

Preschool/ Elementary News

The Blue Springs Preschool is the 3-year old program. We are currently working on letters, numbers, color mixes, and social skills. What makes us special is that kids have the chance to break out in like ability groups. This provides students with the chance to work with students on the same level and work at their own pace. It also allows students to catch up and work ahead. Students are read to daily. We also do science every Thursday where the students can experiment with materials.

For more information go to:
www.southernpublicschools.org



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Southern High School

Mental Health Issues

- 1 in 5 adolescents will be affected by major mental illness in their lifetime.
- 50% of cases of mental illness occur by age 14.
- The average time between age of onset of symptoms and age of treatment is 8-10 years.
- 50% of students with major mental illness at age 14 will drop out of school.

Southern School District Takes Action

With the assistance of ESU #5, Jen McNally, MA, LIMHP, CCTP began offering mental health services in the High School during the 2017-18 school year. In the Fall of 2018, Cole Stark, MA, LIMHP was added to work with Southern students. Cole is in the secondary building at least one full day per week, interacting with students and staff. The majority of this time is spent working 1:1 with various students who have been identified by school personnel and/or parents as potentially benefiting from mental health supports.

Mrs. Bednar, MA LMHP, was hired in 2000 as a school counselor. With the licensing of a mental health therapist, Mrs. Bednar provides classroom counseling to grades K-6 on issues of social skills, bullying, drug awareness, friendship, occupations, and more. Mrs. Bednar also provides one-on-one therapy to students who experience a variety of mental health issues, as well as support to families and staff. A variety of small groups are offered, such as social skills and anger management, depending on the need.

Southern Spotlight



Clubs/Extra Curricular Activities

The Southern Raiders Art Club was founded in 2012 with 12 original members. Over the past several years, the art club has grown to over 70 members in grades 7-12.

The Science Club is off to a great start this year. Science Club is planning to visit the Elementary after Christmas break to do a Science Show for one of the classes there. Members are researching experiments, getting materials prepared, and writing explanations to share after the experiment.

The Southern Speech Team has been hard at work finding scripts, writing speeches, and beginning to memorize prose for their first tournament at Fairbury on January 12th. There are 16 students on the speech team this year, and we are all excited to see what this talented group of students will accomplish this year in speech.

Southern sent one 8th grade girl to CodeCrush this year. CodeCrush is a series of iSTEM immersion experiences for 8th and 9th grade girls and their teachers, designed to show them the innovative world of IT. The University of Nebraska College of Information Science and Technology holds this event every year and those who attend must apply by writing a letter. Southern's student received a \$1000 scholarship to attend UNO.