Mission Statement:

Meridian Public Schools will educate all students in a safe, nurturing environment while challenging them to develop their integrity, knowledge, and unique talents to become responsible, productive citizens.

www.meridianmustangs.org

May, 2021

Newsletter - May 2021 Superintendent Randy Kort

We have made it to MAY !!!!!

Reflecting back to the beginning of the year, there were so many unknowns. Working in education, especially in the elementary setting, having a set schedule, routine, and certainties helps manage the day, week, and year. This was a year where many of the things we take as guarantees were not going to be normal: the school day, masks, remote learning, possibility of the school having to go remote again, sporting events, spectators, salad bar or not, silverware or spork. I would like to thank everyone - teachers, staff, parents, and students - who worked so hard to make this school year a success. As things begin to resemble normal, I hope everyone will take the opportunity to enjoy some family time and a few getaways together.

SUMMER SCHOOL

Meridian Public Schools organizing Summer School schedules and contacting parents whose child(ren) were identified as benefiting from extra summer support.

BUSING INFORMATION

Thank you for returning the Bus Information Update page for the 2021-2022 school year. We will be reviewing the information and sending out bus routes in August. If you have any questions concerning the bus routes please call.

SCHOOL CALENDAR

The start date for students next year will be August 18th. Fridays we will have a 3:10 dismissal for students.



Board of Education Meridian Public Schools District – 48-0303 Daykin, Nebraska, 68338 Monday, April 19, 2021

Regular April 19, 2021 Meeting 7:00 P.M.

Meridian Public School Board of Education met on April 19, 2021, as per notice in the Fairbury Journal-News.

President Bartels called the meeting to order at 7:00 p.m. The open meeting law information was presented.

Roll call was taken: Vorderstrassepresent, Niederklein-present, Sobotkapresent, Rut-present, Scheer-present, and Bartels-present. Also present were Superintendent Kort, Principal Scott, Kymber Schwisow, Samantha Lee, and Edward Haverluck.

Nothing new was added to the agenda.

No comments were heard from the public.

Vorderstrasse moved and Sobotka seconded to approve the consent agenda as presented.

- A: Minutes of Wednesday, March 15, 2021 Regular Meeting
- B: District Financial Report
- C: Activity Fund Report
- D: Hot Lunch Fund Report
- G: Bills

Vote taken: Vorderstrasse - aye, Niederklein - aye, Sobotka - aye, Rut aye, Scheer - aye, and Bartels - aye. Motion passed 6-0.

Curriculum report:

- On April 9, 2021 for teacher inservice, an ESU 5 representative attended and discussed with the staff current curriculum, making sure any pre-requisites are met and if updates are needed to the curriculum.
- For the 2021-2022 school year, we will be utilizing the Classroom Spanish program.

Samantha Lee updated the School Board on the upcoming senior trip planned for May 14, 2021.

Sobotka moved and Rut seconded to accept the resignation of Trevor Hoins, with regrets. Vote taken: Vorderstrasse aye, Niederklein - aye, Sobotka - aye, Rut - aye, Scheer - aye, and Bartels - aye. Motion passed 6-0.

Scheer moved and Niederklein seconded to approve the wages for non-certified staff with a 3% increase. Vote taken: Vorderstrasse - aye, Niederklein - aye, Sobotka - aye, Rut - aye, Scheer - aye, and Bartels - aye. Motion passed 6-0.

Mr. Kort informed the School Board that all staff members have been offered the COVID-19 vaccinations. Approximately 75% received their second shot on April 8, 2021. Mr. Kort and Mr. Scott will discuss the possibility of making masks optional, but highly recommended, sometime after April 22, 2021.

Principal's Report:

- Student Count as of March 11, 2021: 107 Elementary Students; 94 Junior High and High School Students
- Brynn Holtmeier attended in person state speech on March 19. She earned two superior ratings but just missed going to finals by one ranking point. Great season, Brynn!
- Juniors took the State ACT on Tuesday, March 23. They will receive their scores in 5-8 weeks.
- Jr/Sr Prom was held on Saturday, March 27.
- The Bunny Run was held April 3. 250 About participants raised approximately \$6600.
- The second dose of COVID vaccine was available to staff on April 8.
- The elementary concert was held in person on April 8. It was well attended and well received.
- Teacher in-service was held on Friday, April 9, with focus on curriculum. Joni Runge from ESU5 came to help guide the process.



May, 2021

Meridian Public School, District 48-0303

- Pre-K and Kindergarten round up was held on Monday, April 12. In attendance were 2 Pre-K and 15 Current projected Kindergarten. enrollment for 2021-22: 2 Pre-K and 19 Kindergarten.
- Three Meridian JH students competed in the Eastern Nebraska area speech contest (formerly Modern Woodman) on April 14. While our students did not place in the top 3 to advance to state, they represented our school well. Congratulations to Shaysah Burkhart, Taelyn Filipi, and Samuel Thomas.
- Plant sales delivery is scheduled for Tuesday, April 20. This will take place in Daykin instead of at the school this year.
- The state track meet for Class D has been changed and will be held Wednesday, May 19 and Thursday, May 20. This is to spread out the number of participating students at the track. Classes A & D are Wednesday and Thursday. Classes B & C are Friday and Saturday.

Superintendent's Report:

- Update on Legislative Issues
- ° LB 408 3% Yearly Revenue Cap ° LB 135 SPED gradually increases refunded amounts which are currently at 40-50%
- Health Standards
- Normally approved SNRO Deaf or Hard of Hearing Agreement this has not been submitted so will be approved at the May meeting
- Juniors took ACT on March 23
- Accepting applications and scheduling interviews for open position. Discussing coaching assignments
- Board Retreat Dates Board discussed possible dates

Next Regular Meeting was set for Monday, May 17, 2021, at 6:30 p.m.

Vorderstrasse moved and Rut seconded to adjourn at 7:45 p.m. Vote taken: Vorderstrasse - aye, Niederklein - aye, Sobotka - aye, Rut - aye, Scheer - aye, and Bartels - aye. Motion passed 6-0.

Jamie Niederklein,

Secretary Meridian District #48-030



Mustang MEMO Mr. Harold Scott Principal

Student Count for 2020-2021 As of 4-15-21 PreK 13 7th 18 19 Kindergarten 14 8th 9 9th 12 1st 17 2nd 10th 18 3rd 15 11th 15 12 4th 12th 12 5th 14 13 6th 94 107 Grand Total 201

Brynn Holtmeier attended in person state speech on March 19. She earned two superior ratings but just missed going to finals by one ranking point. Great season, Brynn!

No change from March

Juniors took the State ACT on Tuesday, March 23. They will receive their scores in 5-8 weeks.

The Junior/Senior Prom was held on Saturday, March 27. The theme was "Rustic Romance" and the junior class did a wonderful job with the decorations. A good time was had by all!

The Bunny Run was held April 3. About 250 participants raised \$6572 for Live On Nebraska. Thank you to all who participated - whether you competed in the race, donated baked goods or silent auction items - we would not be successful without you!

The second dose of COVID vaccine was available to staff on April 8.

The elementary concert was held in person on April 8. It was well attended and well received.

Teacher in-service was held on Friday, April 9, with focus on curriculum. Joni Runge from ESU5 came to help guide the process.

Pre-K and Kindergarten parents' meetings were held on Monday, April 12. The parents of 2 Pre-K and 15 Kindergarten prospective students were in attendance. The current projected enrollment for 2021-2022: 2 Pre-K and 19 Kindergarten.

Three Meridian JH students competed in the Eastern Nebraska area speech contest (formerly Modern Woodman) on April 14. While our students did not place in the top 3 to advance to state, they represented our school well. Congratulations to Shaysah Burkhart, Taelyn Filipi, and Samuel Thomas.

The plants sold by the 7-12 grade students were delivered on Tuesday, April 20. From 5:00 p.m. until 8:00 p.m. customers were able to pick up their orders at the Daykin Community Building. On April 21, plants could be picked up or purchased at Meridian Public Schools. Once again, we thank everyone who purchased plants - we couldn't be successful without you.

The state track meet for Class D has been changed and will be held Wednesday, May 19, and Thursday, May 20. The premise is to spread out the number of participating students in attendance, due to COVID. Classes A & D competitions are Wednesday (May 19) and Thursday (May 20), while the meets for classes B & C are Friday (May 21) and Saturday (May 22).



Another great year is coming to an end. We made a full year in school, which has been exciting. As the summer quickly approaches, please know that you can email me any time with questions and I will get back to you as quickly as I am able. I hope that everyone has a safe and enjoyable summer.

Senior Information:

I have sent out a couple surveys to seniors to let me know what scholarships they have received. Please have them fill out this survey if they haven't already. It gives us a way to contact them after graduation in addition to knowing where to send final transcripts, and it also gives us a list of scholarships so we can recognize their accomplishments via Facebook. Twitter, and the school website. I will continue to update the senior spotlight video as I know about more scholarships.





Meridian Public School, District 48-0303

May, 2021

Seniors Who Took College Credit Courses:

Seniors must request an official transcript from Peru State College or Southeast Community College (depending on where classes were taken) – this includes any dual credit courses taken during high school. Transcript request forms are available online at the college websites. This should be done prior to college registration, so students can have their dual credits transferred to the college they plan to attend. If you need help, please let me know and I can help.

THANK YOU NOTES!

Seniors, remember to send thank you notes to providers of any scholarship received. Meridian is very fortunate to have many generous donors to help our students get a good start in college, so please do not forget to thank them for their support of our Meridian students.

2021-2022 Schedules:

Current 7-11th graders will soon be finalizing their class schedule for next year. I will be sending out a google form soon for students to sign up for next year's classes. This schedule will be mailed home at the end of the year. Parents, please take a moment to look over these papers with your child.

Seniors ... borrow wisely for college! Review these tips before you decide how much to borrow in student loans:

- Borrow only what you need, even if it's less than the amount offered in your award letter.
- Try to use your student loan money only for tuition, room and board, books, and fees. Get a part-time job during college to pay other expenses.
- Apply for financial aid each year you attend college by completing the FAFSA.
- Continue to look for scholarships while you're in college.

Juniors... here's your summer to-do list

- Narrow your college choices to three or four by the time school starts. Visit some college campuses this summer and check out college websites. I have sent out a list of virtual college tour via emails to all juniors. Check these out!
- Become familiar with the FAFSA (Free Application for Federal Student Aid). Beginning October 1, 2021, you and your parents can complete this

- form to apply for college financial aid.
- Update (or begin working on) your resume. Include extracurricular activities, honors, awards, and part-time jobs.
- Begin looking for scholarships. Check out the school counseling webpage and *ScholarshipQuest* at EducationQuest.org for Nebraskabased scholarships, and pay attention to scholarships current seniors have received.
- Find a summer job to help pay for college expenses. Ask prospective employers if they offer education assistance programs.

Stay safe and as always do not hesitate to contact me with any questions. Lisa Hermsmeier

<u>Ihermsmeier@meridianmustangs.org</u> 402-446-7265 ext. 1253

AWARDS BANQUET

Meridian Public Schools' Awards Banquet will be held on Thursday, May 6th, for students in grades 7-12. Ricky's is catering the meal which is to be served starting at 5:30 p.m. To ensure we order enough for everyone, an accurate head count is needed. Please contact Trish with the number of your family members who are planning to attend. MPIE is paying half of the bill, so please thank them if you happen to see one of their members. We truly appreciate your kindness and support!

2021-2022 PHYSICALS

Jefferson Community Health and Life Fairbury Clinic will be offering sports physicals to students of any grade by appointment. Kindergarten, 7th Grade, foreign exchange students, and students who move to our district from out of state are also required to have Nebraska physicals and State school immunization requirements must be met. In addition to a physical, Kindergarten, foreign exchange students, and students who move to our district from out of state will need an eye exam. Please call 402-729-3361 to schedule your appointment. Physicals must be completed before August 1, 2021. Students must bring all forms with their name and date of birth on each as indicated - including the medical history form. These forms also require a signature by a parent or guardian. If a student comes to their appointment without completed

forms, they will need to reschedule their physical.

The price of each physical without insurance will be \$80 with an additional \$6 charge if a urine sample is required (7th Grade and Kindergarten). If you would like this ran through your insurance as a Well Child Check, make sure you have not submitted a Well Child Check within this calendar year and notify the clinic at the time of scheduling. If urine is required, please pick up a sterile cup from the clinic ahead of time.

Physical forms can be found at the back of this newsletter, at the District Office of Meridian Public Schools, or on the NSAA website (nsaa.home). Please fill out all of the attached forms. You need to include a signed NSAA Parent and Student Consent form when you turn your physicals in to the school. Student athletes are NOT allowed to play without a completed consent form on file at the school.

Thank You

Thank you to all who purchased seeds, plants, flowers, and/or grasses this year. We realize it was very cold the morning the trucks were loaded. If you feel your plants were permanently damaged or feel they will not survive the damage, please give the school a call (ext. 3) or email either Kathy Houser or Mr. Adam. We spoke with Janet's Jungle and were told she would work with us but to wait and see if your plants will "snap out of it". Remember your plants need to be watered daily or at least every two days to keep them looking good until you get them in the ground. We do still have extras - look on the website under "Extra Plants For Sale" for the number of each variety we have left. We have sold some so the numbers may not be accurate.

FBLA

"Aspire to Lead" was the theme for FBLA this year. The Meridian Chapter is proud to say it accomplished that in a few ways that may have been different than years past. FBLA had to adjust with virtual conferences due to the pandemic. Ten members competed in tests and "attended" the virtual awards ceremony and events for the State Leadership Conference, Congratulations to JD Adam, Brynn Holtmeier, Kailyn Paul, and Hadden Woods for placing.



Meridian Public School, District 48-0303

May, 2021

The chapter was fortunately able to have its banquet in-person on Monday, April 19th. This gave members an opportunity to reflect on the year and look forward to next year. Outstanding members in each class recognized. The Red Rose Society was also awarded to a senior who has contributed much of her time and dedication to this organization. Thank you Delaney for all that you have done!

The 2021-2022 officers were also inducted at the banquet. The officers are Parliamentarian-Peyton Norine, Historian-Evelyn Woitalewicz, Treasurer-Kim Schropfer, Secretary-Kailyn Paul, Vice President-Erika Schwisow, and President-Brynn Holtmeier. Congratulations to the new officer team!

Looking ahead, the chapter will be doing trash pickup on May 7th after track. All members are encouraged to participate if possible.

Wishing everyone a Magnificent May! President, Brynn Holtmeier

STUCO

One month left! The Student Council has been busy recognizing the hard work of students the teachers. April 18th-24th was Student Leadership week, and Stu-Co recognized the activities every student was in by putting a poster on their locker with the activities listed. The different organizations were encouraged to wear their shirts on certain days. Teacher appreciation week is this month, and the Student Council is very grateful for all that the teachers do.

This past month, the Student Council was also able to go on getaway. This included an educational tour of Duncan Aviation as well as a cultural lunch at Banhwich Cafe. The members then did some team bonding with bowling and laser tag.

This month, the Student Council will be busy with elections as well as end of the year activities. The Stu-Co will also be saying goodbye to the senior members who have contributed so much to the Student Council.

Hoping everyone has a Marvelous May! Public Relations, Brynn Holtmeier

2021 Driver's Education Class

The Driver's Education Class is certified through the State Nebraska Department of Motor Vehicles. To take this class you will need to be 14 before October 14. The student will need to pass both the driving and the written part of the class with a minimum grade of 80%. The class will consist of 24-30 hours of classroom instruction, 5 hours of supervised practice driving, and a 10-15 minute driving test. The lecture part of the class will be the AAA How To Drive Online. You will email to at dean.filipi@emwolves.net to sign up for the class. The fee for the class is \$285. Half or full payment will be needed before you receive your pass code for the online class. The online class will need to be completed by June 15. Once you have completed the online class and your driving, we will set a time to meet in Exeter for the driving test. We will start driving on May 24th. Please make checks payable to Dean Filipi. If you have questions, please contact Mr. Filipi at 402-266-5911 during the daytime or 402-629-4544 in evenings. Please register (via email to Dean) as soon as possible so we have an accurate head count.

THANK YOU FROM POST PROM

The Junior-Senior parents would like to thank all of the businesses listed below that donated to this year's post Heartland Bank, Tobias Volunteer Fire Department, Western Volunteer Fire Department, Farmers' Cooperative, Bruning Grain & Feed, Panko Ag Services, Norris Public Power, The Image, Ohiowa Cafe, First State Bank, Craig's Automotive, Norder Supply, Daykin Lumber, Western Rescue Service, Daykin Volunteer Fire Department, Western American Legion Post #255, Starr Buckow Insurance Agency, Jones Group Insurance, Countryside Blue Veterinary Clinic, Skies Photography, KT's Market, Bruning Grocery, and Walmart.

Post prom was a huge success and one that would not have happened without all the donations. A big "Thank You" to all of the parents, staff, and anyone else who helped with post prom!

THANK YOU!

Meridian Public Schools would like to thank Toby and Jaree Sones and their family for donating a beef to our Hot Lunch program. Your generosity is greatly appreciated and we are grateful for your support.

DAYKIN COMMUNITY **GARAGE SALE**

The Daykin Community Garage Sale has been scheduled for August 13th and 14th, 2021. If you are interested in participating please contact Mary Heidemann at 402-587-0177.



the way home.



Alumni Banquet June 5, 2021

featuring Nashville Singer/Songwriter and MERIDIAN GRADUATE **Evan Bartels**

Banquet Registration Form at: meridianmustangs.org

A Class of '70 pre-banquet gathering will be held at the Tobias Fire Hall BYOB, a snack & maybe some Mustang Memorabilia.



Shout 'til the echoes ring...

For the glory of our team! hi





Page 5

Meridian Public School, District 48-0303

May, 2021

■ PREPARTICIPATION PHYSICAL EVALUATION

ш	CT	MO	/ E	a	D	RA
П	וכו	UK	Г	V	N	IAI

u identify your gender? (F, M, or other):
er medicines, and supplements (herbal and nutritional).
ines pollons food stinging insects)
ines, pollens, food, stinging insects).

Patient Health Questionnaire Version 4 (PHQ-4) Over the last 2 weeks, how often have you been be	pothered by any of	the following prob	lems? (Circle response.	j
,	Not at all	Several days	Over half the days	Nearly every day
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3
(A sum of ≥3 is considered positive on either	r subscale [question	ns 1 and 2, or que	stions 3 and 41 for scre	ening purposes.)

	lain "Yes" answers at the end of this form. le questions if you don't know the answer.)	Yes	No
1.	Do you have any concerns that you would like to discuss with your provider?		
2.	Has a provider ever denied or restricted your participation in sports for any reason?		
3.	Do you have any ongoing medical issues or recent illness?		
HEA	RT HEALTH QUESTIONS ABOUT YOU	Yes	No
4.	Have you ever passed out or nearly passed out during or after exercise?		
5.	Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?		
6.	Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise?		
7.	Has a doctor ever told you that you have any heart problems?		
8.	Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography.		

	RT HEALTH QUESTIONS ABOUT YOU NTINUED)	Yes	No
9.	Do you get light-headed or feel shorter of breath than your friends during exercise?		
10.	Have you ever had a seizure?		
HEA	RT HEALTH QUESTIONS ABOUT YOUR FAMILY	Yes	No
11.	Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 years (including drowning or unexplained car crash)?		
12.	Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)?		
13.	Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?		



Date:

Go Mustangs!



Meridian Public School, District 48-0303

May, 2021

וטטו	NE AND JOINT QUESTIONS	Yes	No	MEDICAL QUESTIONS (CONTINUED)	Yes
4.	Have you ever had a stress fracture or an injury			25. Do you worry about your weight?	
	to a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game?			26. Are you trying to or has anyone recommended that you gain or lose weight?	
15.	Do you have a bone, muscle, ligament, or joint injury that bothers you?			27. Are you on a special diet or do you avoid certain types of foods or food groups?	
ME	DICAL QUESTIONS	Yes	No	28. Have you ever had an eating disorder?	
16.	Do you cough, wheeze, or have difficulty breathing during or after exercise?			FEMALES ONLY	Yes
1 <i>7</i> .	Are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?			29. Have you ever had a menstrual period? 30. How old were you when you had your first menstrual period?	
18.	Do you have groin or testicle pain or a painful bulge or hernia in the groin area?			31. When was your most recent menstrual period?	
19.	Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant Staphylococcus aureus (MRSA)?			32. How many periods have you had in the past 12 months? Explain "Yes" answers here.	
20.	Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems?				
21.	Have you ever had numbness, had tingling, had weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?				
22.	Have you ever become ill while exercising in the heat?				
	Do you or does someone in your family have				
23.	sickle cell trait or disease?				

© 2019 American Academy of Family Physicians, American Academy of Pediatrics, American College of Sports Medicine, American Medical Society for Sports Medicine, American Orthopaedic Society for Sports Medicine, and American Osteopathic Academy of Sports Medicine. Permission is granted to reprint for noncommercial, educational purposes with acknowledgment.



Go Mustangs!



Page 7 Meridian Public School, District 48-0303

May, 2021

■ PREPARTICIPATION PHYSICAL EVALUATION

ATHLETES WITH DISABILITIES FORM: SUPPLEMENT TO THE ATHLETE HISTORY

Name:	Date of birth:		
1. Type of disability:			_
2. Date of disability:			
3. Classification (if available):			
4. Cause of disability (birth, disease, injury, or other):			
5. List the sports you are playing:			
or an incorporation for the property and pro	l y	es	No
6. Do you regularly use a brace, an assistive device, or a prosthetic device fo	-0.00		
7. Do you use any special brace or assistive device for sports?			
8. Do you have any rashes, pressure sores, or other skin problems?		\dashv	
9. Do you have a hearing loss? Do you use a hearing aid?		\neg	
10. Do you have a visual impairment?		\neg	
11. Do you use any special devices for bowel or bladder function?			
12. Do you have burning or discomfort when urinating?		\Box	
13. Have you had autonomic dysreflexia?		コ	
14. Have you ever been diagnosed as having a heat-related (hyperthermia) or α	ld-related (hypothermia) illness?	ヿ	
15. Do you have muscle spasticity?		一	
16. Do you have frequent seizures that cannot be controlled by medication?		コ	
Explain "Yes" answers here.	·		
			-
Please indicate whether you have ever had any of the following	onditions:		
	Y,	es	No
Atlantoaxial instability		\neg	
Radiographic (x-ray) evaluation for atlantoaxial instability		\Box	
Dislocated joints (more than one)			
Easy bleeding			
Enlarged spleen			
Hepatitis			
Osteopenia or osteoporosis			
Difficulty controlling bowel			
Difficulty controlling bladder		\Box	
Numbness or tingling in arms or hands			
Numbness or tingling in legs or feet			
Weakness in arms or hands			
Weakness in legs or feet			
Recent change in coordination			
Recent change in ability to walk			
Spina bifida			
Latex allergy			
Explain "Yes" answers here.			
I hereby state that, to the best of my knowledge, my answers to	he questions on this form are complete and co	orrec	ct.
Signature of athlete:			
Signature of parent or guardian:			
Date:			
© 2019 American Academy of Family Physicians, American Academy of Pediatrics, American Colle	ge of Sports Medicine, American Medical Society for Sports Medicine,	, Ameri	ican



Go Mustangs!



May, 2021

Meridian Public School, District 48-0303

Page 8

■ PREPARTICIPATION PHYSICAL EVALUATION

PHYSICAL EXAMINATION FORM

Name:	Date of b	f birth:

PHYSICIAN REMINDERS

Parent or Legal Guardian Signature _

- 1. Consider additional questions on more-sensitive issues.
 - Do you feel stressed out or under a lot of pressure?
 - Do you ever feel sad, hopeless, depressed, or anxious?
 - Do you feel safe at your home or residence?
 - Have you ever tried cigarettes, e-cigarettes, chewing tobacco, snuff, or dip?
 - During the past 30 days, did you use chewing tobacco, snuff, or dip?
 - Do you drink alcohol or use any other drugs?
 - Have you ever taken anabolic steroids or used any other performance-enhancing supplement?
 - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
 - Do you wear a seat belt, use a helmet, and use condoms?

2. Consider r	eviewing qu	estions	on cardiováscul	ar symptoms (Q4-Q13	3 of History Form).	à			
EXAMINATIO	4								
Height:			Weight:						
BP: /	(/)	Pulse:	Vision: R 20)/ L:	20/ Co	rrected:	□Y	□N
MEDICAL							N	ORMAL	ABNORMAL FINDINGS
			osis, high-arched e [MVP], and aor	palate, pectus excavat tic insufficiency)	um, arachnodacty	ly, hyperlaxity,			
Eyes, ears, nos Pupils equa Hearing		at							
Lymph nodes									
Heart ^a				L					
 Murmurs (c 	iuscultation	standir	ng, auscultation s	supine, and ± Valsalva i	maneuver)				
Lungs									
Abdomen									
tinea corpo		HSV), le	esions suggestive	of methicillin-resistant	Staphylococcus au	ureus (MRSA), c	or		
Neurological	502 - 100-41								
MUSCULOSKE	LETAL						N	ORMAL	ABNORMAL FINDINGS
Neck									
Back									
Shoulder and a	ırm								
Elbow and fore	earm								
Wrist, hand, a	nd fingers								
Hip and thigh									
Knee									
Leg and ankle									
Foot and toes									
Functional Double-leg	squat test, s	ingle-l	eg squat test, an	d box drop or step drop	o test				
				ferral to a cardiologist for al					
	are professio	onal (p	rint or type):	333					
Address: Signature of heal	th course C	ande -	1.			Phone:			DO, NP, or PA
© 2019 American American Orthopo tional purposes wi	Academy of redic Society I th acknowledg	Family for Spoi gment.	Physicians, Americants Medicine, and A	American Osteopathic Acad	demy of Sports Medi	icine. Permission	e, Americo is grantec	an Medico I to reprin	al Society for Sports Medicine, t for noncommercial, educa-
I hereby give permi	ssion for the re	lease of	the attached studeni	t medical history and the rest	ults of the actual phys	ical examination to	o the schoo	ol for the p	urposes of participation in



Go Mustangs!



Meridian Public School, District 48-0303

May, 2021

■ PREPARTICIPATION PHYSICAL EVALUATION

MEDICAL FLIGIRILITY FORM

Name:	Date of birth:	
□ Medically eligible for all sports without restriction	Bale of Shiris	7
□ Medically eligible for all sports without restriction with recommendations fo	r further evaluation or treatment of	
□ Medically eligible for certain sports		-
 □ Not medically eligible pending further evaluation □ Not medically eligible for any sports 		P
Recommendations:		·
I have examined the student named on this form and completed the p apparent clinical contraindications to practice and can participate in examination findings are on record in my office and can be made avarise after the athlete has been cleared for participation, the physicia and the potential consequences are completely explained to the athlete	the sport(s) as outlined on this form. A copy of tailable to the school at the request of the parent n may rescind the medical eligibility until the pro-	the physical ts. If conditions
Name of health care professional (print or type):	Date:	
Address:	Phone:	
Signature of health care professional:		, MD, DO, NP, or PA
SHARED EMERGENCY INFORMATION		
Allergies:		2.
Medications:		-
Other information:		
Emergency contacts:		
		7.0



Go Mustangs!



Page 10

Meridian Public School, District 48-0303

May, 2021

To be completed for students participating in any NSAA activities.

Student and Parent Consent Form

NSAA activities.		
School Year: 20		
Date of Birth:	Place of Birth:	

The undersigned(s) are the Student and the parent(s), guardian(s), or person(s) in charge of the above-named Student and are collectively referred to as "Parent".

The Parent and Student hereby:

- (1) Understand and agree that participation in NSAA sponsored activities is voluntary on the part of the Student and is a privilege;
- (2) Understand and agree that (a) by this Consent Form the NSAA has provided to the Parent and Student of the existence of potential dangers associated with athletic participation; (b) participation in any athletic activity may involve injury or illness of some type; (c) the severity of such injury can range from minor cuts, bruises, sprains, and muscle strains to more serious injuries to the body's bones, joints, ligaments, tendons, or muscles, to catastrophic injuries to the head, neck and spinal cord, and on rare occasions, injuries so severe as to result in total disability, paralysis and death; (d) the severity of an illness, including contagious diseases such as the COVID 19 virus, and bacterial infections may be so severe as to result in disability and death; and, (e) even the best coaching, the use of the best protective equipment and strict observance of rules, injuries are still a possibility;
- (3) Consent and agree to participation of the Student in NSAA activities subject to all NSAA by-laws and rules interpretations for participation in NSAA sponsored activities, and the activities rules of the NSAA member school for which the Student is participating; and,
- (4) Consent and agree to (a) the disclosure by the Member School at which the Student is enrolled to the NSAA, and subsequent disclosure by the NSAA, of information regarding the Student, including the student's name, address, telephone listing, electronic mail address, photograph, date of and place of birth, major fields of study, dates of attendance, grade level, enrollment status (e.g., full-time or part-time), participation in officially recognized activities and sports, weight and height of as a member of athletic teams, degrees, honors and awards received, statistics regarding performance, records or documentation related to eligibility for NSAA sponsored activities, medical records, and any other information related to the Student's participation in NSAA sponsored activities; and, (b) the Student being photographed, video recorded, audio taped, or recorded by any other means while participating in NSAA activities and contests, consent to and waive any privacy rights with regard to the display of such photographs or recordings or to the broadcast, sale or display of such photographs or recordings.
- (5) Consent and agree to authorize licensed sports injury personnel to evaluate and treat any injury or illness that occurs during the student's participation in NSAA activities. This includes all reasonable and necessary preventive care, treatment and rehabilitation for these injuries. This would also include transportation of the student to a medical facility if necessary. Such licensed sports injury personnel are independent providers and are not employed by the NSAA.
- (6) Acknowledge that Parents are obligated to pay for professional medical and/or related services; the NSAA shall not be liable for payment of such services. We give permission to any and all of the Student's health care providers and the NSAA and its employees, staff, agents, and consultants to release and discuss all records and information about the Student including otherwise confidential medical information and records. We understand that this release has been requested and may be used for the purpose of determining eligibility pertaining to activities participation, fitness, injury, injury status, or emergency.

I acknowledge that I have read paragraphs (1) through (6) above, understand and agree to the terms thereof, including the warning of potential risk of injury inherent in participation in athletic activities.

Name of Student [Print Name]	Student Signature	Date

(I am)(We are) the Student's [circle appropriate choice] (Parent) (Guardian). (I)(We) acknowledge that (I)(We) have read paragraphs (1) through (6) above, understand and agree to the terms thereof, including the warning of potential risk of injury inherent in participation in athletic activities. Having read the warning in paragraph (2) above and understanding the potential risk of injury to my Student, (I)(we) hereby give (my)(our) permission for ______ [insert student name] to practice and compete for the above named high school in activities approved by the NSAA, except those crossed out below:

Baseball	Basketball	Bowling	Cross Country	Debate	Football	Golf	Journalism
Music	Play Production	Soccer	Softball	Speech	Swim/Dive	Tennis	Track & Field
Unified Bowling	Unified Track & Field	Volleyball	Wrestling				

Parent(s)/Guardian Printed Name(s)*	Parent/Guardian Signature	Date of Signature	

*Both Mother and Father must sign, unless parents are divorced, the custodial parent must sign, or if the student is not living with parents, the student's legal guardian.



Meridian Public School, District 48-0303 Page 11

May, 2021

Meridian Alumni Banquet June 5th, 2021

Activities are being planned for the Meridian Alumni Banquet to be held Saturday, June 5th, 2021, at the Tobias Auditorium. Social Hour starting at 6:00 and meal served at 7:00.

The Alumni Association is sponsoring a sand volleyball tournament and a cornhole tournament. Both events will be held in Tobias. You and your spouse/guest are welcome to participate in one or both events.

Due to the cancellation of the banquet last year, we will honor the classes of 1970, 71, 75, 76, 80, 81, 85, 86, 90, 91, 95, 96, 2000, 01, 05, 06, 10, 11, 15, 16, 20, and 21.

The Alumni Association is finalizing plans to have Sower Records Recording Singer and Songwriter and 2011 Meridian

Graduate, Evan Bartels, as t	his year's entertainer.			
Meridian Alumni A	per person payable to Meridia ssociation Facebook I org). <i>PLEASE HAVE YOUR</i>	Page and Meri	dian Publ	ic Schools website
Mail registrations to: Meridian Alumni PO Box 172 Daykin, NE 68338				
	lumni Banquet – June			26 th , 2021
	payable to Meridian Alumni. ook Page and Meridian Pub			
Mail registrations to: Meridian Alumni PO Box 172 Daykin, NE 68338				
	NSON for sand volleyball at 4 NWESTEN for cornhole at 40			
Name		Phone#		
Meridian Class of	T-shirt size Cornhole Tournament	Sand Volleyball Yes No	Yes	No
Name		Phone#		
Meridian Class of	T-shirt size Cornhole Tournament			No
If you are interested in helm	ing in any way with this Rang	uat nlagga call one of	the following	T '

If you are interested in helping in any way with this Banquet, please call one of the following: Dwayne Wolfe: 402-520-2688 Pat Johnson: 402-446-2018



Meridian Softball 2021 FunFrAll Schedule

May 17 th (Monday)*	8's DeWitt vs Meridian 10's DeWitt vs Meridian 12's DeWitt vs Meridian 14's DeWitt vs Meridian	5:00 @ Daykin* 6:00 @ Daykin* 7:00 @ Daykin* 8:15 @ Daykin*
May 19 th (Wednesday)	8's Meridian vs McCool 10's Meridian vs McCool 12's Meridian vs McCool 14's Meridian vs McCool	5:00 @ McCool 6:00 @ McCool 7:00 @ McCool 8:15 @ McCool
May 24 th (Monday)	8's Meridian vs Wilber Green 10's Meridian vs Wilber 12's Meridian vs Wilber 8's Meridian vs Wilber White 14's Meridian vs Wilber	5:00 @ Wilber 6:00 @ Wilber 7:00 @ Wilber 7:00 @ Wilber 8:15 @ Wilber
May 26 th (Wednesday)*	8's Geneva Black vs Meridian 10's Geneva vs Meridian 12's Geneva vs Meridian 14's Geneva vs Meridian	5:00 @ Daykin* 6:00 @ Daykin* 7:00 @ Daykin* 8:15 @ Daykin*
June 2 nd (Wednesday)*	8's Exeter Milligan vs Meridian 10's Exeter Milligan vs Meridian	6:00 @ Daykin* 7:00 @ Daykin*
June 7 th (Monday)*	8's Dorchester vs Meridian 10's Dorchester vs Meridian 14's Dorchester vs Meridian	6:00 @ Daykin* 7:00 @ Daykin* 8:15 @ Daykin*
June 9 th (Wednesday)	8's Meridian vs BDS 10's Meridian vs BDS 12's Meridian vs BDS	6:00 @ Shickley 7:00 @ Shickley 8:15 @ Shickley
June 14 th (Monday)	8's Meridian vs Plymouth 10's Meridian vs Plymouth 12's Meridian vs Plymouth 14's Meridian vs Plymouth	5:00 @ Plymouth 6:00 @ Plymouth 7:00 @ Plymouth 8:15 @ Plymouth
June 16 th (Wednesday)*	8's Friend vs Meridian 10's Friend vs Meridian 12's Friend vs Meridian 14's Friend vs Meridian	5:00 @ Daykin* 6:00 @ Daykin* 7:00 @ Daykin* 8:15 @ Daykin*
June 21 st (Monday)	10's Meridian vs Wilber 14's Meridian vs Wilber	6:00 @ Wilber 7:00 @ Wilber
June 23 rd (Wednesday)	10's Meridian vs DeWitt 14's Meridian vs DeWitt	6:00 @ DeWitt 7:00 @ DeWitt

@ Geneva

12's June 18-20 14's June 25-27

@ Friend

@ DeWitt

8's June 18-20 10's June 25-27

@ Meridian

League Tournaments:

Meridian Public School, District 48-0303

May, 2021





601 N 6th St, Beatrice, NE 68310



Of All Makes & Models Irrigation Engines

AUTO & AG EQUIPMENT REPAIR



CRAIG BURKHART • 402-446-7435 • DAYKIN







Amy Rains

Crop Insurance Agent CNCS

305 Tullis Ave Daykin, NE 68338

Mobile: 402.228.6255









