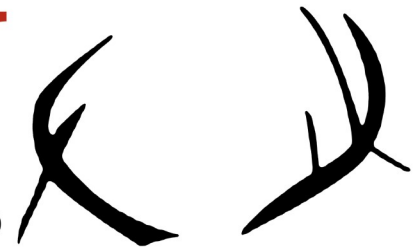


ELKHORN ANTLERS



Elkhorn High School
1401 Veterans Drive
Elkhorn, NE 68022
402.289.4239

February Newsletter 2020

From the Principal..... Dan Radicia

Elkhorn Public Schools Achieves with Advanced Placement Honors:

Elkhorn High School is very proud of our college-prep focus and we value and celebrate the efforts of our dedicated staff and students involved in AP coursework. We were selected as an AP District on the 10th Annual Honor Roll.

WE SLAM OPEN THE DOORS TO AP COURSEWORK. We do not select and sort only the 90th percentile students to enroll in AP courses. We believe that every student who is interested in attending a 2-4 post-secondary experience SHOULD enroll in at least one AP course, take at least one AP test before going to college.

Elkhorn Public Schools was named as one of only two school districts (Lincoln Public Schools) in the state to be part of the 10th Annual Advanced Placement Honor Roll. Nationwide, EPS was among 250 school districts in the U.S. (being honored by the College Board with placement on the AP[®] District Honor Roll for simultaneously increasing access to Advanced Placement[®] course work while increasing the percentage of students earning scores of 3 or higher on AP Exams. Achieving both of these goals is the ideal scenario for a district's AP program because it indicates that the district is successfully preparing students for college coursework. AP coursework prepares students for the rigor of college as the College Board creates the curriculum. It makes a difference to our students' success once they are in college. Elkhorn High School's academic achievement scores are consistently strong relative to national and state indicators.

In order to be selected on the AP Honor Roll, a school has to increase AP tests takers and increase a larger percent of students passing the exam with a 3. If you think about this concept, the more students one allows to take the course/test, theoretically, our scores should decrease rather than increase. Some schools place a barrier to enrollment into AP coursework with a norm-referenced scores in the 90th percentile, while EHS believes if a student wants to take an AP class, the student is enrolled and encouraged to take the test regardless if his/her national percentile achievement score is in the 60-70th percentiles. If more students are taking a college level courses while in high school and have success on the national tests, it is a celebration of the work that child has completed. When a school opens the access for students to enroll in AP coursework, the culture of taking rigorous coursework while in high school brings on other challenges. As a school, we need to work with students with their challenges and encourage them to stay in the AP course.

We should be proud of our students.

Please contact your student's guidance counselor if you have questions about enrolling in AP courses here at Elkhorn High School.



Parent -Teacher Conferences and Registration for 2020-2021 courses

I would like to invite all EHS parents to our Parent-Teacher Conferences on Wednesday, February 19, and Thursday, February 20, from 5:00 - 9:00 p.m. Please note that we will be dismissing students one hour early on both days. EHS dismissal times for February 19 and February 20 will be at 2:20 p.m.

During the evenings of the February Parent/Teacher Conferences, we are adding an informational registration presentation so that parents can understand and SIGN the course registration sheet for the next school year. This presentation will be offered both nights at 6:00 p.m. The presentation will be held in the EHS Auditorium. Parents will still be able to meet individually with teachers before and after the presentation for parent/teacher conferences. Counselors will also be available to answer questions.

The University of Nebraska will present: "Undecided on a College Major- How Colleges can Help?" on Wednesday, Feb. 19 at 7:00 pm in the lecture hall.

11th grade registration for senior year coursework is very important because the counselors complete a credit audit to make sure both students and parents understand credit deficiency and what is needed for graduation requirements. Juniors will still meet one-on-one with their counselor in January or February to discuss the junior audit. The junior audit covers credits needed for graduation, a discussion on possible majors and colleges of interest to the student, and the selection of classes for senior year. The audit and senior registration will be mailed home a week prior to conferences.

Parents are asked to finalize their student's course selections at parent/teacher conferences.

Juniors Received Practice ACT Results:

In order to prepare for the Statewide ACT testing on April 7, 2020. Your 11th grade student received the following information:

[PRACTICE ACT SCORE REPORT](#)

[UNDERSTANDING YOUR SCORE SHEET](#)

The EHS practice 11th grade ACT in November results were returned to all juniors in their English classes in early January. Students were encouraged to log into their Naviance account and work on practice ACT tests. The district provided your student's results and a goal setting sheet to work on improving their relative weaknesses.

The ACT is important for their future stories and we have an obligation as their high school to do whatever it takes to help them be successful on the test. ACT scores open doors to colleges, scholarship and opportunities.

The first obligation, which we fulfill daily, is providing a rigorous, relevant core curriculum. Research is clear that challenging, college-prep curriculum is the #1 indicator of college success and the best way to prepare for the ACT. However, test prep classes cannot replace what students do a daily basis at EHS. Ideally, all of our Juniors will use both approaches to achieve the highest scores possible.

Please discuss the practice score report and ACT prep with your Junior student in the coming days. I appreciate your support and encouragement. Your engagement in this process will help your students further see the importance.



Positive Behaviors that Impact Academic Success:

Now is the time for parents to frame optimistic conversations with a plan for improvement. More directional approaches may help direct your student to have a conversation with his/her teacher. Make staying after school or arriving before school- not an option but part of the new plan of study. Hold students accountable on Friday, rather than Sunday night for missing or late homework assignments. I would encourage our parents to log into PowerSchool and have conversations about goals and improving performance.

Every student should utilize his/her agenda and write down when assignments and assessments are due. Organizing and verifying upcoming assignments is a skill that parents can help students with throughout the week.

Instead of —Do you have homework tonight? Try asking your student to show you —What assignments do you need to work on in order to be successful tomorrow and later in the week?

Students need Routine and Balance:

Students who are engaged in multiple activities need balance in their lives. They will learn how to schedule events and manage time in order to be successful. During these winter months, it is important to stay healthy by taking extra precautions with hand washing, being careful not to spread germs, and getting rest. At times, it will be paramount for parents to say —No. When students want to “hang out every evening,” or constantly on the go, it might be time to balance their lives and activities for them. Research states that students should not work more than 15 hours a week because it negatively impacts their studies.

Honors Convocation:

Friday, February 7, EHS will recognize 780 students with a GPA of 3.25 or higher during an honors assembly where students will receive an Elkhorn Excellence t-shirt, an academic certificate and ice cream for dessert at lunch.

Dress Warm, it is Cold:

Please encourage your students to dress appropriately by calibrating outside temperatures with layered clothing and coats. High school students need to think about what would happen if they were stranded outside as they leave for school. Please encourage your student to leave early, drive responsibly in the parking lot and on the roads.

Please see schedule below for important spring dates:

Parent-Teacher Conferences 2/19, 2/20 No School 2/21

Spring Break 3/19, 3/20, 3/23

ACT National Testing Day at EHS 4/4

State ACT and Pre-ACT at EHS 4/7

No School 4/9, 4/10

Prom 4/18

I send these dates out as far in advance as possible in order to have your assistance in ensuring that all Juniors are present at school these days. Please do your best to plan vacations, trips, and the like during Spring Break. As we get closer to the ACT dates, I will send emails with full details. The administration and counselors work to ensure that loss of instructional time to all students is minimized during these assessments.

Dan Radicia

EHS has a Twitter & a Facebook account.

The social media accounts are the only "official" EHS accounts and will post updates on student learning, community involvement, and student engagement.

Follow us on Twitter [@ElkhornPS_EHS](#) and like us on Facebook at ElkhornPSEHS .


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 → EHS → Counseling Center

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.

Please save all of your scholarship award letters. Copies will be collected in April in order to list scholarships in the graduation program.

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. 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. Registration deadlines are approximately one month prior to the test date and are found on the registration website.

NOTE:

***Students with disabilities might possibly receive test accommodations. See your IEP 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 and classes. Test prep is also available through Naviance.

Junior News — TIME TO START COLLEGE PLANNING!

College Rep Visits: Juniors are encouraged to meet with the various college and military representatives visiting EHS. Students must register online through their Naviance account at least 1 day prior to the visit. Students will be excused from class but must make up all missing work.

"Junior Days": Many colleges host visits geared to juniors in the spring semester. These days are an excellent time for juniors and parents to begin the college visit process. Check college websites or contact admissions offices at schools for more information.

Visits: Before going to a college campus visit students must stop in the Counseling Center to pick up a form for parents to sign and return before the day of the visit.

(2 free college visits — doesn't count against attendance)



AP TESTING INFORMATION:

In the next few weeks, students in AP classes who registered and paid for an exam last Fall will receive information regarding AP exam testing. Each AP class has an AP exam that will take place during the school day May 4-15, 2020.

If the student earns a qualifying score on the AP exam, their university may award them college credit.

Please contact the counseling center with questions.

Be wary of scholarship scams! [No students should have to pay for scholarship or financial aid services.](#)

Contact the Better Business Bureau at <http://lookup.bbb.org/> regarding questionable companies. Educationquest is a reputable website with free local and national scholarship resources. Visit the website for more information. www.educationquest.org

Scholarships are also available on Naviance:

<http://connection.naviance.com/ehsne>: Students use their EHS computer logins to access NAVIANCE (except do not capitalize the eps)

EducationQuest tools will help families through the FAFSA process.

As you complete the Free Application for Federal Student Aid, please be aware of the **free** resources EducationQuest (with an office located in Omaha) has available to help you through the process. These resources are available in the "[FAFSA Tools](#)" section at

EducationQuest.org:

"FAFSA Demo" provides an overview of the FAFSA form.

"FAFSA Made Easy" video demonstrates that the FAFSA isn't as difficult as it seems.

"FAFSA Checklist" provides a list of items to gather before completing the FAFSA.

"FAFSA Tutorial" explains each FAFSA question.

The FAFSA includes an IRS Data Retrieval Process that allows online FAFSA filers to pull specific tax return data directly from the Internal Revenue Service.

Explore A Career!

The Omaha Exploring program is an awesome opportunity for 9-12 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 or stop in the Counseling Center for more information.

Grades not where you want them?

8th hour study hall is available for all students Monday - Thursday from 3:30 - 4:30 p.m., 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 is peer-tutoring and is available for students struggling in classes. Students can sign up in the Counseling Center.



2020-2021 PLANNING

REGISTRATION PROCESS DURING PARENT/TEACHER CONFERENCES

FEBRUARY 19 & 20, 2020

GRADES 9-11

***During the February Parent/Teacher Conferences, there is an **OPTIONAL** informational curriculum presentation so that parents can learn more about EHS curriculum. This presentation will be offered both nights at 6:00 p.m., in the EHS Lecture Hall. It will be the same presentation that was given last year at the February Parent/Teacher Conferences.

***In addition, a representative from the University of Nebraska will give a presentation at 7:00 pm on February 19th ONLY entitled, "Undecided on a Major for College--how do Colleges HELP?"

***Parents can also visit the EHS Counseling Center website to access the 2020-21 CURRICULUM GUIDE which contains information on academic planning and course descriptions.

***Parents will receive a copy of their student's registration sheet when the report card is picked up.

***Parents will be asked to sign and return their student's registration sheet that evening.

Parents will still be able to meet individually with teachers before and after the presentation for parent/teacher conferences.

Academic 4-Year Planning:

In September, the counselors presented curriculum options to all 9th, 10th and 11th grade students to help them develop 4-year plans. Emphasis was placed on course registrations for the next school year. A copy of the registration sheet was mailed home in January so parents could discuss with their students. Juniors made additional changes in late January. Freshmen/sophomores can make additional changes to course requests on February 3-10 in their English class.

Registration for next school year will be finalized by parents at Parent/Teacher conferences on February 19th and 20th. **Summer school contracts are due on February 20th.**

Registration for 9th grade:

February 27:

High School Counselors discuss registration with 8th graders at EMS & EGMS.

March 4:

8th Grade Registration/Parent Night, 5:00 p.m. OR 7:00 p.m. EHS Auditorium

All EMS & EGMS 8th graders and their parents are invited to Elkhorn High School on March 4th at either 5:00 p.m. OR 7:00 p.m.

Parents will pick up registration materials at the door and then proceed to the auditorium. At that time, counselors will present an 8th grade orientation and curriculum PowerPoint. After the presentation, parents will be asked to complete course selections and sign the registration form to verify course selections. Registration forms and summer contracts will be collected at the end of the evening and registration will be complete.



FROM THE DESK OF THE ACTIVITIES DIRECTOR- Mark King

Spring Sports Parent Meeting

Wednesday, February 26th beginning at 6:30 pm in the auditorium.

Where to find the Athletics/Activities information

Please go to www.easternmidconference.org for all the 7th – 12th grade schedules, dates, sites, and even driving directions! This is the website we use to update ALL of the middle school and high school athletics and activities schedules. Game changes, game updates, game times, are all updated HERE!

Visit our official online store to buy some awesome Antler Gear at:

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

At Elkhorn High School we have a high standard for SPORTSMANSHIP

SPORTSMANSHIP REMINDERS

Acceptable Behavior

- Applaud both teams
- Athletes help each other off the floor
- Accepting the decision of the officials
- Handshakes before and after games
- Encourage those around to display sportsmanlike behavior

Unacceptable Behavior

- Derogatory yells, chants, songs or gestures
- Fans being disrespectful to opponents
- Booing or heckling an official’s decision
- Refusing to shake hands or give recognition
- Doing anything negative to detract from the contest

Important Upcoming Dates

- State Wrestling: Feb. 20th-Feb. 22nd
- Girls Basketball Districts: Feb. 25, 27-28
- State Diving: Feb. 27th
- State Swimming: Feb. 28-29th
- Boys Basketball Districts: Feb. 29th, Mar. 2-3rd
- 1st Day of Spring Sports: Mar. 2nd
- State Girls Basketball: Mar. 5-7th
- State Boys Basketball: Mar. 12-14th

Important Athletic Registration Information

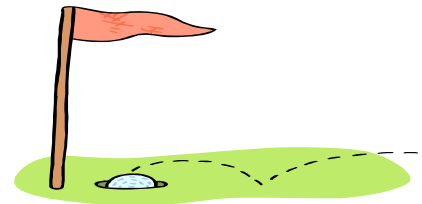
Please use the web site listed below to register your student athlete. Follow the steps to enter information, upload physical form, and pay your annual \$35 Activity Fee.

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



BOYS GOLF

The high school boys' golf season begins on Monday, March 2, 2020. Elkhorn High School students interested in playing golf are invited to attend an informational meeting on **Wednesday, February 19th from 2:30-3:00 p.m. in Room E209 of Elkhorn High School.** Players who are currently participating in a winter sport and unable to attend the meeting should sign up online using the [team website](#) and contact Coach Troy Schutte by email at tschutte@epsne.org. For more information about the tryout process and to sign up for the golf team please visit the team website by clicking on the scan icon.



Cheer & Dance Team

A Cheer & Dance Team informational meeting will be held on Monday, March 9th for North and High. Dance tryouts for North and High will be the week of March 24th - 27th and Cheer tryouts for North and High will be March 30th - April 3rd.

~ Further details will follow in next month's newsletter ~

Band News

On February 22nd, 29 soloists and small instrumental groups from EHS will be competing at the Elkhorn Band Olympics at Elkhorn South. This event is especially for freshmen and sophomore students, and is a chance for them to push themselves with challenging music and a public performance on their own. Friends & Family are welcome to come watch, admission is \$2.00

Additionally, please join the Elkhorn High School bands along with the 8th grade bands from EMS and Grandview on Monday, February 17th for a combined concert! The night promises great music from a large number of students, and admission is free. 7:00 p.m., in the EHS auditorium.

YEARBOOK CORNER

YEARBOOK DISTRIBUTION WILL BE ~ Wednesday, MAY 6

Pre-ordered book sales have ended. Anyone who waited to order and still wish to purchase a book will be put on a waiting list. Waiting list books will be available no later than Monday, May 11. They will be sold for \$75. Not everyone on the waiting list is guaranteed a book.



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.

NAG Conference

The Nebraska Association for the Gifted is hosting its annual spring conference, "Gifted, it's not for everyone!" on February 20-21 at the Embassy Suites Conference Center in the Old Market – parents are welcome. See <http://www.negifted.org> for more information.

Quiz Bowl

The Elkhorn Quiz Bowl was held at Elkhorn High on January 11 in which 43 teams competed. The Advanced team of Torin O'Rourke, Lucas Kenkel, Will Ford and Ethan Anderson won 3rd place. The Novice team of Jake Rance, Joseph Seibel, Tanner Zimmerman and Gage Cammack won 2nd place. The next quiz bowl is ESU#3 on Monday, February 3rd.

Academic Decathlon Regionals

Elkhorn Academic Decathlon competed in the United States Academic Decathlon Regional Competition on January 13th. Team members that made the regional team were: William Ford, Shawn Hecht, Aislin McClarnon, Torin O'Rourke, and Jake Rance. All of the Elkhorn Team members that competed took home medals!

Aislin McClarnon: Gold - Overall Top Score for Elkhorn Public Schools/Bronze - Honors Literature

William Ford: Bronze - Honors Economics

Shawn Hecht: Silver - Varsity Economics/Bronze - Varsity Math

Torin O'Rourke: Gold - Alt. Honors Math

Jake Rance: Bronze - Alt. Honors Math

Congratulations on a great season!

Robotics

The robotics teams are continually fine-tuning their robots to compete in upcoming competitions. On Dec 7th they hosted a tournament at Grandview where 40 schools competed. Antler Powered, HyperNova, and A.V.U.S. made it to the afternoon rounds. On January 10, they competed against 67 teams at Benson. The EHS robots did very well at Benson. All four teams made the afternoon rounds with *Antler Powered* and *HyperNova* making the quarterfinals. Their next competition will be at DC West on February 7th and 8th.

American Mathematics Competition

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. Honors and AP math students were invited to participate. Spots may still be available; see Mrs. Johnson to be included or for practice tests. For more information visit <http://www.maa.org/math-competitions/amc-1012>

Summer Opportunities

Jeffrey S. Raikes School of Computer Science

Summer workshop for rising juniors and seniors - March 27 application deadline. <https://raikes.unl.edu/summerworkshops>



Continued HALE:

Upcoming Events

- January 30 & February 5th – American Mathematics Competition
- February 7th & 8th- DC West Robotics Tournament
- February 10- U.S.A. Biology Olympiad
- February 19 – Parent Teacher Conferences, Mrs. Johnson’s times are 7:15-9:00
- February 20– Parent Teacher Conferences, Mrs. Johnson’s times are 5:00-7:00
- February 20 & 21 – NAG Conference
- February 26- TEAM+S (engineering) Competition at UNL
- February 28 & 29 - Robotics State
- March 6- Bellevue University Quiz Bowl

LOST & FOUND

We have a bin of lost & found items, located in the main office near Ms. Higgins’ desk. Please encourage your student to come look through the lost & found if they have indeed lost anything. We will also have all items out on a table at Parent/Teacher Conferences.
All unclaimed items will be donated.

ATTENDANCE POLICY REMINDERS

Students that arrive to school after the 8:10 a.m. bell and sign in before 8:25 a.m. will be counted as tardy.

Students signing in after 8:25 will be counted absent for 1st period. All students must be excused verbally by a parent or guardian. Students that are absent for professional appointments, must provide documentation from the appointment in order to have the tardy excused.

****ATTENTION SENIORS****

For those that have not yet ordered a cap & gown for graduation, **please do so ASAP.**

Please go directly to Jostens/School Traditions to place your order or call them at 402.733.0300

They are located at 12100 West Center Rd. (behind Nobbies)

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.

Career Awareness Program

ELKHORN PUBLIC SCHOOLS ~ FEBRUARY 2020

February's Eat with an Expert - Register Now!

Elkhorn High

Sports Medicine/Massage
Therapy
Monday, February 10th

EHS Students:
[Click here to register!](#)



Elkhorn South

Veterinary Science
Thursday, February 13th

ESHS Students:
[Click here to register!](#)

Best Careers for the Future: 51 Jobs for 2020 and Way Beyond!

What are the best careers for the future? How will everything change? Is it possible to prepare for the jobs of tomorrow—today? Many of us would love to have definitive answers for these questions. But, of course, nobody can say for sure what the future holds. The best we can do is make educated guesses based on past and current trends. Still, even educated guesses can help us imagine some pretty astonishing possibilities... ([Click here to continue.](#))



12 Savvy Ways to Pay Less for College

Expert financial aid tips from the author of the book *Paying for College Without Going Broke* ([Click here to access.](#))



What Employers Want From Their Employees

Social and emotional skills like perspective-taking, collaboration, and adaptive thinking have long been considered “soft skills:” aspects of personality or character that cannot be taught or learned in a traditional sense. However, as business environments become more complex, these so-called “soft-skills” are the cold hard criteria employers use to determine their new hires!

What Employers Want from Their Employees

Willingness to learn
Enthusiastic, knowledge-hungry learner. Eager to meet challenges.

Self-esteem, motivation, and goal setting
Sets targets and achieves them. Highly motivated self-starter who takes initiative.

Basic academic skills in reading, writing, and computation
Performs foundational skills.

Career development skills
Understands personal strengths. Assesses skills needed for improvement.

Creative thinking and problem solving
Solves problems through innovation. Generates workable solutions.

Interpersonal and teamwork skills
Works well with others. Communicates effectively and positively.

Good communication skills
Listens and communicates effectively. Conveys information accurately, respectfully, and succinctly in verbal and written communications.

Organizational effectiveness and leadership
Confidently motivates, mobilizes, and coaches others.

Information adapted from a study conducted jointly by the U.S. Department of Labor and the American Counseling Association. For additional career resources, visit [JIST.com](#).

JIST
PUBLISHING

[Click to view larger image.](#)

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



District Reminders

SchoolMessenger Alerts

Both the EPS District and each individual building regularly use a parent messaging system called SchoolMessenger to send emails and phone calls to parents, including monthly information about building happenings, as well as school closings.

If you did not receive a phone call and an email regarding our most recent School Cancellation, please reach out to your building secretary.

SchoolMessenger also allows recipients to “unsubscribe” from its mailing list; please understand that by “unsubscribing” you are completely removing your email address from ALL lists, including both District and building specific emails.

If you have previously unsubscribed and would like to begin receiving emails again, please let your building secretary know.

Digital Calendars

As a reminder, all EPS activity and event information can be found by visiting www.elkhornweb.org and choosing the “Calendar” tab in the header. From there, click the building whose activities you are wanting to view.

Additionally, download the rSchool: Activity Scheduler app for easy mobile access to middle school and high school activities and events.

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



8TH ANNUAL

Bids 4 Kids

April 2nd • 6-9PM • Elkhorn Alumni Center

SHOP • EAT • MINGLE • SUPPORT

BENEFITING ELKHORN ELEMENTARY BEFORE AND AFTER SCHOOL MATH & READING INTERVENTION PROGRAMS



Did You Know?

3,000

The number of hours spent on additional instruction time to increase student's test scores, boost student's confidence and improve overall reading and math comprehension.

500

The number of elementary students anticipated to participate in our Math & Reading Intervention program this school year.

84,000

The amount the Foundation funded in the 2018/2019 school year for this growing program.



Elkhorn Public Schools
FOUNDATION

WITH YOUR GENEROUS SUPPORT, THE FOUNDATION CAN CONTINUE TO FUND THIS GROWING VITAL PROGRAM! PLEASE CONSIDER MAKING A TAX-DEDUCTIBLE DONATION IN ANY OF THE FOLLOWING WAYS:

- DONATING AN AUCTION ITEM, GIFT CARD OR BASKET •
- BECOMING A SPONSOR OF OUR EVENT •
- OFFERING A MONETARY DONATION TO BE USED TOWARDS THE EVENT •

Please contact Susan Lumsden at 402-289-1727 or slumsden@elkhornfoundation.org for donation information.

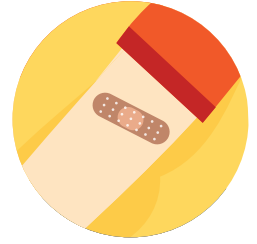
WWW.ELKHORNFOUNDATION.ORG/BIDS-4-KIDS





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.





January 31, 2020

DCHD Information Regarding 2019 Novel Coronavirus (2019-nCoV)

With recent cases of 2019 novel coronavirus (2019-nCoV) reported around the nation and very much in the news, the Douglas County Health Department (DCHD) is increasing its efforts to identify potential cases. DCHD has posted information on our website www.douglascountyhealth.com – then click on the link for 2019 Novel Coronavirus (2019-nCoV). The Health Department is providing this information to give you details about its activities related to the outbreak.

While the available information suggests a low immediate health risk for the general public, we consider any new infectious disease a serious concern and are working with health care providers to promptly identify and evaluate any suspected cases. It is important to recognize that the current investigation and response are dynamic, and new information about the disease may impact the approach to this disease. DCHD will keep you updated as the situation evolves.

Here is what you need to know about 2019-nCoV for your school:

Currently the risk to the general public is considered low. At this time, there are a small number of individual cases in the U.S. and no confirmed cases in Douglas County, though we are aware that could change at any time. Risk is based on exposure. As you know we are in the heart of flu and respiratory disease season, and with over four-thousand flu cases in the county, most of the population is at greater risk of contracting seasonal influenza than the novel coronavirus. Those staff or students with recent travel to any area of China, or contact with someone who has recent travel and is ill, have an increased risk for becoming ill.

DCHD is not recommending exclusion from work/school of asymptomatic persons arriving from China.

For staff and students without an associated travel risk, it should not be assumed that most of the respiratory illnesses are the 2019 novel coronavirus. While in some cases illnesses can be severe and require hospitalization, many individuals infected with 2019-nCoV recover by resting, drinking plenty of liquids and taking pain, and fever-reducing medications.

Any administration or health care staff with questions can call the Douglas County Health Department Epidemiology Section at (402) 444-7214. Ill students who report symptoms consistent with 2019-nCoV and have associated travel risk or contact with someone who does, should be asked to wear a surgical mask as soon as they are identified and be evaluated in a private room (three walls and a door) with the door closed. Health care personnel entering the room should use

standard precautions, contact precautions, airborne precautions, and use eye protection (e.g., goggles or a face shield). See the CDC's checklist for more specific information.

When a new disease is circulating, it is natural for people to ask what they can do to protect themselves and their families. The best guidance at this point is to advise patients to take the same precautions recommended for avoiding colds and flu:

- Staff and students should stay home when they are sick;
- Teach students to cover their coughs and sneezes with tissues, or to cough or sneeze into their inner elbow;
- Practice good hand washing with soap and water as often as possible, and if soap and water are not available, use alcohol-based hand sanitizers;
- Encourage flu vaccination among both staff and students;
- Clean and disinfect frequently touched objects and surfaces in classrooms.

Other faculty or parents who have concerns about their, or their families' personal exposure risks should contact their health care provider.

(Special thanks to Delaware Health and Social Services – Division of Public Health for assisting in the development of this guidance).