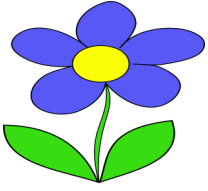


ELKHORN RIDGE MIDDLE SCHOOL



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

May 2018

LAST DAY OF SCHOOL

Friday, May 25 will be the last day of school for students! Students will be dismissed at 11:30 a.m. with no lunches being served. We do not allow students to bring book bags or other containers into school the last day of school. This is done to eliminate the chances of students bringing inappropriate items. All materials and supplies will need to be taken home the last **full** day of school, Thursday, May 24. We will monitor this and hold any bags until after dismissal. Once students have exited the building, they will not be allowed back in. **Please make arrangements to have your child picked up by 11:45 a.m. as this eliminates the opportunities for inappropriate activity.** The administration and staff thank you for your cooperation and support, and wish you all a very relaxing and enjoyable summer vacation.

END OF YEAR AWARDS

We will have separate grade level award ceremonies on Thursday, May 24th. The following schedule will be followed:

8th Grade - 8:30 am

7th Grade - 10:30 am

6th Grade - 12:15 pm

Parents are welcome to attend!



PRESIDENTIAL ACADEMIC AWARDS

Eighth grade students who have met the criteria for the President's Education Award (GPA of 3.5 through his/her middle school years) will be recognized on Thursday, May 24th in the Middle School commons. A reception of coffee, juice, and rolls will be served at 7:00 a.m. for the recipients and parents. The awards ceremony will begin at 7:20 a.m. Students who qualify for this award, will receive an invitation via US mail.

LAST DAY OF SCHOOL

Friday, MAY 25

11:30 A.M. DISMISSAL

NO LUNCH

ONLINE REGISTRATION COMING FOR 2018-2019 SCHOOL YEAR

For the 2018-2019 school year, EPS will implement a new online system for updating student information and completing forms. Look for more information regarding this process over the next few months. Information will be sent via School Messenger. If you have **not** set up a PowerSchool account, you must do so in order for you to access the online registration. If you need assistance with this please contact Becky Vinchur at bvinchur@epsne.org

ONLINE
REGISTRATION

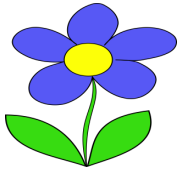
PROGRESS REPORTS

Mid-quarter progress reports were sent home with students on Wednesday, April 25th. If you did not receive progress reports from each of your child's core teachers, please contact us at 334-9302. Report cards will be mailed out to you in June.

YEARBOOKS

Yearbooks will be handed out first thing Friday, May 25. If we have any extras caused by printer overruns, an email will sent out about how to purchase one. We already have several parents who have sent a check for \$50 to the office to reserve a place in line. If we don't have enough books the check will be sent back home.. If you are interested in being in line for these overruns you may do the same. We will know how many books are available some time after May 10th.

REMEMBER: All fines (textbook, band, library, etc.) must be paid, uniforms returned, and textbooks returned to teachers before students receive their yearbook.



6th Grade News

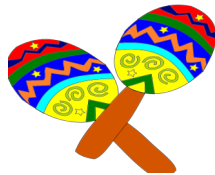
Mr. Ebers, Mrs. Finks, Mrs. Mitteis,
Ms. Niebaum, Mrs. Ottens, Mr. Phelps,
Mrs. Randall, and
Ms. Stromgren

SCIENCE - Mr. Phelps and Ms. Mitteis

Sixth Graders will finish the year by observing, exploring, and discussing weather. Concepts include the atmosphere, air pressure and winds, clouds and precipitation, air masses and air fronts, and how scientists predict weather. The unit will conclude with an activity that will test every skill students have learned. Students will be working as a team of meteorologists to use their knowledge of weather to track a major hurricane and issue watches and warnings just like NOAA does. This realistic simulation will be action packed!

LANGUAGE EXPERIENCE- Ms. Garrison and Mrs. Espinoza

Are you hearing any Spanish at your house? Students have recently been assessed on common questions and answers, numbers, time, body parts, calendar information, the weather, seasons and classroom objects. As we finish out the year, students will be creating and presenting news casts. There will be a final countries and capitals test. They will need to know how to locate the Spanish speaking countries and spell the countries and capitals from memory. They will also get to explore their first vocabulary list for 7th grade. They can study over the summer using their packets from this year and the online book at: Pearson Realize.



LANGUAGE ARTS—Mrs. Randall and Ms. Stromgren

Sixth grade students will begin the month reviewing for the Mechanics District Assessment. It has been very rewarding watching the continued improvements students are making learning concepts on the weekly grammar quizzes. Students will end the year writing poetry and writing a position paper about birth order. We appreciate the support at home throughout the year. Enjoy your summer!

SOCIAL STUDIES - Mr. Ebers and Mrs. Randall

In May, students will be finishing up their urban geography unit. Students have been exploring the growth of west Omaha, renovations done throughout the city, demographics, and the role the Chamber of Commerce plays to improve Omaha. Students will also take part in a mall project where they will get to choose their own stores in their mall. Students should be working on their end of the year Travelmate project as a letter was sent home in April. This Travelmate project will be due on Friday, May 11th. We look forward to hearing about where the Travelmates have visited this school year!

READING - Mrs. Finks and Ms. Stromgren

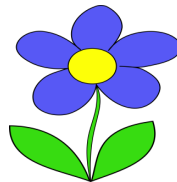
During the second week in May, students will be creating a paper bag character project based upon a character in a book they have independently read during 4th quarter. We will wrap up the year by reading folk tales and tall tales. The fourth quarter AR goal will end on May 11th. Continue reading this summer! Thanks for a great year!

MATH - Ms. Niebaum

Did you hear about the "average 6th grader"? Students collected data from answers to questions they asked their fellow 6th graders. The data was displayed in various graphs. From these graphs the students put the information on a cut-out of a person showing, in creative ways, the data they collected. The graphing unit had students solving problems using information presented in line plots, dot plots, box, plots, stem and leaf graphs and histograms. The measures of central tendency, mean, median, mode alone with range were found and interpreted for sets of data. Have a wonderful summer!

PRE CONCEPTS - Ms. Niebaum and Mrs. Ottens

We will finish out the year with geometry. We will be classifying angles and using protractors to do that. Students will also be able to determine the area and circumference of circles given radius or diameter. We will be using Pi to help us solve those problems. We have truly enjoyed working with this talented group of students. They have a wonderful way of thinking about math outside the "math box". Have a wonderful summer!



7th Grade News

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

SPANISH - Ms. Garrison and Mrs. Espinoza

This current unit is about eating healthy foods and exercising. The verb conjugations are getting a little harder, so remind your student to go to moodle or google classroom and practice the 3B activities. As the 7th graders finish out the year, they will create a poster about how to maintain one's health. They will also get to explore their first vocabulary list for 8th grade. They can study over the summer using their packets from this year and the online book at: Pearson Realize.

MATH - Mrs. Klein

Now that we have finished the NSCAS testing, we will finish our unit on Geometry and then will wind up the year with some Probability. In May we will also be taking the last installment of the MAP test. Remember to ask your child to calculate the tip, tax, and discounts when you go shopping or out to eat! Have a safe and fun summer!

PRE - ALGEBRA - Mrs. Ottens and Mrs. Klein

Now that we have finished the NSCAS testing, the students will be learning about statistics and data analysis. In May we will also be taking the last installment of the MAP test. To end the year, we will review solving equations. This will help them prepare for Algebra next year. Have a fun summer!

WORLD HISTORY - Mrs. Bryan and Mr. Breitreutz

In May, 7th grade World History students will complete the unit on World War II. We will complete the World War II DCA. We will then examine the Cold War and take a look at the location of major countries and geographical features of the world.

SCIENCE - Mr. Breitreutz and Mrs. Mitteis

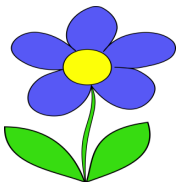
We are almost finished with our Astronomy unit. Students will choose a project after they complete the astronomy DCA. The remainder of the school year will be spent reviewing Scientific Method by conducting an egg drop experiment. Students are welcome to bring in supplies for the egg design. We will also review topics from 6th/7th grade Science, and learn about plant life.

LANGUAGE ARTS - Mrs. Nelson and Ms. Pawoll

In May students will be taking the mechanics and punctuation common assessment. They will continue to work on spelling and proofreading with mug shots. The last few weeks of school will be spent creatively. Students will write/create four different types of poems which will be submitted to four different contests. Please look for notifications of acceptance of your child's poems through email and postal mail. Have a relaxing, family-filled summer.

READING - Mrs. Nelson and Mrs. Bradford

During the month of May, 7th grade readers will finish up our study of science fiction. The 4th quarter AR deadline is May 21st. Encourage your student to read this summer in order to have a strong start in 8th grade. Research shows that reading just *four* books over the summer supports knowledge retention during the summer months. Have a very relaxing and enjoyable summer!



8th Grade News

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

SCIENCE— Mrs. Kammerer and Mr. Breitreutz

The beginning of May will find us finishing our Chemistry unit. Having learned about atomic structure, The Period Table of Elements, chemical bonding, and chemical formulas, we will conclude with chemical reactions and balancing chemical equations. There will be a district common assessment at the end of the unit which will take us right up to the end of the school year.

AMERICAN HISTORY - Mrs. Hultman and Mrs. Semin

Wow! This year has certainly flown by! We will be ending the year studying late 1800's to early 1900's. Some topics include big business and the Progressive Era up to pre-World War I. Students will be completing their last district common assessment project over this content. As always, if you have any questions, please don't hesitate to contact us. Have a safe and enjoyable summer! Good luck in high school!

MATH - Mrs. Semin and Mrs. Ottens

Algebra students will wrap up the year adding, subtracting, multiplying and dividing radical expressions and rational expressions. We have one last DCA to take over radical expressions. **Pre-Algebra** students will be working on an introduction to linear equations including slope. We will have our final DCA over slope towards the end of May. Have a wonderful summer and good luck in high school!!!

LANGUAGE ARTS - Mr. Barry and Ms. Pawoll

As we come to a close to the year, we are working diligently to complete our last writing project - a creative writing e-book portfolio. Over the last Month, the students have been working on their creative writing skills, and we will work to publish those into an e-book to round out our project. We will round out the school year strong with one last public speaking opportunity. We will create a report card for a character from a book read this year, defending and providing reasoning for the grades the students have assessed.

READING - Ms. Christie and Ms. Stromgren

In May, we will wrap up our drama unit by completing *The Diary of Anne Frank* and reading "The Hitchhiker." Following that, students also will use their analytic reading skills to read some short stories, including "The Monkey's Paw," to prepare for ninth grade English class next year. In addition, we will finish our 20th unit of Greek and Latin roots before taking our final cumulative District Common Assessment over all units. Please remind your child that AR ends May 16. Also, we will be MAP testing in Reading on May 1st and 2nd. Thank you for an awesome year. Best of luck in high school!

SPANISH - Ms. Garrison and Mrs. Espinoza

Students have been working on a unit that includes rooms in the house and chores, so feel free to speak to them in Spanish at home. At this point in the year, students are putting all their knowledge together with conversations, in class presentations and review of all grammar points. Students are watching a 10-episode mystery and solidifying Spanish I information to be prepared for Spanish II. They can study over the summer using their packets from this year and the online book at: Pearson Realize. They should review Spanish before school starts using the review packet we give them. They can find the Spanish II book using this link: <http://www.phschool.com/webcodes10/index.cfm?area=view&wcprefix=jck&wcsuffix=0001>

BAND - Kyle Dreessen, ERMS Band Director and Mr. Bluford, Band TA

Congratulations to the ERMS Stormin' Jazz Band for earning a superior rating at the first-ever EMC Jazz Festival on April 5th.

The final band concert of the year will be on Tuesday, May 15th at ERMS. Students are asked to be at ERMS at 6:30pm. Congratulations to Shannon McKay, McKinley Kalvoda, Maclain Wright, Ben Seder, Jacob Walter, and Tyler McEnroe for being selected to participate in the Blair Honor Band. The 8th Grade Band travels to the Adventureland Festival of Bands on May 5th.

Jazz Band Tours are coming up. The Jazz Busters Tour will be May 17th, and Stormin' Jazz on May 21st. Both days students will miss the entire day of school, and will be going to Valentino's for lunch. Students are asked to bring \$10.00 cash to cover their lunch that day. We will also need parent volunteers to travel with us as chaperones for the buses on both tours. Please let Mr. Dreessen know if you are interested.

If you are interested in private lessons to help your young musician improve, please contact Mr. Dreessen for a list of recommended instructors. Our Summer Band Program information is available at the following link. This is an exciting program from June 4th - 21st at Elkhorn Grandview Middle School, that is TOTALLY free! To access the sign-up form please visit: <https://goo.gl/forms/x6XdTL4Ywd2yTQIS2>.

Thank you for all of your continued support of our ERMS Band Program!

6th-8th HALE - Mrs. Cohen

HALE has had a busy year! The students have constructed, dissected, quizzed, and created their way into new and exciting parts of the curriculum.

HALE wrapped up the year by 8th grade attending the last Quiz Bowl competition at Grace University and taking 3rd place, and 24 students will attend an Extreme Math Competition with all Elkhorn participants.

A large group of students attended the International Horse Show where they watched a jumping competition and interacted with dressage horses. A group of 8th grade students explored the behind-the-scenes areas of the Desert Dome at the Henry Doorly Zoo with reptile keepers. They explored the venomous reptile room and went to the top of the dome where the tortoises live during the cold winter months.

A group of 7th grade students are currently involved in a reading unit studying the area of Utopia versus Dystopia. All the while a group of 8th grade reading students tackled Anthem and a Holocaust themed book which differs based on class period.

STUDENT COUNCIL

Student council will be hosting a talent show at ERMS on Friday, May 18 from 6:30-8:30pm. Please come join us for a fun evening honoring all of those affected by school violence.

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

Please join us for our end of the year Pop Concert on Thursday, May 10 at 7 PM in the ERMS gym! Get ready to hear some pop, country, rock and soundtrack music as this concert will feature various styles of music found on the radio. Students are asked to dress up in a costume that represents a style of music - think rock 'n roll, 80's pop, country, etc. I encourage creating costumes from items you already have at home. Please do not feel the need to purchase a costume. Students may also wear their blue ERMS polo, instead of wearing a costume. Costumes must be school appropriate and easy to dance in. Props and masks are not allowed. Show choir students should wear a style of music costume instead of their show choir costume.

Show Choir News:

It's tour time!!! Encore and Applause will tour around the Elkhorn Community on Thursday, May 17th. Students need to turn in \$10 cash to Mrs. Ballou for a Valentino's lunch buffet. Please come to school in your costume - we will be gone for the entire school day.

Bravo will tour the Elkhorn Elementary Schools/ Elk Ridge Retirement Village on Thursday, May 21. Students need to turn in \$10 cash to Mrs. Ballou for a Valentino's lunch buffet. Please come to school in your costume - we will be gone for the entire school day.

DESTINATION IMAGINATION - Competition Results

Congratulations to the Elkhorn Ridge students who participated in the 2017-2018 season of Destination ImagiNation. ERMS had one hard-working team competing this year. They rocked it at the Regional competition in Blair, NE in March, earning a first place and qualified for State which was held in Kearney, NE on April 7th. The team placed 3rd at the State competition. What a fantastic year! The team used their creativity, problem solving skills, and collaboration to put together a solution that showed their own interpretation of their DI Challenge. The students worked on their challenge since the fall and did a terrific job!

The team members are Sam Keith, Mason Chaplin, Morgan Horstman, Nicole Schulz, Parker Thornton, and Toby Tsai. They were managed by Anne Keith.



PARENTS OF CURRENT 7TH GRADE STUDENTS

As part of the Elkhorn Public Schools 5-year Instructional Technology Plan next year's 8th grade students (current 7th grade students) will receive an individual chromebook for educational use next fall.

Parents of 2018-19 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 7 and Open House in August. Specific times and dates will be sent to you as they get set.

PARENTS OF CURRENT 8TH GRADE STUDENTS

Eighth grade students will check their chromebooks in on Wednesday, May 23. Please be sure they return all items checked out to them - chromebook, charging cord, and case. Lost or damaged parts may be assessed fines.

Students will be given a new device at the high school starting their freshman year. More information will be sent through School Messenger.



BETTER HEARING AND SPEECH MONTH

More than 5 million children in the United States have a speech, language, and hearing disorder. The American Speech-Language-Hearing Association (ASHA) celebrates May as Better Hearing and Speech Month (BHSM) to help provide awareness and information about communication disorders. Child speech and language problems include: **stuttering, articulation problems** ("wabbit" instead of "rabbit"), **language disorders** such as the slow development of vocabulary, concepts, and grammar, and **voice disorders** (nasal, breathy, or horse voice and speech that is too high or low). Hearing disorders can range from very mild hearing losses to more profound losses requiring hearing aides or even cochlear implants. By promoting Better Hearing and Speech Month, I hope parents and educators will learn more about communication disorders, what they can do to help their children, and how speech-language pathologists and audiologists can help with communication disorders.

Whitney Grenfell
Speech-Language Pathologist

ERMS SPRING TRACK SCHEDULE - 2018

www.easternmidconference.org

May 3, 2018- Track @ Arlington TBD



SUMMER RUNNING CLUB

June 5 – July 19 on Tuesdays and Thursdays

6 – 8 Grade (Fall 2017) Time 9:30 AM – 11:00 AM

3 – 5 Grade (Fall 2017) Time 11:15 AM – 12:15 PM

The goal of the club is to help students develop a positive attitude toward fitness and running. Each practice will provide stretching routines, proper form drills, and running workouts that are appropriate for each grade level. Students will be encouraged at their individual fitness level. Attending all practices is **not** mandatory.

Contact Mr. Ebers (tebers@epsne.org) for more information or fliers should be on the website below.

<https://www.elkhornweb.org/eshs/activities/summercamps/>

SUMMER ACTIVITY CAMPS

Each summer Elkhorn coaches and sponsors offer a variety of sports/activity camps for students of all ages. Available camps will be posted online at elkhornweb.org/antlers and elkhornweb.org/storm by April 3, 2018. Parents can go online to browse camps and download registration flyers. **Please note:** Elkhorn Public Schools only posts summer camp information for camps hosted by an EPS coach or sponsor as related to his or her duties within the school district.

Elkhorn Ridge Middle School Booster Club Meeting

April 10, 2018

President Jenny Haase called the meeting to order at 1:32 p.m. The March 2018 minutes were approved as distributed.

Treasurer Report: Treasurer Laura Sartore presented the current financials.

Old Business: Two \$50 lottery ticket baskets were donated to Bids 4 Kids by ERMS Booster Club. Mr. Everingham will order the Triple Threat t-shirts with the requirement that they are less than \$400. The 2018-2019 Booster Club Executive Officers will be voted on at the May meeting. The ability for parents to donate through Amazon Smile is now available and TAGG will be ready soon. Marcus Theater tickets are available for parents to purchase through the Booster Club until April 18th. ERMS Band hosted the Jazz Band Festival and has requested \$300 from the Booster Club to help with the payment of judges and plaques. The request was voted on and passed. Mr. Riggert stated the two hallway shelves with 30 cubbies arrived but will need to be reordered. The final cost will be below our \$2,000 budget. The Booster Club moved to donate a \$25 iTunes gift card and \$25 Pitch gift card to the Night of the Stars Fundraiser. Committee chairs still needed for the 2018-2019 school year are Directory, Conference Meals and Apparel.

New Business: Vice President Teresa Svoboda reported GOAL meeting updates.

Parent Communication The NSCAS testing began after Spring Break and includes Math, Science, and Reading. MAP testing will follow NSCAS testing.

Committee Reports:

Concessions-Help will be needed for the home track meets on April 10th, 24th, and 30th. A sign-up genius has been emailed.

Family Fun Nights-The March Family Fun Night at Dairy Queen earned \$136. April 17th is the Freddy's Family Fun Night.

8th Grade Celebration-RSVPs have been asked for from parents by the committee.

Student Recognition-ERMS pencils and possibly a Chick-Fil-A gift card will be distributed to honor roll students.

The April meeting of the ERMS Booster Club was adjourned at 2:39 p.m. The next Booster Club meeting will be held May 8th, at 1:30 p.m.

Respectfully submitted by Ricci Nisley, Secretary.

BOOSTER CLUB

It is hard to believe that the 2017-2018 school year is nearly over! Thank you, thank you, thank you for making it a great year at ERMS! It takes a lot of great volunteers to make a Booster Club a great one and ours is definitely the best! I want to thank Mr. Riggert, Teresa Svoboda-President Elect, Laura Sartore-Treasurer, Ricci Nisley-Secretary, Bekcy Vinchur, Jeanne Hildebrandt, all of our many committee chairs and parent volunteers, I couldn't have done it without all of you. When we all work together we can accomplish great things for our students, staff and school. Your time and efforts are greatly appreciated!

Just a reminder, the Booster Club is signed up on Amazon Smile as well as TAGG. While visiting a participating TAGG business, please considering "tagging" your receipt to our Booster Club. Also, while shopping on Amazon, use this link to Amazon Smile: **Amazon Smile link:** <https://smile.amazon.com/ch/03-0522002>

Here is what lies ahead for us in May:

Family Fun Night- Wednesday, May 9th- Piezon's Pizza, 15605 West Center Rd 11 am- 10 pm. Dine in and carry out orders. Come out and make the last Family Fun Night of the school year the best one yet!!!

The **8th Grade Celebration** will be held on **Friday, May 11th from 7:00-10:00 pm**. The committee is working hard to finalize plans and preparations for this fun event! Please remember to RSVP for the celebration.

Our final Booster Club meeting of the year is scheduled for Tuesday, May 8th, at 1:30 p.m. Hope to see you there!

Sincerely,

Jenny Haase

ERMS Booster President

TECH TIPS

Last Day of School Information

The last day of school for EPS students for the 2017-18 school year will be Friday, May 25th; all students will dismiss at 11:30 a.m.

Looking ahead for important dates for next school year? The EPS calendar for 2018-2019 can be found here: <https://www.elkhornweb.org/calendar/>

Apps Parents Should Know—Apps that Encourage Outdoor Activity

With the end of the school year in sight, parents are beginning to think about new and exciting ways to keep students busy, without losing them to the constant temptation of mindless technology use. The following apps allow individuals to utilize their tech instruments, while also being recommended by Common Sense Media (www.commonsensemedia.org) for encouraging outdoor activities.

Plum's Photo Hunt: this free app, sponsored by PBS, is a great way to engage elementary-aged children and their parents in outdoor activity. Users are given a list of objects and observations that can be found in nature of which to take photos. Finding things like signs of animal life, tiny things in nature, and patterns found in nature gives children a sense of adventure while learning new exploratory skills and improving their observation skills.

Geocaching: Geocaching is a great family activity that inspires outdoor activity in conjunction with family time. The app gives users a list of GPS locations where others have stashed hidden treasures, and provides hints and directions on locating it. While geocaching is a great family activity, it is suggested that users always have adult supervision and is not recommended for individual use by children.

For more ideas on apps that encourage kids to get up, get out, and explore, check out <https://bit.ly/1RrdBs9>.

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.

From the Nurse...

~ Medication Pick-up ~

The school is not able to store medication over the summer. So please remember, all student medications *must be picked up by a parent/guardian*, from the health office by May 25th by the end of the day, or it will be properly disposed of.

~ Medication for the 2018-2019 school year ~

If your student requires any medication (over-the-counter and/or prescription) while at school, each medication must have a Medication Authorization form (link below) signed by the parent and a physician, before we can administer. All medications must be unexpired and provided in the original packaging and/or pharmacy container. For prescription medication, please only provide a **maximum of 30 day supply** at a time.

Link to print blank medication authorization form:

<https://www.elkhornweb.org/wp-content/uploads/2018/03/Medication-Authorization.pdf>

Link to print blank self-carry asthma/anaphylaxis medication:

<http://nebula.wsimg.com/30e77791e1e3ec0212bd429715dd787b?AccessKeyId=32029651ABFAD3DBF315&disposition=0&alloworigin=1>

~ Students with Asthma, Severe Allergies, Diabetes, and/or Seizures ~

If your child has asthma, severe allergies, diabetes, and/or seizures, please submit an emergency action plan signed by your physician. Plans must be updated annually. Blank forms can be obtained at the school office, clicking on link below, or your physician's office can use whatever form they prefer.

Link to print blank Asthma/Anaphylaxis Action Plan:

<http://nebula.wsimg.com/cfbaa74b1585069c3e62e082be27a34c?AccessKeyId=32029651ABFAD3DBF315&disposition=0&alloworigin=1>

~ Incoming 7th Graders ~

Please remember that all incoming 7th graders are required by the State of Nebraska to have a physical exam and a Tdap booster immunization.



PERSPECTIVES

April/May 2018

Be Open to Addressing Alcohol Abuse

Addressing it is difficult—and avoiding the discussion is even more difficult. Just thinking about having to confront or address the issue can send chills up one's spine. If you look at the subject as recognizing and reversing a disease, it could be easier to approach. Those who have a tendency to abuse alcohol cross all races, creeds, ages, and economic brackets. Below are ideas to help you approach the topic with family and friends:

Children and pre-teens—Yes, in some instances, use begins before and during middle school years. Keep discussions focused on the present. Ask open-ended questions about how they were introduced to drugs/alcohol. Calmly stress your expectations. Be gentle and firm, and above all, try not to condemn.

Teens—Teen years are rocky. Although teens are often very cognizant of right and wrong when it comes to alcohol use, peer pressure is paramount. At this period of their lives, they are breaking away from “family ties” and are creating their own social groups. If teens are associating with other teens who are drinking, it is highly likely that they, too, will test the waters. Teens know that you want them to remain abstinent, and you are concerned about legal ramifications. Make time for them regularly, and provide a safe space by listening to what they have to say.

Young Adults—If you begin to see signs that they are drinking to excess, try gently confronting them. Let them know you realize they may feel you are being overly protective, or even meddling, but express firmly that you are genuinely concerned. Ask directly if they are experiencing a lot of excessive drinking among college classmates and/or those with whom they are working. If they are in a new town, encourage them to share with you who their friends are, and what kinds of things they enjoy doing together. DO NOT condemn their

actions, but ask open-ended questions that give insight into what they are facing. Remind them that you are available to talk with them, and furthermore, that you will be in their corner when it comes to seeking help.

Family Members, Friends, and Coworkers—These are the individuals with whom you will likely be having your longest ongoing relationship. Wait for a clear-headed opportunity. Ensure that you are clear-headed as well. Formulate what you are going to say, and rehearse voice modulation and choice of words with a neutral friend. Accusations fuel fire, and you are not looking to start arguments. Be specific when you talk with them. Bring up specific behaviors such as, “Remember that cook-out two weeks ago. I noticed that after a time you began drinking—almost without stopping. I am concerned because I also noticed you became angry toward others. I am not saying this to hurt you or criticize you; I only feel a deep concern for you. If you would like help, I could get you in touch with professionals.”

Elderly—This is probably one of the most difficult areas to address. It is easy to overlook health care concerns of the elderly, possibly because drinking has always been a part of the life for the individual. It is not easily recognized by family, friends, and even professionals that it is getting worse. It is possible that drinking can put the individuals at huge risks for falls, dehydration, and other ailments that befall the elderly. Loneliness is often a trigger for their drinking. Perhaps you can suggest getting together. Take the older person out to enjoy the weather, and have lots of water on hand to avoid any dehydration.
By Mary Clare Sheridan

FINALLY—If you find yourself in any of these situations and are at a loss as to how to address it, please contact your Employee Assistance office for help. You can reach us at Arbor Family Counseling (402) 330-0960 or ArborFamilyCounseling.com. We look forward to hearing from and assisting you.

De-Clutter to Address Your Mental Health Needs

General clutter is inevitable, and it is sometimes overwhelming to control. It is recognized that if you do not address this phenomenon, it can throw you into anxiety, depression, and even addiction. If you begin a program early to curtail the clutter growth, you can reduce your own anxiety, depression, and/or addiction, or you can actually prevent it from developing in the first place.

How does it affect your mental health? Your anxiety can easily increase when you observe the disarray before you. How do you effectively de-clutter? Anxiety is often exhibited as being unable to approach a situation because it appears to be beyond your ability of see that it can be reversed. Depression can easily follow the anxiety because you see “no end,” and it appears to be only getting more forbidding. Addiction can take over easily—not necessarily with alcohol or drugs but with such things as a) not getting up and setting a routine; b) by resorting to the electronics—TV, internet, etc.; c) shopping or gambling to excess. You are in charge, and it is never too late to make changes.

1. Begin by accepting that the clutter is there. Perhaps enlist a friend or family member to give you a hand in restructuring the whole project. Together you can determine what you are going to address first, how long you will commit to that particular task, and the steps to take toward completion.
2. Set a goal for completing tasks. If your energy level is high in the morning, do it then; however, if you are a person who is not ready to “meet the world” until later in the day, set your time for later. Give yourself adequate time to complete the tasks, but avoid working until you are exhausted, so you aren’t tempted to abandon your goals.
3. When you have completed the de-cluttering, celebrate. You and your helpers deserve it. Fix a special meal or go out to someplace special. You have earned it.
4. Finally, set new goals. Make each day a time to sort and de-clutter one small area, so you will not find yourself in the same situation again. What a beautiful and exhilarating way to start the spring season. If you concentrate throughout the year, you will be able to celebrate each upcoming season with doing something special because you put that de-cluttering behind you.

Mary Clare Sheridan, MS

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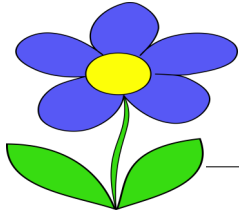
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ARBOR FAMILY COUNSELING





MAY 2018

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 6-8th MAP Testing—Reading	2 6th-8th MAP Testing—Reading	3 MAP Testing—6/7th Language Arts 8th Math BT/GT @ Arlington HS Invite 4:00 pm	4 MAP Testing—6/7th Language Arts 8th Math	5 8th Band to Adventureland
6	7 MAP Testing—6/7th Science	8 MAP Testing—6-8th Science Parent Booster Meeting 1:30 pm	9 MAP Testing—6th Math 8th Science Family Fun Night - Piezon's Pizza 15605 West Center Rd 11 am- 10 pm	10 MAP Testing—6/7th Math 8th Lang Arts 6th-8th Choir Concert 7 pm	11 MAP Testing—7th Math 8th Lang Arts 6th Grade Field Day 8th Grade Celebration 7:00 - 10:00 pm	12
13	14 5th Grade Visits Parent Orientation 6:30 PM School Board Meeting 6:30 pm	15 6th-8th Band Concert 7 pm Primary Election Polling Place	16	17 Jazz Band and Encore / Applause Show Choir Tour	18 Talent Show 6:30-8:30 pm	19
20 ESHS Graduation 4:30 pm	21 Jazz Band and Bravo Show Choir Tour	22	23 8th Grade Computer Check In	24 Presidential Academic Awards 7am Grade Level Awards: 8th - 8:30 am 7th - 10:30 am 6th - 12:15 pm	25 Last Student Day! 11:30 am Dismissal	26
27	28 Memorial Day	29 Teacher InService	30	31		