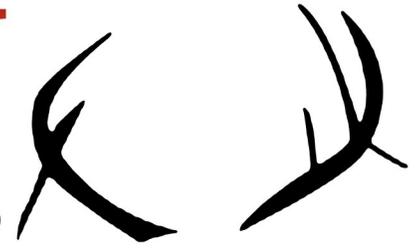


ELKHORN ANTLERS



Elkhorn High School
1401 Veterans Drive
Elkhorn, NE 68022
402.289.4239

March Newsletter
2017

From the Principal..... Dan Radicia

Good Afternoon EHS Parents:

Thank you EHS parents for being part of the extremely important decision of selecting your student's courses for next year. I value your input in making the best decision for your child with the variables presented. The academic counselors met with each student to develop a 4 year plan and to discuss curricular offering. Selected teachers had the opportunity to provide input in the process as well for placement purposes to ensure that we were deliberate and thoughtful on our recommendations for parents to discuss with their child and eventually, sign the courses requested sheet so that the school can begin building next year's master schedule.

We still need more students to turn in the course selected parental signed sheets that were mailed home after parent teacher conferences. If you attended conferences, then you already turned in the sheet before leaving conferences.

2017-2018 Course registration for 8th graders are underway and the counselors are meeting with the middle school students today and orientation is Monday, March 6. We are expecting over 320 freshmen next year which will make the 9th grade class the biggest in the building.

Our February Parent-Teacher conferences allowed me an opportunity to listen to the parents as they talked about their student's academic progress, participation in extra-curricular activities and the upcoming events. The conversations were very helpful because it gave me another opportunity to meet parents and understand their core beliefs and values. EHS embedded registration for 9th, 10th and 11th graders with two presentations each night so that our parents could understand more about our curricular offerings. Despite the beautiful weather, 53% of our parents showed up for parent-teacher conferences. If you were not able to attend conferences, EHS sent home a progress re-

port showing the first 5 weeks of the 2nd semester. If you feel that you need to contact a teacher regarding your student's progress, please log on to EHS's PowerSchool, locate the staff's link and find the teachers' name with a hotlink and email them.

AP TESTING DEADLINE is FRIDAY, March 3.

AP testing window for students in May 1– May 11. Registration to sign up to take the test is due this Friday, March 3. The Elkhorn Schools Foundation is paying \$40.00 for each test; therefore, the cost of each test for the parent is \$53.00.

I appreciate the Elkhorn Foundation supporting our students and parents by believing in our results that they want to financially support each test administered. I know that our parents appreciate the financial partnership with the Foundation.

ACT for Juniors is April 19 at EHS—Prepare by Practice

College placement tests: ACT and SAT are two standardized tests that colleges and universities use to select and sort students for scholarships and admissions. The admission officers analyze course rigor, grade point average, class rank and involvement with co and extra-curricular activities and clubs and the ACT score. There is a direct correlation between academic rigor and higher achievement scores on the ACT. In fact, EHS students who take AP level course work, chemistry and physics, four years of math have scored 4 or more points higher than students who take the college prep course work. It is better to have a transcript that illustrates rigor than to take classes that are less difficult in order to inflate the grade point averages. Grade point averages have variables that universities cannot control: different grading scales among school districts, class rank for a graduating class of 38 compared to 305 or even 520 students. AP courses have to be approved by a national standard; therefore, admission officers tend to default to course rigor by



means of AP coursework and the ACT/SAT scores.

Historically, the majority of EHS juniors takes the ACT for the first time in April and retakes the assessment the fall of their senior year before admissions and scholarships are due in January. Please encourage your student to practice taking the ACT before the April test so he/she feels comfortable taking close to a four hour exam. Practice tests are online at the ACT website and ACT resources and CD are sold at bookstores in the reference sections.

9th and 10th grade ACT practice test is April 19

Our 9th and 10th graders will be engaged in the practice ACT test the same day the 11th graders are taking the ACT. We will have a schedule that reflects the testing day environment with no seniors reporting on April 19. Students will be dismissed after testing around 12:30. Juniors will be dismissed later because they will finish with the writing section of the ACT.

Winter and Spring Activities 2017

The winter activities are almost over; the spring activities are beginning to emerge. Our girl's basketball team begins their title quest on Thursday morning at 10:45. Our Robotics team took first at state and our quiz bowl teams are consistently winning all of their contests. Around the school, spring activities are beginning their conditioning for the end of the school year. Thank you to all of our students, coaches, sponsors, parents and fans for your support and interests in our programs. The staff at EHS appreciates your help in creating a positive environment with our students. I look forward to seeing you at the various upcoming spring activities.

EHS Prom is Saturday, April 1st.

The junior-senior prom will be held on Saturday, April 1st, at Elkhorn High School from 9 p.m. to midnight with coronation at 11 p.m., parents are welcome to the coronation program. Our prom sponsors, Tomi Connelly and Barb Schmidt, along with their Junior Class Boards, are working hard to make this a memorable social experience for our students. Prom is a formal affair, so the dress must be semi-formal to formal. The invitations should be received in the mail by the middle of March. Tickets can be

purchased for \$20.00 during lunch starting on Monday, March 6th. Doors for prom will close at 10 p.m. Senior parents will be valet parking and the high school administration is requiring that all students partake in the valet parking. All students will be breathalyzed upon entering the dance. The use of breathalyzers reminds our students and parents of the district's position of zero tolerance on the use of alcohol and creates a safe environment for all students. On the evening of Prom, staff will be using alco-sensors to check students as they enter the commons. The alco-sensors will only be used by trained staff members and if positive results are obtained from the breathalyzers, the student will be subject to discipline and the student's parent(s) or guardian(s) will be notified immediately. After-prom will be held at Elkhorn High School and a special thanks to the many junior parents who are working hard to create a safe, fun, parent-sponsored post-prom celebration.

EHS Safety Plan

As a part of an ongoing safety plan, Elkhorn High School in conjunction with Omaha Police Department and Douglas County Sheriff's Department will be scheduling a practice lockdown drill second semester. I asked the Omaha Police Department to supervise the second lockdown drill so it could be documented in our school safety plan. EHS had a lockdown drill first semester and I think that it would be prudent to have another drill in the future.

Guest Speakers

The 5th annual student council guest speaker Rohan Murphy visited EHS for an hour speaking engagement to the full student body. After speaking about "No Excuses," a short video clip was shown from a national televised broadcast that did a feature on his story. Mr. Murphy fielded questions from the students and received a standing ovation. Mr. Murphy was born without a hipbone and knee caps were backwards which eventually led to the medical team's decision to amputate both legs. After struggling to identify as a disabled person, Mr. Murphy decided that he would no longer wear prosthetic legs and just be who he was. A coach/PE teacher convinced Mr. Murphy to wrestle and his dream of wrestling was fulfilled as a member of the Penn State University wrestling team. It was a great message of overcoming barriers to achieve.

Principal Dan Radicia



COUNSELING CENTER STAFF (402) 289-4239 Option 2

Desiree Merrihew A-G
 Martha Dowd H-N
 Makalla Fritz O-Z
 Tracy Frevert, Counseling Center Administrative Assistant
WEBSITE: www.elkhornweb.org—>EHS—>Counseling

**College Entrance Testing:
 For Juniors**

A common question from junior parents this time of year centers around when juniors should take the ACT. Most students test twice—once junior year and once senior year. All juniors will take the ACT on April 19, 2017 at EHS. They will register at EHS for this test.

ACT spring test dates are: April 8, and June 10. Register online at www.actstudent.org. Registration deadlines are approximately one month prior to the test date and are found at ACT's website.

SAT spring test dates are: March 11, May 6 and June 3. Register online at sat.collegeboard.org. Registration deadlines are approximately one month prior to the test date and are found on the registration website.

NOTE:

***Students with disabilities might possibly receive test accommodations. See your special education case manager for more information.

***Fee waivers are available to students on Free/Reduced Lunch. See your counselor for information.

Important note about score reporting: It is the student's responsibility to submit test scores to their college of choice. Upon registration for the test, students can select up to 4 colleges to receive their test scores. To avoid paying to send your scores at a later date, please ensure that you have selected 4 colleges of your choice at the time of registration.

TEST PREP RESOURCES

Full length practice tests can be picked up in the Counseling Center. Visit the Counseling Center website or see your counselor for more information on test prep resources/classes.

Senior Reminders

Senior Check-out Sheets:

Senior check-out sheets will be mailed home with Quarter 3 report cards. **Every** senior needs to return this to the Counseling Center. Information about sending final transcripts and scholarships is on this sheet. They are due Friday, April 14th.

Scholarship Information:

*Check Naviance regularly for scholarship updates. Individual colleges are the source of the most scholarship dollars, so apply early and meet with the Office of Financial Aid on your college visits to ask specific questions unique to your student and your family.

*Visit the scholarship link on Educationquest.com for local scholarships and reputable national scholarship searches.

*Complete the FAFSA form as many scholarships and grants require this to be submitted.

Elkhorn Public Schools Foundation ACHIEVE Program:

Seniors taking 4 or more AP courses and having elective course sequences, community service and school activities are invited to apply for the ACHIEVE program. Monetary awards and recognition at graduation will be given to all students who meet the criteria. For more information, please visit the www.elkhornfoundation.org under "Scholarships & Awards." Due Wednesday April 12 at 3:30.

AP Test Registration

If your student is currently in an AP class, they will have the opportunity to take the AP Test in May. Based on the score of this test and the college they attend, they have the potential to earn college credit.

In order for your student to take the AP test, they must register for the test by March 3, 2017. An AP Test registration form was mailed home to you in February. Registrations are due to the counseling center by March 3rd. Late registrations will be accepted March 6th to March 10th, but there will be a \$25 PER TEST late fee assessed. If they do not plan on taking an AP test, they still need to return the registration sheet.

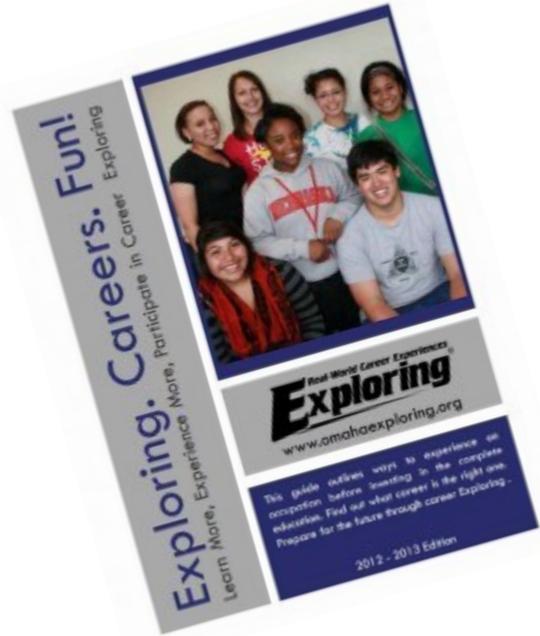
Exploring

Omaha Career Exploring Opportunities for Teens

Exploring is a career education program for young men and women ages 14 through 20 under the Learning for Life organization. Race, religion, gender, sexual orientation, ethnic background, economic status and citizenship are not criteria for participation. Exploring's adult volunteer leaders give their time and expertise in order to provide real-world career experiences for young adults. The Exploring program is not about lectures and slide shows – it's about gaining practical, hands-on experience in a career field – resulting in a program full of activities that helps youth pursue their special interests, build character, and develop life and job skills.

Exploring posts can specialize in a variety of career skills. Exploring programs are based on five areas of emphasis: career opportunities, life skills, citizenship, character education, and leadership experience.

There are new exploring opportunities now. To see what is available now and possibility for next year, visit the directory on <http://www.omaha.exploring.org>.



EHS Tutoring Program:

Peer-tutoring is available for students struggling in classes. Students can sign up in the Counseling Center.

College & Military Reps Visiting EHS:

- During the spring semester, juniors and seniors are able to visit with the college reps that come to EHS. Watch the bulletin or look on Naviance account for upcoming visits.
- Juniors and seniors must sign up at least 1 day in advance to be excused from classes. Students sign up online through their Naviance account.

EducationQuest

is a free college planning service provided to all students in Nebraska. They have a monthly email service that offers tips and advice to high school students and parents. To sign up to receive these emails, visit www.educationquest.org.

Important Websites:

<http://www.elkhornweb.org/schools/ehs> This site contains information for all students.

<http://connection.naviance.com/ehsne> Naviance is our college and career planning tool, complete with personality inventories, career information, college search tools, and more. All Elkhorn 9th, 10th, 11th, and 12th graders have access to the program provided free to them by the school district.

Student logins are the same as their school computer logins. See your counselor with any questions.





FROM THE DESK OF THE ACTIVITIES DIRECTOR

Mark King

ELKHORN SPORTS/ACTIVITIES ARE ON THE WEB!

Patrons of the Elkhorn school district may now access the most current information as related to high school and middle school athletics/activities, by logging on <http://www.easternmidconference.org> to navigate your way to the Elkhorn High School page, and select the sport/activity, level and gender of your choice. You will also have access to the most updated calendars, game information, and even maps and driving directions to many of the schools we participate against.

SPORTSMANSHIP! Can't Play Games without it!

The 2017 Spring Sports season will begin with the 1st practice on February 27th at Elkhorn High School. These activities include boys and girls track, boys soccer, girls soccer, baseball, boys golf, and girls tennis. Parents should note that the dates and times of spring sports sometimes need to be rescheduled after the printing is completed on these schedules. Please be advised that the most current information is available through your son's/daughter's head coach.

A few ideas for you to ponder:

This resource is an excerpt from Jim Thompson's (@JimThompson18) book, *The High School Sports Parent*.

The transition to high school can be jarring for teenagers. After having figured out a place for themselves in elementary and middle school, they now have to do it all over again, at what seems like much higher stakes. The transition also often challenges high school parents. Teenagers are changing rapidly and trying out new ways to relate to their parents as they move steadily and/or tentatively toward independence. And if your child is or aspires to be a high school athlete, there is a whole other set of challenges to negotiate.

PCA tapped its network of coaches, athletic directors, and parents to identify how high school sports parents can help their athletes thrive in high school sports. Here are four big ideas to help you understand your athlete's challenges and what you can do to help your teen thrive:

- 1.) High school sports involves a lot of time and effort
- 2.) High school athletes are smack in the middle of a transition to adulthood
- 3.) High school programs have a chain of authority
- 4.) High school sports is a very public stage.

THANK YOU

A very big **THANK YOU** to Cary Hendricks for organizing the meal for the staff during parent/teacher conferences on February 16th.

The potato & salad bar were delicious and the staff truly appreciated this wonderful luxury during the busy time of conferences.

Thank You to all EHS parents that contributed to the delicious dinner!

TECH SAVVY PARENT TIPS

MARCH 2017

SchoolMessenger—Are you up-to-date?

EPS uses a parent messaging system called SchoolMessenger to send emails and phone calls to parents, including information about school closings for snow days. If you did not receive the phone and email messages on Thursday, February 23 announcing the school closing due to snow, please contact the office to let them know and ensure your contact information is correct.



EHS HALE HAPPENINGS

HALE is Elkhorn Public Schools' High Ability Learner Education. Visit the HALE Activity link from the Elkhorn High School website to learn more about services and to keep track of upcoming opportunities via the online HALE calendar.

Olympus Club

The annual Olympus Club Lock-In will be held at Common Ground on Saturday, April 22 from 10:00 pm to 6:00 am. This is an opportunity for students from both high schools to form new friendships as they play dodge ball, basketball, volleyball, air hockey, board games, and go swimming. The Iron Mind Competition tradition will continue as students from both schools try to win the traveling trophy.

Robotics

The EHS Robotics teams, under the direction of Glenn Benes, have been doing very well at their competitions. All three teams qualified for and competed at the Heartland Regionals, February 18. *Antler Powered*, *Guardians of the Elk* and *Suspicious?* made it to the quarterfinals. *Antler Powered* and *Guardians of the Elk* have also qualified for the US Open, April 6-8 at the Mid-America Center in Council Bluffs. Congratulations on your hard work and good luck at the US Open.

Quiz Bowl

The quiz bowl teams have been preparing for the Bellevue University Quiz Bowl on March 3 and for the EMC Quiz Bowl in Nebraska City on March 6. We qualified for the afternoon rounds at the Nebraska Science Bowl, February 11 at Wayne State. We practice daily during lunch in room D107. New members are always welcome.

Nebraska Now

High ability students who are ready for college classes and have time next fall to take an online college class, should consider enrolling in UNL's *Nebraska Now* program. The cost is drastically lower than UNL's regular tuition and allows high school students to complete general education credits for a UNL degree. For more information, see <https://admissions.unl.edu/specialized-information/nebraska-now.aspx>

Summer Opportunities

All Girls Math - Summer Mathematics Camp for high school girls. <http://www.math.unl.edu/programs/agam>
<http://raikes.unl.edu/summerworkshops> - Students - "Innovate: The Raikes School Way" and "Girls Who Innovate: The Raikes School Way"

<http://architecture.unl.edu/high-school-camps-2017> - The College offers four summer high school camps: the Career Explorations in Architecture, Interior Design and Landscape Architecture Workshop; the Discover Landscape Architecture Workshop; the Western Nebraska High School Workshop; and the Adventures on the Niobrara River - Discover Landscape Architecture camp.

Joyce Ivy Foundation Summer Scholars program - scholarships for female leaders (grades 10 and 11) - <http://www.joyceivyfoundation.org/apply/application.html>

Kaneko Open Space for Your Mind - www.thekaneko.org
Creative Writers - <http://finelines.org/>

Duke Tip - Duke TIP Summer Studies Programs
www.tip.duke.edu/summer

UNL Summer Academic Summer Camp -
<http://4h.unl.edu/4hcamps/bigredcamps>

UNO Internships in Information Technology - <https://intern.ist.unomaha.edu/>

PKI Academies - <https://pki.nebraska.edu/new/pages/outreach/holland-academy-of-excellence/>

Most Universities and Colleges offer summer opportunities for high school students, for example:

Kansas State - Design Discovery - <http://info.umkc.edu/aupd/design-discovery-program/>

KU - Engineering Camp, Project Discovery - <https://enr.ku.edu/camps#Summer>

Northwestern University -
sps.northwestern.edu/program-areas/summer/high-school-programs/

Washington University
<http://summerexperiences.wustl.edu/scholars>

University of Chicago -
<https://summer.uchicago.edu/high-school>

Cornell University -
<https://www.sce.cornell.edu/sc/>

NYU -
<http://www.nyu.edu/admissions/high-school-programs.html>

UPCOMING EVENTS

March 3 - Bellevue University Quiz Bowl

March 6 - EMC Quiz Bowl

March 7 - TEAM+S competition at UNL

April 6-8 - Robotics US Open at Mid-America Center

April 22 - Olympus Club Lock In at Common Ground

EHS *Dance* Tryouts for 2017-2018 season

A mandatory meeting will be held for all parents and interested students (currently in 8th-11th grade) on Monday, March 13th at 6:30 p.m. in the EHS lecture hall.

We hope to see you there!

Dance team clinics & tryouts will be held April 10-13th.



EHS *Cheer* Tryouts for 2017-2018 season

A mandatory meeting will be held for all parents and interested students (currently in 8th-11th grade) on Monday, March 13th at 6:30 p.m. in the EHS lecture hall.
If your parents can not attend, but you would still like to try out please speak with Barb Schmidt or Anna Beard.

Tryout prep clinics will be April 3rd through April 6th, with tryouts on Friday, April 7th at 4:00 p.m. All tryout clinics will be held in the main gym. Please see practice schedule below:

Monday, April 3rd: 3:45-5:15 p.m.
Tuesday, April 4th: 3:45-5:15 p.m.
Wednesday, April 5th: 3:45-5:15 p.m.
Thursday, April 6th: 3:45-5:15 pm

Friday April 7th- Tryouts begin at 4:00 p.m., please arrive at 3:30 p.m.

Feel free to call Barb Schmidt at 402-289-4239 with any questions.

We are very excited about the upcoming season and hope to see you cheering on the Antlers!

*Barb Schmidt & Anna Beard
Elkhorn High School Cheer Coaches*



CAREER AWARENESS PROGRAM

March 2017



"Luck is what happens when preparation meets opportunity."
~Seneca~



1 CAREEROCKIT!

The nation's first Career Experiences Week brought to you by the Greater Omaha Chamber of Commerce April 1-8th. CAREEROCKIT gives students the chance to get hands on career experience in a fun and exciting way. Our goal is to offer 10,000 experiences with 5,000 of those experiences in tech! We have many phenomenal companies committed to hosting experiences including Google, Yahoo!, HDR, the Startup Collaborative, UNMC, CHI Health, Novozymes, STRATCOM and many others. See first-hand all that Omaha has to offer!

**Opportunities available for Elementary through Post-Secondary
(Approximate Ages 8-22)**

**Open Houses/Tours, Field Trips, Podcasts, After-School Workshops,
Demonstration/Hands-on Activities, Job Shadowing, Internships**

Student sign-up information can be found at: careerockit.com/student.

Parents can learn more at: careerockit.com/parent.

See this [postcard](#) for more information and sign-up today!

2 More Career Exploration Opportunities

CHI HEALTH

(Click on the links below to learn more!)

[High School Job Shadowing Program](#)

[High School Senior Scholarship Program](#)

[Annual Health Care Career Exploration Day Camp](#)

EXPLORING PROGRAMS

(Click on the links below to learn more!)

[Veterinary Science Program \(March 23, 2017\)](#)

[Creighton Pharmacy Program \(April 22, 2017\)](#)

[NEW! Easter Seals Program \(Spring/Summer 2017\)](#)

Vet Camp Assistant-Oxbow Animal Health

Click [here](#) for camp dates and information, and visit www.oxbowvetcamp.com or call 1-800-249-0366.

Children's Hospital & Medical Center

(Click above to learn more.)

The purpose of this program is to introduce high school students to the opportunities available in pediatric health care such as emergency medicine, nursing, child life, pharmacy, pathology, radiology, rehab therapies (physical, occupational & speech) and respiratory therapy. More information can be found on this [brochure](#).

Contact Dana Bourman for more information!

Email: dbourman@epsne.org

Phone: ESHS ~ 402.289.0616 ~ Mornings
EHS ~ 402.289.4239 ~ Afternoons

Be the First to Know...Text @capbourman to 81010 to receive text messages
when new career awareness opportunities become available!