



Bluejay News

Seward High School
September/October 2020

Every student, every day, a success!

Mission Statement: The school district of Seward --where every student, every day is a success -- affirms that all students will have the skills to become productive and contributing members of a global community. In cooperation with family and community members, the district is committed to the development of each student academically, emotionally, socially, and physically.

Homecoming Update

NETFLIX HOMECOMING 2020 was a huge success. Dress Up Days included The Office (gray); Friends (purple); Grey's Anatomy (green); Outer Banks (pink); and All American (blue and yellow). The Freshman class won the "Booster Club Award" with their Outer Banks hallway decorations, but the Seniors accumulated the most points by decorating their Stranger Things hallway, dressing up on theme days, and participating in GooseChase missions and challenges. Following the parade to Seward Elementary, the cheerleaders hosted a Pep Rally at SHS where the Seniors were awarded the coveted Spirit Stick! The band, student section, and cheerleaders did a fantastic job adhering to the current safety protocols while cheering their Bluejays on to a victory!

Senior Banner

Seniors may order a Senior Banner to be displayed in the main lobby throughout the school year at <https://shop.sportsexpress.biz/sewardschools/>. Banners are \$35. Spirit apparel is also available online, visit the link above.



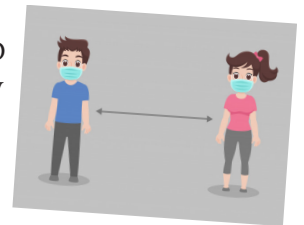
After School Study Group

Students will have access to SHS Study Group on Monday, Tuesday, Wednesday, and Thursday night of each week from 3:45-4:45 p.m. in the Seward High School library. Students will have access to Seward High School staff members as well as Concordia University students studying to become teachers. Students needing computer access are also welcome to attend.



Fans

New protocols in the COVID era are in place, remember, they exist to keep athletes and fans safe and allow games to continue. Your cooperation in following all protocols is appreciated. Go to <https://docs.google.com/document/d/1hHAK1im8j8G2UFRWLvXahqFxb9gHuHprLDxsvlfSKxY/edit> to see protocols and fan limits at schools where SHS will compete.



Let's have another great year showing our positive support for all of our students who are involved in extracurricular activities. Cheer loud, proud, and positively for Seward High while allowing game officials to do their job. Please remember to stay off Concordia's football field after the game. We need to honor this request from Concordia when using their facilities. Once the game is over, please disperse in a timely manner, and parents don't forget to give your son/daughter some time and space before discussing their performance. Be a part of their positive experience with extracurricular activities.

End of Term 1

The first term of the 2020-2021 school year will come to an end Thursday, October 15th. Students who have attempted 10 or more academic credits and earned a 93% or better GPA, received no "C's" or below in any class, and have no "N's" or "U's" for Citizenship will be on the Term 1 honor roll. Students making the honor roll will receive notification in the mailing that includes their report card.



NWEA Testing

NWEA testing will occur on September 22th for students in grades 9-10. Students will be tested in math, reading, science, and language usage. The results of these assessments will be used in two primary ways. The first is to help Seward High School staff understand the strengths and needs of individual students and groups of students within our school. This information will help guide instruction at the classroom level, more clearly define needs on a school-wide basis, and help the school identify which students might benefit from additional intervention and support. The second is to establish baseline student performance levels at the start of the school year. The baseline data will later be compared to spring NWEA performance to determine the effectiveness of our instructional efforts, interventions, and improvement initiatives throughout the year. In short, NWEA is an important tool in our plan to improve student learning at Seward High School. Please try to avoid scheduling appointments or other absences during the week of NWEA testing if possible.

PRACTICE ACT Testing

All juniors will take a practice ACT September 22th. For many juniors, this will be the first time taking the ACT. This is an opportunity to see what the five sections of this test are like in a controlled, timed test session. The five sections of the test are English, math, reading, science, and writing. This test will then be scored internally and administrators and counselors will meet with juniors to interpret scores. For those students who have taken the test already, this is another practice session to reinforce or strengthen concepts for when all juniors take the test again April 6th as required by the State of Nebraska. This practice test is part of the junior year of preparation for the state ACT test. All juniors should report to testing rooms with No. 2 pencils and a calculator.

Senior ACT Test

All seniors should report to the Ag Pavilion at the Fairgrounds between 8:15 and 8:30 a.m., Tuesday, September 22, to take the ACT. This is the free, state ACT that was originally scheduled for April. Students will need a calculator and two sharpened #2 pencils to take this test. They should also have water and a snack for break time. Per ACT rules, students will need to wear a mask during test taking. Please encourage your child to be on time and be ready to do the best they can on this test as scores will be sent to the colleges in which they want to apply.

Student/Parent NWEA and ACT Test Preparation

Suggestions

- **Charge the Chromebook** – the Chromebook will be used by students to complete the NWEA test. Students will need a full charge this day.
- **Dress comfortably.**
- **Get a good night of sleep two days before the test.** During the exam schedule, sleep smart. A few days before an exam, get your seven-to-eight hours of sleep if you can. Sufficient sleep will help solidify memory for easy retrieval during the exam.
- **Eat a well-rounded breakfast.**
- **Come to the test session with a positive attitude.** This is your chance to show what you know and can do.

Senior Portraits

Senior portraits for the yearbook are due no later than Friday, December 4, 2020. Portraits must be in full-color, vertical, cropped from the waist up or closer and submitted as high-resolution JPEGs to Ms. Limback at kelley.limback@sewardschools.org. See Ms. Limback in Room 202 if you have questions.

Parent/Gaurdian Baby Ads - Yearbook

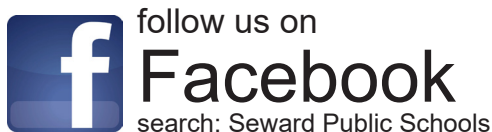
Senior parent/ guardian baby ads are due no later than Friday, February 26, 2021. Ads may include up to three photos along with a message. This year all of the Senior parent/guardian ads will be a ¼ page. Cost for these ads is \$20 for a ¼ page ad. Photos may be submitted electronically as JPEG files or original.

Post-Secondary Testing Day

October 14 is Post-Secondary Test Day! All freshmen and sophomores will take the Pre-ACT, some sophomores will take the PSAT, while juniors have signed up to take the PSAT (pre-SAT test, National Merit Qualifier), ACT online diagnostic, ASVAB (military entrance), or Accuplacer. Seniors may also take the ASVAB or Accuplacer test. These assessments are excellent tools to help with the post-secondary planning process.



sewardhighcounseling.wordpress.com





Seward High School 8th Annual College Week

We are excited to have College Week the week of October 14! During the week we will promote a post-secondary atmosphere with fun and prizes, as well as information from colleges to universities to military to trade school. Keeping in mind the need for some training/education after high school, we want to encourage our students to explore the variety of options available to them.

Apply 2College Day

Completing a college application can be daunting. In an effort to ease this process EducationQuest is sponsoring a statewide campaign in which high schools conduct college application events during the school day. Seward High School will be having its Apply2 College Event which will coincide with Post-Secondary Testing Day October 14. College reps will be here in the morning to assist with college applications. **Seniors need to know their social security number.** Some may need a form of payment for application fees.

Term 2 Schedule Changes

Student schedule change requests for Term 2 must occur by Friday, October 9. A sign-up sheet for students to request a change will be located outside of the counseling office doors. Counselors will meet with each of these students outside of instructional time prior to the start of the new term. The purpose of this process is to prevent interruption to classroom instruction that occurs when multiple schedule changes are made at the start of a new term.



Tips for Parents/Guardians in a High-Tech World

With the school year back in full gear, parents/guardians know back to school means a packed planner filled with everything from parent/teacher conferences to school activities. As time gets stretched, parents and student may talk less and fall back on timesavers, like notes or text messages. But when it comes to your child's safety in the virtual world, parents should not rely on one strategy alone.



1. Talk to your child. Parents ask their student where they are going and who they are going with whenever they leave the house. They should take the same approach when their children go on the internet – where are they going and who are they with?
2. Develop rules. Together with your student, develop rules about acceptable and safe behaviors for all electronic media. Set and standby the rules set - for example, no gaming on school nights.
3. Explore the internet. Visit the websites your child frequents and assess the pros and cons. Most websites and online activities are beneficial. They help young people learn new information and interact with people who have similar interests.
4. Talk with others. Talk to other parents about how they have discussed technology use with their children.
5. Educate yourself. Stay informed about new devices and websites your child is using. Continually talk with your child and explore the technology yourself.

Don't hide that
Bluejay Pride!

P.R.I.D.E.

Positive Behavior Intervention and Support Program

What is P.R.I.D.E.?

P.R.I.D.E. is a school-wide reinforcement and acknowledgement system that provides immediate, intermittent, and long-term reinforcements, given by adults in the building to any students displaying desired school-wide expectations or behaviors. Using the scale below, staff members nominate students for BlueJay P.R.I.D.E. positive office referrals based upon behaviors they witness that go above and beyond with: 1) an exceptional act of behavior or character, 2) consistent positive behavior over time, or 3) significant improvement over time. Each term, positive behaviors are recognized during a P.R.I.D.E. Recognition Rally. These rallies feature alumni speakers, student performances, and special P.R.I.D.E. awards.

Why P.R.I.D.E.?


- Increases the likelihood that desired behaviors will be repeated
- Focuses staff and student attention on desired behaviors
- Fosters a positive school climate
- Reduces the need for engaging in time-consuming disciplinary measures

Components of our P.R.I.D.E. Program

- Immediate/high frequency/predictable/tangible reinforcements and acknowledgements
- Names the behavior and ties the acknowledgement back to school-wide expectations upon delivery
- Brings attention to certain behaviors at scheduled intervals
- Maintains a taught behavior
- Celebrates/Acknowledges accomplishments of all students and all adults
- Teaches appropriate behaviors the same way a student who doesn't know how to read learns to read--through instruction, practice, feedback, and encouragement.
- Aligns our Citizenship grading program with the elements of our PBIS (P.R.I.D.E.) program.

Citizenship Grades

Citizenship grades are given every term for each class. Teachers use the P.R.I.D.E. Scale shown below to assess student behavior. Citizenship grades are posted by midterm (minimally) and adjusted based on student behavior. Students who earn Needs Support or Unsatisfactory are encouraged by their teachers and principals to improve their behavior and raise their citizenship score before the end of the term.

		P PREPARATION <small>Control Your Controllables</small>	R RESPECT <small>Treat others as you want to be treated</small>	I INTEGRITY <small>Do what's right even when no one is looking</small>	D DEDICATION <small>Use Guts, Resilience, Intensity, and Tenacity (GRIT)</small>	E EFFORT <small>Strive to be your best</small>
4 OUTSTANDING	Organizes and encourages others	Influences positive culture	Speaks up appropriately when something is wrong "Anti-bias"	Maximizes potential for self and others	Shows innovation by combining talent and effort to inspire others	
3 SATISFACTORY	Assumes responsibility for one's own actions	Asks: is it True, Helpful, Important, Necessary, or Kind (THINK) before saying, doing, or posting	Makes honest choices and puts others before oneself	Maintains focus and follows through even when difficult	Combines talent and effort to achieve goals	
2 NEEDS SUPPORT	Needs reminders to meet deadlines	Needs reminders about appropriate language, volume, tone of voice, or actions	Needs reminders to make good choices; accepts consequences for poor choices	Needs reminders to stick-with-it when the going gets tough	Needs reminders to pair hard work with talent	
1 UNSATISFACTORY	Denies accountability for lack of preparation	Engages in disrespectful behavior or violates the SHS Code of Conduct	Avoids consequences and practices dishonesty	Fails to start or quits when the going gets tough	Disengages	

LIVING ABOVE THE LINE

**Attend the EducationQuest Virtual College Fair
September 27-30**

The **Virtual College Fair** will feature college reps from across the state, region, and nation will be available to answer your questions about their schools – all from your computer or device!

Here's how it works:

Step 1: **Register** for the virtual college fair.

Step 2: Watch live college-prep presentations.

Experts will be live on September 27 to explore topics such as:

- College admission
- Selecting a major
- Campus visits
- Scholarship tips
- Paying for college

Space is limited, but sessions will be recorded for later viewing.

Step 3: Visit college booths.

Use the filter option to find schools that match your criteria. The booths will feature videos, live chats, and information about the school. Come prepared with **questions to ask the reps.**

Reps will be available during these times, but you can visit the booths anytime.

- Sunday, September 27 – 2:00 p.m. – 8:00 p.m. CT
- Monday, September 28 – 8:00 a.m. – 2:00 p.m. CT
- Tuesday, September 29 – 1:00 p.m. – 8:00 p.m. CT
- Wednesday, September 30 – 1:00 p.m. – 8:00 p.m. CT

Seniors - Fall College Preparation Recommendations from EducationQuest.org

- Retake the ACT and/or SAT. Colleges use your best score for admission and scholarship purposes.
- Narrow your list of colleges.
- Continue campus visits.
- Meet with college reps at the virtual College Fair or Educational Planning Program. See upcoming Events at EducationQuest.org.
- Request letters of recommendation for scholarship and college applications.
- Apply to 3-4 colleges. Application deadlines are typically in December-January.
- Consistently update your resume from Personal Finance class.
- Apply for LOTS of scholarships. Where to search:
 - ScholarshipQuest at EducationQuest.org
 - Your School Counselor. At Seward High School we also recommend you check the scholarship listing under scholarships/financial aid on the counseling website at <http://sewardhighcounseling.wordpress.com/>
- The college you plan to attend.
- FREE national search sites.

Financial Aid Night - September 14

Junior and senior students and parents/guardians are encouraged to attend the financial aid presentation by EducationQuest at the high school on Monday, Sept 14, at 6 pm. This presentation will be concerning the FAFSA and funding a post-secondary education.



After the financial aid meeting, representatives from colleges will be in the Front Lobby to visit with students and families. Colleges represented (known at this time) include: UNL, Concordia, Chadron State, Wayne State, Southeast Community College and the Air Force.

Testing and College Application Fee Waivers

Students with economic need may qualify for fee waivers with the ACT, PSAT, AP exams, and college application fees if they meet one or more of the following criteria:

- Family receives public assistance
- Student is a ward of the state
- Student resides in a foster home
- Student is homeless
- Student participates in free or reduced-priced lunch program
- Family income is at or below the 2010 Bureau of Labor Statistics Low Standard Budget

Students may use up to two ACT waivers total junior and/or senior year. Any student who qualified for an ACT waiver also will qualify for application fee waivers when applying to college. Contact Mr. Fields or Ms. Baker for assistance.

Juniors - Fall College Preparation Recommendations from EducationQuest.org

- Sign up for Countdown2College to get monthly tips.
- Set up an Activities Resume to track your activities and honors - Use Seward High's new MobileServe to track community service hours.
- Check out the Exploring Careers section.
- Use Reality Check to find careers that will fit your desired lifestyle.
- Use College Profiles to research schools you may want to attend.
- Meet with college reps at a College Fair or Educational Planning Program. See Upcoming Events at EducationQuest.org for dates and locations.
- Take the PSAT to prepare for the SAT college entrance. The PSAT will be offered at Seward High School for interested Sophomore and Junior students on Wednesday, October 14.

Sophomores and Freshmen - College Preparation Begins Now!

College may seem far away for 9th and 10th grade students, but it's never too early to start preparing for that next step. Taking challenging academics and extracurricular opportunities are some of the best ways to work towards the college goal. The list below includes additional suggestions for parents and students as they start to think about this important transition.

- Meet with your counselor to discuss your college plans. Review your schedule to make sure you are enrolled in challenging classes that will help you prepare for college. Colleges prefer four years of English, social studies, math, science, and world language (Spanish at SHS).
- Start exploring to find out the required courses and tests of colleges that you may be interested in attending. Two helpful college search websites are: www.educationquest.org and www.collegeboard.com.
- Start a calendar with important dates and deadlines.
- Get more involved in activities inside and outside of school; there's something out there for everyone! Be sure to record those on your PLP (Personal Learning Plan).
- Start documenting community service hours and experiences to include in future college and scholarship applications on Seward High's MobileServe.
- Put forth your best effort. These assessments help guide your next steps from an academic and career interest standpoint.

It's important to remember that there are a variety of colleges: Some are four-year, some two-year and even some one-year programs with a greater focus on a specific trade. By starting the process of thinking about those next steps now, you increase your chances of finding the best fit for you and your personal goals.

College and Career Planning Bulletins

View and/or register at the following websites for college and career planning bulletins. Valuable information is provided for parents and students of all grade levels.

- www.collegeboard.com/parents/ - View parent action plans for each grade of high school.
- www.act.org/path/parent - Click on "Parent Newsletter" listed on the left of the page.
- www.educationquest.org/countdown2college/ - Select the grade level information you would like to receive on a monthly basis



General Homework Tips for Parents



- **Make sure your student has a quiet, well-lit place to do homework.** Avoid having your child do homework with the television on or in places with other distractions, such as people coming and going.
- **Help your student with time management.** Establish a set time each day for doing homework. Don't let your student leave homework until just before bedtime. Think about using a weekend morning or afternoon for working on big projects, especially if the project involves getting together with classmates.
- **Be positive about homework.** Tell your student how important school is. The attitude you express about homework will be the attitude your student acquires.
- **When your student asks for help, provide guidance, not answers.** Giving answers means your student will not learn the material. Too much help teaches your student that when the going gets rough, someone will do the work for him or her.
- **When the teacher asks that you play a role in homework, do it.** Cooperate with the teacher. It shows your student that the school and home are a team. Follow the directions given by the teacher.
- **If homework is meant to be done by your student alone, stay away.** Too much parent involvement can prevent homework from having some positive effects. Homework is a great way for kids to develop independent, lifelong learning skills.
- **Stay informed.** Talk with your student's teacher. Make sure you know the purpose of homework and what your child's class rules are. Many staff at Seward High School have a classroom website, blog, or provide additional assignment information on PowerSchool. By accessing these resources you can provide an even greater level of support to your student.
- **Help your student figure out what is hard homework and what is easy homework.** Have your student do the hard work first. This will mean he will be most alert when facing the biggest challenges. Easy material will seem to go fast when fatigue begins to set in.

Generally speaking, most students at Seward High School will have some homework or studying to do outside of school hours on a daily basis. The amount will vary depending upon the specific courses they are enrolled in that particular term, grade level, and their ability to utilize time efficiently during the regular school day. Homework provides important practice to reinforce newly learned concepts. By maximizing these experiences, student learning will improve positively impacting a variety of school outcomes.

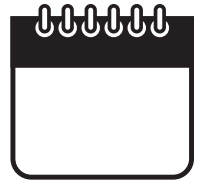
Attendance

One of the most important characteristics leading to success in high school, college, or the workplace is good attendance. Research indicates that excessive tardiness or absenteeism can lead to lower academic achievement and a reduced likelihood to graduate. It is important for you to visit with your son and/or daughter about the importance of regular school attendance. We have several interventions and support services available, so please contact the school at 402-643-2988 if you feel that this may become an issue for your student.

Specific Seward Public Schools policies regarding student attendance can also be found at www.sewardschools.org. These policies are consistent with Nebraska state statutes 79-201 and 79-209. Outlined are definitions of excused and unexcused absences, interventions, resources, and potential consequences for excessive absenteeism or tardiness. Please take some time to review these policies if you have not already done so this school year.

Important Dates

- **September 14:** Financial Aid Night, 6 pm
- **September 22:** NWEA testing for sophomores and freshmen; ACT testing for juniors and seniors
- **September 27-30:** EducationQuest Virtual College Fair
- **October 9:** Last day to make schedule changes for Term 2
- **October 12-15:** College Week
- **October 14:** Post-Secondary Testing Day; Apply to College Day
- **October 15:** End of Term 1
- **December 4:** Senior portraits due to Ms. Limback for the yearbook
- **February 26:** Senior parent/guardian baby ads due to Ms. Limback for the yearbook



*Dates and times of activities are subject to change. For more information, see the activities calendar at :

<https://www.centralconference.org/public/genie/408/school/8/>

Seward High Counseling Center Communication

Phone: 402.643.2988
Email: A-K Kevin Fields kevin.fields@sewardschools.org
L-Z Noelle Baker noelle.baker@sewardschools.org
Website: <https://sewardhighcounseling.wordpress.com>
Instagram: [sewardhighcounseling](https://www.instagram.com/sewardhighcounseling)
Twitter: [SewardHighCounseling@SHCounselors](https://twitter.com/SewardHighCounseling@SHCounselors)
Facebook: Seward High School Counseling Center
eBackpack: Class of 2021, Class of 2022, Class of 2023, Class of 2024

Staying Connected with Seward High School:

Building/District Website: www.sewardpublicschools.org

Facebook: <http://www.facebook.com/sewardpublicschools>

Twitter: [@SewardBlueJays](https://twitter.com/SewardBlueJays)

Activity Calendar: www.centralconference.org

Staff Email: firstname.lastname@sewardschools.org

