

# Meridian Public Schools The Hoof Print - Home of the Mustangs

### **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.

Newsletter

### www.meridianmustangs.org

May, 2022

Newsletter – May, 2022 Superintendent Randy Kort

·>>>>>>>>>>

May is here !!!

Thanks to everyone and your continued support over the course of this school year to help make it a successful comeback from the past 2 years of uncertainty. It has been wonderful to see the students in the hallways, at activities developing those lifelong relationships and memories. Our students have excelled in recent speaking competitions (Kendall Filipi, Samuel Thomas). Erica Scwisow earned the first state FFA Award for Meridian. Kaylee Pribyl set the school record in pole vault. So many more personal bests have been attained at recent track meets.

Over the next few weeks, we will have students on field trips, testing and winding down their school year. Everyone please take some well deserved time and focus on your family and spending quality time with them.

Meridian would also like to welcome Emilye Yowell, our new Ag teacher and Maureen Halama, our new vocal music instructor. These two ladies will be a great fit into our Meridian family. We will have more introductory information from them in one of the summer newsletters.

### SUMMER SCHOOL

Meridian Public Schools will be 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 2022-2023 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 student next year will be August 17<sup>th</sup>. Fridays we will have a 3:10 dismissal for students.

Board of Education Meridian Public Schools District – 48-0303 Daykin, Nebraska, 68338 Monday, April 18, 2022 Regular April 18, 2022 Meeting 6:30 P.M.

Meridian Public School Board of Education met on April 18, 2022, as per notice in the Fairbury Journal-News

President Bartels called the meeting to order at 6:30 p.m. The open meeting law information was presented.

Roll call was taken: Vorderstrasse – present, Niederklein – present, Sobotka – present, Rut – present, Scheer – present, and Bartels – present. Also present were Superintendent Kort, Principal Scott, Jeremiah Barnts, Erika Schwisow, and Kymber Schwisow.

Nothing new was added to the agenda.

No comments were made by the public.

Niederklein moved and Scheer seconded to approve the consent agenda as presented.

- A. Minutes of Sunday, March 21, 2022, Regular Meeting
- B. District Financial Report
- C. Activity Fund Report
- D. Hot Lunch Fund Report
- E. Bills

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

### Curriculum report:

 Continuing to review classes offered and looking at offering a couple new agricultural classes. Jeremiah Barnts updated the School Board on the upcoming senior trip planned for May 10, 2022.

The Americanism Committee met prior to the Board meeting. The school will wait on guidance from the NDE as to when the required Holocaust education will be introduced into the curriculum.

### Principal's Report:

- MUDECAS music contest was held on Thursday, March 24 at Tri County. The choir earned a superior rating, along with some individuals and small groups also earning superiors. District music will be April 21 and 22
- The fourth-grade class presented its annual Nebraska Wax Museum on Thursday, March 31. One of the students portrayed Larry, the Cable Guy. This was posted on Twitter and Larry was tagged. He responded within an hour "Very cool! Git-R-Done!"
- State FFA was held April 6-8. Congratulations to Erika Schwisow for earning the State FFA Degree.
- PreK and Kindergarten parent meetings were held Monday, April 11. We currently are expecting approximately10 students per grade next year.
- Meridian track teams have been very successful this year. HS Boys were 2nd at Deshler twilight meet. Girls have placed 1st in the past 3 meets! JH boys placed 5th at MUDECAS and won their last meet. JH girls placed 6th at their last meet with a small team. Congratulations to Kaylee Pribyl for breaking the school pole vault record twice this year. The record now stands at 10' 6".
- The JH Quiz Bowl placed 3rd at the MUDECAS contest.
- Kendall Filipi placed 1st and Isaac Thomas placed 3rd in the Eastern Nebraska Speech Contest. They will compete at the state contest on May 9. Congratulations!
- State NSCAS and MAP testing has begun and will continue through May.

Page 2



Meridian Public School, District 48-0303

May, 2022

- JH/HS music concert will be held Tuesday, April 26.
- Meridian Drama will present "The Lion, The Witch, and the Wardrobe" on Saturday, May 7, at 7pm and Sunday, May 8, at 2pm.
- Seniors' last week starts with May 9 being their last full day, senior trip on Tuesday, May 10, graduation practice on May 11, and graduation on Saturday, May 14 at 2pm.
- Elementary field day will be held on Friday, May 13.
- The Elementary Student Council raised money along with the Norris Grant to purchase a handicap accessible swing.

### Superintendent's Report:

- Legislative Updates:
  - ° LB 1112 Technology and Computer Requirement
  - ° LB 1218 Loan Forgiveness and Part 1 of Praxis
  - ° LB 888 Holocaust Teaching

The Next Regular Meeting was set for Monday, May 16, 2022, at 6:30 p.m.

Sobotka moved and Scheer seconded to adjourn at 7:15 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 2021-2022 As of 4-18-22 (no change from March)

AS 01 4-16-2	2 (no	change ire	om marci	1)
PreK	6	7th	13	
Kindergarten	21	8th	17	
1st	15	9th	18	
2nd	10	10th	11	
3rd	17	11th	19	
4th	16	12th	<u>15</u>	
5th	12		93	
6th	<u>15</u>	Exchange	_3	
	112		96	
Grand Total	208			

NSAA 9<sup>th</sup>-11<sup>th</sup> count – (This year 49)(Last year 49)(2 years 51) (3 years 58)(4 years 60)(5 years 67)(6 years 59)(7 years 46)

MUDECAS music contest was held on Thursday, March 24 at Tri County. The choir earned a superior rating, along with some individuals and small groups also earning superiors. District music was April 21 and 22. The results were not available at the time this newsletter went to print.

The fourth-grade class presented its annual Nebraska Wax Museum on Thursday, March 31. One of the students portrayed Larry, the Cable Guy. This was posted on Twitter and Larry was tagged. He responded within an hour "Very cool! Git-R-Done!"

State FFA was held April 6-8. Congratulations to Erika Schwisow for being the first Meridian member to earn the State FFA Degree.

PreK and Kindergarten parent meetings were held Monday, April 11. We currently are expecting approximately 10 students per grade next year.

Meridian track teams have been very successful this year. The High School Boys placed 2<sup>nd</sup> at the Deshler Twilight Meet. The High School girls have placed 1<sup>st</sup> in the past 3 meets! Junior High boys placed 5<sup>th</sup> at MUDECAS and won their last meet. While the Junior High girls placed 6<sup>th</sup> at their last meet. Congratulations to Kaylee Pribyl for breaking the school pole vault record twice this year. Her current record is 10' 6".

The Junior High Quiz Bowl placed 3<sup>rd</sup> at the MUDECAS Contest.

Kendall Filipi placed 1<sup>st</sup> and Isaac Thomas earned 3<sup>rd</sup> in the Eastern Nebraska Speech Contest. They will compete at the state contest on May 9, in Hebron. Congratulations!

State NSCAS and MAP testing has begun and will continue through May.

The Junior High/High School music concert was held Tuesday, April 26.

The Meridian drama department will present "The Lion, The Witch, and the Wardrobe" on Saturday, May 7, at 7pm and Sunday, May 8, at 2pm.

The Seniors' last day is May 9. The senior trip will be on Tuesday, May 10, with graduation practice on May 11. Graduation will take place on Saturday, May 14 at 2pm.

Elementary field day will be held on Friday, May 13. The meet will start at 9am at the Meridian track.

The Elementary Student Council raised enough money, including a Norris Grant, to purchase a wheelchair accessible swing. Way to go, Mini Mustangs!!!

# COUNSELOR'S CONNECTION by Lisa Hermsmeier

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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:**

Seniors have submitted an exit survey. This survey 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 we can recognize their accomplishments via Facebook, Twitter, and the school website. I will continue to update the senior spotlight video as Î know about more scholarships. If your senior receives additional scholarships, please have them email me or let me know so I can be sure to announce it at graduation.

# 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





Meridian Public School, District 48-0303

May, 2022

please do not forget to thank them for their support of our Meridian students.

### **2022-2023 Schedules:**

Current 7-11<sup>th</sup> graders will soon be finalizing their class schedule for next year. I will be sending out a form soon for students to sign up for next year's classes. This schedule will be mailed home sometime during the summer. 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 tours via email 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 parttime jobs.
- **Begin looking for scholarships**. Check out the school counseling webpage and *ScholarshipQuest* at EducationQuest.org for Nebraska-based 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

Thermsmeier@meridianmustangs.org

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

### Student Prepares for National Reading Competition



Jenna Woitalewicz, 8th grader at Meridian Public Schools, has earned her spot on a reading team called Battle of the Books. This is a national reading incentive program for students in grades 5-8. Students read books and come together in groups to demonstrate their abilities and to test their knowledge of the books they have read. The purpose of Battle of the Books is to promote literacy and foster a spirit of academic competition, and to encourage sportsmanship, thinking (SNRP, critical 2020). Gallaudet University sponsors this competition both at the state and national level. Jenna, along with two other teammates, will compete virtually May 17-18 for a chance at a national title.

### AWARDS BANQUET

Meridian Public Schools' Awards Banquet will be held on FRIDAY, MAŶ 6TH, for 7-12 grade students. Ricky's is catering the meal which will be served at 5:30 p.m. To ensure we order enough food for everyone, we will need an accurate head count. Please contact Trish (402-446-7265 extension 2 OR tendorf@meridianmustangs.org) with the number of your family members who are planning to attend. Because MPIE is once again paying half of the cost, we are able to serve the meal free of charge. Please thank them if you happen to see one of their members - we could not do this without their support. We truly appreciate all you do for Meridian Public Schools. Thank you!

### 2022-2023 PHYSICALS

Jefferson Community Health and Life Fairbury Clinic will be offering sports physicals to students of any grade by appointment. On May 26th, June 23rd, and July 28th from 4:40 p.m. to 7:00 p.m., Fairbury Clinic is offering evening appointments. If you would like to take advantage of the evening schedule, please call 402-729-3361 and make your 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 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, 2022. 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 \$85 with an additional \$34 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 a 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.

### STUDENT COUNCIL

Time flies when you're having fun! Student Council has enjoyed serving students this past year. April went by fast due to all the activities that members are involved in. The last full week of April students were recognized

Meridian Public School, District 48-0303

Page 4

May, 2022

for their involvement in extracurricular activities. Elections for 2022-2023 are coming up as the school year comes to an end. The Student Council would like to thank the seniors and foreign exchange students for their hard work on the council. Exchange students for this year were Alice Giussani, Finja Koller, and Emma Slopesema. Seniors included Brynn Holtmeier (public relations), Allyson Kort (secretary), Kimberly Schropfer (president), and Erika Schwisow (vice president). The exchange students and seniors will be greatly missed!

Wishing everyone a Marvelous May and signing off!

Public Relations, Brynn Holtmeier

### FBLA

Success starts here! The Meridian FBLA chapter had great success this past month at the State Leadership Conference. Nine members in total Those who attended SLC attended. included JD Adam, Brynn Holtmeier, Kaira Niederklein, Peyton Norine, Kailyn Paul, Kimberly Schropfer, Erika Schwisow, Jaala Stewart, and Evelyn Woitalewicz. Three members received honorable mentions: Peyton Norine in Introduction to Parliamentary Procedure, Kailyn Paul in Advertising, and Evelyn Woitalewicz in Introduction to Financial Math. Brynn Holtmeier placed fifth in Organizational Leadership and sixth in Agribusiness. Brynn will represent both Meridian and the state of Nebraska at the National Leadership Conference in Chicago this summer. As the year comes to an end, elections will be held for the upcoming year's officers.

> Signing off, President, Brynn Holtmeier

### FFA Report

April is off to a busy start! To start off, the Meridian FFA Chapter welcomed State FFA Officer, Bailey Robinson, to our school for a day. She conducted numerous workshops with all of the ag and shop classes throughout the day. We also welcomed Mitchell Manning, a Nebraska Agricultural Youth Counselor, to present on the opportunity to attend Nebraska Agricultural Youth Institute. This summer institute for juniors and seniors focuses on career opportunities, networking and professional development within the agricultural industry.

On March 31st, our spring trash pickup was held along Highway 4 east of Daykin.



Front Row (1 to r): Rebecca Vinsonhaler, Olivia Schafer, Lana Santacroce, Bailey Holtmeier, Kim Schropfer Middle Row (I to r): Tucker Simms, Beau Bartels, Kymber Schwisow, Kailyn Paul, Rika Schwisow, Peyton Norine deMonbrun, Isaac Thomas Back Row (I to r): JD Adam, Keagan Sones, Chase Bartels, RJ Paul, Brayden Rut, Kyan Sones, Cooper Wolfe

On April 6th, 19 members headed off to Lincoln where the Nebraska State FFA Convention was being held. Erika Schwisow, Lana Santacroce, RJ Paul, and Kailyn Paul all sang in the State FFA Chorus. Along with that, Bailey received silver for her Cooperative speech and Kailyn Paul received a bronze for her Natural Resource speech on No-Till Farming. Bailey's proficiency in Poultry Production and Kailyn's proficiency in Small Animal Care & Production both received gold rankings. The Connecting Chapters committee was recognized for their participation in the program throughout the year. Congratulations also goes to the Launch Team including Peyton Norine, Lana Santacroce, JD Adam, Cooper Wolfe, and Tucker Simms, for receiving a \$1,000 grant with plans to install an irrigation system in the greenhouse. The Launch Team gave a quick pitch on their small business of selling fresh produce. A huge congratulations goes to our first ever State FFA Degree recipient from Meridian, Erika Schwisow. This is the



First Meridian Recipient of th State FFA Degree: Erika Schwisow

highest degree at the state level. Congratulations to all those who participated in competitions and events at Nebraska State FFA!

Officer and degree applications were due April 14th with interviews for next year's officer team taking place on April 21st. A huge thanks to the interview committee for helping out!

To wrap up the year, we will be having our annual FFA banquet on May 3rd starting at 6pm in the competition gym. At this banquet, we will highlight and honor the accomplishments of our members and supporters throughout the 2021-2022 school year.

> Sincerely, Kymber Schwisow Meridian FFA Reporter

### **NIGHT CUSTODIAN/ MAINTENANCE**

Meridian Public School is accepting applications for a full-time (possible part-time) Night Custodian/ Maintenance person. General knowledge in custodial chores and basic facility maintenance is needed. Training will be provided in various areas as needed. Single coverage insurance and retirement packages are available. Please stop by Meridian Public School to complete an application or send resume to:

> Randy Kort Meridian Public School PO Box 190 Daykin, NE 68338 OR

rkort@meridianmustangs.org Applications will be accepted until position is filled. EOE

JEREMIAH EMILEE JACOB ANGELO ALICE BRYNN FINJA ALLYSON TYLER DREW **K**ENNA KAITLYNN BRAYDEN WYATT **K** IMBERLY ERIKA KEAGAN Емма

BEHIND YOU, ALL YOUR MEMORIES. BEFORE YOU, ALL YOUR DREAMS. AROUND YOU, ALL WHO LOVE YOU. WITHIN YOU, ALL YOU NEED.



## Shout 'til the echoes ring...

For the glory of our team!





Page 5

Meridian Public School, District 48-0303

May, 2022

### PREPARTICIPATION PHYSICAL EVALUATION

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Sport(s):How do you identify your gender? (F, M, or other):
How do you identify your gender? (F, M, or other):
dures.
er-the-counter medicines, and supplements (herbal and nutritional).
es (ie, medicines, 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,	)		
,	Not at all	Several days	Over half the days			
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.)		

(Ехр	IERAL QUESTIONS lain "Yes" answers at the end of this form. e 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.		

100000000000000000000000000000000000000	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?		



Page 6

Date:

### Go Mustangs!



Meridian Public School, District 48-0303

May, 2022

BONE AND JOINT QUESTIONS	Yes	No	MEDICAL QUESTIONS (CONTINUED)	Yes	No
14. Have you ever had a stress fracture or an injury			25. Do you worry about your weight?		
to a bone, musde, 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?		
MEDICAL 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	No
17. Are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?			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			31. When was your most recent menstrual period?		
bulge or hernia in the groin area?  19. Do you have any recurring skin rashes or			32. How many periods have you had in the past 12 months?		
rashes that come and go, including herpes or methicillin-resistant <i>Staphylococcus aureus</i> (MRSA)?			Explain "Yes" answers here.		
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?					
23. Do you or does someone in your family have sickle cell trait or disease?					
24. Have you ever had or do you have any prob- lems with your eyes or vision?					
and correct.	owled <sub>:</sub>	ge, m	answers to the questions on this form are c	omple	ete
Signature of athlete:Signature of parent or guardian:					

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Meridian Public School, District 48-0303

May, 2022

### Page 7

# ■ PREPARTICIPATION PHYSICAL EVALUATION ATHLETES WITH DISABILITIES FORM: SUPPLEMENT TO THE ATHLETE HISTORY

Name:	Date of birth:		
<ol> <li>Type of dis</li> </ol>	ability:		
2. Date of dis			$\neg$
	on (if available):		$\neg$
	isability (birth, disease, injury, or other):		$\neg$
	rts you are playing:		
		Yes	No
6. Do you reg	ularly use a brace, an assistive device, or a prosthetic device for daily activities?		
· /	any special brace or assistive device for sports?		
	ve any rashes, pressure sores, or other skin problems?		
	ve a hearing loss? Do you use a hearing aid?		
	ve a visual impairment?		
11. Do you use	any special devices for bowel or bladder function?		
12. Do you ha	ve burning or discomfort when urinating?		
13. Have you l	nad autonomic dysreflexia?		
14. Have you e	ver been diagnosed as having a heat-related (hyperthermia) or cold-related (hypothermia) illness?		
15. Do you ha	ve muscle spasticity?		
16. Do you ha	ve frequent seizures that cannot be controlled by medication?		
Explain "Yes"	answers here.		
Diames indiame	whether you have ever had any of the following conditions:		
Piedse maicaie	whether you have ever had any or the following conditions:	V	NE:
Atlantoaxial inst	alaita.	Yes	No
	(x-ray) evaluation for atlantoaxial instability		$\vdash \vdash \vdash$
	(more than one)		$\vdash \vdash \vdash$
Easy bleeding	(more man one)		
Enlarged spleen			
Hepatitis			
Osteopenia or o	steonorosis		
Difficulty control			
Difficulty control			
	gling in arms or hands		
	gling in legs or feet	$\vdash$	
Weakness in arr			
Weakness in leg	THE STREET AND THE ST		
Recent change i			
Recent change i			
Spina bifida			
Latex allergy			
Explain "Yes"	answers here.		
I hereby state	that, to the best of my knowledge, my answers to the questions on this form are complete and	corre	ct.
Signature of athlete:			
Signature of parent o	r guardian:		
Date:			

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Meridian Public School, District 48-0303

Page 8

May, 2022

### ■ PREPARTICIPATION PHYSICAL EVALUATION

### PHYSICAL EXAMINATION FORM

Name:	Date of birth:	

### PHYSICIAN REMINDERS

- 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 reviewing questions on cardiovascular symptoms (Q4-Q13 of History Form).

EXAMINA	TION													-
Height:	11011				Weight:									
BP:	/	1	1	1	Pulse:		Vision: R	20/	L 20/		Correc	ted: □Y	ΠN	
MEDICAL		1		1	1 0136.		¥13IOH. K	20/	L 20/		CONTEC	NORMAL	ABNORMAL FINDI	NGS
Appearan	-e											HOMMAL	ADITOIGNALIIIADI	1403
		ta (k	yphos	colio	sis, high-ar	ched palate,	, pectus excav	atum, arac	chnodactyly, h	yperlax	ity,			
						aortic insu			7.75					
Eyes, ears,		ınd t	hroat		, , , , , , , , , , , , , , , , , , ,								1	
• Pupils														
Hearin	•												<u> </u>	
Lymph noc	es													
Hearta	4			1340					32					
	rs (ausc	ultat	ion st	andin	g, auscultat	ion supine,	and ± Valsalv	ra maneuve	er)				ļ	
Lungs													-	
Abdomen														
Skin		•	// 10	va I	•	r C d	L · ·II·			: /iinca				
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			-						cardiac history or	r examina	tion find	lings, or a com	ination of those.	
Address:			96	2011						Phone:		-		
Signature of									2 11 22				D, DO, NP, or PA	
9 2019 Ame American On ional purpos	hopaedio	Soc	iety for	- Spor	hysicians, Ar ts Medicine, a	nerican Acad and American	'emy ot Pediatri 1 Osteopathic A	cs, Americar cademy of S	n College of Spo Sports Medicine.	orts Medi . Permissi	cine, An ion is gr	nerican Medio anted to repri	cal Society for Sports Med nt for noncommercial, edi	dicine, uca-

I hereby give permission for the release of the attached student medical history and the results of the actual physical examination to the school for the purposes of participation in athletics and activities. Parent or Legal Guardian Signature Date





Page 9 Meridian Public School, District 48-0303

May, 2022

### ■ PREPARTICIPATION PHYSICAL EVALUATION

Name:	MEDICAL ELIGIBILITY FORM							
Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of    Medically eligible for certain sports    Not medically eligible pending further evaluation   Not medically eligible for any sports	Name: Date of birth:							
Medically eligible for certain sports    Not medically eligible pending further evaluation   Not medically eligible for any sports   Recommendations:	□ Medically eligible for all sports without restriction							
□ Not medically eligible pending further evaluation □ Not medically eligible for any sports  Recommendations: □  I have examined the student named on this form and completed the preparticipation physical evaluation. The athlete does not have apparent clinical contraindications to practice and can participate in the sport(s) as outlined on this form. A copy of the physical examination findings are on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the medical eligibility until the problem is resolved and the potential consequences are completely explained to the athlete (and parents or guardians).  Name of health care professional (print or type): □ Date: □ Address: □ Phone: □ Signature of health care professional: □ , MD, DO, NP, or F  SHARED EMERGENCY INFORMATION  Allergies: □ Medications: □ Medications: □ Cher information: □ Cher information:	□ Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of							
Not medically eligible for any sports    Recommendations:	□ Medically eligible for certain sports							
I have examined the student named on this form and completed the preparticipation physical evaluation. The athlete does not have apparent clinical contraindications to practice and can participate in the sport(s) as outlined on this form. A copy of the physical examination findings are on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the medical eligibility until the problem is resolved and the potential consequences are completely explained to the athlete (and parents or guardians).  Name of health care professional (print or type):  Address:  Phone:  Signature of health care professional:  Medications:  Medications:	□ Not medically eligible pending further evaluation		_					
apparent clinical contraindications to practice and can participate in the sport(s) as outlined on this form. A copy of the physical examination findings are on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the medical eligibility until the problem is resolved and the potential consequences are completely explained to the athlete (and parents or guardians).  Name of health care professional (print or type):								
Address:	apparent clinical contraindications to practice and can participate in the spo examination findings are on record in my office and can be made available arise after the athlete has been cleared for participation, the physician may r and the potential consequences are completely explained to the athlete (and	ort(s) as outlined on this form. A copy to the school at the request of the par rescind the medical eligibility until the parents or guardians).	of the physical rents. If conditions e problem is resolved					
Signature of health care professional:								
Allergies:  Medications:  Other information:								
Other information:								
	Medications:							
Emergency contacts:	Other information:							
	Emergency contacts:		_					





Page 10

as "Parent".

Meridian Public School, District 48-0303

May, 2022

### To be completed for Students participating in any NSAA activities.

### **Student and Parent Consent Form**

HOTH GOLIVICIOS.		
School Year: 2020 Member School:	2	
Name of Student:	***	
Date of Birth:	Place of Birth:	



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 and activity participation; (b) participation in any 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 with the best supervision, 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 Bylaws and rules interpretations for participation in NSAA sponsored athletic and/or activities, and the athletic and 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 athletics, weight and height 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 recordings, and waive any claims of ownership or other rights with regard to 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 athletics and 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 athletics and 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



Meridian Softball 2022 FunFrAll Schedule

May 16 <sup>th</sup> (Monday)	8's Meridian vs DeWitt	5:00 @ DeWitt
May 10 (Moriday)	10's Meridian vs DeWitt	6:00 @ DeWitt
	12's Meridian vs DeWitt	7:00 @ DeWitt
	14's Meridian vs DeWitt	8:15 @ DeWitt
	143 Mendian VS Devvill	0.10 @ DOWN
May 18th (Wednesday)	8's Deshler vs Meridian	5:00 @ Meridian
	10's Deshler vs Meridian	6:00 @ Meridian
	12's Deshler vs Meridian	7:00 @ Meridian
	14's Deshler vs Meridian	8:15 @ Meridian
		500 100 00000 100 100 00000
May 23rd (Monday)	8's Wilber vs Meridian	5:00 @ Meridian
	10's Wilber vs Meridian	6:00 @ Meridlan
	12's Wilber vs Meridian	7:00 @ Meridian
	14's Wilber vs Meridian	8:15 @ Meridian
of the state of th		<b>500</b> 0 0
May 25 <sup>th</sup> (Wednesday)	8's Meridian vs Geneva	5:00 @ Geneva
	10's Meridian vs Geneva	6:00 @ Geneva
	8's Meridian vs Geneva	7:00 @ Geneva
	12s Meridian vs Geneva	7:00 @ Geneva
	14's Meridian vs Geneva	8:15 @ Geneva
June 1⁵ (Wednesday)	8's Meridian vs E-M	6:00 @ Milligan
bulle i (ilounobuay)	12's Meridian vs E-M	7:00 @ Milligan
	12 3 Welldian V3 E-W	7.00 @ Willigati
June 3 <sup>rd</sup> (Friday)	8's Meridian vs Dorchester	6:00 @ Dorchester
2.0	12's Meridian vs Dorchester	7:00 @ Dorchester
	14's Meridian vs Dorchester	8:15 @ Dorchester
		57.0 @ 23.0
June 6 <sup>th</sup> (Monday)	Meridian - BYE	
June 8th (Wednesday)	8's BDS vs Meridian	5:00 @ Daykin
	10's BDS vs Meridian	6:00 @ Daykin
	8's BDS vs Meridian	7:00 @ Daykin
	12's BDS vs Meridian	8:15 @ Daykin
hand 20 (Manday)	O'r Ohman thum Manidian	5:00 @ D-14-
June 13th (Monday)	8's Plymouth vs Meridian	5:00 @ Daykin
	10's Plymouth vs Meridian	6:00 @ Daykin
	12's Plymouth vs Meridian	7:00 @ Daykin
	14's Plymouth vs Meridian	8:15 @ Daykin
June 15 <sup>th</sup> (Wednesday)	8's Meridian vs Friend	5:00 @ Friend
	10's Meridian vs Friend	6:00 @ Friend
	12's Meridian vs Friend	7:00 @ Friend
	14's Meridian vs Friend	
	14 S Mediciali VS Filetic	8:15 @ Friend
June 20th (Monday)	10's Wilber vs Meridian	6:00 @ Daykin
	14's Wilber vs Meridian	7:15 @ Daykin
		😅 = = = = = = = = = = = = = = = = = =
June 22th (Wednesday)	10's DeWitt vs Meridian	6:00 @ Daykin
200 2 6.6	14's DeWitt vs Meridian	7:15 @ Daykin
	er enember decemberated recovering a color of the	· · · · · · · · · · · · · · · · · · ·
League Tournaments:	8's June 17-19 10's June 24-26	12's June 17-19 14's June 24-26
	@ McCool @ Wilber	@ E-M @ Dorchester
	S MOCOCI S THIDOI	<u> </u>



Page 12 Meridian Public School, District 48-0303

May, 2022

# Meridian Alumni Banquet June 4<sup>th</sup>, 2022

Activities are being planned for the Meridian Alumni Banquet to be held Saturday, June 4<sup>th</sup>, 2022, at the Tobias Auditorium. Social Hour starting at 6:00 and meal served at 7:00.

The Alumni Association is sponsoring a cornhole tournament in Tobias. You and your spouse/guest are welcome to participate and same day entries will be allowed. No organized volleyball will be held this year but the sand court and balls will be available.

The honored the classes are 1972, 77, 82, 87, 92, 97, 2002, 07, 12, 17, and 22.

The Alumni Committee is proud to announce nationally known comedian Rex Havens will be this year's entertainment.

Cost of the event is \$25.00 per person payable to Meridian Alumni. T-shirts will be available to alumni ONLY, so make sure you pre-order if you would like one. Meridian alum who would like to purchase a t-shirt may do so for \$30.00 (includes registration). This registration form is also available on the Meridian Alumni Association Facebook Page and Meridian Public Schools website (www.meridianmustangs.org). PLEASE HAVE YOUR REGISTRATION IN BY MAY 25<sup>th</sup>, 2022.

Mail registrations to: Meridian Alumni PO Box 172 Daykin, NE 68338			
Meridian A Cost of the event is \$25.0 make sure you pre-order \$30.00 (includes registra	Alumni Banquet – June 00 per person payable to Merid if you would like one. Meridia	4 <sup>th</sup> , 2022 — Deadlin ian Alumni. T-shirts wil in alum who would like t is also available on th	e: May 25 <sup>th</sup> , 2022 I be available to alumni ONLY, so to purchase a t-shirt may do so for ne Meridian Alumni Association
Mail registrations to: Meridian Alumni PO Box 172 Daykin, NE 68338			
Please contact MATT VA	ANWESTEN for cornhole at 40	2-300-1347 (TEXT ONI	X)
Name		Phone#	
	Meridian Class of	T-shirt size	
	Cornhole Tournament	Yes No	_
Name		Phone#	
	Meridian Class of	T-shirt size	
	Cornhole Tournament	Yes No	_

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

Page 13

Meridian Public School, District 48-0303

May, 2022



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