

Conestoga Public Schools Townhall

BOND ELECTION- VOTE ON MAY 12, 2020

DR. BETH JOHNSEN, SUPERINTENDENT

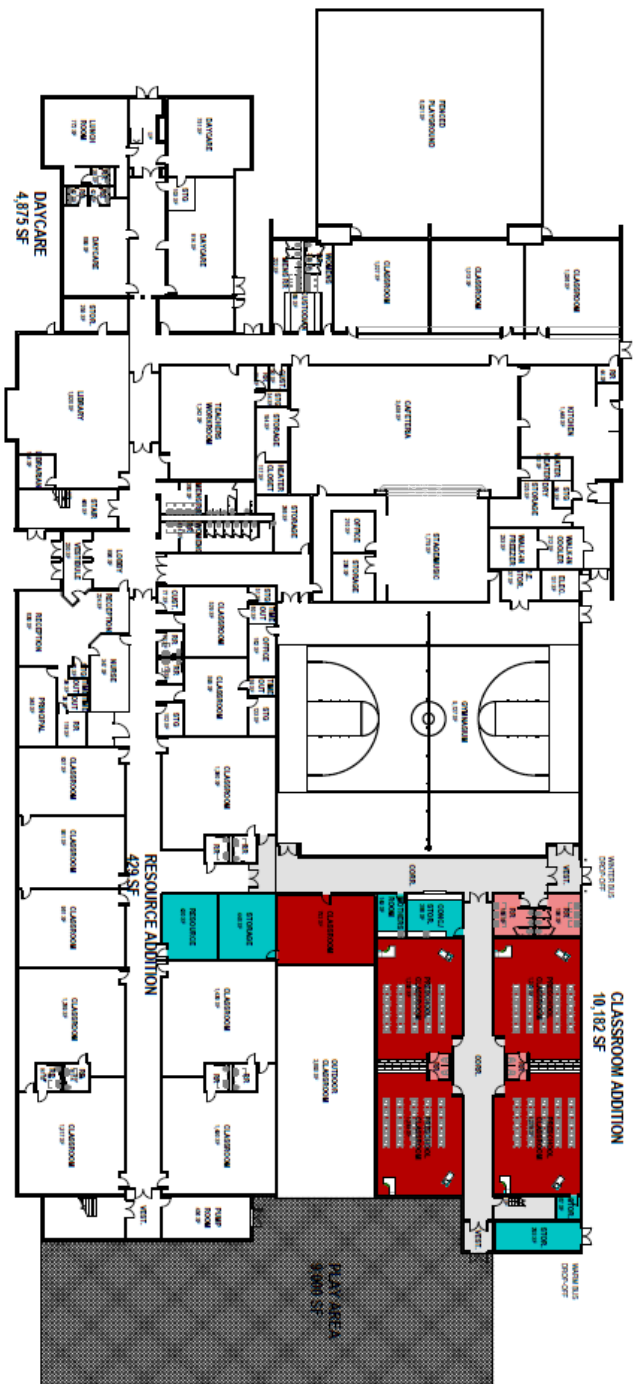
Conestoga is a unique school district. Our towns, communities, and local neighborhoods will often use the schoolhouses as the gathering locations for communitywide events. Conestoga represents the progressiveness of our patrons. Our current Elementary building and Jr. Sr. High building need additional spaces and renovating the existing spaces to meet the needs of our current and future programs. The following lists are additional program needs for our Conestoga students. Most of these programs are located in multiple-shared spaces, hallways, and classrooms. Other classrooms are outdated and the new modern programs have different skill-preparations that require 21st Century classroom environments.

Elementary Program needs for space/rooms			
Social Skills/SEL/Mental Health	Assessment	Additional Grade-level Classrooms	
Safety/Secured Entrance	STEAM/HAL	Teammates	Preschool
OT/PT/Psych/Speech	Computer Lab	Special Education	Daycare
Teacher Mtg/workroom	Mother's room	Intervention room	Restrooms

Jr. Sr. High Program needs for space/rooms			
Safety/Secured Entrance	CTE wing	Media Center	Computer Labs
HS Science classrooms	STEAM	Gym/locker rooms	Weights
JH Science classroom	Art classrooms	Special Education	Front office Entry
Staff Development	Assessment	OT/PT/Psych	Mother's room

Our Jr. Sr. High School building is 40 years old and the Elementary building is 20 years old. Both buildings are structurally sound; however, educational programs have changed in the last 20-40 years. The classrooms and other necessary learning/living spaces are outdated; or lack the additional spaces to provide a quality learning environment for current and future program needs. Conestoga Public Schools will be proposing a Bond Election on May 12, 2020. The district's current 20-year bond ends this 2020 year, plus the district's finances are in excellent and secured condition.

The proposed building plans address the current and future environmental learning-needs of our students. Each building site has outgrown the building space and needs the additional renovations and additions. The following sketches are basic schematic drawings of both building sites. Each of these drawings are in the developmental stages, but they reflect classroom/program needs and locations within the schools



The Elementary schematic drawing includes earmarked areas for 12 additional classrooms; relocation of existing programs/classrooms, additional restrooms, a daycare wing, and outside playground projects.

Schematic above is the main "1st Floor" of the Elementary; denoting classroom/program locations.

Right schematic is the 2nd Floor of the Elementary showing additional classrooms that provide relocation of grade-level classrooms that open up space for needed programs within the existing building layout.



The Board of Education has done an outstanding job of appropriating funds in addition to being prudent with levying money from the patrons. Conestoga's recent levy history shows the sensible control of levying funds to support the educational needs of our students. The chart below shows the budgeting of recent levies.

2016-17	Levies	2017-18	Levies	2018-19	Levies	2019-20	Levies
Gen.Fund	\$0.95	Gen.Fund	\$ 0.950	Gen.Fund	\$ 0.9500	Gen.Fund	\$ 0.9500
Bond Fund	\$0.09	Bond Fund	\$ 0.098	Bond Fund	\$ 0.0952	Bond Fund	\$ 0.0884
QCPUF	\$0.04	QCPUF	\$ 0.038	QCPUF	\$ 0.0356	QCPUF	\$ 0.0354
		Building Fund	\$ 0.040	Building Fund	\$ 0.0400	Building Fund	\$ 0.1000
Total	\$1.08	Total	\$1.1266	Total	\$ 1.1208	Total	\$1.1738

The Board of Education will present a Bond Proposal to the Conestoga Patrons to approve a \$15,230,000 building project that would incorporate major renovations to the Elementary building and the Jr. Sr. High School building, plus add classrooms to both sites, a new gym at the high school, and a secured front entry to the high school. The levies below include the proposed bond issuance.

Note these total levies are less than the prior 3 years; compare the charts above and below.

2020-21	Levies	2021-22	Levies	2022-23	Levies	2023-24	Levies	2024-25	Levies
Gen.Fund	0.9500	Gen.Fund	0.9500	Gen.Fund	0.9500	Gen.Fund	0.9500	Gen.Fund	0.9500
Bond Fund	0.1348	Bond Fund	0.1344	Bond Fund	0.1343	Bond Fund	0.1346	Bond Fund	0.1345
Total	1.08480		1.0844		1.0843		1.0846		1.0845

The neighboring Cass County school districts are in the process of doing building projects or have recently finished a building project. Our projected levy (including the new Building Bond) would be lower than the other Cass County School Districts.

Cass County School Districts	2017/2018		2018/2019		2019/2020		2020/2021	
	Total levy	Bonds	Total levy	Bonds	Total levy	Bonds	Total levy	Bonds
Conestoga	\$1.1260	\$0.098	\$1.121	\$0.139	\$1.178	\$0.088	\$1.08	\$0.13
Plattsmouth	\$1.2680	\$0.182	\$1.271	\$0.141	\$1.217	\$0.123		
Weeping Water	\$1.3170	\$0.251	\$1.321	\$0.251	\$1.295	\$0.225		
Louisville	\$1.1790	\$0.117	\$1.178	\$0.119	\$1.167	\$0.117		
Elwood Murdock	\$1.1130	\$0.141	\$1.122	\$0.139	\$1.105	\$0.135		

STUDENT SERVICES

DIRECTOR OF STUDENT SERVICES, MRS. WRIGHT

Title I Monitoring Visit

Every three years, the State of Nebraska performs a monitoring for each school district that receives federal funds for Title I programming. This visit is to ensure that districts are taking measures to utilize the federal funding in an appropriate manner and providing proper services to students. On March 5th, Kirk Russell from the Nebraska Department of Education, conducted an on-site visit to review Title I services at the Elementary School. Mr. Russell reviewed all relevant documents that were requested and indicated that the District is following all federal guidelines. He praised the Elementary schools' efforts to provide services to students who need additional reading and math support. Mrs. Keene, Mrs. Bergmeyer, and Mr. Dennis were integral in making sure all documents and relevant information was available to Mr. Russell for his visit. In addition, the elementary staff has provided and continues to provide the support needed to ensure all students are successful. Well done!

E LEARNING- THE BACKSTORY

JR./SR. INSTRUCTIONAL COACH, MS. LEWIS

When the media tells you that a potential pandemic is going to affect your students' learning, how do you prepare? This is uncharted water, but we took the time to prepare the best way we knew how: planning for the worst and hoping for the best.

With limited time to prepare we took action to prepare for a "potential" outing. E-Learning plans were established "just in case" our 7th-12th grade students would need to learn remotely for a short time. Teachers shared the necessary information for class work expectations and keeping students in communication.

As updates continued to happen, and the threat of Covid-19 became more of a reality, teachers began to prepare for virtual learning by attending Zoom meetings, creating virtual learning plans, helping provide technology for all our students, and creating a contact database for parents.

Our plan will continue to evolve to accommodate needs in the virtual learning environment, but as we do, updates can be found on the high school webpage under "COVID-19 Parent Information."

MUST WE REMIND, THE CLASS OF 2020 IS ONE OF A KIND!

JR./SR. COUNSELOR, MRS. KREIFELS

As I sat down to write my monthly newsletter article, many thoughts ran through my head about what would be most important to write about. Should it be information on what our world is going through right now and how to cope with the times? Should it be information that my seniors need to know about scholarships, etc. So, I started to research and as you know there is so much out there, it can be overwhelming and information changes hourly, maybe even by the minute. So that would be my first suggestion, try to filter some of the news and just stick to the most reliable resources like the CDC and local health departments.

As I sat at home researching, my daughter sat next to me working on her remote learning. That also made me think about how the adults have so many questions about what is going on around us, but yet we need to try to remain calm and steady for the youth. I also spend much of my time working from home getting messages out to students, parents, teachers, etc. Seniors wondering about scholarships and what the rest of their senior year holds... My mind keeps going back to these seniors.

While searching for some information for an article, I found the following slogan for the Class of 2020. "Must we remind, the class of 2020 is one of a kind!" They truly are. You may or may not have realized that the seniors were born at the time surrounding 9/11. This is such a different time than 18 years ago, but yet very similar. I was close to the same age the seniors are now. Sifting through the news, banding together, not knowing what was coming next... It felt like the world was standing still then, it feels that way now, but different. Current high school students have grown up in an instant gratification society that is always on the go. The world is telling us to stand still now. There is so much uncertainty on what the end of their senior year will look like, which seems so unfair. Their transition to the next step looks so different from those before them and those after them! They are losing a piece of their childhood and a rite of passage in a way no one imagined! But I have to believe they will be better for it in the long run and we will see great things from them. Conestoga Class of 2020 you are one of a kind! Learn from your experiences and go out and be great! But in the meantime, keep checking Class of 2020 Google Classroom for scholarship and other announcements I might have for you.

A NOTE FROM THE JR./SR. HIGH PRINCIPAL

MR. ROB GEISE

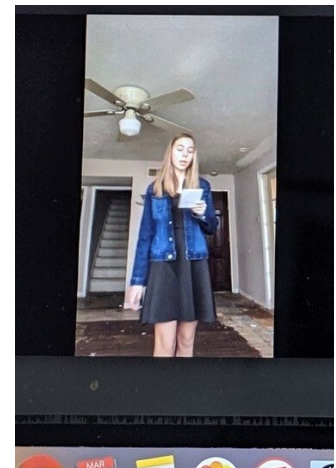
The Covid-19 situation has presented us with many obstacles the last few weeks. Our district has risen to the challenge of being prepared to best meet the needs of our students. By transitioning to an E-Learning Enrichment type format, our students have been working hard to take advantage of the opportunities provided to them by their teachers. The teachers at Conestoga Jr/Sr High have been completely amazing. The plans they developed to provide opportunities for our students and the work they put in to make those plans a reality have proven to be beneficial for our students. As a staff, we are also meeting weekly via zoom to discuss ways in which we can continue to serve our students. In addition, the technology our teachers are using each and every day is top-notch.



Mrs. Marshall incorporating a little "fun" into her classroom opportunities!

Our teachers and students are working harder than ever. The Conestoga Community is lucky to have these amazing people in our school. They are Student-Centered and Growth-Minded!

The teachers, along with our great students and parents, are what makes Conestoga such a special place. Go Cougars!



One of Mrs. Schlichtemeiers's students gives a speech that was uploaded to Google Classroom!

BUSINESS AND INFORMATION TECHNOLOGY

BUSINESS, MARKETING, AND INFORMATION TECHNOLOGY TEACHER, MR. BROKAW

Business and Information Technology

For the school year the state renewed paying for Microsoft Office Specialist testing in all public schools that wish to do so. Being able to effectively use Microsoft Office to increase work efficiencies and productivity is valuable in the job market. Employers want their employees to have these skills. They expect employees to have these skills. Companies and organizations everywhere, every day, conduct business using Microsoft Office. At the very least, earning a Microsoft certification is a way for students to differentiate themselves by showing they meet certain skills competency thresholds within specific IT areas. It also shows that they have demonstrated some personal ambition by earning such a credential. Conestoga Jr/Sr High has had eight students pass a total of sixteen Microsoft Office Specialist Certifications so far.

Microsoft Office Specialist Highlights

- Achieve industry-recognized certification.
- Learn the computing skills companies are looking for.
- Boost your workforce resume.
- Differentiate yourself from other applicants.
- Gain valuable experience and confidence.
- Heighten your earning potential.
- Prepare yourself for a successful future.



JR./SR. ART DEPARTMENT

SECONDARY ART INSTRUCTOR, MR. SWANTEK

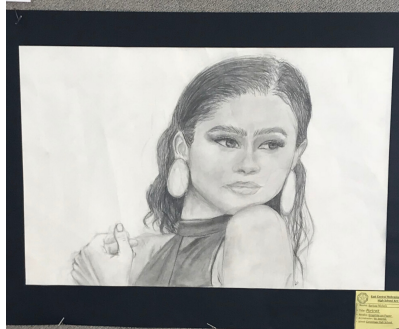
March is Youth Art Month and to celebrate each year the ECNC hosts an art show of student work in Lincoln. Conference schools are allowed up to ten entries to be displayed at the Wells Fargo Bank building in downtown Lincoln. The art is on display all month in the lobby and is eligible for awards of a gold, 1st, 2nd, or 3rd runner up. Awards are voted on by the other art teachers from the schools within the conference. These awards have traditionally been presented to the winning students during the Fine Arts Night which does a great job of celebrating the awards and hard work of all the Fine Arts here at Conestoga near the end of the school year. This year there was a nice variety of mediums submitted and a lot of good entries with each grade of our high school artists being represented. It was very difficult to narrow down to only ten entries for display. Usually, near the end of March there is a field trip that coincides with the end of the show where the students whose work represented Conestoga get to participate in a workshop as well as check out some of the art in Lincoln. During these workshops, students get to be hands-on with a craft or skill they wouldn't normally have the opportunity to within the classroom setting. In years past, these have been led by artists that specialize in areas such as felting, printmaking, advanced collage making, and this year's artist was scheduled to be working with leather, however this year's workshop has been cancelled due to circumstances at hand. The students do a great job and the bank is a great platform of display for the conference. Each year our students' skills improve and I'm excited for them to continue to develop their skills as they produce their art. Some of the artwork that our students make will be on display at the Fine Arts Award Night and this year's conference show being displayed until the last Saturday of March.

Images:

Castle: Kelsie Weilage

Portrait: Karissa Nickels

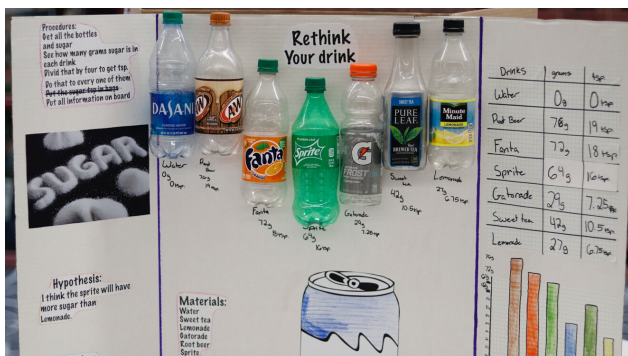
Black and White Scene: Lorna Moynihan



JH NEWS

JH SCIENCE TEACHER, MR. LARSON

On Friday March 13, we had our 8th grade mini science fair. The kids worked on their projects at school and at home for 6 weeks. Thank you very much to all of the parents who supported this. I was very happy to see that they did a very good job with these. The comments I received from my judges were very positive. Knowing the scientific method is a great skill for continued success in science. The entire school and staff was able to view the projects all morning on the 13th and I received more positive comments from them. I look forward to next year's projects.



AUTO MECHANICS STUDENTS COMPETE IN THE PEDAL CAR CHALLENGE

INDUSTRIAL TECHNOLOGY TEACHER, MR. BURNS

Auto mechanics students had an opportunity to compete in the Pedal Car Challenge at the O'Reilly World of Wheels car show. Students were tasked of designing, building, and manufacturing a pedal car with the theme school spirit. Students took this challenge head on and competed at the car show earning a Honorable Mention award. Other high schools in the area also competed as well as automotive tech college students.



JOURNALISM TEACHER, MR. TRAMPE

The journalism class at Conestoga has been hard at work this year! Students in journalism take on many different roles throughout the school year: reporter, photographer, editor, designer, and salesman to name a few. The class has been able to use the skills they've learned to contribute to multiple major projects including the 2020 school yearbook and participation in the NSAA State Journalism competition. With a small class of only six, our resources have been stretched thin at times, but our students have done a great job of banding together to make sure projects are completed well and on-time.



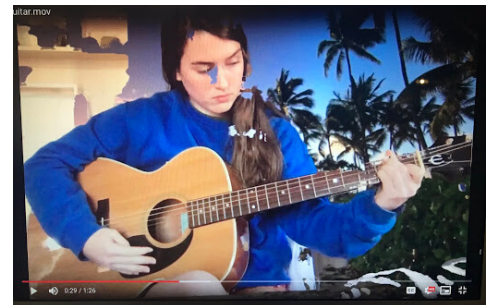
This year is Conestoga's first year of submitting entries to the NSAA State Journalism championships. We have entered ten different students (including our broadcasting students) into nine different events and are waiting for preliminary judging to take place to see how we do. I believe we have a lot of really high quality work and am hopeful that the judges agree! In the future, I believe our participation in these state championships will continue to grow.

Our other major project is creating our school's yearbook. Although it is a lot of fun, the yearbook is also a tall task each year. With our small staff size, having students available to cover each event has been a challenge. All six staff members are also involved in multiple sports, clubs and other activities. With that in mind, our staff would greatly appreciate any help we can get in filling coverage gaps for some of our clubs, sports teams, major events, etc. throughout the year. If you have photographs from and school event or activity that you'd be willing to share and have published, please reach out to me at strampe@conestogacougars.org and let me know! Thank you!



MUSIC AND E LEARNING: HOW TO CONTINUE MUSICIANSHIP THROUGH THE CORE STANDARDS OF CREATE, PERFORM, AND RESPOND 7-12 INSTRUMENTAL AND VOCAL MUSIC, MRS. CASSI VALLIS

Hello everyone, and welcome to my online music classroom! As we all know, music is an incredible hands on and "in your face" learning experience. When I began to think about how to teach music online, I immediately thought of ways to encourage kids to continue making music every day in whatever way possible! For the 3 types of music classes taught at Conestoga (Band, Choir, and Guitar). Our Guitar students will be completing weekly performance projects where they'll be tasked with a new playing method on Tuesday, and will submit their video on Friday! For Band and Choir, they will be completing a music bingo card over the course of 4 weeks! Every square has a different activity designed to get students creating, responding, and performing music. To encourage communication throughout this online time, students will check-in on Zoom every Thursday to talk to each other, ask and answer questions, and keep the music flowing! I can't begin to express how wonderful it is seeing my students/your children during this time. I appreciate all the hard work families are doing to motivate our students to maintain a healthy routine and provide all the materials necessary to continue learning. Here are some images of Guitar players performing, Zoom gatherings, and the "SINGO/BANDO" card!



A NOTE FROM THE ELEMENTARY PRINCIPAL MR. ERIC DENNIS

Each school year seems to have their little challenges in some way. Some challenges are greater than others, but what I have always found is that the staff at Conestoga is dedicated to providing a highly effective education. For the past few weeks I have seen how dedicated and driven the staff is in providing that education to your students. With the closure of the schools, the staff was challenged to find ways to continue to provide learning to their students through distance learning. At the elementary school this does look different for each grade level. In grades preK-2 packets were sent home for the students to complete over a two-week period, which has now been extended. Teachers have since been sending out video messages explaining learning opportunities and parents have been sending back pictures of completed work. In grades 3-6 devices were taken home in order for learning to occur through programs such as; Google Classroom, FlipGrid, Nearpod, and YouTube. I have been proud and impressed from what I have seen from the students to the teachers. Everyone has done an outstanding job making sure education is still a priority at Conestoga.



I HEARD TODAY THAT IT WASN'T TOO LATE TEACHER, MRS. ZAHN

Elementary Library has been reading to students and has Google Classrooms, if you can join. General guidelines are for students to read for fun 20 minutes a day and do Keyboarding Without Tears 20 minutes a day. Keyboarding is not required, but recommended as practice makes perfect. Please contact me at mzahn@conestogacougars.org if you are having any technical issues with Keyboarding Without Tears or have any questions about library. There are several online resources available. Check out "Interesting Web Resources" <https://www.conestogacougars.org/domain/334> for online eBooks and nonfiction websites. Several companies support schools with free access during this distance learning.

If your student has a printed book or magazine checked out, we will return it to the library if it's in the building. If you have any at home, no overdue fees will be charged. We'd like it back in like condition when this is over. Hang in there! Love and miss your kiddos and look forward to when we can see each other again.



ELEMENTARY INSTRUCTIONAL COACHES CORNER: ELEMENTARY INSTRUCTIONAL COACH: MRS. BERGMAYER

Conestoga Elementary has created a Covid-19 Parent Resource website that can be found on the Elementary homepage at <https://www.conestogacougars.org/Page/9>

The purpose of this site is to share educational resources with the families of Conestoga. While the teachers and families at Conestoga have been working hard to provide the best educational supports as possible during this time, we understand that this is a unique and difficult time. So if "school work" is too much right now- it's ok! The site includes fun ideas as well! In addition to school resources, you will also find community support resources as well. If you would like information added or you have any questions regarding academic or family supports right now please reach out. If I can't help, I will put you in touch with someone who can!

A LITTLE STRESS MANAGEMENT CAN GO A LONG WAY ELEMENTARY COUNSELOR, MRS. LEFFLER

We all have stress on any typical normal day, with what is happening in our world today, our normal typical day stress may feel a little overwhelming. Think about trying these three tips taken from heart.org.

Positive Self-Talk

We all talk to ourselves! Positive self-talk can help you calm down and control stress, negative self-talk increases stress. With practice, you can learn to shift negative thoughts to positive ones. To really make it work, practice

positive self-talk every day — in the car, at your desk, before you go to bed or whenever you notice negative thoughts. It's a great practice to teach kids, too! Try these examples: Negative to Positive "I can't do this." > "I'll do the best I can. I've got this." "Everything is going wrong." > "I can handle this if I take one step at a time."

"I hate it when this happens." > "I know how to deal with this; I've done it before." "I feel helpless and alone." > "I can reach out and get help if I need it." "I can't believe I messed up." > "I'm human, and we all make mistakes. I can fix it."

Emergency Stress-Stoppers

Emergency stress stoppers are actions to help you defuse stress in the moment. You may need different stress stoppers for different situations, and sometimes it helps to combine them. Here are some ideas:

think things through.

4. Try a quick meditation to get some perspective.

5. If it's not urgent, sleep on it and respond tomorrow.

This works especially well for stressful emails and social media trolls.

6. Walk away from the situation for a while, and handle it later once things have calmed down.

7. Break down big problems into smaller parts. Take one step at a time, instead of trying to tackle everything at once.

8. Turn on some chill music or an inspirational podcast.

9. Take a break to pet the dog, hug a loved one or do something to help someone else.

10. Work out or do something active. Exercise is a great antidote for stress.

Continued....

Stress-Busting Activities

Doing things you enjoy is a natural way to relieve stress and find your happy place, even if only for 10 or 15 minutes.

Some of these activities may work for you:

- Make art -- draw, color, paint, or play a musical instrument.
- Work on a scrapbook or photo album to focus on good memories.
- Read a book, short story or magazine.
- Do a hobby.
- Play with your kids or pets -outdoors if possible.
- Listen to music or watch an inspiring performance.
- Take a walk in nature.
- Take a relaxing bath and feel the stress wash away.
- Meditate or practice yoga.
- Work in the garden or do a home improvement project.
- Go for a run or bike ride to clear your head.

The key is to find something that works for you and helps you disrupt the cycle of stress.

KINDERGARTEN ROUNDUP

KINDERGARTEN TEACHER, MISS.MORRIS

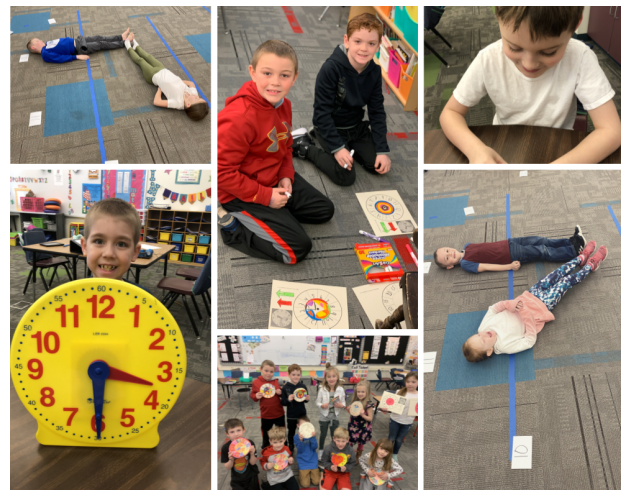
On March 4th, Conestoga Elementary held their annual kindergarten round-up. This year 52 upcoming kindergartners attended round-up. There are 3 different sessions throughout the day. The students did academic, stem, and craft activities while a round -up. During this time, the teachers get to walk around and meet and get to know each student. After meeting with each student, the teachers then meet with the parents in the library. The teachers give a power point presentation about all the things they will learn in kindergarten and all the useful information they will need to know. This year, we had a new jungle theme with new activities. We had animal props, a jeep, and jungle background for them to use to get a picture. Each student left with a monkey hat and a fun jungle bag. It was a fun day for students and we look forward to next year!



FIRST GRADE

FIRST GRADE TEACHER, MRS.HOINS

First graders have been learning how to identify the time to the hour and half hour using digital and analog clocks. Telling time is a skill that is easily applicable to their everyday lives. Using clocks is a skill that can be fun and get students excited about telling time. Students have been working with physical clocks, drawing clocks, and using their bodies to make clocks. Even now each math class has moved on from the time unit, we are continuing to use the skill throughout the day. Our next unit is money. Money is another skill that will be applicable to their everyday lives. We will be working on identifying and counting coins to one dollar. Some students will excel in counting like coins and they will move to counting mixed coins to one dollar. Students are excited to learn about money because they know they need money to buy new things.



NEWS FROM THE SCHOOL NURSE

NURSE: MRS. MARTIN



Important information from the Department of Health and Human Services

DHHS: As coronavirus continues to spread throughout the world, it's normal to be worried about catching it - and that's causing rising anxiety levels globally.

In addition to following processes intended to protect physical health, it's important to pay attention to mental health related to the outbreak.

"An outbreak like this affects everyone, and an emotional response to its impact is normal," said Mikayla Johnson, disaster behavioral health coordinator and administrator for the Division of Behavioral Health. "However, don't allow worries about the virus to control your life."

Everyone reacts differently to stressful situations such as an infectious disease outbreak that requires social distancing, quarantine, or isolation. People may feel:

- Anxiety, worry, or fear related to health status
- Time taken off from work and the potential loss of income and job security
- The challenges of securing needed things, such as groceries and personal care items
- Loneliness associated with feeling cut off from the world and from loved ones
- Anger at being exposed to the disease because of others' perceived negligence
- Boredom and frustration at not being able to work or engage in regular activities
- Uncertainty or ambivalence about the situation
- A desire to use alcohol or drugs to cope
- Feelings of hopelessness, changes in appetite, or sleeping too little or too much.

How can you manage your fears and anxieties during an outbreak?

- Access reliable information sources. Social media can easily spread rumors, and a constant stream of rumors and questionable information can negatively affect mental health.
- Avoid watching, reading or listening to news that cause you to feel anxious or distressed. Seek information mainly to take practical steps to prepare your plans and protect yourself and loved ones. Seek information updates at specific times during the day once or twice. The sudden and near-constant stream of news reports about an outbreak can cause anyone to feel worried. Get the facts.
- Share reliable information. Rely on and share trusted sources of information about the causes of outbreaks from reputable sources like the Centers for Disease Control and Prevention and Nebraska DHHS's dedicated coronavirus page.
- Keep connected. Maintaining social networks can help maintain a sense of normalcy, and provide valuable outlets for sharing feelings and relieving stress.
- Keep things in perspective. Keep informed, but don't focus on factors you can't control. Public health agencies and experts

in all countries are working on the outbreak to ensure the availability of the best care to those affected.

- Practice self-care. Exercise regularly, keep regular sleep routines and eat healthy food.
- Be mindful of assumptions about others. Someone who has a cough or a fever does not necessarily have coronavirus. Coronavirus can affect any age or ethnicity.

If you are feeling overwhelmed with emotions such as sadness, depression, anxiety, or feel like you want to harm yourself or someone else, call 911, the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255) or the Nebraska Family Helpline, (800) 866-8660.

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

ACTIVITIES AT CONESTOGA

MR. JASON AHRENS



Conestoga Jr./Sr. High School is set to become a member of the Capitol Conference in the 2020-2021 school year joining Arlington, Ashland-Greenwood, D.C. West, Fort Calhoun, Logan View, Louisville, Raymond Central, Syracuse, and Yutan as members. This move into a new conference means we will be leaving the East Central Nebraska Conference a conference we have been a member of since the 2008-2009 school year. This will mark the fourth conference change in the 42 year school history of Conestoga. A few things worth noting with the conference change.

1. Similar Sized Schools. The Capitol Conference has a history of being a conference for Class C sized schools. With both Louisville and Yutan also joining the Capitol the ECNC is trending towards a smaller school conference.
2. Geographical Fit- Geographically we fit in well with the schools that are in the conference and we already compete against many of the Capitol Conference member in various activities.
3. County Rivals- We still plan to compete against our traditional county rivals including Elmwood- Murdock and Weeping Water in as many activities as we are able.

Conestoga Jr./Sr. High School Conference History

1978-1984- Galaxy Conference (Conestoga, Louisville, Weeping Water, Palmyra, Nebraska City Lourdes, Humboldt, Pawnee City, Stella Southeast, Falls City Sacred Heart)

1984-1991- East Central Nebraska Conference (Cedar Bluffs, Conestoga, Elmwood-Murdock, Louisville, Malcolm, Mead, Palmyra, Waterloo, Weeping Water, Yutan)

1991-2008 - Capitol Conference (Arlington, Ashland-Greenwood, Bennington, Conestoga, D.C. West(Valley), Fort Calhoun, Raymond Central, Syracuse, Wahoo)

2008-2020- East Central Nebraska Conference (Auburn, Conestoga, Elmwood-Murdock, Freeman, Johnson County Central, Louisville, Malcolm, Mead, Palmyra, Weeping Water, Yutan)

2020-????- Capitol Conference (Arlington, Ashland-Greenwood, Conestoga, D.C. West, Fort Calhoun, Logan View, Louisville, Raymond Central, Syracuse, Yutan)

SPEECH

MRS. SCHLICTEMEIER

Conestoga Speech has been busy the last three months with non-stop competition. The team started their competitive season in December and competed in tournaments regularly through January and February. The team has been led this season by senior co-captains Kelsi Weilage and Cassidy Hartig. Highlights of the season included numerous medalists at the Louisville, Waverly and St. Edward Invitationals and the ECNC tournament where the team placed 4th. Currently both high school and junior high teams are on hiatus with the current COVID-19 outbreak, but they are hopeful they can finish their seasons in April.



LOVE US OR FEAR US, EITHER WAY YOU'RE GONNA HEAR US!

CHEER COACH, MRS. CLAUSEN

You're Gonna Love Us!

We had a busy year cheering this fall and winter, holding pep rallies, homecoming festivities, locker signs, and community outreaches! Our team this year consists of three sets of sisters! Now that's a 'lotta sister love! Maybe you were able to see us in action this year and noticed quickly that we really have become a great big group of sisters! Each one of these girls brings a special element to our squad and you can't help but love each of them: Jocelyn, Sydney, Jennifer, Allison, Hannah, Reagan, Ali, Amelia, Delaney, Haven, Kylie and MacKaylee. We have wrapped up our 2019-2020 Cheer Season and Cougar Nation couldn't be any prouder of these young ladies!

Your Gonna Fear Us!

Our season wrapped up following our state competition this February in Grand Island. The weather was much more accommodating this year and we were so grateful for that! We competed in two events this year: Game Day and Traditional Performance. We knew exactly what the judges wanted for Game Day and performed a top-notch routine, earning us 6th place out of 20 schools. This consisted of a dance, two cheers and our school song! The Traditional Performance category was new this year, so we wanted to give it a shot! This routine consisted of tumbling and stunting through a cheer and dance. We earned 7th in this category. We were very proud of how well we competed and enjoyed this time together as a team!



You're Gonna Hear Us!

We have two seniors that have been dedicated to this team for so many years! Jocelyn Deterding and Sydney McPeck have been our captains and our guiding spirit throughout it all! We have all watched them grow each year and we can't wait to watch them make their way in this great big world! There's no doubt about it, these girls are going to make sure this world 'hears them' and we will be right here to celebrate!

Thank you Cougar Nation for all your support and we can't wait to see what next year holds! Be on the look-out for Try-Out dates for 2020-2021! Follow us on Twitter @cstogacheer or on Facebook with Conestoga Cougar Cheer!



CONESTOGA DANCE TEAM

DANCE COACH, MRS. ANGIE HOGUE

What a fantastic season we have had! We had 8 returning dancers and we added three talented freshmen to the group. From day one you would never know that these girls were freshman. They fit in so well with the group. I am extremely proud of our upperclassmen that have welcomed them and made them feel like they are important!



I love that they are all so very different but work together so well for their common goal of being the best dance team in Nebraska. And what's even more amazing is dance isn't the only thing they excel in! They are all so involved and make Conestoga proud in many different areas.

We started our season off preparing our home routine to compete with at camp. In July, we went to UDA Camp in Omaha and had a fun and successful week. The girls earned 2nd place with their home routine, superior trophy for earning all blue ribbons on their evals, a bid to Nationals, lots of gold-yellow ribbons for drill downs and spirit sticks each day. Ellie Sachs, Mattie Haizlip and Bella Hogue were all named ALL AMERICAN and Bella Hogue also earned a Pin it Forward Award from the UDA staff for working hard and leading by example. But best of all, they had fun, were inspired by some amazing talent and became closer as a team! Throughout their season they worked hard to bring you their very best half time performances. They spent their Monday mornings practicing in addition to a couple of mornings before school each week. They also worked with the cheerleaders to bring spirit to the school in areas such as pep rallies and all the events that happen during homecoming week.

Our Seniors and Captains this year were Ellie Sachs, Kelsi Veilage, Mattie Haizlip and Bella Hogue. Their talent and work ethic has set an outstanding example for the team the last four years and I truly believe that the standard they have set will be what keeps our program strong for years to come! As they move on to do bigger things in college, they will always have place in the heart of CHS Dance Team and will be missed dearly.

We finished the 2019-2020 with a successful showing at the Nebraska State Cheer and Dance Championships! This is an event that the girls spend months preparing for. They brought home another State Championship in the Hip Hop Division and Runner-up in the Pom Division. This is our 3rd consecutive year to bring home a championship! In the past 4 years they have collected 4 State Championship and 3 State Runner-up titles! The girls and I would like to extend a huge thank you to all our dance parents. Dance is a BIG financial and time commitment. The girls and I appreciate all you do and all the support you give us. We would also like to thank the Conestoga Administrators for supporting us and all the other CHS Coaches who so graciously all work together so that the girls can be involved in multiple activities and sports. And most of all we would like to thank Cougar Nation for all your encouragement and support throughout our season. We truly enjoy performing for you all at half-time! Conestoga's fans are the BEST!



Be on the look-out for information regarding tryouts!!! Due to the uncertainty of when we will return to school, we aren't exactly sure how we will be conducting tryouts this year but please be assured we will come up with a plan that is fair for all candidates



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