MAYWOOD PUBLIC SCHOOL NEWSLETTER
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Bullying Hurts All of US

Bullying is problematic not only in schools; we also see bullying occurring in various adult settings. We, as an educational team and parents, are always concerned about bullying as well. Nationally, 49% of teachers say bullying and cyberbullying are the biggest safety concerns facing their schools (Ed Week). We are all challenged by the notion that the best way to address bullying is to stop it before it starts.

Bullying is defined as unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance. Bullying is repeated, or has the potential to be repeated over time. Imbalance of power, for example, may be physical strength, access to embarrassing information, or popularity to control or harm others. Power imbalances can change over time and different situations and may involve the same people or a chain of people. Repetition is required, happening more than once or having the potential to happen more than once.

The four types of bullying are: Verbal bullying, social/relational bullying, physical bullying, and cyberbullying. Most of us are aware of verbal bullying, the writing or saying mean things, like teasing, name-calling, threats, taunting, etcetera. Social/Relational bullying involves hurting someone's reputation or relationships. This may involve leaving someone out on purpose, telling other children not to be friends with someone, spreading rumors, or embarrassing someone in public. Physical Bullying hurts a person's body or possessions. These actions may include hitting/kicking or pinching, spitting, tripping, taking possessions. Cyberbullying occurs using digital devices like cell phones, computers, and tablets. Typically, these issues involve verbal or social/relational bullying. Often, the posting of mean, harmful, and often false content. Students can experience challenging, embarrassing comments, false rumors, and fake pictures.

The National Center for Education Statistics reports that more often than not, bullying goes unreported. Nationally, 20% of bullying incidents are reported. Students may elect not to report, fearing retaliation. Students also fear that adults may judge them based upon what is being said or done to them. Students also want to avoid showing weakness and prove they can handle the issues on their own. A major deterrent to reporting is the fear of rejection from their friends and peers. So, what can be done?

The solutions are varied, and I believe that it will take multi-faceted efforts by students, teachers, parents, and community members. I continue to see the negative effects in our society in general toward bullying attacks that our children watch and see, like our current state and national elections. I question why bullying activities seem to be okay in the public arena? I believe these actions hurt the quantity of potential political candidates, which is affecting the quality of candidates that our entire nation needs if we are to move forward as an American Society.

As a community, Maywood is very supportive of our students, teachers, and school. We need to realize that anyone can bully and can be bullied, as it is a behavior, not an identity. We need to work on changing behavior at school, home, and in the community. We all must recognize that bullying is not resolving conflict, as it is about control and power over others.

Maywood schools continue teaching kindness, problem solving, and relationship development at all levels. Executive Functioning skills are being introduced to our students to help with decision making, which may help making decisions not to bully. Executive Functions help our students to be organized for work. Executive Functioning Skills have been identified by employers as a top employment skill desired in our students. Mrs. Stengel is bringing these skills to our students through a new curriculum entitled "Axiom Learning." The seven executive functioning skills include: self-Awareness, Inhibition (Self-Restraint), Non-Verbal Working Memory, Verbal Working Memory, Emotional Self-Regulation, Self-Motivation, and Planning and Problem-Solving. Executive skills help all of us organize ourselves to get things accomplished.

Executive Functioning skills will help our students be more aware and responsive to student comments and negativity expressed in classrooms, hallways, bathrooms, lunch and recess areas. Everyone needs to take the initiative to confront and teach about verbal bullying in the moment as it occurs.

Our Positive Behavior Intervention Supports (PBIS) program continues to grow and develop. PBIS curriculum is being taught in the elementary and high school. We have moved to digital currency that Mr. McCain, students, and staff utilize to recognize and reward positive, appropriate behavior. This school-wide initiative places emphasis on positive behaviors students demonstrate, which will proactively improve our school climate.

We solicit parent and community support with teaching positive conversation and being kind to one another. Being negative with friends and peers is easy to accomplish when you get in the habit of negativity. Positivity, however, is equally infectious with friends and peers. Looking for the good in others is a choice, and it pays positive dividends. When we see bully-type behaviors, it helps that we proactively teach that feelings of power and control are something none of us like happening to us. All of us need to help teach social-emotional control. We have anti-bullying policies in place, and we are endeavoring to make a positive impact for all involved. Please become a part of our team!

Mark Bejot

November 2026 Menu



Breakfast every day offers the choice of 3 different cold cereals. All grains offered at breakfast and lunch are whole grain rich. A variety of low fat and fat free milks are offered with breakfast and lunch. The Garden bar is offered to K-12 Students daily. Which includes a variety of fresh vegetables and fruit for the students to choose from.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cini Minis Scallop Potatoes & Ham Carrots Fruit Biscuit	**3** Omelet & Toast Grilled Chicken Sandwich Peas Fruit	**4** French Toast Sticks & Sausage Meatloaf Mashed Potatoes & Gravy Fruit	**5** Breakfast Pizza BBQ Chicken Patty Mac & Cheese Broccoli Fruit	**6** Ham, Egg & Cheese Breakfast Bar French Bread Cheese Pizza Corn Fruit
9 Waffles Chicken Tenders Green Beans Fruit Dinner Roll	**10** Breakfast Bagel Beef & Bean Burrito Bowl Fruit	**11** Fruit & Yogurt Parfait Orange Chicken Mixed Vegetable Rice Fruit	**12** Sausage, Egg & Cheese Biscuit BBQ Riblet Sandwich Cucumber Salad Fruit	**13** Cherry Turnovers Cheese Stuffed Breadstick with Marinara Sauce Carrots Fruit
16 No School	**17** Breakfast Burrito Biscuits With Sausage Gravy Hash-Browns Fruit	**18** Pancake on a Stick Cheeseburger Baby Carrots Fruit	**19** Frudel Mac & Cheese with Ham Peas Fruit	**20** Oatmeal Turkey Stuffing Mashed Potatoes & Gravy Green Bean Casserole Cranberry Salad Dinner Roll
23 Mini French Toast Country Beef Sandwich Broccoli with Cheese Fruit	**24** Egg Bites Chicken Quesadilla Refried Beans Fruit	**25** No School	**26** No School	**27** No School
30 Muffins & Sausage links Chicken & Rice Bake Fruit Dinner Roll				

Maywood Public Schools is an equal opportunity provider. In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

November 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Daylight Savings Time	**2**	**3**	**4** MHC Volleyball @ Lincoln (State Tournament)	**5** NHS Trip	**6**	**7**
8	**9**	**10** - UNL Math Day - Veterans Day Program @ 1:00pm	**11 - Veterans Day!**	**12** - RPAC One Act @ The Tassel in Holdrege	**13**	**14**
15	**16 - No School** Teachers In– Service - Elm./Jr. High Quiz Bowl @ 1:00pm - Winter Sports Practice Starts	**17**	**18** - District CDE #1	**19**	**20**	**21**
22	**23**	**24** - Proactive Leadership Speaker Grades 6th-12th	**25** **No School (Thanksgiving Break)**	**26** **- Thanksgiving Day!**	**27**	**28**
29	**30**					

Please check the calendar on the school website for the most current times and dates. Calendars are subject to change without notice and we don't want you to miss any school events. The school website is located at maywoodtigers.org. Maywood Public Schools is also on Facebook and Twitter @Maywoodschool.

December 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 - K-4th Winter Concert @ 6:30pm	**2** - One Act Districts @ Ansley - MHC JH BB @ Paxton @ 2:00pm	**3** - 5th-12th Winter Concert @ 6:30pm	**4** - MHC BB vs. Wallace @ Hayes Center @ 4:00pm	**5** - MHC BB @ Southwest @ 1:00pm
6	**7**	**8** - District LED #1 - MHC BB Cattle Trail Tournament @ McCook @ TBA	**9** - MHC JH BB vs. Sutherland @ Hayes Center @ 2:00pm	**10** - FBLA Bloodmobile	**11** - MHC BB Cattle Trail Tournament @ McCook @ TBA	**12** - MHC BB Cattle Trail Tournament @ McCook @ TBA
13	**14** - MHC JH BB vs. McCook St. Pat's @ Hayes Center @ 2:00pm	**15** - MHC BB vs. Sutherland @ Maywood @ 4:00pm	**16**	**17** - MHC BB @ Brady @ 4:00pm	**18 1:00pm Dismissal** End of 2nd Quarter	**19** - MHC BB vs. Hitchcock County @ Hayes Center @ 1:00pm
20	**21**	**22**	**23**	**24 - Christmas Eve**	**25 - Christmas**	**26**
	No School (Christmas Break)					
27	**28**	**29** - MHC BB @ Loomis Holiday Tournament @ TBA	**30**	**31 - New Year's Eve** - MHC BB @ Loomis Holiday Tournament @ TBA		
	No School (Christmas Break)					

The South West Nebraska Big Give is coming up on **Thursday, November 5th!** Maywood Teammates Chapter is grateful for all past donors and would love to be considered again for the Southwest Nebraska Big Give event! Every donation helps create opportunities, provides vital services, and makes a lasting impact in our community. Together, we can make a difference and show the power of community support!





For many years, Maywood Toys for Kids has brought a little extra joy to local families during the holiday season. Each year, we team up with the Frontier County Food Pantry to help make the holidays brighter for children in our community. Volunteers wrap the gifts, and our local fire department delivers them, spreading cheer to families throughout the Maywood area.
Your monetary donations allow us to purchase items that children might otherwise go without. In past years, your generosity has provided coats, mittens, hats, toiletries, long-sleeved shirts, pants, fun toothbrushes, and small toys for the little ones.

If you'd like to help, please mail your donation to:
Maywood Public Schools,
Toys for Kids,
P.O. Box 46,
Maywood, NE 69038

Please make checks payable to "Toys for Kids."
Thank you for your generosity and holiday spirit. Because of you, our children experience a brighter, happier holiday season!

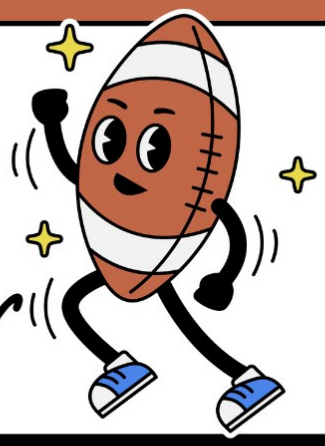


The Maywood National Honor Society inducted six new members during a ceremony held Thursday, October 29th, in the school gymnasium. Current members led the ceremony, which featured guest speaker Kelly Rippen, Vice President of Student Affairs at McCook Community College. Following the induction, members and their guests attended a reception in the school library.

Front Row New Members: Morgen Friend, Paytyn Stengel, Haylie Gustafson, Clayton Mahanes, Lucas Mahanes, and Easton Gilmore
Back Row Current Members: Emma Peterka, Karlee Hatfield, Jaylee Sellers, Oliver Anders, Steven Werkmeister, Adalyn Schurr, and Jillian Johnson (absent Cali Rutherford and Katie Domes)

NOVEMBER

Teammates newsletter



DATES TO KNOW

Nov. 1 - Daylight Savings

Nov. 5– SW NE Big Give

Nov. 11 – Veteran's Day

Nov. 16 - No School

Nov. 25-29 – Thanksgiving Break

MEETING IDEAS

- Do a 5-minute check-in: Share 2 wins and 1 challenge from this semester.
- Write a quick thank-you note to a teacher or staff member together.
- Spend 10 minutes mapping out a study schedule for upcoming December finals.
- Take a 10-minute walk outside and set one personal goal before winter break!

MATCH OF THE MONTH



HAPPY NOVEMBER

Dear Mentors and Mentees,

As November brings crisp fall weather and the mid-semester finish line into view, now is the perfect time for mentor-mentee pairs to connect and build momentum. This month, we encourage teammates to focus on gratitude and preparation. Take a few minutes during your meetings to reflect on your semester wins, write a quick thank-you note to a teacher or staff member who has supported you, and map out a simple study routine to stay ahead of December exams. A little connection and planning now goes a long way toward ending the term strong- thank you for making a difference in each other's journeys!

Thank you for all that you do,

Maywood Teammates



ANNOUNCEMENTS & REMINDERS

We are always in need of mentors and mentees, so if you know anyone who would be interested, please get in touch with Shannon Storm at Maywood Public School.

308-362-4223

Children's NEBRASKA

Enroll Your Student in VIRTUAL SCHOOL HEALTH

FEWER ABSENCES. MORE PEACE OF MIND.

At Children's Nebraska, our Virtual School Health Program connects students, families and school staff with trusted pediatric experts right at your child's own school.

We offer easy virtual visits, education, mental health screenings and real-time support for a wide range of health concerns.

Visits are quick. Scheduled same day, getting students back to class as soon as possible.

Parents can join the virtual visits without leaving home or work.

With Virtual School Health, your student will have access to:

- Treatment for minor injuries and illnesses such as ear infections, colds, sore throat, pinkeye and rashes
- Behavioral health screenings
- Care coordination and follow-up
- Parent education and resources
- Prescription orders

Virtual School Health is not a medical home. It supports, not replaces, your child's primary care provider by offering urgent care when needed. A visit summary is always shared with you and your child's provider. Visits to you child's regular provider are encouraged.

COMPLETE DIGITAL ENROLLMENT TODAY

ENSURE YOUR STUDENT IS READY THIS SCHOOL YEAR TO PARTICIPATE IN VIRTUAL SCHOOL HEALTH.



To learn more about Virtual School Health, visit: ChildrensNebraska.org/VirtualSchoolHealth



Children's NEBRASKA

HEALTHY STUDENTS, HEALTHY SCHOOLS

SEASONAL ALLERGIES

As the seasons change, and harvest begins, many children begin to experience sneezing, itchy eyes, runny nose, and congestion caused by seasonal allergies. Seasonal allergies are also referred to as allergic rhinitis. These symptoms can affect your child's comfort, focus, and even attendance at school. Make sure to notify your school health office if your child has seasonal allergies. Below are some tips on how you can help them manage their symptoms.

COMMON CAUSES & TRIGGERS

Pollen: from trees, grasses, and weeds

Dust and Pet Dander: can worsen allergy symptoms when combined with seasonal triggers

Mold Spores: often found in damp leaves or outdoor play areas

COMMON SYMPTOMS

- Frequent Sneezing or Coughing
- Itchy or Watery Eyes
- Runny or Stuffy Nose
- Feeling Tired or Having Trouble Concentrating

MANAGEMENT

- Keep windows closed
- Shower and wash hair before bedtime if been outdoors
- Wash bedding at least weekly in hot water
- Wet dust bedrooms at least weekly and vacuum carpets frequently
- Limit number of stuffed animals in child's room and keep off bed
- Do not let pets sleep in your child's room
- Use HEPA air filters
- Remind your child to wash hands frequently and to avoid rubbing eyes
- Use over-the-counter medications (antihistamines, nasal steroid, antihistamine eye drops)

SEASONAL ALLERGY

Seasonal Allergy Symptoms: Occur when your immune system reacts to something in the environment, like pollen or mold.

Onset of Symptoms: Suddenly

Length of Symptoms: Several weeks

Type of Cough: Dry Cough

Sore Throat: Occasionally can cause a mild sore throat

Body Aches and Pains: None

Fever: None

COMMON COLD

Common Cold Symptoms: An infection in upper respiratory tract, including throat and nose.

Onset of Symptoms: Gradually

Length of Symptoms: Two weeks or less

Type of Cough: Frequently causes a cough alongside mucous production

Sore Throat: Likely to cause a sore throat

Body Aches and Pains: Frequently lead to body aches and pains

Fever: Can cause a short period of fever

WHO: Maywood Public Schools 2nd Grade Class

WHAT: We are collecting pop tabs to donate

to the Ronald McDonald House Charities of Omaha

WHEN: October – May 20th

WHERE: Maywood Community

WHY: In our first science unit we learned about material properties. We learned that metal has the property of melting and can be reshaped. We learned metal can be recycled. As part of our final unit assessment, we are collecting pop tabs to donate to the Ronald McDonald House Charities of Omaha. The Ronald McDonald House Charities Organization recycles the pop tabs and uses the money to pay their electric bill each month.

National Coffee with a Cop Day!

Our second graders had a fantastic time celebrating with the Frontier County Sheriff's Office! The students got a hands-on look inside a police cruiser, practiced a mock phone call with dispatch to learn how to communicate in an emergency, and learned all about the importance of seat belt safety.



Maywood Public School
P O Box 46
Maywood NE 69038

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Postal Patron

A big thanks to Pinnacle Bank and Brady Rosno for sponsoring our MHC youth volleyball shirts! Over 40 girls participated this Fall.

Also a big thank you to the coaches, parents and the player for all of their hard work this season!

