

# ELKHORN RIDGE MIDDLE SCHOOL

17880 Marcy Street  
Omaha, NE 68118  
(402) 334-9302

April 2017



## MAP TESTING (Measures of Academic Progress)

MAP (Measures of Academic Progress) assessments are adaptive computerized tests. Elkhorn administers these tests in late September and April/May. In some cases, they may also be administered prior to winter break. When taking a MAP test, the difficulty of each question is based on how well a student answers all the previous questions. The MAP tests are not timed and usually take students about one hour to complete.

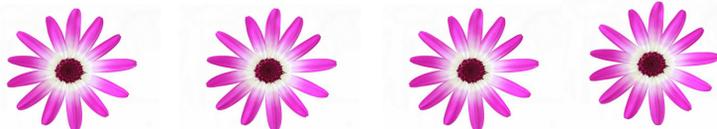
MAP assessments are used to measure student progress or growth in core subjects. Many families may have a growth chart at home on which they mark their child's height at certain times, such as each birthday. This growth chart shows how much a child has grown from one year to the next. MAP assessments do the same sort of thing, except they allow us to set individual goals and measure improvement in core skills through the school year. MAP tests are also designed to give teachers information about student strengths, as well as areas where additional time and support may be needed. **The following testing schedule has been set for the spring semester:**

### MAP TESTING SCHEDULE

May 1 and 2	6th-8th grade Reading
May 3 and 5	6th-8th grade Language Arts
May 8 and 9	6th-8th grade Science
May 10 and 11	6th-8th grade Math

## AUGUST REGISTRATION

August 10th is set for our pre-registration day for all incoming 6th, 7th and 8th grade students. School pictures will be taken on this date as well as all paperwork completed. Watch for volunteer sign-up opportunities and more information in upcoming newsletters. Contact Jenny Haase at [j.t.haase@cox.net](mailto:j.t.haase@cox.net) if you are interested in helping with registration.



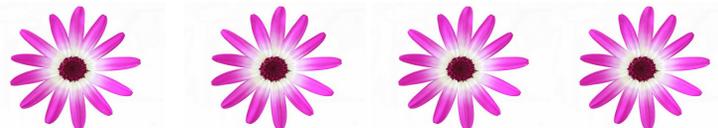
## NEBRASKA STATE ACCOUNTABILITY (NESA) TESTS

The Nebraska State Accountability (NESA) Tests were developed specifically for Nebraska students. The tests are criterion-referenced in reading, mathematics, and science. Students in grades 6-8 will all take the Reading and Math tests. Eighth grade students only will take the Science test. The following schedule has been set for the administration of these tests:

### NESA TESTING SCHEDULE

6th Grade	April 4 - April 7	READING (ELA)
	April 25 - 28	MATH
7th Grade	April 4 - April 7	READING (ELA)
	April 25 - 28	MATH
8th Grade	April 4 - April 7	READING (ELA)
	April 12 - 13	SCIENCE
	April 25 - 28	MATH

**Please put these dates on your calendars and try to avoid scheduling any appointments during this time.**



## FIFTH GRADE ORIENTATION

The transition from elementary school to the middle school can be overwhelming. We want to make this transition as easy and comfortable as possible. Fifth graders will be touring ERMS with their 5th grade teachers on Monday, May 15th, during the school day. We will also host a **6th Grade** Orientation Night for parents and incoming 6th graders on that same night, Monday, May 15th. The orientation will be at 6:30 p.m. in the gym. Mr. Riggert will give a brief presentation and then students are invited to give their parents a tour of the building following the presentation. If you have questions or concerns about your child's upcoming 6th grade experience or grade level transition, please give us a call at 402-334-9302.



## 6th Grade News

Mrs. Bradford, Mr. Ebers,  
Ms. Niebaum, Ms. Oberembt, Ms.  
Stromgren, Ms. Kohler, Mr. Weber, and  
Mr. Phelps

### READING - Ms. Oberembt and Mrs. Bradford

Throughout the month of April, students will finish and review the ten chapters of Greek and Latin roots. In addition to the main idea assessment, students will read fables. All students must finish and AR test over an independent reading book by the end of April in preparation for a character project. The fourth quarter AR goal ends in May.

### MATH and PRECON - Ms. Niebaum and Mr. Weber

With heartfelt thanks we would like to say how much we appreciate the great support for the St. Jude's Math -a - Thon! The participants learned about giving of their time to help others while also practicing their math skills in a fun way. We were able to send donations in the sum of \$628.00.

**Math and Pre-con** had a full week of "math madness" as we "competed" as teams to be the final bracket winner. Fifteen daily math problems were completed individually and then all tabulated by team to see who would be the daily winning team. This was a review of many concepts we have covered this year in preparation for the NESAs and MAP testing.

Analyzing, interpreting and making graphs is the unit the students have just completed. This will be followed by the students collecting data and displaying it with various graphs.

### SOCIAL STUDIES - Mr. Ebers and Mr. Phelps

In April, students will be finishing their geography unit and will be transitioning into an urban geography unit. Students will explore the growth of west Omaha, renovations done throughout the city, demographics, and the role the Chamber of Commerce plays to improve Omaha. Students should have received a Travelmate letter during the last week in March describing their end of the year Travelmate project. This Travelmate project will be due on Monday, May 8th. We look forward to hearing about where the travelmates have visited this school year!

### SCIENCE - Mr. Phelps and Ms. Kohler

We will finish up the year with meteorology. Students will learn about fronts, masses, clouds, and more. The culminating activity will have students working as a team of specialists helping NOAA's Extreme Weather Response Unit in a hurricane scenario. Each specialist becomes a meteorological expert and monitors weather data to accurately forecast atmospheric conditions. The students will learn how to predict the path of a historic hurricane by monitoring temperature, humidity, air pressure, wind speed, and wind direction. This will be an exciting experience. Everything students will learn in the weeks prior will be utilized to save the residents along our eastern coast and Caribbean!

## LANGUAGE ARTS—Mrs. Bradford, Mr. Ebers, and Ms. Stromgren

Sixth graders will review some key ideas for text-dependent analysis the first week in April, and then will enjoy writing poetry in the month of April. This will conclude in a poetry book toward the end of the month.



## 7th Grade News

Mr. Bischof, Mrs. Bradford  
Mrs. Randall, Mr. Breitreutz,  
Mrs. Nelson, Mrs. Klein, Ms. Kohler and  
Mr. Weber

### READING - Mrs. Randall, Mrs. Nelson, and Mrs. Bradford

The seventh grade students have been reading a book on the topic of World War II. Students will complete a character sketch based on a character from that book. All students will need to AR quiz over the book by April 10th. Beginning April 10, as a class we will read *A Wrinkle in Time* while honing in on different reading strategies.

### MATH - Mrs. Klein

We have been working on various topics leading up to the NeSA - M test. Recently the students learned about geometry, scientific notation, and central tendency. After spring break we will cover probability and transformations. During April we will spend the majority of our time reviewing concepts from this school year. We need to concentrate on the following topics: solving equations, geometry, solving proportions, graphs, and fractions, decimals, and percents.

### PRE - ALGEBRA - Mr. Weber and Mrs. Klein

Last month we completed a unit on geometry and just finished a common assessment on probability. After break we will study central tendency, followed by slope and solving systems of equations. Soon we will review concepts to prepare for the NeSA - M test at the end of April. The topics we will discuss include solving equations, proportions, graphs, geometry, and fractions/decimals/percents.

### SCIENCE - Mr. Breitreutz and Ms. Kohler

In April, students will continue their study of Astronomy by learning about: Pluto and other dwarf planets; exoplanets; the differences among comets, asteroids, and meteoroids; Kepler's Laws of Planetary Motion, what causes Earth's seasons; Moon phases; eclipses; and tides. The District Common Assessment over this unit will occur at the beginning of May.

### WORLD HISTORY - Mr. Bischof and Mr. Breitreutz

Our study of World War II continues into April. The next unit is Communism and the Cold War.

## LANGUAGE ARTS - Mrs. Nelson and Mrs. Randall

During the month of April, students will be completing their research papers. We will continue to practice spelling, grammar, and proof reading. Students will also take the common assessment over mechanics and proofreading.



### 8th Grade News

Mrs. Klein, Mrs. Kammerer, Ms. Christie, Mrs. Hultman, Mrs. Semin, Ms. Stromgren, Mr. Weber, Mr. Breitreutz, and Mr. Schutt

## LANGUAGE ARTS - Mr. Schutt and Ms. Stromgren

As April comes rolling in, the 8th grade Language Arts students will soon make poetic music for your ears. The kids will add to National Poetry month by dabbling in their own creative realms of poetry. You should hear free verse, Haiku, Diamantes, and more types that will float off of your son/daughter's tongue. The kids will learn about different types of poetry, and styles and terminology will be covered. Also, students will have the opportunity once again to practice their public speaking skills. Students have also started finishing up capitalization, comma, semi-colon/colon, and end mark rules.

## AMERICAN HISTORY - Mrs. Hultman

Students just completed a District Common Assessment over the Civil War. Students will then look at the aftermath of the Civil War. We will also do a short 1950's/1960's Civil Rights Era unit to show how long it took to achieve these rights through legislation. We begin to study the latter part of the 1800's with home-steading, how westward expansion effected Native Americans, growth of businesses and monopolies, poor working conditions, new inventions, and how new immigrants to our country were treated. Students will complete our final District Common Assessment over the Progressive Era. If you have any questions, do not hesitate to contact us.

## MATH - Mrs. Semin and Mr. Weber

**Pre-Algebra** students are reviewing geometry concepts and will be covering probability and data analysis topics next. We are also reviewing all 8<sup>th</sup> grade math concepts to make sure we are prepared for the NeSA test at the end of April. **Algebra** students are finishing Chapter 9 on factoring quadratic equations. We will be starting in a new chapter covering radicals next. We are also reviewing all 8<sup>th</sup> grade math concepts to make sure we are prepared for the NeSA test at the end of April.

## SCIENCE - Mrs. Kammerer and Mr. Breitreutz

At the end of March we wrapped up a successful unit on Properties of Matter. This included states of matter, gas laws, phase changes, physical and chemical properties and changes, and conservation of matter. This unit concluded with a District Common Assessment (NE Science Standard 8.2.1). We will finish out the rest of April learning about elements and the Periodic Table after the students prep for the NESAs-Science test. During the week of April 10th - 14th, students will participate in Nebraska's statewide assessment on science knowledge and inquiry (NeSA-Science). Students will have completed a Science Vocabulary packet and participated in several practice activities throughout the year. We will be spending the first week of April reviewing science content all the way back to 6th grade. We will be coaching the students on how to be at their best for the test (getting rest, eating breakfast the morning of the test, staying hydrated, reading questions carefully, taking time to answer questions completely, how to make best guesses, etc.).

## READING - Ms. Christie and Ms. Stromgren

Just a reminder that the NeSA ELA (Reading and Language Arts test) will be administered April 4 - April 7 (Tuesday - Friday). The MAP reading test will be given after NeSA Math and NeSA Science are completed. For our next unit, students will be reading *The Diary of Anne Frank*. This version is the play in our *Literature* textbooks. Lastly, the final District Common Assessment for reading will be a cumulative test over all 20 units of Greek and Latin roots.

## 6/7/8 GRADE H.A.L.E.- Mrs. Thoreen

HALE isn't letting any April showers bring down the mood of hard work and dedication to diverse learning.

Several HALE kids participated in an animal behavioral study at the zoo academy and found out about what it takes to keep the animals healthy, happy, and safe in their habitats.

Next, the last tournament of Quiz Bowl took place in late March at the Gretna Quiz Bowl Tourney. All grade levels competed and rounded out the year with a great showing of knowledge.

Several math enthusiasts will be competing in the final Math Tourney at ESU #3 in May. The kids have been fine tuning their math skills all year by taking part in mental lunch crunch, AMC, and speed math drills in teams and one on one formats at lunch.

The 7th grade reading students in HALE are embarking upon the dystopic world all through April by reading several books and creating dystopic worlds to bring out their knowledge of Sci-Fi and Fantasy.

Finally, in late April, several ambitious actors will be taking a full day acting course at the Rose Theater. Who knows, maybe one day we will see an ERMS HALE student on Broadway!

## LANGUAGE EXPERIENCE / SPANISH - Ms. Thomas and Mrs. Espinoza

### 6th Grade Language Experience

Students have been learning Spanish time, numbers, and calendar. Remind them to practice spelling their Spanish words. They can test themselves on Moodle – Quizlet. They need to click test, written, and English. As we progress through this final leg of the school year, students will learn Spanish words that focus on important questions, weather, and classroom objects. Please remind them to access Moodle, study their flash cards and notebook **every day**.

### 7th Grade Spanish

The final unit of study this year revolves around the theme of foods for breakfast, lunch and dinner. Your student should be able to tell you what is in the fridge or what to order at a restaurant. Please remind students to keep studying their **Important questions** in their notebooks, to access Moodle and practice all activities, to practice pigquiz.com and to finish strong this year. They have made great strides in this class!

### 8th Grade Spanish

Students have one more DCA that focuses on irregular verb conjugation. Make sure they know what each verb means and how to conjugate it. The final unit of study this year revolves around rooms in the house and the objects in them. Students will be learning chore vocabulary and performing dialogues and writing paragraphs. As the year ends, please remind your student to be diligent in their Spanish studies so that he/she prepared for Spanish II next year.

## CHORUS - Mrs. Ballou, ERMS Vocal Music Instructor and Mrs. Foley, Accompanist

Congratulations to the 6th and 7th Grade Choir and Show Choir Members on outstanding performances in March!!! I was very impressed with the choirs' musicality and concert etiquette and the students' ability to thoughtfully critique their performances. Great Job!!!

All grade level choirs are now gearing up for our end of the year 'Journey Through the Decades' pop concert. Students will be learning about popular music history from the 50's to today, while learning songs and dances to present at our May 11, 7 PM Concert at ERMS. Students will be asked to put together a costume for this performance that represents the 50s, 60s, 70s, 80s, 90s, early 2000s or today. Please do not go buy anything. I encourage the kids to go through closets of older relatives or put together something from what they already have. If a student doesn't want to come up with a costume, they are welcome to wear their blue ERMS Music polo instead. More details about costumes will be coming home soon.

### Show Choir News

Bravo had a great competition season and placed extremely high in our two competitions. At Westside Middle School's "Battle of the Showchoirs", Bravo tied for third against 13 other schools and Matthew Wilson took home "Best Male Soloist". At Lewis Central's "Clash of the Titans," Bravo placed fourth against 15 schools and Charlie Campbell took home "Best Male Soloist".

### Congratulations Bravo!!!

Show Choir Tours are coming up...Encore and Applause will tour on Thursday, May 18th to various Retirement Homes around the Area. Bravo will tour on Tuesday, May 16th to a Retirement Home and to Spring Ridge and West Bay Elementary Schools. Detailed info will be coming home soon via email.

## BAND - Mr. Dreessen, Band Director and Mr. Bluford, Band TA

Congratulations to the 7<sup>th</sup> Grade Band and 8<sup>th</sup> Grade Band on their performances at the EMC Band Festival at Waverly. 7<sup>th</sup> Grade Band earned an Excellent Rating, and the 8<sup>th</sup> Grade Band earned a Superior+ Rating.

Congratulations to Lexi Borkowski, Eli Perkins, Lily Schied, and Charlie Whalen! These students were selected to the 2015 Blair Middle School Honor Band.

Mark your calendars, our "Night of Stars" hosted by ESHS is [April 29](#) It will feature musicians from ERMS, EVVMS, and ESHS and looks to be a wonderful night of music.

If your student has ambitions of making an honor band, or all state, or they simply want to get better, private lessons are always a great idea. Mr. Dreessen has a list of recommended lesson instructors that he would be happy to share.

The Elkhorn Public Schools 7th and 8th Grade Summer Band Program Information will be emailed home within the next week. The program will run from June 5th - 22nd at Elkhorn Grandview Middle School. The summer program is for students who will be in 7th and 8th Grade for the 2017-2018 school year and is completely free of charge. If you do not receive that email, please contact Mr. Dreessen ([kdreessen@epsne.org](mailto:kdreessen@epsne.org)) so he can get you the information about Summer Band.

On May 6<sup>th</sup> the 8th Grade Band will be traveling to Adventureland to perform in the Adventureland-Drake University Festival of Bands. More information will be available as the date approaches. Our final concert is May 9<sup>th</sup>. Featured groups will be Jazz Busters, Stormin' Jazz Band, 6<sup>th</sup> Grade Band, 7<sup>th</sup> Grade Band, and the 8<sup>th</sup> Grade Band.

## TEACHER APPRECIATION WEEK

The ERMS Parent Booster Club would like to thank the following students' families for their generous contributions during Teacher Appreciation Week in March. Because of their support, we were able to provide a week full of meals & treats plus give our deserving teachers & staff a small gift of appreciation. THANK YOU!

Axiotes	Fisher	Kent	Petersen	Webster
Barnes	Fogle	Kingston	Peterson	Wendt
Barnhill	Foote	Kirshenbaum	Prendes	White
Beck	Foral	Knight	Raymond	Whitten
Beckwith	Fredricks	Knight/Schrage	Roland	Wilson
Bertucci	Fritzsich	Kohl	Rosenberg	Wilson
Bidasee	Furgison/Baines	Kougang	Ruppert	Woodin/Hunt
Borseth/Thompson	Garlock	Lewis	Salzbrenner	Zach
Boyens	Gaston	Lewis	Santos	Zetterman
Briscoe	Geary	Lytle	Sartore	Zurn
Brockett	Gerrity	Madott	Schatz	Zweedyk
Brown	Gleason	Mathison	Schieber	
Bunde	Godkin	McCumbers	Schuiteman	
Campbell/Jones	Goracke	McDonald	Seder	
Certified Nutrition	Gorski	McKay	Sherman	
Christ	Gregan	McKenzie	Smiley	
Christoffels	Grier/Shadoin	McShannon	Sorensen	
Clement	Gruidl	Merrifield	Srinivasan	
Compton	Gruwell	Michalski	Stewart/Kaschke	
Conkey	Haase	Miller	Taylor	
Consdorf	Harrison	Morgan	Thompson	
Craig	Held	Mosser	Trisler	
Croom	Hill	Muhs	Trogdon	
Crowe	Hogan	Mytty	VanDenbroeke	
Cygan	Hoskinson	Nair	Vanderloo	
Dickmeyer	Houlton	Newman	Vaske	
Dippel	Hughes	Nisley	Venn	
Dixon/Grow	Huh	Ott	Veomett	
Doyle	Jackson	Ourada	Walter	
Duda	Jansen	Parker	Watzke	
Edwards	Jensen/Erickson	Parks		
Eggspuehler	Johnson	Paule		
Emsick	Kathol	Paulsen		
Falk	Kavan	Payne		
Feldhacker	Kay	Pemberton		

Thank  
You!

Thank  
You!

Thank  
You!

## YEARBOOK- Mr. Phelps

We are totally pumped about our finished yearbook due out on the last day of school. We have several features that will make this book unique. Our yearbook is so unique that our publisher, Walsworth, used our 2016 yearbook as an example throughout the country. Not only were we number one in sales but had the most feature-laden book.

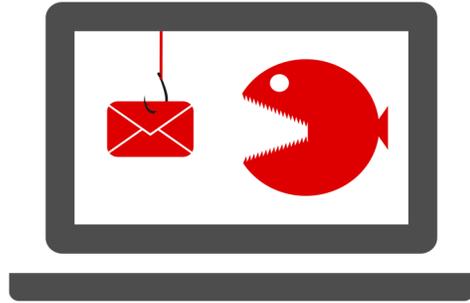
Our main feature will be our front cover which will come alive if scanned with the Yearbook 3D app on a smartphone, tablet, or iPod. This is really cool! Those who watched the thunderstorm last year zap out the letters S-T-O-R-M-! were truly amazed. Just wait to see the new cover! There will be access to videos taken throughout the year using the Aurasma app. Scan certain marked photos and the app will play the video! Watch a basketball game, football game, and many more. Video in a yearbook, only in our yearbook!

There are extra yearbooks for sale! Contact [Mr. Phelps](mailto:Mr.Phelps@epsne.org) [rphelps@epsne.org](mailto:rphelps@epsne.org) if interested.

got yearbook?

## APRIL TECH SAVVY PARENT TIPS

*Elkhorn Public Schools Policy 507.13—Internet Safety Policy was written in compliance with the Children's Internet Protection Act. Tech Savvy Parent Tips are intended to inform and educate parents of technology that may be available to their students. Tips may feature apps that are educational as well as those that may be a cause for concern to parents.*



**Phishing Scams:** Phishing is a form of social engineering that attempts to steal sensitive information. An attacker's goal is to compromise systems to obtain usernames, passwords, and other account and/or financial data. They most frequently accomplish phishing attacks via email. The attacker sends crafted emails to people within an organization. The email usually pretends to be from someone trustworthy, like your bank, UPS/FedEx, a credit card company or an airline, or some other site for which you may have login credentials. The email includes a link to an "official" website that is actually a fake site operated by the attacker. Once the user visits the fake site, they may be asked overtly to enter account information such as usernames, passwords, credit card details, social security or bank account numbers. If done correctly, the attack can capture sensitive information without the victim even knowing that they have been compromised. More information can be found at <https://www.commoncraft.com/video/phishing-scams>

### NOTE: 6TH GRADE PARENTS

An email was sent to all 6th grade parents regarding the 7th grade physical requirement. This email included immunization requirements and a health examination card. The 7th grade physical is good for athletics as long as it is scheduled after May 1st. Please contact the ERMS office if you did not receive this information.

### PROGRESS REPORTS

Progress reports for 4th quarter will be sent home on Wednesday, April 26.

### REPORT CARDS

Third quarter report cards were mailed the week of March 27th. If you did not receive a report card, please give us a call at 402-334-9302.

### PARENT BOOSTER MEETING

Our next Parent Booster/Parent Communication meeting is scheduled for Tuesday, April 11th at 1:30 pm. **Superintendent-Elect Bary Habrock will be our guest speaker so please come and meet him.** We believe parent involvement is critical to the success of our children's education and invite all of you to become involved. Please let me know if you have topics you would like additional information on or with any concerns you may have. **FAMILY FUN NIGHT** Our April Family Fun Night will be at Runza at 17505 Gold Plaza on April 18, 4-8. Make sure to let them know you are from ERMS.

### 6/7/8 STUDENT COUNCIL - Mrs. Bradford

We enjoyed taping Mr. Riggert to the wall during our staff vs. students basketball game before spring break! We raised **\$1675.97** for the Leukemia and Lymphoma Society of Nebraska. Thank you all for your donations!



## Elkhorn Ridge Middle School Booster Club Meeting

March 14, 2017

Vice President Jenny Haase called the meeting to order at 1:32 p.m.

**Minutes:** The February 2017 minutes were approved as distributed.

**Treasurer Report:** Treasurer Lynn VanDenBroeke presented the current financials.

**Guest Speaker:** Stacey Falk and Stacey Selk announced that the annual Bids 4 Kids fundraiser will be Thursday, April 6, from 6:00 p.m. – 9:00 p.m. at Noah's Event Venue. Tickets are \$20 in advance and \$25 at the door. There will be a mobile bidding platform for silent auction items. Proceeds go to the before and after school math and reading intervention programs which currently assists 375 EPS students. More information can be found at [elkhornfoundation.org/bids-4-kids](http://elkhornfoundation.org/bids-4-kids).

**Old Business:** Vice President Jenny Haase stated that the water bottle fillers with chilled water will be installed over Spring Break. She also reported that the Booster Club paid \$200 for ERMS' social media speakers.

**New Business:** Lucy Newman moved to have the Booster Club donate a gift basket to Bids 4 Kids worth \$100-\$125. Teresa Svoboda seconded. Vice President Jenny Haase reported on the GOAL meeting and announced next year's Booster Club executive board and committee chairs.

**Parent Communication:** Mr. Riggert reported that the 8<sup>th</sup> grade students listened to social media speakers on March 13<sup>th</sup>. "Pi" Day is March 14<sup>th</sup> and the 8<sup>th</sup> grade boys will be playing the faculty in basketball on March 16<sup>th</sup>. March 17<sup>th</sup> is an in-service day with no school. NESA testing will begin in April. Superintendent-Elect Barry Habrock will attend April's Booster Club meeting.

### Committee Reports:

*Box Tops*-Teresa Svoboda, Lucy Newman-\$215.70 worth of Box Tops were collected. Mrs. Randall's home team was the winning class. Those students received a treat from the Booster Club and Mrs. Randall received a gift card.

*Concessions*-Nikki Kirshenbaum-Volunteer sign-ups for track meets will be sent out soon. Leftover concessions will be used for 8<sup>th</sup> grade graduation at the end of the year.

*Family Fun Nights*-Jenny Haase-Oscar's profited \$225. The April Family Fun Night will be at Runza on the 18<sup>th</sup> from 4:00 p.m. – 8:00 p.m.

*8<sup>th</sup> Grade Graduation*-Jenny Haase-The graduation celebration will have a sports theme. There will be a Wipe Out machine, photo fun spot, dodge ball tourney, and a Complete Music D.J. Adult volunteers will be needed for supervision. The celebration will be Friday, May 12<sup>th</sup> from 7:00 p.m.- 10:00 p.m. There is a \$20 fee for students to attend. Informational emails will be sent to 8<sup>th</sup> grade parents.

*Kindness*-Jenny Haase-Teacher Appreciation Week is March 13<sup>th</sup>-16<sup>th</sup>. Monetary donations are appreciated.

The March meeting of the ERMS Booster Club was adjourned at 2:44 p.m. The next Booster Club meeting will be held April 11, at 1:30 p.m.

Respectfully submitted by Ricci Nisley, Secretary.

## 8<sup>th</sup> GRADE BREAKFAST IN THE CLASSROOM

What is Second Chance Breakfast in the Classroom? It is a new way of serving breakfast to students, to ensure they begin the day with a healthy meal. Grab n Go breakfast is served in the eighth grade pod at Elkhorn Ridge Middle School where eighth grade students come during passing period at 9:46 am, grab a breakfast in an assembly line style making selections of what they want to eat and put it in a bag. The student's account is charged \$1.65 (Free and reduced program applies) and they take it their classroom to eat during the first 15 minutes, while the teacher takes attendance.

Why should we try a new breakfast program? Sadly, far too many children arrive at school with an empty stomach, and don't want to eat first thing in the morning. This program gives them an opportunity to get a healthy breakfast when they are starting to feel hungry. Lunch is served to the eighth grade class at 12:56 pm. Supporting what teachers already know, studies have linked improved student nutrition with higher academic performance.

Regular breakfast is still served where students can arrive before school and eat breakfast in the cafeteria.

## SUMMER ACTIVITY CAMPS

Each summer Elkhorn coaches and sponsors offer a variety of sports/activity camps for students of all ages. Available camps will be posted online at [elkhornweb.org/antlers](http://elkhornweb.org/antlers) and [elkhornweb.org/storm](http://elkhornweb.org/storm) by April 3, 2017. Parents can go online to browse camps and download registration flyers. **Please note:** Elkhorn Public Schools only posts summer camp information for camps hosted by an EPS coach or sponsor as related to his or her duties within the school district.

## SUMMER RUNNING CLUB

June 1<sup>st</sup> – July 27<sup>th</sup> on Tuesdays and Thursdays

6<sup>th</sup> – 8<sup>th</sup> Grade (Fall 2017) Time 9:30 AM –11:00 AM

3<sup>rd</sup> – 5<sup>th</sup> Grade (Fall 2017) Time 11:15 AM – 12:15 PM

The goal of the club is to help students develop a positive attitude toward fitness and running. Each practice will provide stretching routines, proper form drills, and running workouts that are appropriate for each grade level. Students will be encouraged at their individual fitness level. Attending all practices is **not** mandatory.

Contact Mr. Ebers ([tebers@epsne.org](mailto:tebers@epsne.org)) for more information or fliers should be on the website below.

## ERMS SPRING TRACK SCHEDULE

[www.easternmidconference.org](http://www.easternmidconference.org)

April 6, 2017- Track Team Pictures

April 11, 2017- Girls Track @ Bennington @ 4:15 PM

April 11, 2017- Boys Track @ ERMS @ 4:15 PM

April 19, 2017- Track @ Omaha Bryan Middle School Invite @ TBA

April 20, 2017- Boys Track @ ERMS @ 4:15 PM

April 20, 2017 - Girls Track @ Waverly @ 4:15 PM

April 25, 2017- Boys Track @ ERMS @ 4:15 PM

April 25, 2017- Girls Track @ Gretna @ 4:15 PM

April 28, 2016- Track @ Fremont Invite TBD

May 1, 2017- City Championships- Boys @ Elkhorn Middle @ 4:15 PM

May 1, 2017- City Championships- Girls @ Elkhorn Valley View @ 4:15 PM

## 8TH GRADE CELEBRATION

The 8<sup>th</sup> Grade Celebration will be here before we know it!

Friday, May 12, 2017

7:00 – 10:00 pm

Elkhorn Ridge Middle School

The 8<sup>th</sup> Grade Celebration invitation will be coming home soon. Please send in your RSVP form and payment (\$20)

by **April 26, 2017**

If you prefer to pay through PayPal, below is the link: [https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=CUX6E7BWXYK8U](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=CUX6E7BWXYK8U)

Please keep the date open to chaperone or volunteer. We need your help! Please sign up using the sign up below:

<http://www.signupgenius.com/go/20f0c49a5af22ab9-erms/>

**8<sup>th</sup> Grade Celebration is for ALL 8<sup>th</sup> graders.**

If your family is unable to commit to the \$20 donation, please contact Guidance Counselor, Jodi Klein at [jklein@epsne.org](mailto:jklein@epsne.org)

Start collecting pictures, as a class video of the students will be made. Individual pictures of your child as well as any school activities may be submitted, more information to follow at a later date!

Thank you for your support in making this a great milestone and celebration for our students!

Kim Raymond, Staci McDonald, Amy Parks and Jenny Haase  
Committee Chairs



# MIDDLE SCHOOL HEALTH INFORMATION

## NOTES FOR PARENTS/GUARDIANS

### What information is **required by the state**?

- 7<sup>th</sup> graders are required to have a physical dated within the first 6 months of the first day of school.
- Physical & Vision exam dated within the first 6 months of the first day of school, when transferring from an out-of-state school.
- Proof of Immunization meeting state requirements
- 7<sup>th</sup> graders are required to have a Tdap booster shot.

*Nebraska law requires that all school children have a physical examination upon entry into school, at seventh grade, and when transferring from an out-of-state school. Students must provide proof of a visual evaluation to include testing for amblyopia, strabismus, internal and external eye health and visual acuity upon entry into school and when transferring from an out-of-state school.*

*The law also requires your child be immunized and provide proof of immunization before attending classes. Exception to the physical examination or vision evaluation requirement is made if you submit a written statement refusing a physical examination or vision evaluation. Exception to the immunization requirements is made only if a medical reason is documented by a physician or for valid religious objections.*

### What information is **requested annually** for entry into school?

- Annual Health Update
- Health Care Provider action plan if your student has a medical condition which may require attention while at school (i.e. Asthma, Diabetes, Seizures, Severe Allergy, etc.). These plans must be signed by a physician and parent/guardian and updated annually.

\*\*\*Blank copies of these forms are available in the office\*\*\*

### When should my child stay home from school?

- If your child has a fever of 100.0 or higher. According to the CDC and Douglas County Health Department, a child should not return to school until they have been **fever free** for 24 hours **without** the aid of medication (Motrin, Tylenol, Advil, etc.)
- If your child is vomiting and/or has diarrhea.
- Contagious diseases such as chicken pox, measles, mumps, pinkeye, etc.
- If your child has an unidentified rash. We may require a doctor's note stating the rash is not contagious, or the rash is gone before return to school.
- Live head lice. Student will be sent home for treatment and may return when no live lice are present. We will recheck for new lice per protocol.

Have a back-up plan! We ask that when a student is sick, that a parent or guardian promptly picks their child up. This helps us minimize the risk of exposure to other students and staff, and we want your child to be home where they can rest and recover.

### Medication while at school:

- When a student must take a prescribed (i.e. inhalers, epi-pens, etc.) or over-the-counter OTC medication (i.e. Advil, Tylenol, cough drops) during school hours, it is the responsibility of the parent or guardian to provide current, non-expired medication in original or pharmacy container and complete a Medication Authorization (form available from the school office and on the school website). This form must be signed by the parent **and** physician, and must be updated with any changes and/or annually.
- If your student plans to self-carry their inhaler, an additional Self-Carry form must be signed by the student and parent.
- All medication must be brought to the office by a parent or responsible adult. Please do not send in backpacks or with your student.
- The district has the right to limit quantities of medications that can be brought to school at one time.
- The district does not provide any sort of medication or over the counter remedies: ibuprofen, acetaminophen, lip balm, lotion, creams, cough drops, etc.

**\*\*All medications whether OTC or prescribed, must have a signed Medication Authorization\*\***

#### Health Screenings:

- Per Nebraska state requirements, we will screen all 7<sup>th</sup> grade and new to the district 6<sup>th</sup> & 8<sup>th</sup> grade students for height, weight, distance vision, hearing, and dental. *These screenings are a tool to help identify possible problems, and are not meant to diagnose or take the place of routine medical care.*
- We try to utilize as much information as possible from the physicals, so we aren't duplicating the exam.
- These screenings are usually held in the fall. Watch the calendar or newsletter for dates, and the opportunity to volunteer.
- If a potential issue is identified, you will receive a referral letter or phone call. Please let the school nurse know the outcome of any doctor's visit, so we can update our records.
- A summary of results will go home with grade cards each May.

**THANK YOU FOR YOUR HELP! WE WANT TO DO OUR BEST TO KEEP YOUR CHILD HEALTHY, HAPPY, AND SAFE WHILE AT SCHOOL!**

#### Immunization Requirements for students entering 7<sup>th</sup> grade:

- 3 doses of DTaP, DTP, DT, or Td vaccine, one given on or after the 4th birthday
- 3 doses of Polio vaccine
- 3 doses of pediatric Hepatitis B vaccine or 2 doses of adolescent vaccine if student is 11-15 years of age
- 2 doses of MMR or MMRV vaccine, given on or after 12 months of age and separated by at least one month

*2 doses of varicella (chickenpox) or MMRV given on or after 12 months of age. Written documentation (including year) of varicella disease from parent, guardian, or health care provider will be accepted. If the child has had varicella disease, they do not need any varicella shots.*

Must be current with the above vaccinations AND receive 1 dose of Tdap (contain Pertussis booster)

# HEALTH EXAMINATION CARD

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Birthdate \_\_\_\_\_ (M) (F) (W) (B) (H) (A) (Other) \_\_\_\_\_  
 Address \_\_\_\_\_ Phone \_\_\_\_\_ School \_\_\_\_\_ Grade \_\_\_\_\_  
 Parent or Guardian's Name \_\_\_\_\_ Name of Physician \_\_\_\_\_

The Nebraska School Immunization Rules and Regulations require students to provide proof of immunization before attending school.

PLEASE WRITE MONTH, DAY, YEAR IMMUNIZATIONS WERE GIVEN BELOW:

Immunization	(Month/Day/Year)	Immunization	(Month/Day/Year)	Immunization	(Month/Day/Year)
DTP/Td	1. / /	Polio (oral)	1. / /	Hepatitis B (Hep B)	1. / /
	2. / /		2. / /		2. / /
	3. / /		3. / /		3. / /
	4. / /	MMR 1	4. / /	Varcella 1	1. / /
	5. / /		1. / /		2. / /
Tdap	1. / /	MMR 2	2. / /	Other	/ /
Other	/ /	Other	/ /	Other	/ /

**PHYSICAL EXAM:** Blood Pressure \_\_\_\_\_ / \_\_\_\_\_ Pulse \_\_\_\_\_ Respirations \_\_\_\_\_  
 General Appearance \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_ BMI \_\_\_\_\_ BMI% \_\_\_\_\_  
 Nutritional Status \_\_\_\_\_ Hematocrit or Hgb. \_\_\_\_\_ Urinalysis \_\_\_\_\_  
 Skeletal Development/Posture \_\_\_\_\_ Scoliosis \_\_\_\_\_  
 Scalp and Skin \_\_\_\_\_ Lymph Nodes \_\_\_\_\_ Neck \_\_\_\_\_  
 Ears \_\_\_\_\_ Nose \_\_\_\_\_ Throat \_\_\_\_\_  
 Mouth \_\_\_\_\_ Teeth and Gums \_\_\_\_\_ Speech \_\_\_\_\_  
 Heart \_\_\_\_\_  
 Lungs \_\_\_\_\_ Tuberculin Skin Test: Positive \_\_\_\_\_ Negative \_\_\_\_\_  
 Abdominal Examination \_\_\_\_\_ Hernia \_\_\_\_\_  
 Extremities - Upper \_\_\_\_\_ Extremities - Lower \_\_\_\_\_  
 Neurological exam \_\_\_\_\_  
 Mental developmental assessment \_\_\_\_\_

Vision Exam required for Kindergarten and students transferring from outside of NE (Please document all tests listed below).			
Tests	Pass	Fail	Recommend Further Examinations (See comments below)
Amblyopia			
Strabismus			
Internal Eye Health			
External Eye Health			
Visual Acuity	Right	Left	Both
With/without Glasses	20/	20/	20/

HEALTH HISTORY: Check any past or present illness of this child the school should be made aware of, such as:

asthma       concussion       physical handicaps  
 allergies       diabetes       seizure disorder  
 cancer       heart disease       serious injuries  
 chicken pox       kidney infections       surgical operations  
 Other (specify): \_\_\_\_\_

Hearing Screening:	Pass			Fail		
AUDIO TEST	500	1000	2000	4000	6000	8000
Right Ear						
Left Ear						

- Is this child subject to any illness which may result in a classroom emergency? YES ( ) NO ( )  
If yes, please describe: \_\_\_\_\_
- Is this child subject to any condition which limits: Classroom activities? YES ( ) NO ( )  
Physical education? YES ( ) NO ( )  
Competitive sports? YES ( ) NO ( )  
If yes, please describe: \_\_\_\_\_
- Is this child taking any medication? YES ( ) NO ( ) If yes, please identify, etc.: \_\_\_\_\_
- Any other remarks or suggestions? \_\_\_\_\_

Date of exam \_\_\_\_\_

Signature of Health Care Provider \_\_\_\_\_

Phone \_\_\_\_\_



- **High School Seniors: ACHIEVE Scholarship applications are due April 12<sup>th</sup> at 3:30PM!** Please see our website at [www.elkhornfoundation.org/2017-achieve-scholarship-program/](http://www.elkhornfoundation.org/2017-achieve-scholarship-program/) for a listing of scholarships and requirements.
- **We are now accepting nominations for our 2017 Hall of Fame event!** Please join the Elkhorn Public Schools Foundation in honoring educators, alumni, community members, groups and/or businesses that have made significant and positive contributions to Elkhorn students, schools or the Elkhorn community at our Hall of Fame Awards Ceremony and Reception. Nominations are due May 31st, 2017. To submit a nomination, or to view all past honorees, please visit our website <http://www.elkhornfoundation.org/hall-of-fame-rsvp/>



# PERSPECTIVES

April/May 2017

## Diverse Communication—Alive & Well

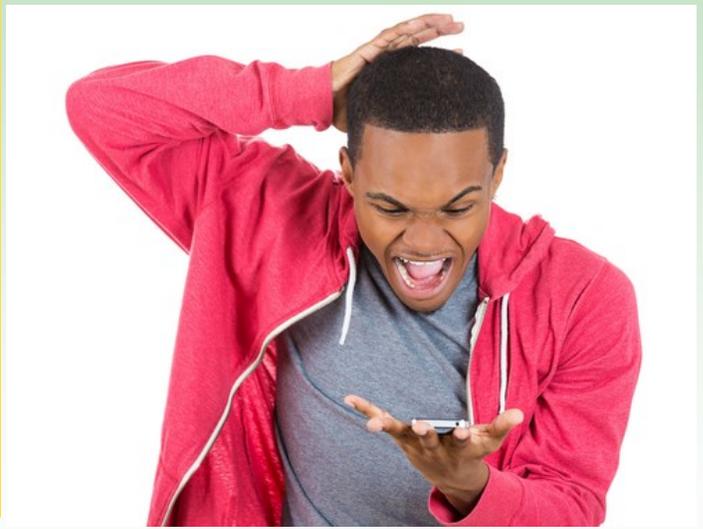
Chances are the members of your family, social circle, and office team are of various ages and from diverse backgrounds. As a result, the definition of communication is not necessarily the same from one person to another. Consequently, miscommunication is alive and well in every aspect of your life. When I asked some associates to define communication, one said that it involves speaking clearly, and having good eye contact. Another indicated that communication is something that should be handled by an e-mail or a text message to save time. Still another was concerned that people no longer actually engage in verbal conversation with their words and body language connected. Wow!! This puts a real burden on people in multiple settings. Some ideas to help work through the communication differences are:

- ◆ Determine for yourself what constitutes communication for you, and at the same time, be aware of how others in the group tend to get their messages across. Some understanding and adaptation on your part can bridge the gap between you.
- ◆ Develop skills which allow you to better connect with other members of the group. Listen and observe, and embrace personal tactics that can help you to accept other styles and engage in ways others communicate.
- ◆ Be aware of others' interests. If you are not familiar with certain subjects, take time to learn about them. You will educate yourself, and you can then present new topics with which to engage in communication with your family and acquaintances.
- ◆ Be patient with others. If your colleague needs step-by-step directions, take time to help him/her learn. If a co-worker is one who immediately jumps from step 1 to step 6, be gentle, and show how eliminating the in-between steps could be detrimental to the final outcome. Conversely, be open to explanations that may enlighten you as to why the additional steps may not be necessary in

completing the process.

- ◆ When conflicts occur, don't take them personally. Utilize the 6-step process of problem solving: identify the problem, brainstorm solutions, select one, implement it, review its success, and choose another tactic if the first one didn't work. Once you become familiar with this practice, you are likely to find that it is really not as time-consuming as you might have expected, and it helps open your mind to new methods. This process can be a valuable asset to improving your communication.
- ◆ Be realistic. People do make mistakes, and when you work together to solve problems, those mistakes become learning experiences. Pay attention to one another, and you may find communication barriers are not as extreme as you thought.

Therefore, as you mull over the idea that miscommunication is alive and well, and people communicate in different ways, you may become quite comfortable in your various groups. Try to recognize the different styles of communication, and realize that these are good methods, just different. If you make a conscious effort to adjust, you are on the way to becoming comfortable and productive in a vast number of situations.



# Summer Vacation Is Almost Here. Are You Ready ???

Believe it or not, school will soon be out for the summer. Golfing, swimming, hiking, and other activities are making a return to your schedule. Have you even thought about what you and your family will be doing for the next few months? Perhaps now is a good time to take inventory and make some plans. Are there a lot of family/friends' weddings, graduations, or other events on the horizon? Can you consider making some short vacations around such activities? Are your kids heading to camp, or are they taking extra courses in summer school? Do you have schedules made for these activities? Before everything becomes overwhelming, take time to review and decide on a summer plan.

- ⇒ On your calendar, block out the short vacations, camps, school-connected activities, and holidays. Consider estimated preparation time for these functions. Also, remember to allow for "wind down" time when returning from events. Now, mark that on your calendar as well, so you will not inadvertently schedule another activity too close to going or coming.
- ⇒ If some activities require new clothing or gift purchases, get that done—preferably when there may be sales. If you prefer to shop for these items, make a plan to save time as well as money. Share the responsibilities of picking up necessities. If you are inclined to shop on-line—get the orders in so you have time to make sure things are as you expect them to be. Take advantage of companies that offer free delivery. For safety, consider having deliveries made to your place of employment if no one is home to get them inside safely.
- ⇒ Don't forget to give yourself some down time. You may want to read a good book, or just relax with your feet up. Balancing rest with your activities is an asset, as it can keep you from "overload."
- ⇒ Proper diet and exercise are critical for all times of the year. In the summer, you may like to include some meals that require little or no cooking—or perhaps, good food on the grill. Just be sure to include proteins, fruits/vegetables, and some carbs. These will help you stay fit. Exercise can include a walk in the park, playing golf, playing tennis, or swimming. Do what is best for you and your family. Enjoy the long days of summer.

Now that you have adjusted to the idea that summer is right around the corner, begin to plan. Remember to keep your activities in line with what you have to accomplish (work, family, etc.), so you will not be overwhelmed. Enjoy the summer. Take some mini-vacations. Take time for yourself.

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