



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? 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 in life's experiences when you 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:

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? **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 that 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 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 cannot emphasize enough the importance that the first step is 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 be 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 your 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 reach your goals.

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 in 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 positives 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

September 2024


September 2024

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|--|--|--|--|---|
| 1 -Husker Harvest Days (FFA) @ Grand Island | 2 -No School -Labor Day | 3 -JV VB Tri. At Arapahoe (Arapahoe/Loomis) @ 5:00pm -JH VB at Maywood vs. Sutherland @2:00pm -JH & JV FB at Maywood vs. Sutherland @ 3:00pm | 4 | 5 -Varsity VB at Maywood vs. Rawlins Co. / Southwest Tri. @ 5:00 pm | 6 -VB at Mullen@4:30pm -Varsity FB at Mullen @ 7:30pm -CC at Cambridge @ 10:30am | 7 |
| 8 | 9 -JH VB at Hayes Center vs. Wauneta @ 2:00pm -JV FB at Maywood vs. Sutherland @ 5:00pm -JH FB at Hayes Center vs. Wauneta @ 3:00pm | 10 -Varsity VB at Arapahoe (Loomis/ Arapahoe Tri.) @ 5:00 pm | 11 | 12 -VB at Hayes Center vs. Maxwell @ 4:00pm -Varsity FB at Hayes Center vs. Maxwell @ 7:00- HC Homecoming -CC at Chase County @ 10:00am (JH @ 11:00am) | 13 | 14 -Varsity VB @ Hitchcock County (Tournament) @ 9:00am |
| 15 | 16 -JV VB at Brady @ 1:30 pm -JH VB at Brady @ 1:30pm -JV FB at Brady @ 4:30pm -JH FB at Brady @ 2:30pm | 17 -VB at Hayes Center vs. Hershey (Senior Night) @5:00pm | 18 - 2:30 pm dismissal Parent-Teacher Conferences 4-8pm | 19 -No School Teacher in-service -VB at Wauneta Palsade @5:00 pm -CC at Arapahoe @ 4:00pm | 20 -No School -Varsity FB at Loomis @ 7:00pm | 21 |
| 22 | 23 -JV & C VB at Maxwell @ 4:00pm -JH VB at Maxwell @1:00pm -JV FB at Maxwell @4:30pm -JH FB at Maxwell @ 3:00pm | 24 -Varsity VB at Maywood (MHC Tourney) Hi-Line/South Platte/ Arthur @ 4:00pm | 25 -JH VB at Maywood vs. McCook St. Pats @ 2:00pm | 26 -Varsity FB at Maywood vs. Overton @ 7:00 (Homecoming & Senior Night) -CC at Hayes Center @ 4:30 | 27 | 28 -Varsity VB at Holdrege (Tourney) @ 9:00am |
| 29 | 30 -JH & JV VB at Hitchcock @2:00pm -JV FB at Hitchcock @ 5:00pm -JH FB at Hitchcock @ 3:00pm -CC at University of Nebraska-Kearney @ B-2:30, G-3:30 | | | | | |

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 2024

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|---|---|--|--|---|
| | | 1 - MHC VB—Tir. At Wallace vs. Brady @ 5:00pm | 2 - Area Land Judging at Holdridge | 3 - MHC VB at Cambridge @ 4, 5:00 pm (JV & Varsity) - MHC FB @ Cambridge @ 7:00pm | 4 | 5 |
| 6 | 7 - MHC VB vs. Southwest at Maywood @, 2,4:00pm (JH & JV) - MHC JH FB vs. Southwest at Maywood @ 3:00pm | 8 - MHC VB Tri. At Medicine Valley (& vs. Brady) @ 5:00pm | 9 | 10 - MHC XC-RPAC at Hayes Center @ 4:00pm - MHC VB at Southern Valley @ 5,6:00pm | 11 - No School Teacher in-service - MHC FB at Hitchcock County @ 7:00pm | 12 - MHC JH XC-state meet at Papillion— La Vista High School @ TBA -MHC JH VB at Chase County tournament @ 10:00am |
| 13 | 14 - MHC JV VB at Wallace JV Tri. (& vs Perkins Co.) @ 5:00pm | 15 - MHC VB at Sutherland @ 5,6:00pm (JV & Varsity) | 16 - Bloodmobile - MHC JH VB Tri. At Hayes Center (vs Wallace & McCook SP) | 17 - MHC VB-RPAC tourney 1st/2nd rounds @ Top Seeds - MHC XC Districts @ TBA | 18 - MHC FB vs Bertrand at Maywood @ 3:00pm | 19 |
| 20 | 21 - MHC VB RPAC tourney Semifinals at Top Seeds | 22 - MHC VB RPAC tourney Consolation/Finals @ MCC | 23 | 24 | 25 | 26 |
| | | | | National FFA Convention at Indianapolis, IN | | |
| | | | | | -MHC XC State Meet at Kearney | |
| 27 | 28 - MHC VB sub districts Top seed | 29 - MHC VB Sub Districts Top Seed | 30 | 31 - Halloween!  | | |

Kicking off the season in high gear! Go Wolves!

The Lady Wolves swept the competition at the Volleyball Triangular against Sandhills Valley, and Paxton on August 29th.

Varsity vs Sandhills won in two sets 25-14 & 25-14

Varsity vs Paxton won in two sets 25-22 & 25-15

JV vs Sandhills won in two sets 25-18 & 25-20

C Team vs Sandhills won 25-23

MHC Wolves Football battled Wilcox at Hayes Center on August. 29th . The boys fought hard and won 19-18!

The MHC Cross Country team traveled to Dundy County and received a medal and 15th overall!

Girls placed 3rd as a team (Adriana Estrada 18th, Kesli Cox 15th, Charlotte Broke 7th, Agneshka Sankey 5th

Boys placed 4th as a team (Emmanuel Lopez 29th, Clayton Mahanes 27th, Steven Werkmeister 25th, Ryan Werkmeister 24th, Rubiel Lopez 12th)

JH girls placed 1st at a team (Brianna Vapenik 17th, Harper Richards 4th, Chloe Jeffers 3rd, Carly Softley 2nd)

JH Boys (Stone Lenz 16th)

September 2024 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 Labor Day No School | 3 Frudel Beef Burrito Mexi Potato Rounds Fruit | 4 Egg Taco Chicken Gravy on Biscuits Peas Fruit | 5 Donuts Cavatini Green Beans Fruit Dinner Roll | 6 Egg & Cheese Biscuit Tomato Soup Grill Cheese Sandwich Fruit |
| 9 French Toast Turkey and Cheese Sub Fruit Chips | 10 Sausage & Cheese Biscuit Beef Stew Coleslaw Fruit Dinner Roll | 11 Muffin & Yogurt Meat Ball Sub Broccoli & Cheese Fruit | 12 Eggs & Toast Teriyaki Chicken Rice Green Beans Fruit Egg Roll | 13 Cinnamon Rolls Chicken Tacos Refried Beans Fruit Pudding |
| 16 Oatmeal Philly Cheese Steak Tomato & Cucumber Salad Fruit | 17 Sausage Gravy over Biscuits Pig in Blanket Baked Beans Fruit | 18 Western Breakfast Egg Sandwich Peperoni Pizza Calif Blend Fruit | 19 No School | 20 No School |
| 23 Cheese Potato & Egg Burrito P&J Sandwich Chips Carrots & Celery Fruit | 24 Super Berry Bowl Chicken Penne Green Beans Fruit Dinner Roll | 25 Tater Topped Breakfast Bake Beef Nachos Corn Fruit | 26 Pancakes Beef Noodles Green Beans Fruit Dinner Roll | 27 Muffin & Smoothie Ham Pattie Sandwich Smilie Fries Fruit Cookie |
| 30 Cinnamon Rolls Pigs in a Blanket Honey Glazed Carrots Fruit | | | | 1% White or flavored milk served daily This institution is an equal opportunity pro- |

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

Title 1 Tidbit September, 2024

What can I do to help my child stop procrastinating?

Question: My 5th grader puts everything off. In the morning, my child is late getting ready. Schoolwork and long-term projects turn into panicked mad rushes at the last minute. How can I help my child learn to manage time better?

Answer: Elementary students are just beginning to learn time management – and it doesn't come naturally to many of them. But with your support, your child can learn to plan ahead.

Help your child establish regular routines for:

Getting organized – Have your child do backpack, bedroom and study area tidy-ups. An organized space can make organized thinking easier.

Prioritizing – Help your child make a to-do list with three headings: Must Do, Would Be Nice to Do, and Could Skip This. Make it clear that items on the Must-Do list (such as schoolwork) have to come first.

Scheduling – After setting priorities, figure out together when your child can do those “Must Do’s”. Some children can draw up a schedule for the whole week and stick to it. Others need to make a daily schedule to stay on track. Make sure there is some time in the schedule for fun!

Sticking to the schedule – This is the hardest step. Daily study times and morning and evening routines can help. Praise your child for sticking with them!

Reach out if you have questions about how Maywood Title 1 services can benefit your student and family. Please stop by my table at Parent-Teacher Conferences on September 18 from 4:00-8:00 p.m. to chat about ways Title 1 might benefit your child.

Emily Lenz
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Maywood Public School
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Maywood Ag Ed And FFA News

The summer of 2024 was a busy one for our FFA members. Many members worked on various SAE projects and showcased their hard work at our area county fairs. Members participated in trash clean up at Wellfleet Lake in June. They also volunteered to help serve the BBQ at the Frontier County Fair along with working concessions at the Hayes County Fair. Upcoming events for our members include Husker Harvest Days on September 11th and preparation for area land evaluation on October 2nd. We look forward to the year ahead both in and out of the classroom!



Homecoming 2024!

WE WILL BE CELEBRATING HOMECOMING THE WEEK OF SEPTEMBER 23RD-27TH.

THE SPIRIT RALLY WILL BE IN FRONT OF COMMUNITY FIRST BANK AT 3:00 PM ON THURSDAY, SEPTEMBER 26TH. ALL COMMUNITY MEMBERS, PARENTS, AND FANS ARE WELCOME TO JOIN US!

SATURDAY, SEPT 21ST

**MHC HOMECOMING DANCE PARTY 8:00-10:30 PM
-OLD HAYES CENTER GYM-**

SUNDAY, SEPT. 22ND

PAINT THE TOWN AND HALL DECORATING AT SCHOOL @ 1:00-4:00 P.M.

MONDAY, SEPT. 23RD

**'MERICA MONDAY
DRESS LIKE YOUR FAVORITE OLYMPIC ATHLETE, OR A PRESIDENT, OR WEAR RED, WHITE, AND BLUE TO SHOW PATRIOTISM!**

TUESDAY, SEPT. 24TH

**MOVIE DAY
CHOOSE A MOVIE CHARACTER AND HAVE SOME FUN!
MHC VB TOURNEY @ 4:00 P.M. IN MAYWOOD
BLACK OUT FOR MHC VB!**

WEDNESDAY, SEPT. 25TH

**COLOR/PATTERN WARS!
SENIORS- BLACK
JUNIORS-WHITE
SOPHOMORES-BLUE
FRESHMEN- PINK
8TH - ORANGE
7TH - CAMOUFLAGE
6TH - RED
FACULTY- GREEN**

THURSDAY, SEPT 26TH

**MHC SPIRIT DAY!
PEP RALLY DOWNTOWN MAYWOOD @ 3:00 PM
MHC TAILGATE AT MAYWOOD SCHOOL PARKING LOT @ 5:30 PM
FOOTBALL VS. OVERTON AT 7:00 P.M. IN MAYWOOD
MHC XC INVITE @ HAYES CENTER @ 4:30PM**

FRIDAY, SEPT. 27TH

CAREER DAY-OR-DRESS LIKE YOUR FAV TEACHER!

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

Expectations

Maywood Public School Seniors created behavior expectation presentations to help cultivate a positive school environment. They presented to all of the Kindergarten-11th grade students. We're off to a great start for the new school year! Go Wolves!



Welcome Back!



Maywood Public School
P O Box 46
Maywood NE 69038

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TEAMMATES NEWS

Teammates events in September:

Sept 17th RUNZA DAY!!! 202 East Leota North Platte

Our chapter will receive a portion of the proceeds on this DAY!!!

Please go visit if you are able and support our chapter!!!!

Sept 26th CONCESSIONS AT THE FOOTBALL GAME!!

We will be offering walking tacos in addition to the concession offerings. We are excited to have a number of students joining Teammates. With more students getting involved we are looking for several more caring adults to join our program. Mentoring involves meeting during breakfast or lunch hour at school during the school year. Teammates matches are based on hobbies and interests. Interested about learning more please visit www.teammates.org You may also call the school to learn more about our program.

**DINE AT
RUNZA**

TUESDAY, SEPT 17TH
10% OF SALES WILL BE DONATED TO

TEAMMATES
MENTORING
teammates.org

RUNZA supports TEAMMATES