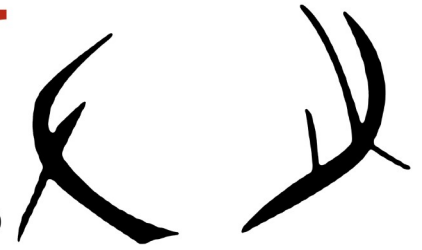


# ELKHORN ANTLERS



Elkhorn High School  
1401 Veterans Drive  
Elkhorn, NE 68022  
402.289.4239

December 2018 &  
January 2019  
Newsletter

**From the Principal..... Dan Radicia**

**Here comes the December weather.....**

### **Winter Road Conditions:**

When the weather and roads become hazardous please encourage your student to leave for school earlier, drive more carefully, and dress appropriately for the cold and the ice because walking and driving will be challenging for our young drivers. In the event that we are in school and it begins to snow or ice collects on the pavement, I will make announcements at the end of the school day reminding our students to take their time scraping the windshield, allow for more distance between cars to stopping and to drive careful.

### **EHS Semester Finals:**

**Elkhorn High School will have a finals week to conclude 1<sup>st</sup> semester. Semester finals will be Thursday, Dec. 20 and Friday, Dec. 21. Students will take semester finals in periods 1, 3, 5 on Dec. 20 and periods 2, 4, 6, 7 on Dec. 21. Both Final Testing days are full days of school with a 3:20 dismissal time.** Please encourage your student to plan and prepare for successful semester exams. We created a schedule that provides students built in study times before exams. Therefore, it is countercultural to call your student out during study hall and study times and for your student to miss the opportunity to study in a quiet atmosphere with his/her teachers.

### **December MAPS Testing for Students in Support Classes**

EHS 9, 10, and 11th graders in Math and English support classes will take the MAPS test in their core classes during a week long window starting Dec. 4. The teachers will communicate to the students in their support classes when the test will be administered. Students will only take two subject tests per week and each subject test is untimed but normed to finish in 50 minutes. The MAPS tests allow the school to analyze trend data and predicted scores on the ACT. The MAPS tests consist of reading, language usage, math and science. MAPs is different from the ACT test because it gauges the students answers and responds by providing a harder or easier question based on the previous question/answer. If the student continues to answer correctly the questions will become increasingly more difficult. When the student incorrectly answers the question on a prescribed level, it will decrease the level of question until the student answers 50% of them correctly at a certain level. The MAPS is more interactive with the students' ability level.

All 9th and 10th grade students take the MAPS tests in the Fall and Spring. We believe the MAPs test can give us valuable data with growth; therefore, we want to test our students who receive more support with literacy and mathematics in December to better monitor their progress.

### **1st Semester Testing Schedule**

#### **Day 1 - Three Finals Periods 1, 3, 5**

1. Final 8:10-9:17
2. Study time 9:21-10:01
3. Final 10:05-11:12
4. Study time and lunch 11:16-12:42  
1)11:12-11:42 2)11:42-12:12 3)12:12-12:42
5. Final 12:46-1:53
6. Study time 1:57-2:36
7. Study time 2:40-3:20

#### **Day 2\* - Four Finals Periods 2, 4, 6, 7**

*\*note the order of class periods change!*

2. Final 8:10-9:17
1. Study time 9:21-9:48
4. Final 9:52-10:59
3. Study time and lunch 11:03-12:26  
1)10:59-11:28 2)11:28-11:57 3)11:57-12:26
6. Final 12:30-1:37
5. Study time 1:41-2:09
7. Final 2:13-3:20



EHS does not allow students to take finals early without principal pre-approval that would require parents to contact the principal about an unavoidable absence. In most cases, a student who miss finals will have to finish his/her finals during a scheduled time on Wednesday, Jan. 2, 2019 at 8:00am and Friday, Jan. 4, during a staff in-service. Students return from winter break on Monday, Jan. 7, 2019. I will communicate with each student who misses finals about coming in during the winter break to take his/her finals and/or after school on Jan. 2 and/or Jan. 4th.

### **Statewide ACT Testing for Juniors– April 3, 2018**

EHS Juniors will be taking the ACT during the school day on Tuesday, April 3, 2018, as part of the state law and Nebraska Department of Education assessment protocol.

Details regarding the testing schedule will be communicated at a later date. We believe the test will take 3.5—4.0 hours to complete with time before and after to complete other paperwork. EHS will dismiss school after the completion of the tests.

### **PRE-ACT Testing for 9th/10th Grade– April 3, 2018**

EHS 9th and 10th graders will be engaged in a Pre ACT test that will take around 3 hours as well with front end documentation. The dismissal time with each grade level will be different depending on the amount of front end documentation. We are in the early stages of discussing serving breakfast and not serving a lunch on the testing day.

### **FAFSA Forms**

The juniors and seniors continue to prepare for the ACT tests along with applying for college admissions and scholarships. The FAFSA applications for seniors who are looking for financial aid are open and seniors should complete the FAFSA forms. Our counselors have been visiting with students about their four year plans and continue to visit with students who are needing help applying to colleges and scholarships.

### **2nd Semester Schedules Sent Home**

On Friday, November 30, EHS mailed your student's second semester schedules were mailed home so that parents and students could talk about the upcoming academic semester. It is critical for parents to have conversations with their students about taking rigorous coursework that will positively impact literacy, numeracy, critical thinking, problem solving and writing. These are foundational skills that Elkhorn High School students must possess in order to successfully complete a college prep curriculum and advanced placement coursework. Our students must be competitive and ready for college and the workforce.

The ACT test confirmed that students who completed/ or taking Algebra 2 during the school year of the ACT test, outperformed students who did not take the algebra 2 class. Furthermore, EHS students taking Chemistry as oppose to a different science class their junior year outperformed their EHS classmates by 4 total points.

If your student struggles with literacy and mathematics, then he/she may need more time and support in literacy skills through our support classes: Essential Language Arts classes has helped us ensure that students make the most of their time closing the gap between their ability and reading grade level. EHS offers instructional support in Algebra 1, Algebra 2 and geometry.

Students who are currently enrolled in support classes need to exit by a criteria related to testing data. Students were identified and placed into the support classes deliberately; therefore, the student's performance and course level mastery figure into the exiting of the class. With drop and add coming up next week, I wanted to express my thoughts about the sustaining value of the classes and not drop a student from the class based solely on his/her wishes or level of frustration but on achievement.

Students who wish to drop a year long class with a passing grade will have to schedule an appointment with the Principal. I will meet with the students and then communicate with parents and express what I believe is sound educational philosophy.

### **Drop and Add Dates for 2<sup>nd</sup> Semester Courses-**

**Dec. 10 - 13, 2018. EHS counselors will be available before school, after school, after lunch, during TA, or study hall but not during instructional hours for students wishing to drop/add coursework.**



Last year, I decided to write my thoughts, “The Case for Rigor,” about keeping students in rigorous coursework despite parental apprehensions regarding students earning grade marks of a 3, 4, or a 5. I still believe that our students are better equipped to handle rigor in the future by experiencing rigor in high school. I would not want my children to experience difficulties in college for the first time in their life nor would I believe that senior year should be easy because they are going to college. The trajectory of rigor should be upward; therefore, seniors should not take a semester or two semesters away from rigor to get ready for college.

**Drop and Add Thoughts: The Case for Rigor**

I recommend that students take challenging courses that stretches them academically regardless of the impact on grade point averages. Whenever a student requests dropping a difficult class where they did not fail but felt as if the current grade of a 3 or 4 is bringing down their cumulative grade point average, I remind them that our AP courses are weighted differently than the regular courses to reward students who are taking an academic risk to stretch themselves. Colleges look at high school transcripts to see a pattern of rigorous coursework that is standard across the United States. The Advanced Placement curriculum courses are nationally approved of by the College Board.

When calculating GPA throughout the schools nationally, one would find different grading scales, different curriculum, different expectations per schools that doesn't offer the uniformity of the AP courses. Comparing class rank and GPA of students from Elkhorn to Chadron, private, charter and public schools, large schools to rural schools with different criteria is intellectually dishonest. Equalizing the class rank and GPA in a fair system is the college entrance test: ACT or SAT. According to both testing companies, students who take more rigorous coursework are more prepared for the test; consequently, they will perform better on the test. The test measures likelihood of college success.

By taking rigorous coursework while in high school, it will prepare your student for the future.

EHS is looking forward to the year 2019 and will continue to serve the community with its mission to educate our students. Thank you parents, staff and families for making our high school a truly wonderful place for our students.

Principal Dan Radicia

dradicia@epsne.org or (402) 289-4239

**Junior and Senior parents:** Please join our New Facebook Group -Antler Post Prom 2019 and/or our Twitter

@AntlerPostProm - We would like to keep everyone up to date on Post Prom happenings!

If you would like to make a financial donation for Post Prom, please mail it to our treasurer;

Karen Spanel

20902 Boyd St.

Elkhorn, NE 68022

Checks payable to: Elkhorn Post Prom 2019

**Thank you!** Tami Maguire (Donations & Fundraising Chair 2019)

**NOTICE OF NONDISCRIMINATION – EQUAL EMPLOYMENT OPPORTUNITIES**

The Elkhorn Public Schools does not discriminate on the basis of sex, race, national origin, marital status, age, disability or any other basis prohibited by state and federal law in admission or access to, or treatment of, or employment in, its programs and activities.

It is the intent of the Elkhorn Public Schools to comply with both the letter and spirit of the law in making certain discrimination does not exist in its policies, regulations, operations or employment practices. Grievance procedures have been established for anyone who feels discrimination has been shown by Elkhorn Public Schools. These procedures can be obtained by the Assistant Superintendent.

Inquiries concerning the application of the Elkhorn Public Schools' policy of nondiscrimination should be directed to the Assistant Superintendent, 20650 Glenn Street, Elkhorn NE 68022, (402) 289-2579.



## Senior Reminders

**Scholarship Information:** Check Naviance regularly for scholarship updates. Individual colleges are the source of the most scholarship dollars, so apply early and meet with the Office of Financial Aid on your college visits to ask specific questions unique to your student and your family.

**Elkhorn Public Schools Foundation Scholarships:** Seniors will receive a postcard in the mail in early December when the **EPSF scholarships** and the **ACHIEVE** scholarship applications become active online. There is a link on Naviance or students can go directly to the Foundation website: [www.elkhornfoundation.org](http://www.elkhornfoundation.org).

♦ **ALL EPSF and ACHIEVE SCHOLARSHIPS ARE DUE at 6pm on FEBRUARY 1, 2019!**

**FAFSA:** If you are a college-bound senior, you should complete and submit the Free Application for Federal Student Aid (FAFSA). Colleges will use your FAFSA results to determine how much they will award you in financial aid. To estimate your FAFSA results now, use the College Funding Estimator at [Education-Quest.org](http://Education-Quest.org).

Follow these tips to increase your chances of earning scholarships:

- Don't pay for scholarship searches! Use free resources such as [ScholarshipQuest](http://ScholarshipQuest) at [EducationQuest.org](http://EducationQuest.org) with over 2,000 Nebraska-based scholarships. Free national sites include [Fastaid](http://Fastaid), [Scholarship Monkey](http://ScholarshipMonkey), [ScholarshipExperts.com](http://ScholarshipExperts.com), [School Soup](http://SchoolSoup), and [Scholarships.com](http://Scholarships.com).
- Search on your NAVIANCE Scholarship list!!!
- Elkhorn Public Schools Foundation Scholarships will be online December 3rd. Seniors will receive a post card in the mail with information and it will be on NAVIANCE too.
- Visit your guidance counselor often for information about local scholarships.
- Place scholarship applications in deadline order. Local awards and college-specific applications deserve top priority because you're more likely to earn them.
- Update your activities, honors, community service or paid jobs using the [Activities Resume](http://ActivitiesResume) at [EducationQuest.org](http://EducationQuest.org).
- Earn the best possible ACT/SAT scores by taking the exam in the spring of your junior year and again in the fall of your senior year. December is the last date to count for many scholarships.
- Use quality references such as a teacher, coach or counselor. Encourage them to write specific examples of your leadership skills. Give them advance notice and a specific deadline.
- Tailor your essay to the scholarship. Ask an English teacher to read your essay and offer advice on making a big impact. Your essay will need to stand out from other applications.
- Pay close attention to grammar, spelling and neatness. Ask at least two people to proofread your entire application.

EDUCATION QUEST-Education Quest is a free college planning service provided to all students in Nebraska. They have a monthly email service that offers tips and advice to high school students and parents. To sign up to receive these emails, visit [www.educationquest.org](http://www.educationquest.org)



**COUNSELING CENTER STAFF (402) 289-4239, Ext. 2**

Desiree Merrihew (A - E)    Martha Dowd (F - K)    Theresa Crnkovich (L - Rom)    Makalla Fritz (Ron - Z)  
Tracy Frevert, Counseling Center Admin Assistant

**WEBSITE:**  
[www.elkhornweb.org](http://www.elkhornweb.org)—>EHS—>Counseling Center

**DROP/ADD:**

- Monday, December 10 through Thursday, December 13, 7:30 a.m. to 4:00 p.m.
- Students will be allowed to come to the Counseling Center before school, after school, during a study hall or during TA to discuss changing classes for second semester.
- Please note: available classes are extremely limited.
- Students will not be allowed to leave any class except study hall or TA, for drop/add purposes.*
- There might be times when a student will have to wait or possibly return the next day due to time limitations.

**Grades not where you want them?**

**8th hour study hall** is available for all students Monday-Thursday from 3:30 - 4:30 in the library. Eighth hour is staffed by a teacher and student tutors are available. Students can use this time for homework completion, makeup tests, group projects, research, etc. *Come check it out!*

**EHS Tutoring Program:**

Peer-tutoring is available for students struggling in classes. Students can sign up in the Counseling Center.

**Explore A Career!**

The Omaha Exploring program is an awesome opportunity for 9-12th grade high school students to learn more about a particular career field. Activities are starting so register NOW. To find out how the program works, go to [www.omahaexploring.org](http://www.omahaexploring.org) or stop in the Counseling Center to gather more information.



**Junior Meeting:** Juniors attended a meeting in October in their English classes. During this time, counselors demonstrated Naviance more in depth so students could begin postsecondary planning. This is a great college and career web-based tool for students and parents. Students can access the website through the Counseling Center link on the EHS website. Usernames and passwords are the same as their old computer logins.

## College Entrance Testing: For Juniors

A common question from junior parents this time of year centers around when juniors should take the ACT. Most students test twice—once junior year and once senior year. All juniors will take the ACT on April 2, 2019 at EHS. They will register at EHS for this test.

**ACT** spring test dates are: Feb. 9, April 13, and June 8. Register online at [www.actstudent.org](http://www.actstudent.org). Registration deadlines are approximately one month prior to the test date and are found at ACT's website.

**SAT** spring test dates are: March 9, May 4 and June 1. Register online at [sat.collegeboard.org](http://sat.collegeboard.org). Registration deadlines are approximately one month prior to the test date and are found on the registration website.

### **NOTE:**

\*\*\*Students with disabilities might receive test accommodations. See your case manager for information.

\*\*\*Fee waivers are available to students on Free/Reduced Lunch. See your counselor for information.

**Important note about score reporting:** It is the student's responsibility to submit test scores to their college of choice. Upon registration for the test, students can select up to 4 colleges to receive their test scores. To avoid paying to send your scores at a later date, please ensure that you have selected 4 colleges of your choice at the time of registration.

### **TEST PREP RESOURCES**

Full length practice tests can be picked up in the Counseling Center. Visit the Counseling Center website or see your counselor for more information on test prep resources/classes.

Juniors have access to free online test prep through Naviance. They were given information in their English class.

Juniors are encouraged to begin their postsecondary planning now if they haven't started yet. Many college & Military reps will be visiting EHS second semester to visit with juniors. Juniors must sign up one day in advance on Naviance. All college visits are listed on Naviance.





### REGISTRATION FOR 2019-2010

#### Freshmen/Sophomore Academic Planning/Registration

\*\*\*All freshmen and sophomores will meet with a counselor in January to start the academic planning process. The academic plan outlines courses for their remaining years at the high school, but mainly focuses on **registration** for the following year. This academic plan is revised yearly according to student's interests and recommendations. A copy of this academic plan will be mailed home to parents in late January. Parents are encouraged to review the plan before February 4th, especially focusing on the course registrations for the next school year.

\*\*\*Students may update their course requests from February 4-7 in the counseling center. Course choices will be entered into our database so we can provide a printout to parents at registration night.

#### ***Freshmen/Sophomore/Junior registration during parent/teacher conferences on February 13 & 14***

To finalize the courses for the next school year, we are hosting a **Curriculum Presentation and Registration** night during Parent Teacher Conferences on Wednesday and Thursday, February 13 & 14 at 6:00 p.m. in the Elkhorn High School Lecture Hall. Parents will be able to attend conferences, attend the presentation, and **sign** their student's registration for the upcoming school year. It is very important for parents to review their student's course requests as the 2019-2020 master schedule will be built based upon these requests. **After the master schedule is built, it is difficult to implement any unplanned course changes.**

#### Junior Academic Planning/Registration

##### Junior Audits

Counselors will meet with juniors on January 15 & 16 to discuss and complete the junior audit sheet. The junior audit is a credit check, update on future plans, and **registration** for senior courses. Recommendations were made for core course placement, and other classes were selected based upon interest and career choice.

Next, juniors will meet individually with their counselor to discuss any course changes. The completed junior audit will be mailed home for parents to review in January. Juniors may update their senior requests from February 4 -7 in the counseling center. Final course choices will be entered into our database so we can provide a printout to parents at registration night February 13 & 14.

#### **SAVE THE DATE:**

**\*\* Wednesday, February 27, 2019 \*\***

**8th Grade Registration/Parent Night**

**5:00 p.m. OR 7:00 p.m. ~ EHS Auditorium**

**Please bring the registration sheet your student receives on February 20 to registration night.**

**See EMS & EGMS January/February Newsletter  
for further information.**



## From the desk of the Activities Director- Mark King

\*\* Check out the Activities Department Website—[www.easternmidconference.org](http://www.easternmidconference.org) \*\*

### **Congratulations to our Fall Eastern Midland Conference and NSAA/NCPA Academic All-Conference and All State selections**

Girls Golf: EMC & NSAA: Madison Vanwyngarden

Boys Tennis: EMC: Jason LaFleur

EMC & NSAA: Sam Beard, Jackson Habrock

Softball: EMC: Payton Cooley, Sydney Nuismer

EMC & NSAA: Rachel Bruner, Cassidy Coltvet

Girls Cross Country: EMC: Hannah Pollan

EMC & NSAA: Lexi Harper, Grace Lamski

Boys Cross Country: EMC & NSAA: Jaden Gebeke, Brody Knott

Volleyball: EMC: Claire Burford, Emma Crouch, Jessie Richmond

EMC & NSAA: Megan Raszler

Football: EMC: Kyler Beekman, Mack Boekhout, Bryson Cash, Evan Johnson, Tyler Kwapniowski, Caden Rinn, Quin Sexton, Ethan Webster

EMC & NSAA: Parker Lange, Caleb Schon

### **Congratulations to our Fall EMC All-Conference selections**

Volleyball: All EMC: Megan Raszler, Abby Wolfe

Honorable Mention: Emma Crouch, Ray Joens, Addie Thomas, Maggie McElhose

Football: All EMC: Drew Christo

Honorable Mention: Kyler Beekman, Kaden Fox, Isaac Hawkins, Mitch Kahre, Logan Macumber, Parker Oligmueller, Tyler Renner, Brett Swanson, Trenton Whorlow, Aiden Young

Softball: All EMC: Rachel Bruner, Cassie Coltvet, Ella Dalton, Jadyne Hunt, Sydney Nuismer

Honorable Mention: Payton Cooley, Ari Crofton, Jaycee Schutte

### **Congratulations to all who competed in Elkhorn High's fall competitions**

The Boy's Cross Country team were conference champions and finished 3<sup>rd</sup> at state. The Girl's Cross Country team were conference champions and finished 2<sup>nd</sup> at the state meet. The Softball team were regular season conference champs, EMC tournament champions, and State Champions. Boy's Tennis finished 3<sup>rd</sup> at the state tournament. The Girl's Golf team finished 3<sup>rd</sup> at state and the Volleyball team competed in the state tournament as well. The Marching Band placed 8<sup>th</sup> at the Nebraska State Bandmaster's competition. The football team competed in class A for the first time since 2009. The Unified Bowling team competed well all fall.

\*\*\*All-Conference and Academic All-Conference Teams and Fall Conference Standings can be found at [www.easternmidconference.org](http://www.easternmidconference.org)

Good luck to all winter activities. The first winter competitions began Thursday, November 29<sup>th</sup>.

All game schedules can be found on [www.easternmidconference.org](http://www.easternmidconference.org)





## **EHS HALE HAPPENINGS**

HALE is Elkhorn Public Schools' High Ability Learner Education. Visit the HALE Activity link from the Elkhorn High School website to learn more about services and to keep track of upcoming opportunities via the online HALE calendar.

### **Academic Decathlon**

The combined EHS/ESHS Academic Decathlon team, coached by Ashley Anderson, traveled to Pius X on Nov 3. for the first scrimmage. Congratulations to Torin O'Rourke (EHS) for receiving a 3rd place medal in Math in the Honors division and Michael Kougang (ESHS) for receiving a 3rd place medal in Math in the Novice division. The team's next scrimmage is Dec.1 at Gross High School. The regional competition will be January 19. Any interest in joining Academic Decathlon for 2019-20 school year, please see Ashley Anderson in room C207 (EHS) or email ([abrooner@epsne.org](mailto:abrooner@epsne.org)). Meetings for December are:

**ESHS: December 13th (F Wing Breakout area)**

**EHS: December 6th (during TA) and 20th (C207)**

### **Robotics**

Robotic teams, coached by Glenn Benes, competed at Brownell Talbot on Nov. 3. EHS will be hosting their robotics tournament at Elkhorn Grandview Middle School on Dec 1. Spectators are welcome.

### **UNL Math Day**

On November 15th, Ronda Habrock took 25 EHS students to the 29th annual UNL Math Day where they joined 1,359 students from 97 Nebraska high schools to take the PROBE I (Problems Requiring Original and Brilliant Effort). Elkhorn High finished 6th in Class II. Our top five scorers were Ella Barnes, Grant Johnson, Daniel Hudson, Caden Schutte, and Braydon Dreher. Congratulations! For more information see: <http://www.math.unl.edu/programs/mathday/>

### **Quiz Bowl**

The advanced and novice quiz bowl teams had a good day at the Omaha Bryan Quiz Bowl November 10th. Torin O'Rourke, Will Ford, Joseph Seibel, Jake Rance and Ethan Anderson took 2nd place in novice. Mia Giandinoto, Trinity Thompson, Arich Fruehling, and Duncan McKee took 4th place in advanced. Jennifer Waldo will be taking the quiz bowl teams to compete at Ralston Quiz Bowl on Dec 1. Practices are held in the HALE room (D107) during lunch. Anyone may sign-up with Mrs. Johnson to compete at upcoming quiz bowls. The annual Elkhorn Quiz Bowl is December 15 - if you're interested in competing or helping in concessions, please email Mrs. Johnson at [kjohnson@epsne.org](mailto:kjohnson@epsne.org)

### **TEAM+S (Tests of Engineering Aptitude, Mathematics, and Science)**

Students will be selected to compete in the TEAM+S engineering contest Wednesday, Feb 27 at UNL. The 2019 theme is "The Engineering Brain". Scenarios will focus on topics such as: cognitive neuroscience, considering the brain as hardware, using decision trees, engineering the invertebrate brain, artificial neural networks, the brain as a computer, traffic engineering, and probability and uncertainty in design. Students work collaboratively in groups of 8 as they apply their math and science knowledge in practical, creative ways to solve realistic engineering problems. Anyone who wants to be considered for the 9-10 team or the 11-12 team, must attend the informational meeting in the HALE room during TA January 10. For more information, see <http://teams.tsaweb.org/>

**AMC Signup**

The American Mathematics Competition (AMC) is the first in a series of examinations to qualify for the American Invitational Examination, the USA Mathematical Olympiad, and the International Mathematical Olympiad. It is a 75-minute, multiple-choice test proctored at EHS in February 7 and 13. In January, honors and AP math students are encouraged to sign up with their math teachers for this national math talent search test. See more information at [www.maa.org/math-competitions/amc-1012](http://www.maa.org/math-competitions/amc-1012)

**USABO Signup**

The USABO Open Exam is the first exam in a series of competitions to qualify for the USA Biology Olympiad and the International Biology Olympiad. It is a 50-minute, multiple-choice test proctored at EHS in February. Students who took AP Biology last year, or who are currently taking AP Biology, are encouraged to sign up with Mr. LaFleur in January. See more information at <https://www.usabo-trc.org/>

**Upcoming Events**

December 1 - Elkhorn High School Robotics Tournament at Grandview Middle School

December 1 - Academic Decathlon Scrimmage at Gross High School

December 1 - Quiz Bowl at Ralston High School

December 15 - Elkhorn Quiz Bowl at ESHS

January 10 - TEAM+S informational meeting during TA

January 19 - Academic Decathlon Regionals

January 22 - ESU #3 Quiz Bowl

February (date and time TBD)- USA Biology Olympiad (USABO) test

February 7 & 13- AMC tests

February 27 - TEAM+S Competition at UNL



**A note from the school nurse ~ Joni Buzzell:**

### **Staying Healthy During the Winter Months**

The holiday season is a time for family, friends, fun, and relaxation. We want your student to stay healthy while traveling and fully enjoy their winter break. In order to stay healthy this season, please pass on these helpful tips:

**Get a flu vaccine** – This is the best way to protect against the influenza virus, which typically starts in the fall and peaks in January or February. Illness from seasonal flu usually lasts one to two weeks which could really mess up your holiday plans!

**Wash your hands often** – The flu can be transmitted through little droplets when someone with the virus coughs, sneezes, or talks and their germs land in your mouth. You can also get the flu by touching surfaces or objects that have the flu virus on it and then touching your eyes, nose or mouth.

**Eat small, healthy snacks** – If you plan to have a feast, moderate your intake, and eat healthy snacks in-between large meals to avoid overeating.

**Drink lots of water** – it will help to keep you hydrated (including your skin), and also helps to cleanse the body of potential viruses. Throw in a lemon for added flavor as it also helps to alkalize your body, fighting off viruses.

**Go for a walk** – Exercise is always important, even when you're on vacation. Go for a walk around your neighborhood, dance around your living room with your friends or relatives, or play Nintendo Wii. Thirty minutes per day is all you need to stay healthy and active!

**Layer up** – If you do decide to go outside, even for a short time, bundle up and stay warm! Serious health problems can result from cold weather. It's better to be overdressed than under-dressed.

**Fasten your seat belt** – Most accidents occur 25 miles from home. So, even if you're just driving to the store for egg-nog, buckle up!

**Do NOT text and drive!**

**Take deep breaths** – The holidays can be fun and relaxing, but they can sometimes come with added stress. Whether you're gift shopping, decorating, or having a disagreement with a loved one, remember to take a deep breath and appreciate the time you have with them.

**Get lots of sleep** – It will help to keep you from getting sick, and you will feel much more alive and full of energy throughout the day.

**Please stay healthy this holiday season!**

Hy-Vee's CASH FOR STUDENTS program began on September 1st, and continues through Monday, December 31, 2018.

Please save your Hy-Vee receipts and turn them into Ms. Pruse in the main office at Elkhorn High School.

((All receipts must be turned in to EHS no later than Thursday, January 10, 2019))

Hy-Vee will donate to Elkhorn High School, \$1.00 for every \$200.00 spent.

**Receipts from any of the 15 local area Hy-Vee's will be accepted.**

*Thank you for your participation.*



12 EHS Band members were selected and participated in All State Band and Jazz Band, which met and performed in Lincoln on November 14–16.

EHS had 3 of the 18 jazz band musicians from the entire state, and 9 of the 156 band members!

I've attached a photo of our students, and here are their names and instruments (from left to right in the picture):

- Emily Tanner, Flute
- Tessa Seifried, Horn
- Arich Fruehling, Tenor Sax
- Hailey Cheek, Bassoon
- Eden Thompson, Bass Clarinet
- Ava DeLaGarza, Piccolo
- Javier Moran-Peña, Bari Sax
- Nolen Miller, Alto Sax
- Jacob Ostler, Jazz Trombone
- Dylan Miller, Jazz Trombone
- Andy Zhang, Trombone
- Evan Johnson, Jazz Guitar



## Winter Break

**December 24th ~ January 4th**

**2nd Semester will resume on**

**Monday, January 7, 2019**

30 vocalists from Elkhorn High School were selected as a part of the 2018 Nebraska All State Choir which rehearsed and performed in Lincoln from November 14-16 as a part of the Nebraska Music Educators Association annual conference. The choir consists of 440 of the best high school vocalists in the state. 1 student was selected as a part of the Nebraska All State Orchestra (on cello).

2018 All State Singers (by voice part)

[https://docs.google.com/document/d/1\\_F9gfUH3SnmiAJoc-m5BbMKHg3s1Y9kLmuBsNF5VtYE/edit?usp=sharing](https://docs.google.com/document/d/1_F9gfUH3SnmiAJoc-m5BbMKHg3s1Y9kLmuBsNF5VtYE/edit?usp=sharing)

### 2018 All State Choir Elkhorn High School

Hannah Akey, Soprano I  
Anna McCaslin, Soprano I  
April Mull, Soprano I

Julia Claassen-Criscuolo, Soprano II  
Hallie Horner, Soprano II  
Megan Mahloch, Soprano II  
Sydney Spanel, Soprano II

Emily Arnold, Alto I  
Maya Groenjes, Alto I  
Abby Kline, Alto I  
Carly Nichols, Alto I  
Izzi Oestmann, Alto I  
Susann Parlor, Alto I  
Chloe Seidl, Alto I

Marissa Henthorn, Alto II  
Avery Sufficool, Alto II  
Addie Thomas, Alto II  
Abby Van Blarcom, Alto II

Ben Hastreiter, Tenor I  
Thomas Parker, Tenor I

Andy Georgi, Tenor II  
Tanner Pfeil, Tenor II  
Dary Tereshchenko, Tenor II

Ryan Akey, Bass I  
Carson Clarys, Bass I  
Nathan Ray, Bass I

Brandan Fuhrman, Bass II  
Garrett Paxton, Bass II  
Quin Sexton, Bass II  
Alexander Young, Bass II

Orchestra: Todd Brown, Cello

Zach Johannes, Tenor I (alternate)- not pictured





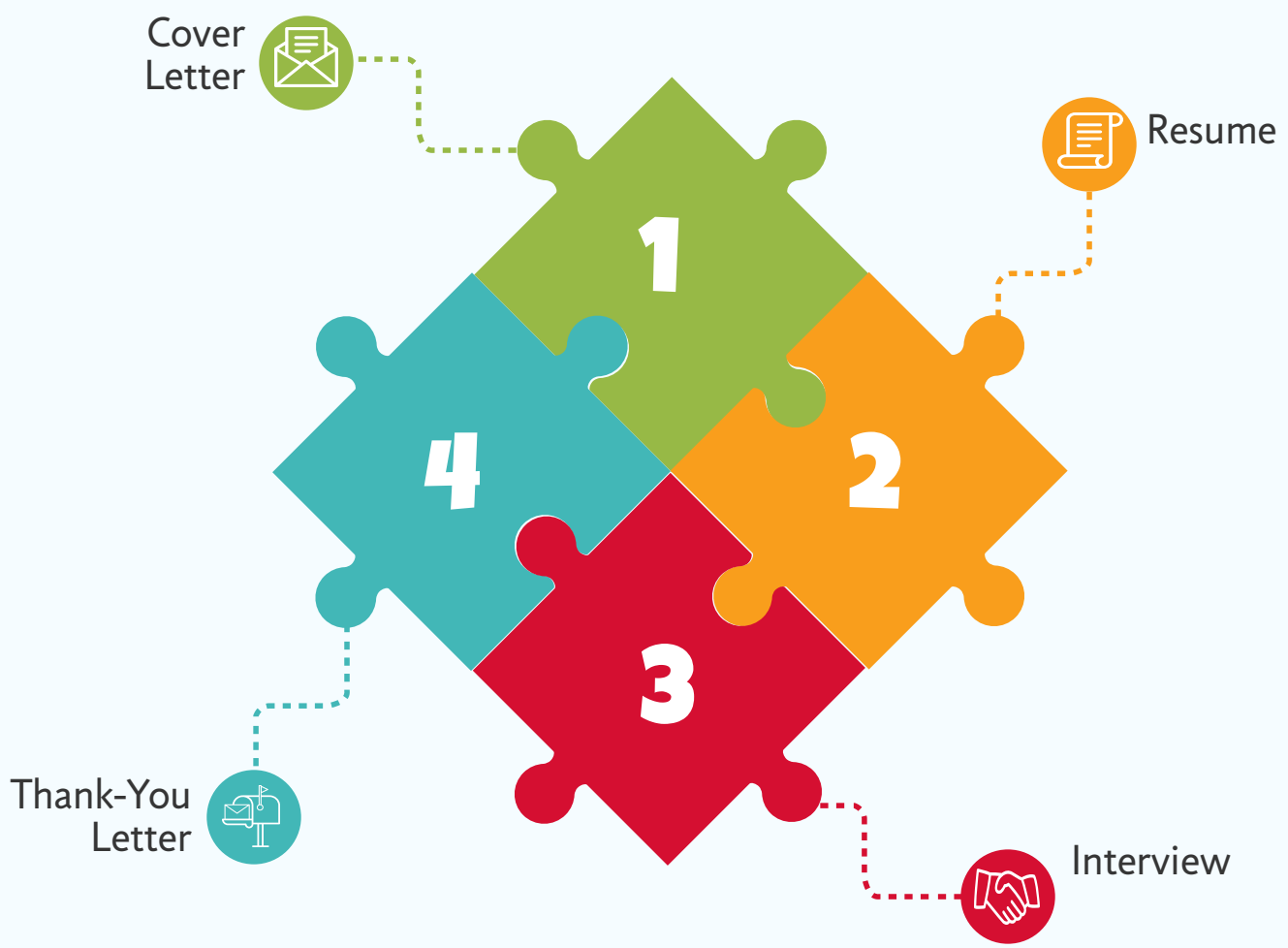
# CAREER AWARENESS PROGRAM

Elkhorn Public Schools

December 2018-January 2019

## IMPORTANT JOB SEARCH PIECES

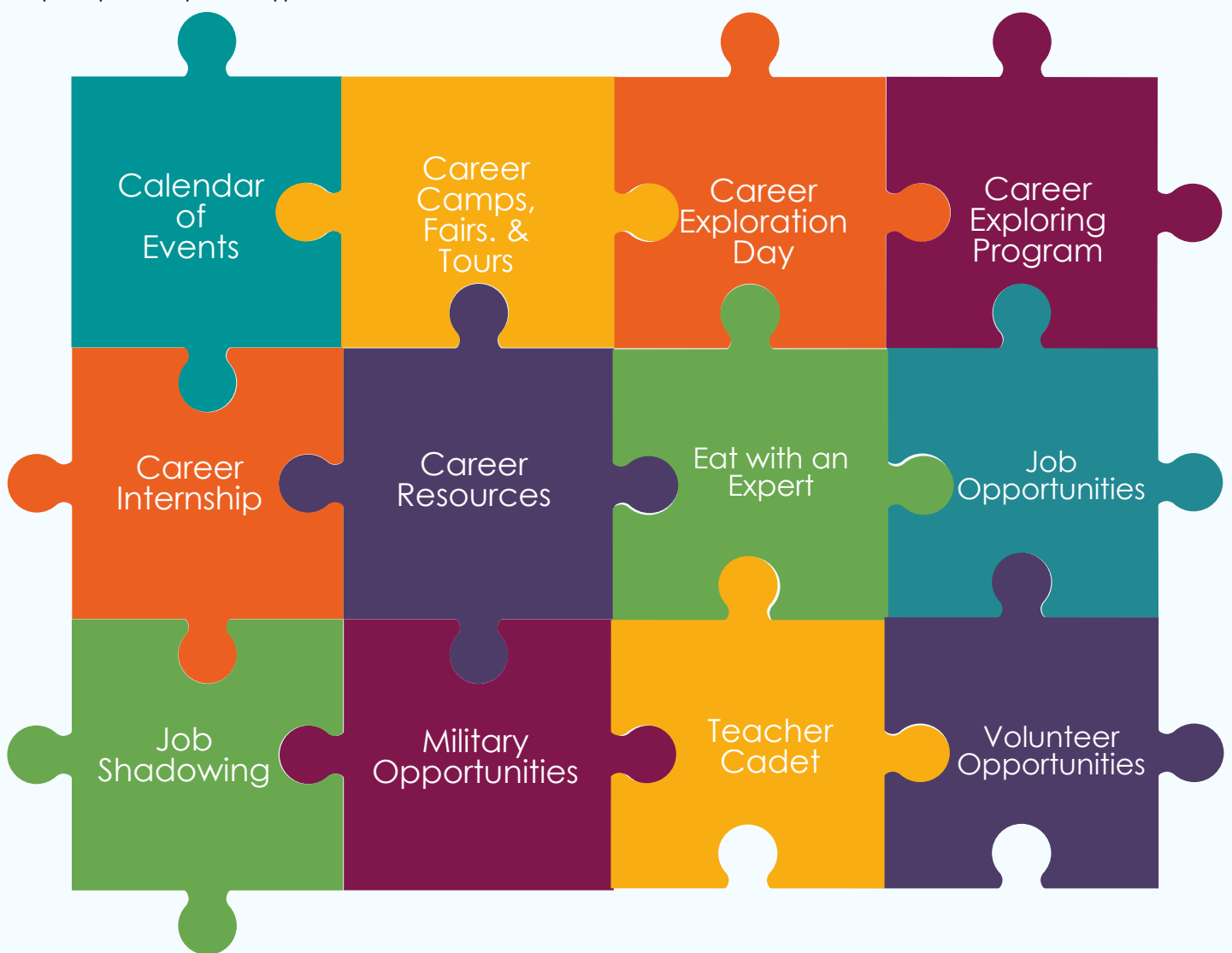
Click on the text below for helpful tips and templates.



## CAREER AWARENESS: HELPING CONNECT THE PIECES SO YOU'RE NOT SO PUZZLED

How will you know which careers interest you the most? Take advantage of career awareness opportunities. To find out what you really like, you need to try it!

Click each puzzle piece to explore the opportunities!



## EXPLORE. CONNECT. LEARN. SUCCEED.

Contact Dana Buurman for more information on career awareness opportunities that are available.  
Email: [dbuurman@epsne.org](mailto:dbuurman@epsne.org)  
Phone: 402.289.0616





# District Reminders

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## **TECH SAVVY PARENT TIPS**

### *Cyberbullying: Tips and Tricks for Kids*

Cyberbullying is defined as using technology or electronics to bully an individual via the sending of intimidating messages. Given the popularity of online social media, most students have, or will, experience cyberbullying.

Below are 5 tips you can share with your child if they encounter cyberbullying:

- 1) Don't respond or retaliate
- 2) Block the bully, including phone numbers, screen names, and email addresses
- 3) Save the evidence
- 4) Report on the platform where cyberbullying is experienced, as most social sites include a "report abuse" feature
- 5) Tell a trusted adult

For more information on how to combat cyberbullying, visit [www.common sense media.org](http://www.common sense media.org).

*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**





SCHOLARSHIPS NOW ONLINE!



## ATTENTION SENIORS:

Scholarship applications are now live!

Last year the Foundation awarded over \$264,000 in scholarships. Please visit our website for a listing of scholarships available to 2019 graduates.

Deadline is 6PM on February 1

[www.elkhornfoundation.org/scholarships](http://www.elkhornfoundation.org/scholarships)

Considering an end of year gift? A tax-deductible donation to the Elkhorn Public Schools Foundation will help further our mission in 2019 and beyond. Thank you for your continued support in enriching the education of our Elkhorn Public Schools students!



Mark your Calendar: Bids 4 Kids will be held on April 4, 2019. Join us for a fun evening of silent auction bidding! We are grateful for any and all donations! For donation information, please contact Stacey Selk at [ssek@elkhornfoundation.org](mailto:ssek@elkhornfoundation.org)



EKC is hiring! Are you bright, energetic and creative? Do you like working with children? Then EKC is for you! Stop in to the foundation office for an application, or download it online at <http://www.elkhornfoundation.org/ekc/ekc-application/>. Email your completed application to [awhorlow@elkhornfoundation.org](mailto:awhorlow@elkhornfoundation.org)

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**FUNDRAISING PARTNERSHIP!**  
GET YOUR UPPER LEVEL TICKETS TO THE FOLLOWING GAMES FOR ONLY  
**\$33.50 Each!**

The banner features a background image of a football stadium filled with fans. On the left is the Elkhorn Kids Campus logo, which is a white arrowhead shape containing the letters 'K' and 'C' in red. The text is overlaid on the image.

### REGULAR SEASON GAMES

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**DEC. 9TH - BALTIMORE RAVENS**

**DEC. 30TH - RAIDERS**

\$10 of every ticket purchased will go back to the Special Education Programs in Elkhorn Public Schools!

**Purchase your tickets @**  
**[www.chiefs.com/ticketfundraiser/](http://www.chiefs.com/ticketfundraiser/)**  
**USING PROMO CODE **EPSNE****





# ELKHORN HIGH SCHOOL

*"Home of the Antlers"*

**Antler Publications**

1401 Veterans Drive, Elkhorn, NE 68022

402-289-4239 FAX: 402-289-4383

Diane Schieffer, Yearbook Adviser

Chloe Seidl & Taylor Jindra, co-editors-in-chief

## Order Your 2019 Yearbook

PRICES GO UP AS TIME GOES ON.

ORDER EARLY.

[www.yearbookforever.com](http://www.yearbookforever.com)

**\$50 through August 31, 2018**

**\$60 through December 31, 2018**

**\$70 through February 1, 2019**

**\$75 for all books not pre-ordered**

Select your school below

Elkhorn High School	Elkhorn	NE
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School	City	State	
Elkhorn High School	Elkhorn	NE	Shop the store

Dear Parent/Guardian:

It is time to start thinking about this year's book of memories! For the sixth year in a row, we are offering an easy way for parents and students to purchase yearbooks--online. **Go to the listed website, type in the school name under "select your school," and the steps will guide you through your purchase.**

If you are unable to use the website or are uncomfortable with that process, you can send a check (for the appropriate amount from the timeline above) and list your child's name somewhere on the check. Your child can drop it off in C-208 OR mail it to Elkhorn High School, ATTN: Yearbook. Receipts for on-line sales will be automatically sent electronically. If purchasing with check or cash, receipts are printed upon request. (Cash orders are processed immediately in front of the customer).

The cost to produce yearbook has gone up over the years, but our price for you has not changed in at least the past ten years. With a full-color, ever-growing yearbook, we need to be able to cover the cost of production. With that being said, our starting price is still the regular \$50, but for a very limited amount of time. Take advantage of this, please. Procrastinating costs more money!

Our yearbook staff has already spent numerous hours getting ready for the 2019 book. We have an amazing staff of great people who are ready to document the moments of the year in this keepsake you need on your shelf forever.

Thank you very much!

The Yearbook Staff and Diane Schieffer, adviser