.

VETERANS DAY PROGRAM WILL BE ON MONDAY, NOVEMBER 12 AT 2:15 P.M. Please use the activity entrance. It also will be available on Striv.TV.

POST PROM MEETING FOR ALL JUNIOR PARENTS - Tuesday, November 6th at 6:30 P.M. in the MPR room.
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WEEKLY BREAKFAST

Monday: Milk Juice, Fruit Pizza
Tuesday: Breakfast Pizza, Milk Juice
Wednesday: Cheese Sticks, Cereal
Thursday: Breakfast Pizza, Milk Juice
Friday: Yogurt, Pancakes
Saturday: ""
Start an “article club”
An article club is a fun alternative to a book club for busy teens. Your child and her friends could take turns picking a topic (animal rights, healthy eating). They can all find related articles to share, then get together to discuss them. They’ll think critically as they read and discuss nonfiction.

Cast your ballot
Talk to your high schooler about this month’s general election, and explain how you decide who to vote for. If he’s old enough to vote (a big milestone for teenagers!), head to the polling place together. Voting for different candidates? Show your child that it’s possible to disagree respectfully.

Integrity matters
Notice when your teen does the right thing—especially when it would have been easy to do the opposite. Maybe she finds a $5 bill in the laundry and tries to find out which family member it belongs to. Tell her that she showed integrity by not pocketing the cash herself.

Worth quoting
“A goal is a dream with a deadline.”
Napoleon Hill

Just for fun
A centipede was walking through the forest, and there was a twig in his way. He tripped...and tripped and tripped and tripped...

Set teen-friendly boundaries
As your teenager inches toward adulthood, you want to keep him safe—and prepare him to make good decisions when he’s on his own. Use these strategies to create rules that work for both of you.

Put things in perspective
At this age, try to focus on big issues related to health and safety, such as alcohol, drugs, and driving. Consider letting go of smaller things like personal style choices or a messy bedroom, for instance. The goal is to pick rules that matter most in the long run.

Check the “fit”
Rules and limits can grow with your child as he gets older. An old rule such as no dating could change to group dating only and eventually to allowing one-on-one dating. Or a weekend curfew that was right for him as a tween might be an hour or so later now that he’s a teenager. Revisit your rules as he displays more (or less) maturity and responsibility.

Keep consequences logical
Let your teen experience the real-life consequences of breaking a rule. For example, if he comes home late and is tired the next morning, avoid letting him sleep in. If he gets a speeding ticket, have him pay it, along with any increase in your car insurance. He may think twice the next time he’s tempted to stay out late or drive too fast.

Attending parent-teacher conferences
Meeting with your high schooler’s teachers helps to set your teen up for success. Here are good reasons to attend fall conferences:

■ You’ll get first-hand information on how your teenager is doing. For a productive meeting, list any questions and concerns ahead of time. Refer to your list during the meeting to make sure you cover everything.

■ You can share insights on any problems at school or home that might affect your teen’s performance. For example, dealing with divorce or chronic illness could cause her to struggle with schoolwork or behavior.

Tip: If your high schooler attends the conference, encourage her to ask questions, share her goals, and say if she needs help in a particular area.
The right college for me

Your teen wants to attend college. Great! Now which one is right for her? She can narrow it down with these steps.

1. Create a wish list. What does your child want in her ideal college? Have her make a list of must-haves, such as “strong engineering program” and “affordable.” Suggest that she also include nice-to-have features like “in a big city” or “warm climate.”

2. Do research. The best place to start is with her school counselor. Then, she could read college brochures and websites and attend college fairs. When possible, visit college campuses together. She might also get insight by talking to current students or recent graduates.

3. Make a spreadsheet. Encourage your high schooler to turn her wish list into a decision-making tool. She can list the features down the first column. As she considers schools, she should create a column for each one and check the appropriate boxes. She’ll see at a glance which colleges are good matches for her.

Smart study skills

Q My son seems to spend a lot of time studying without really getting anywhere. How can he work more efficiently?

A Encourage your teen to experiment with different study methods to figure out which ones work best for him. For instance, he might record himself reading textbooks or notes and then listen while he works out. Or maybe he’ll make a video of himself explaining a science concept or a math procedure. If he and his friends each film a video, they could share them with each other.

Does he like to draw? Suggest that he create a comic strip based on a historical event or a novel. Or if he enjoys music, perhaps he’ll make up a song or a jingle to help him remember important terms or dates.

Look at data carefully

The claim: People who own orange cats eat more pizza than those who own black cats.

The reality: The color of your cat and the amount of pizza you eat are totally unrelated. Yet your teen can probably find a graph to support claims as outrageous as that one.

Consider holding a “family graph night” where everyone can see that just because a graph indicates a relationship, it doesn’t mean that one factor causes another. Here’s how.

1. Ask everyone to be on the lookout for newspaper or online graphs that interest them. Your high schooler might find one on clean water by country or on student loan debt by ethnicity, for instance.

2. Pass around the graphs you found, and let family members explain what they “see.” What story does each graph tell?

3. Your teen will realize that you can make different arguments based on the same graph. This will get him used to thinking critically—and help him with data analysis across all subjects.
DON’T GET LEFT IN THE DUST
GET SEAT-IATED

ARE YOU KEEPING UP? MAKE SURE YOU #GETSEATIATED
BY JANUARY 1, 2019, WHEN THE NEW CHILD PASSENGER
SAFETY LAW TAKES EFFECT.

- Children must ride rear-facing up to age 2 or until
  they reach the upper weight or height limit
  allowed by the car seat manufacturer.
- All children up to age 8 must ride secured
  correctly in a federally-approved car seat or
  booster seat.
- Children up to age 8 must ride in the back seat,
  as long as there is a back seat equipped with a
  seatbelt and is not already occupied by other
  children under eight years of age.

Support them first. Infants and
toddlers must ride in
rear-facing car
seats, providing the
ultimate support
for the head, neck
and spine.

Turn the seat
around! A forward-facing
 car seat with a
five-point harness
limits forward
movement and
should always stay
in the back seat.

Give ‘em a boost! Once children meet
the height and
weight limits for the
forward-facing seat,
they’re good to
 go ahead and move
to a booster seat.

KEEP BUSINESS IN THE FRONT, AND SAFETY IN THE BACK
The Child Passenger Safety Law requires children up to age 8 to ride in the
back seat, as long as it is fully equipped with everything needed for them
to stay safe. So for now, #getseatiated, focus on safely driving, and make
sure they are secure in the back.

STAY UP-TO-DATE WITH ALL THE CHANGES THE CHILD PASSENGER
SAFETY LAW WILL BRING BY VISITING: DRIVESMARTNE.ORG

#GETSEATIATED
**Children up to age eight (8) are prohibited from riding in cargo areas.**

<table>
<thead>
<tr>
<th>Booster seat (or seat belt)</th>
<th>Appropriate child safety seat (or seat belt)</th>
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<tr>
<td>Children ages 4 to 8, or infant in rear-facing car seat, are not required to wear a seat belt.</td>
<td>Children ages 9 to 18, or infant in rear-facing car seat, are not required to wear a seat belt.</td>
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**Children ages six (6) to eighteen (18) must ride securely in a seat belt or child safety seat (or seat belt).**

- Children ages 6 to 8 must ride behind the seat belt’s attachment point.
- Older children should be seated in the rear seat.

**Children under 4 feet, 9 inches tall**

- If under 4 feet, 9 inches tall and ride in the back seat, must use a restraint system:
  - Forward-facing car seat (if less than 30 pounds)
  - Booster seat (if 30-50 pounds)

**Children aged 4 feet, 9 inches or taller**

- Wear a seat belt or an appropriate child safety seat (or seat belt) at all times.
- Not required to wear a seat belt if in a rear-facing car seat or booster seat.

**New Law Following Passage of LB 42 (effective beginning January 1, 2019)**

- Children up to age eight (8) are prohibited from riding in cargo areas.

**Current Law**

- Children ages six (6) to eighteen (18) must ride securely in a seat belt or child safety seat (or seat belt).
YEARBOOKS NOW ON SALE

The 2018-2019 annuals are now going on sale. The price will be $40 without a name on the cover and $45 with a name printed on the cover. When ordering, you will need to specify what name you want on the cover.

On sale now through December 21

Extra copies (if available) will be sold for $50 next fall

If you would like to purchase an annual, please fill out the form below and return it, along with payment (checks payable to East Butler), to Ms. Widick at the high school.

Price List

Without name..................$40

With name ...................$45

Please print the following information. Make checks payable to East Butler.

Name ___________________________ Date ___________________________

Address ___________________________ Phone ___________________________

Name(s) on annual (if applicable) __________________________________________

________________________________________

________________________________________

________________________________________

Number of annuals purchased ___________ Total amount due $___________
The fire department will be serving hot dogs, chips, & drinks at the Brainard Fire Hall on Wednesday, October 31st from 5 p.m. – 7:00 p.m.

Treats will be served to all goblins, monsters, and ghouls.