



MAYWOOD PUBLIC SCHOOL NEWSLETTER

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An Attitude of Gratitude

I am ready for the elections to be concluded, and we can move on to more positive activities. Have you discovered that people seem to like being negative? Senator Ricketts has even developed a negative humorous song about Dan Osborn. We need to challenge this notion with conscious choices of positivity and gratitude for the things we have and being Americans! According to the Oxford Dictionary, "Gratitude is the quality of being thankful; readiness to show appreciation for and to return kindness." Notice that three elements are involved in gratitude: 1) Recognition, 2) Acknowledgement, and 3) Appreciation. I believe that we all miss out on life's experiences when we fail to practice gratitude both at home and at school. We have a lot to be grateful for daily and corporately.

Practicing gratitude can be a game-changer: it has far-reaching effects, from improving our mental health to boosting our relationships with others (Mindfulness). Living your life with gratitude helps you notice the little wins—like earning an "A" on a test that you did not think you performed well, a stranger holding the door for you, or the sun shining through your window when you wake up in the morning. Each of these small moments strings together to create a web of well-being that, over time, strengthens your ability to notice the good.

Building your capacity for gratitude is not difficult. It just takes practice and a willingness to observe and thank others for the positives we are given. The more you can bring your attention to that which you feel grateful for, the more you'll notice and feel grateful for! Here are a couple of suggestions to help improve your attitude of gratitude:

1. **Start by observing.** Notice the *thank-you remarks you say*. *Just how much of a habitual response is it? Is it a hasty side comment or an afterthought? How are you feeling when you express thanks in small transactions? Stressed, uptight, a little absent-minded? Do a quick scan of your body, checking your non-verbal communication—are you already physically moving on to your next interaction?*
2. **Pick one interaction a day.** When your instinct to say "thanks" arises, stop for a moment and take note. Remember to acknowledge the compliment. Can you name what you feel grateful for, even beyond the gesture that's been extended? *Then say "thank you."*

I have a relative who struggles with possessing an attitude of gratitude. She is a "glass half-empty" individual who constantly sees what she is missing and fails to see what is going well and what she should appreciate. The challenge for me is that this type of negativity is a virus that can get the best of people down and negative as well. I continue, however, to be positive regardless of her negative comments. Being grateful, like kindness, is infectious not only for myself but to those around me.

I cannot emphasize enough the importance of the first step: recognizing that you are going to be okay, in spite of the struggles you are experiencing. My grandfather used to tell us that "problems are not so much what they are, but how you choose to respond to them." Think about it: no one can make you unhappy or dissatisfied except you! Recognize that your situation could be worse, and that you have friends and family that care, support you, and love you. Troubling experiences, in my view, are designed to challenge us to grow our capacity and skills as people. Your attitude will either rob you of joy or provide you joy and contentment as you deal through the challenges of the day.

The second element of gratitude is acknowledgement. Challenges abound in everyone's life, and when you can see and feel the light at the end of a tunnel and that your life has truly turned a corner, you feel hope. Hope gives you the energy to take steps that you previously lacked and the energy to finish. Hope is always available no matter the situation; sometimes you may have to ask others to help you see hope.

October 2026

The last element is the act of appreciation. We need to stop and look around and appreciate people in your life who have been there for you. Take time to be mindful, which helps you tune into the present moment. Strive to practice gratitude for the little things. Share your gratitude for your loved ones and friends. Remember to not take others for granted. Consciously choose to spread gratitude via your social media platforms. Learn to say “Thank you or I appreciated that.” Spreading praise and positivity to others is one way we can spread gratefulness, and you will find that it uplifts you too.

Go and spread some cheer!

Mark Bejot

October 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 -MHC XC @ Gothenburg @ 4:00pm -MHC JV & V VB @ Cambridge Tri @ 5:00pm (Cambridge & Gothenburg)	2 - MHC 1st & 2nd Grade VB Practice @ Maywood @ 2:30-3:30 - MHC 3rd-6th Grade VB Practice @ Maywood @ 5:45-7:15 - MHC FB @ Maywood @ 7:00pm vs. Hi-Line (Parent/senior Night) - Home Coming Coronation	3
4	5 - MHC JH VB @ Brady @ 1:30 - MHC JH FB @ 3:00pm - MHC JV FB @ Brady @ 4:30pm	6	7 - MHC JH VB @ Cambridge @ 2:00	8 - MHC XC @ Sutherland @ 4:00 - MHC C, JV, V VB @ Southern Valley @ 5:00pm	9 No School - Teacher In-Service - MHC FB @ Hemingford @ 3:00	10 - MHC State XC @ Papillion - LaVista High School @ TBA
11	12 - MHC JH VB @ Maywood @ 2:00pm vs. Sandhills Valley - MHC JH FB @ Maywood @ 3:00pm vs. Sandhills Valley - MHC JV FB @ Maywood @ 4:30pm vs. Sandhills Valley - MHC JV VB @ Wallace Tri. @ 5:00pm	13 - MHC JV & V VB @ Sutherland @ 5:00pm	14 - MHC JH VB @ Hayes Center @ 1:00 (Tri.)	15 - MHC VB RPAC Tournament @ Top 2 Seeds @ TBA - MHC XC Districts @ TBA	16 - MHC FB @ Hayes Center @ 7:00 vs. NP St. Pats	17 - MHC Youth VB Tournament @ Hayes Center @ TBA
18	19 - MHC VB RPAC Tournament @ TBA	20	21 - MHC VB RPAC Consolation & Championship @ Graff Event Center MCC @ TBA	22	23 - MHC State XC Meet @ Kearney - MHC FB @ Hitchcock County @ 7:00pm	24
25	26 MHC VB Class C2 Sub-Districts @ Top Seed @ TBA	27	28	29	30	31 - MHC VB District Finals @ Top Seed @ TBA

November 2026

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

October 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
1% White or flavored milk served daily This institution is an equal opportunity provider			1 Fruit & Yogurt Parfait Ham & Cheese Sliders Green Beans Fruit	2 Breakfast Pizza Chicken Nuggets Mashed Potatoes & Gravy Fruit Biscuit
5 Muffins Mini Corndogs Carrots Fruit	6 Breakfast Burritos Chicken Fajita Bowls Black Bean & Corn Salsa Fruit	7 Blueberry Bagels Pulled Pork Corn Fruit	8 Scrambled Eggs & Toast Cheese Stuffed Breadsticks With Marinara Peas Fruit	9 No School
12 Cini-Minis Beef Ranchero Tornadoes Refried Beans Fruit	13 Biscuits, Sausage & Gravy Chicken Parmesan Sandwich Mixed Vegetables Fruit	14 Oatmeal Fish Sticks Fries Fruit Breadstick	15 Bacon, Egg & Cheese Muffin Salisbury Steak Mashed Potatoes & Gravy Fruit Roll	16 Cherry Turnovers Pepperoni Pizza or Chicken Bacon Ranch Pizza Baby Carrots Fruit
National School Lunch Week				
19 Pancake on a stick Breaded Pork Sandwich Cucumber & Tomato Salad Fruit	20 Scrambled Eggs, Hashbrowns & Toast Beef Enchilada Bake Black Beans Fruit	21 Breakfast Tornadoes Chicken Potstickers Vegetable Fried Rice Fruit	22 Donut Holes Mozzarella Sticks with Marinara Green Beans Fruit	23 Breakfast Taco Boneless Wings Corn Fruit Biscuit
26 Muffins & Bacon Cheese Burger Fries Fruit	27 Breakfast Egg Rolls Chicken Tacos Cowboy Beans Fruit	28 Fruit & Yogurt Parfait Spaghetti & Meatballs Broccoli Fruit Garlic Bread	29 Egg Bites Chicken Tenders Green Beans Fruit Roll	30 Ghostly Griddle Cakes Mummy Dogs Toxic Sludge Mac & Cheese Blood Oranges Happy Halloween!

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.



TEAMMATES OCTOBER NEWSLETTER

MENTORS WANTED!!!

We have mentees in need of mentors. If you would like to volunteer your time to mentor a student, please reach out. We match mentees/mentors based on interests and hobbies. Cheering on your mentee at a school event also counts as time-together for those busy weeks! If you'd like to be a part of Teammates, but cannot commit to being a mentee, you can join our Teammates Board! We'd love to have new members and input!

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Dear Mentors and Mentees,

As the leaves change and autumn takes hold across campus, October brings a fresh shift in energy—making it the perfect moment to reflect on our progress and try new ways of learning together.

Mentorship isn't about sitting in a quiet office having formal chats; it's about sharing real experiences and growing side by side right here at school. Whether you meet every week or are looking to refresh your routine, this month is full of opportunities to connect. As always, if you or anyone you know would like to become a mentor or mentee, please contact Shannon Storm at Maywood Public Schools.

Thank you to all of our current mentors and mentees for dedicating your time and energy to supporting one another. You make our school community stronger every single day!



IDEAS AND CALENDAR

- Take a Campus Walk & Talk: Step outside during lunch or a break to loop around the track or courtyard and catch up away from your desks.
- Share a Cafeteria Catch-Up: Pick a day to eat lunch together in the dining hall to keep things casual and fun.
- Share some fun fall memories to learn more about one another.

Oct. 6th - FBLA Bloodmobile

Oct. 9th - No School

Oct. 21-24th - National FFA Convention

Oct. 26-28th - RPAC VB

Oct. 30th - Feed the Farmer

Oct. 31st - Halloween



Homecoming 2026!

**WE WILL BE CELEBRATING HOMECOMING THE WEEK OF SEPTEMBER 26TH- OCTOBER 2ND.
THE SPIRIT RALLY WILL BE IN FRONT OF THE MAYWOOD SCHOOL AT 1:30 PM ON FRIDAY, OCTOBER 2ND.
ALL COMMUNITY MEMBERS, PARENTS, AND FANS ARE WELCOME TO JOIN US!**

SATURDAY, SEPT. 26TH

MHC HOMECOMING DANCE PARTY 8:00-10:30 PM

-@HAYES CENTER OLD GYM-

SUNDAY, SEPT. 27TH

PAINT THE TOWN AND HALL DECORATING AT SCHOOL @ 1:00-4:00 PM

MONDAY, SEPT. 28TH

COLOR/PATTERN WARS!

SENIORS- BLACK

JUNIORS-CAMOFLAUGE

SOPHOMORES-BLUE

FRESHMEN- Red

8TH - GREEN

7TH - ORANGE

6TH - PURPLE

ELEMENTARY- Neon

FACULTY- ANY PATTERN! STRIPES, ANIMAL, OR DOTS!

MHC XC @ KEARNEY INVITE

TUESDAY, SEPT. 29TH

FAMOUS PERSON TUESDAY!

**CHOOSE A MOVIE CHARACTER, SINGER, OR PROFESSIONAL ATHLETE AND HAVE
SOME FUN!**

MHC VB @ WALLACE @ 5:00 PM

WEDNESDAY, SEPT. 30TH

OPPOSITE DAY

MISMATCH/BACKWARDS/UPSIDE DOWN!

PREPPY/NERDY/PRINCESS!

THURSDAY, OCT. 1ST

RHYME WITHOUT REASON DAY

THE WORDS RHYME, BUT THE OUTFITS MAKE NO SENSE!

(RAPPER, NAPPER) (UNICORN, NEWBORN) (CHEF, REF) (TEACHER, CREATURE)

MHC XC INVITE @ GOTHENBURG @ 4:00 PM

VOLLEYBALL @ CAMBRIDGE AT 5:00 PM

FRIDAY, OCT. 2ND

MHC SPIRIT DAY! DRESS IN GREEN AND BLACK!

PEP RALLY AT THE HS IN MAYWOOD @ 1:30 PM

FOOTBALL VS. HI-LINE AT 7:00 PM IN MAYWOOD

CORONATION OF THE KING, QUEEN, AND ROYALTY WILL BE ON FRIDAY, FOLLOWING THE FOOTBALL GAME!

October 2026

Title 1 Tidbit

Start Smart with Routines!

Routines make it easier for children to remember tasks and carry them out. For a smoother school year, set up these routines:

- **An evening prep session:** Agree on outfits for the next day – check the weather to make sure the clothing match the elements. Make and refrigerate lunches and/or snacks for the next day. Sign planners and pack backpacks and set them by the door. Mornings will be much less hectic!
- **A soothing bedtime:** Choose a time that allows for 9 to 12 hours of sleep. Help your child relax with a bath or shower and a cozy read aloud. TV and other screens cut into relaxation and hours of sleep so those need to be powered off at bedtime.
- **A reading and schoolwork time:** This should be when your elementary schooler will have the most energy and motivation. Try to make this time as distraction-free as possible to help with focus.
- **Foster Student Responsibility:** Teach your child how to keep track of school activities, due dates, test dates, snack duty, and special events by writing dates on a family calendar. Make sure that calendar is visible to the whole family – maybe on the refrigerator.

Once set up and in place, routines can help to reduce the stress and anxiety that comes with unpredictability. Routines can help create a calmer household by establishing expectations. Routines can help children build life skills and build healthy habits. Routines can help parents feel more organized and find time for enjoyable activities!

Jump in and set some routines! If you'd like information on how Title 1 can help your student(s) please reach out! We're here to help you and your family.

Emily Lenz

Title 1 and Special Education Teacher

Maywood Public School

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The Maywood FFA Chapter has had a busy start to the school year! All 26 members attended the first meeting on September 9th to kick off the new year and discuss upcoming activities. On September 14, FFA officers attended the school board meeting. On September 16th, members attended Husker Harvest Days, where they explored new agricultural technology, equipment, and opportunities in the agriculture industry. Maywood FFA is excited for all the activities and opportunities the rest of the year will bring!



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On September 18th, the 3rd grade class went to Creekside Cuttings to look at how insects help flowers pollinate to create seeds.