

EAST BUTLER BULLETIN
"WHERE FUTURES BEGIN"
MAY 4, 2021
www.ebutlertigers.org

TUESDAY, MAY 4, 2021

1:30 P.M. - Jr. Hi. Track - Yutan Invitational
 7:00 P.M. - Dwight Elementary Spring Concert at Assumption Parish Hall

WEDNESDAY, MAY 5, 2021

NO SPECIAL ACTIVITIES

THURSDAY, MAY 6, 2021

10:00 A.M. - Track - Cross County Invitational

FRIDAY, MAY 7, 2021

6:30 P.M. - Athletic Banquet - Gym

SATURDAY, MAY 8, 2021

10:00 A.M. - First Annual East Butler Color Run

MONDAY, MAY 10, 2021

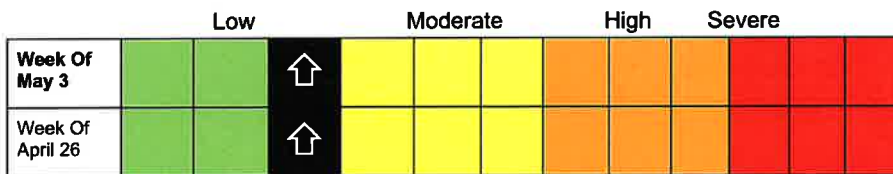
4:00 P.M. - Jr. Hi. Track - David City Quad
 12:00-1:00 P.M. - FCCLA End of Year Party - Wrestling Room
 7:00 P.M. - Brainard Elementary Spring Concert - Brainard Gym
 4:00-8:00 P.M. - Runza Fundraiser - 10% of drive-thru sales
 donated to EB PPT



TUESDAY, MAY 11, 2021

6:30 P.M. - Awards Night - Gym

EAST BUTLER FAMILY...Four Corners risk dial went down to 1.45, remaining in the yellow. We will remain in GREEN. Our numbers still look excellent - 0 quarantine, 0 positive cases.....Mr. Eldridge



Currently quarantined due to close contact - 0 students/staff (0.00%)
 Current positive cases - 0 students/staff (0.00%)

CONGRATULATIONS TO:

*Our state SkillsUSA winners! Miranda Strizek won Gold in Prepared Speech, Katie Heise won Silver in State Only T-Shirt Design and Lindsey Prochaska and Kody Tejral received Bronze in 3D Animation.
 *The new SkillsUSA officers for the 2021-22 school year. Kyle Heise-President, Kaleen Zak-Vice President Lindsey Prochaska-Secretary, Kody Tejral-Treasurer, Haley Klement-Historian, Katie Heise-Sentinel, Miranda Strizek-Reporter, and Saige Patocka-Parliamentarian.

EAST BUTLER AWARDS NIGHT will be Tuesday, May 11th at 6:30 P.M. in the Brainard gym. This program will consist of all academic awards. We encourage everyone to attend the awards night to honor all the students and their accomplishments. An Ice Cream Social, sponsored by the East Butler School Board will take place following the Awards program.

BAND ALUMNI NEEDED FOR GRADUATION - Any band alumni that would be willing to play for graduation on Saturday, May 15 at 2:00 P.M., please contact Mr. Fuehrer - rfuehrer@ebutler.esu7.org or call the school office - 402-545-2081.

THE CLASS D-2 DISTRICT TRACK MEET WILL BE HELD AT OSCEOLA HIGH SCHOOL ON WEDNESDAY, MAY 12TH: Teams in Class D-2 District include: East Butler, Cedar Bluffs, Elmwood-Murdock, Hampton, High Plains Community, McCool Junction, Mead, Nebraska Lutheran, Omaha Christian Academy, Osceola, and Parkview Christian. The State Track meet is in Omaha on May 19 and 20.

EAST BUTLER ELEMENTARY FIELD DAY: There will be an elementary field day on Friday, May 14 at the practice field in Brainard for all K-6 students. Parents and families are encouraged to attend. If parents or family members would like to eat lunch at school, please inform the classroom teacher by 8:00 A.M. that day. The cost of a meal is \$3.10, which can be subtracted from the family account. This amount can also be collected that day if needed; exact change is appreciated. Restrooms will be available in the school. If weather is an issue on May 14, the activities will be held on Monday, May 17.

10:30-11:00 a.m.	Elementary Awards Program in the Main Gym-Brainard
11:00-11:45 a.m.	Lunch at Brainard City Park
12:00-2:00 p.m.	Field Day at the practice field in Brainard (North of softball field)

We look forward to seeing you on May 14th to celebrate the end of the school year. Thank you for a great year at East Butler Public Schools!

SENIORS FINAL TEST SCHEDULE:

Tuesday, May 11 – Periods 2, 6, 7, & 8 (Rehearsal during 1st period)
Wednesday, May 12 – Periods 1, 3, 4 & 5 (Seniors will be dismissed after 5th hour)
Information regarding check out forms, decorations, graduation day procedures, graduation pictures, and collection of gowns is in the letter that the seniors received.
SENIORS LAST DAY WILL BE WEDNESDAY, MAY 12– 1/2 DAY.

THIS IS A REMINDER TO PARENTS THAT IF YOUR STUDENT TAKES PRESCRIPTION MEDICATION AT SCHOOL, OR IF YOU HAVE BROUGHT OVER THE COUNTER MEDICATION TO THE SCHOOL FOR YOUR STUDENT, YOU WILL NEED TO RETRIEVE THE MEDICATIONS BEFORE OR ON THE LAST DAY OF SCHOOL. It will not be sent with the student and any medication that is left at school will be destroyed.

LAST DAY OF SCHOOL for Preschool will be Monday, May 17. The last day for elementary students will be Tuesday, May 18. The last day for secondary will be Wednesday, May 19. Final tests for secondary students will be Tuesday, May 18 and Wednesday, May 19 with dismissal on both days at 12:00 P.M.

7-11 GRADE FINAL TESTS will be given on Tuesday, May 18 and Wednesday, May 19. All students in grades 7-11 will take second semester tests in all classes unless they meet the following criteria and opt not to take any semester tests: 1) Students must not miss more than four days and have more than four tardies during the school year. School sponsored activities during the school day do not count as absences. Examples of absences that do count are: illness, doctor or dentist appointments, driver's test, or any absence that is not school related. 2) Students should not have received any disciplinary infraction during the school year. 3) Students must have an average of 86% or higher in all second semester classes. A grade of 85% or lower in any one class will require the student to take second semester tests in all classes. 4) Any student with an unexcused absence during the year will take final tests. 5) Any student who violates the drug/alcohol and tobacco policy will not qualify for the option of not taking final tests. Students who qualify for "opting out" are encouraged to take second semester tests to raise their grades. The test list will be available on Monday, May 10.

FINAL TEST SCHEDULE

	<u>Tuesday, May 18</u>		<u>Wednesday, May 19</u>
8:00 - 9:00	-----Period 1-----	-----Period 2-----	-----Period 2-----
9:00 - 10:00	-----Period 3-----	-----Period 4-----	-----Period 4-----
10:00 - 11:00	-----Period 5-----	-----Period 6-----	-----Period 6-----
11:00 - 12:00	-----Period 7-----	-----Period 8-----	-----Period 8-----

On Wednesday, May 19, the last 10 minutes will be locker check out.

LIBRARY REMINDER: All library materials need to be returned before summer break.

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. Although lunches are free this year, all seconds, extra milk, or ice cream purchases need to be paid in full by the end of this school year.** 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.

READING AND MATH PROGRAM (RAMP): East Butler Public Schools will be offering RAMP for students currently in grades K-3. Students are selected based on individual needs and teacher recommendations. Parents have the ability to approve or deny the recommendation. The sessions will last 4 weeks and meet 3 days per week from Tuesday to Thursday. Classes will begin on July 6 and end July 29. All classes will take place in Dwight from 8:30 A.M. to 11:30 A.M. There will not be a charge for the summer session. A school vehicle will provide transportation from Brainard to Dwight, additional transportation needs will be the responsibility of the parent. East Butler teachers will lead the sessions focusing on math and reading. The forms will be mailed this week and due May 14. Please contact Mr. Biltoft at school (402-545-2081) if you have additional questions or would like to request that your child take part in this summer session.

FOOTBALL JERSEYS FOR SALE:



East Butler will be receiving new football jerseys for the 2021 season. The old jerseys will be available to purchase by current football players at a total cost of \$20.00 for 2 jerseys. (White/Maroon) Current players must pay for them by May 14 and fill out the form in the office. Anyone may purchase a jersey after May 14 on a first-come, first-served basis by bringing \$20.00 to the Brainard office and sharing contact information. They will not be made available until the new items arrive this summer. All buyers will be contacted upon their arrival. Please see Coach Biltoft if you have additional questions.

DRIVERS EDUCATION AT EAST BUTLER - MAY 17-28. If interested, please see Mr. Glasshoff for a registration form.

COME JOIN US (BRAINARD AREA SENIORS) AT EAST BUTLER ON TUESDAY, MAY 18, AT 8:00 A.M. FOR THE SPRING CONCERT PRESENTED BY THE EAST BUTLER MUSIC DEPARTMENT AND MR. FUEHRER. The program will be held in the Multi- Purpose Room. Please use the east school entrance. All are invited to attend including family members, senior citizens, and former teachers. Coffee and rolls will follow in the Commons area. Mr. Eldridge will present a brief program about the construction of the area and how it will be used. Retiring teachers, Leslie Holthus, Kevin Behne, and Randy Fuehrer and Ron Hula, bus driver, will be honored. We hope you will join us to show our appreciation to these people and to thank the students for their many years of entertainment.

DAVID CITY RUNZA FUNDRAISER - MONDAY, MAY 10TH - 10% of drive-thru sales from 4:00-8:00 P.M. will be donated to East Butler School PPT. Invite your friends, family, co-workers & neighbors to help support the East Butler School PPT.

THE EAST BUTLER PUBLIC SCHOOL WILL BE PARTICIPATING IN THE NATIONAL COVID-19 SCHOOL MEAL WAIVER. This allows school breakfast and lunch to be provided to ALL of our students FREE. However, students will continue to be charged for seconds or extra milk, as that is not part of the regular meal. Please note that if you would like to have breakfast it MUST be ordered ahead of time. This program started on Monday, September 28th, and is approved through May 17th, 2021.

YOUTH FLAG FOOTBALL FALL 2021 - Information and forms will be sent home this week to grades K-5 interested in playing flag football this upcoming fall. Forms will be due May 14th. If questions, please contact Mr. Biltoft at school.





EAST BUTLER AWARDS NIGHT

Tuesday, May 11, 2021

6:30 P.M.

East Butler High School Gym

AWARDS PRESENTATIONS
INCLUDING:

Ag Ed

Art

Computer

Spanish

Drama

English

NHS

Speech

SkillsUSA

FCS

Tech Prep

Math

Music

Physical Fitness

Science

Quiz Bowl

Social Studies

Perfect Attendance

Business

Blood Donors

Scholarships

Senior Slideshow

Plus More



ICE CREAM SOCIAL SPONSORED BY THE
EAST BUTLER BOARD OF EDUCATION
WILL FOLLOW THE AWARDS PROGRAM.

PLEASE COME AND HELP HONOR THE
STUDENTS AND THEIR MANY ACCOMPLISHMENTS!



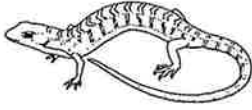
FUNDRAISER

Join us at the David City Runza®
Monday, May 10th

10% of drive-thru sales
from 4 - 8 pm will be donated to
East Butler School PTO.

Invite your friends, family, co-workers & neighbors to help
support the East Butler School PTO!





Tails and Tales!!!



Registration for the summer reading program at East Butler, Brainard site, is now taking place. The sessions will take place June 1st, 3rd, 8th, 10th. (It's the first 2 Tuesdays and Thursdays of June.) There will be a \$2 fee for activities.

All pre-registered students are welcome!!!

Sessions~(Grade just completed.)

9:00-10:00~Preschool Age (potty-trained 3 year olds welcome, or parents are welcome for this group on the first day)

10:30-11:30~Kindergarten-2nd Grade

12:00-1:00~3rd-6th Grade

~(Drop off and pick up in the library.)

***To register, please fill out the bottom portion and return it with your \$2 by Thursday, May 13th, 2021 to the office. (I will order supplies based on returned registrations.)**

Child's Name _____

Grade just completed _____

**EAST BUTLER FOOTBALL CAMP
INFORMATION:**



***Commitment**

- *Hard Work**
- *Unity**

Camp Goals:

- *Learn the fundamentals of football**
- *Participate in drills**
- *Understand basic formations & plays**
- *Have fun!!**

GENERAL INFORMATION:

Date/Time:

*** June 22-23**

***Elementary (2-4 Grades)
9:00 A.M. - 12:00 P.M.**

***Jr. High (5-8 Grades)
1:00 P.M. - 4:00 P.M.**

****There will NOT be reminders sent out about the camp.****

Cost: \$25.00/participant

- *Money due at time of registration.
- *If sibling attending \$20.00 each.
- *Checks may be written to:
East Butler Public School

Registration & Money Due Date:

- *May 14, 2021**
- *Cut-off registration sheet & keep information for your use
- *Return registration sheet to school office or Coach Biltoft

Camp Location:

*Practice field directly west of school at Brainard.

Clothing:

- *Work-out clothes & running shoes (cleats are recommended)
- *This is a non-contact camp
- *Camp will be conducted by the East Butler Coaching Staff & current players.
- *Contact Coach Biltoft if there are any questions or concerns:

School: 402-545-2081
sbiltoft@ebutler.esu7.org

REGISTRATION FORM:

Sign up for:

- | | Price |
|--|--------------|
| <input type="checkbox"/> Elementary Football Camp | \$25.00 |
| *Students entering grades 2-4 | |
| <input type="checkbox"/> Junior-High Football Camp | \$25.00 |
| *Students entering grades 5-8 | |

Name of Participant(s) _____
Address _____

Phone Number/Emergency Number

Shirt Size (Youth/Adult Sizes)

- YSmall YMedium
- YLarge Y XL
- ASmall AMedium
- ALarge A XL

Grade for 2021-2022 _____

To Superintendent or Principal:

I hereby give _____ permission to attend the East Butler Football Camp at East Butler. I will not hold the East Butler Football Camp Staff or the East Butler Public School District responsible for any loss or injury. We (I) agree that the participant is in good health and wave the need for a doctor's consent for participation.

(Parent/Guardian Signature) Date

Self-care for parents

We all know it's important to take care of ourselves, but for busy parents self-care often seems to slip to the bottom of the list. But taking care of yourself isn't a luxury. It's essential to your own mental health and ability to parent. And the ongoing stress of the pandemic means it's never been more important. Here are some tips that can help.

- **Make time for yourself.** The pandemic has been long, and even though the end is in sight, we're all struggling to maintain our mental health. Being intentional about creating space to recharge and decompress can help. This could look like taking a shower or bath, walking around the block alone (or with your dog), or designating time to read or simply zone out after the kids have gone to bed.
- **Prioritize healthy choices.** Stress can make it easy to slip into habits that feel good in the moment but can be harmful in the long term. This doesn't mean you should be pressuring yourself to get into tip-top shape, swearing off ice cream or beating yourself up for bingeing your favorite shows instead of doing yoga. It does mean being thoughtful about how you're treating yourself and your body. Small changes like making time to take a walk, doing a short exercise routine, or choosing to go to bed a little earlier than usual can reduce stress and help you feel more relaxed and resilient.
- **Be realistic.** Perfectionism and parenting (and, you know, just being a person) don't mix. Avoid burnout by setting realistic expectations and giving yourself grace if you can't meet them.
- **Set boundaries.** Strong boundaries are a cornerstone of self-care. When you're overwhelmed, it's difficult to care for yourself. But it helps to give yourself permission to say "no" to commitments you just don't have time

Showing that you value yourself sets an example that will help your children do the same.

for, ask your partner to pick up some slack at home, or take a break from a friend or family member who has trouble respecting your time. Anything that reduces stress and gives you more space to breathe.

- **Do things that bring you joy.** Parenting can be all-consuming, especially during difficult times. Making time for hobbies or activities you enjoy, or making the choice to learn a new skill, is an important part of caring for yourself. Maybe there's a knitting project you've always wanted to try, or you've been meaning to get back into running. Maybe you'd just like to finish that book you've been reading for a month.
- **Setting an example.** However you choose to practice self-care, remember that making time for yourself is not selfish, it's necessary. And making healthy choices, setting strong boundaries, prioritizing joy — in short, showing that you value yourself — sets an example that will help your children do the same.

More Resources from the Child Mind Institute

- ▶ [Self-Care in the Time of Coronavirus](#)
- ▶ [Raising Confident, Independent Children](#)
- ▶ [13 Ways to Boost Your Daughter's Self-Esteem](#)
- ▶ [Encouraging Optimism](#)
- ▶ [How to Help Kids Who Are Too Hard on Themselves](#)
- ▶ [How Mindfulness Can Help During COVID-19](#)

The **Child Mind Institute** is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Our teams work every day to deliver the highest standards of care, advance the science of the developing brain, and empower parents, professionals, and policymakers with free resources to help children when and where they need it most. Together with our supporters, we're helping children reach their full potential in school and in life. We share all of our resources freely and do not accept any funding from the pharmaceutical industry. Support us at childmind.org/donate.

How teens can talk to parents about getting help

When teens think they need help with an emotional or mental health issue, they often aren't sure how to tell their parents, or are afraid to bring it up. It's understandable — telling parents that you're facing something that feels really big, like anxiety or depression, can be tough. You might feel embarrassed to say you need help, or you might just worry they won't understand or will be disappointed in you. But it's a parent's job to help you out, and they are almost always more sympathetic, and less judgmental, than you imagine. Here are some tips to make talking about it a little easier.

- **Know that there's nothing wrong with asking for help.** Struggling with mental health is very common. Think of it like asking for help for anything else — like struggling in math class or needing glasses.
- **Bring it up.** Pick a low-key moment. It's easier to talk when everyone is feeling comfortable. You don't want to be competing for your parents' attention with other things or siblings.
- **Explain how you're feeling.** Say what you're having trouble with, and how it's affecting you. For example, "I'm realizing it's really hard for me to participate in class. Even if we're just reading out loud, I'm terrified the teacher will call on me. I get really anxious and I can't concentrate." Or maybe, "I'm not feeling like myself these days. I'm tired all the time, and I don't want to leave the house. I feel sad all the time — I don't feel right."

It's a parent's job to help you out, and they are almost always less judgmental than you imagine.

- **Say you want help.** Don't get caught up trying to analyze or explain why you might be feeling this way. Just say, "I want to see someone who can help. I want to learn some strategies so I can start feeling better." If they say what you're describing sounds normal — everybody gets nervous or down sometimes — let them know that you're pretty sure this is more serious than that. The way you feel is making you unhappy and keeping you from doing things you want to do.
- **If you need to, try again.** If you feel like your parents brushed you off before, try asking them again. Sometimes it takes parents a little time to get the message. But this time set aside time to talk. Say, "There's something that I want to talk to you about, and it's important. When are you going to be free to talk?" Going to another adult you trust can be helpful, too. An aunt or an uncle can help you talk to your parents about how you're feeling. A trusted adult at school, like a teacher or a school psychologist, is also a good option.
- **Don't wait.** The sooner you ask for help, the sooner you'll start feeling better, so don't put the conversation off. You'll be proud of yourself afterward, and feeling less alone can be a big relief.

More Resources from the Child Mind Institute

- ▶ [How to Talk to Your Parents About Getting Help](#)
- ▶ [How to Support a Friend With Mental Health Challenges](#)
- ▶ [How to Talk About Mental Health Issues](#)
- ▶ [How to Help Yourself Get Organized](#)

The **Child Mind Institute** is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Our teams work every day to deliver the highest standards of care, advance the science of the developing brain, and empower parents, professionals, and policymakers with free resources to help children when and where they need it most. Together with our supporters, we're helping children reach their full potential in school and in life. We share all of our resources freely and do not accept any funding from the pharmaceutical industry. Support us at childmind.org/donate.

Supporting mental health in young children

The coronavirus pandemic has taken a toll on kids of all ages, but even little kids can learn how to cope with mental health challenges. Here are some tips on helping young children manage big emotions and build confidence.

HELPING KIDS COPE

- **Validate and name feelings.** It's important for little kids to know that big emotions are normal and manageable. When they're upset, let them know that you hear them: "It sounds like you're really angry right now. I feel that way sometimes too."
- **Solve problems together.** Talk over what's bothering them and brainstorm solutions, instead of just telling them what you think they should do. To get kids talking, lead with curiosity and ask open-ended questions: "What was the most fun you had today? What was the toughest part?"
- **Model managing difficult feelings.** If your child sees you angry, nervous or scared, bring them into the conversation. Tell them what you're feeling, why, and how you're going to handle it. This helps them learn to do the same.
- **Use positive attention.** When your child takes a step (even a small one!) to cope with a hard emotion, praise them right away. For instance, if you see your child take a deep breath in the middle of a tantrum, jump in: "I like that you took a deep breath! Let's take another one together."
- **Set aside special time together.** Pick a time each day when your child will get your undivided attention for whatever activity they choose. Knowing they have that to look forward to will strengthen your bond and help them handle stress. Even five minutes makes a big difference!

Let your child know that you think they're great, whether or not they do great things.

BUILDING CONFIDENCE AND SELF-ESTEEM

- **Praise perseverance.** Praise kids for their efforts (“Nice job practicing for the whole fifteen minutes!”) as much as their accomplishments. This helps them internalize that their work matters and that they don’t need to be perfect.
- **Encourage their interests.** Whatever hobby or activity your child is into, support them in pursuing it. Following their passions helps kids develop a sense of identity and build skills that translate into confidence.
- **Model positive self-talk.** Try to avoid criticizing yourself in front of your child. You can even show kids how to correct critical thoughts in real time: “I called myself stupid when I forgot the keys, but I know I’m pretty smart most of the time. Forgetting something from time to time isn’t a big deal.”
- **Show the love.** Let your child know that you think they’re great, whether or not they do great things. That means lots of affection and affirmation when they win, when they lose, and even when they drive you nuts.
- **Look out for signs of a bigger problem.** If your child has consistently low self-esteem that doesn’t improve over time and gets in the way of their daily life, consider getting support from a mental health professional.

More Resources from the Child Mind Institute

- ▶ [How to Ask What Kids Are Feeling](#)
- ▶ [How to Help Children Calm Down](#)
- ▶ [How to Help Children Manage Fears](#)
- ▶ [12 Tips for Raising Confident Kids](#)
- ▶ [How to Help Kids Who Are Too Hard on Themselves](#)

The **Child Mind Institute** is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Our teams work every day to deliver the highest standards of care, advance the science of the developing brain, and empower parents, professionals, and policymakers with free resources to help children when and where they need it most. Together with our supporters, we’re helping children reach their full potential in school and in life. We share all of our resources freely and do not accept any funding from the pharmaceutical industry. Support us at childmind.org/donate.