

upcoming dates...

Principal's Note:

Dear Parents-

The end of the school year is always a time to reflect on the accomplishments of our school community and add to our goals to improve our school.

Recently, I received the results of our climate survey that was completed by parents. We value the opinions of our parents! It was exciting to celebrate the positive comments about our teachers and analyze areas of concern. The most frequently suggested topic was recognizing and teaching about diversity. We will address this subject by forming a team to create a plan for the future.

The entire staff wants to thank you for entrusting your children to us this year! We are truly blessed to have such a dedicated school community who values their children's education. Your partnership is key to the success of Fire Ridge and your students' elementary experience. Please feel free to contact me anytime with questions and/or concerns.

Have a fun and safe summer!

Deb Knutson

May 1st-12th

Spring MAP Testing Grades 2-5

May 4th

Music Program

Kindergarten 6:00

First Grade 7:00

May 11th

4th and 5th Track and Field Day

ESHS

May 12th

Kind.-3rd Field Day

Kind.-1st 9-10:45

2nd-3rd 12-1:50

All school tug of war 2:00

May 12th

Carnival 6:00-8:00

May 23rd

5th Grade Celebration-Mahoney

May 25th

Last Day of School

11:30 AM Dismissal

Report Cards Go Home



Are You Moving??

As we plan for the next school year, it would be helpful if you would please let the office know if you have moved OR if you will be moving over the summer within the Elkhorn School District or out of the Elkhorn School District. Please contact the office (402) 289-0735 as soon as possible, so we can have the most accurate information.

Lunch Account Information

As the school year winds down, we would like parents to check the balance(s) on their student(s) lunch accounts. If an account is **negative**, ***please make a payment***. We ask that no account is left negative over the summer. Positive accounts will carry over to the next school year.

If you have a graduating Senior their account must be paid if it is negative, in order to be cleared and signed off on May 17, 2017. If there is a remaining balance, you can request a refund or balance transfer after May 19, 2017.

***Please be sure to cancel automatic payments to prevent additional deposits before requesting a refund.**

We ask that you pay close attention to your accounts and keep them funded to avoid your child missing a meal. There is NO charging allowed at Secondary levels. When an account reaches \$0.00 the student will need to pay for meals in cash or have funds deposited to their account prior to receiving a meal.

Emails are sent on a daily basis for students at \$5.00 and below and at the end of each month regardless of the balance. Parents are encouraged to go online and set up their accounts to receive emails prior to going negative.

If you have not received an email from us, please contact your school to make sure they have a correct email address on file, or check your spam folder.

Lunch accounts can be set up and viewed through our District website at www.elkhornweb.org. Click on Login Links on top left corner, scroll down and click on Parent/Student then Lunch Account.

Access Lunchtime Online under the red lettering, click on:

<https://www.schoolpaymentportal.com/>

You will need to create an account, using your students pin number, birthdate and zip code to your student's school. Please set up your email reminders so that you receive an email prior to your student going negative by clicking the view/set reminder box.

You will need your student id numbers which are available at our office or from your student. *A students Lunch Account will continue with them while in attendance with Elkhorn Public Schools.

Students will be having a picnic lunch on K-3 Field Day!

Sodexo will offer one choice that day:

Field Day Sack Lunch

Hotdog, carrots, apples, rice crispy treat, milk

PTO NEWS

- Fire Ridge Carnival-May 12th 6:00-8:00
- Thank you to Crystal Jeffreys, Tina Halm, Sarah Schmid and Ellie Grace for your time and dedication volunteering as 2016-17 PTO officers We appreciate all that you have done for our school and students!

Summer Activity Camps

Each summer Elkhorn coaches and sponsors offer a variety of sports/activity camps for students of all ages. Available camps are posted online at elkhornweb.org/antlers and elkhornweb.org/storm. 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.

From the Nurse...



Medication Pick-up

The school is not able to store medication over the summer. Please remember, all student medications must be picked up by a parent/guardian or responsible adult from the health office by **Friday, May 26th**, or it will be properly disposed of.

Medication for the 2017-2018 School Year

If your student requires any medication (over-the-counter and/or prescription) while at school, each medication must have a Medication Authorization form (link below) signed by the parent and a physician, before we can administer. All medications must be unexpired and provided in the original packaging and/or pharmacy container. For prescription medication, please only provide a maximum of 30 day supply at a time.

Link to print blank medication authorization form:

<http://www.elkhornweb.org/wp-content/uploads/2011/05/Me -Auth-Form-Front-Only.pdf>

Students with Asthma, Severe Allergies, Diabetes, and/or Seizures

If your child has asthma, severe allergies, diabetes, and/or seizures, please submit an emergency action plan signed by your physician. Plans must be updated annually. Blank forms can be obtained at the school office, or your physician's office can use their personal form.

Fidgets vs. Toys



The hot new items this spring are Spinners. These items have been brilliantly marketed as fidgets to help students focus and many of them are showing up in our classrooms at Fire Ridge. Some students can really benefit from the use of fidgets in the classroom. School-provided fidgets are closely managed by teachers, case managers, school psychologists and staff. Here at school, we teach students that a fidget is an item that helps them focus in class on their learning. Fidgets are tools to help students learn, not toys. Any fidget has the potential to become a toy when it distracts either the students using it or peers in the classroom. Fire Ridge staff will be asking students to keep spinners at home or in backpacks, unless there has been parent/teacher communication allowing a fidget for specific concerns or needs. If you have any questions or would like to request a fidget for your child to assist with focus and attention, please contact your child's classroom teacher. We will be happy to implement a plan to help your child focus during class. As with all students' valuables, we cannot be responsible for these items being lost, broken or stolen at school.

As many of you may already know, the Elkhorn Public Schools partners with Arbor Family Counseling. Any student can see them for two free sessions per situation or struggle that they are trying to work through. Arbor Family Counseling has lots of great resources such as the following:

Talking to Your Teen

Below are suggestions. Your School System has provided a confidential, free resource for you to call for any additional questions or help. Call Arbor Family Counseling at 402-330-0960 24 hrs a day

The following may be helpful to improve the level of conversation:

1. ***Don't be afraid to ask your teen about current provocative shows or events in the media. They are responding.***
2. ***Hold an important conversation about the difference between what is portrayed on TV and real life, asking them to tell you the difference.***
3. ***Remember that your teen will decide. He or she can tell you a lot or a little. You can accept the good moods and ignore the bad ones.***
4. ***Validate your teen's feelings without going overboard. "I can really understand how you must have felt" is better than "Wow! That must have been SO embarrassing!"***
5. Knowing how to acknowledge and respond to your teen who shares their thoughts of emotional distress or suicide with you is important. Don't judge them or their thoughts. Listen. Be caring and kind. Offer to stay with them.
6. If your teen tells you they are suicidal, take them seriously and get help. Contact your school counselor or call us at Arbor, 402-330-0960.
7. If they exhibit any warning signs, don't be afraid to ask if they are anxious, depressed or have thought about suicide or if someone is hurting them. Raising the issue of suicide does not increase the risk or plant the idea. On the contrary, it creates the opportunity to offer help.
8. Ask your child if they think any of their friends or classmates exhibit warning signs. Talk with them about how to seek help for their friend or classmate. Guide them on how to respond when they see or hear any warning signs.
9. Tell your teen what's going on with you. Over time your teenager may come to see that volunteering a report is acceptable.
10. Share your own memories on specific subjects. Tell your teen how you survived particularly stressful events yourself.
11. Keep things light. If you can get your teen to laugh at you or at his or her self, your relationship will go far - because it's fun and safe.

Parent-Speak Teenagers Hear

The following may be helpful in getting your teenager to hear what you're saying:

1. ***Make statements describing how you feel (use "I" a lot).***
2. ***If you need to discuss something important, think it through (you can even make notes if you need to).***
3. ***Be clear and concise in your messages. If you don't approve of teenage drinking, say so.***
4. ***Convey love in all your messages.***

How NOT to Talk to Your Teen

Here's what not to do when you talk to your teen:

1. *Deliver a lecture or a monologue with no opportunity for you teen to respond.*
2. *Take an authoritarian approach.*
3. *Open with an accusation.*
4. *Fail to take into account your teen's perspective.*
5. *Yell to get your point across.*
6. *Nag. It doesn't work anyway.*
7. *Criticize. There may be circumstances you wish to express your opinion, and that's okay. Just say how you feel in a non-accusatory way.*

Listening to Your Teen

Listening is more than just being quiet while someone else talks. Here are some guidelines for listening:

1. *Pay attention to the trivial as well as the important.*
2. *Give your undivided attention to your teen if he or she is telling you something that is important to them.*
3. *Teens share intimacies at some of the most awkward times. If you can, try to clear time to listen right then; if you can't, let your teen know that you really do want to talk and suggest another time.*
4. *Ask questions to clarify, but not to criticize.*

Some Final Thoughts on Communicating With Your Teen

1. *Though your teen wants to talk on his or her terms, they still want to communicate with you.*
2. *Find activities you can do together to foster opportunities for talking.*
3. *Listen more than you talk.*
4. *Don't nag, lecture, or criticize. These do not promote communication.*
5. *Try to resist bringing up touchy issues you and your teen spoke about previously.*
6. *While you must still be the parent in this relationship, try treating your teen with the respect and tact you would use with a good friend.*

Adapted from The Complete Idiot's Guide to Parenting a Teenager, by Kate Kelly

Mark Your Calendars
2017-2018 Back-to-School Events

August 2nd and 3rd New Student Registration 8a.m. to 4p.m.
(This is only for families new to the district.)

Wednesday, August 9 Back-to-School 101
10:00a.m. to 7:00p.m.

It is highly encouraged that everyone participates in this event.

During Back-to-School 101, stations will be set up for the following items:

- Update directory form
- Update enrollment form
- Buy and Order Fire Ridge apparel
- Health update form turned in
- Medication forms turned in
- Sodexo station - put lunch money in account • Free/Reduced lunch forms
- Lifetouch fall pictures taken (Bring your student!)
- Sign up for PTO committees
- Find out who your teacher is for 2017-2018

Tuesday, August 15th Open House and Curriculum Night Open House

5:30-6:15 Meet your teacher--See your classroom

Curriculum Night -Grades kindergarten through fifth will offer two sessions.
Fifth grade's session will also include information related to Outdoor Education.

- Session One—6:15-6:35
- Session Two—6:35-6:55