

Northern Bedford County

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Published for the residents of the Northern Bedford County School District

Mission Statement

The mission of the Northern Bedford County School District is to uphold high standards to educate each student to be a responsible member of a global society.

SUPERINTENDENT'S MESSAGE

The class of 2024 graduated on May 30, 2024, with 64 students on the stage and they listened to guest speaker Mr. Jan Gable talk about how well the building and grounds and stadium have been maintained and the continuation of growth in the Cove. He encouraged graduates to make the hard choices. He talked about how working hard as a teenager opened doors for him when applying for jobs. He tried several jobs before finding his niche. He told the class to "Embrace the unexpected, and don't shy away from opportunity. Face it head on and make a choice for yourself." His speech connected perfectly to the values and expectations the staff at NBC reinforce on a regular basis. We all wish our graduates well in the next phase of life. They will always be an NBC Black Panther!

We cannot teach every possible morsel of knowledge in the world. But we can ensure our students graduating from NBC will think. That means our students will take information and research, analyze, conclude, develop, implement, and reflect on any issues that come their way. In addition, we continue to support parents by teaching our students to be good citizens. That means helping others, being respectful, understanding the consequences of decisions, staying involved in the community, and remaining informed on the issues our local, state, and federal politicians are addressing.

The pages within this newsletter reflect student activities and accomplishments during the past school year.

There is a tremendous amount of activity occurring this summer. We have projects for air conditioning in the elementary gym/cafeteria and new carpet in the elementary office, library, and K5 rooms along with replacing the wallpaper with fresh paint in the elementary office. The CTC building will be painted along with seal coating of the blacktop around the track area and behind the CTC building. We are in the process of building a new wellness center that is slated to be completed by mid-November. These are just a few examples of a busy summer getting ready for the start of a new school year.

Have a great Summer!



VISION

We see: A school district where all students receive a quality education emphasizing skills, knowledge and character development.

We see: A school district where all employees continue to improve their skills, knowledge and procedures to meet the needs of all learners.

We see: A community of well informed citizens who support educational excellence and work in a partnership with the school community to achieve quality educational results for all students.

Budget

For the 2024-2025 school year (SY), we budgeted \$636,257 dollars for the life skills portion of special education and \$354,640 dollars for cyber school. These two items alone are more than our deficit budget of \$773,497 dollars. Over the past 11 years, Harrisburg has chosen to provide negligible if any increases to school districts for special education costs even though this cost has risen significantly. The same is true with cyber school funding. There are simple solutions to fix the financial issue with cyber schools, but again, Harrisburg has not addressed the issue. Although school superintendents have continually raised concern over the cost of special education and cyber school, it has not been enough to effect change. It must come from each constituent communicating with their legislators. There is legislation in the House currently setting the price for cyber school at \$8,000 dollars. This is your opportunity to save local tax dollars. Contact Jesse Topper (State Representative) and Pat Stefano (State Senator) and let them know your position on the topic.

With our deficit projected to be at \$773,497 dollars and the state budget not approved, it is vital to support an increase in taxes. Fortunately, the farmstead/homestead reimbursement was increased and will help to offset the increase in tax for those that applied. NBC has the highest median income and the lowest school tax rate in Bedford County.

Each year during the budget process, we budget conservatively on our revenues and more liberally on expenditures. There are many unknowns when preparing the budget. For example, we don't know what special education costs, cyber costs, and employee attrition may be for the following year. We typically do not know what the Basic Education Funding (BEF) from the state will be because they are not required to approve the state budget prior to June 30th. We apply previous years' results to the budget while still understanding that it could fluctuate greatly.

In the meantime, it is vital that you continue to voice your opinions to our state legislature concerning the unfunded mandates placed on local school districts by our politicians and the Pennsylvania Department of Education (PDE).



Shared Values of NBCSD

1. Learning is a lifelong process.
2. Parents or primary caregiver are a child's earliest teachers and remain critical influences.
3. All children can learn.
4. Every child deserves the best educational opportunity the school district can provide.
5. The developmental processes of pre-school children are enhanced through school-based early childhood program services.
6. Learning is a shared responsibility among students, teachers, parents, and community.
7. School is a focal point of the community.
8. The school is a moral force that both shapes and reflects community values.
9. A safe, orderly, and disciplined environment is essential for learning.
10. Curriculum and instruction must address the differing needs and learning styles of each student.
11. The high school diploma represents the acquisition of a core of academic skills.
12. The school strives to lead the community in the use of technology.
13. The school fosters an environment which builds positive relationships among all students.
14. The school stresses appreciation of the varied cultural influences which shape the world.
15. All school personnel serve as positive role models.
16. The school provides a caring influence which promotes emotional stability.





Congratulations to the Class of 2024!



the  *Adventure*
 *Begins*



Graduation Award Recipients

Front Row: Samantha Corle, Ava Whisker, Aiden Wadel, Aidan Miller, Elizabeth Berry, Tyler Spina
 Back Row: Mariah Hall, Emma Byler, Aaron Shawley, Ashton Detterline, Chase Imes, Noah Kochara, Dani Imler



National Honor Society

Elizabeth Berry, Reagan Grimes, Aiden Wadel, Leah Swanseen, Zachary Lawton, Chase Imes, Benjamin Gable, Dani Imler, Mariah Hall, Rachel Bithell, Kara Dietz, Lydia Koontz



Staff Members and Their Graduates

Above is a picture of 2024 graduates with their parent/s that are staff members of the Northern Bedford County School District.

From left to right: Brandi Dibert, Rece Dibert, Lorie Gable, Benjamin Gable, Kevin Gable, Lisa Blackburn, Nathaniel Blackburn, Donna Detterline, Ashton Detterline, Leah Swanseen, Emily Swanseen, Isaac Dibert, Heather Dibert

Absent from photo: Jennifer Amick and son Brian Amick



Panther Proud!

Presidential Award Winners

Congratulations to Each of You for Your Accomplishments!

Congratulations to students in 5th, 8th and 12th grades that received the Presidential Academic Excellence Award.

Grade 5



Front row: Mya Conley, Sadie Barton, Ryder Replogle
Back row: Aubrey Banaszak, Christian Moyer, Jacob Dutchcot



Front row: Avery Smith, Aubrey Holsinger, Myha Dixon, Mallory Gates
Back row: Kyan Baas, Braden Zellers

Grade 12



Elizabeth Berry, Aiden Wadel, Reagan Grimes, Chase Imes, Dani Imler, Mariah Hall, Lydia Koontz

EVERY
ACCOMPLISHMENT
STARTS WITH
THE DECISION TO TRY

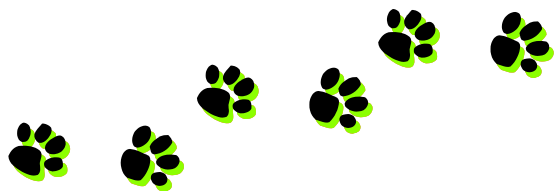
High School Activities

By: Mr. Shawn Cerully, High School Principal

In February, Junior Mock Interviews were held at the high school. Students in CEW 11 completed a job application, wrote a cover letter, and created a resume to prepare for mock interviews with professionals. The overall reviews of our students from our interviewers were amazing! We'd like to thank Matt Eichelberger, Jessica Kitt, Lainie Snider, Alan Weaver, and Jared Mellott for helping to create such an authentic experience for our young people.



NBC was proud to once again have three students participate in the Bedford County Academic Hall of Fame. This year, NBC was represented by Elizabeth Berry (Academic), Nate Blackburn (CTE), and Lydia Koontz (Business). We are proud of these three students and how they represent the many great students we have in our district.



Career exploration is a major component of the high school experience. This spring, the sophomore students attended the Blair County Career fair sponsored by the Rotary. Additionally, some students in our automotive program toured Curry Supply and Stuckey Automotive for potential CoOp placements. Both experiences were a great way to showcase employment opportunities and highlight businesses in our area.



High School Activities

By: Mr. Shawn Cerully, High School Principal

Our NBC FFA continues to remain active throughout our school and community. In February, the NBC FFA held their annual FFA breakfast to celebrate the end of FFA week which included a corn hole tournament, FFA facts, and spirit days. Thanks to all our students and FFA advisors for their efforts in this great organization.



On Thursday, March 28th and Friday, March 29th, NBC held another successful Dance-A-Thon. This tradition continues to represent the very best of our district as this year we raised \$35,412 to help local families in need.



Music Department

By: Mr. Brett Keith, MS/HS Music Teacher

Northern Bedford County High School students Jackie Clevenger and Ebbie Berry have reached one of the highest levels a high school musician can achieve by earning a place in the Pennsylvania Music Educators Association (PMEA) All-State Chorus ensemble (Both Qualified), and All-State Concert Band (Ebbie Qualified).

Along with Jackie and Ebbie, three other student Choir musicians also qualified for the PMEA Region III Choir festival which was held March 2024 at the Somerset Area High School. The ensemble consisted of students from school districts from 11 counties across Central Pennsylvania. These students include Ava Whisker, Aaron Shawley, Wyatt Steele, and Nick Clevenger.

The following Northern Bedford County Band students also travelled to Bald Eagle Area HS for the PMEA Region III Band Festival. These students include Jackie Clevenger, Ebbie Berry, Adam Berry, Nick Clevenger, and Anna Beckett.



Our NBC Music Department performed Matilda. The production showcased a cast of over 50 students from the Middle and High School, colorful scenic elements, a live, professional orchestra of 11 musicians, and some surprise special effects.



FBLA State Competition

By: Mrs. Hannah Hutzell, FBLA Advisor

22 NORTHERN BEDFORD FBLA STUDENTS QUALIFY FOR NATIONALS

Seventy-five Northern Bedford County FBLA members attended the Pennsylvania FBLA State Leadership Conference hosted at the Hershey Lodge from April 7-9. Members competed against students from across the commonwealth in a wide range of competitive events. The top 4 competitors in each event qualify for the National Leadership Conference to take place in Orlando, Florida in June. Northern Bedford was recognized as one of the top chapters in Pennsylvania in fulfilling FBLA's mission of Service, Progress, and Education, earning outstanding chapter status. By the end of the Awards of Excellence Program, 22 students qualified for National competition. Avery Aungst, Aleah Loose, Jaylyn Resh, Lydia Koontz, and Aiden Wadel qualified for national competition in 2 events.

Savanna Hershberger, Wesley Horsh, and Nolin Snider took home 1st place honors with their Partnership with Business Project, Brewing Success. The trio worked alongside local business owner Betsy Francke in promoting growth of both the Coffee Coop and Northern Bedford FBLA.

Avery Aungst completed her term as Pennsylvania FBLA Vice President at Large #1. At the conference, Aungst ran a successful campaign and was elected to serve as the Pennsylvania FBLA First Vice President for the 2024-2025 membership year.

Northern Bedford FBLA is advised by Mr. Garry Black, Mrs. Hannah Hutzell, and Mrs. Jennifer Aungst.

2024 NBC FBLA SLC RESULTS

2nd Place- Market Share Percentage- 35.39%

4th Place- Business Achievement Award Challenge

5th Place- William Selden Outstanding Chapter

Aiden Wadel- Honorable Mention- Who's Who in PAFBLA- \$350 Scholarship

Avery Aungst- Keystone Leadership Award

Avery Aungst and Aleah Loose- Inducted into National Business Honors Society

1st Place- Partnership with Business Project- Savanna Hershberger, Nolin Snider, Wesley Horsh

2nd Place- Business Ethics- Aleah Loose, Jaylyn Resh, Avery Aungst

2nd Place- American Enterprise Project- Avery Aungst, Myah Douglas, Aiden Wadel

2nd Place- Introduction to Business Presentation- Emalee Bowser, Shelby Dively, Olivia Helsel

3rd Place- Local Chapter Annual Business Report- Lydia Koontz, Aleah Loose, Jaylyn Resh

3rd Place- Website Design- Mariah Hall, Ebbie Berry, Leah Swanseen

4th Place- Digital Animation- Aaron Bowers, Rece Dibert, Kaden Norwood

4th Place- Business Ethics- Aiden Wadel, Lydia Koontz, Chase Imes

4th Place- Broadcast Journalism- Addison Love, Addison Reasy, Amberly Detteline

5th Place- Visual Design- Ava Whisker, Jackie Clevenger, Adam Berry

6th Place- Sales Presentation- Max Gochmour, Alyssa Yeatts, Kasey McElgin

6th Place- Parliamentary Procedure- Emma Byler, Brock Beach, Aaliyah Pepple, Emily Koontz, Kaylee Ebersole

7th Place- Community Service Project- Olivia Helsel, Emalee Bowser, Shelby Dively

7th Place- Parliamentary Procedure- Addison Arcq, Alaina Sipes, Reagan Snider, Brooklyn Koontz, Araya Keller

8th Place- Introduction to Social Media Strategies- Mylee Mitchell, Mayleigh Ritchey, Kitt Reininger

8th Place- Public Speaking- Savanna Hershberger

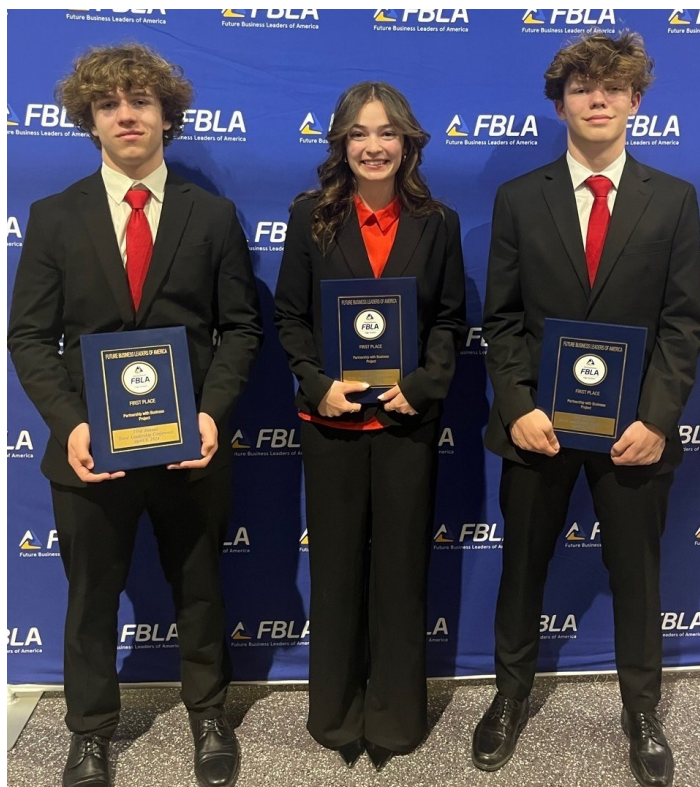
FBLA State Competition

By: Mrs. Hannah Hutzell, FBLA Advisor



Above: 75 Northern Bedford FBLA members pose in front of the Giant Center before the Awards of Excellence Program.

Below: Nolin Snider, Savanna Hershberger, and Wesley Horsh with their 1st Place plaques in Partnership with Business Project.



Athletics

By: Mr. Jeff Batzel, Athletic Director

ATHLETICS SPOTLIGHT – COACH BRIAN DUTCOCOT

Coach Brian Duttcot was named the District 5 Wrestling Coach of the Year this past Winter by his peers. These accolades came as a result of a terrific season that saw the Panther Wrestlers crown 2 individual district champs, qualify 2 for the state meet, capture the ICC South title for the second consecutive year and was highlighted by the District 5 Tournament Title. The District 5 Title sent shockwaves across the state as the Panthers upset the highly touted Chestnut Ridge Lions who had won the 5-AA tournament 13 consecutive times prior to this year.

Many see Coach Duttcot as the face of NBC Wrestling but his athletic roots run much deeper than in just that sport.

While growing up in Ridgway, PA, he competed in 3-sports from youth through high school graduation.

During his time at Ridgway Area High School, he was a three year letter winner in football. And as a Senior was selected to the Big 30 All Star game and as an AML Conference All Star. In the winter, as could be expected, he competed all four years of high school as a starter on the wrestling team. In his first two seasons, Ridgway was ranked first in the state, and 23rd and 24th in the nation, according to USA Today. In his Senior season, he placed 2nd in District 9 at 140 pounds and was also a Northwest Regional runner up and a state qualifier. In the spring, he turned his attention to the baseball field. He was a three year starter and letter winner for the Ridgway Elkers. After a second place District 9 finish in his Junior year, the Elkers captured the District 9 title and finished in the top four of the state in AA baseball when he was a Senior.

He continued as an athlete in College at IUP. He started many games as a freshman and was a three year starter at IUP. During those years, he played every position in the infield. IUP's best finish while he was there was his Freshman year, when IUP finished as PSAC Runners-up.

This season marks his 18th year teaching Spanish and coaching at Northern Bedford. He currently holds the Head JH Baseball Coaching position in addition to wrestling. "I am blessed to work and coach in a supportive district," Duttcot said. "When I attend events with our athletes, they often get complimented on their sportsmanship, and I think that means more to me than anything else. My goal as a coach is to help these young athletes become outstanding citizens who give back to their community in a positive way."

All those who watch Coach Duttcot can agree that he does an outstanding job at reaching those goals. "He has done a consistently fine job of developing our athletes for years and has the utmost respect of the wrestling community and Coaches and Athletic Directors across our region," according to Athletic Director Jeff Batzel.

After taking over the Wrestling program in 2012, the Panthers hovered around the .500 mark for about 5-years before they took off and other than the Covid Year (2021) NB hasn't had a losing season in wrestling since 2017. Duttcot's career record in 13-years at the helm is 127-100.

Duttcot was also instrumental in advocating for and working with Mr. Batzel in starting the Girls Wrestling program at NBC.

Our students and athletes are fortunate to have Senor Duttcot here at NBC and touching so many lives in so many different ways.

Athletics

NBC Wrestling had a great season. The Boys Wrestling team won the District 5 Team Tournament Championship and sent two students to the State competition. Two of our girls were also honored to be part of the first PIAA Girls Wrestling State Tournament in Hershey. We'd like to congratulate them on a great season.



Senior Mariah Hall reached 1,000 career total points this basketball season. We'd like to congratulate Mariah and the girls basketball team on a great season.



Middle School Activities

By: Mrs. Kendra Pritchett, Middle School Principal

NBC Unplugged

Middle school and high school students and staff participated in an unprecedented “Unplugged” day this school year. This was a day in which students and staff gave up all electronic devices connected to the internet for one day. In order to help students wrap their heads around the value of such a day, students took a pre-survey about social media and viewed the Netflix documentary, *The Social Dilemma*, before participating.

Throughout the day it was well-noted that more people were having face-to-face conversations. When students were finished with homework in study halls they were interacting with each other, the cafeteria was noticeably more active, and teachers were seen physically in other classrooms when they needed to touch base with a colleague.

Middle school students participated in a post-survey and then attended a “Summary Session” to review the survey results and debrief from the experience. Feedback was positive from students, staff, parents, and community members. One student reported, “It seemed to inspire a lot of genuine conversation.”



Middle School Activities

By: Mrs. Kendra Pritchett, Middle School Principal

Envirothon

Fifth, sixth, seventh, and eighth graders participated in this year's Elementary and Junior High Envirothon competitions held at Shawnee State Park in May. All of our NBC teams did well! We were recognized for high scores in Aquatics and Forestry. Our team, "The Great Explorers" won first place and brought home a trophy and the traveling fox that are on display in the middle school. These students worked hard after school and during activity periods to prepare for this day. The hard work paid off! Many thanks to Mrs. Laird, Mr. Miller, and Mr. Smith for their team leadership!



NBSea Adventures

The 6th grade and 7th/8th grade bands performed alongside the high school band in the one-of-a-kind "NBSea Adventures" this past month. This concert showcased our students' musical and theatrical talents while providing entertainment to the audience. Unlike typical band concerts, Mr. Sarvey and our students told an intriguing story as they "navigated the seas" through a variety of sea-related songs.



Middle School Activities

By: Mrs. Kendra Pritchett, Middle School Principal

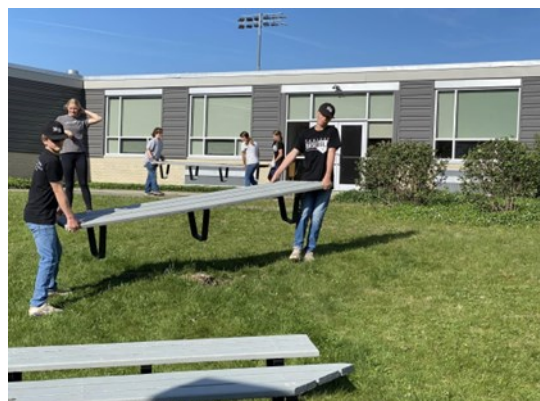
Best Community for Music Education

NBC has been awarded the designation of Best Community for Music Education (BCME). This award recognizes the efforts of teachers, staff, parents, students, and community leaders who are making music part of a well-rounded education for children in their communities. The BCME is sponsored by the National Association of Music Merchants (NAMM). Approximately 950 school districts from all over the United States were awarded this designation, and this is the third consecutive year NBC has been recognized with this award! To see a complete list of awardees, go to: <https://www.nammfoundation.org/articles/bcme-2024-districts>



NBC Clean Up Days

Student Council members spent a day working outside in an effort to beautify our campus for the spring. Students worked to accomplish the following tasks before the day was over: raked stones, picked up trash, swept under the bleachers, pulled weeds, finished mulching, cleaned up branches, filled holes in the grass, and pressure washed the 6th grade patio area. This hard-working crew was led by Mrs. England and Mrs. Mowery!



Elementary Student Council

By: Mrs. Bonnie Dilling, Elementary Teacher

Elementary Student Council's Impactful Actions

In the bustling halls of NBC Elementary, the fifth-grade student council has demonstrated signs of leadership, compassion, and creativity. Throughout the academic year, these young leaders have displayed their dedication to serving their school community and showcased their ability to make a tangible difference through various engaging activities.

Campaigning with Purpose:

At the start of the fifth-grade year, many students created eye-catching posters and persuasive speeches. Each candidate outlined their vision for a better school community, possible initiatives for the school year, and their desire to improve each day at the elementary. After election day, 9 students were selected to be part of the student council: Aubrey Banaszak, Blake Bollman, Christian Moyer, Lillian Mellott, Livie Steele, Madison Baker, Mya Conley, Paisley Wilson, and Sadie Barton. Through this process, students learned valuable lessons about democracy, leadership, and effective communication.

Acts of Kindness at Dismissal:

The simple act of holding open doors at dismissal might seem small, but for the student council members, it was an opportunity to show kindness. By ensuring a smooth and courteous exit, they not only fostered a sense of friendship but also exemplified the importance of thoughtfulness and consideration in daily interactions.

Honoring Veterans with Tribute:

Student council participated in the annual Veterans Day assembly. Council members demonstrated their respect and appreciation for those who have served our country by escorting our guests to the multi-purpose room and assisting them to their seats. During the assembly, student council members took turns holding the flags of our military branches while others read descriptions of each military branch. This solemn yet powerful gesture served to educate their peers about the significance of our military and instilled a sense of gratitude and patriotism within the school community. Participating in this tribute allowed the student council to show their commitment to recognizing and honoring the contributions of our veterans.



Elementary School

By: Mrs. Bonnie Dilling, Elementary Teacher

Spreading Joy to Those in Need:

Beyond the school gates, the student council extended their compassion to the wider community by collecting toys for children staying at the Ronald McDonald House in Pittsburgh, PA. Understanding the importance of play and comfort, especially during challenging times, they encouraged students in all grade levels to contribute toys, games, puzzles, slippers, and books. The student council members created short reminders to share on the morning announcements, to encourage donations each day during the holiday season. Ultimately, bringing smiles to the faces of young patients and their families.



Fun and Learning Through Games:

Adding a dash of excitement to the long winter, the student council designed and facilitated a series of engaging games for each grade level. Each grade attended the March Academic-Sports Madness event, where the council members had designed and created a sports game, an academic review game, and a sports/academic game for all students to play during their 45-minute specials class that day. These activities provided students with opportunities to learn, collaborate, and, most importantly, have fun in the process. Student Council members were the teachers for the day. Realizing the work that goes into creating and delivering a lesson, while incorporating behavior management strategies to achieve a successful activity.

In essence, the elementary student council at NBC Elementary exemplifies the power of youth leadership and community engagement. Through their thoughtful initiatives and unwavering dedication, they have not only left a lasting impact on their school but have also set a shining example for future upcoming of leaders to follow.

Panther Proud!

Elementary School

By: Mrs. Ann Jones, Elementary Music Teacher

On May 7, almost 40 5th and 4th graders performed in the evening for friends and family. There was a large crowd in the auditorium. They sang 6 selections at the concert. The song Both Sides Now had American Sign Language in the chorus and some fingerlights were added to the final song, Dynamite. The recorder ensemble started the concert with 3 selections.

(Right) Three 5th grade students were selected to attend this year's Songfest at North Star High School. The three students were Ada Loose, Lyric Keith and Henry Sarvey. They joined over 150 5th graders from PMEA District 6. They practiced all day and then performed a concert of 6 songs. The guest conductor was Valerie Galczynski.



Elementary School

By: Mrs. Beatrix Stern, Elementary Art Teacher

Elementary Art Show

On May 7th, the Elementary School hosted its first Art Show in several years. Every student from kindergarten through 5th grade was represented with a piece of their artwork. Attendance was wonderful with about one hundred people coming to the open house. Students and their families enjoyed seeing the work on display and meeting up with friends and neighbors. There were also opportunities for students to play games, draw, and take selfies. Students displayed drawings, sculptures, paintings, weaving, and ceramics. I'm looking forward to next year's show already!



Elementary School

By: Mrs. Michele Diehl, Elementary ASP Coordinator

The NBC Elementary After School Program just completed another great year! Our typical day consisted of snacks and homework time, along with other activities such as STEM, technology, nutrition, crafts, outdoor time, and games.

Each month we also had other professionals from the county visit us to teach a variety of different lessons in the areas of wellness, art, and 4-H. Most months, we also held parent engagement nights, where parents were invited to enjoy some food and a craft or STEM activity with their child.

Next year's program will be for students in grades 3-8, which is a change from previous years. Space is limited, so if you are interested in having your child be a part of After School, watch closely for enrollment forms at the very beginning of next school year. We are looking forward to another exciting year. Have a great summer!



Eating Well

By: Mrs. Jennie Miller, Food Service Director

A Healthy Habit

Healthy snacking isn't just about satisfying hunger—it's about fueling the brain for optimal performance. Research shows that nutritious snacks can have significant benefits for students' cognitive function and academic achievement. According to a study published in the Journal of School Health, students who eat balanced, healthy snacks have better attention spans, improved memory, and enhanced cognitive function. Additionally, snacks rich in protein, fiber, and healthy fats help stabilize blood sugar levels, preventing energy crashes and promoting sustained focus. Furthermore, the American Academy of Pediatrics highlights the importance of nutrient-dense snacks, such as fruits, vegetables, nuts, and whole grains, for supporting brain development and overall well-being in children. By incorporating snacks into their diet, students can stay energized, focused, and ready to tackle academic challenges. So, next time your child reaches for a snack, help them make a healthy choice that will fuel their fun!

Clean Food

Washing is one of the primary ways to reduce the risk of food poisoning. From hands to kitchen counters, it is important to wash properly to stop the spread of harmful bacteria and viruses. However, when it comes to food, the rules of washing are not as clear!

Always Wash:

Fruits and Vegetables — Wash all produce, even if the peel will not be eaten, because dirt and bacteria can be transferred from the peel to the inside of the fruit as it is sliced or peeled. All produce, even organic, should be washed with cool tap water immediately before eating or using in a recipe. Skip the soap because the porous surfaces on fresh produce can absorb the ingredients in soap.

Never Wash:

Raw Meat — Despite what many think, washing raw chicken, fish, and other meats does not clean it. In fact, rinsing raw meat may spread harmful bacteria such as Salmonella around the kitchen and increases the risk of cross-contamination to other foods, utensils, and surfaces. The only way to kill those pathogens is to cook all meat and fish to their appropriate internal temperature.

Eggs — Avoid washing eggs after purchase because it can remove the coating (applied during processing) that protects eggs from bacteria.

Go Green(s)!

Dark leafy greens come in an incredible variety beyond romaine or spinach, including kale, chard, collard greens, arugula, and even fresh herbs. Packed with vitamins, minerals, and antioxidants, dark leafy greens support good vision and immune function. Greens can sometimes be a hard sell for younger children, but there are plenty of ways to prepare them that retain their nutrient density while boosting appeal. The USDA's MyPlate recommends incorporating one and a half to two cups of these greens into your family's weekly diet. For a kid-friendly approach, consider adding darker greens like romaine or arugula into the usual iceberg salad mixes. Add a cup of spinach or kale to a mixed berry smoothie. Add chard or collard greens finely chopped to a favorite soup. However, you embrace the opportunity to "Go Green" this summer, it's a great time to make dark leafy greens a tasty and essential part of your family's diet.

Nurse's Notes

By: Starla Snyder, Certified School Nurse

Bicycle Safety

Bicycling is one of the best ways to get exercise; see the sights; and reduce your carbon footprint. However, bicyclists face a host of hazards. They often must share the road with vehicles, and injuries can happen even on a designated path.

Cyclists... Check Your Equipment

The seat should be adjusted to the proper height and locked in place.

Make certain all parts are secure and working properly.

Check that the tires are inflated properly.

Make sure the bike is equipped with reflectors on the rear/front pedals and spokes.

A horn or bell, a rear-view mirror, and a bright headlight are also recommended.

Plan to Be Seen

Wear neon, fluorescent, or other bright clothing.

Whenever possible, ride during the day.

If you must ride at night, wear reflective clothing and use flashing lights.

Wear a Helmet

Adjust sizing pads or fit rung until the helmet is snug.

Position the helmet level on your head, covering the forehead and not tipped backward or forward; this will be one to two finger widths above the eyebrow.

Adjust the side straps so they form a "V" shape under and slightly in front of your ears.

Center the buckle on the chin strap under the chin.

Buckle and tighten the chin strap until it is snug; no more than one to two fingers should be able to fit between the chin and strap.

When fitted, the helmet should not rock more than 1" side to side or front to back on your head.

Follow These Rules of the Road

Get acquainted with traffic laws. Bicyclists MUST follow the same rules as motorists.

Ride single file in the direction of traffic.

Remain alert, keep your head up, and look around.

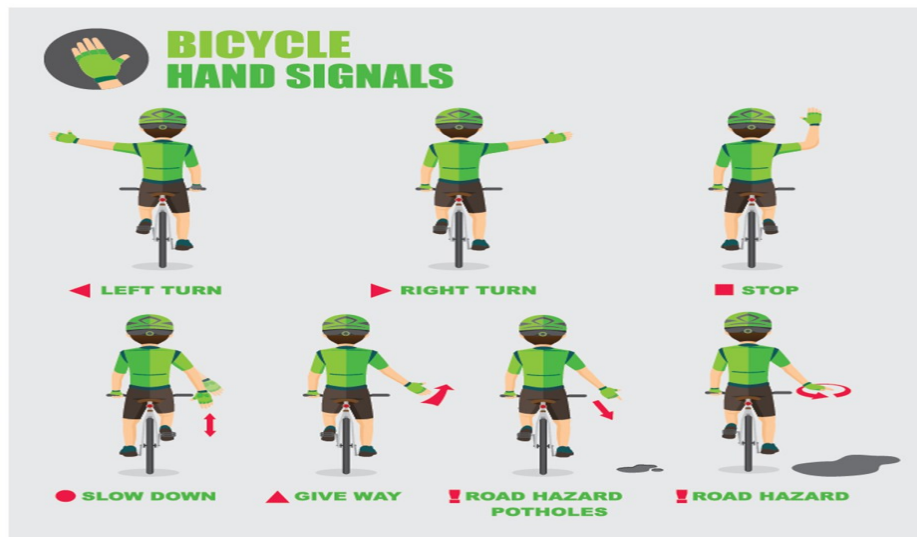
Never hitch onto cars.

Before entering traffic, stop and look left, right, left again, and over your shoulder.

Use hand signals when turning. See chart below.

Source:

<https://www.nsc.org/community-safety/safety-topics/seasonal-safety/summer-safety/bicycles>



Staff Retirements

*Congratulations and Thank You for
your years of service at NBC.*



Mr. Michael Brode
HS Math Teacher



Mr. Craig Curfman
MS/HS Tech Ed Teacher



Mrs. Sue Heuston
ES Learning Support
Teacher



Mrs. Cindy Keith
Food Service



Mrs. Carol Smith
Food Service
Kitchen Manager

*Happy
Retirement!*

Homeless Initiative Information

The Homeless Children's initiative ensures homeless children and youth a free and appropriate public education on an equal basis with all other children of Pennsylvania. Program objectives and activities are intended to remove barriers to enrollment and educational success, and to ensure that education is as uninterrupted as possible while students are homeless.

If you have any questions please contact our Homeless Liaison:

Mrs. Stacy Pressel, 814-766-4702, spressel@nbcasd.org

Definitions of Homelessness

A child is considered homeless if he or she is living with or without a parent:

- In a homeless or domestic violence shelter
- In a public or private place not designated as regular sleeping accommodation, such as a vehicle, park, hotel or campground
- With relatives or friends due to lack of housing ("doubled up")
- Outside of his or her home as a runaway or because he/she has been forced out of the home
- In a house for unwed mothers with no other options for living accommodations
- In any of the situations listed above as a child of a migrant family
- Homeless children reside in situations that are not fixed, regular or adequate.

Barriers Facing Homeless Children

Homeless children face a variety of legal, social and emotional barriers that may interrupt their education. They include:

- Lack of school supplies and clothing
- Residency and guardianship requirements
- Lapses in program continuity
- Delays in educational evaluations
- Lack of transportation to school
- Missing academic and health records
- Lack of awareness regarding the extent and effects of homelessness
- Inadequate parental resources
- Social stigma attached to homelessness

How Homeless Children's Initiative Coordinators Can Help

- Assisting with school enrollment and placement
- Providing referrals for clothing, food, shelter, rent, medical services, preschool, housing, advocacy, counseling, etc.
- Coordinating transportation to and from school
- Implementing tutoring and enrichment services in shelters and other settings
- Coordinating support services
- Distributing literature regarding homeless children
- Providing training and in-service related to the McKinney-Vento Act
- Increasing public awareness of homelessness
- Assisting with obtaining school clothing, shoes and supplies for homeless students

How School Personnel Can Help

- School administrators can help by knowing the rights of the homeless and encouraging sensitivity
- Identified Homeless Liaisons can identify and track homeless students, train district staff on Federal and State policies, and contact HCI staff with questions and requests for technical assistance
- Principals can create a welcoming environment for homeless families
- School secretaries can discreetly assist parents with forms and paperwork
- Counselors can refer for needed services
- School Nurses can expedite immunization and health record transfers
- Transportation staff can arrange for children to attend their school of origin

Northern Bedford County School District

2024/2025 School Calendar

Month	Day	Description	Student Days	Faculty Days
August	19	In-Service Day for Teachers (Act 48)	9	10
	20	In-Service Day for Teachers (Act 80)		
	21	First Day for Students		
September	2	No School (Labor Day)	20	20
October	14	No School (Columbus Day)	21	22
	28	No School (Teacher In-Service Day Act 48)		
November	11	No School (Veteran's Day)	17	18
	26	Two Hour Early Dismissal (PM-Parent/Teacher Conferences)		
	27	No School (AM-Parent/Teacher Conferences)		
	28,29	No School (Thanksgiving)		
December	2	No School (Buck Season)	14	14
	20	Two-Hour Early Dismissal		
	23-31	No School (Christmas Break)		
January	1	No School (New Year's Day)	22	22
	20	No School (MLK Day) (Teacher In-Service Day Act 80)		
	24	No School (Teacher In-Service Day Act 80)		
February	14	No School (Make-Up Day #1)	18	18
	17	No School (President's Day) (Make-Up Day #3)		
March	20	No School (Make-Up Day #2)	19	19
	21	No School (Make-Up Day #4)		
April	18	No School (Good Friday)	20	20
	21	No School (Easter Monday)		
	25	Two-Hour Early Dismissal (NBCAA Invitational Track Meet)		
May	14	Two-Hour Early Dismissal (District Track Meet)	20	21
	26	No School (Memorial Day)		
	29	Last Day for Students (Two-Hour Early Dismissal) Graduation		
	30	In-Service Day for Teachers (Act 48)		
Total Days			180	184

Schedule for Make-Up Days

February 14, 2025

March 20, 2025

February 17, 2025

March 21, 2025

Teacher In-Service - ACT 80
Teacher In-Service - ACT 48
No School-Possible Make-Up Day
First & Last Student Day
Holiday
Parent/Teacher Conferences
Two Hour Early Dismissal

**Use of FID days will be used as necessary to maintain the last day of school.*

***In the event all snow/FID days are used additional days will be made up at the end of the school year.*



Published for residents of
Northern Bedford County
School District

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Senior High School Principal

Kendra A. Pritchett
Middle School Principal

Trevor M. Replogle
Elementary Principal

Lindsay A. Cherry
Special Education Supervisor

Emily J. Swanseen
High School Guidance

Alexa C. Patton
Middle School Guidance

Madison G. Brumbaugh
Elementary School Guidance

Starla J. Snyder
School Nurse

Northern Bedford County SD
152 NBC Drive
Loysburg, PA 16659-9549

Ph 766-2221 • Fax 766-3772
Web Address: www.nbcsd.org

Summer Office Schedule

The Elementary, Middle and High School Offices will be open from 7:00AM to 2:00PM.

The District Office will be open from 7:30AM to 3:30PM.

All offices will be closed Thursday, July 4, 2024 in observance of Independence Day.

Upcoming School Events

August 19 & 20. Teacher In-Service

August 21. First Day for Students

August 23. 1st Varsity Football Game
NBC vs. Southern Huntingdon (7:00PM)

September 2 No School (Labor Day)

October 4. Homecoming; NBC vs. Meyersdale

October 14 No School (Columbus Day)

October 28. No School Teacher In-Service

November 11. No School (Veteran's Day)

November 26. 2-Hour early Dismissal/
PM Parent/Teacher Conferences

November 27 No School (AM-Parent Teacher Conferences)

November 28 & 29 No School (Thanksgiving)

December 2 No School (Buck Season)

December 20 Two Hour Early Dismissal

December 23-January 1 Christmas and New Year Break

School Board Meetings

The Northern Bedford County Board of School
Directors meets the second
Tuesday of each month in Room 136
of the Middle/Senior High School in
Loysburg, PA, at 6:00 PM
unless otherwise advertised.