



Bluejay News

Seward High School
Back-to-School 2018

Every student, every day, a success!

Mission Statement: The school district of Seward, in cooperation with parents and community, affirms that all students will have the skills to become productive and contributing members of a global community. The district is committed to the development of each student academically, emotionally, socially, and physically.

Welcome to the 2018-2019 School Year:

Dear Students and Parents (Guardians):

We are incredibly excited about starting another school year, and know that it promises to be filled with even more golden opportunities for all of our students as we strive to find ways that we can be even better than we were before! This will be a wonderful year of engaging, meaningful and rigorous work in our classrooms, along with some fun and special times through a wide assortment of extracurricular clubs, activities and events we encourage our BlueJays to be involved here at Seward High School!

We are ready to continue to build upon our tradition of excellence in education. Our staff of highly qualified professional educators and support personnel is committed to providing our students many opportunities both inside and outside of the classroom for high caliber and quality learning, continual growth, leadership opportunities and achievements at a high level of excellence. We look forward to a very positive and productive year together. We extend a special, year-long invitation to our parents to join us at school activities and events whenever you can!

Please do not hesitate to contact us if/when the need arises. We will do likewise. We encourage our parents to stay in the know about their child's studies, assignments, assessments and school activities, as well as other events and happenings. We send out monthly newsletters to parents and community patrons; however, we encourage you to stay connected with Seward High School in real time with one or all of the following:



Building/District Website: www.sewardschools.org

Facebook: <http://www.facebook.com/sewardpublicschools>

Twitter: <https://twitter.com/SewardBlueJays>
#sewardjays

Activity Calendar: www.centralconference.org

Staff Email: firstname.lastname@sewardschools.org

Again, we welcome you to Seward High School. It is, indeed, a place where opportunities abound! Here's to an AWESOME new school year . . . as we work to make each day better than the one before by our commitment to BlueJay P.R.I.D.E.!

Sincerely,

Scott Axt, Principal

Jill Johnson, Assistant Principal

John Moody, Activities Director



follow us on

Facebook

search: Seward Public Schools



follow us on

Twitter

#sewardjays @SewardBlueJays

New Staff at SHS:

Sarah Morton: Sarah Morton will be joining our staff to replace Ms. D'Angelo. Ms. Morton will be in her first year of teaching and is a graduate of the University of Nebraska-Lincoln. Ms. Morton comes to Seward highly regarded in the Agriculture Education circles, and we are lucky to be adding a very talented teacher to our staff. Ms. Morton will assist with the FFA program and will be heading up the Animal Science portion of our Agriculture program as well as teaching Small Engines courses.

Kelley Limback: Kelley Limback will be replacing Mr. Kolterman. Ms. Limback is new to her full time role at SHS but not new entirely. Ms. Limback filled a long term sub role for us last fall for Ms. Pinkall. Ms. Limback did an exceptional job teaching out of her area, and we are really excited to gain a seasoned teacher that already knows many of our students and staff. Ms. Limback will teach Speech and English 10. She will also be the Head Speech Coach.

Mary Russell: Mary Russell is joining our team in the office. She will be filling Lisa Vlasin's position as bookkeeper/administrative assistant. Ms. Russell has extensive office management and bookkeeping skills. Ms. Russell has strong familiarity of the community, parents, and students. She has already begun working this summer to get up to speed on our procedures and policy. We are very excited for Ms. Russell to join us this school year; she has already been a great addition to our team.

Summer Moratorium

A summer moratorium will be July 5-9; the building will be closed and no organized school camps, clinics, or workouts will take place. Enjoy uninterrupted family time!



Please Note:

Fall Change for Events in the High School Gymnasium

Starting this fall, the only door for event entrance will be door #1, which is the main entrance on the South side of the building which leads into the main foyer. All other doors will be locked and will not be event entrances.



Senior Banners

Senior banners will once again brighten the main lobby of Seward High. The banners may be purchased from Sports Express through an online store. The web address for ordering is: <https://shop.sportsexpress.biz/seward-schools/> The site should be open around August 1, 2018.



2018-2019 Freshmen and New Student Orientation:

Seward High School will be hosting a freshman and new student orientation on **Monday, August 13th at 7:00 p.m.** in the new theater. (Doors will open at 6:30 if students want to arrive early to start getting their T-shirts, schedules and fill out paperwork etc. to beat the rush) Parents and students will have an opportunity to visit classrooms, meet teachers, find lockers, and get acclimated with the building. Information will also be provided regarding schedules, school policies, college planning, activity tickets, the automated lunch program, school organizations, and other relevant school information. We encourage parents to come prepared to put money in your student's lunch account and to pay for activity tickets before school starts in order to avoid the rush on the first few days of school. This should be an exciting night to continue the journey of transitioning to high school.

Band

It's hard to believe another marching band season has already started! In June, the color guard and percussion sections were hard at work in sectionals, beginning to learn what will be needed for our 2018 show. The band met as a whole group for the first time on June 27 to begin preparing for the annual 4th of July parade. We have a great amount of new members this year, and they are all learning well! Full band camp will be held the week of July 30, culminating in our exhibition performance on Friday, August 3, at 6:30 pm at the SHS football field. All are invited to see what we learn in a week, and the first official performance of our 2018 show, A New World, which features the music of Dvorak's 9th Symphony in a contemporary setting. We're looking forward to these upcoming performances and kicking off another great season!



Fall Sports Practice/Physicals/Fees

The first official day of practice for football, softball, girl's golf, cross country and volleyball is Monday, August 13th. However, many sports have voluntary workouts and conditioning prior to the first practice. You are encouraged to contact the coach if you have not received information about summer opportunities. For a complete list of all forms needed to participate in athletics please go to www2.connectseward.org/edu/shs/index.html Click on "Quick Links" and select "SHS 2018-2019 Parent Student Handbook". The "Seward High School Student And Parent Consent Form For Interscholastic Participation" and Nebraska School Activities Association ("NSAA") Student and Parent Consent Form must be turned in prior to the first competition. The "Preparticipation Physical Evaluation" forms will be filled out by your physician at the time of the athlete's physical. The Clearance Form must be returned to the High School office **before** the first practice. The parent code of conduct agreement form is optional for parents to sign and turn in to the athletic office (feel free to keep a copy for yourself).

All participants are required to purchase an activity ticket for \$20 and pay a participation fee of \$20. The participation fee covers all of the student activities for the year. The total combined cost is \$40.

Softball:

For more information contact Rich Eber at rich.eber@sewardschools.org

Football:

For more information contact Jamie Opfer at (402) 643-4676 or Jamie.opfer@sewardschools.org

Volleyball:

For more information contact Tom Pallas at tom.pallas@sewardschools.org

Cross Country:

For more information contact Kurt Holliday at kurt.holliday@sewardschools.org

Girls Golf:

For more information contact Jim Placke at jim.placke@sewardschools.org

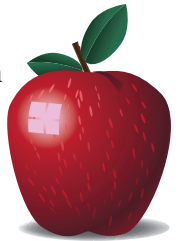
Summer Weight Room Hours:

7:00 am- 9:30 am Monday- Friday
5:30 pm- 7:00 pm Monday- Thursday



First Day of School

The first day of school will be on **Wednesday, August 15th**. The schedule for the day will be a shortened bell schedule with an 8:15 a.m. start and a 1:30 p.m. dismissal. Lunch will be served. Students will be given an information packet that includes health insurance forms, school lunch information, health history, student demographic update and other school related information. Completed forms from the information packet need to be **returned to the high school office by Friday, August 17th.**



Chromebook Summer Distribution Plan:

Chromebook distribution this year will take place on the dates indicated below. Students in grades 9-12 can pick up their Chromebook in the high school library. **Students will need to come with a signed parent/student handbook receipt as well as a Chromebook User Agreement.** Both have been included in this newsletter for your convenience. The (2018-2019 SHS Handbook can be found online at www.sewardpublicschools.org or www2.connectseward.org/edu/shs/index.html)

Students will also need to bring a \$25 technology fee with them at the time of checkout.



9th/12th Grade Chromebook Checkout times

Wednesday, August 8th –
8:00 a.m. – 4:00 p.m.
Thursday, August 9th –
8:00 a.m. – 4:00 p.m.
Tuesday, August 14th
– 1:00 p.m. – 4:00 p.m.

Picture Day

Student picture day will be held August 21st at 8:00am in the auditorium. Picture packets will be distributed to students the first day of school. Please make school attendance on this day a priority.

Counseling Website:

Students and parents are encouraged to access the Seward High School counseling website at sewardhighcounseling.wordpress.com to obtain information regarding post-secondary planning, scholarships, course registration, and to obtain other valuable student/parent resources. This is an excellent resource that is updated on a regular basis.

2018-2019 Student Schedules/Schedule Changes

Students returning to Seward High School next year received a copy of their 2018-2019 schedule prior to the end of the 2018-2019 school year. New students should have received a copy of their new schedule early this summer as well. The goal in providing this information early in the summer is to help make the transition into the new school year as smooth as possible.

Please note that non-essential schedule changes such as trading one elective course for another, switching teachers, etc. will be limited and rare.

The master schedule was built with the goal of accommodating the greatest percentage of our student schedule requests as possible. We also provided an opportunity for students to request course changes for next year, prior to the end of the 2018-2019 school year.

In short, extreme efforts have been taken on the front end of the schedule process so we can have a smooth start to the 2018-2019 school year. Please note that incoming 9th graders and new students will receive an official copy of their schedule at the Orientation on August 13th, while all other students will receive an official copy of their schedule on the first day of the school year.

Class of 2019 - What can you do this summer to prepare for post-secondary education/training?

Start narrowing your college choices to three or four schools. Visit some college campuses this summer and check out college websites. Request information and make direct contact with Admissions staff

Update your PLP (Personal Learning Plan) on your Google Drive. Include extracurricular activities, honors, awards and part-time jobs. Complete your community service hours to include on your resume and turn the form in.

Preparing for the ACT / SAT is a great plan so you don't suffer from summer brain drain. We offer the test in October and December.

Look for scholarships. Check out ScholarshipQuest, which has over 2,000 local and statewide scholarships. Log-on and create an account. Also, pay attention to scholarships current seniors have received. Visit the EducationQuest blog for more suggestions: <http://www.educationquest.org/blog/calling-juniors-start-looking-scholarships/#!mostrecent>

Familiarize yourself with sewardhighcounseling.wordpress.com so you know where to find information and applications your senior year.

Create a family calendar to include senior deadlines. Include ACT test dates, senior parent/guardian meeting, yearbook senior picture deadline, yearbook baby picture ad deadline, scholarship deadlines, Honors Night, graduation, graduation practice, etc.

Find a summer job to help pay for college expenses. Ask prospective employers if they offer education assistance programs. A summer job shows responsibility and the ability to work well with others.



www.EducationQuest.org



sewardhighcounseling.wordpress.com



*Every student,
every day,
a success!*

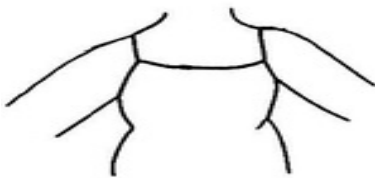
Dress Code Reminder

The purpose of the dress code is to give students a safe, orderly, and distraction-free environment. Managing the dress code in a positive way requires cooperation between students, parents, and the school. Therefore, the information below is intended to be a pro-active reminder before you begin any back-to-school shopping. The items below have all been deemed inappropriate. The list is not all-inclusive and focuses mostly on the items that tend to require the greatest need for a reminder when returning to school from the summer months. If you would like a more detailed list please see the Parent/Student Handbook at www.sewardpublicschools.org.

The following items are not allowed:

- Clothing that shows an inappropriate amount of bare skin or underwear (such as short skirts or shorts, bare midriffs, spaghetti straps, racer-back tops, excessively torn attire, sagging pants that are worn below the waist, and exposed undergarments such as sports bras, underwear, etc.).
- Clothing that is excessively tight fitting or revealing.
- Clothing or jewelry that advertises, promotes, or makes reference to beer, alcohol, tobacco, or illegal drugs.
- Clothing or jewelry that could be used as a weapon or that could encourage "horseplay" (chains, rings, spiked apparel, trucker's wallets, pliers, tools, etc.).
- Headwear including hats, caps, sunglasses, bandannas, and scarves.
- Clothing or jewelry that displays indecent writing, pictures, slogans, nudity; makes sexual references; or carries double meanings.
- Blankets in the classrooms

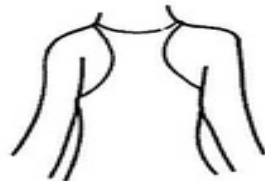
DRESS CODE DON'TS



**NO Spaghetti Strap
Tops/Dresses**



**NO Backless
Tops/Dresses**



**NO Racerback
Tops/Dresses**



**NO Tube/Strapless
Tops/Dresses**



**NO Halter Tops/
Dresses**



**NO Transparent/
See Through/Sheer
Tops/Dresses**



**NO Midriffs or
Bare Stomachs
Showing**



**NO Low-Cut Tops
Max 3"- 4"
Below Collarbone**



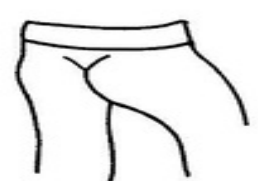
**NO Undergarments
Showing. Tank Tops
must be 2"+ wide**



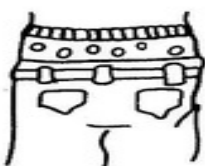
**NO Short Shorts
2" Inseam Minimum**



**NO Curved Up
Shorts**



**NO See Through/
Sheer Leggings/
Yoga Pants**



**NO Undergarments
Showing. No Sagging
Pants or Shorts**



**NO Tank Tops
with Armholes
Larger than 1 1/2" Inappropriate Images**



**NO Garments
Displaying**



NO Sleepwear

Demographic Information

It is important to notify the high school office at 402-643-2988 of any demographic information changes such as your mailing address, home/work/cell phone numbers, email, emergency contacts, etc. as soon as possible. Having this information correct will help all of us at Seward High School to communicate with you on a regular basis regarding the progress of your student and/or any updates over the summer.



Attendance, Academics, and Athletic/Activity Participation

With the fall activities season on the horizon, a list of reminders has been provided below in an effort to be proactive regarding the policies of Seward High School. Please contact the school if you have questions or a unique situation you would like to discuss.

1. Students must be passing all of their classes to participate in an athletic contest or school activity event. Students who are not eligible may not ride the team/organization bus to away events.
2. Students must be in school all day in order to participate in an activity that afternoon or evening. Staying home in the morning to rest because they are not feeling well and returning to school late morning or early afternoon does not allow a student to play that day.
3. Students who are slated to be absent for a school activity are encouraged to alert their teachers ahead of time and get work before they leave whenever possible.
4. An effort should be made to make all non-essential appointments outside of the school day whenever possible (i.e. haircut, etc.). Students attending regular appointments for medical reasons, therapy, and other important/required reasons are encouraged to vary the time of these appointments whenever possible in order to reduce the academic impact a student experiences with any one class within their schedule.
5. Please ask for a note from your provider when attending medical appointments during the school day and please bring this note to Mrs. Carmen Johnson in the high school office. Medically Documented or Court Documented absences DO NOT count toward the five day attendance limit for each term.



Have Seward PRIDE While Cheering on the Bluejays:

With the start of the 2018-2019 school year we also have the beginning of the fall sports and activity season. We should all take great pride in the fact that we have top-notch activity programs at Seward High School. Our student-athletes and coaches compete with a great deal of pride, integrity, fairness, and respect. All of these are bedrock principles of good sportsmanship.

Competition, especially at the high school level, must be healthy and productive. We must encourage our students to pursue their fullest potential through hard work, by being perseverant, and by learning how to win or lose with dignity and class. As a fan of Seward High School, it is also important that one demonstrates these same qualities associated with good sportsmanship. We can do so by cheering positively for our team(s), by understanding that not all calls by those supervising the competition will go as we see them from the stands, and by remembering that high school athletics isn't just about winning and losing. Our actions on and off the field will leave a lasting impression with our student-athletes, with the communities/schools we compete against, and amongst the younger fans cheering right along side us in the stands. Let's hold each other accountable to represent our school, community, and student-athletes the right way.





2018-2019 Daily Bell Schedule

Class Period	Time
1 st Period	8:15-9:45 1A: 8:15-8:59 1B: 9:01-9:45
2 nd Period	9:49-11:17
3 rd Period	11:17-1:17 (including lunch)
4 th Period	1:21-2:49
5 th Period	2:53-3:37

Seward 4th of July Student Involvement:

Plan to attend the Fourth of July Celebration in Seward and see the SHS students in service to the community.....

- SHS FCCLA Bike Contest for Best Decorated Bikes and Trikes - Bandshell at 9:00 a.m.
- SHS FHA Pet Contest - Bandshell at 9:30 a.m.
- SHS Band Sloppy Joe Feed-11:00 a.m. to 1:30 p.m. - Civic Center
- SHS FCCLA Birthday Cake Giveaway- "Happy Birthday USA!" Bandshell at 9:30 a.m.
- SHS Band and Seward Arts Council Harmonica Contest-Olde Glory at 12:00 -2:00 p.m.
- SHS students involved in the City Band Concert at 1:00 p.m. at the Bandshell
- SHS students present vocal concert with Concordia's Seward County Summer Chamber Choir at 11:00 a.m. at the Civic Center
- SHS FCCLA co-hosts the Governor's Reception at St. John Fellowship Hall - 2:30 p.m.
- SHS Marching Bluejays and Cheer squad in Grand Parade at 4:00 p.m.
- SHS FFA Serving as banner carriers for Grand Parade Theme Banner and other dignitaries as needed! 4:00 p.m.
- Many SHS Soloists opening events with National Anthem and with the July 2 Pre Show-USO Show at the Bandshell!
- SHS FBLA and Seward Rotary co-sponsor the best decorated/most patriotic homes in the Seward area as a pre-event to the celebration!
- SHS Representation on the Celebration Committee - Senior Youth Chair - Chase Prochnow, Junior Youth Chair - Meghan Meyer

For more information visit the July 4 website at www.julyfourthseward.com or pick up a poster and flyer with the schedule at the Seward Civic Center!

Spend the Fourth in Seward! "Nebraska's Official Fourth of July City!"

Important Dates

- **July 4:** Many activities scheduled, check with club sponsors for more information
- **July 5-9:** Summer Moratorium; no practices or activities schedule
- **August 6th:** First official day of practice for Fall Sports: Football, Softball, Girl's Golf, Cross Country, & Volleyball
- **August 8th:** 9th-12th Chromebook Checkout, 8:00 a.m.-4:00 p.m.
- **August 9th:** 9th-12th Chromebook Checkout, 8:00 a.m.-4:00 p.m.
- **August 13:** Freshman and New Student Orientation, 7:00 p.m.
- **August 14th:** 9th-12th Chromebook Checkout, 1:00-4:00 p.m.
- **August 15:** First Day of School, 1:30 p.m. early dismissal
- **August 17:** Packet information needs to be completed and returned to the SHS office
- **August 21:** Picture Day

*For more information, see the activities calendar at :
<http://www.centralconference.org/public/genie/408/school/8/>



Seward High Counseling Center Communication

Phone: 402.643.2988
Email: A-K Kevin Fields kevin.fields@sewardschools.org
L-Z Noelle Baker noelle.baker@sewardschools.org
Website: <https://sewardhighcounseling.wordpress.com>
Instagram: [sewardhighcounseling](https://www.instagram.com/sewardhighcounseling)
Twitter: [@SewardHighCounseling@SHCounselors](https://twitter.com/SewardHighCounseling)
Facebook: Seward High School Counseling Center
eBackpack: Class of 2019, Class of 2020, Class of 2021, Class of 2022

Staying Connected with Seward High School:

Building/District Website: www.sewardpublicschools.org
Facebook: <http://www.facebook.com/sewardpublicschools>
Twitter Athletic Updates: [@SewardBlueJays](https://twitter.com/SewardBlueJays)
Activity Calendar: www.centralconference.org
Staff Email: firstname.lastname@sewardschools.org



www.sewardpublicschools.org



SHS Parent-Student Handbook

Receipt of Student-Parent Handbook

The Student-Parent Handbook of Seward High School is available on the internet at www.sewardpublicschools.org

Because of the expense of printing the handbooks, we are asking that you consider using the internet to access and review the 2018-2019 Student Parent Handbook. Using the internet to access the handbook will allow the district to direct printing dollars to instructional needs and eliminate the need for you to search for your handbook when you have questions throughout the year.

- Thank you for providing the 2018-2019 Student-Parent Handbook online. I will review it on the internet. My signed receipt below acknowledges receipt of the Handbook in a satisfactory manner via the internet.**

- I prefer a paper copy of the Handbook.**

Name

This signed receipt acknowledges receipt of the 2018-2019 Student-Parent Handbook of Seward High School. It is understood that the handbook contains student conduct and discipline rules information about Safe and Drug-Free Schools, 1:1 Chrome Initiative and Extracurricular Activities and that the undersigned, as student, agrees to follow such conduct and discipline rules. This receipt also serves to acknowledge that it is understood that the District's policies of non-discrimination and equity, and that specific complaint and grievance procedures exist in the handbook which should be used to respond to harassment or discrimination.

Parent Signature: _____ Print Name: _____

Student Signature: _____ Print Name: _____

Date: _____

Chromebook Loan Agreement/Acceptable Use Form

Parent Responsibilities

Your son/daughter has been issued a Chromebook to improve and personalize his/her education this year. It is essential the following guidelines be followed to ensure the safe, efficient, and ethical operation of this Chromebook.

- I will supervise my sons/daughters use of the Chromebook at home.
- I will discuss our family values and expectations regarding use of the Internet and email at home and will supervise my sons/daughters use of the Internet and email.
- I will not attempt to repair or alter the Chromebook.
- I will report to the school any problems with the Chromebook.
- I understand if my son/daughter comes to school without his/her Chromebook, they will be held accountable according to the student handbook.
- I agree to make sure the Chromebook is returned to the school when requested and upon my sons/ daughters withdrawal from Seward Public Schools.
- I have read and understand the expectations related to the Chromebook 1-to-1 learning initiative in the Seward High School Student/Parent Handbook.

Student Responsibilities

Your chromebook is an important learning tool and is for educational purposes only. In order to take your Chromebook home each day, you must be willing to accept the following responsibilities:

- When using the Chromebook at home, at school, and anywhere else I may take it, I will follow the policies and student handbook of the Seward Public Schools and abide by all local, state, and federal laws.
- I will treat the Chromebook with care by not dropping it, getting it wet, leaving it outdoors, or using it with food or drink nearby.
- My Chromebook is my responsibility and I will properly care for it at all times.
- I will not load inappropriate material on the Chromebook.
- I will honor my family values when using the Chromebook.
- I will not give personal information when using the Chromebook.
- I will bring the Chromebook to school every day with the battery fully charged.
- I agree email (school), or any other Chromebook communication should be used only for appropriate, legitimate, and responsible communication.
- I will keep all accounts and passwords assigned to me secure, and will not share these with any other students.
- I will clean my Chromebook using only appropriate cleaning solution suggested by the school tech department.
- I will return the Chromebook when requested and upon my withdrawal from Seward Public Schools.
- I will keep the Chromebook in its protective case at all times.
- I have read and understand the expectations related to the Chromebook 1-to-1 learning initiative in the Seward High School Student/Parent Handbook.

Seward Public Schools is NOT RESPONSIBLE, NOR LIABLE for and disclaims any liability arising from any injury or damage caused by or stemming from unauthorized access to the network, inappropriate use of unauthorized or authorized use of the network. The student and the student's parents/guardians, by submitting to the Acceptable Use Policy through your signature, agree to waive Seward Public Schools from any liability for physical or emotional harm or damage to a student that is caused by or related to the inappropriate use of technology.

By signing this form, you are agreeing to this Chromebook Loan Agreement and Acceptable Use Form.

Parent Signature: _____ Print Name: _____

Student Signature: _____ Print Name: _____

Date: _____

To be completed for
students participating in
all NSAA activities.



Nebraska School Activities Association ("NSAA") Student and Parent Consent Form

School Year: 20____-20____ Member School: _____

Name of Student: _____

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 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; and, (d) 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;
- (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 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 taped, 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.

I acknowledge that I have read paragraphs (1) through (4) above, understand and agree to the terms thereof, including the warning of potential risk of injury inherent in participation in athletic activities.

DATED this ____ day of _____, ____.

Name of Student [Print Name]

Student Signature

(I am)(We are) the Student's [circle appropriate choice] (Parent) (Guardian). (I)(We) acknowledge that (I)(We) have read paragraphs (1) through (4) 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	Golf	Tennis	Play Production	Basketball	Swimming/Diving
Track	Football	Speech	Cross Country	Soccer	Volleyball
Music	Softball	Wrestling	Debate	Journalism	

DATED this ____ day of _____, ____.

Parent [Print Name]

Parent Signature

Seward High School Student And Parent Consent Form

For Interscholastic Participation

I, _____ (Student's Name) request to participate in Seward High School interscholastic activities in the 2018-2019 school year. In making this request, Student states: This application to participate in interscholastic activities for the Seward High School is entirely voluntary on my part. I have read the eligibility rules and regulations of the Nebraska School Activities Association and the rules and regulations of Seward High School. I am not in violation of such rules.

(I am)(We are) the Student's parent or guardian ("Parent") and hereby give consent for the Student to participate in Seward High School interscholastic activities in the 2018-2019 school year.

Parent and Student hereby give the following statements, agreements and consents:

WARNING OF RISK: I realize that participation involves the potential for injury which is inherent in all interscholastic activities. Even with the protective equipment, safety rules and instruction and direction of coaches and sponsors that are provided, injuries are still a possibility. 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. *I acknowledge that I have read and understand this warning.*

MEDICAL: Parent is responsible for any professional medical and/or related services; the school shall not be liable for payment of such services. Parent and Student give permission to any and all of the Student's health care providers to release and discuss all records and information such health care providers may have about Student (including otherwise confidential medical information and records) to Seward High School and its employees, staff, agents, and consultants. Parent and Student further give permission to Seward High School, its employees, staff, agents, and consultants, to release and discuss all records and information it has (including otherwise confidential medical information or records) to Student's health care providers and to others as Seward High School may determine appropriate for the purposes of determining activity eligibility, fitness or injury status, or to respond to an emergency.

INSURANCE: I acknowledge that insurance coverage is recommended for all participants. The expense of insurance coverage is Parent's responsibility. Information regarding insurance is available in the Athletic Director's office.

INJURY REPORTING: Parent and Student agree to report to coaches and trainers any injury whatsoever suffered by Student before, during or after the season, practice or games, whether such injury occurred as a part of participation in the extra-curricular activity, or outside of such activity.

ELIGIBILITY RULES: The major rules and regulations governing Student's eligibility to participate in interscholastic activities have been disclosed to Student and Parent. I have read the Nebraska School Activities Association rules of eligibility for participation in interscholastic activities, including the parent domicile, student transfer and scholastic rules. I understand that activity participants must be enrolled in at least 20 hours per week, be regular in attendance, and have on school records a minimum of 20 hours credit for the immediate preceding semester. Seward High School includes additional eligibility requirements as set forth in the Student-Parent Handbook.

TRANSPORTATION: I understand the activity may be conducted at a location other than Seward High School. In some instances Seward High

School will not provide transportation to the activity. In such cases transportation to the site is the responsibility of Parent and Student. I understand that Seward High School is not responsible when Student is provided transportation by a private vehicle driven by others.

GOOD SPORTSMANSHIP: I understand good sportsmanship is essential to the success of the activity program. A failure to follow the principles of good sportsmanship or other inappropriate behavior may result in removal from the contest and may result in suspension from attending future contests or activities.

RELEASE OF INFORMATION: I consent to academic information including grade point average, class rank and any academic awards/recognition received by Student to be released. Most typically this information will be used for the purpose of recognizing excellence in both athletics and academics and released for publication in newspapers, school publications and for awards banquets or assemblies, all-conference or all-state awards.

UNIFORM/EQUIPMENT RETURN: I agree to return all uniforms and equipment issued to me promptly on request and upon the ending of my participation in good condition; subject to wear and tear that occurs from normal use. I accept financial responsibility for the return of items assigned to Student and agree to reimburse the school the actual replacement value of the items in the event that they are not returned or are damaged, and for cost of repairs if they can be repaired. I understand that failure to reimburse the school in a timely fashion could affect extracurricular activity eligibility.

ACTIVITY CODE: The Seward High School Student-Parent Handbook includes an Activity Code that sets out rules of behavior. Student agrees to comply with the Activity Code. In the event I am uncertain as to whether particular behavior or conduct would violate the Activity Code, I understand that I should ask the Athletic Director for advice before engaging in the behavior or conduct. I agree that participation in extracurricular activities is a privilege that may be denied by suspension or other discipline if Student does not comply with the Activity Code.

I agree that the Activity Code is a set of school rules and are not to be interpreted the same way as a criminal code. As such, I agree that the rules are subject to interpretation by school officials. I also agree that school officials may determine that a violation of the Activity Code has occurred when school officials reasonably determine from whatever information they find credible that the Student engaged in the conduct in question. School officials may determine that a violation of the Activity Code has occurred even though a criminal charge related to the conduct is still pending and even if Student has been found not guilty or the criminal charge has been otherwise dismissed.

Date: _____

(Signature of Parent/Guardian)

(Parent/Guardian Printed Name)

Date: _____

(Signature of Student)

(Student Printed Name)

July 2018

Note: The actual times, dates and locations of the events listed below are subject to change at any time based upon a wide array of variables. Please continue to check www.centralconference.org on a regular basis for the most up-to-date school calendar and event information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 FBLA - National Leadership Conference	2 FBLA - National Leadership Conference 7:00am-9:30am SHS WEIGHT ROOM HOURS @ SHS- Weight Room 9:30am-11:00am SHS Volleyball Open Gym @ SHS New Gym 5:30pm-7:00pm SHS WEIGHT ROOM HOURS @ SHS- Weight Room 6:00pm-9:00pm SHS Band - 4th of July Parade Practice @ Seward High School 7:00pm-8:00pm Seward Memorial Library program @ SHS New Theater	3 7:00am-9:30am SHS WEIGHT ROOM HOURS @ SHS- Weight Room 9:30am-11:00am SHS Volleyball Open Gym @ SHS New Gym 5:30pm-7:00pm SHS WEIGHT ROOM HOURS @ SHS- Weight Room 6:00pm-9:00pm SHS Band - 4th of July Parade Practice @ Seward High School	4 3:00pm 4th of July Parade	5 Summer Moratorium 7:00pm-9:00pm Municipal Band practice @ SHS Band room	6 Summer Moratorium	7 Summer Moratorium
8 Summer Moratorium	9 Summer Moratorium	10 7:00am-9:30am SHS WEIGHT ROOM HOURS @ SHS- Weight Room 8:00am-12:00pm SHS Football @ National Guard Camp (LNS) @ Lincoln 9:30am-11:30am Seward VB Team Camp @ SHS Gyms 5:30pm-7:00pm SHS WEIGHT ROOM HOURS @ SHS- Weight Room 5:45pm-6:45pm Soccer- open workouts @ SES Grass Soccer Fields 6:00pm-7:00pm SHS Cross Country Camp/Clinic @ SHS Track 7:00pm-8:00pm Youth Track Club @ SHS Track	11 7:00am-9:30am SHS WEIGHT ROOM HOURS @ SHS- Weight Room 8:00am-12:00pm SHS Football @ National Guard Camp (LNS) @ Lincoln 9:30am-11:30am Seward VB Team Camp @ SHS Gyms 5:30pm-7:00pm SHS WEIGHT ROOM HOURS @ SHS- Weight Room 6:00pm-7:00pm SHS Cross Country Camp/Clinic @ SHS Track	12 7:00am-9:30am SHS WEIGHT ROOM HOURS @ SHS- Weight Room 9:00am-4:00pm SHS VB Individual Camp @ SHS Gyms 5:30pm-7:00pm SHS WEIGHT ROOM HOURS @ SHS- Weight Room 5:45pm-6:45pm Soccer- open workouts @ SES Grass Soccer Fields 7:00pm-7:00pm SHS Cross Country Camp/Clinic @ SHS Track 7:00pm-8:00pm Youth Track Club @ SHS Track 7:00pm-9:00pm Municipal Band practice @ SHS Band room	13 7:00am-9:30am SHS WEIGHT ROOM HOURS @ SHS- Weight Room 9:00am-4:00pm SHS VB Individual Camp @ SHS Gyms 6:00pm-7:00pm SHS Cross Country Camp/Clinic @ SHS Track	14
15	16 7:00am-9:30am SHS WEIGHT ROOM HOURS @ SHS- Weight Room 9:30am-11:30am Seward VB Team Camp @ SHS Gyms 1:00pm-4:00pm Cheer Camp @ Seward High School 5:30pm-7:00pm SHS WEIGHT ROOM HOURS @ SHS- Weight Room 6:00pm-7:00pm SHS Cross Country Camp/Clinic @ SHS Track 7:00pm-8:00pm SHS Football 7 X 7 Camp @ SHS Football Field 7:00pm-8:00pm Youth Track Club @ SHS Track	17 7:00am-9:30am SHS WEIGHT ROOM HOURS @ SHS- Weight Room 8:00am-4:00pm SHS team Vb Camp @ Multiple locations 1:00pm-4:00pm Cheer Camp @ Seward High School 5:30pm-7:00pm SHS WEIGHT ROOM HOURS @ SHS- Weight Room 5:45pm-6:45pm Soccer- open workouts @ SES Grass Soccer Fields 6:00pm-7:00pm SHS Cross Country Camp/Clinic @ SHS Track	18 7:00am-9:30am SHS WEIGHT ROOM HOURS @ SHS- Weight Room 1:00pm-4:00pm Cheer Camp @ Seward High School 5:30pm-7:00pm SHS WEIGHT ROOM HOURS @ SHS- Weight Room 6:00pm-7:00pm SHS Cross Country Camp/Clinic @ SHS Track	19 7:00am-9:30am SHS WEIGHT ROOM HOURS @ SHS- Weight Room 9:30am-11:30am Seward VB Team Camp @ SHS Gyms 1:00pm-4:00pm Cheer Camp @ Seward High School 5:30pm-7:00pm SHS WEIGHT ROOM HOURS @ SHS- Weight Room 5:45pm-6:45pm Soccer- open workouts @ SES Grass Soccer Fields 6:00pm-7:00pm SHS Cross Country Camp/Clinic @ SHS Track 7:00pm-9:00pm Municipal Band practice @ SHS Band room 7:00pm-8:00pm Youth Track Club @ SHS Track	20 SHS VB @ UNO Team Camp @ Omaha SHS VB @ UNO Team Camp @ Omaha 7:00am-9:30am SHS WEIGHT ROOM HOURS @ SHS- Weight Room 1:00pm-4:00pm Cheer Camp @ Seward High School 6:00pm-7:00pm SHS Cross Country Camp/Clinic @ SHS Track	21 SHS VB @ UNO Team Camp @ Omaha SHS VB @ UNO Team Camp @ Omaha
22	23 7:00am-9:30am SHS WEIGHT ROOM HOURS @ SHS- Weight Room 5:30pm-7:00pm SHS WEIGHT ROOM HOURS @ SHS- Weight Room 7:00pm-9:00pm SHS JAYS FOOTBALL CAMP @ SHS Football Field 7:00pm-8:00pm Youth Track Club @ SHS Track	24 NCA Clinic @ Lincoln 7:00am-9:30am SHS WEIGHT ROOM HOURS @ SHS- Weight Room 5:30pm-7:00pm SHS WEIGHT ROOM HOURS @ SHS- Weight Room 5:45pm-6:45pm Soccer- open workouts @ SES Grass Soccer Fields 7:00pm-9:00pm SHS JAYS FOOTBALL CAMP @ SHS Football Field	25 NCA Clinic @ Lincoln 7:00am-9:30am SHS WEIGHT ROOM HOURS @ SHS- Weight Room 4:45pm-6:00pm Seward VB Team Camp @ SHS New Gym 5:30pm-7:00pm SHS WEIGHT ROOM HOURS @ SHS- Weight Room 7:00pm-9:00pm SHS JAYS FOOTBALL CAMP @ SHS Football Field	26 NCA Clinic @ Lincoln 7:00am-9:30am SHS WEIGHT ROOM HOURS @ SHS- Weight Room 4:00pm-8:00pm SHS ColorGuard practice @ Seward High School 4:45pm-6:00pm Seward VB Team Camp @ SHS New Gym 5:30pm-7:00pm SHS WEIGHT ROOM HOURS @ SHS- Weight Room 5:45pm-6:45pm Soccer- open workouts @ SES Grass Soccer Fields 7:00pm-9:00pm SHS JAYS FOOTBALL CAMP @ SHS Football Field 7:00pm-8:00pm Youth Track Club @ SHS Track 7:00pm-9:00pm Municipal Band practice @ SHS Band room	27 7:00am-9:30am SHS WEIGHT ROOM HOURS @ SHS- Weight Room 9:30am-11:30am Seward VB Team Camp @ SHS Gyms 3:00pm-5:00pm Drumline Practice @ Seward High School 7:00pm-9:00pm SHS JAYS FOOTBALL CAMP @ SHS Football Field	28 8:00am Concordia Softball Camp @ Plum Creek Park
29 Seward VB Team Camp @ Kearney	30 Seward VB Team Camp @ Kearney 7:00am-9:30am SHS WEIGHT ROOM HOURS @ SHS- Weight Room 8:00am-12:00pm Band Camp @ Seward High School 9:00am-10:30am SHS Football Youth Camp (3-6) @ SHS Football Field 5:00pm-8:00pm Band Camp @ Seward High School 5:30pm-7:00pm SHS Football Youth Camp (7-8) @ SHS Football Field 5:30pm-7:00pm SHS WEIGHT ROOM HOURS @ SHS- Weight Room 7:00pm-9:00pm SHS-FB Jays Team Camp @ SHS Football Field	31 7:00am-9:30am SHS WEIGHT ROOM HOURS @ SHS- Weight Room 8:00am-12:00pm Band Camp @ Seward High School 8:00am-4:00pm Breakthrough BB Shooting Camp @ SHS Gyms 9:00am-10:30am SHS Football Youth Camp (3-6) @ SHS Football Field 5:00pm-8:00pm Band Camp @ Seward High School 5:30pm-7:00pm SHS Football Youth Camp (7-8) @ SHS Football Field 5:30pm-7:00pm SHS WEIGHT ROOM HOURS @ SHS- Weight Room 5:45pm-6:45pm Soccer- open workouts @ SES Grass Soccer Fields 7:00pm-9:00pm SHS-FB Jays Team Camp @ SHS Football Field				

August 2018

Note: The actual times, dates and locations of the events listed below are subject to change at any time based upon a wide array of variables. Please continue to check www.centralconference.org on a regular basis for the most up-to-date school calendar and event information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			1 7:00am-9:30am SHS WEIGHT ROOM HOURS @ SHS- Weight Room 8:00am-12:00pm Band Camp @ Seward High School 8:00am-4:00pm Breakthrough BB Shooting Camp @ SHS Gyms 9:00am-10:30am SHS Football Youth Camp (3-6) @ SHS Football Field 5:00pm-8:00pm Band Camp @ Seward High School 5:30pm-7:00pm SHS Football Youth Camp (7-8) @ SHS Football Field 5:30pm-7:00pm SHS WEIGHT ROOM HOURS @ SHS- Weight Room 7:00pm-9:00pm SHS-FB Jays Team Camp @ SHS Football Field	2 7:00am-9:30am SHS WEIGHT ROOM HOURS @ SHS- Weight Room 8:00am-11:00am Band Camp @ Seward High School 8:00am-4:00pm Breakthrough BB Shooting Camp @ SHS Gyms 9:00am-10:30am SHS Football Youth Camp (3-6) @ SHS Football Field 2:00pm-5:00pm Band Camp @ Seward High School 5:30pm-7:00pm SHS Football Youth Camp (7-8) @ SHS Football Field 5:30pm-7:00pm SHS WEIGHT ROOM HOURS @ SHS- Weight Room 7:00pm-9:00pm Municipal Band practice @ SHS Band room	3 7:00am-9:30am SHS WEIGHT ROOM HOURS @ SHS- Weight Room 8:00am-12:00pm Band Camp @ Seward High School 6:30pm-8:00pm SHS Band Camp Exhibition Performance @ SHS Football Field	4	
5	Fall Sports Practice Begins	6	7	8	9	10	11
12	Student Orientation/Open House Professional Development Day - No Students	13	14	15	16	17	18
			Professional Development Day - No Students	First Day of School - Students - Dismiss @ 1:30 PM	5:00pm VB-Varsity Seward vs. Multiple Schools 5:00pm SB-JV Waverly 6:30pm SB-Varsity Waverly	7:00pm SHS - FB Scrimmage @ SHS Football Field	10:00am SB-Varsity TBD vs. Freeman
19	20	21	22	23	24	25	
		8:00am-10:00am School Picture Day @ SHS New Theater 5:00pm SB-JV York 6:30pm SB-Varsity York		4:45pm XC-B/Varsity TBD 4:45pm XC-G/Varsity TBD 5:00pm SB-JV Crete 6:30pm SB-Varsity Crete	9:00am GOLF-G/Varsity Seward vs. Multiple Schools 4:00pm XC-Middle School Seward Middle School vs. Seward 7:00pm FB-B/Varsity Waverly	8:00am VB-Varsity Plattsmouth 9:30am SB-Varsity Seward vs. Multiple Schools	
26	27	28	29	30	31		
	4:30pm GOLF-G/Varsity Fairbury vs. Multiple Schools	5:00pm SB-JV Fillmore Central 6:30pm SB-Varsity Fillmore Central		9:00am GOLF-G/Varsity York 3:45pm XC-Middle School Seward Middle School vs. TBD 4:45pm XC-G/Varsity Seward vs. Multiple Schools 5:00pm SB-JV Norris 5:00pm VB-9th Lakeview 5:15pm XC-B/Varsity Seward vs. Multiple Schools 6:00pm VB-JV Lakeview 6:30pm SB-Varsity Norris 6:30pm FB-9th Northwest 7:00pm VB-Varsity Lakeview	8:00pm FB-B/Varsity Gering		