

The Leigh Legend



June-July 2023



The Legend is a Newsletter for the patrons of the Leigh Community School District #39. The Legend is printed by the Educational Service Unit #7. Submit article suggestions to Monica Hake at Leigh High School at 487-2228 or mhake@leigh.esu7.org.

Counselor's Notes:

The junior class successfully completed the ACT in March and the sophomore class completed the PreACT in April. It was exciting to see how eager all the students were waiting for their results to come in! The upper elementary (grades 3-6) and junior high students finished NSCAS testing and did very well.

Scholarship Winners:

Congratulations to the following seniors who were awarded scholarships from various local individuals, families, and organizations as well as scholarships awarded from colleges, universities, or state organizations. Leigh High School would like to acknowledge and thank those who continue to support the local scholarships for our students, without your continued support the funding for these scholarships would not be possible.

Dylan Brabec

- Norman W. Ochsner Agriculture Scholarship
- Northeast Community College Dean Scholarship
- Rick Charipar Memorial Scholarship
- Lower Elkhorn Natural Resources District Scholarship
- Alternate to the Citizens State Bank Scholarship

Albert Diaz

- Central Community College Committed to Success Scholarship

Jessica Hoffman

- Leigh Alumni Scholarship
- Leigh Fire Department Scholarship
- Patriot Youth Advisory Scholarship
- Citizens State Bank Scholarship
- Whitetail Scholarship
- American Red Cross Scholarship
- University of Nebraska Lincoln: Nebraska Emerging Leaders Scholarship
- American Legion Auxiliary Career and Technical Education Scholarship
- Robert A. Wanek Memorial Scholarship
- Southeast Community College: Academic Excellence Scholarship
- St. John's Special Gifts Scholarship
- Alternate to the Leigh Rescue Unit Scholarship
- Alternate to the Sons of the American Legion Scholarship

Kyle Holmberg

- Aaron Cech Memorial Scholarship
- Mary Kuhn Memorial Scholarship
- University of Nebraska Lincoln Pepsi Scholarship
- University of Nebraska Lincoln David Distinguished Scholarship
- University of Nebraska Lincoln Engineering Scholarship
- University of Nebraska Omaha Regents Scholarship
- Wayne State College Presidential scholarship
- Alternate to the University of Nebraska Lincoln Kiewit Foundation Engineering
- Wayne State College Rural Health Opportunities Program for Medicine Alternate
- Alternate to the Paul Hollatz Memorial Scholarship
- Alternate to the Irene Goble American Legion Auxiliary Scholarship

Kyle Kasik

- Susan Thompson Buffett Scholarship
- John and Michele Hollatz Scholarship
- Paul Hollatz Memorial Scholarship
- Patriot Youth Advisory Scholarship
- Russ Herman Memorial Scholarship
- Leigh American Legion Scholarship
- Lyle Hamernik Memorial Scholarship
- Wayne State College Dean's Excellence Scholarship
- Wayne State College Growing Together Scholarship
- Alternate to the Patriot Booster Club Scholarship

Jackson Mullenhoff

- Iowa State University Quest Award
- Iowa State University Expedition Award
- Taylor Went Memorial Scholarship
- Mitchell Equipment Scholarship
- Alternate to the Rick Charipar Memorial Scholarship

Sydney Reeves

- South Dakota State University: Yellow & Blue Scholarship
- University of Nebraska-Lincoln: College of Agricultural Sciences & Natural Resources Scholarship
- University of Nebraska-Lincoln: Nebraska Emerging Leaders Scholarship
- Leigh Rescue Unit Scholarship
- Leigh Community Club Scholarship
- Patriot Youth Advisory Scholarship
- Lisa Settje Kuta Memorial Scholarship
- LaVern Went Memorial Scholarship
- Jim and Helen Evans Memorial Scholarship
- Vickie Wietfeld Memorial Scholarship
- Alternate to the Patriot Booster Club Scholarship
- Alternate to the Aaron Cech Memorial Scholarship
- Alternate to the Leigh Alumni Scholarship
- Alternate to the Jay Blessen Memorial Scholarship
- Alternate to the Lyle Hamernik Memorial Scholarship

Deandrea Rivera

- Susan Thompson Buffett Scholarship
- Wayne State College Dean's Commitment Scholarship
- Alternate to the Leigh Fire Department Scholarship
- Alternate to the Aaron Cech Memorial Scholarship

Korbee Wendt

- John and Michele Hollatz Scholarship
- Terri Wietfeld Memorial Scholarship
- Jay Blessen Memorial Scholarship
- Patriot Booster Club Scholarship
- Irene Gobler American Legion Auxiliary Scholarship
- Sons of the American Legion Scholarship
- Patriot Youth Advisory Scholarship
- Stanley & Emilie (Krupka) Cada Memorial Scholarship
- Northeast Community College Dr. Jagmohan/Shobhana Scholarship
- Alternate to the Vickie Wietfeld Memorial Scholarship

Mason Whitmore

- Sara Reichmuth Memorial Scholarship
- Patriot Youth Advisory Scholarship
- Leigh Alumni Scholarship
- Wade Wendt Memorial Scholarship
- St. John's Special Gifts Scholarship
- Alternate to the Leigh American Legion Scholarship
- Alternate to the FEVB Scholarship

Dalton Zulkoski

- University of Nebraska Lincoln-Husker Power Scholarship
- Platte Valley Cattlemen's Scholarship
- Aaron Cech Memorial Scholarship
- Cooperative Supply Scholarship
- FEVB Scholarship
- Patriot Booster Club Scholarship
- Patriot Youth Advisory Scholarship
- Citizens State Bank Scholarship
- Leigh FFA Chapter Scholarship
- Taylor Went Memorial Scholarship
- Wade Wendt Memorial Scholarship
- Lower Elkhorn Natural Resources District Scholarship
- Alternate to the Leigh Alumni Scholarship
- Alternate to the Sara Reichmuth Memorial Scholarship
- Alternate to the Leigh Community Club Scholarship
- Alternate to the Lisa Settje Kuta Memorial Scholarship
- Alternate to the LaVern Went Memorial Scholarship



Leigh Community School
Board of Education
Regular Meeting
May 8, 2023

President Kamin Held called the meeting to order at 6:30 p.m.
Verification of Notice by Kamin Held (Published on May 3rd, 2023 in the Leigh World Newspaper & Posted on May 3rd, 2023 at Leigh Community Schools, Just Another Mini Mart and the Leigh Post Office)
Recognition of Open Meetings Law by Kamin Held

Secretary Brabec read the roll call. Present were Held K, Higby, Hoffman, Machmueller, Urban J, Wietfeld M, Brabec D, Folken.

Also present were Superintendent Fischer, Principal Faltys, Secretary Brabec.

Excuse Absence of Went

Approval of Agenda

Public Comment – None

Principal's Report – Students of the Month; ACT – Juniors; NSCAS Tests – 7th/8th Grade; MAP Tests; Last Day of School for Students (17th); Summer Weight Room; Overview of School Year; Fridays at Northeast; Upcoming Events.

Superintendent's Report – NSCAS/EIR; Last Day of School – May 17th; ELEM Notes; Congrats to Kim Bruhn, Cindy Settje & Ann Cerv on Retirement; Pre-Bid Walk Through – May 11th; Legislative Updates; Thanks to Students & Staff on a Great Year; Good Luck to Class of 2023.

Consent Agenda approved the April 10th, 2023 meetings minutes, Treasurer/Financial Report, Bills/Payroll.

Motions Passed – Approved the KSB policy service & change.

Discussion Item – enrollment numbers 2023-24 school year and future

Moved by Urban J, seconded by Hoffman to adjourn at 7:02 p.m. All present voting "aye". Motion carried.

Next regularly scheduled meeting will be at 6:30 pm on Monday, June 12th, 2023 at the Leigh High School STEM Room (B138).

April R. Brabec
Board Secretary

Leigh Community School - 2023/24 School Calendar

July 2023						
Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

August 2023						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		
					15	

September 2023						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
						20

11, 14-15th-Teacher Workdays

4th-No School-Labor Day

16th-First Day of School-1pm Dismissal

27th-PT Conferences-2pm Dismissal

21st-PreK-First Day

October 2023						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				21

4th-Late Start

20-No School-Fall Break

November 2023						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		
					19	

1st-Late Start

14th-No School-EHC Play in Leigh

22-24th-No School-Thanksgiving Break

December 2023						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						16

6th-Late Start

21st-Last Day PreK

22nd-1pm Dismissal, No PreK

25-29th-Christmas Break

23rd-27th Moratorium

January 2024						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			
						21

1-2nd-No School

3rd-Teacher Workday

4th-First Day of 2nd Semester

February 2024						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		
						21

7th-Late Start

28th-PT Conferences

29th-No School-Teacher PD

March 2024						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						18

1st-4th-No School, Spring Break

29th-No School, Easter Break

April 2024						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				21

1st-No School-Easter Break

3rd-Late Start

May 2024						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	
						13

15th-Last Day PreK

16th-Last Day of School

17th-Teacher Workday

June 2023						
Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

	Teacher PD
	No School
	Late Start
	PT Conferences
	Pre-K
	Contract Count

1st semester teacher days - 91

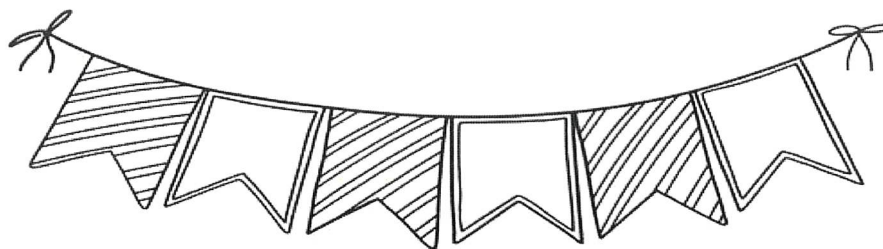
2nd semester teacher days - 94

Mrs. Bruhn's First Grade

What a great year the first graders have had! I am so proud of what they have achieved this year. We have been working hard at acing our math facts, counting money, telling time, and understanding place value. We are also very good readers. We have many students that have an outstanding AR record. Also, in first grade, we have learned about different types of genre. Of course, our favorite is fairy tales. We ended our unit with a Fairy Tale Ball which we dressed in our fairy tale attire, participated in fairy tale activities, and had a fairy tale cake!

After 37 years of teaching, including 30 years with Leigh Community Schools, I have decided to retire. During my time at Leigh Elementary I have had the honor to work with some of the best teachers and administrators. Most of all, I am so very proud of our students and what they have achieved throughout the years.

As I may be retiring, you may still see me in the building volunteering or subbing for the district. I look forward to beginning a new chapter in my life. I will always have fond memories of our school and intend to follow closely the education of our future students.



Leigh Elementary WISH LIST



Scan the QR code with your camera to access the link to our Amazon Wish List! We use many items throughout the school year. Help with any of these items would be appreciated by staff and students!

Thank
you for
your
support

2023-2024 Leigh Elementary School Supply List:

Pre-Kindergarten

Morning Pre-K Class-Mrs. Cash

1 large backpack
1 box of 24 count crayons
1 pencil pouch (no boxes please)
6 glue sticks
2 bottles of glue
1-1.5" three ring binder
1 watercolor paint set
1 oversized paint shirt
1 full set of extra clothes
Disinfectant Spray
Box of tissues

*Please initial all individual items.

Afternoon Pre-K Class-Mrs. Cash

1 large backpack
1 box of 24 count crayons
1 pencil pouch (no boxes please)
6 glue sticks
2 bottles of glue
1-1.5" three ring binder
1 watercolor paint set
1 pair of blunt tipped scissors
1 oversized paint shirt
1 full set of extra clothes
Disinfectant wipes

* Please initial all individual items

Morning Pre-K Class- Mrs. Bahns

1 large backpack
1 box of 24 count crayons
1 pencil pouch (no boxes please)
6 glue sticks (no scented glue sticks)
2 bottles glue
1-1.5" three ring binder
1 watercolor paint set
1 pair of blunt tipped scissors
2 Expo markers
Disinfectant wipes (3 pack)
1 oversized paint shirt
1 full set of extra clothes
* Box of tissues (optional)
* Please initial all items

Kindergarten Supply List

1 large backpack
2 boxes of tissues
2 boxes of **24 pack Crayola** Crayons
(one box will be saved for 2nd semester)
1 squeeze bottle of glue
1 pair of scissors
1 pack of pencil top erasers
4 Expo Markers (no Expo bottle spray)
2 travel toothbrush **holders**
(found at Dollar Store or Walmart)

1 pencil box
1 container Clorox wipes
1 folder
2 wide ruled spiral notebooks
10 glue sticks (NO scented glue sticks)
1 large eraser
1 pack of plain pencils (no mechanical pencils)
1 pair of headphones for iPad
* Please NO rulers or small pencil sharpeners

****This year your child will need a pair of tennis shoes for P.E. The shoes do not need to be new, but clean on the bottom. THESE SHOES WILL STAY AT SCHOOL. Your child will also need a pair of boots during the winter months.**

1st Grade Supply List

8 glue sticks (no scented glue sticks)
1 pocket folder
4 expo markers with an eraser (Can use an old sock)
2 notebooks
pencils (No mechanical pencils)
2 sharpie markers
2 travel toothbrush holders (found at Dollar General or Walmart)
markers (**Crayola** 10 pack)
crayons (**Crayola** 48 pack or smaller)
pencil box (crayons need to fit inside of it)
scissors
2 pink erasers
Bookbag
2 boxes of Kleenex
2 Clorox wipes
Water bottle that can be brought back and forth from home.
No rulers or small pencil sharpeners! ****Please initial all supplies before coming to school.**

Due to our early lunch we would like everyone to bring a snack to share with the class during the first weeks of school. Examples: pretzels, goldfish, graham crackers, etc. A schedule will then be sent home for the remainder of the semester once these initial snacks are gone.

Headphones for ipad (I have your child's headphones from last year. They can use them if they would like. I can contact you after the first few weeks of school if they do not work.)

Your child will need a pair of tennis shoes for P.E. The shoes do not need to be new, but clean on the bottom. **THESE SHOES WILL STAY AT SCHOOL.** Your child will also need a pair of boots and snow pants during the winter months.

2nd Grade Supply List

Book bag
1 bottom pocket folder
1 notebook
Pencil box
6 glue sticks
1 bottle of glue
4 expo markers with an eraser **NO SPRAY**
Pencils (**NO MECHANICAL PENCILS**)
Markers
Crayons
Scissors
6 big pink erasers
3 black sharpie markers

1 highlighter
2 boxes of Kleenex
Deodorant

Due to our early lunch we would like everyone to bring a snack to share with the class during the first weeks of school. Examples: pretzels, goldfish, graham crackers etc. A schedule will then be sent home for the remainder of the semester once these snacks are gone.

Your child will need a pair of winter boots and tennis shoes for P.E. They don't need to be new, but clean on the bottom. These shoes **WILL** stay at school. Mrs. Bruhn and Mrs. Beller passed down the students' headphones. If your child needs new ones please purchase them for this school year.

No rulers or pencil sharpeners. **Please initial all supplies before coming to school.**

3rd Grade Supply List

1 box of pencils
1 eraser
2 dry erase markers
dry eraser if possible (sock, etc.)
3 glue sticks
scissors
crayons
colored pencils
2 folders with pockets
1 composition notebook
1 wide ruled notebook
pencil pouch
2 boxes of kleenex
1 pair of headphones or earbuds (with cord)
Deodorant (to keep in locker)

Winter boots and P.E. shoes will be needed.
PE shoes do NOT need to be new, but clean on the bottom and they will stay at school.

*No pens or mechanical pencils please



4th Grade Supply List

3 Notebooks
1 Box of Pencils
Something to color with (markers, crayons, or colored pencils)
Red Pen
Eraser
Dry Erase Markers (4)
Glue Bottle
Glue Sticks
Scissors
Highlighter
Large Pencil Pouch
Boxes of Kleenex (3)
Pocket Folders (2)
Composition Notebook
Ear Buds
Book Covers (2)
Deodorant (to keep in locker)
Winter boots & P.E. shoes will be needed. P.E. shoes do NOT need to be new, but clean on the bottom and they will stay at the school.

5th Grade Supply List

2 Boxes of Pencils
Pens (Blue/Red)
Highlighters (any color)
Erasers
1 pair of scissors
Glue sticks
Dry Erase Markers (dry eraser if possible, sock, etc.)
2 spiral notebooks
3 pocket folder papers
1 composition notebook
1 box of pencil colors, crayons, and/or markers
1 large pencil pouch (zipper bag recommended)
2 boxes of tissues
1 pair earbuds or headphones
2 Book covers (1 large, 1 small)--if possible
Deodorant for PE/Recess
PE Shoes*

*Winter boots & P.E. shoes will be needed. P.E. shoes do NOT need to be new, but clean on the bottom and they will stay at the school.

6th Grade Supply List

Glue sticks and/or bottle
Scissors
2 boxes of tissues
1 folder
Large Pencil pouch
Dry erase marker(s)
Dry eraser if possible (sock, etc.)
Highlighter(s)
Something to color with: (markers, crayons, or colored pencils)
Pen (preferably not black)
Pencils
eraser(s)
2 composition notebooks
3 college ruled notebooks
Earbuds or headphones
2 book covers - at least 1 large size
Deodorant

Winter boots & P.E. shoes will be needed. P.E. shoes do NOT need to be new, but clean on the bottom and they will stay at the school.



NSAA Athletic and Activities Student and Parent Consent Form

School Year: 2023-2024
Member High School: LEIGH COMMUNITY SCHOOL
Name of Student: _____
Date of Birth: _____ Place of Birth: _____
Name of Parent(s), Guardian(s), or Person(s) in Charge: _____
Relationship to Student: _____
Address(es) of Student and Parent(s)/Guardian(s)/or Person(s) in Charge**: _____

Note: If Student and all Parents/Guardians do not live in the same household, please include all addresses and inform the Member School as this may impact eligibility.

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 and understand and agree that (a) by this Consent Form the NSAA has provided notice of the existence of potential dangers associated with athletic and activity participation; (b) participation in any activity may involve injury or illness of some type, including exposure to communicable diseases, and even catastrophic injury, paralyzation, and death; and (c) even the best supervision, the use of the best protective equipment and strict observance of rules, injuries are still a possibility;

(2) Consent and agree to participation of the Student in NSAA activities subject to (a) all NSAA Bylaws and rules interpretations, including limitations on transfers and limitations on the use of the Student's name, image, and likeness when wearing school uniforms or engaging in commercial activity tied to the Student's participation in NSAA activities; and (b) the athletic and activities rules of the Member School;

(3) Consent and agree to the disclosure by the Member School to the NSAA, and subsequent disclosure by the NSAA, of information regarding the Student contained in the Member School's directory information or other similar policies, and any other records or documentation needed to determine the Student's eligibility and compliance necessary to participate in NSAA activities;

(4) Understand that (a) prior to athletic participation, a pre-participation release form signed by a health care professional must be signed and submitted to the Member School; and (b) for purposes of determining fitness to participate, injury, injury status, or emergency response, Parents may be asked to consent to the disclosure of confidential medical records or information. Records and information shared for this purpose will not be redisclosed to any entities outside of the health care provider(s), Member School, or NSAA;

(5) Consent and agree (a) to authorize licensed or trained individuals, including certified 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 care, treatment, and rehabilitation for these injuries that is made available by the Member school and/or the NSAA, including transportation of the Student to a medical facility if necessary; and (b) that Parents are obligated to pay for professional medical and/or related services; the NSAA and the Member School shall not be liable for payment of such services even if made available by the Member School or NSAA.

(6) Understand that the Student or Student's likeness being photographed, video recorded, audio taped, or recorded by any other means while participating in NSAA activities and contests and that any such recording may be used for broadcast, sale, or display.

We, Parent(s) and Student, 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 athletics and activities, and agree that Student may participate in NSAA activities.

Student Printed Name

Student Signature

Date of Signature

Parent(s) Printed Name(s)

Parent Signature(s)

Date of Signature(s)

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

■ 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 equal Hearing 		
Lymph nodes		
Heart ^a <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 		

^a 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: _____

Leigh Community Schools

June 2023						
Sun	Mon	Tue	Wed	Thr	Fri	Sat
28	29	30	31	1 GBB - Boone Central Camp (2 teams) B BB Open Gym - 6-7:30 p.m. @ Leigh	2	3
4 GBB - Centennial JV Camp (2 JV teams) BBB Var & JV Team Camp @ Doane WR - Malcom Camp	5	6 WR - Malcom Camp	7	8 JH BBB Camp @ Shelby	9	10
11 GBB - Arlington Team Camp (1 team)	12 G BB Team Camp @ Leigh (3 teams) - Both Gyms 8:00 a.m. - 4:30 p.m. BBB Var & JV Team Camp @ Cross County WR - 5:00 p.m. Schuyler League	13	14 GBB - Oakland/Craig JV Camp (2 JV teams)	15	16 BBB Var & JV Team Camp @ Central City	17
18 GBB - Wahoo Team Camp (1 team)	19	20	21 BBB Var. Team Camp @ Leigh	22 GBB Team Camp @ Leigh (3 teams) - Both Gyms BBB JV Team Camp @ Clarkson	23	24
25 FB - Wayne State Camp	26 FB - Wayne State Camp G & B BB - Lil Pats Camp in Leigh	27 FB - Wayne State Camp G & B BB - Lil Pats Camp in Leigh	28 FB - Summer Training OFF WEEK	29 FB - Summer Training OFF WEEK	30 FB - Summer Training OFF WEEK WR - 5:00 p.m. Schuyler League	1

July 2023						
Sun	Mon	Tue	Wed	Thr	Fri	Sat
25	26	27	28	29	30	1 FB - Summer Training OFF WEEK
2 FB - Summer Training OFF WEEK	3 FB - Summer Training OFF WEEK	4 FB - Summer Training OFF WEEK	5 Both Gym Floors being refinished in Leigh - GYMS CLOSED FB - Summer Training OFF WEEK	6 Both Gym Floors being refinished in Leigh - GYMS CLOSED FB - Summer Training Resumes 5:45-7:45 am	7 Both Gym Floors being refinished in Leigh - GYMS CLOSED VB - WSC Team Camp (all levels)	8 Both Gym Floors being refinished in Leigh - GYMS CLOSED
9 Both Gym Floors being refinished in Leigh - GYMS CLOSED	10 Both Gym Floors being refinished in Leigh - GYMS CLOSED VB Youth Camp Leigh Learning League (Grds 1-3 fall of 2023) 9:00-11:00 a.m.	11 Both Gym Floors being refinished in Leigh - GYMS CLOSED VB Youth Camp Leigh Learning League (Grds 1-3 fall of 2023) 9:00-11:00 a.m.	12 Both Gym Floors being refinished in Leigh - GYMS CLOSED Leigh Learning League (Grds 1-3 fall of 2023) 9:00-11:00 a.m.	13 Both Gym Floors being refinished in Leigh - GYMS CLOSED	14 Both Gym Floors being refinished in Leigh - GYMS CLOSED VB - Wayne Sand Tourney (all levels)	15 Both Gym Floors being refinished in Leigh - GYMS CLOSED
16 Both Gym Floors being refinished in Leigh - GYMS CLOSED	17 Both Gym Floors being refinished in Leigh - GYMS CLOSED	18 VB - Patriot Team Camp (JV/V)	19 FB - Patriot Summer Camp 6-8:00 p.m. @ Clarkson	20 FB - Patriot Summer Camp 6-8:00 p.m. @ Clarkson VB - Seward Team Camp (Freshmen/JV)	21	22
23	24 VB - Patriot Team Camp (all levels)	25	26	27	28 VB - Top 10 (Var. Only)	29 VB - Top 10 (Var. Only)
30 FB - Prep Week	31	1	2	3	4	5

THE LEGEND
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From the Principal's Desk:



There were a lot of great moments in my first year at Leigh Community Schools but nothing more special than watching our 13 seniors walk across the stage for the last time. I was really glad that I was able to be a part of the class of 2023. I want to wish them the best of luck in their futures. Other than graduation, State Track took place in Omaha at Burke Stadium. Brynn Settje, Tanyln Larson, Korbee Wendt, Chloe Hanel, & Trey Steffensmeier competed in numerous events. Good luck to our Patriot athletes. Just taking a look back at 2022-2023, I am in awe of how fast the year went. Our students and staff worked very hard and at the Awards Program last week that showed. I loved seeing how many students are excelling not only in athletics, but academically as well. These students take their academics very seriously and I just want them to know that we appreciate all the countless hours that they put in. These things do not go

unnoticed and we want to thank you. 2022-2023 is going to be hard to beat but I look forward to seeing what 2023-2024 has in store for us. Thank you for a fantastic year and like always It's A Great Day To Be A Patriot!