

The Leigh Legend

June-July 2021

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.



Included in this summer edition of The Leigh Legend you will find physical forms, the 2021-2022 School Year Calendar, and Elementary classroom supply lists.

This summer will be very busy with camps and activities—please check the school website for scheduling updates throughout the summer at: <http://www.leighcommunityschools.org> or check the Leigh Community Schools facebook page.

If there are any questions regarding any of the information included in this edition, please contact the school at 402-487-3301 or 402-487-2228.

Enjoy Your Summer!!!



Leigh Community School
Board of Education
Regular Meeting
May 10, 2021

President Kamin Held called the meeting to order at 6:30 p.m.

Verification of Notice by Kamin Held (Published on May 5th, 2021 in the Leigh World Newspaper & Posted on May 5th, 2021 at Leigh Community Schools and at the Leigh Post Office)

Recognition of Open Meetings Law by Kamin Held

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

Also present were Superintendent Petersen, Principal Holmberg and Secretary Brabec.

Excuse Absence of Went

Approval of Agenda

Presentation – FCCLA Students

Principal's Report – Student Scheduling; Afternoon May 17th – Field Day, Petting Zoo, Community Service; MAP Recognition; Districts; NSAA All-State Academic; 2021-2022 Activity Participation Survey; Laptop Check-In May 18th; Batting Cage; Junior ACT Composite Score.

Superintendent's Report – Floor Scrubber; RMS Donation; Gym Flooring Lines; "K" Round-Up; 6th Grade Shadow 7th Grade; Elementary Field Day; May 19th Last Day with 11:30 am Dismissal; May 20th Teacher Work Day/Make Up Snow Days; Leigh Learning League; Supt. Last Day; Elementary School Hours for '21-'22.

Consent Agenda approved the April 12th, 2021 meetings minutes, Treasurer's Report & Bills/Payroll.

Discussion Item: Graduation Friday, May 14th 6:00 pm

Approved FCCLA Request – 8 'virtual' qualifiers x \$195 = \$1560 + 1 qualifier x \$500 = \$500 for a total of \$2,060 with an additional ½ sponsor amount based on a Leigh student attending; Approved resignation of Jessica Wendt; Approved resignation of Alyssa Went; Approved a '21-'22 K-12 Special Education contract to Jayden Pokorney; Approved a '21-'22 AG/FFA contract to Vanessa Knutson.

Discussion Item: Review 6000s & 8000s policies; Review Annual Safety & Security Plan.

Approved Weight Room/Fitness Center Application and Agreement Policy with Noted Changes.

Discussion Item: New/Old JR/SR High School.

Moved by Hoffman, seconded by Higby to adjourn at 7:33 p.m. All present voting "aye". Motion carried.

Next regularly scheduled meeting will be at 6:30 pm on Monday, June 14th, 2021 at the Leigh Elementary Conference Room.

April R. Brabec
Board Secretary



L to R: Layne Krutz, Alicia Holmberg, Kyleigh Rayback, Alissa Kasik, Rylee Olson, Jose Aguirre, Cassidy Hoffman, Riana Grotelueschen, Kayden Schumacher, Emily Loseke, Madisyn Pelan & Trevor Zulkoski.

Congratulations to the following seniors who were awarded scholarships from various local and state individuals and organizations.

Riana Grotelueschen

Northwest Missouri State University Scholar Green and White Advantage Scholarship

Alternate to: Nick Wieseler Memorial Scholarship

Leigh Fire Department Scholarship

Rick Charipar Memorial Scholarship

Cassidy Hoffman

University of Nebraska-Lincoln – Regents Scholarship

Sons of the Legion

Lavern Went Memorial

Citizen's State Bank

Leigh Fire Department

Leigh American Legion

WhiteTail LLC

Patriot Youth Advisory Scholarship

Alternate to: Paul Hollatz Memorial

Leigh Community Club

Leigh Alumni Association

Alicia Holmberg

Central Community College Assessment Advantage Scholarship

Music Scholarship

Drama Scholarship

Committed to Your Success Scholarship

Transition Advantage Scholarship

University of NE – Omaha Faculty Scholarship

University of NE – Lincoln Husker Study and Stay Scholar

Loup Power District Scholarship

Leigh Education Scholarship

Alternate to Jan Fuhr Memorial Scholarship

Alissa Kasik

Northeast Community College Dean's Scholarship
Terri Wietfeld Memorial Scholarship
John and Michele Hollatz Scholarship
Patriot Booster Club Scholarship
Leigh Rescue Unit Scholarship
Krupka/Cada Scholarship
Aaron Cech Memorial Scholarship
American Legion Auxiliary Irene Gobler Memorial Scholarship
Patriot Youth Advisory Scholarship
Wade Wendt Memorial Scholarship
Leigh FFA Chapter Scholarship
Columbus Community Hospital Student Scholarship

Layne Krutz

Susan T. Buffett Scholarship
Johnny Baxter Carriage House Foundation Scholarship

Emily Loseke

Leigh Community Club Scholarship
Jay Blessen Memorial Scholarship
Leigh Alumni Association Scholarship
FEVB Van Buren Scholarship
Madison County Bank Scholarship
Nebraska American Legion Auxiliary Robert Maria Stretch Scholarship
Nebraska Rural Community Schools Association Scholarship
Makenna's Ray of Hope Scholarship
Concordia University President's Scholarship
Patriot Youth Advisory Scholarship
Lyle Hamernik Memorial Scholarship
Take Heart Scholarship
Alternate to:
Leigh Education Association
Lavern Went Memorial
Vickie Wietfeld Memorial
Irene Gobler American Legion Auxiliary
Leigh American Legion

Rylee Olson

Central Community College New Business & Technology Scholarship
Jan Fuhr Memorial Scholarship
Vickie Wietfeld Memorial Scholarship
Lisa Settje Kuta Memorial Scholarship
Sara Reichmuth Memorial Scholarship
Alternate to:
Leigh Rescue Unit scholarship

Madisyn Pelan

Northeast Community College President's Early Entry Scholarship
Jim & Helen Evans Memorial Scholarship
Aaron Cech Memorial Scholarship
Alternate to:
Lisa Settje Kuta Memorial Scholarship
Sara Reichmuth Memorial Scholarship

Kayden Schumacher

Southeast Community College Academic Excellence Scholarship

Southeast Community College Volleyball Scholarship

Paul Hollatz Memorial Scholarship

Patriot Youth Advisory Scholarship

Alternate to:

Terri Wietfeld Memorial

Jay Blessen Memorial

Citizen's State Bank

Aaron Cech Memorial

Lyle Hamernik Memorial Scholarship

Trevor Zulkoski

Nick Wieseler Memorial Scholarship

Patriot Booster Club Scholarship

Cooperative Supply Scholarship

Rich Charipar Memorial Scholarship

Leigh Alumni Scholarship

KTIC Russ Herman Memorial Scholarship

Whitetail LLC Scholarship

Wade Wendt Memorial Scholarship

Taylor Wendt Memorial Scholarship

Mitchell Equipment Scholarship

Andrew Goodman Iowa-Nebraska Dealers Association Scholarship

Alternate to Sons of the Legion Scholarship



Clarkson–Leigh FBLA Competes Well at State

This year the Clarkson–Leigh FBLA chapter earned state recognition in four categories: March of Dimes, Go Green, Step Up 2 Tech, and iGive.

Clarkson–Leigh FBLA had 10 students compete in State Leadership Conference competitive events. 4 events qualified for the National Leadership Conference. This year the National Leadership Conference will be virtual and the students will compete at various times throughout the month of June.

Emily Loseke – 3rd in Help Desk and will compete at nationals, Nebraska Who's Who, 1st in Mobile App Development.

Noah Holoubek – 1st in Cyber Security and will compete at nationals, 1st in Database Design, 1st in Mobile App Development.

Mitchel Beeson – 6th in Impromptu Speaking, 1st in Mobile App Development.

Jessica Hoffman, Korbey Wendt, and Dee Rivera – 6th in Sales Presentation.

High School Hosts “Shark Tank”

Entrepreneurship Competition

Holmberg, Hoffman, and Mullenhoff Finish in Top 3!

By: Leigh High School Journalism Staff

A common saying about entrepreneurs is that they tend to bite off more than they can chew in hopes they can quickly learn how to chew it.

This was the case for the Leigh High School sophomore entrepreneurship class as they participated in a real-life scenario where they had just three weeks to create a business plan and pitch a loan for a business they could realistically manage in the Leigh area.

The project culminated with a “Shark-Tank” competition based off the hit TV show. Each member of the class presented their project in the high school gym for a panel of judges and small audience.

The businesses that were developed were lawn care, snow removal, custom hay cutting and baling, fishing guide, airbrushing shoes, shaping cowboy hats, home cleaning, photography, video game design, and wooden decorative sign manufacturing.

Ms. Jennifer Remmereid, who teaches the class, says she plans to make the formal presentation and Shark Tank competition an annual event.

“The Shark Tank competition was definitely a success,” Ms. Remmereid said. “It gave our students a real-life experience to work with local business people and also to create a business plan for a realistic business. The goal is that when it comes time to own a business as they get older or have a side-gig job, they can use the tools they learned in class to be successful.”

The winners from the competition were Jackson Mullenhoff in third place with “RedStar Apply,” Jessica Hoffman in second with “Shine My Ride,” and Kyle Holmberg winning the competition with “Kyle’s Kettle Corn.”

“The Shark Tank project helped me understand how a business works and how to think like an entrepreneur. The judges were very professional and made us all think about how much goes into running a business,” Holmberg said.

Winners received a certificate, candy bar, and a 3-D printed shark.

Judges for the event consisted of Tiffany Malena, owner of Steps at Tiffany's Dance Studio, Jason Mullenhoff, owner of Pig Express, and Kurt Dostal from Citizen's State Bank.

Juniors Audie Tejkl and Makenna Held were also judges for the event.

“It was lots of fun coming up with a business and figuring out the logistics of it,” Jessica Hoffman said. “We also had fun watching others present their business pitches to the judges. I’m really appreciative of all the judges who gave up their time to come to school to see our ideas.”

— Photos on next page

"Shark Tank"



Albert Diaz presents his company plan to the judges and audience.



Kyle Holmberg projects a short video about his business on the gym vision board.



2021 Shark Tank Entrepreneurship Competition Judges and Winners (L to R): Makenna Held (junior class judge), Audie Tejkl (junior class judge), Kurt Dostal (Citizens State Bank), Tiffany Malena (Steps at Tiffany's), Jason Mullenhoff (Pig Express), Kyle Holmberg (1st Place), Jessica Hoffman (2nd place), Jackson Mullenhoff (3rd place).

Leigh Community Schools 2021/2022 School Calendar

August 2021						
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
11th & 12th Teacher In-service						
13th Students First Day 1:00 Dismissal						
18th PK First Day						
October 2021						
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						19
6th PT Conferences 2:00 Dismissal						
8th No School /Teacher PD						
22nd No School						
December 2021						
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
21st 1:00 Dismissal						
22nd-31st No School						
February 2022						
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					20
April 2022						
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
15th-18th No School						
Professional Development						
No School						
Conferences						
School						

September 2021						
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
6th No School						
November 2021						
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
24-26th No School						
January 2022						
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					19
3rd & 4th No School						
4th Teacher Workday						
March 2022						
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		20
8th PT Conference 2:00 Dismissal						
10th No School/Teacher PD						
11th-14th No School						
May 2022						
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				
18th PK Last Day						
19th 11:30 Dismissal						
20th Teacher Workday						

2021-2022 Leigh Elementary School Supply List:

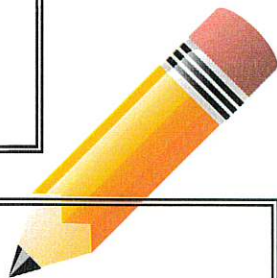
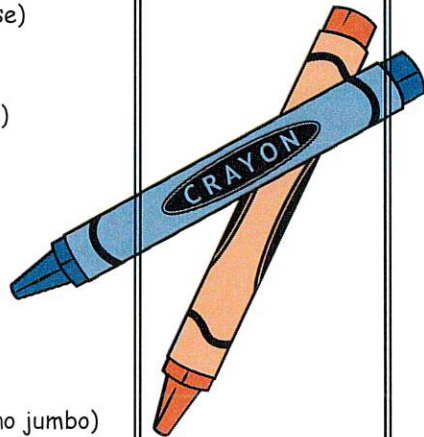
Pre-Kindergarten

Morning Pre-K Class

- 1 large backpack
- 2 boxes of 8 count crayons (no jumbo)
- 1 pencil pouch (no boxes please)
- 4 glue sticks
- 2 bottles of glue
- 1 plain red notebook (70 page)
- 1 watercolor paint set
- 1 oversized paint shirt
- 1 full set of extra clothes
- Lysol Spray (optional)
- *Please initial all items.

Afternoon Pre-K Class

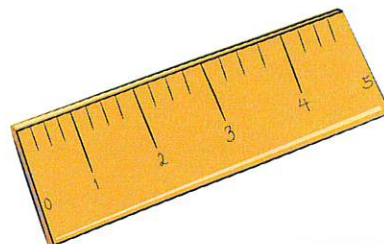
- 1 large backpack
- 2 boxes of 8 count crayons (no jumbo)
- 1 watercolor paint set
- 4 glue sticks
- 1 bottle of glue
- 1 pair of blunt tipped scissors
- 1 pencil pouch (no boxes please)
- 1 oversized paint shirt
- 1 full set of extra clothes
- Clorox wipes (optional)
- *Please initial all items.



Kindergarten Supply List

- 1 large backpack
- 1 pencil box
- 2 boxes of tissues
- 1 container Clorox wipes
- 2 boxes of 24 pack Crayola Crayons (one box will be saved for 2nd semester)
- 1 folder
- 2 wide ruled spiral notebooks
- 1 squeeze bottle of glue
- 10 glue sticks
- 1 pair of scissors
- 1 large eraser
- 1 pack of pencil top erasers
- 1 pack of plain pencils (no mechanical pencils)
- 4 Expo Markers (no Expo bottle spray)
- 1 pair of headphones for iPad
- 2 travel toothbrush holders (found at Dollar Store or Walmart)

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.
* Please NO rulers or small pencil sharpeners



1st Grade Supply List

- 8 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
- crayons
- pencil box
- fiskar scissors
- pink eraser
- bookbag
- 2 boxes of Kleenex
- 1 Clorox wipes
- 1 Water bottle that can be brought back and forth from home
- 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 during the winter months.
No rulers or small pencil sharpeners! Please initial all supplies before coming to school.

2nd Grade Supply List

- Book bag
- 1 bottom pocket folder
- 2 notebooks
- Pencil box
- 4 glue sticks
- 2 bottles of glue
- 4 expo markers with an eraser NO SPRAY
- Pencils (No mechanical pencils)
- Markers
- Crayons
- Scissors
- 4 pink erasers
- 3 black sharpie markers
- 2 highlighters
- 3 boxes of Kleenex
- Headphones for ipad

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

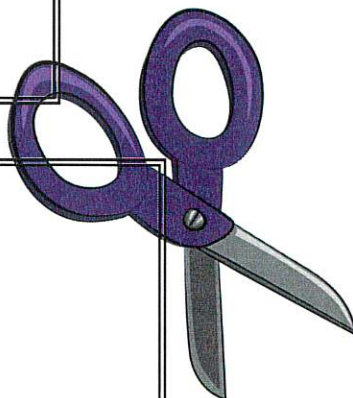
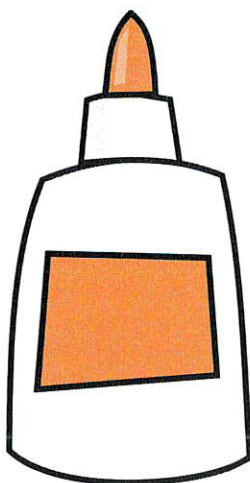
3rd Grade Supply List

zippered pencil pouch
#2 pencils
scissors
markers
2 dry erase markers
1 eraser
2 glue sticks
crayons
colored pencils
1 composition notebook
2 folders with pockets
1 wide ruled notebook
2 boxes of kleenex
1 pair of headphones or earbuds

Winter boots will be needed

1 pair of clean PE shoes to be kept at school
will be needed (does not need to be new-just
clean on the bottom)

*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
Glue Bottle
Glue Sticks
Scissors
Highlighter
Large Pencil Pouch
2 Boxes of Kleenex
2 Pocket Folders
Composition Notebook
Ear Buds
2 Book Covers
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

Box of Pencils
Pens (Blue/Red)
Highlighters (any color)
Erasers
1 pair of scissors
Glue sticks
1 Bottle of glue
Dry Erase Markers (dry eraser if possible, sock, etc)
3 spiral notebooks
3 pocket folder papers
2 composition notebooks
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 (1large, 1 small)--if possible

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
2 college ruled notebooks
Earbuds or headphones
2 book covers - at least 1 large size

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.

**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

■ 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?		

■ 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* <ul style="list-style-type: none"> Murmurs (auscultation standing, auscultation supine, and \pm 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: _____

Calendar Events June 2021

Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1 Summer Weight Lifting Begins: Boys: Mon/Thur in Leigh, Tue/Fri in Clarkson; Girls: Mon/Thur in Clarkson, Tue/Fri in Leigh	2	3 BBB Summer League @ Tekamah	4	5
6	7 BB - Lil Pats Youth Camp	8 BBB Var & JV Team Camp @ Doane GBB V/JV- C/L Team Camp	9 BB - Lil Pats Youth Camp	10 BBB Summer League @ Clarkson GBB Var. Team Camp @ Gretna	11	12
13	14 BBB Summer League @ Clarkson 6:30 p.m. Regular School Board Meeting	15 BBB Var Team Camp @ Cross County GBB VJV Team Camp @ Boone Central	16 BBB JV Team Camp @ Leigh	17 BBB Summer League @ Wakefield	18	19
20	21 GBB JV Team Camp @ Centennial	22 GBB Var. Team Camp @ Centennial	23 BBB Var Team Camp @ Clarkson	24 GBB V/JV Team Camp @ South Sioux City	25 Czech Days begins	26
27 FB - Wayne State Camp Czech Days ends	28 FB - Wayne State Camp VB CL Team Camp @ Clarkson (8:00a.m.-2:00 p.m.-H/S); (2-4:00p.m. JH) Leigh Learning League 9-11:00 a.m. (2021-22 1st - 6th graders)	29 FB - Wayne State Camp VB CL Team Camp @ Clarkson (8:00 a.m.-2:00 p.m. H/S) Leigh Learning League 9-11:00 a.m. (2021-22 1st - 6th graders)	30 Leigh Learning League 9-11:00 a.m. (2021-22 1st - 6th graders)			

Calendar Events July 2021

Sun	Mon	Tue	Wed	Thur	Fri	Sat
				1 Leigh Learning League 9-11:00 a.m. (2021-22 1st - 6th graders)	2	3
4	5	6 VB CL Home Team Camp @ Clarkson Leigh Learning League 9-11:00 a.m. (2021-22 1st - 6th graders)	7 Leigh Learning League 9-11:00 a.m. (2021-22 1st - 6th graders)	8 VB River Run Camp @ Ord Leigh Learning League 9-11:00 a.m. (2021-22 1st - 6th graders)	9 Leigh Learning League 9-11:00 a.m. (2021-22 1st - 6th graders)	10
11	12 VB Youth Camp @ Clarkson (9-11:00a.m.-3rd,4th,5th); (11:30a.m.-1:30p.m.-6th,7th,8th)	13 VB Youth Camp @ Clarkson (9-11:00a.m.-3rd,4th,5th); (11:30a.m.-1:30p.m.-6th,7th,8th)	14 Colfax County Fair Begins	15	16	17
18 Colfax County Fair Ends	19	20 VB CL Team Camp	21 FB - Team Camp	22 FB - Team Camp	23 FB - Team Camp	24
25	26	27	28 VB Top 10 Tournament in Kearney (Var. Only)	29 VB Top 10 Tournament in Kearney (Var. Only)	30	31

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