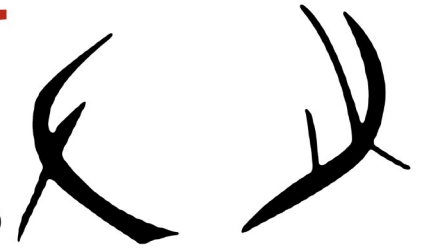


# ELKHORN ANTLERS



Elkhorn High School  
1401 Veterans Drive  
Elkhorn, NE 68022  
402.289.4239

December 2019 &  
January 2020  
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.

### Please Consider Donating to Food Drive Ends Dec. 5 :

FBLA-FCCLA-DECA are having their annual food drive to benefit the Western Douglas County Food Pantry's Food Basket Project. The drive will conclude on December 5<sup>th</sup>. We are a major contributor to this cause and we hope to provide them with a record number of items this year. (Our goal is 5,500 items) Students should bring non-perishable items to their TA no later than December 5th. All unexpired items are appreciated but specific needs include: Canned meat/tuna, peanut butter, boxed meals, canned fruit, cake mix and frosting, toiletries.

### EHS Semester Finals:

**Elkhorn High School will have a finals week to conclude 1<sup>st</sup> semester. Semester finals will be Thursday, Dec. 19 and Friday, Dec. 20. Students will take semester finals in periods 1, 3, 5 on Dec. 19 & periods 2, 4, 6, 7 on Dec. 20. Both Final Testing days are full days of school with the regular 3:20 p.m. 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.

**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 Friday, Jan. 3, 2020, during a staff in-service. Students return from winter break on Monday, Jan. 6, 2020. I will communicate with each student who misses finals about coming in during the winter break to take his/her finals and/or on Jan. 3 and/or Jan. 6th.**

### December MAPS Testing for Students in Math and English

#### 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. 12. 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

#### **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



normal 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.

### **Statewide ACT Testing for Juniors– April 7, 2020**

EHS Juniors will be taking the ACT during the school day on Tuesday, April 7, 2020, 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 7, 2020**

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 Wednesday, November 27, 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.

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

Dec. 9 - 12, 2019. 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. 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.

Students who are currently enrolled in English and Math 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.

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 Ad-



vanced 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, and different expectations per schools that doesn't offer the uniformity of the AP courses. Comparing class rank and GPA of students from Elkhorn to Scottsbluff with different criteria is intellectually dishonest. Neutralizing 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 2020 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



**DAILY BULLETIN  
ON THE WEB**

*http://  
www.elkhornweb.org/ehs/  
daily-bulletin/*

**Updated daily by  
8:30 a.m.**

The graphic is a rectangular box with a decorative, scalloped bottom edge. A yellow pushpin is pinned to the top-left corner. The text inside is centered and includes a URL and update schedule.

**NOTICE OF NONDISCRIMINATION – EQUAL EMPLOYMENT OPPORTUNITIES**

The Elkhorn Public Schools does not discriminate on the basis of sex, race, color, religion, veteran status, national or ethnic origin, marital status, age, disability, genetic information, pregnancy, child birth or related condition, or any other category protected by law in its education programs, administration, policies, employment or other district programs.

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 from the Executive Director of Personnel.

Inquiries concerning the application of the Elkhorn Public Schools' policy of nondiscrimination should be directed to the Executive Director of Personnel, 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 should have received a letter in the mail regarding the **EPSF scholarships** and the **ACHIEVE** scholarship applications and when they 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 5pm on JANUARY 31, 2020!**

**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) Sarah Zimmerman (Ron - Z)  
Tracy Frevert, Counseling Center Admin Assistant

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

- **DROP/ADD:**
- **Monday, December 9 through Thursday, December 12, 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 original 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 7, 2020 at EHS. They will register at EHS for this test.

**ACT** spring test dates are: Feb. 8, April 4, and June 13. 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 14, May 2 and June 6. 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 2020-2021

#### Freshmen/Sophomore Academic Planning/Registration

\*\*\*All freshmen and sophomores met with counselors first semester 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 the registration sheet will be mailed home to parents in late January. Parents are encouraged to review the plan before February 3rd.

\*\*\*Counselors will visit English classrooms from February 3-7 to review the course choices for the 20-21 school year. Course choices will be adjusted in our database so we can provide a printout to parents at registration night.

#### Freshmen/Sophomore/Junior registration during parent/teacher conferences on February 19 & 20

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 19 & 20 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 2020-2021 master schedule for both high schools 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 met with juniors in September 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 initial course registration sheet will be mailed home for parents to review in January. Juniors will review their senior requests during the week of January 20th. Final course choices will be updated in our database so we can provide a revised printout to parents at registration night February 19 & 20.

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

**\*\* Wednesday, March 4, 2020 \*\***

**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 26 to registration night.**

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

**\*\* Wednesday, February 19, 2020 \*\***

**A representative from the University of Nebraska will give a presentation at 7:00 p.m. on February 19th ONLY entitled, "Undecided on a Major for College - how do Colleges HELP?" Parents will be able to attend conferences, attend the presentations, and **sign** their student's registration.**



## 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-State and Academic All-Conference selections**

Girls Golf: Grace Ferguson, Madison Vanwyngarden, Melissa Zabel

Boys Tennis: Samuel Beard, Jackson Habrock, Jason LaFleur, Caden Schutte

Softball: Payton Cooley, Ari Crafton, Sydney Nuismer, Sarah Riddell

Cross Country: Daniel Hudson , Grace Lamski, Abby Metschke, Danika Ratnapradipa,

Volleyball: Claire Burford, Emma Crouch, Abbie Nadgwick, Addie Thomas, Becca Vala,

Football: Kyler Beekman, Mack Boekhout, Jack Buddecke, Bryson Cash, Drew Christo, Eli Cook, Will Hartnett, Aidan Hearty, Evan Johnson, Jacob Moore, Blaise Pecquet, Caden Rinn, Isaac Robinson, Ian Sexton, Cooper Simons, Josh Steckelberg, Ethan Webster, Aiden Young

Play Production: Ella Barnes, Ava DaLaGarza, Aburianna Gerdes, Andrew Gerogi, Jocelyn Mulherin, Ashleigh Ritter, Abigail VanBlarcom

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

The Girl's Cross Country team were conference champions and finished 5th at the state meet. The Girl's Golf team and Boys Cross Country had state qualifiers. The Softball team were regular season conference champs and state Runners Up. Boy's Tennis finished 8th at the state tournament. The Volleyball team competed in the District Championship. The Marching Band placed 7<sup>th</sup> at the Nebraska State Bandmaster's competition. The football team competed well in class A again this year. The Unified Bowling team won the conference bowling championship.

\*\*\*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 begin Thursday, December 5<sup>th</sup>.

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

### Important Websites for Elkhorn High School Activities

[www.easternmidconference.org](http://www.easternmidconference.org)

To find all team schedules

<https://elkhornps-ar.schooltoday.com/>

To register for sports

<https://sideline.bsnsports.com/schools/nebraska/elkhorn/elkhorn-high-school>

To buy Antler gear

<https://striv.tv/channel/elkhorn/>

To stream EHS games





## **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, will be traveling to Creighton Prep on Dec 7 to compete in a Music, Science, Economics scrimmage. Good Luck!

### **Robotics**

EHS Robotic teams, coached by Glenn Benes will be hosting their robotics tournament at Elkhorn Grandview Middle School on Dec 7. On Jan. 25 they will be competing at the Gross Catholic High School tournament. Spectators are welcome.

### **UNO Problem Solving Contest**

UNO Problem Solving Contest was held on Oct 25th. The team of Torin O'Rourke, Jake Rance, Ella Barnes, Nathan Webster, Safal Sapkota, Joseph Seibel, Tanner Zimmerman and, Alexa Harrington won 1st place in Data Analysis, Euler Division. Tanner Zimmerman won 5th place (out of 60 students) 10th grader in the Euler Division, multiple choice test.

### **UNL Math Day**

On November 14th, Ronda Habrock took 23 EHS students to the 30th annual UNL Math Day where they joined 1,247 students from 93 Nebraska high schools to take the PROBE I (Problems Requiring Original and Brilliant Effort). Elkhorn High finished 7th in Probe I team score (out of 13 Class II schools). Our top scorers who formed the team score were Daniel Hudson, Torin O'Rourke, Parker Harrahill, Tanner Zimmerman, Ben Pentico, Joseph Seibel. The Math Bowl Team (Daniel Hudson, Torin O'Rourke, Joseph Seibel) took 2nd place in the Class B division. For more information see: <http://www.math.unl.edu/programs/mathday/>

### **Quiz Bowl**

The advanced and novice quiz bowl teams competed at Gretna on Nov. 1 and Omaha Bryan on Nov. 9. 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 will be held at Elkhorn High School January 11 - if you're interested in competing or volunteering, 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 held Wednesday, Feb 26 at UNL. The 2020 theme is "Engineering in the Wild". Scenarios will focus on topics such as: preserving the wild in Sub-Saharan Africa, sustainable land development, water conservation, electricity off the grid, environmental damages from renewable energy, transportation in the frozen tundra, canopy walkways, and biomimicry engineering designs. 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 TA meeting January 9, in the Commons. For more information, see Mrs. Johnson and visit the TEAM+S website at <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 on January 30th and February 5th. Early in January, honors and AP math students will have the opportunity to sign up with their math teachers for this national math talent search test. For more information, see Mrs. Johnson and visit the AMC website 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. For more information, see Mrs. Johnson or Mr. LaFleur and visit the USABO website at <https://www.usabo-trc.org/>

**Upcoming Events**

December 7 – Elkhorn High School Robotics Tournament at Grandview Middle School

December 7- Academic Decathlon Scrimmage at Creighton Prep

January 9 - TEAM+S informational meeting during TA

January 11 - Elkhorn Quiz Bowl at EHS

January 17– ESU #3 Quiz Bowl

January 25 - Robotics Tournament at Gross Catholic High School

January 30 & February 5 American Mathematics Competition (AMC) tests

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

February 26 - TEAM+S Competition at UNL

## Chromebook Info from Ms. Ethridge

- Please remind your student(s) to charge their Chromebooks each night. It helps them be prepared to learn and complete daily work in class. If there is a problem with a Chromebook, please stop in the Media Center to get it repaired!
- If you have Chromebook fine, it can be paid in the main office with Ms. Higgins. We accept cash or check.

## 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 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 eggnog, 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 will continue through Tuesday, December 31, 2019. Please save your Hy-Vee receipts and turn them into Ms. Higgins in the main office at Elkhorn High School.

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!*





## EHS BAND NEWS

The Elkhorn High School Marching Band placed 8th at the Nebraska State Bandmasters Competition on October 26th with their show "Moonshot". The color guard, which is judged independently of the full band, placed 4th!

Five students from the Elkhorn High School Band were selected to participate in the Nebraska All State Band under the direction of Capt. Ryan Nowlin of the President's Own United States Marine Band this past November.

Ava DeLaGarza, Hailey Cheek, Natasha Ratnapradipa, Eden Thompson, and Wells Johnson were selected from a pool of over 750 auditions from across the state.

Evan Johnson was also selected as an alternate for the All State Jazz Band.

Congratulations!

***Thank You to all the parent volunteers that assisted with our***

***Health Screening. We couldn't have done it without you!***

***We so appreciate your time & assistance.***

## **Winter Break**

**December 23rd ~ January 3rd**

**2nd Semester will begin on**

**Monday, January 6, 2020**

**2019 All State Choir  
Elkhorn High School**

42 vocalists from Elkhorn High School were selected as a part of the 2019 Nebraska All State Choir which rehearsed and performed in Lincoln from November 21-23 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. Garrett Paxton was honored for his accomplishment of being selected to All State Choir all 4 years of high school!

- Hallie Horner, Soprano 1
- Abby Kline, Soprano 1
- Megan Mahloch, Soprano 1
- Anna McCaslin, Soprano 1
- Sydney Spanel, Soprano 1

- Julia Claassen-Criscuolo, Soprano 2
- Grace Kline, Soprano 2
- Celia McCaslin, Soprano 2
- Emma Pietrocini, Soprano 2

- Emily Arnold, Alto 1
- McKenna Flynn, Alto 1
- Maya Groenjes, Alto 1
- Peyton Hardy, Alto 1
- Anna Kline, Alto 1
- Carly Nichols, Alto 1
- Izzi Oestmann, Alto 1
- Susann Parlor, Alto 1

- Ruby Berndt, Alto 2
- Marissa Henthorn, Alto 2
- Anna Love, Alto 2
- Kirsten Ranson-Pettway, Alto 2
- Stephanie Schaerr, Alto 2
- Avery Sufficool, Alto 2
- Addie Thomas, Alto 2
- Abby Van Blarcom, Alto 2

- Beau Beard, Tenor 1
- Ben Hastreiter, Tenor 1
- David Suarez-Guzman, Tenor 1

- Keller Cox, Tenor 2
- Andy Georgi, Tenor 2
- Ryan Schmutz, Tenor 2
- Dariy Tereshchenko, Tenor 2

- Ryan Akey, Bass 1
- Carson Clarys, Bass 1
- Jaxson Ninete, Bass 1
- Thomas Parker, Bass 1
- Max Sorenson, Bass 1

- Brandan Fuhrman, Bass 2
- Parker Mahloch, Bass 2
- Garrett Paxton, Bass 2
- Tristan Peek, Bass 2
- Alexander Young, Bass 2



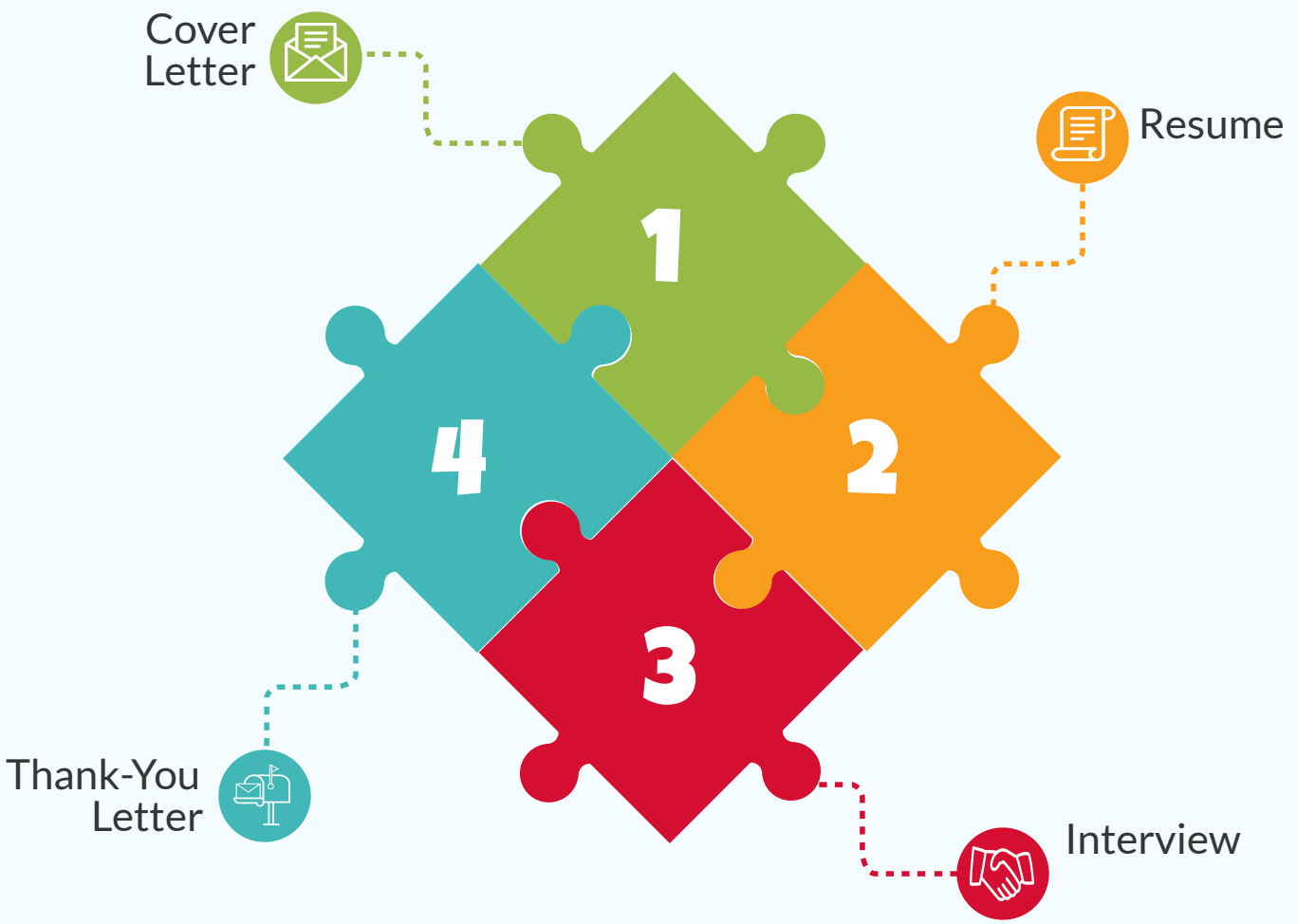
# CAREER AWARENESS PROGRAM

Elkhorn Public Schools

December 2019-January 2020

## IMPORTANT JOB SEARCH PIECES

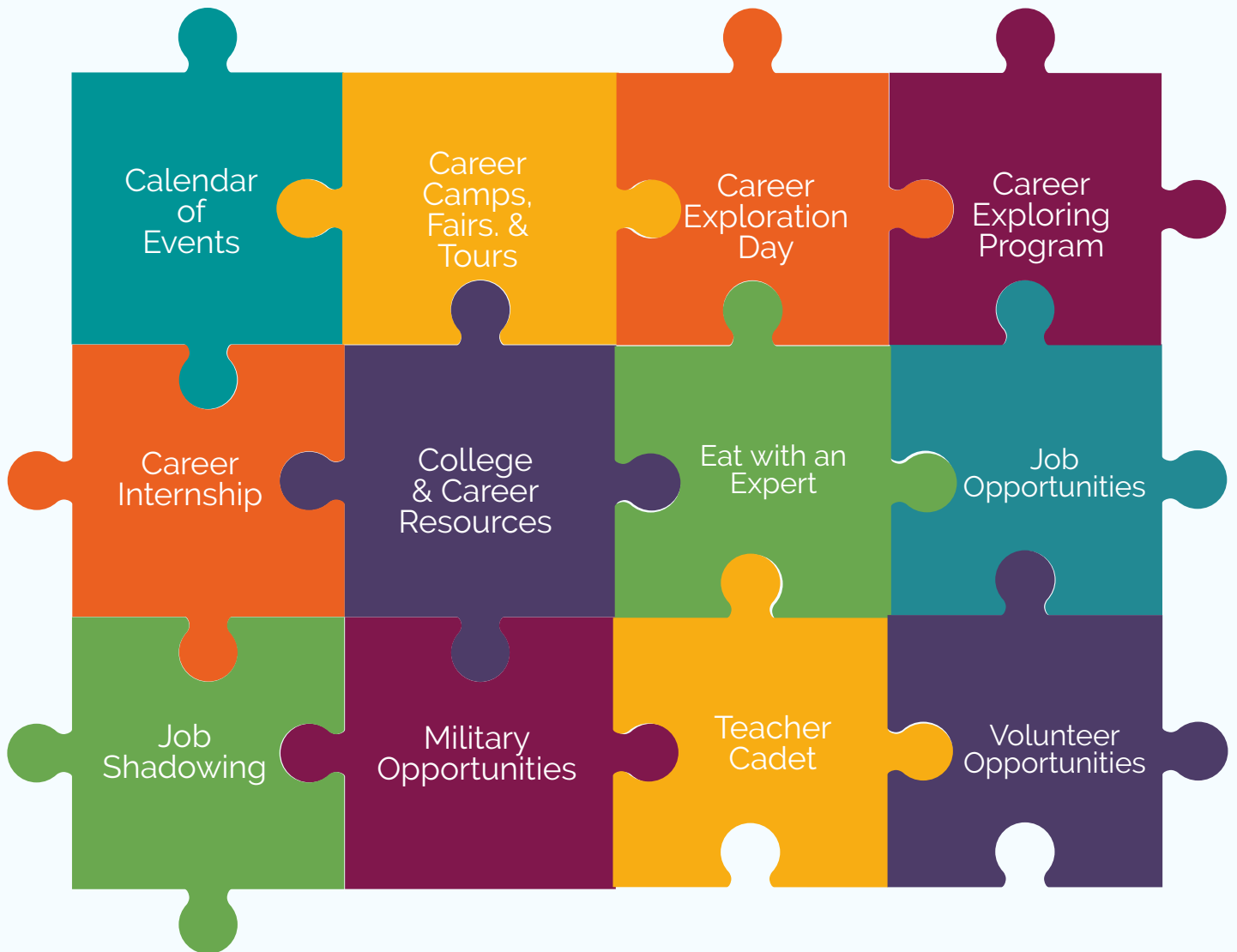
Click on the text below for helpful tips and templates.



## 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 - Apps to Know**

TikTok is a social media app that allows users to generate video content including singing, dancing, or simply talking, as well as interact with other user's content covering a wide variety of topics. Similar to other social media apps, TikTok accounts are created with a default privacy setting of Public, allowing any user to interact with the content posted, send private messages, and capture location information. To protect youth utilizing TikTok, a user account can be set to Private to allow only Friends to see and interact with posted content and Location Sharing may also be turned off completely.

TikTok focuses mainly on music, so there is a potential that youth utilizing the app will encounter age-inappropriate content. TikTok does attempt to prevent this by hosting a separate section for children that allows access only to clean, curated videos and disabling commenting, searching, or posting their own videos. However, due to the ability to circumvent the required process that enable the Children's section, Common Sense media suggests the app be used for ages 16+.

For more information about TikTok and other social media apps to watch for, visit

[www.commonsendmedia.org](http://www.commonsendmedia.org).





# 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

Cece Bryson and Shannon Bradbury, Co-Editors-in-Chief

## Order Your 2020 Yearbook

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

**\$55 through August 31, 2019**

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

Select your school below

Elkhorn High School	Elkhorn	NE
---------------------	---------	----

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 seventh 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, and this will be the first time that our starting price will have increased in over 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 \$55, but for a very limited amount of time. Take advantage of this, please. Procrastinating costs more money!

The 2020 yearbook will be the biggest yearbook in Elkhorn High's history, and it is the very last book before students get split apart.

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



Elkhorn Public Schools



# Report it!

SafeSchools Alert is our district's tip reporting service. If you have information about a threat to our safety, do your part and report it! And remember, you can remain anonymous.

## REPORT TIPS ON:

- Bullying
- Intimidation
- Harassment
- Weapons
- Drugs
- Other

## 4 EASY WAYS

 <http://1556.alert1.us>

 [1556@alert1.us](mailto:1556@alert1.us)

 844.311.8757

 Text your tips

to 844.311.8757



 **safeSCHOOLS ALERT**  
Powered By **VECTOR**



# Elkhorn Junior Dance Clinic

Please follow us on Facebook for more information @ EHS Junior Dance Clinic



Boys and Girls

Grades K-5: Junior Dance Clinic

Grades 6-8: Dance & Tryout Clinic

(6-8 has the option to perform, if not please pick up at 7:15pm)



Register by mail or  
visit Eventbrite to sign up online  
(search Elkhorn Dance)



Register by 11/30 to guarantee a t-shirt

Checks Made out to: Elkhorn Dance Team

Mail Form & check to: Shanda Turley  
1332 N 206 St. Elkhorn, NE 68022

If you have any questions, please email:  
edtjunior@dance@gmail.com

## DECEMBER 13<sup>th</sup>

### CHECK IN: 4:00

Perform at the 7:30  
Boys' Basketball Game  
(Must sign out dancer in auxiliary  
gym after halftime performance)



**\$40** Includes: Age Appropriate Dances & Activities 🐻 T-shirt  
Hair Bow/Accessory 🐻 Craft 🐻 Dinner 🐻 2 Adult Passes to Game

Dancer's Name \_\_\_\_\_ Age \_\_\_\_ Grade \_\_\_\_ School \_\_\_\_\_

Parent's Name \_\_\_\_\_ Contact # \_\_\_\_\_

Email \_\_\_\_\_ T-shirt: Child- S M L Adult- S M L

Emergency Contact Name & # (if parent can't be reached) \_\_\_\_\_

Medical Conditions/ Allergies/ Need to Knows \_\_\_\_\_

\*if needed please continue on back

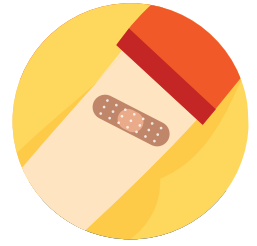
I give permission for my child to participate in the Elkhorn Junior Dance Clinic. I shall assume full financial responsibility for any injury of my child. I shall not expect or request financial aid from the school or any person representing EPS/EDT in the event of an injury. In addition, I give permission to publish the likeness or image of my child and release it to local media sources with the intent of positive promotion of activities, programs, or services of EPS and it's students.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_



# The Flu:

## A Guide for Parents



Influenza (also known as flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. Flu is different from a cold, and usually comes on suddenly. Each year flu viruses cause millions of illnesses, hundreds of thousands of hospital stays and thousands or tens of thousands of deaths in the United States.

Flu can be very dangerous for children. CDC estimates that between 6,000 and 26,000 children younger than 5 years have been hospitalized each year in the United States because of influenza. The flu vaccine is safe and helps protect children from flu.

## What parents should know

### How serious is flu?

While flu illness can vary from mild to severe, children often need medical care because of flu. Children younger than 5 years and children of any age with certain long-term health problems are at high risk of flu complications like pneumonia, bronchitis, sinus and ear infections. Some health problems that are known to make children more vulnerable to flu include asthma, diabetes and disorders of the brain or nervous system.

### How does flu spread?

Flu viruses are thought to spread mainly by droplets made when someone with flu coughs, sneezes or talks. These droplets can land in the mouths or noses of people nearby. A person also can get flu by touching something that has flu virus on it and then touching their mouth, eyes, or nose.

### What are flu symptoms?

Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, feeling tired and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever.



## Protect your child

### How can I protect my child from flu?

The first and best way to protect against flu is to get a yearly flu vaccine for yourself and your child.

- Flu vaccination is recommended for everyone 6 months and older every year. Flu shots and nasal spray flu vaccines are both options for vaccination.
- It's especially important that young children and children with certain long-term health problems get vaccinated.
- Caregivers of children at high risk of flu complications should get a flu vaccine. (Babies younger than 6 months are at high risk for serious flu complications, but too young to get a flu vaccine.)
- Pregnant women should get a flu vaccine to protect themselves and their baby from flu. Research shows that flu vaccination protects the baby from flu for several months after birth.
- Flu viruses are constantly changing and so flu vaccines are updated often to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season.

### Is flu vaccine safe?

Flu vaccines are made using strict safety and production measures. Millions of people have safely received flu vaccines for decades. Flu shots and nasal spray flu vaccines are both options for vaccination. Different types of flu vaccines are licensed for different ages. Each person should get one that is appropriate for their age. CDC and the American Academy of Pediatrics recommend an annual flu vaccine for all children 6 months and older.

### What are the benefits of getting a flu vaccine?

- **A flu vaccine can keep you and your child from getting sick.** When vaccine viruses and circulating viruses are matched, flu vaccination has been shown to reduce the risk of getting sick with flu by about half.
- **Flu vaccines can keep your child from being hospitalized from flu.** One recent study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit admission by 74%.

- **Flu vaccine can prevent your child from dying from flu.**  
A study using data from recent flu seasons found that flu vaccine reduced the risk of flu-associated death by half among children with high risk medical conditions and by nearly two-thirds among children without medical conditions.
- **Flu vaccination also may make your illness milder if you do get sick.**
- **Getting yourself and your child vaccinated also can protect others** who may be more vulnerable to serious flu illness, like babies and young children, older people, and people with certain long-term health problems.

## What are some other ways I can protect my child against flu?

In addition to getting a flu vaccine, you and your child should take everyday actions to help prevent the spread of germs.

Stay away from people who are sick as much as possible to keep from getting sick yourself. If you or your child are sick, avoid others as much as possible to keep from infecting them. Also, remember to regularly cover your coughs and sneezes, wash your hands often, avoid touching your eyes, nose and mouth, and clean surfaces that may be contaminated with flu viruses. These everyday actions can help reduce your chances of getting sick and prevent the spread of germs to others if you are sick. However, a yearly flu vaccine is the best way to prevent flu illness.

## If your child is sick

### What can I do if my child gets sick?

**Talk to your doctor early if you are worried about your child's illness.**

Make sure your child gets plenty of rest and drinks enough fluids.

If your child is 5 years or older and does not have a long-term health problems and gets flu symptoms, including a fever and/or cough, consult your doctor as needed.

Children younger than 5 years of age – especially those younger than 2 years – and children with certain long-term health problems (including asthma, diabetes and disorders of the brain or nervous system), are at high risk of serious flu complications. Call your doctor or take your child to the doctor right away if they develop flu symptoms.

### What if my child seems very sick?

Even healthy children can get very sick from flu. If your child is experiencing the following emergency warning signs, you should go to the emergency room:

- Fast breathing or trouble breathing
- Bluish lips or face

- Ribs pulling in with each breath
- Chest pain
- Severe muscle pain (child refuses to walk)
- Dehydration (no urine for 8 hours, dry mouth, no tears when crying)
- Not alert or interacting when awake
- Seizures
- Fever above 104°F
- In children less than 12 weeks, any fever
- Fever or cough that improve but then return or worsen
- Worsening of chronic medical conditions



This list is not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.

### Is there a medicine to treat flu?

Yes. Antiviral drugs are prescription medicines that can be used to treat flu illness. They can shorten your illness and make it milder, and they can prevent serious complications that could result in a hospital stay. Antivirals work best when started during the first 2 days of illness. Antiviral drugs are recommended to treat flu in people who are very sick (for example, people who are in the hospital) or people who are at high risk of serious flu complications who get flu symptoms. Antivirals can be given to children and pregnant women.

### How long can a sick person spread flu to others?

People with flu may be able to infect others from 1 day before getting sick to up to 5 to 7 days after. Severely ill people or young children may be able to spread the flu longer, especially if they still have symptoms.

### Can my child go to school, day care, or camp if he or she is sick?

No. Your child should stay home to rest and to avoid spreading flu to other children or caregivers.

### When can my child go back to school after having flu?

Keep your child home from school, day care, or camp for at least 24 hours after their fever is gone. (The fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C)\* or higher.

\*Many authorities use either 100 (37.8 degrees Celsius) or 100.4 F (38.0 degrees Celsius) as a cut-off for fever, but this number can vary depending on factors such as the method of measurement and the age of the person.



## CALLING ALL PARENTS!!!!



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you!!

Sodexo is looking for energetic staff to work in the kitchens at Elkhorn Public Schools. We offer great Pay and Benefits along with a wonderful work environment with advancement opportunities. Sodexo is an EEO/AA/Minority/Female/Disability/Veteran Employer

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