

# ARBOR VIEW EXPLORERS

## THE COMPASS February 25, 2019

5115 N. 208TH STREET

ELKHORN, NEBRASKA

402-289-1007

### UPCOMING EVENTS:

#### Monday, Feb. 25th (B day)

- 6:00 - 19-20 Kindergarten Parent Meeting

#### Tuesday, Feb. 26th (C day)

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#### Wednesday, Feb. 27th (D day)

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#### Thursday, Feb. 28th (E day)

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#### Friday, Mar. 1st (A day)

- 9:00 - Kindergarten Roundup

#### On the horizon...

Mar 4 - PTO Meeting @6:30

Mar 5 - 2nd/3rd grade music programs @6:00 and 7:00

Mar 7 - 5th grade recorder concert

#### Office Contact Information

Phone - 402-289-1007

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Sara Twyford, Admin Assistant

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Troy Sidders, Principal - [tsidders@epsne.org](mailto:tsidders@epsne.org)

Visit our website at:

[www.elkhornweb.org/arborview/](http://www.elkhornweb.org/arborview/)

Subscribe to our calendar here:

<http://www.elkhornweb.org/arborview/calendar/>

### *FROM THE PRINCIPAL:*

Arbor View Families,

Have a great weekend and do what you can to avoid the nasty weather.

#### March into Reading!

During the month of March, we are going to be celebrating reading! We have a lot of exciting things planned during the month. We will start the month with a Book Character Dress-up Day on Friday, March 1st. We will be asking students to log their reading minutes. Students in pre-K through 2nd grade have a goal of 600 minutes and students in 3rd-5th grade have a goal of 900 minutes. If students meet this goal, they will earn a popsicle party! Please ask your son or daughter for their March into Reading packet that was sent home for more specific information, a calendar, and a reading log!

Dr. Sidders

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# ARBOR VIEW

## EXPLORERS



We had special visitors this month for our View Crew meeting! Spencer Long from the Buffalo Bills, Brett Maher from the Dallas Cowboys and Brent Qvale from the New York Jets joined us this month. They read to us about Team Spirit and shared what qualities are important in a team player. They also took questions from the kids and were gracious enough to take a photo with each classroom. They shared some great advice with the kids such as working hard in the classroom, listening to teachers and making time management a priority! All three of them were great with the kids and brought an awesome message. It was neat to see professional athletes giving back with humility and kindness! Thanks Spencer, Brett and Brent!

## **PTO News -**

Engaging the community to support our kids and teachers!

### **Meetings for the year - mark your calendars**

\*childcare should be available

**Monday, March 4th @6:30**

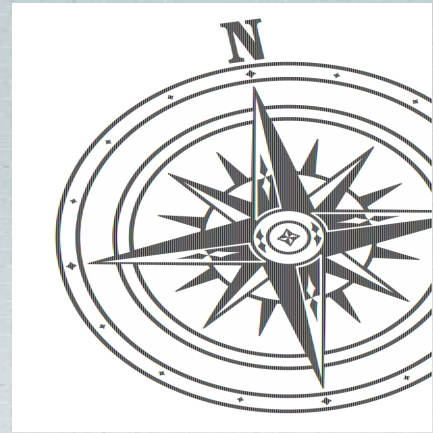
**Monday, April 1st @6:30**

**Monday, May 6th @6:30**

There will be plenty of opportunities for all family members to get involved this year. All you need to do is show up and volunteer! Who knows, if you have a friend who attends a meeting, he or she just might volunteer you anyway. The best way to control your own PTO destiny is to attend all meetings. A strong, positive partnership between the school and the parent organization will ensure our school community continues to thrive as we grow! :)

### **Kids Heart Challenge -**

It's Kids Heart Challenge time! The Kids Heart Challenge is the new name for Jump Rope for Heart, so it's all of the same fun things just with a new name. This year our goal is to raise \$2,000 for the American Heart Association! I think with the help from all of the amazing families here at Arbor View we can reach our goal! Starting the week of February 11th, 2nd-5th grade students will be sent home with a fundraising envelope and sticker. The envelope will have information about the Kids Heart Challenge and how to get involved. Just like last year, you can use the Kids Heart Challenge App and fundraise from there, you can use the envelope, or both! You can go to <http://ww2.heart.org/goto/arborview> to sign up for our school if you wish to do your fundraising online. All envelopes are to be brought back to school no later than March 1st. The envelopes can be taken to the office or given to Miss. Willms before they leave school on the 1st. The prizes may take a few weeks to get here, but once they arrive I will hand them out to be sent home. Thank you so much for helping raise money for the American Heart Association! If you have any questions you can email me at [awillms@epsne.org](mailto:awillms@epsne.org) or come and see me at conferences!



### **YEARBOOKS ON SALE NOW**

**\$15/book**

\$5.00 name personalization

\$3.00/icon

**Order your yearbook by March 29, 2019**

Order online at [www.schoolannual.com](http://www.schoolannual.com)

Click on "Buy your students yearbook"

Enter Arbor View Elementary, Elkhorn, NE

If you have any questions please contact

Bethany Harnisch at

[yearbook.arborview@gmail.com](mailto:yearbook.arborview@gmail.com)

**SEND PHOTOS! WE NEED YOUR HELP!**

Photos of students on field trips, class parties, and school events.

The more students in the photos, the better!

Send photos to us at

[yearbook.arborview@gmail.com](mailto:yearbook.arborview@gmail.com)

(please include the event and grade in your email)

## WHEN IS MY CHILD TOO SICK FOR SCHOOL?

Proper care in the early stages of an illness can reduce recovery time for the ill child and reduce the possibility of spreading the illness to others. Proper diet, adequate rest, and good personal hygiene (especially frequent handwashing) can assist the body's ability to fight infection.

The following are guidelines to assist you in deciding when your child should stay home from school:

**Irritability, poor appetite, tiredness, achiness** are vague symptoms. Changes in a child's normal behavior can often signal the beginning of an illness.

**Fever of 100 degrees or higher.** Take your child's temperature if he is complaining of feeling tired, headache, sore throat or stomach ache. **A child should be fever-free for 24 hours without the use of fever reducing medication before returning to school.**

**Nausea, vomiting, or diarrhea.** Keep your child at home for the duration of these symptoms. No vomiting or diarrhea for the past 24 hours is recommended. Be sure your child is able to tolerate food without difficulty before returning.

**Nasal secretions and coughing/sneezing** spread respiratory infections easily when these symptoms can't be controlled.

**Suspected communicable conditions** such as undiagnosed rashes, pink eye, ringworm, or chickenpox. A child must be sent home until identified symptoms are evaluated and conditions for return to school are provided by a health care provider.

Erin Bryant, VNA School Nurse

## Influenza General Information

Influenza (the flu) is a contagious respiratory illness caused by [influenza viruses](#). It can cause mild to severe illness, and at times can lead to death. Some people, such as older people, young children, and people with [certain health conditions](#) are at high risk for serious flu complications. The best way to prevent the flu is by getting vaccinated each year. The Centers for Disease Control and Prevention (CDC) and the Douglas County Health Department (DCHD) recommend that everyone over 6 months of age should get vaccinated to protect themselves and others from the flu.

The upcoming season's flu vaccine will protect against the three (trivalent vaccine) or four (quadrivalent) influenza viruses that [research indicates](#) will be the most common during the season. This includes an influenza A (H1N1) virus, an influenza A (H3N2) virus, and one or two influenza B viruses, depending on the formulation.

### Symptoms of Seasonal Influenza

All types of flu can cause:

- Fever
- Coughing and/or sore throat
- Runny or stuffy nose
- Headache
- Muscle or body aches
- Chills
- Fatigue

In addition, some people may experience vomiting and diarrhea, however, this is more common in children than adults.

### How to Prevent Catching and Spreading the Flu

- Cover your mouth and nose when you cough or sneeze
- Wash your hands often with soap and water, or use an alcohol-based sanitizer
- Avoid touching your eyes, nose or mouth
- Try to avoid close contact with sick people
- Stay home if you are sick until at least 24 hours after you no longer have a fever (100 degrees F)
- Follow public health advice regarding school closures, avoiding crowds and other social distancing measures
- Get vaccinated. Yearly flu vaccination is the best way to prevent getting the flu.

**WOMENADE CLOTHING DRIVE**  
**It's time to clean out our closets and**  
**get rid of those unwanted clothes!**

Womenade of Elkhorn is once again sponsoring a **Clothing Drive for Elkhorn families in need** and we can sure use your help!

Drop off your gently used clothing items to your school between Monday, March 11<sup>th</sup> and Thursday, March 14<sup>th</sup> 2019. Due to limited storage and volunteer organizers, please drop off your items only on these dates.

Items will be hung on racks and sorted by size giving families a true shopping experience. Everything is donated from the clothes, racks, hangers, facility, marketing, and volunteer labor. That's right . . . it costs "0" dollars.

Families in need will then be invited to come and shop for FREE on March 23<sup>rd</sup> at the Elkhorn Teacher Training Center! They will get the first pick in the morning and then the facility will be open to the general public in the afternoon. All remaining items will be donated to other charities.

This is an amazing opportunity for Elkhorn families to help other Elkhorn families. We are happy to report that all of our elementary, middle, and high schools are participating.

If you or your children would like to help, please go to the following Signup Genius for more information: <https://www.signupgenius.com/go/20f084fafaf2ea02-womenade1>

Please contact Theresa Johnson at [mommatathome@cox.net](mailto:mommatathome@cox.net) or at 402-290-9293 with any questions.

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**Womenade**  
**Clothing Drive**  
**benefiting Elkhorn Families**

**Are you and your family looking at ways to give back in our community?**

Please join us in making the Elkhorn Clothing Drive an amazing experience for families in need. Our plan is to set up the Elkhorn Teacher Training Conference Center like a clothing store and we need your help hanging and sorting clothes as well as working the day of distribution.

If you or your children would like to help, please go to the following Signup Genius:

<https://www.signupgenius.com/go/20f084fafaf2ea02-host>

Please contact Theresa Johnson at [mommatathome@cox.net](mailto:mommatathome@cox.net) or at 402-290-9293 with any questions.

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# District Reminders

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## **Summer Enrichment Program**

For the second year, EPS will host a Summer Enrichment Program, available to students in grades 1-8 for the 2019-2020 school year.

The Summer Enrichment Program will be offered in two separate week-long sessions. Session dates include: June 10-14 and July 8-12. Registration for the Summer Enrichment Program will open online on Wednesday, March 6th at 5:00 p.m.

To view the full list of course offerings, schedule, and registration information, please visit [summerenrichment.elkhornweb.org](http://summerenrichment.elkhornweb.org).

## **Tech Savvy Parent Tip: Device Usage Reports**

Currently, both Apple and Android provide reporting features on the usage of a device in the form of Apple's "Screen Time" report and Google's "Digital Well-Being" report. Both options provide parents with an opportunity to better understand their child's device usage, from a broad report detailing the amount of time spent on the device, down to the number of minutes spent on a specific app. In addition, both platforms also allow the ability to limit time spent on specific apps, and the ability to create downtime by setting specific times of the day where the device is unable to be used for anything other than the specific requirements you put in place.

For more information, check out Common Sense Media's breakdown of "Screen Time" and "Digital Being" by following the appropriate link below.

[Apple "Screen Time" report information](#)

[Google "Digital Well Being" report information](#)

*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.*

**FIND US ON**



Open to incoming  
**1st-8th grade students** in the  
Elkhorn Public Schools District.

Registration for all courses  
opens online on  
**Wednesday, March 6, 2019.**

Now offering 2-day  
**Red Cross Certified Babysitter**  
course!



# SUMMER ENRICHMENT PROGRAM

June 10-14, 2019 | July 8-12, 2019



**NEVER  
STOP  
LEARNING**

For additional information or to register,  
please visit  
[summerenrichment.elkhornweb.org](http://summerenrichment.elkhornweb.org)