

# ARBOR VIEW EXPLORERS

## THE COMPASS March 4, 2019

5115 N. 208TH STREET

ELKHORN, NEBRASKA

402-289-1007

### UPCOMING EVENTS:

#### **Monday, Mar. 11th (A day)**

- Spring Pictures

#### **Tuesday, Mar. 12th (B day)**

- 5th grade recorder concert @6:30

#### **Wednesday, Mar. 13th (C day)**

- Jimmy John's restaurant day

#### **Thursday, Mar. 14th (D day)**

- End of 3rd quarter

#### **Friday, Mar. 15th (no school)**

- Teacher in-service

#### **On the horizon...**

March 18-22 - Spring Break!

#### **Office Contact Information**

Phone - 402-289-1007

Fax - 402-289-3035

Sara Twyford, Admin Assistant

[stwyford@epsne.org](mailto:stwyford@epsne.org)

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,

Spring pictures are on Monday!

It was great to see so many kindergarten parents visit the classroom for their writing celebration on Friday morning. Thank you so much for listening to them read. It is more important and more impactful than you'll likely ever realize! We value your involvement at Arbor View.

The 5th grade recorder concert on Tuesday night is at Elkhorn High School this year. It begins at 6:30.

Last week's Battle of the Book building level competition has been rescheduled for this Thursday after school.

If you have clothing to drop off for the Womenade clothing drive we will be happy to help you with it this week. If you are prepared to drop it off in the morning drop off line we will be happy to take it!

Dr. Sidders

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## **PTO News -**

Engaging the community to support our kids and teachers!

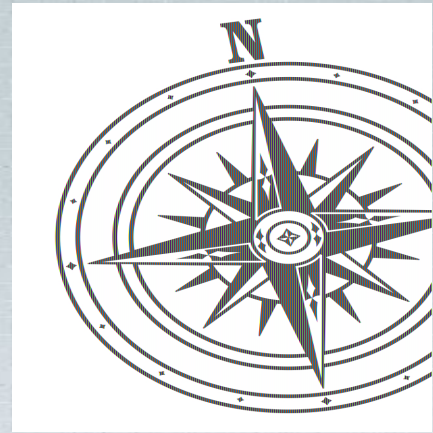
### **Meetings for the year - mark your calendars**

\*childcare should be available

**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! :)



### **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)

## 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 of ELKHORN**  
**Community Clothing drive**  
**benefiting Elkhorn Families**

Here are a few ways, you can help Elkhorn families in need?

1. Clean out your closets and drop off your gently used clothing items to any Elkhorn school between Monday, March 11<sup>th</sup> and Thursday, March 14<sup>th</sup> 2019. We accept shoes and clothes for all ages.
2. Help your school collect clothes and transport items on March 14<sup>th</sup> to the Elkhorn Teacher Training Conference Center (ETTCC). Go to the below Sign Up Genius to find your school:  
<https://www.signupgenius.com/go/20f084fafaf2ea02-womenade1>
3. Help set up the ETTCC like a real clothing store. All items will be hung and sorted between March 15<sup>th</sup> – March 22<sup>nd</sup>. If you or your children would like to help, please go to the following Signup Genius:  
<https://www.signupgenius.com/go/20f084fafaf2ea02-host>

The event is being held on Saturday, March 23<sup>rd</sup>. Elkhorn families identified by the schools shop privately from 9am to 12pm. Everything is FREE. They may take as much as they need. The building then opens to the general public from 12pm to 4pm. If you know of anyone that could use a helping hand, please pass on the information.

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)