

Boone Central High School Newsletter

March 2014



Attention High School Parents: 2013-14 CentraCard yearbook is being sold now. Price is \$45 for a hardcover book 144 pages long and full of Boone Central High School memories from 2013-14. Keep in mind what these books will mean to students 10-20 years from now. Purchases can be made at the High School office or Mrs. Gladem.

2nd Semester of “The Cardinal Way”

On Tuesday, January 21st, at Boone Central High School, Mrs. Jessica Wegener of Positive Nutrition Omaha, gave a presentation on "The Effects of Drugs & Alcohol Use on Athletic Performance" for parents, students, athletes and staff. Information presented that night, along with information from John Underwood's, "Life of an Athlete" is being emphasized throughout the 2nd semester at Boone Central High School and Middle School through flyers and daily announcements.

This is the second piece of “The Cardinal Way” that BCHS is focusing on this school year to educate students, athletes, parents, staff and coaches on the negative effects and dangers of underage drinking. As mentioned throughout the 1st semester, our goal is to have all of our students performing at their best in and outside of the classroom. A couple of pieces of information that have been shared are:

- According to research, young people who begin drinking before the age of 15 are four times more likely to develop alcohol dependence than those who begin drinking at age 21.
- 1 night of drinking = 14 days of lost training. This means that you lost what you did that day and you're not 100% for 2 weeks.

If you were not able to attend the January 21st presentation, handouts from the presentation are available at the high school office or you can view them under “Latest News” on the high school website.

Dustin Nielsen
Activities Director



School Musical

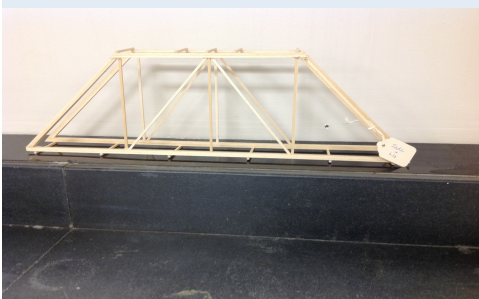
Boone Central students in grades 4 through 12 are busily preparing for the upcoming musical, "Seussical the Musical". There are around 60 students involved from acting, to stage crew, to orchestra. Reserved seating will be available starting March 10th. Please contact a cast member or Dawn Bussey to reserve your seats. There will also be general admission at the door. Performances will be Saturday, March 29th at 7:30 p.m. and Sunday, March 30th, at 2:30 p.m. This is going to be a delightful event for the whole family to enjoy!

FBLA

Forty members of Boone Central FBLA organization that earned eligibility to attend the State Leadership Conference will be leaving for Omaha April 3rd at 8 a.m. from school. Students attending are required to have appropriate conference business attire for the three days they are in conference. These students will be involved in taking business tests and competitive events. Various conference speakers will be there to educate these students on current business activities. These FBLA students will return to Albion on Saturday April 5th. We ask that parents/guardians please encourage them to follow conference rules and dress appropriately for their conference attendance to be successful. The next FBLA meeting will be March 10th. Members attending will be given paperwork on this date to have parents complete in order for them to attend the conference. Please complete these forms and return to school by March 20th. Any questions on this conference may be directed to Mrs. Gladem or Mrs. Carder.

State Bridge Contest

The physics students participated in the Nebraska Model Bridge Contest held in Aurora on February 22. The specifications conformed to the 2014 Contest using 3/32 inch basswood and adhesive. Rankings are determined by a structural efficiency of the load supported in grams divided by the mass of the bridge in grams. Our students' results were as follows: Brandon Dozler and Ethan Wilke - 609.8, Jackson Meyer and Trevor Salber - 483.3, and Jade Gottier and Liz Ketteler - 407.9.



Art News

Two Boone Central students received awards for their entries in the Scholastic Art Competition. Destanie Beiermann received Honorable Mention for her acrylic painting; entitled "Prom Night" and Hannah Howell received a Silver Key for her photograph, "Curious Cat". They will receive their awards at an Award Ceremony in Omaha on March 1. There were over two thousand entries from High School students across Nebraska in the 2014 Contest. Other students who entered work in the competition are: Painting—Paige Krohn, Jared Zwiener, and Hannah Howell; Pencil Drawing—Kendra Gonzalez and Hannah Howell; Photography—Austin Casper, Austin Anderson, Wyatt Mazour, and Emma Grape.

The Art class will be going on a Field Trip to Omaha to view the Scholastic Contest Exhibit on Wednesday, March 5.

The Art and Ceramic classes had artwork on display at the ESU 7 Office in Columbus during the month of February. The artwork consisted of paintings, drawings, glass fusing and pottery.

Ten pieces of 2D and 3D artwork will be selected by Mrs. Kruse for a Youth Art Month Exhibit at the Columbus Art Gallery during March.

On Wednesday, March 19 sixteen Art students will be traveling to Lincoln for a painting workshop at Noyes Art Gallery. Students will be creating a piece of original artwork from their sketchbooks.

Students are also busy preparing artwork for the Conference Art Exhibit April 9-13 held at the Sunset Plaza in Norfolk.

Guidance News

John Baylor Test Prep - The next ACT test date is April 12th; the registration deadline is March 7th. In the weeks leading up to the test, students are welcome to participate in preparation activities. Some of these programs, practice tests, and study guides can help boost the confidence of the tester and the score of the test.

John Baylor Test Prep at johnbaylortestprep.com is probably the most well known test prep in Nebraska. There are programs that cost money, as well as some free help. These programs are presented in the form of 40-minute videos that give information on how to effectively take the ACT. Boone Central High School will be providing the John Baylor videos for free to students starting March 24th. The schedule of the test prep sessions will be released soon.

On Wednesday, March 12th, Boone Central will be hosting Mike Smith. While other professional speakers struggle to remain current, Mike stays relevant by talking about what he's doing, not what he's done. Mike works with young people from all walks of life, encouraging them to pursue their passions and live out their dreams. He will be addressing all students throughout the day. **Runza will be sponsoring a FREE lunch for parents on March 12th from 11:30 to 12:30 at BCHS. Space is limited to the first 50 parents so RSVP to Lynne Webster at lwebster@esu7.org or by calling 402-395-2134 to reserve your spot and hear an amazing motivational message.**