

INSIDE THIS NEWSLETTER

Important upcoming dates
PTO Information
Lunch Menus
& 2017-18 Dates!

NOVEMBER 2017

WEST BAY ELEMENTARY



FROM THE PRINCIPAL

West Bay Families,

I'd like to start by thanking you for attending fall conferences this year. We had 100% attendance! You really do make West Bay an amazing school through the endless support you give to your children and our staff. Thank you for being committed partners in creating the best possible educational environment for our children! A huge thank you to everyone who helped with staff meals over conferences. Everything was delicious!

Unfortunately, it's getting colder, please send jackets, hats and gloves to school with your child. We will walk outside and have recess unless real-feel temps are below 20 degrees. We will also be inside if it is snowing, rainy or icy.

We will celebrate Veterans Day at 8:30 on Nov. 10th. Family members are welcome to attend and we will have special seating to honor any family members who have served our country.

Please feel free to email or call the office with any questions or concerns.

Jen Coltvet, West Bay Principal
jcoltvet@epsne.org

UPCOMING EVENTS:

NOVEMBER

6th	6:00 PTO Meeting in the Library
9th	6:00 4th Grade/7:00 5th Grade Music Program
10th	8:30 Veterans Assembly
17th	Family Circles

23rd/24th Thanksgiving Break



DECEMBER

19th	4th Grade Durham Trip
20th	5th Grade Wax Museum
22nd	Winter Assembly-Thank you PTO!

25th-Jan. 2nd Winter Break



EPS Staff Directories and Email Addresses

Parents - as a reminder, please always double check the email address of any staff member you are attempting to contact, as some email addresses include a number in them. If you are not sure of the correct address, you can find all addresses and email all staff members directly by clicking their name on the following "Staff Listing" page on our website:

[West Bay Elementary and Early Education Center](#)

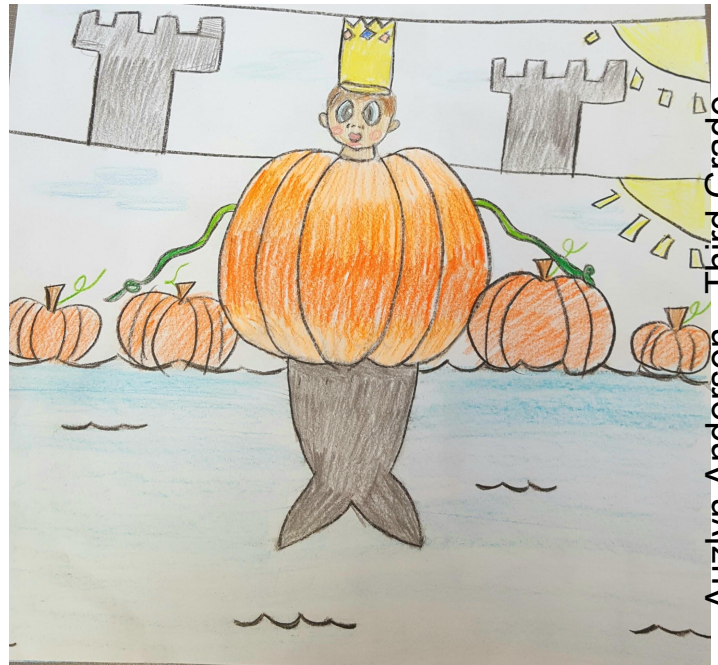
The Elkhorn Public School District is currently seeking teacher assistant/paraprofessionals in our early education, elementary, and secondary settings. EPS is seeking caring and collaborative individuals with a desire to help students achieve.

- Family friendly hours – follows the school day and calendar
- Competitive pay (\$13.75/\$14.25)
- Rewarding working environment

Apply at www.elkhornweb.org Employment: Support Staff Non-Certified: Teacher Assistant

OCTOBER ARTIST CHALLENGE WINNERS

- Jett Kucks - First Grade
- JoJo Anderson - Second Grade
- Mya Bryant - Second Grade
- Jordan Holmes - Third Grade
- Sami Abdalla - Third Grade
- Ayla Peterson - Third Grade
- Sarah Caswell - Third Grade
- Parker Christoffels - Fourth Grade
- Perry Anderson - Fourth Grade
- Auzlyn Anderson - Fourth Grade
- Brandon Schneeberger - Fourth Grade
- Xavier Oppliger - Fifth Grade
- Lee Hanning - Fifth Grade



Auzlyn Anderson - Third Grade

Sodexo LUNCH reminders!

Please stay updated on your child's lunch balance through the Sodexo email alerts. Mrs. Coltvet will call accounts with negative balances each day.

Cost

- Child lunch \$2.50
- Adult lunch \$3.85
- K-5 Breakfast \$2.50
- Adult Breakfast \$2.05

CHECK OUT OUR WEBSITE:

[West Bay Elementary](http://www.westbayelementary.org)

Lunch/Recess Schedule

Kdg Lunch 11:00-11:20	Recess 11:25-11:40
First Lunch 11:15-11:35	Recess 11:40-11:55
Second Lunch 11:45-12:05	Recess 12:10-12:25
Third Lunch 11:30-11:50	Recess 11:55-12:10
Fourth Lunch 12:00-12:20	Recess 12:25-12:40
Fifth Lunch 12:15-12:35	Recess 12:40-12:55

THANK YOU!

Thank you to the following volunteers for your help with our annual health screenings! Your help was greatly appreciated!

Clara Tsai

Stacey Mathis

Carie Kelsay

Anupa Kamat

Slovenka Murray

Katy Bode

Jennifer Baker

Shelly Fisher

Jen Zurn

Brooke Gruwell

Erin O'Mara

Amy Schneeberger

Linda Deegan

Stephanie Paulsen

Julie Maddott

Jennifer Ackles

Kristi Cook

Kara Weier

Pinar Thielen

Rachel Norquist



THANK YOU!



THANK YOU!



THANK YOU!

Understanding Digital Citizenship

As Elkhorn Public Schools expands access to technology for instructional purposes, the district is also aware of the need to define digital citizenship and promote the importance of students being good digital citizens. In addition to providing information to students, we believe it may also be helpful to share resources with families. This brochure explains the components of digital citizenship as well as some best practices for being a good digital citizen. The following information is from Common Sense Media; to learn more, visit www.commonsensemedia.com.

Internet Safety and Privacy

Several topics are vital to ensuring full understanding of the importance of safe Internet practices:

- Identify risky online situations and explain the importance of alerting an adult immediately
- Secure all devices, both hand-held and stationary and develop high quality passwords
- Understand the dangers of downloads and how they are used as part of your digital footprint
- Identify appropriate information that can be shared. Most importantly, those using the Internet should always remember there is no such thing as total privacy online.

Digital Footprint, Communication and Reputation

Individuals utilizing the Internet and social media must understand that all online activity leaves a digital footprint in the form of information that exists about an individual as a result of their online activity. Because this information is easily linked to a specific individual, it can oftentimes be used to harm a person's reputation, even outside of the cyber world. Individuals should remember that what they are putting out there today will still be available for years to come. Being aware of this may be the difference between being hired for your dream job, and being passed over due to unflattering information that was discovered from one's use of an online platform earlier in life. For those wanting to clean up their digital footprint and move forward with creating a positive one, the following steps should be considered:

- Review all social media accounts and delete anything that you wouldn't want a future employer to access, but remember that even "deleted" posts can still turn up in searches so always think twice before posting anything; once that step is complete, turn all settings to private and monitor the settings regularly, as sites often update their settings and some things could change without your knowledge.
- Delete abandoned accounts and unsubscribe to mailing lists that might be considered undesirable or that you no longer find relevant.
- Post about topics you're passionate about and explain why you feel that way; find positive things happening around you and share those instead of today's most viral video.

Creative Credit and Copyright

There are several ways to ensure proper credit is given and copyright is protected when using information gathered online; the most important of those being correctly citing sources, avoiding plagiarism, and always checking any images used for creator's rights.

Information Literacy

Information literacy is a term often associated with understanding the tools used to gather information and knowing where that information is coming from. Individuals utilizing the Internet for research should always be sure that the information they are collecting is accurate and reliable by verifying the credibility of any website utilized in the information collection process.

Media News from Mrs. Eby

A Huge Thank You to all of my Book Fair Volunteers who made the fair awesome for West Bay! Rebecca Gerrity and Liz Borkowski are my new Book Fair Planning Partners this year! These ladies worked very hard to make the fair special for our kids. I am so grateful for their help! The fair was a complete success!



West Bay students took home a total of 2,008 books! That equals approximately 361,584 reading minutes! Thank you to all who participated.

With our All For Books Coin Drive West Bay collected \$1,198.00! That amount was given to teachers to supplement their classroom libraries, and Scholastic matches that amount and donates to The Kids in Need Foundation and Kids in Distressed Situations. We heard that much of the money is being focused on the areas that suffered so much from the recent hurricanes. You all made a big difference for many children!

Rebecca Gerrity

Liz Borkowski

Carlos Silvain

Clara Tsai

Heidi Zaversnik

Hava Meronk

Shelly Fisher

Jen Houg

Falon Savage

Katy Bode

Stacey Mathis

VaKara Mayer Kerre

Danielle Murphy

Patrick Acquizzino

Linda Deegan

Cynthia Lord, author of several picture and chapter books for children, will be visiting our school on Wednesday, November 14th. Several of Ms. Lord's books have been Golden Sower Nominees, including [A Handful of Stars](#), which is on this year's chapter book list. Her book [Rules](#) was a Newbery Honor Book in 2007. She has written a beginning chapter book series called "Shelter Pet Squad" and a picture book series called "Hot Rod Hamster".

WEST BAY PTO INFORMATION



Stay Connected with West Bay's PTO

- Website: www.westbaypto.com
- Facebook: West Bay PTO
- Email: westbaypto@gmail.com

President: Shagun Somasegaran
Vice President: Katy Bode
Treasurer: Stacey Mathis
Secretary: Kate Parsons
Community Liaison: Liz Borkowski

NOVEMBER PTO MEETING

Next Meeting: Monday, Nov. 6 @ 6:00pm
(Free daycare for all ages in the cafeteria!)

Topics to be discussed:

- Specialist Teachers Presentation (P.E., Music, Art)
- Vote on Purchase of Ice Machine & Umbrellas

OSCAR'S FAMILY FUN NIGHT

Tuesday, November 7th – Enjoy a night off cooking while supporting West Bay PTO! Stop by Oscar's on 173rd & West Center between 5-9pm, **tell the cashier you are with West Bay BEFORE you pay & 10% of the proceeds will be donated to PTO.**

*Our October Chipotle Family Fun Night raised \$507.08 for West Bay! Thank You!

YEARBOOK

The Yearbook Committee needs your help in uploading photos for the 2017-2018 Yearbook! Upload photos from your computer or phone.

Access www.RePlayit.com or the [ReplayIt App](#), upload photos, & identify the names of the students in the photo. Photos can also be emailed to westbayyearbook@gmail.com.

We are inviting all West Bay students to enter their drawing in our **Yearbook Cover Contest**. One winner will be selected to be displayed on the **FRONT COVER** of the yearbook. The winner is voted and selected by the West Bay teachers and staff. Entries not selected for the cover may be displayed as Honorable Mention inside the yearbook.

Entries are due by November 10th.

Good luck!

Don't forget to order your yearbook if you haven't already done so via the PTO website by clicking on "here" under the Yearbook heading on the home page.

HY-VEE RECEIPTS

Remember to keep turning in your Hy-Vee receipts to the 180th & Pacific Hy-Vee or West Bay School.

VOLUNTEER

We are still searching for a Drop Off Assistant for Thursday mornings. If you are able to help, please contact Liz Borkowski at blborkowski@hotmail.com. There is also a need for a Copier Committee volunteer on Fridays from 2:00-3:00. The volunteer will make copies and laminate for teachers. Anyone interested can contact Katy Bode at katy.bode@gmail.com.

BOOK FAIR RESULTS

West Bay students took home a total of 2,008 books! That equals approximately 361,584 reading minutes! Thank you to all who participated & volunteered.

With our All For Books Coin Drive West Bay collected \$1,198! That amount was given to teachers to supplement their classroom libraries. Scholastic matches that amount and donates to The Kids in Need Foundation and Kids in Distressed Situations. A large portion of the money is being focused on the areas that suffered so much from the recent hurricanes. You all made a big difference for many children!

PTO EMAILS

Have you been receiving PTO emails to stay connected with important events and information regarding West Bay? If not, email westbaypto@gmail.com and request to be added to the West Bay email distribution list.

TAGG

Don't forget to TAGG your receipts after shopping or dining at participating businesses! The PTO raised **\$158.75** last quarter due to tagged purchases. Download the free TAGG App today if you haven't already to raise money in the simplest way possible.

WE ARE THANKFUL FOR YOU!

It takes a village and West Bay School is a wonderful community of families. THANK YOU to all the volunteers who donated their time or items to help make the Parent Teacher Conference Meals, Health Screenings & Book Fair a huge success! We appreciate you ALL.

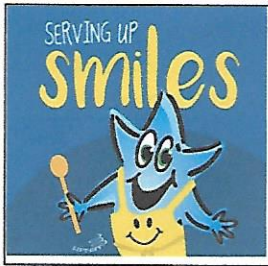
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



****Gluten Free Option (listed at the bottom of each day)**

1
1 - Pepperoni Pizza Kidzable*
2 - Chicken Nuggets
3 - Cheese Ravioli
4 - Fruit Plate w/Muffin

**GF Chicken Nuggets
A

2
1 - Chicken Ranch Wrap
2 - Pizza Sticks w/Marinara
3 - Bean & Cheese Burrito
4 - Chef Salad w/Bagel*

**Chef Salad
B

3
1 - Breakfast Kidzable
2 - Crispito w/Cheese Sauce
3 - Sloppy Joe
4 - Ham & Cheese Sub*

**Ham & Cheese Sub
C

6
1 - Turkey Kidzable
2 - Pepperoni Pizza
3 - Sweet & Sour Chicken
4 - Chicken Caesar Salad w/Roll

**Pepperoni Pizza
D

7
1 - Ham & Cheese Sub*
2 - Macaroni & Cheese
3 - Beef Soft Taco
4 - Strawberry Parfait

**Ham & Cheese Sub
E

8
1 - Pepperoni Pizza Kidzable*
2 - Chicken Nuggets
3 - Cheese Quesadilla
4 - Veggie Plate

**GF Chicken Nuggets
A

9
1 - Buffalo Chicken Wrap
2 - Grilled Cheese w/Tomato Soup
3 - Country Steak w/Gravy
4 - Hawaiian Salad w/Bagel

**Hawaiian Salad
B

10
1 - Pepperoni Kidzable*
2 - Hamburger
3 - Baked Penne w/Garlic Toast
4 - Spicy Chicken Salad w/Roll

**Hamburger
C

13
1 - Turkey Kidzable
2 - Cheese Pizza
3 - Teriyaki Chicken w/Rice
4 - Sunbutter & Jelly Sandwich

**Cheese Pizza
D

14
1 - Turkey & Cheddar Sandwich
2 - Beef & Cheese Nachos
3 - BBQ Chicken Sandwich
4 - Popcorn Chicken Salad

**Beef & Cheese Nachos
E

15
1 - Breakfast Kidzable
2 - Chicken Nuggets
3 - Meatball Sub
4 - Chicken Fajita Salad

**Chicken Nuggets
A

16
1 - Chef Salad w/Roll*
2 - Holiday Meal
Turkey & Gravy
Mashed Potatoes w/Roll
Pumpkin Bar

**Turkey Gravy & Mashed Potatoes
B

17
1 - Ham Kidzable*
2 - Italian Dunkers w/Marinara
3 - Hot Dog
4 - Hearty Garden Salad w/Roll

**Garden Salad
C

20
1 - Ham Kidzable*
2 - Pepperoni Pizza
3 - Chicken Soft Taco
4 - Caesar Salad w/Roll

**Pepperoni Pizza
D

21
1 - Zesty Italian Wrap*
2 - Cheeseburger
3 - Biscuit & Gravy w/Sausage
4 - Mandarin Chicken Salad w/Roll

**Mandarin Chicken Salad
E

22
1 - Breakfast Kidzable
2 - Chicken Nuggets
3 - Hot Ham & Cheese*
4 - Veggie Plate w/Bagel

**GF Chicken Nuggets
A



27
1 - Pepperoni Kidzable*
2 - Cheese Pizza
3 - BBQ Riblet
4 - Popcorn Chicken Salad w/Roll

**Cheese Pizza
B

28
1 - Ham & Cheese Sub*
2 - Corn Dog
3 - Macaroni & Cheese
4 - Fruit Plate w/Muffin

**Fruit Plate w/GF Muffin
C

29
1 - Pepperoni Kidzable*
2 - Chicken Nuggets
3 - Hot Ham & Cheese*
4 - Hearty Garden Salad w/Bagel

**Chicken Nugget
D

30
1 - Chicken Ranch Wrap
2 - Beef & Cheese Nachos
3 - Sloppy Joe
4 - Blueberry Parfait

**Beef & Cheese Nachos
E

Why Should Children and Adults Eat More Plant-Based Foods?

Plant based foods like fruits, vegetables, whole grains and beans can provide a variety of color, texture and taste to your plate, and are also packed with important nutrients to help prevent disease. They each contribute important fiber to your daily diet which helps to fill you up and keep your digestive system healthy. Eating plant-based foods has also been shown to reduce the risk for heart disease, high blood pressure and some cancers. In addition, the added vitamins and minerals in these foods can help keep you energized when properly added to a balanced daily meal plan.

Why do we struggle to get more plant-based foods into our diets? For some people it's lack of familiarity and not understanding how to incorporate them into a daily diet routine. Consider some of the tips below to help you learn how to add these nutrient-filled foods into your family's meal plan. There are also issues of availability in different seasons, as well as convenience. If fresh is not an option for your family, try frozen fruits and veggies, canned fruits in natural juices, or low-sodium canned vegetables and beans as a healthy alternative.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

www.liftoffsplayground.com



Nutrition • Achievement • Environment • Community • Activity

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 - Dutch Waffle 2 - Assorted Cereal Bars 3 - Assorted Cereal	1 - Ham, Egg & Cheese Bagel* 2 - Mini Donuts 3 - Assorted Cereal & Bars	1 - Cinnamon Roll 2 - Assorted Yogurt & Grahams 3 - Assorted Cereal
1 - Mini Cinnis 2 - Poptart & Cheese Stick 3 - Assorted Cereal	1 - Egg & Cheese Croissant 2 - Mini Donuts 3 - Assorted Cereal	1 - Ham, Egg & Cheese Biscuit* 2 - Assorted Cereal Bars 3 - Assorted Cereal	1 - Fruit Frudel 2 - Strawberry Parfait 3 - Assorted Cereal	1 - Sausage Breakfast Pizza* 2 - Breakfast Kidzable 3 - Assorted Cereal
1 - Ham & Cheese English Muffin* 2 - Mini Donuts 3 - Assorted Cereal	1 - Dutch Waffle 2 - Assorted Muffins & Yogurt 3 - Assorted Cereal	1 - Sausage Breakfast Boat* 2 - Assorted Cereal Bars 3 - Assorted Cereal	1 - Bacon & Cheese Toaster* 2 - Cinnamon Roll 3 - Assorted Cereal	1 - Mini Bagels 2 - Assorted Yogurt & Grahams 3 - Assorted Cereal
1 - Breakfast Taco 2 - Poptart & Cheese Stick 3 - Assorted Cereal	1 - Bacon, Egg & Cheese Biscuit* 2 - Mini Donuts 3 - Assorted Cereal	1 - Mini Waffles 2 - Assorted Cereal Bars 3 - Assorted Cereal	Thanksgiving	Thanksgiving Break
1 - Dutch Waffle 2 - Assorted Yogurt & Grahams 3 - Assorted Cereal	1 - Bacon Breakfast Boat* 2 - Assorted Muffins & Grahams 3 - Assorted Cereal	1 - Sausage Pancake on a stick 2 - Assorted Cereal Bars 3 - Assorted Cereal	1 - Ham, Egg & Cheese Bagel* 2 - Mini Donuts 3 - Assorted Cereal	

Fresh Pick Recipe

BAKED SWEET POTATO FRIES WITH GARLIC-LEMON YOGURT DIPPING SAUCE

- 3 Sweet potatoes (cut in half/each half cut in 6 wedges/placed in cold water)
 - 1 ½ T Olive oil
 - Salt and pepper to taste
 - 1 c Yogurt (plain/non-fat)
 - 1 t Garlic (minced)
 - 1 ½ T Lemon juice
 - 1 T Chives (minced)
 - 1 T Parsley (minced)
1. Prepare ingredients as directed.
 2. Preheat oven to 425 degrees.
 3. Drain potatoes and place on paper towel to absorb the water.
 4. Spray baking sheet with oil. Place wedges on baking sheet.
 5. Drizzle the potatoes with the oil and desired salt and pepper.
 6. Mix potatoes so they are evenly coated with the oil.
 7. Place in oven for 30 minutes or until the potatoes are cooked and crispy on the outside.
 8. In small bowl, mix yogurt, garlic, lemon juice, chives and parsley. Serve with the wedges as a dipping sauce.

Non-discrimination Statement

The United States Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability or marital or family status. To file a complaint of discrimination, call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

