

# September 2017



## MOUNTAIN LION TIMES

### UPCOMING EVENTS

- |                  |   |
|------------------|---|
| Mon., Sept. 5    | No School, Labor Day                    |
|                  | Safety Day                              |
| Thurs., Sept. 7  |   |
|                  | PTO Meeting @<br>6:30pm                 |
| Mon., Sept. 11   |   |
|                  | Family Dinner Night<br>@ Chick-Fil-A    |
| Thurs., Sept. 14 |   |
|                  | No School-Teacher<br>In Service         |
| Mon., Sept. 18   |   |
|                  | First Grade Field<br>Trip to Arbor Farm |
| Thurs., Sept. 21 |   |
|                  | Walk A Thon-During<br>school hours      |
| Fri., Sept. 22   |   |
|                  | Family Dinner Night<br>@ Firehouse Subs |
| Wed., Sept. 27   |   |
|                  | Fall Family Festival<br>6-8pm           |
| Fri., Sept. 29   |   |

\*Please note that Field Day for 3-5 has been moved to Monday, May 21 at EGVMS.

### PRINCIPAL'S MESSAGE

What a great start to the 2017-2018 school year! Your children did an outstanding job during the first few weeks of school. As I visit classrooms and walk through the building, it's energizing to see staff and students focused on learning each day.

Safety Day at Manchester is Thursday, September 7. On that day, we will be practicing our emergency response protocols including evacuation. Elkhorn utilizes the Standard Response Protocol for these types of situations. The Standard Response Protocol is a series of clear, concise actions established to provide consistency in vocabulary and response during emergency situations. This allows emergency response protocols and procedures to be standardized across our entire school district and with the local law enforcement and other emergency response agencies. Our location for reunification in case of an evacuation is Esprit Whispering Ridge. We will practice walking part of the way to the evacuation site on Safety Day.

The staff at Manchester and I look forward to the opportunities that lie ahead for a successful 2017-18 school year. Thank you for your continued support, and I look forward to another rewarding year at Manchester. As always, please call or email if I can be of assistance to your family.

Mrs. Christ  
Manchester Principal

### SPIRIT DAYS AT MANCHESTER

Every Friday is spirit day at Manchester, wear your Manchester gear or our school colors (red, white, black) to show your mountain lion pride!



## **PICK-UP AND DROP-OFF PROCEDURES** **JUST A FEW REMINDERS TO HELP TRAFFIC FLOW SMOOTHLY** **AND TO KEEP OUR STUDENTS AND FAMILIES SAFE!**

- Thank you to everyone who has been using the hangtags!
- Once you enter our drive-through, it is one way. Do not reverse or back out!
- If you are walking up to pick up your child please use the designated crosswalks instead of cutting through our pick-up lane in front of the building. We really appreciate those who utilize our crosswalk, although it maybe a few extra steps.
- If you choose not to utilize the drop-off lane, please do not drop off your child at the three way stop. That is a busy intersection with lots of walkers. Using that area for drop-off is not a safe choice.
- Please do not back into the drop-off/pick-up lanes. All vehicles need to enter these lanes from the northeast entrance.
- There is NO PARKING on either side of HWS Cleveland Blvd. during drop-off and pick-up times.
- If your child cannot unbuckle/buckle him/herself, please practice at home. This is a skill that he/she needs to be able to do independently.
- Students should enter and exit vehicles curbside.
- All drivers need to follow the rules and pull forward. Pulling forward is the key!
- Do not leave a car unattended in the front of the building during drop-off and pick-up. Please do not get out of your vehicle if you are in the pick-up/drop-off lane.
- Please be patient and be a positive role model for our children. These procedures are in place to help maintain a safe and healthy environment.

### **PORTABLE DROP-OFF AND PICK-UP**

Please do not use the staff parking lot to drop off your child if his/her classroom is located in one of the portables. If your child is late, he/she stills need to be dropped off at the front doors, and we will then escort him/her out to the portables.

### **NO DOGS ON SCHOOL GROUNDS**



Just a reminder that dogs are not allowed on school grounds when school is in session. Even the most well-mannered dogs, when surrounded by little hands and loud voices of children, may react in a way that we would not expect. In addition, some of our children have pet allergies. Thank you for your help with this!



### **AFTER SCHOOL PLANS**



Please have an understanding with your child before he/she leaves home in the morning about what he/she is to do after school. It can be disruptive when classes are interrupted with the delivery of telephone messages, or the need for them to call home to find out what is going on after school. We realize that there are times when the unexpected happens however, and we will be happy to let your child know if your plans change.

## **HELPFUL REMINDERS**

The beginning of the school year is a great time to remind students and parents about general procedures followed at school each day. These will help to ensure a successful day and year for students, families, and teachers.

- Deliver forgotten items to the office, not the classroom.
- Look through your child's backpack and go over the items sent home each day with your child.
- Help your child remember to return papers when they are due.
- Help your child arrive to school on time. Students need to be in their classrooms by 8:15a.m.
- Call the office 402-289-2590 each day your child will be tardy and/or absent.
- Sign-in at the office and wear a visitor's badge every time you are in the building.
- Come into the office to sign your student out for the day if leaving early.
- When bringing in snacks for the classroom, only bring in store-purchased items with ingredients labeled. You also need to provide napkins, plates, spoons and/or forks if the treat you provide needs one of those items.
- If you choose to bring birthday treats, we would appreciate you considering healthy food choices or options besides food such as pencils or a book for the classroom.

## **MEETING WITH TEACHERS**

Parents wishing to confer with teachers are asked to call the school office or email the teacher. If the teacher is unable to take your call, we are able to forward your call to their voicemail to leave the teacher a message to return your call at his/her earliest convenience.

If wishing to meet in person with a teacher, please schedule an appointment in advance. Often, teachers feel bad when a parent arrives at school to confer with them and they cannot meet with that parent due to other demands and responsibilities placed upon them. By scheduling an appointment, they will be prepared to meet with you to address your questions and/or concerns.

## **PAWSITIVE PALS**



We will begin our Pawsitive Pals groups this month. Once a month, students will meet with their PALS group to discuss different skills. This year, our lessons will go along with the book, The Energy Bus for Kids by Jon Gordon. Each PALS group is like a family within the school led by an adult. Each PALS group is made up of students from all grade-levels. They remain in the same group until they leave Manchester and with the same adult leader when possible. Through this program, students and staff are able to build positive relationships throughout the school by allowing them to build bonds with students from other grade levels and with other adults in the building.



Please turn in your Hy-Vee receipts in the designated Manchester Elementary slot at your local 156<sup>th</sup> and Maple store. \$1 is given back for each \$200 spent up to \$2000! The program runs September 1 to December 31. \*\*Don't forget to turn in your **GAS** receipts, too. You can also have your child drop off the receipts at the Manchester office.



## SEPTEMBER COUNSELING CORNER



It's great to be back for another school year! The Elkhorn Public Schools offers some excellent programs to provide support for families. These are some of the programs offered:

### Counseling:

- Arbor Family Counseling (Every Elkhorn Public School student may have 2 free visits) Phone: 402-330-0960 Website: [www.arborfamilycounseling.com](http://www.arborfamilycounseling.com)
- Nebraska Family Helpline: 1-888-866-8660 or [www.nebraskafamilyhelpline.ne.gov](http://www.nebraskafamilyhelpline.ne.gov)
- "Grief's Journey" provides support groups for children who have experienced the death of a loved one (FREE). Contact: 4025022773 or [info@griefsjourney.org](mailto:info@griefsjourney.org)

### Families in Need:

- Operation School Bell: Winter coats and clothing for students..
- Celebration of Giving Project: This program provides families with gifts around the holidays. (Please contact me at: [swiley@epsne.org](mailto:swiley@epsne.org) if you would like to be a part of one of these programs)

### Outside programs for Parenting Websites:

- Love and Logic: 800-338-4065 or [loveandlogic.com](http://loveandlogic.com)
- Nebraska Family Helpline: 1-888-866-8660

### Community programs for Health Care/support::

- **Healthcare:** Kids Conect of Nebraska (DHHS): Health insurance for kids: Medicaid: Omaha (402) 595-1178 and Economic Assistance: Omaha (402) 595-1258
- **One World Health: 402-734-4110**
- **C.O.P.E.: Food, Clothing, Assistance:**  
3434 North 204th Street  
Elkhorn, NE 68022  
Phone Number- (402) 616-2330

### Guidance Class:

The Elkhorn Public School District is implementing a new School Counseling curriculum called "**Second Step**". There will be a Home Link handout for parents to watch videos, and do all kinds of activities for social learning with your children. We are really excited to have this program and you can go online to [SecondStep.org](http://SecondStep.org). The handout will be in your child's Friday folder with an activation code at the bottom of the page. Thank You!!!!

Shelly Wiley, School Counselor, [swiley@epsne.org](mailto:swiley@epsne.org)

## Breakfast and Lunch Menus



## September Elementary Menus

## **REMINDERS FROM YOUR SCHOOL NURSE...**

If you haven't done so already, please get those required kindergarten physical and vision exams turned in, and copies of updated vaccines. We want to take great care of your child, and one way to help us do that is to provide the health office with current health information and medication needed for your child. If your child has any health needs such as Asthma, Severe Allergy, Diabetes, Seizures, etc we must have an action plan on file that is signed by the doctor and the parent. This information is very important, so we know exactly what is best to do for your child, in the event of an emergency. Please remember if your student has any medications such as an inhaler, Epi-Pen, Benedryl, etc to be used in an emergency situation, we need to have those available at school, with a signed medication authorization, so trained staff can administer. If your child requires any medication while at school, this includes all prescription and/or all over-the-counter (e.g. ibuprofen, acetaminophen, cough drops, etc) ALL MEDICATION requires a medication authorization, signed by the physician and the parent. All medication must be unexpired and provided in the original store packaging or pharmacy labeled container. Links to blank forms, or your doctor may use their preferred version.

### Medication Authorization

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

### AireNebraska Allergy/Action Plan

<http://nebula.wsimg.com/cfbaa74b1585069c3e62e082be27a34c?AccessKeyId=32029651ABFAD3DBF315&disposition=0&alloworigin=1>

I do travel during the week to several buildings in the district, so please feel free to contact me via email [ebryant@epsne.org](mailto:ebryant@epsne.org) or leaving a message for me at your school's office, and I will get back to you as soon as possible. I look forward to a great school year!

Erin Bryant, RN

Visiting Nurse Association

Elkhorn School Nurse

Grandview Middle School

West Bay Elementary & Preschool

Arbor View Elementary & Preschool

Manchester Elementary



TAGG-Download the app, visit participating businesses and "TAGG" your purchases. The business will donate up to 5% of the purchase to Manchester PTO when you choose our school. See more information at [www.togetheragreatergood.com/demo](http://www.togetheragreatergood.com/demo)

**SUPPORT OUR SCHOOL AS YOU EAT, DRINK + SHOP!**

**NOW ON TAGG!**



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**76th & Pacific**  
(Aksarben)

**Brandeis Building**  
(Downtown)

**IT'S AS EASY AS 1-2-3**

- 1 Download the TAGG app
- 2 Visit participating businesses and snap a photo of your receipt within 7 days
- 3 Choose our school. The business will donate 5% at NO extra cost to you!



Download the **TOGETHER A GREATER GOOD** app + start tagging your purchases today!



Recently we have seen an increased number of requests for information regarding the importance of limiting screen time and engaging kids in other activities. Please read the below article regarding one idea that can be used to transition from a technology-filled day to a device-free night.

### **Device Free Dinner**

Did you know that 92% of parents feel that quality conversations at dinner time are essential to connecting with their kids? Yet many worry that devices at the table are taking away from those moments. Curbing technology and device use at the table, including restaurants and not just home, is vital to keeping the conversation going and helping kids see that what's going on in their lives matters. Below are a few ways families can implement a device free dinner and connect over mealtimes:

1. "What was the best thing that happened to you today?" Get kids talking about their day and discover what brings them joy or what type of things make an impact on their day. It's this type of conversation that may just open your eyes to a new topic or activity that your child has recently discovered. Take this opportunity to find out what activities your child finds enjoyable, who they hang out with, etc.

2. It's Your Turn, Pick A Topic. Giving each member of the family a chance to choose the topic of conversation allows each individual to express themselves and gives insight into what's going on in each person's head. This can be done during every meal, where each member chooses a topic and it is discussed for a set amount of time, or it can be a daily opportunity, where each day, a different family member gets to choose the topic of conversation for the duration of the meal. Either way, make sure every individual participates, even if it's simply acknowledging a new area of interest for the family member that chose the topic.

3. Practice What You Preach. Kids follow the example of those around them, so parents taking phone calls and responding to emails or texts during dinner only shows them that the rules you put into place only apply to others. Show your children that you are taking the initiative seriously and give them your undivided attention. That phone call can be returned and the text message can certainly wait, and by doing so, you're showing your child that they matter to you more than the person on the other end of line.

Whether it is a sit-down meal at your family table or a quick run through the drive through, avoiding the use of technology during dinnertime guarantees that families have the daily opportunity to connect with each other. Take the time to listen and learn about every family members' day, you never know what new thing you might learn from it.

For more information on managing a device-free meal, check out <https://thefamilydinnerproject.org/>.

### **Portable PowerSchool**

PowerSchool has gone mobile! The PowerSchool for Parents app is available for download from the Apple App Store and Google Play. Parents can easily view each child's progress in a single feed to check grades, review assignments and more. After downloading the app, enter code BFTS to find Elkhorn Public Schools and then log in using your PowerSchool parent access login. This app is only available for parents of students in grades 4-12 (4th grade parents cannot access until after the conclusion of the 1st quarter).



## MANCHESTER PTO NEWS, EVENTS, ANNOUNCEMENTS

### DATES TO REMEMBER

#### September 2017

- 11 PTO Meeting 6:30
- 14 Family Dinner Night: Chick Fil A
- 22 Walk-A-Thon (During the School Day)
- 27 Family Dinner Night: Firehouse Subs
- 29 Fall Family Festival 6-8pm

### Get Active in the PTO!

All parents are automatically members of the Manchester Elementary PTO, so there are no dues to pay! We have several committees asking for additional volunteers (a partial list is below). This parent community is part of what makes Manchester so great – and we would love to have you actively participate!

**PTO Meeting:** Monday September 11, 6:30.

#### Committees Looking for Volunteers:

Yearbook, Walkathon, Winter Service Project, NESAPep Rally, Teacher Appreciation Week, etc.

#### **PTO Website**

<http://www.manchesterpto.com/>

**PTO Email** manchesterpto1@gmail.com

#### **PTO Facebook**

<https://www.facebook.com/#!/ManchesterPTO>



#### **School Directory**

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



### **Fall Festival**

Join us for our Fall Festival! September 29th from 6pm-8pm, HyVee is catering hamburgers/hotdogs for purchase and multiple bounce houses, cotton candy, caramel apples for FREE!

### SEPTEMBER FUNDRAISING



**Friday, September 22nd**

This is Manchester's largest fundraiser with our PTO relying on this event to fund the PTO annual budget. Watch your student's Friday folder for t-shirt forms and more details!

If you know of a business interested in becoming a sponsor, please contact Renee Vokt at [reneevozt@yahoo.com](mailto:reneevozt@yahoo.com)

#### **WALK TIMES**

Kindergarten walk at 8:35-9:15am

1st & 2nd grades walk at 9:20-10:00am

5th grade walks at 10:10-10:50am

3rd & 4th grades walk at 11:00-11:40am

#### **Family Dinner Night**

Do you want a night free of cooking and an easy way to raise money for Manchester? Join us for Family Dinner Nights!

September 14: 

September 27: 

#### **Box Top\$ For Education**

Box Tops are each worth 10¢ for schools and are found on hundreds of products! Last year, our school earned \$3000! We will be submitting the first collection of Box Tops to Box Tops 4 Education in late October! Each month the class with the most Box Tops will receive an extra surprise! Your kids can bring the Box Tops in a plastic bag and give them to their teacher ... we will take care of the rest!