



Meridian Public Schools

The Hoof Print - Home of the Mustangs

Mission Statement:

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

Newsletter

www.meridianmustangs.org

May, 2025

Newsletter – May, 2025

Superintendent

Randy Kort

Please take time to thank the staff here at Meridian for a great year and all the work they put into it.

WOW another school year is winding down. It is hard to believe but they seem to go faster and faster. As our graduates prepare for their next steps in life, I feel this is a great time to reflect on my path and remembering where I came from. I also graduated from a small school only an hour away. I enjoy thinking back to the differences of then and now along with the similarities. Some similarities are giving directions, you would refer to someone's house or an object on a corner or field. When visiting with local residents you see how close everyone is and how many relatives everyone has. Some differences - talking on a phone not connected to the wall was impossible, computers were a new thing, and the internet would not go public for another several years. As I see our graduates prepare for the next stage in life I wonder what the similarities will be 30 plus years down the road and what new technologies the world will have.

SUMMER SCHOOL

As we enter summer break we would like to mention there will be summer school letters being mailed home for any student we feel could use a little extra help and support. We do open this to other students. Mr. Asche has created a QR code for registration to help speed up the registration.

The following dates are when these classes will meet: June 3, 4, 10, 11, 17, 18, 24, 25 July 1, 8, 15.

BUSING INFORMATION

Thank you for returning the Bus Information Update page for the 2025-2026 school year. We will be reviewing the information and sending out bus

routes in August. If you have any questions concerning the bus routes please call.

SCHOOL CALENDAR

The start date for students next year will be August 14th. Fridays we will have a 3:10 dismissal for students.

**Board of Education
Meridian Public Schools
District – 48-0303
Daykin, Nebraska, 68338
Monday, April 14, 2025**

Regular April 14, 2025 Meeting

Meridian Public School Board of Education met on April 14, 2025, as per notice in the Fairbury Journal-News.

President Rut called the meeting to order at 7:03 p.m. The open meeting law information was presented.

Roll call was taken: Barton – present, Niederklein – present, Sobotka – present, Bartels – present, and Rut – present. Also present were Superintendent Kort, Principal Asche and Principal Hull.

Nothing new was added to the agenda.

Niederklein moved and Barton seconded to excuse Davis from the meeting. Vote taken: Barton – aye, Niederklein – aye, Sobotka – aye, Bartels – aye, and Rut – aye. Motion passed 5-0.

No comments were heard from the public.

Bartels moved and Barton seconded to approve the consent agenda with the minutes of the March 10, 2025, Board Meeting amended to recognize that comments were heard from the public regarding improvements to the football field seating.

- A. Minutes of the Monday, March 10, 2025 Regular Meeting
- B. District Financial Report
- C. Activity Fund Report

D. Hot Lunch Fund Report

E. Bills

Vote taken: Barton – aye, Niederklein – aye, Sobotka – aye, Bartels – aye, and Rut – aye. Motion passed 5-0.

Principal Hull and Principal Asche presented the Curriculum Report to the Board.

Representatives from the senior class updated the School Board on the upcoming senior trip to be held on May 15, 2025.

Superintendent Kort presented information to the Board regarding non-certified staff. All non-certified staff will be moved to a minimum of \$15.00 per hour to align with the State of Nebraska minimum wage requirements.

The Americanism Committee met prior to the Board meeting. Superintendent Kort and Principal Hull gave an update from the Americanism Committee.

The Buildings and Grounds Committee met prior to the Board meeting. Plans are being made to move the crowd's nest to the west. Options are being discussed to help improve the visibility the fans have of the football field. Recommendations were taken from patrons of the district.

Bartels moved and Niederklein seconded to approve the hire of Leslie Drees as the instrumental music teacher. Vote taken: Barton – aye, Niederklein – aye, Sobotka – aye, Bartels – aye, and Rut – aye. Motion passed 5-0.

Sobotka moved and Bartels seconded to approve the hire of Jen Wolfe a K-12 special education teacher. Vote taken: Barton – aye, Niederklein – aye, Sobotka – aye, Bartels – aye, and Rut – aye. Motion passed 5-0.

Principal Asche presented the Elementary Principal's Report and Principal Hull presented the Junior High/High School Principal's Report to the Board.



Superintendent Kort presented the Superintendent's Report to the Board.

The next regular meeting was set for Monday, May 12, 2025, at 6:00 p.m.

Bartels moved and Barton seconded to adjourn at 7:48 p.m. Vote taken: Barton – aye, Niederklein – aye, Sobotka – aye, Bartels – aye, and Rut – aye. Motion passed 5-0.

Jamie Niederklein,

Secretary Meridian District #48-0303

SCHOOL SAFETY

As the end of the school year approaches, Meridian Public Schools is reminding drivers and parents about the importance of keeping kids safe throughout the summer months. Kids will be excited and may not be thinking about their personal safety so drivers need to be extra cautious in looking for child pedestrians during the summer months. Here are tips for keeping our children safe this summer.

Tips for Drivers:

- The last weeks of school are an exciting time for children and they may become preoccupied and forget the rules of the road. Use extra caution when driving through school zones.
- During those last few days of school, be aware that kids may be arriving or leaving school at different times throughout the day.
- Remember that playground speed limits remain in effect year round. Observe carefully when driving around playgrounds and parks. Small children are less predictable and harder to see than adults.
- Watch for clues - a hockey net or ball in the road or on the sidewalk can mean kids are playing nearby. Pay attention and always anticipate the unexpected.
- Always watch for small children as you're backing up. Walk around your vehicle to make sure no kids or pets are behind it.
- When backing out of a driveway or leaving a garage, watch for children walking, biking, skating or skateboarding
- Keep an eye out for children walking or bicycling in the street, especially where there are no sidewalks.

Tips for Parents:

- Focus on the basics. Teach your children to make eye contact with the driver before they cross, even if the walk signal is on.
- Remind your children to walk, don't run, across the road.
- To stop, look and listen before crossing the street.
- Don't jaywalk. Teach your children to cross at intersections that have a marked crosswalk or a pedestrian crossing light.
- When walking with your child, avoid unnecessary shortcuts like walking through a parking lot. Drivers may not see children between parked cars and the children may not see the cars moving.



From the Horse's Mouth by Matt Asche

To use a track analogy, we have rounded the last turn and are digging toward the finish. We get to look forward to field trips, field day, and end of the year projects.

With summer school around the corner, parents and teachers are asked to make recommendations of which students get to attend beginning in June. Parents are encouraged to contact your child's classroom teacher or the elementary school office if you want your child to attend summer school. Parents will be receiving a notice from the school if your child has been suggested to attend summer school.

As parents, please remember to help your child finish the school year strong by emphasizing the importance of doing so.

Congratulations to Abby Adam for qualifying for National FBLA June 29-July 2. She earned this privilege by placing high in Middle School Parliamentary Procedure at State FBLA.

Some important dates to be aware of for the remainder of the school year include: State Quiz Bowl @ Hastings April 30; JH CRC Track @ Cross County May 1; HS CRC Track @

Osceola May 3; Spring Play May 6, 8, & 10; Awards Banquet May 9; District Track May 14; Elementary Track Meet May 16; Graduation May 17; Last day of school May 21.

Matt Asche

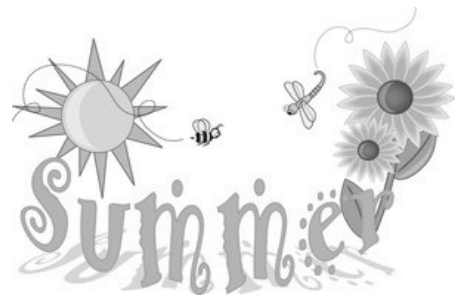
PRINCIPALLY SPEAKING WITH MR. HULL

The Spring season is in full swing! We are in the heart of the track season, and we have wrapped up state conventions for our FFA and FBLA groups. I want to congratulate Mrs. Emilye Yowell on receiving the Nebraska FFA Advisor of the Year award! I appreciate all of the hard work she puts in to make our FFA an outstanding program! I also want to congratulate Abby Adam who qualified for Nationals in Middle School Parliamentary Procedure in FBLA!

Our music department has had a very busy April. We hosted our Junior High Honor Choir and Band, two spring concerts, and participated in district music contest. We are proud of our choirs and bands and look forward to the Coffeehouse Concert on May 12.

Our students have been hard at work with their state testing to finish the year. We have been excited to celebrate students' academic gains throughout the year and love to see those results on our state tests. They will also take the MAP test this month which is also taken in the Fall and Winter. This allows us to see student growth throughout the year and identify areas where we can improve as a school.

I am excited for this upcoming month. There are several field trips, banquets, and celebrations coming up, and our students have a lot to be proud of. I also look forward to the Class of 2025 walking across the stage on May 17th. I am looking forward to a strong finish to the 2024-2025 school year!



**COUNSELOR'S CONNECTION**by
Lisa Hermsmeier

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

Senior Information:

Seniors have submitted an exit survey. This survey gives us a way to contact them after graduation in addition to knowing where to send final transcripts, and it also gives us a list of scholarships so we can recognize their accomplishments via Facebook, Twitter, and the school website. If your senior receives additional scholarships, please have them email me or let me know so I can be sure to announce it at graduation.

Seniors Who Took College Credit Courses:

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

THANK YOU NOTES!

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

2024-2025 Schedules:

Current 7-11th graders have submitted their requests for classes for next year. We will soon be finalizing their class schedule. Once the schedule is finished, your student's schedule will be sent home so you can see what your student has signed up for. Parents,

please take a moment to look over these papers with your child.

Seniors ... borrow wisely for college!

Review these tips before you decide how much to borrow in student loans:

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

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

- **Narrow your college choices** to three or four by the time school starts. Visit some college campuses this summer and check out college websites. I have sent out a list of virtual college tours via email to all juniors. Check these out!
- **Become familiar with the FAFSA** (Free Application for Federal Student Aid). Beginning **October 1** you and your parents can complete this form to apply for college financial aid.
- **Update (or begin working on) your resume.** Include extracurricular activities, honors, awards, and part-time jobs.
- **Begin looking for scholarships.** Check out the school counseling webpage and *ScholarshipQuest* at EducationQuest.org for Nebraska-based scholarships, and pay attention to scholarships current seniors have received.
- **Find a summer job to help pay for college expenses.** Ask prospective employers if they offer education assistance programs.

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

Lisa Hermsmeier

lhermsmeier@meridianmustangs.org
402-446-7265 ext. 1253.

**2025 AWARDS BANQUET**

The 2025 Meridian Public Schools' Awards Banquet will be held on May 9th, 2025. Ricky's will cater the meal and start serving at 5:30 p.m. The awards ceremony will start at 6:00 p.m. We will need to get an accurate head count. Please contact Trish at 402-446-7265 extension 2 or tendorf@meridianmustangs.org by **May 1st**, and let her know how many in your family will be attending.

LIBRARY DONATION

Meridian Public Schools would like extend a heartfelt thank you to Charlotte Endorf, an author and 1983 graduate of Meridian High School, and her editor, Wilma Bonilla of Tobias. They have generously donated a Spanish and English copy of *A Midwest MIX* to our library. The ladies hope students learning a second language will learn a small part of Nebraska's history at the same time. We're excited to share this wonderful addition with our readers and are grateful for their support in promoting a love of reading in our community!



Wilma Bonilla displays the books donated to Meridian's library.



L to R: Wilma Bonilla, Matt Asche, Shawn Pohlmann, Charlotte Endorf

MERIDIAN JH GIRLS' BASKETBALL

The 2024-2025 Meridian JH girls basketball team finished their season 5-6. In our CRC division we were 3-1. A late, last-second basket made by one of our opponents kept us out of the championship game in York this year. The girls placed third in our annual Meridian tournament held in Waco. In our annual 4 team rotating tournament this year (held in Odell) the girls had to give up their 2 year traveling trophy to them. The girls did finish as runner-up



and received medals for their final game of the season. Congratulations girls!

"LUV YA MAN"
Coach Sobotka

2025-2026 PHYSICALS

Jefferson Community Health and Life Fairbury Clinic will be offering sports physicals to students of any grade by appointment. For more information, please see the flier at the back of this newsletter. All student athletes, Kindergarten, 7th Grade, foreign exchange students, and students who move to our district from out of state are required to have Nebraska physicals and State school immunization requirements must be met. In addition to a physical, Kindergarten, foreign exchange students, and students who move to our district from out of state will need an eye exam. Kindergarten and 7th Grade students will need a urine sample, so please pick up a sterile cup from the clinic ahead of time.. Physicals must be completed before August 1, 2025. **Students must bring all forms with their name and date of birth on each as indicated - including**

the medical history form. These forms also require a signature by a parent or guardian. If a student comes to their appointment without completed forms, they will need to reschedule their physical.

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

THANK YOU!

Meridian Post Prom would like to thank the following sponsors for making the 2025 event possible! We appreciate all you do!

3rd Street Body & Glass
Amy Rains – Rains Agency, LLC
Bruning Grain & Feed Co.
Bruning Grocery
Craig's Automotive
Crazy Beautiful – Kelly Rut

D&K Agri Sales
Daykin Lumber
Daykin Volunteer Fire Department
Double B Bar
Fairbury Glass
Farmer's Cooperative
First State Bank
Heartland Bank
Husker Rehab
Jefferson Community Health & Life
Jones Group Insurance – Scott Woitalewicz
KT's Market
Landmark Implement
Milligan Insurance Agency
Norder Supply
Norris Public Power District
Panko Ag Services
Reinke Manufacturing
Road Runner
Southeast Valley Irrigation
Starr Buckow Insurance Agency
The Image – Jill Stewart
Tobias Volunteer Fire Department
Vejraska Trucking
Western American Legion Post #255
Legion Auxillary No. 255
Western Fire Department
Western Rescue Services
Winter's Countryside Veterinary
Zalesky Realty & Auction

Class of 2025
MAKING MISTAKES
IS BETTER THAN
FAKING PERFECTION.

Rebecca Vinsonhale
Tucker Simms
Jaylee Sobotka
Melony Pollock
Hadden Woods
Anthony Specht
McKenzie Norvatter
Samuel Thomas
Shayyah Bunbhart
JD Adam
Dartian Cyph
Paelyn Rut
Filipi



■ PREPARTICIPATION PHYSICAL EVALUATION

HISTORY FORM

Note: Complete and sign this form (with your parents if younger than 18) before your appointment.

Name: _____ Date of birth: _____

Date of examination: _____ Sport(s): _____

Sex assigned at birth (F, M, or intersex): _____ How do you identify your gender? (F, M, or other): _____

List past and current medical conditions. _____

Have you ever had surgery? If yes, list all past surgical procedures. _____

Medicines and supplements: List all current prescriptions, over-the-counter medicines, and supplements (herbal and nutritional). _____

Do you have any allergies? If yes, please list all your allergies (ie, medicines, pollens, food, stinging insects). _____

Patient Health Questionnaire Version 4 (PHQ-4)

Over the last 2 weeks, how often have you been bothered by any of the following problems? (Circle response.)

	Not at all	Several days	Over half the days	Nearly every day
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

(A sum of ≥ 3 is considered positive on either subscale [questions 1 and 2, or questions 3 and 4] for screening purposes.)

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

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



BONE AND JOINT QUESTIONS	Yes	No
14. Have you ever had a stress fracture or an injury to a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game?		
15. Do you have a bone, muscle, ligament, or joint injury that bothers you?		
MEDICAL QUESTIONS	Yes	No
16. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
17. Are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
18. Do you have groin or testicle pain or a painful bulge or hernia in the groin area?		
19. Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant <i>Staphylococcus aureus</i> (MRSA)?		
20. Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems?		
21. Have you ever had numbness, had tingling, had weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?		
22. Have you ever become ill while exercising in the heat?		
23. Do you or does someone in your family have sickle cell trait or disease?		
24. Have you ever had or do you have any problems with your eyes or vision?		

MEDICAL QUESTIONS (CONTINUED)	Yes	No
25. Do you worry about your weight?		
26. Are you trying to or has anyone recommended that you gain or lose weight?		
27. Are you on a special diet or do you avoid certain types of foods or food groups?		
28. Have you ever had an eating disorder?		
FEMALES ONLY	Yes	No
29. Have you ever had a menstrual period?		
30. How old were you when you had your first menstrual period?		
31. When was your most recent menstrual period?		
32. How many periods have you had in the past 12 months?		

Explain "Yes" answers here.

I hereby state that, to the best of my knowledge, my answers to the questions on this form are complete and correct.

Signature of athlete: _____

Signature of parent or guardian: _____

Date: _____



■ PREPARTICIPATION PHYSICAL EVALUATION

ATHLETES WITH DISABILITIES FORM: SUPPLEMENT TO THE ATHLETE HISTORY

Name: _____ Date of birth: _____

1. Type of disability:		
2. Date of disability:		
3. Classification (if available):		
4. Cause of disability (birth, disease, injury, or other):		
5. List the sports you are playing:		
	Yes	No
6. Do you regularly use a brace, an assistive device, or a prosthetic device for daily activities?		
7. Do you use any special brace or assistive device for sports?		
8. Do you have any rashes, pressure sores, or other skin problems?		
9. Do you have a hearing loss? Do you use a hearing aid?		
10. Do you have a visual impairment?		
11. Do you use any special devices for bowel or bladder function?		
12. Do you have burning or discomfort when urinating?		
13. Have you had autonomic dysreflexia?		
14. Have you ever been diagnosed as having a heat-related (hyperthermia) or cold-related (hypothermia) illness?		
15. Do you have muscle spasticity?		
16. Do you have frequent seizures that cannot be controlled by medication?		

Explain "Yes" answers here.

Please indicate whether you have ever had any of the following conditions:

	Yes	No
Atlantoaxial instability		
Radiographic (x-ray) evaluation for atlantoaxial instability		
Dislocated joints (more than one)		
Easy bleeding		
Enlarged spleen		
Hepatitis		
Osteopenia or osteoporosis		
Difficulty controlling bowel		
Difficulty controlling bladder		
Numbness or tingling in arms or hands		
Numbness or tingling in legs or feet		
Weakness in arms or hands		
Weakness in legs or feet		
Recent change in coordination		
Recent change in ability to walk		
Spina bifida		
Latex allergy		

Explain "Yes" answers here.

I hereby state that, to the best of my knowledge, my answers to the questions on this form are complete and correct.

Signature of athlete: _____
Signature of parent or guardian: _____
Date: _____

**■ PREPARTICIPATION PHYSICAL EVALUATION****PHYSICAL EXAMINATION FORM**

Name: _____ Date of birth: _____

PHYSICIAN REMINDERS

- Consider additional questions on more-sensitive issues.
 - Do you feel stressed out or under a lot of pressure?
 - Do you ever feel sad, hopeless, depressed, or anxious?
 - Do you feel safe at your home or residence?
 - Have you ever tried cigarettes, e-cigarettes, chewing tobacco, snuff, or dip?
 - During the past 30 days, did you use chewing tobacco, snuff, or dip?
 - Do you drink alcohol or use any other drugs?
 - Have you ever taken anabolic steroids or used any other performance-enhancing supplement?
 - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
 - Do you wear a seat belt, use a helmet, and use condoms?
- Consider reviewing questions on cardiovascular symptoms (Q4–Q13 of History Form).

EXAMINATION		
Height: _____	Weight: _____	
BP: _____ / _____ (_____ / _____)	Pulse: _____	Vision: R 20/ _____ L 20/ _____ Corrected: <input type="checkbox"/> Y <input type="checkbox"/> N
MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance <ul style="list-style-type: none">Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse [MVP], and aortic insufficiency)		
Eyes, ears, nose, and throat <ul style="list-style-type: none">Pupils equalHearing		
Lymph nodes		
Heart [*] <ul style="list-style-type: none">Murmurs (auscultation standing, auscultation supine, and ± Valsalva maneuver)		
Lungs		
Abdomen		
Skin <ul style="list-style-type: none">Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant <i>Staphylococcus aureus</i> (MRSA), or tinea corporis		
Neurological		
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS
Neck		
Back		
Shoulder and arm		
Elbow and forearm		
Wrist, hand, and fingers		
Hip and thigh		
Knee		
Leg and ankle		
Foot and toes		
Functional <ul style="list-style-type: none">Double-leg squat test, single-leg squat test, and box drop or step drop test		

* Consider electrocardiography (ECG), echocardiography, referral to a cardiologist for abnormal cardiac history or examination findings, or a combination of those.

Name of health care professional (print or type): _____ Date: _____

Address: _____ Phone: _____

Signature of health care professional: _____, MD, DO, NP, or PA

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

Parent or Legal Guardian Signature _____ Date _____



■ PREPARTICIPATION PHYSICAL EVALUATION

MEDICAL ELIGIBILITY FORM

Name: _____ Date of birth: _____

☐ Medically eligible for all sports without restriction

☐ Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of

☐ Medically eligible for certain sports

☐ Not medically eligible pending further evaluation

☐ Not medically eligible for any sports

Recommendations: _____

I have examined the student named on this form and completed the preparticipation physical evaluation. The athlete does not have apparent clinical contraindications to practice and can participate in the sport(s) as outlined on this form. A copy of the physical examination findings are on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the medical eligibility until the problem is resolved and the potential consequences are completely explained to the athlete (and parents or guardians).

Name of health care professional (print or type): _____ Date: _____

Address: _____ Phone: _____

Signature of health care professional: _____, MD, DO, NP, or PA

SHARED EMERGENCY INFORMATION

Allergies: _____

Medications: _____

Other information: _____

Emergency contacts: _____



To be completed for
students participating in any
NSAA activities.

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 **or illness** of some type; (c) the severity of such injury can range from minor cuts, bruises, sprains, and muscle strains to more serious injuries to the body's bones, joints, ligaments, tendons, or muscles, to catastrophic injuries to the head, neck and spinal cord, and on rare occasions, injuries so severe as to result in total disability, paralysis and death; **(d) the severity of an illness, including contagious diseases such as the COVID 19 virus, and bacterial infections may be so severe as to result in disability and death;** and, (e) even the best coaching, the use of the best protective equipment and strict observance of rules, injuries are still a possibility;

(3) Consent and agree to participation of the Student in NSAA activities subject to all NSAA by-laws and rules interpretations for participation in NSAA sponsored activities, and the activities rules of the NSAA member school for which the Student is participating; and,

(4) Consent and agree to (a) the disclosure by the Member School at which the Student is enrolled to the NSAA, and subsequent disclosure by the NSAA, of information regarding the Student, including the student's name, address, telephone listing, electronic mail address, photograph, date of and place of birth, major fields of study, dates of attendance, grade level, enrollment status (e.g., full-time or part-time), participation in officially recognized activities and sports, weight and height of as a member of athletic teams, degrees, honors and awards received, statistics regarding performance, records or documentation related to eligibility for NSAA sponsored activities, medical records, and any other information related to the Student's participation in NSAA sponsored activities; and, (b) the Student being photographed, video recorded, audio taped, or recorded by any other means while participating in NSAA activities and contests, consent to and waive any privacy rights with regard to the display of such recordings, and waive any claims of ownership or other rights with regard to such photographs or recordings or to the broadcast, sale or display of such photographs or recordings.

(5) Consent and agree to authorize licensed sports injury personnel to evaluate and treat any injury or illness that occurs during the student's participation in NSAA activities. This includes all reasonable and necessary preventive care, treatment and rehabilitation for these injuries. This would also include transportation of the student to a medical facility if necessary. Such licensed sports injury personnel are independent providers and are not employed by the NSAA.

(6) Acknowledge that Parents are obligated to pay for professional medical and/or related services; the NSAA shall not be liable for payment of such services. We give permission to any and all of the Student's health care providers and the NSAA and its employees, staff, agents, and consultants to release and discuss all records and information about the Student including otherwise confidential medical information and records. We understand that this release has been requested and may be used for the purpose of determining eligibility pertaining to activities participation, fitness, injury, injury status, or emergency.

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

Name of Student [Print Name] _____ Student Signature _____ Date _____

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

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

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

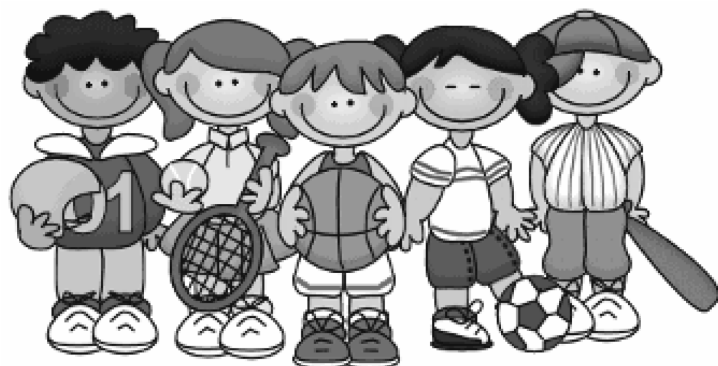
***Both Mother and Father must sign, unless parents are divorced, the custodial parent must sign, or if the student is not living with parents, the student's legal guardian.**

Revised June 2020



May 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast is also served with fruit, juice & milk. Cereal is a substitute for any breakfast entrée.				1 Pop-Tart Beef Enchiladas Corn Fruit Cup	2 Blueberry Muffin Fish Sticks Scalloped Potatoes Carrots	3 Menu is subject to change without notice.
4 Fresh fruit & Vegetable bar Offered each day	5 Pancake Cheesy Bread Marinara Sauce Green Beans Cookie	6 Omelet/Toast Elm- Little Smokies HS- Hot Dog Sauerkraut Baked Beans	7 French Toast Sticks Chicken Fajitas Lettuce/Salsa Spanish Rice Corn	8 Breakfast Burrito Hamburger Chips Apple Crisp	9 Pretzel Elm-Chicken Strips HS-Chicken Fried Chicken Mashed Potatoes/Gravy Corn/Roll	10
11 Mother's Day	12 Donut Elm- Sack Lunch Turkey Wrap Macaroni Salad Yogurt	13 Breakfast Bar Taco Green Beans Churro	14 Pancake On A Stick Elm-Pork Patty HS- Chicken Patty Hash Brown Patty Corn	15 Funnel Cake Creamed Turkey Mashed Potatoes Peas/Roll	16 Pop-Tart Sack Lunch Sandwich Chips Fruit Cup/Cookie NO SALAD BAR	17
18	19 COOK'S CHOICE NO SALAD BAR	20 COOK'S CHOICE NO SALAD BAR	21 LAST DAY OF SCHOOL COOK'S CHOICE Pizza Corn/Fruit Ice Cream NO SALAD BAR	22 Teacher's Last Day	23	24
25 Choice of 1% white & chocolate milk is offered each day. PK get 1% white milk only.	26	27	28	29	30	31 This institution is an equal opportunity employer.



SPORTS & SCHOOL PHYSICALS

Evening Physical Appointment Times Available

July 31 - 3 p.m. to 6:30 p.m. - with Face painting and a cool treat!

(Appointments also available during regular clinic hours)

SCHOOL PHYSICALS-Required for incoming
Kindergarten and 7th Grade students

SPORTS PHYSICALS-Required for students participating in sports

*We recommend making appointments early.

*Appointments available at JCH&L Fairbury Clinic.

*There is a charge for all school and sports physicals. Many insurance policies cover well child check ups once per year. Please let the scheduler know if your child has not had their yearly well child check and their sport's physical or school physical should be their well child check up. This will be submitted to your insurance as a wellness exam. If you have questions about charges or insurance, please call for more information.

*A parent or guardian should accompany any child who is 19 or under.

*Forms must be filled out prior to the appointment.

*Forms are available at the clinic, your school or on our website at: <https://www.jchealthandlife.org/locations/fairbury-clinic/> and scroll down to forms. NSAA sports physical form and Fairbury Public Schools school physical form are in the "Forms" section near the bottom of the page.

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2200 H St. Fairbury
402-729-3361



MERIDIAN MUSTANG BLANKETS ARE BACK!!!



The junior class is selling the same blankets that were a huge hit about 5 years ago. The company was cleaning out their inventory and was willing to sell them to us for a lower price. Our customers save the money!!!

These large (63x76), double sided, very warm blankets are going for \$50.

But when the blankets are gone, they are gone!!

If you would like to purchase a blanket, you can contact Amy Weber (aweber@meridianmustang.org), stop in the office to see Trish, or send the completed form and payment to school with your child.

Name _____

Number of Blankets _____

Make checks payable to "Meridian Activity Fund"



Meridian Alumni Banquet June 7th, 2025

Activities are being planned for the Meridian Alumni Banquet to be held Saturday, June 7th, 2025, at the Tobias Auditorium. Social Hour starts at 6:00 and the meal will be served at 7:00. The honored the classes are 1970, 75, 80, 85, 90, 95, 2000, 2005, 10, 15, 20, and 25.



The entertainment this year will be Matt Geiler. He has over 20 years' experience and more than 1000 shows under his belt. Matt eliminates logistical headaches while consistently delivering funny, engaging performances tailored entirely to audience suggestions. He is known for his lightning-fast wit and encyclopedic knowledge of history and pop culture. He works with clients either as a host and/or musical improviser – bringing a completely unique and personalized experience to each gig. Matt's high-profile credits include: 1) Touring with Wayne Brady; 2) Featured Act on America's Got Talent as the Dancing Pumpkin Man Meme (15M hits); 3) SeeSo/NBC Universal Comedy Show Show; 4) Current Host of "What's in My Pocket"; 5) Second City Chicago Graduate "I can honestly say that this dude is one of the smartest, funniest performers I've had the joy of performing with." -Wayne Brady

There will be a cornhole tournament during the day. If you are interested in playing, please contact **Matt VanWesten (402-300-1347)** or **Mark Houser (402-300-0420)** BY TEXT ONLY.

The cost of the event is \$25.00 per person payable to Meridian Alumni. T-shirts will be available to alumni ONLY, so make sure you pre-order if you would like one. Meridian alum who would like to purchase a t-shirt may do so for \$30.00 (includes registration). **This registration form is also available on the Meridian Alumni Association Facebook Page and Meridian Public Schools website (www.meridianmustangs.org).** *PLEASE HAVE YOUR REGISTRATION IN BY MAY 24th, 2025.*

Meridian Alumni Banquet – June 7th, 2025 – Deadline: May 24th, 2025

The cost of the event is \$25.00 per person payable to Meridian Alumni. T-shirts will be available to alumni ONLY, so make sure you pre-order if you would like one. Meridian alum who would like to purchase a t-shirt may do so for \$30.00 (includes registration). **This registration form is also available on the Meridian Alumni Association Facebook Page and Meridian Public Schools website (www.meridianmustangs.org).**

Mail registrations to:
Meridian Alumni
PO Box 172
Daykin, NE 68338

Name _____ Phone# _____

Meridian Class of _____ T-shirt size _____ Sand Volleyball Yes _____ No _____

Cornhole Tournament Yes _____ No _____

Name _____ Phone# _____

Meridian Class of _____ T-shirt size _____ Sand Volleyball Yes _____ No _____

Cornhole Tournament Yes _____ No _____

If you are interested in helping in any way with this Banquet, please call one of the following:
Dwayne Wolfe: 402-243-3586 Pat Johnson: 402-446-2018



2025 Meridian Softball Schedule

May 12 th (Monday)	8's Fairbury @ Meridian 8's Fairbury @ Meridian 10's Fairbury @ Meridian 12's Fairbury @ Meridian 14's Fairbury @ Meridian	4:00 @ Meridian 5:00 @ Meridian 6:00 @ Meridian 7:00 @ Meridian 8:15 @ Meridian
May 14 th (Wednesday)	8's Meridian @ Wilber 8's Meridian @ Wilber 10's Meridian @ Wilber 14's Meridian @ Wilber	5:00 @ Wilber 6:00 @ Wilber 7:00 @ Wilber 8:15 @ Wilber
May 19 th (Monday)	8's Dorchester @ Meridian 8's Dorchester @ Meridian 10's Dorchester @ Meridian 12's Dorchester @ Meridian	5:00 @ Meridian 6:00 @ Meridian 7:00 @ Meridian 8:15 @ Meridian
May 21 st (Wednesday)	8's Beaver Crossing @ Meridian 8's Beaver Crossing @ Meridian	6:00 @ Meridian 7:00 @ Meridian
May 28 th (Wednesday)	8's Meridian @ Geneva 2 8's Meridian @ Geneva 2 10's Meridian @ Geneva 2 12's Meridian @ Geneva 2	5:00 @ Geneva 6:00 @ Geneva 7:00 @ Geneva 8:15 @ Geneva
May 30 th (Friday)	8's Meridian @ DeWitt 10's Meridian @ DeWitt 12's Meridian @ DeWitt 14's Meridian @ DeWitt	5:00 @ DeWitt 6:00 @ DeWitt 7:00 @ DeWitt 8:15 @ DeWitt
June 2 nd (Monday)	8's Deshler @ Meridian 8's Deshler @ Meridian 10's Deshler @ Meridian	6:00 @ Meridian 7:00 @ Meridian 8:00 @ Meridian
June 4 th (Wednesday)	8's Meridian @ Hebron 8's Meridian @ Hebron 10's Meridian @ Hebron 12's Meridian @ Hebron	5:00 @ Hebron 6:00 @ Hebron 7:00 @ Hebron 8:00 @ Hebron
June 6 th (Friday)	DeWitt/Fairbury/Meridian @ Fairbury 14	@ Fairbury
June 9 th (Monday)	8's Meridian @ McCool 8's Meridian @ McCool 10's Meridian @ McCool 12's Meridian @ McCool 14's Meridian @ McCool	4:00 @ McCool 5:00 @ McCool 6:00 @ McCool 7:00 @ McCool 8:15 @ McCool
June 11 th (Wednesday)	8's Meridian @ BDS 8's Meridian @ BDS 10's Meridian @ BDS 12's Meridian @ BDS 14's Meridian @ BDS	4:00 @ BDS 5:00 @ BDS 6:00 @ BDS 7:00 @ BDS 8:15 @ BDS
June 16 th (Monday)	10's Plymouth @ Meridian	6:00 @ Meridian
June 18 th (Wednesday)	10's EMF @ Meridian	6:00 @ Meridian

League Tournaments: 8's June 13-15 10's June 20-22 12's June 13-15 14's June 20-22
@ Fairbury @ Wilber @ Plymouth @ Geneva



2025 Meridain SFS Baseball Schedule

MAY 6TH

	AWAY	HOME
PW	MERIDIAN	EXETER MILLIGAN
AM	MERIDIAN	EXETER MILLIGAN
NAT'L	MERIDIAN	EXETER MILLIGAN

MAY 8TH

PW	WILBER WHITE	MERIDIAN
AMER	FAIRBURY WHITE	MERIDIAN
NAT'L	DEWITT	MERIDIAN

MAY 13TH

PW	MERIDIAN	PLYMOUTH B
AMER	MERIDIAN	PLYMOUTH B
NAT'L	MERIDIAN	FRIEND

MAY 15TH

PW	MCCOOL	MERIDIAN
AMER	MCCOOL	MERIDIAN
NAT'L	MCCOOL	MERIDIAN

MAY 20TH

PW	MERIDIAN	DEWITT
AMER	MERIDIAN	BYE
NAT'L	MERIDIAN	FAIRBURY RED

MAY 22ND

PW	WILBER BLACK	MERIDIAN
AMER	WILBER BLACK	MERIDIAN
NAT'L	WILBER BLACK	MERIDIAN

MAY 27th

PW	MERIDIAN	PLYMOUTH A
AMER	MERIDIAN	PLYMOUTH A
NAT'L	MERIDIAN	PLYMOUTH A

GAME TIMES: PW 5:50 P.M.

AMERICAN 7:00 P.M NAT'L 8:30 P.M.

MAY 29TH

	AWAY	HOME
PW	WILBER GREEN	MERIDIAN
AMER	WILBER GREEN	MERIDIAN
NAT'L	MCCOOL	MERIDIAN

JUNE 3RD

PW	MERIDIAN	WILBER WHITE
AMER	MERIDIAN	FAIRBURY YELLOW
NAT'L	MERIDIAN	FAIRBURY RED

JUNE 5TH

PW	FAIRBURY RED	MERIDIAN
AMER	FAIRBURY RED	MERIDIAN
NAT'L	FAIRBURY RED	MERIDIAN

JUNE 10TH

PW	MERIDIAN	FRIEND
AMER	MERIDIAN	FRIEND
NAT'L	MERIDIAN	FRIEND

JUNE 12TH

PW	FAIRBURY YELLOW	MERIDIAN
AMER	FAIRBURY YELLOW	MERIDIAN
NAT'L	MERIDIAN	DEWITT

JUNE 17TH

PW	MERIDIAN	DEWITT
AMER	PLYMOUTH B	MERIDIAN
NAT'L	FAIRBURY RED	MERIDIAN

JUNE 19TH

PW	GENEVA PURPLE	MERIDIAN
AMER	GENEVA PURPLE	MERIDIAN
NAT'L	DEWITT	MERIDIAN

*Exeter/Milligan - GAMES WILL BE PLAYED IN EXETER

*Meridian - GAMES WILL BE PLAYED IN TOBIAS



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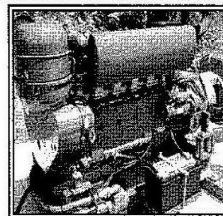
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