



November 2018

upcoming dates...

November 5th

-Author Visit Aaron Reynolds

November 12th

-Veterans Day Assembly 9 AM

November 14th

-Mid-quarters go home

November 19th

-PTO Meeting 7 pm

November 21st

-Early Dismissal 2:06

November 22nd-23rd

-Happy Thanksgiving!

No School

December 6th

-4th Grade Music Program 6:00 pm

-5th Grade Music Program 7:00 pm

December 3rd -14th

MAP Testing 2nd-5th Grades

December 21st

-End of 2nd Quarter

-Winter Blast!

December 24th-January 4th

-Winter Break/Teacher In-service

January 7th

-School Resumes

Principal's Note:

Thank you to everyone for attending our Parent Teacher Conferences. We value this time with you and truly appreciate having 100% participation! Feel free to contact teachers at any time with questions, concerns, or celebrations!

Veteran's Day Program

Our Veteran's Day Program is on November 12, 2018, at 9:00 AM. It is a wonderful opportunity to honor those who have served our country! The program includes the ESHS Band, students singing and veteran introductions. All families and friends are welcome and encouraged to invite veterans to be recognized. Students are asked to wear red, white, and/or blue. Girl Scouts and Boy Scouts may wear their uniforms.

As we head into November and the season of Thanksgiving, I want to thank each of you for trusting us with your children. We are very fortunate to work with such caring and involved families!

Deb Knutson

Cool Weather Reminders

Coats, hats, and mittens are needed most mornings for Walking Club and recess. It is helpful if you label your child's outerwear. We can easily return items to your child if there is a name on the tag!

All unclaimed lost and found items will be given to Goodwill over the winter break.

Inclement Weather:

School closings will be announced through our School Messenger email and phone system.

When it begins snowing during the school day, we receive many phone calls asking if parents can pick up their children. It is always a parent's choice to pick up their child during inclement weather.



From the VNA

Proper care in the early stages of an illness can reduce the possibility of spreading the illness to others. Proper diet, adequate rest, and good personal hygiene (especially frequent handwashing) can assist the body's ability to fight infection.

The following are guidelines to assist you in deciding when your child should stay home from school:

- Irritability, poor appetite, tiredness, achiness are vague symptoms. Changes in a child's normal behavior can often signal the beginning of an illness.
- Fever of 100 degrees or higher. Take your child's temperature if he is complaining of feeling tired, headache, sore throat, or stomachache. A child should be fever free for 24 hours without the use of medication before returning to school.
- Nausea, vomiting, or diarrhea. Keep your child home for the duration of these symptoms. Be sure she is able to tolerate food without difficulty before returning.



PTO NEWS

- The next PTO meeting is Monday, November 19th at 7 PM in the media center.
- Please visit the PTO website at fireridgepto.com for more information.

YEARBOOKS ON SALE NOW

Please visit <http://www.buytheyearbook.com/fireridge> to place your order. We do online sales only and there are a limited number of extras available at the end of the year, so don't wait!

It pays to buy early! Pricing is as follows:

October 6th - December 31st - \$20.00
 January 1st until Feb 28th - \$25.00
 (personalization is an additional \$5)

In addition, we are always looking for more pictures! Please feel free to email/text pictures from any Fire Ridge activities anytime throughout the year to emilyRflynn@yahoo.com or text 402-850-5557.



DISTRICT REMINDERS

November, 2018

SCHOOL MESSENGER - ARE YOU UP TO DATE?

EPS uses a parent messaging system called School Messenger to send emails and phone calls to parents, including information about school and events cancellations. To ensure you are receiving important messages from your school and the District, be sure to let the office know of any changes to your email addresses or phone numbers.

TECHSAVVY PARENT TIPS

Healthy Screen Relationships

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.

Below are 5 questions you can ask to determine the health of your child’s relationship with screens:

1. Are they physically healthy and getting enough sleep?
2. Are they reported to be engaged and learning while in school?
3. Are they pursuing other hobbies and interests?
4. Can they interact socially with friends and family without the use of technology?
5. Does their digital life appear fun and positive?

For more information on youth and their use of technology, visit www.common sense media.org.