

# North Ridge

## Nighthawk Newsletter



APRIL 2022 - Volume 1, Issue 7

### From the Desk of the Principal

Many important things are scheduled during the month of April – the most important being state testing. A testing schedule is included below, and we ask for parents' continued support in avoiding test days for appointments or vacations. We know our students are prepared for these tests and will perform very well.

As we enter 4<sup>th</sup> quarter, we at ENRMS will maintain high expectations and an academic focus. We would ask that you continue to check your child's progress on a regular basis and contact the school if you have any questions. We will work hard to keep students motivated and engaged. You can help us maximize learning by continuing to talk about school and your expectations for them – all the way to the end of the year.

### Testing Schedule at **ENRMS**

April and May will be busy months for assessments for Elkhorn students. All students will be taking state tests as well as a final administration of MAP tests for this year. Our testing schedule is as follows:

March 28-April 1 NSCAS ELA  
April 4-8 NSCAS Math 7<sup>th</sup> grade  
April 11-14 NSCAS Math 6<sup>th</sup> grade  
April 25-May 6 Sprint MAP



These are all very important assessments which truly allow us to measure the academic growth of each student. Please help your child get plenty of sleep at night and a good breakfast each morning. If you can avoid your student's absences during testing days, it would be much appreciated. If you have any questions regarding the testing schedule, please contact the office at 402.289.5787



Third quarter report cards were mailed out on March 23. If you did not receive your child's report card, please give us a call at 402.289.5787

### FROM the MEDIA CENTER:

Parents, the Library Media Center supply of earbuds has been depleted. We have donated the last of our earbuds this year. We know students are using these in classes, and we have been generous with our share. However, we are now out of earbuds. PLEASE check with your student to see if he/she needs to purchase earbuds/headphones to finish the year. Thank you!!



School Physicals for Sports  
(grades 8-12)  
2022-2023

Physicals must be dated  
**after May 1, 2022** for your child to  
participate in activities in the 2022-  
2023 school year.

## ENRMS Sports and Activities WITH LINK

For the most current and up-to-date information, please check our information at: [www.easternmindconference.org](http://www.easternmindconference.org). You can then navigate your way to whichever sport and level of play you are interested in! You can also get directions to the school at which you need to be. We will update the information at the website FIRST!

IS the GAME ON today? Inclement weather postponements or cancellations will also be posted here!



## IMPORTANT TRACK DATES TO NOTE:

Track meet dates

Boys

4/12 - Home

4/19 - @ Valley View

4/25 - Home

5/20 - @ Elkhorn Middle

Girls

4/12 - @ Elkhorn Ridge

4/19 - @ Blair

4/25 - @ Bennington

5/3 - @ Valley View

## Nighthawk Football- Gathering Interested Student Athletes

Next year is approaching quickly and we are excited to have our own football team. We are planning a Nighthawk Signing Day 5/13 to gather expected players. Parents please look to next fall and determine if your student will be participating in club football or Nighthawk Football in preparation for our Signing Day!





## North Ridge PIZZA PARTY at La Casa Pacific Springs

# NORTH RIDGE + LA CASA PIZZA PARTY

WEDNESDAY, APRIL 6TH (11AM- 9PM)

**10% BACK TO THE SCHOOL**

DINE-IN, CARRYOUT, CURBSIDE  
168TH & JACKSON ST.

CALL TO ORDER: 402.506.6868  
[WWW.LACASAPIZZAOMAHA.COM](http://WWW.LACASAPIZZAOMAHA.COM)

### BOOSTER CLUB NEWS:

#### ENRMS Families:

The ENRMS Booster Club is in the process of planning a week-long celebration of our amazing Elkhorn North Ridge Staff, April 18 - 22. Our goal is to shower the entire staff with daily treats as a small token of our deep gratitude for all they do to invest in our students.

#### We Need Your Help:

As a brand-new Booster Club, our funds are limited so our Staff Appreciation Week planning will be heavily dependent on the generous donations we receive. Please consider making a monetary donation to make SAW possible. Donations can be made to the ENRMS Booster Club via [Venmo](#), this [PayPal link](#), or cash or check (made payable to the 'ENRMS Booster Club') sent in to the school office in an envelope marked *ATTN: ENRMS Booster Club SAW Donation*. Any donation amount would be appreciated.

Also, if you own or know of a business who would be interested in donating goods and/or services to our staff members, please email us at [enrmsboosterclub@gmail.com](mailto:enrmsboosterclub@gmail.com).

## THANK YOU FOR YOUR SUPPORT!



## A Note from the Nurse...

- If you received a **health screen referral letter** within the last few months please visit the appropriate medical professional and have them complete the bottom portion of the letter and return it to school with your child.
- Please continue to notify the office if your student has had an exposure to someone with COVID-19 and follow [district guidelines](#) if your student has had an exposure or is symptomatic.
- ***It's time to start scheduling your child's school and sports physicals!***
  - Students who will be entering **Kindergarten** in the fall or who are **new students from out of state** will need to submit a **physical exam and vision exam** (including test for strabismus, amblyopia, and acuity) dated after **February 17, 2022**, as well as a current immunization record including the Kindergarten booster shots.
  - Here is the [Summary of the School Immunization Rules and Regulations](#)
  - Students entering the **7th grade** in the fall will need to submit a **physical exam** dated after **February 17, 2022** and an updated **immunization record** including a Tdap booster.
  - Students wanting to participate in a sport at the middle school or high school level must have a **sports physical** completed sometime after **May 1, 2022** and uploaded to [rschool](#).



***\*\*7th graders still need to submit a physical exam to the front office as well, as these are different systems.***

***Forms can also be uploaded to PowerSchool during the registration process in August but please click "Actual Size" or use the scan feature when uploading with a smartphone.***

Thank you!

Amy Hothan, RN, BSN

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# District Reminders

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## Tech Savvy Parent Tip: Balancing Technology Use

Parents often look for new ways to create a balance between learning and using technology appropriately, and participating in other activities that are essential to a child's development. Finding that balance between the two can be the difference between a healthy relationship and an unhealthy reliance. Several strategies exist to ensure that a healthy relationship with technology is built beginning with the early stages of use.

**Understand your pattern of use and create boundaries:** Most people don't realize the amount of time they spend using technology unless it is pointed out to them. Take an inventory of your family's use and understand when, why, and how you're using technology. Is all of it necessary? Are you and/or your family benefiting from that time spent with technology? Understanding your pattern of use is the first step in creating boundaries that both you and your family can stick to.

**Be intentional in determining downtime:** Being constantly connected can hinder active learning, as one becomes passive in taking in new information because he or she is constantly "learning" new things. Taking a step away from technology and the absorption of information allows one's brain a needed break and creates an active learning

environment. By being intentional in determining technology downtime, you are giving your brain that break to be able to focus on other things.

**Be the example and set the expectation:** Kids learn by following an example - following the same technology use rules you set for your children is the best way to show them a healthy relationship with technology. Setting usage time limits, creating intentional face-to-face opportunities, and implementing device-free zones are all ways to ensure too much time isn't spent on technology for entertainment purposes.

## SmartGen Society: Smart Digital Family Plan

SmartGen Society is an Omaha-based organization focused on bringing preventative and proactive resources to offset negative implications of social media use in youth.

One feature of their resources is a Smart Digital Family Plan, which encourages families to have meaningful conversations about the use of technology in their homes and guides those conversations through several social media and technology issues.

View the full plan [here](#).