

Elkhorn Ridge Middle School

Monthly Newsletter - December

Principal's Message

It's hard to believe that Winter Break is drawing closer each day. As a reminder, the last day of school before Winter Break begins is on **Friday, December 20th**. This is also the end of Quarter 2.

These past four and a half months have gone by fast, but I've been impressed with how well our students have adjusted into a routine that has allowed them to be successful. As we look to the second half of the year, I can confidently say that our staff looks forward to helping each of our students continue down the path of success.

Thank you for all of your support since the start of the school year. I am both thankful and blessed to work with our students and staff each day at ERMS. I'm looking forward to a great rest of the school year!

-Mr. Schutt

MESSAGE FROM THE BOOSTER CLUB

Our holiday spirit wear sale was in early November thanks to our chairperson Andrea Oster. Orders will be delivered before the winter break.

The board will form an **ERMS Scholarship Committee**. Scholarship applications are due Jan. 31. Please spread the word to any seniors you know. We give away a \$500 scholarship to one boy and one girl who attended ERMS.

Thank you for continuing to support the booster club through HyVee receipts, and ongoing fundraisers like family fun nights, Box Tops, and TAGG, Amazon Smile.

November meeting minutes are posted on the ERMS Weekly Update website.

There is no Booster Club meeting in December, but please join us on January 14 at 1:30.

Best Holiday Wishes,

Camas Lubberstedt

ERMS Booster President



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PARENT COMMUNICATION/BOOSTER MEETING –

NO MEETING IN DECEMBER

Our next Parent Booster meeting is scheduled for Tuesday, January 14 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 does not work into your schedule and you have questions or concerns, please give Mr. Schutt a call to discuss those issues. The Parent Booster group is open to all middle school parents and guardians. We believe parent involvement is critical to the success of our children's education and invite all of you to become involved.

HYVEE RECEIPTS–THROUGH DECEMBER 31

December is the **LAST** month to turn in your Hy-Vee receipts. We are on track to receive the maximum donation of \$2,000! Please continue to pop receipts 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 from any area Hy-Vee all count. Thank you for your continued support! Questions? Please contact Jen Athy at 402-250-1565

AMAZON SMILE



Did you know that when you shop <https://smile.amazon.com/>, a percentage of the sales price of the items you purchase will be donated to a nonprofit organization of your choice? Same products, same prices, same service. The only difference is, Amazon will donate .5% of your purchases to ERMS Booster Club!

Amazon Smile Set-up Instructions

1. In your internet browser go to smile.amazon.com and log in using your Amazon credentials.
2. Under your Account tab, select "your AmazonSmile"
3. Select or change your beneficiary organization to **Elkhorn Ridge Middle School Booster Club**



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ATTENTION: PARENTS/GRANDPARENTS, RELATIVES/ NEIGHBORS

Middle school parents interested in speaking at our 8th grade Career Day on the afternoon of Friday, January 31, please contact Mrs. Klein, Guidance Counselor (jklein@epsne.org). The career session is 30 minutes in length with 15-20 students.





District Reminders

Tech Savvy Parent Tips - Apps to Know

TikTok is a social media app that allows users to generate video content including singing, dancing, or simply talking, as well as interact with other user's content covering a wide variety of topics. Similar to other social media apps, TikTok accounts are created with a default privacy setting of Public, allowing any user to interact with the content posted, send private messages, and capture location information. To protect youth utilizing TikTok, a user account can be set to Private to allow only Friends to see and interact with posted content and Location Sharing may also be turned off completely.

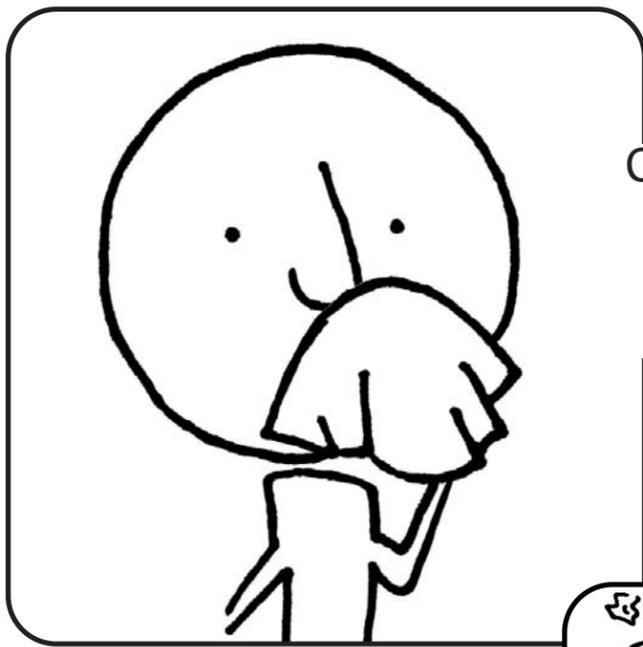
TikTok focuses mainly on music, so there is a potential that youth utilizing the app will encounter age-inappropriate content. TikTok does attempt to prevent this by hosting a separate section for children that allows access only to clean, curated videos and disabling commenting, searching, or posting their own videos. However, due to the ability to circumvent the required process that enable the Children's section, Common Sense media suggests the app be used for ages 16+.

For more information about TikTok and other social media apps to watch for, visit www.commonsendmedia.org.



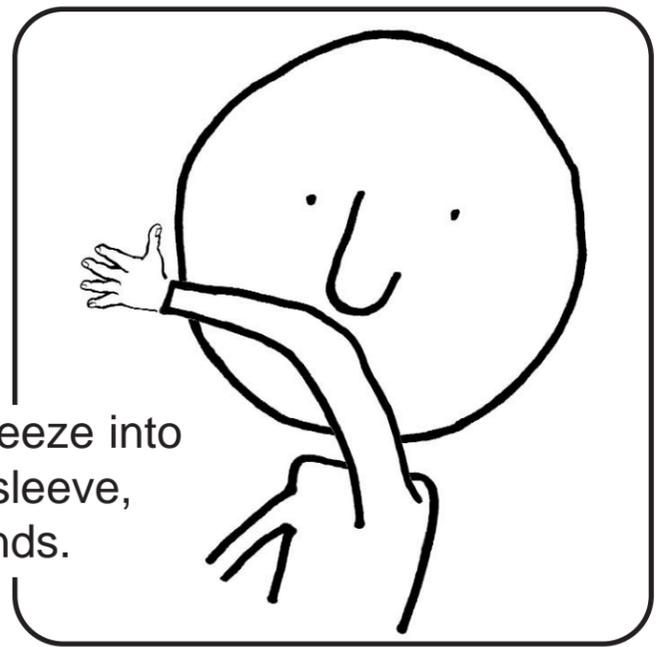
Stop the spread of germs that make you and others sick!

Cover your Cough



Cover your mouth and nose with a tissue when you cough or sneeze

or
cough or sneeze into your upper sleeve, not your hands.

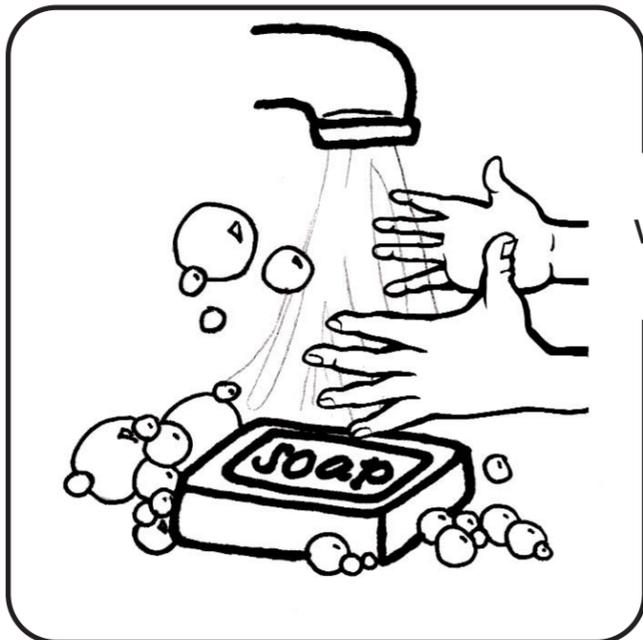


Put your used tissue in the waste basket.



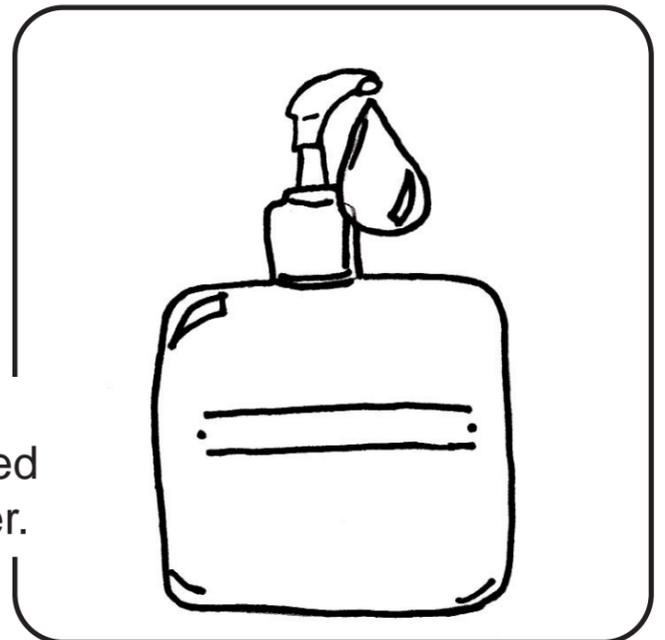
Clean your Hands

after coughing or sneezing.



Wash hands with soap and warm water

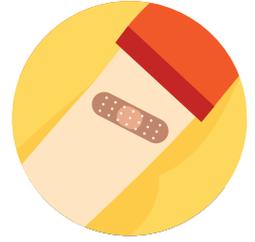
or
clean with alcohol-based hand cleaner.





The Flu:

A Guide for Parents



Influenza (also known as flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. Flu is different from a cold, and usually comes on suddenly. Each year flu viruses cause millions of illnesses, hundreds of thousands of hospital stays and thousands or tens of thousands of deaths in the United States.

Flu can be very dangerous for children. CDC estimates that between 6,000 and 26,000 children younger than 5 years have been hospitalized each year in the United States because of influenza. The flu vaccine is safe and helps protect children from flu.

What parents should know

How serious is flu?

While flu illness can vary from mild to severe, children often need medical care because of flu. Children younger than 5 years and children of any age with certain long-term health problems are at high risk of flu complications like pneumonia, bronchitis, sinus and ear infections. Some health problems that are known to make children more vulnerable to flu include asthma, diabetes and disorders of the brain or nervous system.

How does flu spread?

Flu viruses are thought to spread mainly by droplets made when someone with flu coughs, sneezes or talks. These droplets can land in the mouths or noses of people nearby. A person also can get flu by touching something that has flu virus on it and then touching their mouth, eyes, or nose.

What are flu symptoms?

Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, feeling tired and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever.



Protect your child

How can I protect my child from flu?

The first and best way to protect against flu is to get a yearly flu vaccine for yourself and your child.

- Flu vaccination is recommended for everyone 6 months and older every year. Flu shots and nasal spray flu vaccines are both options for vaccination.
- It's especially important that young children and children with certain long-term health problems get vaccinated.
- Caregivers of children at high risk of flu complications should get a flu vaccine. (Babies younger than 6 months are at high risk for serious flu complications, but too young to get a flu vaccine.)
- Pregnant women should get a flu vaccine to protect themselves and their baby from flu. Research shows that flu vaccination protects the baby from flu for several months after birth.
- Flu viruses are constantly changing and so flu vaccines are updated often to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season.

Is flu vaccine safe?

Flu vaccines are made using strict safety and production measures. Millions of people have safely received flu vaccines for decades. Flu shots and nasal spray flu vaccines are both options for vaccination. Different types of flu vaccines are licensed for different ages. Each person should get one that is appropriate for their age. CDC and the American Academy of Pediatrics recommend an annual flu vaccine for all children 6 months and older.

What are the benefits of getting a flu vaccine?

- **A flu vaccine can keep you and your child from getting sick.** When vaccine viruses and circulating viruses are matched, flu vaccination has been shown to reduce the risk of getting sick with flu by about half.
- **Flu vaccines can keep your child from being hospitalized from flu.** One recent study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit admission by 74%.

- **Flu vaccine can prevent your child from dying from flu.**
A study using data from recent flu seasons found that flu vaccine reduced the risk of flu-associated death by half among children with high risk medical conditions and by nearly two-thirds among children without medical conditions.
- **Flu vaccination also may make your illness milder if you do get sick.**
- **Getting yourself and your child vaccinated also can protect others** who may be more vulnerable to serious flu illness, like babies and young children, older people, and people with certain long-term health problems.

What are some other ways I can protect my child against flu?

In addition to getting a flu vaccine, you and your child should take everyday actions to help prevent the spread of germs.

Stay away from people who are sick as much as possible to keep from getting sick yourself. If you or your child are sick, avoid others as much as possible to keep from infecting them. Also, remember to regularly cover your coughs and sneezes, wash your hands often, avoid touching your eyes, nose and mouth, and clean surfaces that may be contaminated with flu viruses. These everyday actions can help reduce your chances of getting sick and prevent the spread of germs to others if you are sick. However, a yearly flu vaccine is the best way to prevent flu illness.

If your child is sick

What can I do if my child gets sick?

Talk to your doctor early if you are worried about your child's illness.

Make sure your child gets plenty of rest and drinks enough fluids.

If your child is 5 years or older and does not have a long-term health problems and gets flu symptoms, including a fever and/or cough, consult your doctor as needed.

Children younger than 5 years of age – especially those younger than 2 years – and children with certain long-term health problems (including asthma, diabetes and disorders of the brain or nervous system), are at high risk of serious flu complications. Call your doctor or take your child to the doctor right away if they develop flu symptoms.

What if my child seems very sick?

Even healthy children can get very sick from flu. If your child is experiencing the following emergency warning signs, you should go to the emergency room:

- Fast breathing or trouble breathing
- Bluish lips or face

- Ribs pulling in with each breath
- Chest pain
- Severe muscle pain (child refuses to walk)
- Dehydration (no urine for 8 hours, dry mouth, no tears when crying)
- Not alert or interacting when awake
- Seizures
- Fever above 104°F
- In children less than 12 weeks, any fever
- Fever or cough that improve but then return or worsen
- Worsening of chronic medical conditions



This list is not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.

Is there a medicine to treat flu?

Yes. Antiviral drugs are prescription medicines that can be used to treat flu illness. They can shorten your illness and make it milder, and they can prevent serious complications that could result in a hospital stay. Antivirals work best when started during the first 2 days of illness. Antiviral drugs are recommended to treat flu in people who are very sick (for example, people who are in the hospital) or people who are at high risk of serious flu complications who get flu symptoms. Antivirals can be given to children and pregnant women.

How long can a sick person spread flu to others?

People with flu may be able to infect others from 1 day before getting sick to up to 5 to 7 days after. Severely ill people or young children may be able to spread the flu longer, especially if they still have symptoms.

Can my child go to school, day care, or camp if he or she is sick?

No. Your child should stay home to rest and to avoid spreading flu to other children or caregivers.

When can my child go back to school after having flu?

Keep your child home from school, day care, or camp for at least 24 hours after their fever is gone. (The fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C)* or higher.

*Many authorities use either 100 (37.8 degrees Celsius) or 100.4 F (38.0 degrees Celsius) as a cut-off for fever, but this number can vary depending on factors such as the method of measurement and the age of the person.

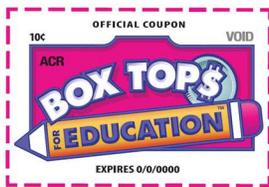


Box Tops Update

Box Tops Are Going Digital

After years of clipping traditional Box Tops, you can now use your smartphone to earn cash for ERMS. Participating brands are changing their packaging from a traditional Box Tops clip to the new Box Tops label. Here are some key steps:

1. Download the new Box Top app and set up your account to directly deposit earnings to ERMS.
2. Scan any receipt into the app **within 14 days**, and it will automatically give credit for any Box Top eligible item.
3. Grocery pickup with Target or Walmart? Just forward your email receipt within 14 days (must be from the email account that you have registered with the Box Tops app) to: receipts@boxtops4education.com



SEE THIS...
CLIP IT



SEE THIS...
SCAN
YOUR RECEIPT

Don't Throw Away Your Existing Box Tops Clips

If you still have traditional Box Tops clips at home, be sure to save them for our collection campaign coming up in February. We still earn cash for all clipped Box Tops until they expire. Better yet, you can “double dip” during the packaging transition by clipping the traditional Box Tops AND scanning your store receipt containing participating products.

Mark your calendar....

FAMILY FUN NIGHT

Enjoy dinner and a night out at:



Whether you DINE-IN or go through the DRIVE-THRU 10% - 25% of proceeds will be donated to the ERMS Booster Club!!

Date: Tuesday, December 10th

Time: 4:00 - 8:00 pm

Location: 18110 Wright St.
(North of Walmart)

****LET THEM KNOW YOU ARE FROM ELKHORN RIDGE MIDDLE SCHOOL****