



# Conestoga Public Schools Townhall

## **ELEMENTARY SCHOOL & JR. SR. HIGH SCHOOL BUILDING PROJECTS** **DR. BETH JOHNSEN, SUPERINTENDENT**

Conestoga Patrons are asked to vote on May 12, 2020, at their polling location for a building project for the Elementary School campus and the Jr. Sr. High School campus. The School Board voted to approve a bond resolution in the amount of \$15,230,000 on a 20-year repayment schedule. At the February 26th Special Board meeting; a Building Project Committee, comprised of Board Members, Community Members, School Staff, and Architects/Construction Advisers, presented information to the Board for consideration of approval of costs for constructing classrooms, renovations to existing classrooms, security updates in existing buildings, a gym and locker rooms, restrooms, and necessary furniture and apparatus for the buildings.

Information that was shared involved the current buildings and proposed expansion plans. The district's current 20-year bond ends this 2020 year, thus lowering the levy in future years. The Jr. Sr. High School building is 40 years old and the Elementary building is 20 years old. Within both buildings, many of the educational and support programs share spaces, hallways, and classrooms.

The Building Project Committee and Board of Education researched plans for curriculum programs. At the Elementary site, the list includes additional classrooms, special education classrooms (including OT/PT/Speech/Psychologist), preschools rooms, daycare rooms, restrooms, and playgrounds. At the Jr. Sr. High School, the list includes science classrooms, language arts classrooms, a foreign language classroom, agriculture classrooms, career-technology-program classrooms, computer classrooms, media production classrooms, a Media Hub, fine arts practice rooms, staff training/meeting room, an assessment room, gym, locker rooms, weights room, security entrance with front office access, offices, and concessions. Within both building sites, some classrooms will be re purposed to accommodate the programs and will also have additional new construction for classrooms.

The Building Project Committee will be announcing multiple meeting dates for the patrons to come and hear the proposals, ask questions, and make suggestions.

These meetings will cover current schematic drawings for program locations, proposed levies, and potential construction schedules (if the bond passes). Please plan to attend any of the upcoming meetings to become better informed. Meeting presentation dates will be published in the next Townhall newsletter and also through our instant-messaging application, called ParentSquare.

# CURRICULUM, INSTRUCTION & ASSESSMENT

## DIRECTOR OF CURRICULUM, INSTRUCTION AND ASSESSMENT

### MRS. ROBIN FROST

Across the state of Nebraska during the months of March and April, students are required to take the Nebraska Student-Centered Assessment System (NSCAS) state assessment. Third through eighth grade will test on the MAP's summative assessment platform and test in the areas of reading and math. Fifth and Eighth grade will take a science pilot test this year on the new science standards. Juniors will take the ACT exam. These scores are then reported to the state. Here are some testing tips and suggestions for students and parents.

Before the test...

- Get plenty of rest the night before.
- Eat a filling breakfast before you arrive on the day of testing.
- Wear comfortable clothes on the day of the test.
- Arrive to school on time. You will feel more relaxed if not feeling rushed, so wake up a few minutes early.
- Relax. You will do better if you don't worry. Try to remember that the results of tests help your teachers plan for your education. It's time to "show what you know."
- If you get "stressed out" about testing, here are a few stress-busting strategies that can be implemented right before you begin: 1) Slow down and relax; 2) Find a comfortable sitting position with your feet flat on the floor in front of you. 3) Take slow, deep breaths; close your eyes and think positive thoughts; and take a moment to prepare for the test.

During the test...

- Listen and follow directions and ask about directions that are unclear.
- Take your time and read carefully.
- On multiple-choice questions, read all your answer choices before selecting your answer and if not sure, eliminate answers that you know are wrong before you make a guess.

# STUDENT SERVICES

## DIRECTOR OF STUDENT SERVICES, MRS. AMANDA WRIGHT

### The Importance of Social Emotional Learning for Students

March 27, 2020 marks the first annual international Social Emotional Learning (SEL) Day. SEL continues to be an area of focus for schools in order to assist students in learning the social and emotional skills they need to deal with everyday life. SEL includes 5 areas of focus: self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. SEL has many benefits for students including improved attitudes about themselves, others, and school, positive classroom behavior, and higher achievement on standardized achievement tests. It has also shown to reduce behavior issues, emotional stress, and drug use. Research indicates kindergartners with strong SEL skills are more likely to graduate from high school, earn a college degree, and obtain stable employment in young adulthood. In addition, many employers suggest skills such as problem-solving and communicating clearly are equally or more important than knowing technical skills. Parents and families also play a vital role in developing children's social and emotional skills. Skills, attitudes, and behaviors that we want all children to learn can be modeled in the home and the community. Scan the codes below with a QR Reader to learn more about SEL components as well as information about how parents, guardians, and families can help shape children's SEL skills.

"SEL" Implementation Tools and Resources." Casel. [casel.org/resources-support/](https://casel.org/resources-support/).



## Southeast Nebraska Family Resource Fair

MARCH 24, 2020 6:30-8:00PM

**Syracuse Middle School**

Come discover opportunities, resources, and services available for your child and family.

Agencies in attendance:

- PTI Nebraska --Parent Training and Information
- NCECBVI--Nebraska Center for the Education of Children who are Blind or Visually Impaired
- DD-- Developmental Disability
- EDN--Early Development Network
- ATP-- Assistive Technology Partnership
- Vocational Rehab
- Autism Network
- Nebraska Family Helpline
- Region V Systems: emotional, mental health, and behavioral support

**DOOR PRIZES!**

**Presented by:**  
**SDA Partners in Learning**

Made with PosterMyWall.com

1430 Education Drive  
Syracuse, Ne 68446  
[tburr@sdsarockets.org](mailto:tburr@sdsarockets.org)

# A NOTE FROM THE JR./SR. HIGH PRINCIPAL

## MR. ROB GEISE

"Inspiring and Preparing Students For Life" is the Mission of Conestoga Public Schools. The mission is based on the following values and beliefs: 1) All students can learn and have special gifts. 2) Learning is best achieved in an atmosphere of mutual respect, caring, trust, and resiliency. 3) Learning is a cooperative responsibility among the home, school, community, and the learner. 4) Teaching and learning are both a skill and passion. 5) Learning is a personalized experience.

As we all know, mission statements for any school or business are great, and needed, but they sometimes fall to the wayside or are simply lip service to the people they serve and at times, even the employees. At Conestoga Public Schools WE SERVE STUDENTS and we take our mission seriously. What do our governing values and beliefs mean and how are they followed to best reach our Mission? Let's take a look!

1) All students can learn and have special gifts. At Conestoga we focus on growth. We want all students to grow and improve. By looking at data, adjusting instruction and focusing on the growth of each student we're able to help each student grow and prepare them for the future. Through our curriculum and activities, students are able to find their niche and excel in those areas most unique to them. 2) Learning is best achieved in an atmosphere of mutual respect, caring, trust, and resiliency. Small schools are communities. We know our kids, we care about our kids and we push our kids to be their best in and out of the classroom. Because we care, students are expected to complete work, to attend school, to behave appropriately and to contribute to a positive culture and environment so all students can succeed. Mistakes are a part of being a young adult. We help our students to learn from mistakes so they can accomplish their goals and be successful citizens. 3) Learning is a cooperative responsibility among the home, school, community, and the learner. We have great students at Conestoga, we have great parents at Conestoga and our Conestoga Community is second to none. Together, we are able to accomplish more and achieve more than working in isolation. 4) Teaching and learning are both a skill and passion. At Conestoga, we also expect our teachers to grow and improve. When we possess a growth mind-set and put kids first, the sky's the limit on what we can accomplish. At Conestoga, we provide our staff with opportunities to improve by sending them to local and state conferences and work-shops to improve their craft. Collaboration is on-going to best serve our students. If we get better our students get better! 5) Learning is a personalized experience. Every student is unique and every student learns differently.

As an educator, it's our job to recognize this and do our best to personalize the learning experience for every student. We do this through the relationships we form with our students. In a small school such as Conestoga, class sizes are smaller which enables us to learn how each student can best be successful.

We are firm believers in the benefits Conestoga offers our students. Our students feel connected to their peers and teachers. Our positive school climate includes safety, dedicated teachers who love teaching and their students, creative teachers, student's enjoyment of being at school and in learning, student creativity and imagination and lots of laughing and smiling students! Conestoga Public Schools is a high performing school! We are cONEestoga

## WE HAVE AN APP FOR THAT

### JR./SR. INSTRUCTIONAL COACH, MS. LEWIS

It is pretty common for people to use the phrase: "There is an app for that" It's just not as common to keep up-to-date with the changes of technology or to know about all the "latest and greatest" apps on the market. Every family and friend circle should check out: Life360. This app is available for both Android and Apple Markets. Our students' safety is important - this is just the app to ensure they are safe 24/7. What are some key features? Families and friends can set up "circles" of private locations for those in their group. This is a great way for parents to track the location of their students; especially as many of our students commute to school, each day. You can set notifications for when members of the circle leave or arrive at important locations, track the speed they drive in their vehicle, receive updates when members phone batteries are running low, and their location history. Other advanced features can be purchased in the app for crash detection and roadside assistance. No member can shut off their location without it appearing in the app. If you have other app questions, or requests for technology information to be shared in upcoming newsletters, please don't hesitate to email me at [klewis@conestogacougars.org](mailto:klewis@conestogacougars.org)



## CAREER ACTIVITIES AT THE ELEMENTARY

### KINDERGARTEN TEACHER, MISS. MORRIS

The Conestoga Staff Curriculum and Career Innovation team held a Career Day at the high school on February 12th. The elementary also participated by completing some career activities. The Pre-K thru 2nd grade completed activities such as coloring and drawing sheets, posters, reading stories about careers and community helpers, writing what they want to be when they grow up and sharing their writing about it with classmates, and exploring careers on Nearpod. The 3rd thru 6th grade completed activities such as researching careers online and completing worksheets on those careers, personal inventory about strengths and goals, and what career they are thinking and how they might get there. It was great for the students in all grades to learn about different careers and start thinking about what they might be interested in and the work or requirements to get there. Overall, it was very beneficial for our students.

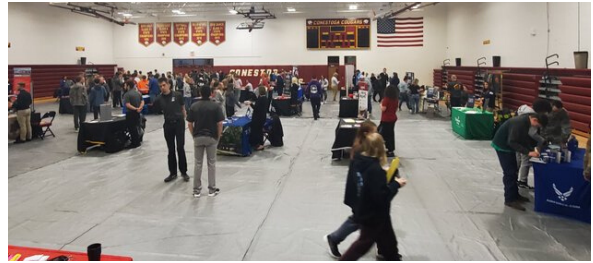


# CAREER DAY EVENT

## JR./SR. COUNSELOR, MRS. KREIFELS

On February 12th, the Jr. /Sr. high held its first ever career day. We kicked the day off with the National Guard meeting with the juniors to go over their ASVAB results and talk about how they can use those for career exploration. After that students had time to attend a tradition style college fair in the gym. Approximately 25 booths were present with representatives from the Armed Forces, Colleges, and Businesses. During lunch students had a chance to try their hand at some Career Field trivia. After lunch students were scheduled to listen to 5 different sessions of career speakers.

Students were divided between 19 different speakers for these sessions. We really appreciate community members, parents, and alum taking time out of their day to present. The goal for the day was to expose students to the fact that there are so many different options for them to consider for their future. We believe we accomplished that goal. A lot of positive feedback was received from students, staff, and presenters. We are already looking forward to making next year even better.

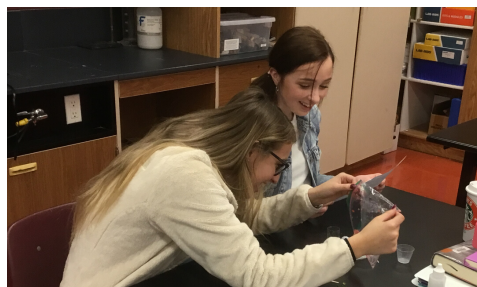


# ADVANCED BIOLOGY

## SCIENCE TEACHER, MR. HUSKEY

### DNA from Strawberries

Here is Mattie and Kallie adding lysis solution to break down cell walls, cell membranes and nuclear membranes of strawberries to extract the DNA from the nucleus.



Ellie and Haley drawing DNA from the strawberry solution in Advanced Biology lab.

Advanced Biology is a dual credit class offered for juniors and seniors at Conestoga High School. Working with Nebraska Wesleyan Honors Academy students receive 4 credit hours of laboratory science credit for a General Biology college course. Students in this class study many topics in biology including microbiology units of the cellular processes, genetics, the chemistry of life. They also will have the opportunity to "teach" a 20-minute lesson on various topics they have to choose from such as ecosystems, plant diversity, animal diversity, and many more. They will finish the year with a unit on evolutionary diversity of life.



## NOTES FROM THE JR. / SR. LIBRARY LIBRARIAN, MRS. ZAHN

How does thy library help me? Let us count the ways. Libraries have changed in so many ways, yet keeps things going that are, oh so important.

Extracurricular Activities

1. Besides hanging out in the library before the morning bell.
2. Junior high students play chess during Wednesday lunch.
3. And have Friday Book Club
4. High school Thursday Book Club Taking college credit online, getting behind on your class assignment(s), missed a test, or making up a whole semester?
5. The library provides a quiet, supervised environment that, in partnership with Mr. Myrtue (IT), also provides for your technical needs
6. We tutor if we can, too! Having computer issues?
7. There are desktops and portables on loan for the class period or the day (Thanks Mr. Myrtuel)



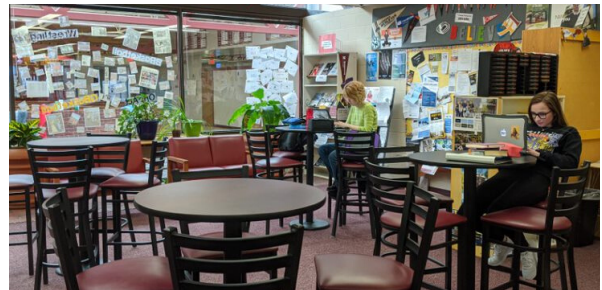
Where and how to print?

8. Good question, we have a new method, learn how to use the new system
9. Need a color print out? Librarian will set you up.
10. Printer jammed? If the librarian cannot fix it, it's time for reinforcements!

The librarian assists teachers, too!

11. Curate books from our own library or library organizations to keep time and costs down as much as possible
  12. Distribute newspapers and keep in-house for all who wish to stay in the know
  13. Assist teachers and teacher aids with copy, stencil, and laminator needs
  14. Spacious area for Socratic Seminars
  15. Online Encyclopedias and Opposing Views databases are used by ELA teachers, Social Studies, and Spanish teachers to increase new knowledge and stay current
- The libraries central location allows us to brag on and encourage passersby. Check out our windows!

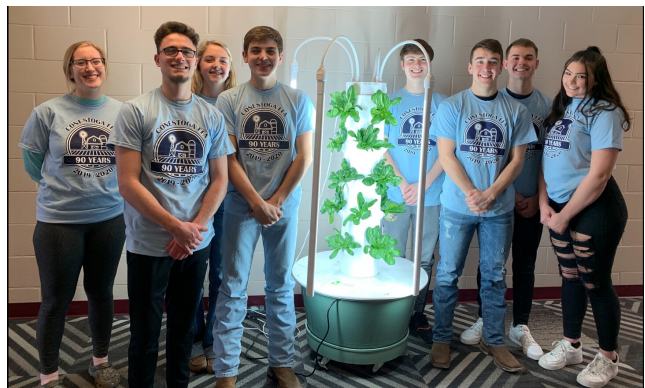
We aid each and every patron with discovering, finding, and getting more information on their own interests: fantasy, realistic social issues, biographies, mysteries, occupations, self-growth, history, and more.



## CONESTOGA FFA RECEIVES FRONTIER COOPERATIVE GRANT AG TEACHER, MISS. TAYLOR

Conestoga FFA received a \$2500 grant from Frontier Cooperative through the Nebraska FFA Foundation to purchase two more hydroponic Tower Gardens and growing supplies. The Tower Gardens provide an opportunity for students to grow different varieties of lettuce greens and learn about non-traditional methods of food production. The agricultural education program also plans to partner with the third grade classes to teach plant science with these Tower Gardens. Conestoga is one of only 13 FFA chapters in the state to receive this grant.

Thank you to Frontier Cooperative for your generosity!



# A NOTE FROM THE ELEMENTARY PRINCIPAL

## MR. ERIC DENNIS

At Conestoga Elementary School, learning standards are the standards and indicators approved by the Nebraska State Board of Education. These are rigorous curriculum standards and the goal is for all students to be proficient on all learning standards at each grade level. A standards-based report card gives parents specific information about whether a student has met those standards.

Conestoga Elementary uses a standards-based report card at the elementary level in grades K-third. In three years, Conestoga Elementary will use a standards-based report card at the elementary level in grades K-sixth. Communicating specifically about each standard rather than combining everything into a single subject percentage helps Conestoga Elementary to communicate clearly about learning with students, parents, and our community.

A standards-based report card...

- measures a student's achievement in relation to the standards rather than by averaging grades or being compared to other students on a curve.
- gives more detailed and accurate information about a student's academic achievement.
- provides clarity and consistency for reporting achievement on learning standards.

The statements on the report card are Grade Level Content Standard (GLCS). Each GLCS represents a group of more specific learning standards/indicators.

The expectation at Conestoga is that students will reach proficiency by the end of the school. Therefore, it is to be expected that a student may be beginning or developing early in the year and reach proficiency at the end of the year. This means the student began the year in the developing phase, which makes sense as they haven't been taught the standards yet, and end the year at proficient having learned the standards. The marks on the report card are determined by using student assessments combined with teachers' professional judgments to represent achievement of learning standards at a given point in time.

In addition to the report card, student achievement will be shared in many ways throughout the year including:

- Conferences; communicating student achievement continues to be the focus of parent-teacher conferences. These conferences are held at the end of first and third quarters.
- Informal Communication; teachers use phone calls, notes, emails, parent meetings, and ParentSquare to report evidence of student learning and progress towards standards.

For additional information contact your child's teacher or building principal.

## ELEMENTARY INSTRUCTIONAL COACH CORNER

### ELEMENTARY INSTRUCTIONAL COACH: MRS. BERGMAYER

At Conestoga Elementary we pride ourselves on offering small class sizes, small instructional groups, and our shining teachers that use the best teaching practices to meet the needs of all our scholars. These components are achieved on a daily basis due to the teamwork mentality that the staff of Conestoga embraces. It is due to these educational beliefs that when the school year started, many in the state were scouring to provide supports that would meet the required needs of the Nebraska Reading Act. However, at Conestoga, we were able to continue our business as usual! In a review of the Nebraska Reading Act, we found we were meeting and even surpassing the requirements.

As mentioned, this is no easy feat- it requires teamwork from members in the school; from students to teachers to our amazing support staff. If you visit the school you will find that we are utilizing every space possible for learning of all varieties. We have movement opportunities in the hallways, we have reading groups happening in stairway corners to give small groups their own working space, and we have a variety of collaboration opportunities happening in the cafeteria! We love our school and would love to share with you the amazing things happening here every day! If you are ever able, please stop by and visit! Conestoga Elementary has amazing things happening throughout the day!

## CONESTOGA HEAD START

### FAMILY SUPPORT ADVOCATE, DORLA KLIEGL

We are now accepting Head Start applications for the 2020-2021 school year. Applications are available at the Conestoga Elementary School office. Questions? Please call (402) 235-2750.





# TEACHING KIDS ABOUT SOCIAL MEDIA

## ELEMENTARY COUNSELOR, MRS. LEFFLER

Parents used to just worry about kids watching too much TV, or playing too many video games. We still worry about those things, but now the screen time list has gotten much longer. Phones, tablets, apps, social media, texting – they all can captivate kids (and adults) starting at a very young age. So what can parents do?

The following guidelines from "Teaching Kids to Be Smart About Social Media" at KidsHealth.org, are a great way to get started on teaching social media responsibility to your child.

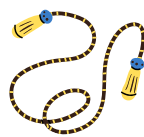
- Be nice. Mean behavior is not OK. Make it clear that you expect your kids to treat others with respect, and to never post hurtful or embarrassing messages. And ask them to always tell you about any harassing or bullying messages that others post.
- Think twice before hitting "enter." Remind kids that what they post can be used against them. For example, letting the world know that you're off on vacation or posting your home address gives would-be robbers a chance to strike. Kids also should avoid posting specific locations of events, as well as phone numbers.
- Follow the "WWGS?" (What Would Grandma Say?) rule. Teach kids not to share anything on social media that they wouldn't want their teachers, college admissions officers, future bosses – and yes, grandma – to see.
- Use privacy settings. Privacy settings are important. Go through them together to make sure your kids understand each one. Also, explain that passwords are there to protect them against things like identity theft. They should never share them with anyone, even a boyfriend, girlfriend, or best friend.
- Don't "friend" strangers. "If you don't know them, don't friend them." This is a plain, simple – and safe – rule of thumb. It's important to be aware of what your kids do online. The key is to stay involved in a way that makes your kids understand that you respect their privacy but want to make sure they're safe.

# ELEMENTARY P.E.

## P.E. TEACHER, MRS. HARVEY



We started our Jump Rope Unit at the start of February and tried out a new challenge in Grades 1st-6th this year. Students participated in a Jump Rope Ninja Challenge. Each grade level had a different number of jumps they had to meet in order to pass each belt. Students had the opportunity to try to pass a total of 9 belts, with the first belt being white, and the last being black, throughout the month of February. As students passed a belt, they got to sign the wall on the correlating color of belt. If students passed the black belt, they received a certificate and their picture was put up on the Cougar Cam. Students in kindergarten began learning how to jump with both short and long ropes. Next year they will be able to participate in the Jump Rope Ninja Challenge. In addition, our 4th graders designed and performed their own single jump rope routine, while our 5th graders designed and performed a group jump rope routine using a long jump rope. 6th graders learned about a Tabata workout, and they created their own Tabata workout, and then recorded the workout to share with others.



Black Belts



# NEWS FROM THE SCHOOL NURSE

## NURSE: MRS. MARTIN



The Nebraska Department of Health and Human Services (DHHS) and its partners are carefully monitoring the unfolding outbreak of respiratory illness caused by the Coronavirus Disease 2019 (COVID-2019). The virus originated in China and has spread beyond the country's borders with cases now reported in multiple other countries including the United States. While the Centers for Disease Control and Prevention (CDC) and other public health officials consider this a serious public health threat, they say the immediate health risk to the public is considered low at this time. Our goal is to protect Nebraskans and prevent the spread of disease. Public health officials have shared information with health care providers and health care facilities about recognition, management and reporting of patients with potential COVID-2019 infections. DHHS and partners are also facilitating confirmatory testing, isolation and monitoring of Nebraskans experiencing symptoms to identify cases as soon as possible and are in active and ongoing communication with the CDC and other state and federal partners.

### How could coronavirus disease 2019 affect your school and students?

We certainly understand parents and school officials have questions about this new virus and its possible effects on the school-age population. Currently the risk to the general public is considered low. Risk is based on potential for exposure. School staff or students with recent travel history to China or contact with someone who had recent travel and was infected, might have more risk of becoming ill.

### Prevention Tips

When a new disease is circulating, it is natural for people to ask what they can do to protect themselves and their families. The best guidance at this point is to take the same precautions recommended for avoiding colds and flu:

- Staff and students should stay home when they are sick.
- Teach students to cover their coughs and sneezes with tissues, or to cough or sneeze into their inner elbow.
- Practice good hand washing with soap and water as often as possible, and if soap and water are not available, use alcohol-based hand sanitizers.
- Clean and disinfect frequently touched objects and surfaces in classrooms.

### Contacts to help answer questions

Any administration or health care staff with questions can call their local health department - <http://dhhs.ne.gov/lhd>  
Other faculty or parents who have concerns about their, or their families' personal exposure risks should contact their health care provider or local health department - <http://dhhs.ne.gov/lhd>

### Helpful information and additional resources

DHHS Novel Coronavirus website - <https://www.dhhs.ne.gov/coronavirus>  
CDC Novel Coronavirus website - <https://www.cdc.gov/ncov>

# CONESTOGA STRENGTH AND CONDITIONING

## MR. CLAUSEN

Our students continue to be hard at work in the Cougar Den! With the new semester, new goals have been set by each student. Our Strength & Conditioning program and the work put in by each student will drive them toward each individual student goal. Some of our Strength & Conditioning students competed at the 2020 Nebraska State Raw All-Class Powerlifting Championships on February 1st at Creighton Prep. This competition allowed our students to perform the Back Squat, Bench Press, and Deadlift while competing against other Class A, B, and C schools in these lifts. Logan Chini, Morgan McAndrew, Josh Lingafelter, Nathaniel Keene, Jake Heronimus, Ella Lewis, Chadren Katzenstein, Elijah Egley, Silas Turner-Hickey, Brody Hassler, and Rhett Stewart competed at the meet.

All of these students put in extra work outside of class to improve not only the technique of their lifts, but also developing strength to perform their best at the meet. Many personal records were set and three students placed in their weight class. Elijah Egley received 5th place, Jake Heronimus finished in 4th place, and Morgan McAndrew earned 2nd place. Last year we had 5 students participate and we more than doubled the participation of Conestoga students competing since last year. A special thank you to the Conestoga Booster Club for covering the cost of the entry fee for each student that competed! We look to continue growing this participation number during next school year! Along with offering 7 class hours for Strength & Conditioning during the school day to our students, we continue to offer after school training opportunities in the Cougar Den for any 7th-12th grade students looking for extra work to accomplish their goals and prepare them for upcoming sport seasons. As the semester progresses, be on the lookout for information about Summer Strength & Conditioning sessions for students entering 6th-12th grade!



Front Row (Left to Right): Josh Lingafelter, Brody Hassler, Silas Turner-Hickey, Elijah Egley

Second Row (Left to Right): Logan Chini, Jake Heronimus, Rhett Stewart, Morgan McAndrew, Ella Lewis, Chadren Katzenstein

Back Row: Nathaniel Keene



# WINTER ACTIVITIES REVIEW

## ACTIVITIES DIRECTOR, MR. JASON AHRENS

This winter the Cougars competed in Boys/Girls Basketball, Wrestling, Cheer, Dance, and Speech at the high school level. One way to describe the 2019-2020 winter activities season at Conestoga Jr./Sr. High School would be BUILDING! There are countless examples this winter of our students, coaches, teachers, and community members working to BUILD school spirit, participation, and excellence in our programs and I would like to share a few examples of this from the winter!

### BUILDING A POSITIVE, INVOLVED CULTURE:

The CHEER, DANCE, and PEP BAND did a great job all winter of helping build school spirit by planning pep rallies, performing at contests, creating locker tags, etc.. the list goes on and on.

The Spirit bus to support state wrestling was booked full with over 40 students going cheer on the Cougars.

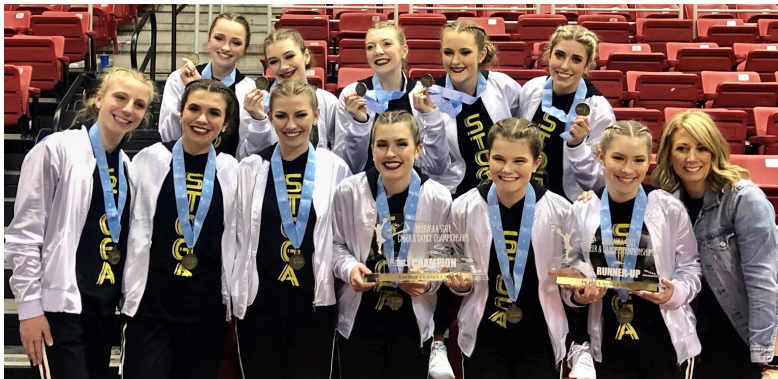
There was an overall increase in athletes involved in winter sports from the 2018-19 school year.

### BUILDING A CULTURE OF EXCELLENCE:

Continued Improvement

- All three varsity sport programs improved upon their season win totals from the 2018-2019 season.

## **STATE CHAMPIONS!**



**The 2019-2020 Cougarette's Dance Team won the Hip Hop division and earned their 3rd Consecutive State Championship! THREE-PEAT!!!**

### **State Qualifiers and Medalists**

- The Cougar Wrestling team qualified for the State Dual Championships in Kearney and placed 6th in Class C1.
- The Cougar Wrestling team qualified SEVEN wrestlers for the State Wrestling Championships in Omaha, Braden Ruffner, Keagon Chini, Jacob Dragon, Isaiah Parsons all qualified and Hunter Thonen, Owen Snipes, and Cam Williams all qualified and medaled at the State Wrestling Championships!
- The Cougarette's Dance team earned a STATE RUNNER-UP trophy in Pom!
- The Cougar Cheer team placed sixth at the State Cheer Competitions for their Game Day Routine!

### **New School and NSAA records**

The Cougar Boys Basketball team and members broke a total of eleven school records and joined the Nebraska State Record books as a team for 3's made in a game, 3's made in a season (6th All-Time), Benjamin Welch made the Nebraska State All-Time record books for 3's made in a season, and 3's made in a game

Thank you to our student-athletes, coaches, parents, guardians, event workers, teachers, administrators, the Booster club, and for helping us build our school culture in a positive way this winter season with your effort and support! Let's continue to build momentum moving forward and as we head into the Spring season. It's a great time to be a Cougar!!



# SPRING SPORTS SEASON INFORMATION

## ACTIVITIES DIRECTOR, MR. JASON AHRENS

The Spring sport season is all set to get underway with the first official high school practices taking place on Monday, March 2nd. Listed below you will find all the information Cougar fans and parents will want to know.

Online Activities Calendar: The full schedule of each activity at Conestoga including the competition schedules can be found on the school website: [www.Conestogacougars.org](http://www.Conestogacougars.org) or by downloading the ActivityScheduler app.

Team App: Each Conestoga Program or Group has their account on teamapp and utilizes it to communicate quickly and directly to the students and parents within their group. This is where you will receive important updates including practice and game schedule changes.

Spring Activities Poster Schedule: Poster and Pocket Schedules for the Spring activities season will be available for pick up at the high school beginning on March 19th. Schedule Includes: Boys Soccer, Girls Soccer, High School Track, and JH Track.

### Important March Dates

March 2nd- First day of High School spring sport practices.

March 4th- Monthly Cougar Booster Club Meeting- @ Lake Ridge Country Club

March 9th- ECNC Quiz Bowl Competitions for Junior High and High School @ Conestoga High School

March 17th- JH Wrestling ECNC Invitational @ Malcolm High School, All Ensembles 7-12 Music Concert @ Conestoga High School

March 18th- Speech District Competition @ Auburn High School

March 19th- Girls Soccer Season Opener v. Plattsmouth @ Cougar Stadium, Boys Soccer Season Opener @ Omaha Gross High School

March 20th- Boys and Girls Varsity Track's First Meet @ Doane College

March 24th- Nation Honor Society Induction @ Conestoga High School

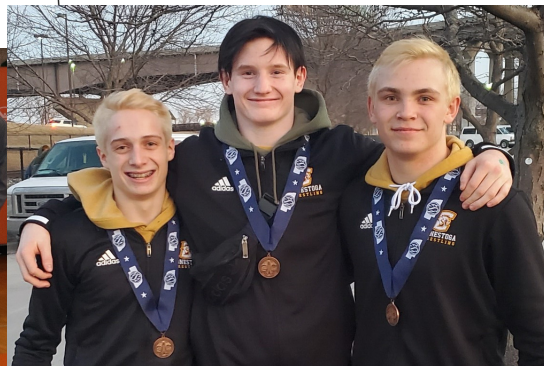
March 26th- State Speech Championships, Boys Varsity Soccer Home Opener v. Lincoln Lutheran @ Conestoga High School

## CONESTOGA WRESTLERS WRAP UP WINNING SEASON

### WRESTLING COACH, MR. SEAN TRAMPE

Conestoga wrestlers recently completed an outstanding season on the mats. The wrestlers set lofty goals for themselves and their teammates at the beginning of the season and were able to achieve many of those high standards this year. Hard work throughout the entire season set varsity wrestlers up for impressive post-season success, both at the team and individual level. The trajectory of the wrestling program is very positive and this year's wrestlers have helped set the table for years of success to follow. All season long our wrestlers prided themselves on dominating their opponents, and the level of success realized by this group is unmatched by any in recent memory. As a team, we compiled a varsity record of 438 and 209 with 291 pins, won four tournaments and earned a dual record of 20-5. Conestoga wrestlers qualified for the NSAA State Dual Tournament for the first time and earned a 6th place finish. At the district tournament, seven cougar wrestlers were able to place in the top four of their brackets and qualify for state, while the team earned an impressive 3rd place finish in the 16-team tournament. Braden Ruffner (120), Keaghan Chini (126), Cameron Williams (132), Jacob Dragon (145), Isaiah Parsons (160), Owen Snipes (182) and Hunter Thonen (195) represented Conestoga at the NSAA State Championships on Feb. 20-22 in Omaha. Williams (4th), Snipes (6th) and Thonen (6th) became Conestoga's first state medalists since 2018. Throughout the season, coaches stressed the importance of maintaining a high level of intensity in the practice room and carrying an unwavering confidence with them as they stepped onto the mat to compete. Our senior wrestlers (Jaemes Plowman, Jacob Dragon, Justin Pick, Dillon Leffler, Parsons, Snipes and Thonen) were instrumental in helping instill these attitudes in our younger wrestlers, and their leadership is greatly appreciated. Our hope is always that we can teach our athletes how to be great wrestlers and even better people. Watching this group mature into the leaders they are today helps reinforce our belief in the wrestling program at Conestoga.

Thank you, Cougar Nation, for all of the support that you have given to our wrestling team-and all teams-this season. We are excited to be an instrumental part of the resurgence of success at Conestoga High School and are proud of all of the major strides made by student-athletes throughout the district in recent years. The bar has been raised, and if we hope to continue our trend of success we need great buy-in and participation. Parents: please encourage your students to explore the benefits of extra-curricular activities at our school and throughout our community.





# BOYS BASKETBALL

## BASKETBALL COACH, MR. JASON AHRENS

The Conestoga Boys Basketball team starts every season with the same goal, to be better at the end of the season than we were at the beginning. To help us achieve this goal we make it our top priority to emphasize daily improvement, to get better every day though this seems simple it proves to be a challenge over the course of a long season. This season the leadership provided by the juniors and our lone senior Kobe Gansemer kept us moving forward and progressing through the good and the tough times of the season. The level of commitment they show served as a model for our younger players and helped raise their level of play this played a large part in allowing us to compete at a much higher level late in our season than we were early on and it helped to build more momentum for our program to continue to improve into the future. Thank you coaches, parents, student managers, basketball alumni (former players, coaches) ATC(Seth), the cheer team, pep band, The Dance team, Cougar Youth Basketball, Cougar Strength & Conditioning program (Mr. Clausen), Bus Transportation (Especially Vic, Don, & Nancy), Administration, Teachers, Cougar Fans, Custodial and Maintenance Staff, our office ladies (Kelly, Sara), Conestoga Media (Mr. Trampe), the Booster Club, and many others for your support and effort you give to our program any success we may have is shared success with all of you.

### Individual School Records :

#### Benjamin Welch, Junior

Season- 3 pointers made- 88 - 15th- All-Time Nebraska State Basketball  
Season- 3 point percentage- 44%  
Game-3 pointers made-9- 50th- All-Time Nebraska State Basketball  
Career-3 pointers made- 147  
Career- Charges Taken-27

#### Lane Fox, Junior:

Season- Assists-163  
Career-Assists- 415  
Game-Assists- 13 (twice)  
Joined 1,000 point club (3rd member) in school history  
currently has 1,143 in career.

### Season Highlights

Most Varsity Wins in over 25 years  
Most combined wins in back to back seasons since 1984  
2015-2020 most wins over a five year span since 1979-1984.

### Team School Records:

Season- 3 pointers made- 229 - 6th- All -Time Nebraska State Basketball  
Game- 3 pointers made-18 (2 times)- 3 5th- All -Time Nebraska State Basketball  
Season 3 point percentage - 37.2%  
Season- Assists per game- 12  
Season- Turnover's per game- 9.2- Led Class C this season  
Season-Free Throw Percentage- 70.2%  
Game- Assists - 23



# LADY COUGARS COMPLETE 2019-20 SEASON

## BASKETBALL COACH, MR. TONY THIES

The Lady Cougars finished their season off on Tuesday, February 18th at Waverly against the Ashland-Greenwood Lady Bluejays. The final record for the 2019-20 campaign was 3-20. The Lady Cougars secured victories over Cedar Bluffs, Palmyra, and Johnson County Central. This year was full of growing opportunities for the Lady Cougars and the future of the program is bright. Freshmen Sophia Ackerman, Ali Gansemer, Jameson Yost, and Haven Zimmerman played an important role on the Varsity team and figure to be a big part of the future. Lindee Watson finished her second full season as a starter, as just a sophomore. Fellow sophomore Mati Steckler saw her role expand greatly in her first season as a full-time starter, leading the Lady Cougars in made 3-pointers. Junior Myah Cummings took on a valuable leader role as she continued to grow as the starting point guard and led the team in scoring, despite only playing in 16 games. Taylor McClatchey and Olivia Priefert also played big roles this year. Taylor led the team in assists and Olivia was the highest percentage 3-point shooter during the season. Our lone senior this season was Ellie Sachs. Ellie stepped up and played a large role as our #1 defender and filled the stat sheet in many ways every night. Ellie's impact on our team and program was tremendous and she will serve as an example of what hard work and a positive attitude can achieve. The program is blessed with a group of young ladies who care about each other and are looking forward to improving heading into the 2020-21 season.



Conestoga Public Schools  
P.O. Box 184  
Murray, NE 68409-0184  
An Equal Opportunity Employer  
Change Service Requested



Nonprofit Org.  
U.S. Postage  
PAID  
Murray, NE  
Permit #3