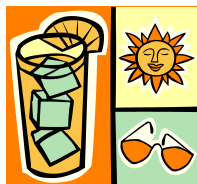


# ELKHORN RIDGE MIDDLE SCHOOL

June 2017



17880 Marcy Street  
Omaha, NE 68118  
(402) 334-9302

## REPORT CARDS / MAP PROGRESS REPORTS

Report cards and Measures of Academic Progress (MAP) results were mailed on Friday, June 2. A letter explaining your child's MAP progress was also included. If you have questions about your child's report card or test results, please call the ERMS office at 402-334-9302. Results of the Nebraska State Standards Assessments (NeSA) have not yet been released.

Kevin Riggert  
Building Principal



## PARENTS OF 2017-18 8TH GRADE STUDENTS

As part of the Elkhorn Public Schools 5-year Instructional Technology Plan approved by the school board this past October, all 8th grade students will receive an individual chromebook for educational use next fall. Next steps of this plan will include chromebooks for the high school students beginning in the fall of 2018. Parents of 2017-18 eighth grade students will need to attend an orientation in order for their student to receive their chromebook. Orientation sessions are being planned during Back to school 101 on August 10 and Open House in August. Specific times and dates will be sent to you as they get set.

## NEW STUDENT REGISTRATION

New student registration is scheduled for Wednesday, August 2 and Thursday, August 3 from 8:00 am - 3:30 pm for any new students to the district. Please call the office at 402-334-9302 and schedule an appointment. Please bring immunizations, birth certificates, proof of residency, and any other information that may be useful in registering your child.

## NEW STUDENT ORIENTATION

New students and families to the Elkhorn School District are invited to an orientation Thursday, August 10 at 7:00 p.m. Orientation is for both parents and students to meet other new students and families and to familiarize yourselves with the building.

## AUGUST REGISTRATION DAY

Mark your calendar for **August 10 for ERMS Registration Day**. Please consider volunteering and sign up to help at: [www.SignUpGenius.com/go/4090D45A4A82EA46-erms/](http://www.SignUpGenius.com/go/4090D45A4A82EA46-erms/)

Elkhorn Ridge Middle School will have a registration day for all students before school starts. Date and time for registration is:

**August 10 10:00 am - 7:00 pm**

Students arrive and proceed through a series of stations:

- 1) Pickup Student Information Cards and make any necessary changes.
- 2) Optional: Prepay for Yearbook (\$37), Student Directory.
- 3) Athletic Information/Athletic Physical Forms, Activity Pass (\$30).
- 4) Lunch Account Deposit.
- 5) **School Pictures** (Picture Packets are optional, school yearbook photo no charge).
- 6) Health Update Forms, School Physicals, Immunizations.
- 7) Return signed Student Information Card, pick up your schedule.
- 8) Questions/answers/tours.

**Open House/Curriculum Night - Monday, August 14 6:30-8:00 pm**

**School pictures will be taken during registration. School Dress Code applies.** Re-takes are scheduled for September 21st.

## SUPPLY LIST FOR 2017 / 2018 SCHOOL YEAR

The supply list for each grade level is enclosed with this newsletter to help you prepare for the upcoming school year.

## 2017 / 2018 SCHOOL YEAR

The district calendar for the 2017 / 2018 school year is enclosed to inform you of teacher in-service days, holidays, parent teacher conferences, and other breaks.

## SUMMER OFFICE HOURS

If you are unable to reach anyone and do not want to leave a voice message, please call Central Office at 402-289-2579 and leave a message. We will get back to you as soon as possible.

## PRESIDENT'S EDUCATION AWARD PROGRAM

Congratulations to the following students who received the President's Education Award Wednesday, May 24th. To be eligible students must meet the following requirement: 3.45 grade point average during middle school including through the fall semester of the exiting grade.

Zachary Axiotes  
Patrick Barnhill  
Braden Beacom  
Gage Bertucci  
Nathaniel Blusys  
Jackson Boll  
Halle Breed  
Jackson Brockett  
Connor Brown  
Maxwell Bunde  
Kedrin Burg  
Charles Campbell  
Madeline Campbell  
Connor Christ  
Caleb Coyle  
Mackenzie Craig  
Colton Dean  
Samuel Devereaux  
Greyson Diers  
Alexis Downs  
Anna Dynek  
Joseph Falk  
Isabella Felsing  
Delanie Ferzely  
Gavin Fisher  
Kennedy Fisher  
Dylan Frazier  
Emma Freedman



Sydney Fulton  
Kyra Garlock  
Landon Goeser  
Ellie Goble  
Kyra Gray  
Rylee Gray  
Noah Henry  
Carter Herchenbach  
Nathan Hoelsing  
Samuel Hoskinson  
Silas Hughes  
Ellen Jesina  
Mia Jewett  
Brian Kardell  
Madison Kathol  
Ashton Kay  
Madison Kent  
Grant Kingston  
Elli Klein  
Quinn Knispel  
Jace Kshywonis  
Madison Kyle  
Ryan Lewis  
Caleb Liable  
Joseph Linzer  
Madison Lopes  
Elijah Lubberstedt  
Kathryn Lytle  
Nina Mainelli  
Harrison McDonald  
Jackson McNeill  
Luke Meisgeier  
Grace Moody  
Aditya Nair  
Elizabeth Nelson  
Nathan Nelson  
Alaina Newman



Emily Newman  
Nolan Parks  
Madeline Payne  
Eli Perkins  
Abigail Petersen  
Maiah Phillips  
Katherine Raymond  
Matthew Raymond  
Taylor Rosenbohm  
Jackson Ryalls  
Lilyann Schied  
Jack Shaver  
Jack Smiley  
Jake Stave  
Lexus Stewart  
Anna Stieren  
Howard Stubstad  
Samuel Sundstrom  
Ashley Tackett  
Blake Thompson  
Cole Trisler  
Spencer VanDenBroeke  
Jaci Vanderloo  
Daniel Walters  
Tyler Waszak  
Elizabeth Watzke  
Samuel Webster  
Olivia Weiss  
Bo Weisler  
Charles Whalen  
Nolan Williams  
Matthew Wilson  
Lindsey Wolf  
Glenna Wyscarver  
Isaac Zatechka  
Katharine Zweedyk

## OUTSTANDING 8TH GRADE BOY AND GIRL

Congratulations to our 8th grade Outstanding Boy and Girl recipients! They are Zachary Axiotes and Olivia Weiss. They were selected for this honor based on their grades, behavior and attitude, ability to work with others, and their involvement in activities.

**THE ACADEMIC RECOGNITION COMMITTEE** would like to congratulate all students who worked hard over the last year to improve their grades. For the first three quarters, this committee recognizes those students during HomeTeam who achieve all 1s or 1s and 2s and also posts their names in the hallway. During the end of the year ceremony, those students who achieve honor roll throughout the year are recognized. A special thank you to Mr. Riggert, Becky Vinchur, Jeanne Hildebrandt and the 6th, 7th, and 8th grade teachers and staff for their help in supporting our students.

Laura Sartore, Chairperson

## OMAHA ROTARY CLUB SCHOLARS

Congratulations to our six 8th grade Omaha Rotary Scholar recipients! They are Zachary Axiotes, Sam Devereaux, Joey Falk, Rylee Gray, Elli Klein, Olivia Weiss, and Glenna Wyscarver. They were selected for this honor based on their leadership, character, scholarship, and presence that they have displayed throughout the school year. These students attended a luncheon on May 6, 2017 at the Century Link Center to celebrate receiving this award. In the future, they will be able to apply for college scholarships through the Rotary Club of Omaha.

## BIG RED STARS AWARD

Congratulations to the recipients of the 2016-17 Big Red Stars Award! Alexis Downs and Ben Walker were selected for this special award sponsored by the University of Nebraska-Lincoln and Education Quest. They were recognized for their dedication to student success. We are proud to have Alexis and Ben represent Elkhorn Ridge Middle School.



## BOOSTER CLUB NEWS

The ERMS Booster Club has had another fantastic year! Thank you so much to everyone who volunteered this year. We couldn't do it without you. I would especially like to thank the Executive Board and everyone who chaired a committee this year! The ERMS Executive Board included Jenny Haase, Lynn VanDenBroeke and Ricci Nisley. Thank you for your time and dedication to ERMS! You were a pleasure to work with! The following Committee Chairs deserve extra thanks...**THANK YOU!**

**Apparel**-Jen Goble, Deb Schuiteman

**Box Tops**-Lucy Newman and Teresa Svoboda

**HyVee Receipts**-Julie Madott

**Concessions Chair**-Nikki Kirshenbaum

**Directory**-Kim Lehl, and Mindy Foral

**8th Grade Celebration**-Jenny Haase, Staci McDonald, Amy Parks, and Kim Raymond

**Family Fun Night Coordinator**-Jaime Hoskinson

**Kindness Committee/Staff Appreciation**-Christy Croom and Melanie Nielsen

**Student Recognition**-Laura Sartore

I would like to congratulate the new ERMS Booster Club executive board for the 2017-18 school year. You will all do a great job!

**President**-Jenny Haase

**President Elect**-Teresa Svoboda

**Treasurer**-Laura Sartore

**Secretary**-Ricci Nisley

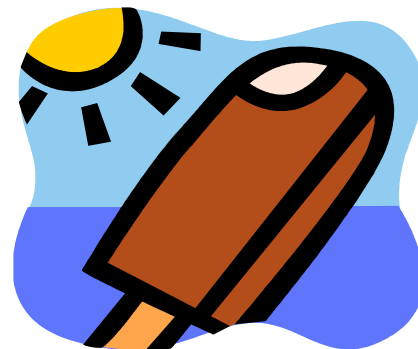
**ERMS Registration Day will be August 10th. Please mark your calendars and please consider volunteering to help by signing up at:**

[www.SignUpGenius.com/go/20F0C48ABAB2DA57-elkhorn](http://www.SignUpGenius.com/go/20F0C48ABAB2DA57-elkhorn)

Have a safe and fun summer!

Tina Dunham

ERMS Booster President



## 8TH GRADE CELEBRATION

A big thank you to everyone who made the 8th grade celebration a success! Many students attended and had a great time! Thank you to the parents who donated their time, extra supplies, and money. It could not have happened without all of your support!

Jenny Haase, Staci McDonald, Amy Parks, and Kim Raymond

8th Grade Celebration Co-Chairs



## 2017-2018 BOOSTER NEWS

We encourage you to get involved with the ERMS Booster Club! Monthly meetings and volunteering are a great way to do so. Please join us!

### 2017/18 ERMS Booster Meeting Dates:

September 12, 2017 at 1:30

October 10, 2017 at 1:30

November 14, 2017 at 1:30

**\*December no meeting**

January 9, 2018 at 1:30

**\*January 30, 2018-Special Meeting with Superintendent, Dr. Bary Habrock**

February 13, 2018 at 1:30

March 13, 2018 at 1:30

April 10, 2018 at 1:30

May 8, 2018 at 1:30



**Please feel free to contact any of the Executive Board with any questions.**

**President-**Jenny Haase [j.t.haase@cox.net](mailto:j.t.haase@cox.net)

**Vice President-**Teresa Svoboda [ttsvoboda@att.net](mailto:ttsvoboda@att.net)

**Treasurer-**Laura Sartore [LSartore@att.net](mailto:LSartore@att.net)

**Secretary-**Ricci Nisley [ricci\\_rathbun@yahoo.com](mailto:ricci_rathbun@yahoo.com)

# Elkhorn Ridge Middle School Booster Club Meeting

May 9, 2017

President Tina Dunham called the meeting to order at 1:30 p.m.

**Minutes:** The April 2017 minutes were approved as distributed.

**Treasurer Report:** Treasurer Lynn VanDenBroeke presented the current financials.

**Old Business:** The electrical voltage to the concession stand will be increased this summer.

**New Business:** Vice President Jenny Haase reported the update from the GOAL/ Foundation meeting. The 2017-2018 Executive Board was voted into office and are as follows: President Jenny Haase, Vice President Teresa Svoboda, Treasurer Laura Sartore, and Secretary Ricci Nisley. Lynn VanDenBroeke and Jenny Haase presented the proposed budget for the 2017-2018 school year.

**Parent Communication:** Mr. Riggert reported the month's school activities and that MAP scores will be given along with student's final grades. NESA scores will not be given until August. Dr. Bary Habrock will conduct a meeting at ERMS on January 30, 2018.

## Committee Reports:

*Marcus Movie Tickets*-Nikki Kirshenbaum-Over \$3,000 of movie tickets/gift certificates were sold which will bring a profit of over \$500.

*Family Fun Nights*-Tina Dunham-The May Family Fun Night will be Freddy's May 10<sup>th</sup>, from 4:00 p.m. - 10:00 p.m.

*8<sup>th</sup> Grade Graduation*-Jenny Haase-The graduation celebration will have a sports theme. There will be a Wipe Out machine, photo fun spot, dodge ball tourney, a variety of games and a Complete Music D.J. Adult volunteers will be needed for supervision. The celebration will be Friday, May 12<sup>th</sup> from 7:00 p.m.- 10:00 p.m. There is a \$20 fee for students to attend.

The May meeting of the ERMS Booster Club was adjourned at 2:39 p.m. The next Booster Club meeting will be held September 12, 2017.

Respectfully submitted by Ricci Nisley, Secretary.





# Elkhorn Public Schools

## MIDDLE SCHOOL Supply List

Elkhorn MS, Elkhorn Grandview MS, Elkhorn Ridge MS, Elkhorn Valley View MS

The following student supply list is provided to assist you this summer and early fall to prepare for the school year. Students are encouraged, but not required, to bring the following school supplies. Please note this is a year round list to be kept throughout the year.

### 6<sup>th</sup> Grade

#2 Pencils  
Erasers  
Blue or black pens  
Red pen  
Markers  
Highlighters  
Colored pencils  
Dry erase markers  
Glue Sticks  
Loose-leaf paper  
(4) Single-subject notebooks  
(1) Composition notebook  
Index cards  
(3) boxes of tissues  
(1) 2" three-ring binder  
5 tab dividers  
Trapper with (7) 2 pocket folders or accordion file  
Inexpensive ear buds

### 7<sup>th</sup> Grade

#2 pencils  
Erasers  
Blue or Black pens  
Red pen  
Markers  
Highlighters  
Colored pencils  
Dry erase markers  
Glue Sticks  
Loose-leaf paper  
(College ruled)  
(6) Single subject notebooks  
(2) Composition notebook  
Calculator (w/ fraction key)  
Index cards  
(3) boxes of tissue  
(1) 1" 3-ring binder  
Organizational system  
(folders or trapper)  
Inexpensive earbuds

### 8<sup>th</sup> Grade

#2 pencils  
Blue or black pens  
Red pen  
Highlighters  
Colored pencils  
Dry erase markers  
Glue Sticks  
Loose-leaf paper  
(College ruled)  
(6) 2 Pocket folders  
(6) Separate spiral notebooks  
(2) Composition notebooks  
Calculator (w/fraction key)  
Index cards  
(3) boxes of tissue  
(1) 2" 3-ring binder  
Optional organizational system (folders or trapper)  
Inexpensive earbuds

**Band and Chorus Students:** Music Department T-shirt (\$10.00), black slacks, black socks, black shoes.

**P.E. Students:** Tennis shoes, t-shirts, and shorts.

**Spanish Students:** Spiral notebook, 2 pocket folder, blue or black pens, Index cards.



JULY				
M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

AUGUST				
M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

SEPTEMBER				
M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

OCTOBER				
M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

NOVEMBER				
M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

DECEMBER				
M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

**DATES**  
School Year - Aug 17 to May 25  
177 Student Days  
190 Teacher Days  
2 Scheduled Make-up Days  
(if needed, all other make up days TBA)

**First Quarter**  
(Aug 17 - Oct 12) = 39 Days  
8-10 New Teacher Orientation  
11, 14-16 Teacher In-service  
17 Classes Commence

**Second Quarter**  
(Oct 16 - Dec 22) = 47 Days  
12 End of First Quarter  
13 Teacher In-service - NO School  
17-18 \*Parent/Teacher Conferences -  
One Hour Early Dismissal  
20 NO School

23-24 Thanksgiving Vacation

22 End of Second Quarter  
Dec 25 - Jan 3 Winter Break

**Student Hours**  
Elementary 8:15 - 3:06  
Middle School 8:10 - 3:20  
High School 8:10 - 3:20

JANUARY				
M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

FEBRUARY				
M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28		

MARCH				
M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

APRIL				
M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

MAY				
M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

JUNE				
M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

**\*Parent/Teacher Conference Times**  
Elem. 3:00 pm to 7:00 pm  
Middle 4:30 pm to 8:30 pm  
High 5:00 pm to 9:00 pm

**Third Quarter**  
(Jan 4 - Mar 15) = 49 Days

Dec. 25 - Jan. 3 Winter Break  
3 Teacher In-service - NO School  
15 Teacher In-service - NO School

14-15 \*Parent/Teacher Conferences -  
One Hour Early Dismissal  
16 NO School

**Fourth Quarter**  
(Mar 26 - May 24) = 42 Days

15 End of Third Quarter  
16 Teacher In-service - NO School  
19-23 Spring Break

20 Graduation  
25 (Becomes vacation day if no more than one missed school day)  
24 & 25 (Both become vacation days if no missed school days)

A teacher inservice will be held on the first business day following the last student day  
28 Memorial Day

**CALENDAR KEY**  
★ First & Last Student Day  
■ NO School  
□ Teacher In-service/Work Day  
△ Parent/Teacher Conference  
○ One Hour Early Dismissal  
✪ Missed Day Contingency



# PERSPECTIVES

June/July 2017

## Turn Your Dreams Into Goals

Yes, you can dream; however, it is also possible to make those dreams a reality. Dreams turned into goals are not going to make you suddenly rich or increase your productivity beyond measure, but they can help you figure out what you want out of life, and they can also give you a road map toward your destination. Dreams turned into goals will require perseverance. It is so easy to set goals, especially lofty ones. However, history shows that such goals are often abandoned after a short time. Why? Unless your goals are broken down into small parts, it is easy to become overwhelmed and just give up. By viewing setbacks as opportunities to learn and adjust, and by challenging fear of failure, it is easier to keep a “hopeful” vs an “all is lost” attitude. One proven way to accomplish reaching your goals is to make them SMART:

1. Be **specific**, or address a **significant** thing.
2. Be certain the goal is **measurable** or **meaningful**.
3. Determine that it is **attainable** or **action-oriented**.
4. Make it **relevant** or **reasonable**.
5. Be sure it is **timely**.

Looking at the examples for your dreams, it is quite evident that dreams which can turn to goals are not exclusive to one area of your life. Make a chart. Use headings such as: Personal, Family, Employment, and/or Recreational. Write down some goals in several categories.

Writing them down helps make them expectations. Once you have written them down, let someone else know what you are planning. This will help you to be accountable for their completion.

Now, set some daily tasks that will help you achieve your goals, and write them down. In that way, you might in-

clude some intermediate goals. (If you only focus on the final goal, it can become overwhelming; therefore, by working toward specific small achievements, you are more likely to reach the end goal without giving up.)

Work diligently. As you complete each step toward the goal, you should treat yourself. This can be a tangible thing, such as a sign for your refrigerator, or it can be something like a mini celebration with the persons who are acting as your accountability partners. When you have done this, set another timeline for the next step.

Remember, there can be setbacks. Things happen. Avoid becoming discouraged. Take stock, and redirect your energy to identify both what you have accomplished and where you want to go next. We learn from setbacks and errors—utilize them for continued growth.



Once you have fully attained your goal(s), it is time for an all-out “party” of sorts. Celebrate the promotion. Buy that car, or find the house of your dreams. You earned it.

***It is not because things are difficult that we do not dare; it is because we do not dare that things are difficult.***



# Stress Busters Work!!!!

Stress is a fact of life, and it shows itself in children, as well as adults. Both positive and negative events can cause anxiety and stress. Anticipation of upcoming activities, current events, and past situations all are possible anxiety triggers.

**Control your anger.** Practice letting go when you find yourself becoming angry or annoyed at a situation. Anger requires excess energy. When you let it go, you are better able to see the situation more clearly.

**Breathe.** Utilize breathing exercises. Take a long deep breath in through your nose, and let it out slowly through your mouth. Take three of these deep breaths, and then refocus yourself. If you have a few minutes, extend the breathing time.

**Slow yourself down.** If you become overwhelmed, try speaking more slowly and distinctly than usual. This will help you appear less anxious, and that will help you be less anxious.

**Complete an easy task.** Get away from the situation if at all possible. Do something else for a short period of time – preferably something far removed from the stressful situation.

**Get some fresh air.** Surprisingly, a few gulps of fresh air can rejuvenate the thinking process and allow for a calming of the senses.

**Don't become dehydrated or overly hungry.** Drink a lot of water (slowly) and keep healthy snacks available to relieve the gnawing stomach feeling.

**Watch your posture.** Stand or sit erectly. Avoid slouching. Good posture allows you to breathe more naturally, and it helps decrease possible aches and pains.

**Take time to recharge.** Give yourself a break. Plan an outing for yourself. It need not be a fanciful or expensive venture, but it should be a welcome break.

Stress is a part of life, both good and bad. Undue stress can be managed. By practicing these tips for adjusting to situations, you will find yourself better able to cope with the day-to-day stress, as well as the unusual situational stress.

## WHAT DOES ARBOR EAP HAVE FOR YOU?

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