



December 2017

upcoming dates...

December 4th-15th

-Winter MAP Testing Gr. 2-5

December 22nd

-End of 2nd Quarter

-Omaha Street Percussion Assembly

December 23rd-January 2nd

-Winter Break

January 3rd

-Teacher In-service-No School

January 4th

-School Resumes

January 15th

-Teacher In-service-No School

January 16th

-3rd Grade Wax Museum 6:15 pm

January 25th

-2nd Grade Music Program 6 pm

-3rd Grade Music Program 7 pm

January 29th

-PTO 7 pm

February 14th and 15th

-Parent Teacher Conferences 3-7 pm

-Early Dismissal 2:06

Principal's Note:

As I write this, I am surrounded by Christmas spirit in my office. It is filled with presents and the generosity of our Fire Ridge families. We provided Christmas gifts for over 250 people in the Elkhorn Community. It is heart-warming to know that our parents value teaching children to give to those in need. Many children have explained how they helped shop for a special request from a mitten. Their smiles and excitement show that they are learning the importance of kindness,

The end of December also brings the end of the first semester. It is hard to believe that 2017 is almost over. I am constantly amazed at our students' accomplishments! Our staff continues to stay focused on learning and bring routine to this busy time of year.

As you enter the 2018, I wish you happiness, good health and the ability to pursue your dreams!

Have a wonderful break and remember that my door is always open if you need anything.

Mrs. Knutson

Fire Ridge is seeking to identify children who are eligible for kindergarten during the 2018-2019 school year. Parents are encouraged to pre-register their child prior to Kindergarten Roundup. Children who will be five years of age on or before July 31, 2018, are eligible to attend kindergarten as stated by Nebraska State Law.

Fire Ridge Kindergarten Roundup will be held
Friday, March 2nd at 9 am.

A parent meeting is scheduled for
Monday, February 26th at 6 pm in the Cafeteria.





Counseling Corner

There are many programs through our school and community for families during the holiday season.

Here are a few programs that are available:

Counseling:

- Arbor Family Counseling
(Every Elkhorn Public School student may have 2 free visits) Phone: 402-330-0960 Website: www.arborfamilycounseling.com

- Nebraska Family Helpline: 1-888-866-8660 or www.nebraskafamilyhelpline.ne.gov

Outside Programs for Parenting Websites:

- Love and Logic: 800-338-4065 or loveandlogic.com (Great Parenting Website) • Parenting with Love and Leadership: John Roseman 1.704.860.4711 or roseman.com

Community Programs for Health Care:

- Healthcare: Kids Connection of Nebraska (DHHS): Health insurance for kids: Medicaid: Omaha (402) 595-1178 and Economic Assistance: Omaha (402) 595-1258
- One World Health: 402-734-4110 • C.O.P.E.: Food, Clothing & Assistance: 3434 North 204th Street Elkhorn, NE 68022 Phone Number- (402) 616-2330

The Fire Ridge Yearbook is now on sale!

It will be sold online only using the following link:
<http://www.buytheyearbook.com/fireridge>

Dec. 1st – Jan. 31st \$20 Buy Now and Save!

After Jan 31st the price increases to \$25

SNOW DAYS Makeup Days for Missed School Days

As we approach the winter months, it is important to note how snow days may affect the calendar. 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). These days are scheduled for May 24th and 25th.

May 25th will become a vacation day if there are no more than one missed school day. May 24th and 25th will both become vacation days if there are no missed school days.

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.

A teacher in-service will be held on the first business day following the last student day.



PTO NEWS

- The next PTO meeting is Monday, January 29th at 7 PM in the media center.
- The **yearbooks** can now be purchased on the PTO website. Please visit the PTO website at firidgepto.com for more information.



Notes from the Nurse...

Erin Bryant, RN
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.

Superintendent Visit

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



Balancing Technology Use

Parents often look for new ways to create a balance between learning and using technology appropriately, and participating in other activities that are essential to a child's development. Finding that balance between the two can be the difference between a healthy relationship and an unhealthy reliance. Several strategies exist to ensure that a healthy relationship with technology is built beginning with the early stages of use. The following information is from research done by Michigan State University Extension; to learn more, visit <https://goo.gl/bMC2a3>.

Understand Your Pattern of Use and Create Boundaries

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

Be Intentional in Determining Downtime

Being constantly connected can hinder active learning, as one becomes passive in taking in new information because he or she is constantly "learning" new things. Taking a step away from technology and the absorption of information allows one's brain a needed break and creates an active learning environment. By being intentional in determining technology downtime, you are giving your brain that break to be able to focus on other things.

Be the Example and Set the Expectation

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