

The Scratching Post

September, 2025



WELLNESS DAY WITH

3RD GRADE

The third-grade class took a Wellness Day field trip to the YMCA on September 16th. The students were able to learn about the importance of not smoking and drinking, and maintaining their hygiene. The big idea to walk

away with at the end of this field day was how and why being healthy is important.

The students' favorite part was Gaga Ball. This activity is similar to a game of dodgeball, but you have to use only your forearms to keep the ball from hitting your legs while also trying to aim at someone else. Gaga Ball encouraged the students to be in shape and stay healthy while having lots of fun by running around and trying to get people out.

The students' biggest lesson was the importance of not smoking and drinking. The third-graders learned that when you don't keep your lungs healthy, you feel like you're breathing through a straw. The class said, "When you vape, it gets harder for you to breathe; you have to make sure you keep your lungs healthy." Thanks to the Wellness Day activities, our students aim to keep their lungs smoke-free for the rest of their lives.

It was very important for the students to understand all the ways of staying healthy and having good habits. Attending the Wellness Day gave the third-graders a better understanding of this. Thank you to the YMCA for hosting the Banner County Students for their Wellness Day!

By Kyrie Roldan



BANNER COUNTY SCHOOL

PREPARING THE STUDENTS OF TODAY FOR THE WORLD OF TOMORROW!

Learning from the Past

Learning and understanding what it was like to attend school in the 1800s is a perfect way to explore how much education has changed. Students can experience this hands-on by participating in a field trip to Flower Field. By exploring the experiences of students who attended school in the past, we can see how different the rules, classrooms, and teaching styles were compared to today. According to Mrs. Stauffer, the fourth-grade teacher, "Flower Field is important because it gives students an opportunity to see how the education world has changed and how Nebraska has changed and developed over the years." This kind of historical learning teaches us to value the opportunities we have now, while also honoring the challenges students faced in the past. Visiting Flower Field gives us a deeper connection to our local history and reminds us how far education has come.



Education has drastically changed for many adults since they attended school, but now consider how much it has changed since the 1800s. Students sat on wooden benches, used chalkboards instead of computers, and often had to walk long distances to get to school. Many schools consisted of all grades, and they were all in a tiny one-room building. Understanding these challenges helps us appreciate how lucky we are today to have modern technology, comfortable classrooms, and more educational support. According to the 4th graders, many students missed the technology aspects of education, while others enjoyed being traditionally taught the fundamentals. Mesa Faden's favorite part was learning penmanship, which shows how careful and neat writing was a big focus back then. Matias Bocanegra stated that he missed the internet the most, which reminds us how much we rely on technology in today's schools. Jamison Martinez said, "The hardest part was walking around all day," giving us a glimpse of how tiring it must have been without buses or vehicles. By the end of the field trip, the students were grateful to come back to the school's air conditioning and walked away with an appreciation for what our school provides for them in their schooling.

In conclusion, learning about what it was like to go to school at Flower Field in the past helps us understand and appreciate how much education has changed. Going from strict rules and long walks to beautiful penmanship and no internet, students in the past had a very different experience from the one we have today. By remembering what school used to be like, we can better appreciate the opportunities we have now and understand the importance of education throughout history. By Leeigh McGowan

Youth Football Builds Momentum

As the High School and Junior High football teams are on their steady journeys through their seasons, the Youth Football team is just getting into the swing of things. This combination of fourth, fifth, and sixth graders is taking over the field as a team. As they trek through the season, they are coming together to work as a solid unit. As the season has progressed, there have been many achievements and challenges. Some struggles the team has had include proper blocking and wrapping up for tackles, as well as playing against kids who are a lot bigger. A common goal among the players was to win all their games. Multiple Wildcats stated they are proud to have achieved three wins thus far this year and making it to the playoffs. The team is also excited to have more students involved this year than last.

Youth football is a huge advantage for our young athletes since it helps them become accustomed to contact sports and develop their skills at a younger age, hoping for better seasons as high schoolers. Coach Kyle Boettcher stated, "We try to teach the fundamentals of football, footwork, arm placement on hand-offs, blocking, tackling, pass-catching, special teams, how to make a huddle, and calling plays." Boettcher believes that, if the fundamentals are in place at an early age, the players can build on them in Junior High and High School. "This will make them progress faster and improve the skillset they bring to the sport as they get older, creating better athletes overall for every sport."

With inexperience come areas for improvement and areas that shine. Thanks to this team, our students can continue to grow and develop their skills for many years. Banner County is proud of this young team. These players inspire other elementary students to participate when they get to the fourth grade. The Wildcats want to see this program continue to grow to help the junior high and high school football teams become stronger in the future.

By Luke Olsen



The Importance of Suicide Prevention

In late August, Creek Valley invited schools in our area to an assembly on suicide prevention. All our school needed to do was let Creek Valley know that we would attend and the number of participants. Mr. Holmberg stated that he accepted the invitation because, "We haven't done this kind of thing in a while, and we haven't had the chance for someone to talk to us about the idea of suicide prevention."

About one month later, on September 16th, students in grades 7-12 from Banner County, Riverdale, and Creek Valley convened at Creek Valley Schools for this informative assembly. Mark Potter was the guest speaker. He spoke about his own experience dealing with depression and discussed the stigma of talking about it. He showed how it impacted his life and how he overcame it with help. Mrs. Villagrana, one of the teachers who was a sponsor, stated that she thought it was a beneficial assembly since it also focused on "...continued awareness of mental health, and how it affects even the happiest appearing people."

Ultimately, this assembly was a valuable experience for mental health awareness and suicide prevention. This topic can be challenging to discuss, but this assembly helped our students better understand it. According to a group of students who attended, it was a good way to get out of school; however, they walked away from the experience learning more about mental health, depression, and how it affects individuals. The students were thankful that the school and teachers allowed them to attend this informative presentation.

By George Teeple



Who is Ready for College?

When you are a senior, you have to choose what your future will be like. Figuring out what you want to do in the future can be stressful, but you can attend a college fair, which might help you figure out what there is to do and what sparks your interest. A college fair can help you find information and look into your future. While attending a fair, make sure you have an open mind, take notes, look into schools, and ask many questions. Going into it with this game plan is important because you can find out why you want to attend that school. This can help you budget your time and money going forward.

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Branching Out with Sixth-Grade

Branch Out was an exciting field trip for our 6th-graders. On September 16th, they went to the Wildcat Hills Nature Center to "Branch Out" while learning about forest health. Throughout this full day of outside learning, they participated in eight stations around the Nature Center and the surrounding area.

While attending these stations, the students learned about tree health, the many aspects of fighting fires, and why saving trees and forests is important. Also, the students learned how to drill a hole into a tree to determine its age, how plants produce food, and methods used to identify different types of trees based on their leaves. The class's favorite hands-on session was drilling into the trees and then planting a young tree. They also enjoyed the hike at the end of the day, where local flora was identified, and students smelled the trees while observing the outdoors.

Thanks to ESU 13 and all of the volunteers who took time away from their busy jobs to help our students better understand what it takes to keep our local resources healthy and beneficial to all who utilize them. This was truly a wonderful learning experience for our students. They created many memories, and in the future, when they drive by the Nature Center, they will be able to say they planted some of the many trees that make our Wildcat Hills so beautiful.



FFA Meat & Cheese Fundraiser Happening Now!



FFA members are selling various food items to help raise funds for their trips, expenses, entry fees, and FFA Jackets.

Orders are due by October 31st. If interested, contact an FFA member to put in your order!

**Thank you for supporting
Banner County's FFA Chapter!**

Wildcat Favorites

Beef sticks

Summer Sausage

Meat & Cheese Boxes

Cookie dough tubes

Chocolates

Candies

Mints

Mixed Nuts

Cheese Spreads

Seasonings

Soup Mixes



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Who is Ready for College?

Banner County recently sent three upperclassmen to a college fair, where students had to navigate it for the first time. Kesmera Palu, a senior, stated, "For a college to stand out, it has a lot to do with the location to home and its size." She also noted that it's interesting to see all the different colleges and the many programs and opportunities available to us as incoming freshmen. As for Sofiah Villagrana, a junior, really enjoyed talking to all the different schools and getting a better understanding of what's to come. Sofiah stated that she was happy to go as a junior to gain this experience and begin to plan for the next college fair she attends.

Going to a college fair is very helpful. It can give you a better understanding of college's expectations and help you see what you want to do in the future. Looking into it, attending one can really help you decide if college is the right choice for you. Thank you to Mrs. Villagrana and Banner County School for allowing our students to attend this experience as they begin planning their next steps beyond Banner County School.

By Hayden Mathiason

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