



# ELKHORN RIDGE MIDDLE SCHOOL

17880 Marcy Street  
Omaha, NE 68118

December 2017

## PARENT COMMUNICATION/BOOSTER MEETING - NO MEETING IN DECEMBER

Our next Parent Booster meeting is scheduled for Tuesday, January 9<sup>th</sup> at 1:30 p.m. Time is set aside during these meetings for parents to address concerns and ask questions about our programs. If this time does not work into your schedule and you have questions or concerns, please give Mr. Riggert a call to discuss those issues. The Parent Booster group is open to all middle school parents. We believe parent involvement is critical to the success of our children's education and invite all of you to become involved.

## MAKE UP DAYS FOR MISSED SCHOOL DAYS (SNOW DAYS)

As we approach the winter months, it is important to note a change to the EPS calendar from past years. The Elkhorn Board of Education has built in two makeup days to the calendar in the event that school is canceled due to inclement weather (snow days). Those two days are May 24 and 25.

If there are two or more missed school days prior to April 1, students will have school on these two days making the last day of school May 25. If no snow days the last day of school is May 23.

The first two missed days will be made up; in the event of three or more snow days the administration will reevaluate the calendar at that time.



## WINTER BREAK

Students will be dismissed at regular dismissal time on Friday, December 22 to begin Winter Break. Classes will resume on Thursday, January 4, 2018.

## LOST & FOUND

All "Lost & Found" items will be donated to charities on Friday, January 12th.



## SUPERINTENDENT VISIT

This spring, Superintendent Dr. Bary Habrock will visit parent organizations at each Elkhorn elementary and middle school to address the District's rapid growth and discuss plans for the future. Community members are welcome to attend any of the scheduled presentations.

Hillrise Elementary – Monday, January 22 @ 6:30

Arbor View – Monday, January 22 @ 7:30

Westridge – Tuesday, January 23 @ 6:30

EGMS – Tuesday, January 23 @ 7:30

West Bay – Monday, January 29 @ 6:00

Fire Ridge – Monday, January 29 @ 7:00

**ERMS – Tuesday, January 30 @ 1:30**

EVVMS – Wednesday, January 31 @ 1:00

EMS – Thursday, February 1 @ 4:00

Sagewood – Thursday, February 1 @ 7:00

Manchester – Monday, February 5 @ 6:00

Spring Ridge – Monday, February 5 @ 7:00

West Dodge – Tuesday, February 6 @ 6:30

Skyline – Tuesday, February 6 @ 7:30

## SAFETY, SAFETY, SAFETY

Winter weather in Nebraska can make driving difficult and create unsafe conditions. Thank you for following our traffic plan and putting students safety first. Please use good judgment and practice patience when dropping off and picking up students. **Student safety comes first!**

## THANK YOU PARENTS

Your support and help during our fundraisers, health screenings and special grade level activities is greatly appreciated. Your involvement is critical to the success of our children's education.





## 6th Grade News

Mr. Ebers, Mrs. Finks, Mrs. Mitteis  
Ms. Niebaum, Mrs. Ottens, Mr. Phelps,  
Mrs. Randall, and  
Ms. Stromgren

### LANGUAGE ARTS - Mrs. Randall and Ms. Stromgren

Students will be spending the month creating a Gratitude Project. This project will highlight the reasons in their lives that they have to be thankful. There will be an opportunity for them to have others contribute to the project as well, so be watching for them to be asking you about this. Spelling will continue on Thursdays. All lists and practice quizzes can be accessed through classroom websites.

### READING- Mrs. Finks and Ms. Stromgren

Sixth graders are continuing to work on their Greek and Latin roots word study and they will keep practicing the process of reading and citing evidence as we prepare for the district assessment. Students will enjoy novels in literature circle groups throughout the month of December.

### MATH- Ms. Niebaum

Fractions, fractions, fractions! Have you seen the factor stacks method? Ask your child about it! We start out learning all the parts needed to work with fractions and then put them all together to do operations with fractions. A few letters (variables) have been added to problems to start the introduction to algebra. We will soon be working on one step equations.

### PRE-CONCEPTS - Ms. Niebaum and Mrs. Ottens

During this school year, your child will participate in the Mathematical Olympiads for Elementary and Middle Schools (MOEMS). MOEMS is a nonprofit public foundation which provides opportunities for children to engage in creative problem solving activities which develop a child's ability to reason, to be logical, to be resourceful, and occasionally to be ingenious.

The Olympiad goals for children are for them to:

1. develop enthusiasm for problem solving and mathematics
2. deepen understanding of mathematical concepts and strengthen ability to use these concepts
3. consider concepts that they might not otherwise encounter
4. enrich experiences in intellectually stimulating and significant mental activities
5. build a stronger foundation for assessments and for future mathematics studies

At the end of the year awards, students who competed in the Olympiad will be recognized for the achievements they made as compared to others nationally who also competed. Students have completed the unit on relationships between fractions, decimals, and percents. Be looking for examples of each in everyday life to share with your student. We have also done the operations on integers. Next, we will begin the unit on solving one and two-step equations.

### LANGUAGE EXPERIENCE - Ms. Garrison and Mrs. Espinoza

Hopefully, everyone is speaking a little French at their houses. Students have learned a few greetings and conversation questions, as well as colors and numbers. Moodle and google classroom have many songs and different ways to practice French. They will need to be able to write (spelling correctly) French words from their greeting pages as well as answer simple questions like: How are you, How old are you? What is your name? What month is your birthday? Their French test will be December 11-A Days or 12-B Days.

### SOCIAL STUDIES - Mr. Ebers and Mrs. Randall

In November, students started their intro to Economics unit by exploring the difference between needs and wants. In December, students will study Capitalism in the United States as well as the importance of personal finance. Students will explore budgeting and the different options related to savings.

### SCIENCE - Mr. Phelps and Mrs. Mitteis

Sixth graders have been working on becoming an expert on an ecosystem of their choice presentation since the middle of November. Students can determine their own grade by selecting the number of points they wish to earn on each topic they are required to cover in their presentation/slideshow. Students must use Google Classroom to receive communication from either Mr. Phelps or Mrs. Mitteis and to share their projects. Visit Google calendar to check when each topic is to be completed. The whole project will wrap up in January.

Thanks to all the parents who brought their kids up to watch the Great Barrier Reef videoconference! Craig and Janette always do a super job on covering the uniqueness of the reef. On Dec. 11, we will be videoconferencing with the education department at the Henry Doorly Zoo. Endangered and threatened species will be the topic.



## 7th Grade News

Mrs. Bradford, Mr. Breitreutz,  
Mrs. Bryan, Mrs. Klein,  
Mrs. Mitteis, Mrs. Nelson  
Mrs. Ottens, and Ms. Pawoll

### LANGUAGE ARTS - Mrs. Nelson and Ms. Pawoll

Students are completing the review of parts of speech and practicing labeling them in sentences before winter break. We continue to work on text dependent analysis weekly in preparations for the writing assessment. Spelling and mug shot worksheets and tests and quizzes will finish out the calendar year also. Please remind your child to use the resources available to check homework and study for tests and quizzes.

## **PRE - ALGEBRA - Mrs. Ottens and Mrs. Klein**

Pre-Algebra students have learned how to solve multi-step equations and 2-step inequalities, and have been doing a terrific job translating word problems into equations and inequalities. Next we will cover a few topics regarding slope, including how to determine if a constant rate of change exists. We will finish out the semester with calculating discounts and sales tax problems, and students will have a semester assessment recapping all of our math topics we have covered thus far.

## **MATH—Mrs. Klein**

In Math 7 we are working with rational numbers and have been putting our division skills to work to find out whether certain rational numbers are terminating or repeating decimals. We will spend much of December adding, subtracting, multiplying and dividing all types of fraction and mixed numbers. As we close first semester, we will begin simplifying algebraic expressions and using the distributive property. Students will also have a semester assessment recapping all of the math topics we have covered so far this year.

## **SCIENCE—Mr. Breitzkreutz and Mrs. Mitteis**

During December, we will be advancing through the life science unit on Human Body Systems. We have made our way through skeletal and muscular systems. Integument and digestive system will be next. Lastly we will be exploring the excretory/urinary, respiratory, circulatory, lymphatic, and endocrine systems, as well as having a discussion on vestigial structures of the body. The nervous system and the DCA test will not be until after winter break.

## **SPANISH - Ms. Garrison and Mrs. Espinoza**

This group of students is currently studying vocabulary that has to do with their classes and schedule. Their grammar focus this chapter is subject pronouns and AR verb conjugation. They will learn how to say: I talk, you talk, he talks etc... As students practice their vocab at home, please have them try to form sentences in their notebooks. They will be asked to access a website called [pigquiz.com](http://pigquiz.com) to practice conjugating verbs. So, if you hear them yelling at the computer, that means they are enjoying the pigquiz experience!

## **WORLD HISTORY - Mrs. Bryan and Mr. Breitzkreutz**

World History students will study Ancient Rome in December. We will examine the Roman Republic as well as the Roman Empire. We will also continue to research and develop our Big History Projects.

## **READING - Mrs. Nelson and Mrs. Bradford**

Students will review realistic fiction stories in preparation for the district common assessment over the elements of fiction. We will also be reading a variety of Greek myths to parallel their study in World History. Many students have not met AR goals that are due Monday, December 18th, so please make sure that reading is a priority at home during the month of December.



## **8th Grade News**

Mr. Barry, Mr. Breitzkreutz, Ms. Christie, Mrs. Hultman, Mrs. Kammerer, Mrs. Ottens, Ms. Pawoll, Mrs. Semin, and Ms. Stromgren

## **LANGUAGE ARTS - Mr. Barry and Ms. Pawoll**

Generally during the month of December, the weather turns cold, but our writing caps, keyboards, and quills will not! After spending the last couple weeks of November working on the Letters About Literature scholarship, we will now warm our minds to the many skills that are encompassed in research. The students will complete a mini-research project over an unsolved mystery, such as Bigfoot, the Oak Island Treasure, or the builders of the Great Pyramids. We will also continue to work with using previously discussed sentence types, varying parts of speech, and punctuation to take our writing to the next level.

## **READING - Ms. Christie and Ms. Stromgren**

In December, we will be wrapping up our novel study, *The City of Ember*. After that, we will start our nonfiction unit. During said unit, we will be focusing on text structures/text features, organizational patterns, and comprehension. Please make a note that AR goals for this quarter are due December 15.

## **SCIENCE - Mrs. Kammerer and Mr. Breitzkreutz**

Though December is a short month, it will be packed with Science activities. Having transitioned into the month wrapping up our Earth Science unit on rocks and fossils, students will now be exploring energy. This unit builds on topics from 6th and 7th grade as students learn about the various forms of energy and how they transfer, including the conservation of energy. This short unit will conclude with a district common assessment (8.2.3) before Winter Break.



## **AMERICAN HISTORY - Mrs. Hultman and Mrs. Semin**

This month, we'll continue to study the first four presidents and what accomplishments and struggles they had during their presidencies. We will start looking at "Manifest Destiny" (acquiring land that we call the continental United States) as well. We will have a District Common Assessment over "Manifest Destiny" hopefully before winter break. As always, do not hesitate to e-mail or call us with any questions you may have.

## **MATH - Mrs. Semin (Algebra and Pre-Algebra and Mrs. Ottens (Pre-Algebra)**

**Pre-Algebra:** Students have been working on solving equations and inequalities. They have solved one-step, two-step, and multi-step equations and are now learning how to solve one-step and two-step inequalities. The students will then work on graphing relationships while discussing slope and rate of change in the descriptions of the relationships. Finally, students will take a DCA over equations, inequalities, and rate of change.

**Algebra:** Students just finished learning about inequalities. We worked on solving linear inequalities, graphing the solutions on number lines, and graphing inequalities on a coordinate plane. We are now working on Systems of Equations. Students are learning how to solve systems of equations in a variety of different ways: graphing, substitution, and elimination. We will wrap up this semester with a final covering all the content we have learned this year. Feel free to email if you have any questions!

## **SPANISH - Ms. Garrison and Mrs. Espinoza**

This group of 8th graders should be really proud of the improvements they are making as the year progresses. Currently, they are studying a chapter about family members, party activities, possessive adjectives, tener expressions, and "boot" verbs. They should be using their packets and notebooks often to complete assignments for this chapter and doing many activities on moodle and google classroom. They will be creating a family tree poster to present to the class.

## **H.A.L.E. - Mrs. Cohen**

I am officially back from maternity leave and hit the ground running. The winter winds are biting at our backs, yet the ERMS HALE students are rolling in the warmth of knowledge. Quiz Bowl teams for 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grades competed last week at the regional competition. Try-outs for the Science Bowl took place last week and will be attending the tournament at Wayne State on February 3<sup>rd</sup>. A highly gifted group of 8th grade math students took the AMC Math Test, their results will become known in the new year and we will see who reigns top in the field of mathematics. Lunch Bunch book clubs began and 6<sup>th</sup> graders are reading The Aurora County All-Stars, Sophia's War, and From the Mixed Up Files of Mrs. Basil E. Frankweiler. Seventh graders are reading The Phantom Tollbooth and 8<sup>th</sup> graders are reading Miss Peregrine's Home For Peculiar Children and The Map to Everywhere. We started an 8<sup>th</sup> grade pull out for Reading and the students are currently reading The Maze Runner and working on projects to "map the Glade". Seventh graders are starting to prepare for National History Day by researching a topic relating to the theme "Conflict and Compromise". History and Geography bees will be held after the new year. Field trips are being planned for a behind the scenes look at the Henry Doorly Zoo, something not usually open to school field trips but has been granted permission because I work there in the summer time. So far, it has been a great quarter in HALE!

## **STUDENT COUNCIL - Mrs. Bradford**

Student council just finished up a successful Pastry Puffins sale! We also kicked off spirit week on November 13th. We will be sponsoring a gift card drive to support a Womenade project in December. Please send money to your student's home team to help support our Elkhorn families during the holidays!

## **INSTRUMENTAL MUSIC - Kyle Dreessen and Derick Bluford, Band TA**

A huge thank you to all the students and parents as our November Concert was a huge success. All the band students worked very hard, and have come so far since the beginning of the year. I am very excited for all the work ahead to see how much we can grow throughout the year. Currently, we are focusing on some fundamentals to help us in performing our music through the rest of the year. Saturday, Jan. 6th is the Southside School of Jazz, which is a required performance for all Stormin' Jazz Band Members.

Is your musician looking to increase their skill level? Private lessons are always a great way to improve as a musician. Many of our band students have taken private lessons over the years, and the improvement is quite noticeable. If your musician is interested auditioning for all-state, or honor bands in the future, or they just want to improve I would highly recommend private lessons. If you are interested please ask Mr. Dreessen for a list of recommended instructors.

Coming up on January 26th, all of our bands will be performing with the EVV Bands, and the ESHS Band at a basketball game. The 6th Grade will perform during the Girls Varsity Game, and the 7th and 8th Grade will perform during the Boys Varsity Game. Times will be announced at a later date.

## **CHORUS - Mrs. Ballou, ERMS Vocal Music Instructor and Mrs. Foley, Accompanist**

December started off with saying goodbye to our student teacher, Miss Laura Guenther. 'Miss G' taught the choir students most of their rhythm patterns for their rhythms DCA, which all choir students will complete in early December. Following the DCA, the 8th grade students will start to learn music for their Feb. 1 Concert at Elkhorn South. At this concert, ERMS 8th grade choir students will join the EVVMS 8th grade choir students to sing as a massed choir. This concert tends to be one of 8th grades favorite concerts as they get to see all of the ensembles at ESHS that they will soon have the opportunity to be a part of. Just a reminder, that our concerts are mandatory and a large portion of each student's grade.

7th and 6th grade students will start December off with a solo/small group project. Students pick a song of their choice and prepare a solo or small group performance that will be presented to their class. Ask your student what they are singing and encourage them to perform for you.

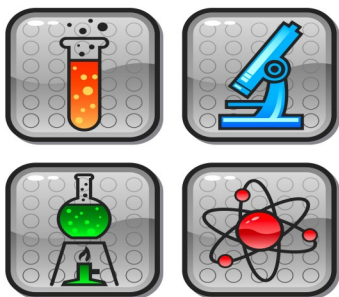
All grades will travel to Hy-Vee during their regular choir class to sing carols around the store. 'A' Days will walk to Hy-Vee on Wednesday, Dec. 20 and 'B' Days will walk to Hy-Vee on Thursday, Dec. 21. Parents are welcome to travel around the store with us. I request that you do not ask Hy-Vee to donate cookies to the choir kids during our time there. We are there to simply give back to Hy-Vee and the Elkhorn Community as they do so much for our school. Students are encouraged to wear festive colors that day and bring holiday hats too. Let Mrs. Ballou know if you have any questions.

Congratulations to Mallory Jackson, Brooke Kingston, Savannah Veomett, Lindsey Kenkel, Bobby Barr, Matthew Petersen and Harrison Will for being selected to participate in the UNO Honor Choir.

## SCIENCE BOWL

Science Bowl is a fun, fast-paced, tournament-style academic competition that challenges and recognizes students' knowledge of science and mathematics, open to all students. Elkhorn Ridge Middle School has been competing for the previous eleven years with great success. ERMS will most likely have 3 teams competing at the 14th Annual Nebraska Middle School Science Bowl competition on **Saturday, February 3rd, 2017** at Wayne State College. Each team will consist of 5 members who earn a spot on a team based on performance and participation. Practices will be held during lunch on Mondays. Try-outs occurred on Monday, November 27 for those interested in being on the teams.

Those not earning a spot on the teams will still be allowed to attend the state tournament for support.



Please direct questions/comments to:

Mrs. Cohen

([acohen@epsne.org](mailto:acohen@epsne.org))

## YEARBOOK

If you haven't ordered yearbook yet there is still time. Walsworth, our yearbook publisher, has been sending out emails to those who have not yet ordered. We will be wrapping up sales in January so don't procrastinate! We will not be ordering extras for those last minute requests, so please get your order in as soon as possible! You can place your order at [www.yearbookforever.com](http://www.yearbookforever.com)

Coming soon, students will have the chance to take fun photos. These photos are like a photo booth where students can strike a pose with their buddies, dress wacky or way cool, wear sports uniforms, or other unique photos. We've had pyramids, band instruments, pets, you name it! Students could be in many photos or just their own...it's up to each individual. These photos take up 12 full pages of our yearbook and guarantees that each student is seen more than a few times throughout the yearbook.

## WEATHER ANNOUNCEMENTS

When weather conditions exist that would jeopardize the safety of students traveling to or from school, information about closing will be broadcast over stations KFAB (AM 1110), KETV, KMTV, WOWT, and KPTM. If school is to have a delayed start or be cancelled, announcements will begin on those stations at approximately 6:00 a.m. regarding early dismissals due to bad weather.

The district has adopted the School Messenger Notification Service which will also be used to notify parents of school closings and cancellations.



## BOYS' BASKETBALL SCHEDULE

**December 5- Intramural Games 3:45**

**December 7- 7th BBB vs Norris**

December 7- 8th BBB @ Norris

**December 11- Battle of the Storms Intramural BB Tournament 3:45**

**December 12- Battle of the Storms Intramural BB Tournament 3:45**

**December 14 - 7th BBB vs. Plattsmouth**

December 14 - 8th BBB @ Plattsmouth

December 18- 7th BBB @ NE City

**December 18- 8th BBB vs NE City**

## ERMS 7TH AND 8TH GRADE WRESTLING

It's never too late to learn a new sport! The ERMS Wrestling program has coached many novice wrestlers to successful seasons. Our goal is to have ERMS students learn the sport of wrestling and have fun competing in one of the world's oldest sports. Middle school is a great time to pick up athletic skills of wrestling where kids of any size can compete. Elkhorn has enjoyed very successful wrestling teams over the years and it's never too late to get started. Almost every state wrestling tournament qualifier and state medalist in Elkhorn South High School's history has at one time wrestled for Elkhorn Ridge. There are many benefits of wrestling in the development of overall athleticism and mental toughness that translate well into most other sports. Middle School is the time to try something new.

An info/sign-up meeting for potential wrestlers will be held after school on Tuesday, December 19th (3:20-3:35pm). There, students will receive an informational brochure about the ERMS Wrestling program for each student-athlete to bring home. I can also email a copy of the brochure upon request. There will also be a preseason meeting on Thursday, January 4th from 3:30-4:30 pm in the wrestling room to discuss expectations for student-athletes on the wrestling team. Supervision will be available if you cannot pick up your child at 4:30 pm. Wrestlers will receive a calendar to bring home highlighting our practice schedule and competitions. The first official full practice is scheduled for Monday, January 8th. Wrestlers should have workout clothes and a towel, and be prepared to practice until 5:15 pm (picked up between 5:20-5:30 pm outside the Boys locker room door #12). If you have questions before the season starts, please don't hesitate to email me, [mbreitkreutz@epsne.org](mailto:mbreitkreutz@epsne.org). Thank you for your continued support of ERMS athletics.

## ATTENTION: PARENTS/GRANDPARENTS, RELATIVES/ NEIGHBORS

Middle school parents interested in speaking at our 8th grade Career Day on the afternoon of Friday, January 26, please contact Mrs. Klein, Guidance Counselor ([jklein@epsne.org](mailto:jklein@epsne.org)). The career session is 30 minutes in length with 15-20 students.

## MESSAGE FROM THE BOOSTER CLUB

Thanks to Jodi McShannon & Carolyn Henry for organizing our landscape project. Hopefully everyone is enjoying the new trees, boulders and mulch! The Booster Club is hopeful that phase two of the landscape project (planting perennials) will be completed this spring by an Eagle Scout and his crew. I would like to thank all of those who have volunteered their time to help us operate the concession stands so far this year. The money we receive from the concession stands funds Booster Club projects and helps fund the 8th grade celebration at the end of the year. Our 8<sup>th</sup> grade celebration committee is: Nikki Kirshenbaum, Christy Clement, Evelyn Milward and Kristin Lewis. This special event will be in the first part of May and is for ERMS 8th graders only. More information on the 8th grade celebration will be coming in future months. A special thank you to Mindy Foral and Lori Doyle for chairing our Box Tops collections, the school made almost \$400! Thank you to Deb Schuiteman, Stacey Haussler and Lora Iossi for organizing the holiday apparel sale. Next up on our list of things to do is to purchase shelving for the students and the "makeover" of the front office. **The Booster Club will not meet in December.** Our next meeting is scheduled for January 9<sup>th</sup> at 1:30 p.m. **Also, on January 30<sup>th</sup>, our superintendent, Dr. Bary Habrock will be meeting with the Booster Club, at 1:30 p.m. Everyone is invited -- Hope to see you there!**

Best Holiday Wishes,

Jenny Haase

## BOX TOPS – FALL SUCCESS

The fall "Box Tops" contest was a HUGE success! We collected \$372.80 worth of Box Tops and a check will be sent to our school in the next few weeks! Thank you to all who participated! Keep cutting and saving those box tops and we'll see you for our spring collection campaign!

## HYVEE RECEIPTS– THROUGH DECEMBER 31<sup>st</sup>

December is the **LAST** month to turn in your Hy-Vee receipts. Please continue to pop them in the "ERMS" box located in Hy-Vee at 180th & Pacific or send them to school with your student. Receipts from Groceries, Coffee, Gas, Pharmacy all count. Thank you for your continued support!

Questions? Please contact Jen Athy at 402-250-1565



## Elkhorn Ridge Middle School Booster Club Meeting November 14, 2017

President Jenny Haase called the meeting to order at 1:30 p.m. The October 2017 minutes were approved as distributed.

**Treasurer Report:** Treasurer Laura Sartore presented the current financials.

**Old Business:** President Jenny Haase reported that the Booster Club spent \$888 on clothing for the ERMS staff. She and Laura Sartore reported that the painting of the office would begin by Laura's husband over one of the holiday vacations after the designers pick a paint color. Nikki Kirshenbaum moved to approve the purchase of hallway shelves at an expense of no more than \$2,000.00. Teresea Svoboda seconded.

**New Business:** Vice President Teresa Svoboda reported GOAL meeting updates. Jenny Haase reminded those in attendance of Bary Habrock's meeting at ERMS on January 30<sup>th</sup> at 1:30 p.m.

**Parent Communication:** Mr. Riggert reported that progress reports would be sent home November 15<sup>th</sup> and that there is a 1 hour early dismissal the day before Thanksgiving. Jenny Haase presented thank you cards from several ERMS staff members.

### Committee Reports:

**Apparel-**Stacey Haussler reported that holiday apparel items will be available to order until November 26<sup>th</sup>. Items ordered will be delivered to ERMS prior to Winter Break. Any parents who ordered items as gifts will be notified. All others will be sent home with students.

**Box Tops-**Mindy Foral stated that \$372.80 was collected in Box Tops. For every 10 box tops a student turned in, his/her name will be entered in a drawing for a \$25 gift card. The drawing and announcement will be held soon.

**HyVee Receipts-**Jenny Haase reported that all HyVee receipts dated September 1<sup>st</sup> – December 31<sup>st</sup> can be turned in to the ERMS office, High Five teachers, or the box labeled ERMS at HyVee. This includes grocery, pharmacy, liquor and gas receipts.

**Family Fun Nights-**Jersey Mike's profited approximately \$12. November 14<sup>th</sup> is at Freddy's.

**Student Recognition-**Laura Sartore gave a small treat to all students who made the Honor Roll. She also posted the Honor Roll student names in the main hallway trophy case.

**Landscaping-**Mr. Riggert stated that Lanoha did the first phase of the landscaping plan which included the planting of several trees. Jenny Haase reported that the next phase of landscaping will be completed in the spring and will be organized by several high school Eagle Scout volunteers.

The November meeting of the ERMS Booster Club was adjourned at 2:25 p.m. The next Booster Club meeting will be held January 9<sup>th</sup>, at 1:30 p.m.

Respectfully submitted by Ricci Nisley, Secretary.



# DECEMBER 2017

ELKHORN RIDGE MIDDLE SCHOOL  
 17880 MARCY STREET  
 OMAHA, NE 68118  
 402 334-9302



ELKHORN RIDGE MIDDLE SCHOOL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 Intramural BBB 3:45 pm	6	7 8th BBB @ Norris 4:15 pm <b>7th BBB vs Norris 4:15 pm</b>	8	9
10	11 <b>School Board Meeting 6:30 pm</b>  Intramural BBB 3:45 pm	12  Intramural BBB 3:45 pm	13	14 8th BBB @ Plattsmouth 4:15 pm <b>7th BBB vs Plattsmouth 4:15 pm</b>	15	16
17  24 31	18 <b>8th BBB vs Neb City MS 4:15 pm</b> 7th BBB @ Neb City MS 4:15 pm  <b>WINTER BREAK No school 25</b>	19  <b>WINTER BREAK No school 26</b>	20  <b>WINTER BREAK No school 27</b>	21  <b>WINTER BREAK No school 28</b>	22 End of Rotation 3 End of 2nd Quarter  <b>WINTER BREAK No school 29</b>	23  30



# PERSPECTIVES

December 2017/January 2018

## Self-Compassion Key to Strength

Most of us tend to care deeply for one another. We are aware that the reaching out we do is therapeutic for the person who is hurting. This hurt hits in many ways—illness, death, an accident, job loss, and so many others. Lending a helping hand or a shoulder to lean on is a matter of instinct. However, when we are in need of some compassion, we tend not to give that helping hand to ourselves. This need is very real, and it often befalls us long before others are even aware of it. What can we do to attend to our own need before it begins to overwhelm us? The following are some suggestions that may help you be kind to yourself.

1. Take a break. A short walk can often relieve some tension. If you are a bit more agitated than usual, this walk and some deep breathing can increase your stamina.
2. Have a talk with yourself. Be encouraging and compliment your abilities and resourcefulness. If you are someplace where you can talk out loud, do so, and while you are at it, answer your questions or engage in a deep conversation. This can help you calm down and clear your head of negative thoughts.
3. Write your thoughts down in your journal. When you are finished, write an upbeat comment on how you will work through your thoughts and needs. Pat yourself on the back, and acknowledge that you are doing yourself a big favor by taking care of yourself.
4. When we become overwhelmed, it is easy to engage in eating. Don't deprive yourself; your body may well need some nourishment. However, eat some snacks that will be healthy for you. This way, you are allowing your body to be strengthened, but you are not likely to create a situation where you will be overeating.
5. If you need to rejuvenate yourself, a shower is ideal. On



the other hand, if you need to relax, consider a warm and leisurely bath. Give yourself permission to enjoy the sensation of the water.

6. Practice mindfulness. Find a place to sit and relax without the day-to-day distractions. Allow your body to completely relax. Think about your own thoughts and feelings. Avoid being judgmental or in denial. Your thoughts and feelings are real, and they need to be acknowledged. Use deep breathing exercises. Once you have allowed yourself to be relaxed, you will be surprised at the renewed energy and self-confidence you gain.

Being compassionate and kind to yourself can boost your positive feelings. It can allow you to be strong and better able to care for yourself. It opens you up to caring for yourself in a productive way and allows you to be strong for yourself.

This is certainly not to imply that you ignore the needs of others by distancing yourself from them. However, it is a means of taking care of yourself, and as a result, you will be strong. You can then more objectively extend that compassion and kindness to others.



## Preparing for Caring

It is not unusual today to see families consisting of four and five generations. In addition, it is frequently the case that these generations are still living independently. As members of that sandwich generation (those between raising children and being blessed with parents and grandparents), it is often a daunting task to recognize and address the situation which may be progressing in the shadows. It is a good idea to begin preparation for possibilities before you are in a position where it should have been done yesterday.

1. **Begin by determining prospective needs.** Invite early decisions by your parent. Look at who in the family will be with you in making decisions. Include the elderly people as well, if at all possible. It is easier to talk with each other when you are not pressed for immediate action.
2. **Is this likely to be a multi-step process?** Can the family member remain in the home with some additional help and some modifications to the current home? Can family members provide that help without infringing on the obligations of family and work? How can each of you do your part without placing an undue burden on one or two people? You do not want to create unnecessary strife among children and grandchildren who are part of the team. While the person is still able to be at home, take time to discuss “if/then” possibilities, and again, include the elderly person in the discussion to the fullest extent possible.
3. **How will costs be paid?** Is there insurance to cover assisted and/or nursing home living? If not, are there savings or other financial resources available? Are some family members in a position to financially contribute to care while others are more able to be of service? This should be discussed. It is important for all members to realize that there may be differences in the dollar amounts each member can contribute. This should be an item for discussion and possible review at a later date.
4. **Remember to take care of yourselves physically and emotionally as well.** Engage in good mental and physical care. Eat well and get adequate sleep. Ask for help when you need it—whether this is some respite care or a possible change in financial arrangements. As a family you can do this if you commit yourselves to work together.

As you grope with this task of caring for elderly individuals, utilize the services of Arbor Family Counseling (402) 330-0960 or [Arborfamilycounseling.com](http://Arborfamilycounseling.com) to guide you and possibly refer you to legal and other resources to make this a smooth change in your family dynamics.

### WHAT DOES ARBOR EAP HAVE FOR YOU?

Professional, caring counselors who offer one-on-one confidential counseling for you and your family members for:

- Stress Solutions
- Conflict Resolution
- Time Management
- School/Work Issues
- Marriage and Family

Initial visits are free —  
paid for by your employer or school system.

**CALL TODAY!**



# NOTES FROM THE NURSE...

ERIN BRYANT, RN  
[ebryant@epsne.org](mailto:ebryant@epsne.org)

Thank you to our awesome health screen volunteers. We couldn't have done it without you!

If your child had results that indicated a need for further evaluation, you should be receiving those referrals in the mail. Please return a copy of the completed referral, so I can update your student's health information. Thank you!

As we head into the winter months, we see an increase in cold and flu symptoms. Please keep your child home if they have a fever of 100\* or greater, vomiting/diarrhea, persistent cough, unknown rashes, pink eye, or in general not feeling well. This helps your child get well faster, and helps reduce the spread of germs.



FLU	CHARACTERISTIC	COMMON COLD
SUDDEN	ONSET OF SYMPTOMS	GRADUAL
OCCASIONAL	SNEEZING	COMMON
EARLY	SORE THROAT & COUGH	MILD COURSE, PEAKING DAY 2-3
OFTEN SEVERE	MUSCLE ACHES	SLIGHT
SEVERE	MALaise, FATIGUE	USUALLY MILD
SUBSTERNAL BURNING, COMMON	CHEST SYMPTOMS	MILD, IF ANY
6-7 DAYS	DURATION	3-4 DAYS
HIGH (102° - 104°)	FEVER	NONE OR MILD (LESS THAN 100°)

## TECH TIPS

### ***Internet Safety Tips***

Taking an active role in protecting your kids from Internet predators and explicit materials is vital to keeping them safe. Below are some helpful tips and ways parents can stay involved and aware in order to ensure their children's safety online.

- Become computer literate and learn how to block questionable material.
- Keep the computer in a common area, not in individual bedrooms, where you can watch and monitor its use.
- Share an email account with your child so you can monitor messages.
- Bookmark kids' favorite sites for easy access.
- Spend time online together to teach your kids appropriate online behavior.
- Block private chat rooms by using safety features provided by your Internet service provider or with special filtering software. Be aware that posting messages to chat rooms reveals a user's email address to others.
- Take your child seriously if he or she reports an uncomfortable online exchange.
- Forward copies of obscene or threatening messages you or your kids get to your Internet service provider.
- Call the National Center for Missing and Exploited Children at (800) 843-5678 if you're aware of the transmission, use, or viewing of child pornography online. Contact your local law enforcement agency or the FBI if your child has received child pornography via the Internet.
- Ask your Internet service provider about disabling "cookies" that track specific user information including a user's name and email address.

Keeping children safe online is an on-going task that requires diligence in the monitoring of online activities and usage. In order to best protect them, parents must remain vigilant and always know what their child is doing online.

### ***Apps to Know***

While parents know that nearly all mobile devices used today have the ability to send and receive text messages, they may not fully understand that beyond that inherent, built-in ability, students are also able to download additional apps that are specifically used for sending and receiving text messages. Below are some popular texting apps and concerns that are linked to their use. *For more information on any of these apps, please visit: [www.common sense media.org](http://www.common sense media.org).*

- GroupMe: allows individual and group messages with no user fees or limits. Users are able to send and receive photos, videos, and calendar links.
  - Concern: embedded GIFs included in the app have adult themes that are not suitable for children under the age of 18.
- Kik Messenger: ability to send and receive limitless messages that do not show up on an individual's phone messaging service
  - Concern: allows users the ability to connect with anyone who shares their Kik username, opening up the pathway for online predators

***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.***



SCHOLARSHIPS NOW ONLINE!



## ATTENTION SENIORS:

**Scholarship applications are now live!**

Last year the Foundation awarded over \$263,000 in scholarships. Please visit our website for a listing of scholarships available to 2018 graduates.

Deadline is 6PM on February 1

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

Considering an end of year gift? A tax-deductible donation to the Elkhorn Public Schools Foundation will help further our mission in 2018 and beyond. Thank you for your continued support in enriching the education of our Elkhorn Public Schools students!



Mark your Calendar: Bids 4 Kids will be held on April 5, 2018. Join us for a fun evening of silent auction bidding! We are grateful for any and all donations. For donation or sponsorship information, please contact Stacey Selk at [sselk1@epsne.org](mailto:sselk1@epsne.org)