

December 2017



MOUNTAIN LION TIMES

UPCOMING EVENTS

FRIDAY, DECEMBER 1ST	SUCKER & SMENCIL SALES
	4TH GRADE FIELD TRIP TO SEE THE NUTCRACKER AT THE ORPHEUM THEATRE
THURSDAY, DEC. 14TH	RAISING CANE'S FAMILY DINNER NIGHT
FRIDAY, DECEMBER 15TH	SUCKER & SMENCIL SALES
WEDNESDAY, DECEMBER 20TH	WINTER SERVICE PROJECT WITH PAWSITIVE PALS C.A.P.O.W. ASSEMBLIES
FRIDAY, DECEMBER 22ND	END OF 2ND QUARTER
MONDAY, DEC. 25 THRU WEDNESDAY JAN. 3RD	WINTER BREAK

PRINCIPAL'S MESSAGE

This time of year is filled with family, fun and feasting. It is also a time to reflect on the conquests of the year past. I'm continually amazed by the accomplishments of our students. Plus, the teachers have been focused on implementing the Gradual Release of Responsibility components of Elkhorn's instructional model, which are focused instruction, guided instruction, collaborative learning and independent practice. It is exciting to see students, parents and staff working together to help ensure the best possible future story for each of our students.

For our winter celebration, all students will be helping to make tie fleece blankets during our PALS group time. These blankets will then be donated to Angels Among Us. Plus, the PTO will be providing each student with a treat on this day. Then in the afternoon, the students will watch a performance by C.A.P.O.W. (Chemistry & Physics on Wheel).

As we enter this busy month, our lives become very full of special activities and extra responsibilities. The result can often be extra stress in our lives. At school, we will take a deep breath and focus on maintaining a schedule that keeps the focus on learning.

Wishing you much joy, peace of mind, laughter and countless possibilities in the coming year. As always, please call or email if I can be of assistance to your family.

Mrs. Christ

Kindergarten ROUNDUP

2018-2019

Elkhorn Public Schools 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 Round-Up. Children who will be five years of age, on or before July 30, 2018, are eligible to attend kindergarten as stated by Nebraska State Law. Manchester Kindergarten Round-Up will be held on Friday, March 2 at 9:00a.m. A parent meeting for Manchester families is scheduled for Monday, February 26 at 6:00 pm in the Manchester cafeteria. For more information, please see the Kindergarten Round-Up form attached to this newsletter and on the Manchester webpage.



VOLUNTEER SIGN-UP

We are seeking volunteers to help in the the workroom to make copies, cut out items for projects, put together booklets, and etc. You are welcome to bring up your children who aren't school age while you are working in our workroom. Please see the link below to volunteer.

[Volunteer Sign-Up](#)

**EVERY FRIDAY IS
SPIRIT DAY
AT
MANCHESTER!
WEAR YOUR SCHOOL
COLORS OR
MANCHESTER GEAR!
SHOW YOUR
MOUNTAIN LION
PRIDE!**



As the improvements to the open space (baseball field, soccer field, paved path) on school grounds are nearing completion thanks to our community support, I want to remind everyone that no unauthorized motorized vehicles are allowed on school grounds even when school isn't in session. Yes, this also includes golf carts. Thanks for being respectful and keeping these items off property.

We want to thank the Elkhorn Optimist Club for making an investment in the kids our our community by funding the new Buddy Bench that is near our K-1 playground. We are so appreciative of their partnership with the school district in helping to make a positive impact on our students and helping them to develop empathy for others. As we prepare our students for success beyond school, empathy is a trait that will serve them well. Mrs. Wilely will be spending time during guidance lessons explaining the purpose behind the bench and how to use it.



DONATE FLEECE FOR BLANKETS

We are collecting fleece materials to make "tie blankets." These blankets will be made by students to give to Angels Among Us. Angels Among Us is an organization that helps children and their families fighting cancer. The blankets will go in a care package that is then given to a child battling cancer. We are looking for 2 or 3 yards of fabric of assorted designs and colors. It takes 2 pieces of 2 or 3 yards of fabric. All fleece needs to be turned into the office by Friday, Dec. 8th. You may drop off your material in the office. If you'd rather donate money, we can go and purchase the fleece, too.

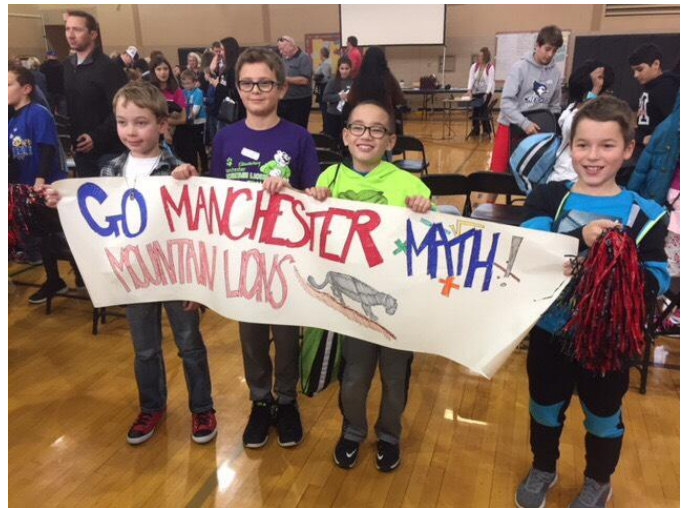
HALE (HIGH ABILITY LEARNER EDUCATION)

Elkhorn Public Schools identify students for HALE at the end of third grade. Students in kindergarten through third grade may work with the HALE teacher on and off, but they are not yet identified for HALE. These groups are fluid and change. If you are interested in how students are identified and what services they receive, please head to our Elkhorn Public School's website. On the dark gray bar click on District Programs and scroll down to High Ability Learner Education. Manchester's HALE teacher is Mrs. Maxell. She provides services to students at Sagewood and Manchester. She is typically at Manchester in the afternoon. You may also reach her at kmaxell@epsne.org.

MAKEUP DAYS FOR MISSED SCHOOL DAYS

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). 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.

The first makeup day is scheduled for Thursday, May 24, and the second makeup day is Friday, May 25. Both days become vacation days if we haven't had any missed school days.



On Tuesday, November 7th, students from each Elkhorn elementary school participated in the annual Marrs Magnet School Math Competition.

Twenty-seven schools, representing OPS, Millard, Bennington, and Elkhorn, participated in the competition, comprised of two parts: Written Team Test and Quiz Bowl. Students worked as a team to complete a written test that included advanced math problems. Following the team test, students competed in a fast-paced math quiz bowl. **We are proud of your hard work!**



Please return in your Hy-Vee receipts in the designated Manchester Elementary slot at your local 156th and Maple store. \$1 is given back for each \$200 spent up to \$2000! The program runs September 1 to December 31. **Don't forget to turn in your GAS receipts, too. You can also have your child drop off the receipts at the Manchester office.



Congratulations to these PAWSITIVE students! They will enjoy their lunch with Mrs. Christ on Thursday, December 7th.



Harrison Golz
Pryce Jenkinson
Harper Owen
Neva Wagner



Trinity Atkinson
Ty Bowman
Gabby Esch
Gracelyn Kelly
Keaton Meredith



Ajay Pasupeleti
Sam Revers
Kacia Wang
Grady Wilson



Taylin Lacey-Benson
Emma Harris
Kendal Pham
Tvisha Rohatgi



Kade Foy
Ella Jackson
Addison Kratky
Nate Trofholz



Nick Christiansen
Will Maddux
Aryan Panchal



Olivia Cemer



Jasmine Young



Nico Peterson



THANK YOU EPSF FOR THE AUTHOR VISIT!

Author Cynthia Lord visited Manchester on November 15th. All students had the opportunity to hear her talk about the writing process, including the steps she thought you should follow to become a successful writer (Read, Write, Learn, and Dream) and taught the older students the formula for great stories. She also read her book Hot Rod Hamster to the younger students and talked about two of her novels with the 4th and 5th grade students. Thank you to the Elkhorn Public Schools Foundation for helping provide this amazing opportunity for our students.

PAWSITIVE PRIDE SHOUT OUT!

- A special thank you to Dao Tran Young, Andrea Abrahamson, Vicki Johnson, Mary Metshcke, David Young, Dao Tran-Young, and Kevin Bauman for providing another successful Pancake Man experience for our students and families.
- Your Square One Art goodies should be arriving soon. Thank you to Mary Metschke for organizing the orders, and Mrs. Bang for helping the students create their masterpieces.
- Thank you to Kerry DePew for setting up the online directory. It is a very convenient way to find addresses and telephone numbers for your children's classmates.
- Thank you to our team of volunteers that helped with our health screenings. These are required by the State of Nebraska, and we are very fortunate to have a team of volunteers that got all the students screened.

Sarah Bird

Curt Anthony

Heather Olson

Katie Hasley

Jenna Cavaliere

Shaini Carney

Stephanie Groenjes

Jeanine Freeman

Trisha Troia

Becky Jefferson

Karen Miller

Geraldine Zimmerman

Lenae Campney

Andrea Jarzynka

Scott Cameron

Sarah Beth Balters

Casey Schieffer

Lindsay Moore

Amy Cerny

Natasha Anderson

UNO Audiology Students



TAGG-Download the app, visit participating businesses and “TAGG” your purchases. The business will donate up to 5% of the purchase to Manchester PTO when you choose our school. See more information at www.togetheragreatergood.com/demo

SUPPORT OUR SCHOOL AS YOU EAT, DRINK + SHOP!

NOW ON TAGG!



Use TAGG at these two locations only:

76th & Pacific
(Aksarben)

Brandeis Building
(Downtown)



IT'S AS EASY AS 1-2-3

- 1 Download the TAGG app
- 2 Visit participating businesses and snap a photo of your receipt within 7 days
- 3 Choose our school. The business will donate 5% at NO extra cost to you!





STUDENT COUNCIL REPORT

Thank you for all of the donations to the Foodbank for the Heartland! As a school we collected over 1,000 pounds of food! Congratulations to Mrs. Dahl's class for collecting the most items and earning a Smencil for each student. Student Council would also like to thank Kerry DePew and Kari Marcley for helping transfer the items to the Foodbank.



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

Family Dinner Night

Do you want a night free of cooking and an easy way to raise money for Manchester? Join us for Family Dinner Nights!

December 14: Raising Canes



Tech Tips for Building Newsletters – November 2017

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.*

- 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.

Kindergarten Roundup

Elkhorn Public Schools is seeking to identify children who are eligible for kindergarten during the 2018-2019 school year. Parents are encouraged to pre-register their students prior to Kindergarten Roundup and orientation. 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.

Kindergarten Roundup will be held on **Friday, March 2**. Parents are encouraged to attend an orientation meeting held at their school prior to Kindergarten Roundup on **Monday, February 26** at 6:00p.m.

If you have a child who will be attending Kindergarten Roundup, please fill out the information below and return it to your school's main office as soon as possible. This will allow us to make arrangements for the number of students attending. If you have friends or neighbors who will have a child starting school, please share this information with them. Additional forms are available at www.elkhornweb.org OR at your school's main office. Please contact us if you have any questions.

MANCHESTER ELEMENTARY

Principal: Amy Christ
2750 N. HWS Cleveland Blvd.
402-289-2590
www.elkhornweb.org/manchester

MANCHESTER KDG PARENT MEETING:
Monday, February 26 at 6 p.m.

MANCHESTER KDG ROUNDUP:
Friday, March 2 at 9 a.m.

completed form may be emailed to pbleich@epsne.org

KINDERGARTEN PRE-REGISTRATION FORM

Child's Name (First Last) _____ Male Female

Elementary School _____

Birth date (mm/dd/yy) _____

Parent Name(s) _____

Address _____

City _____ Zip Code _____

Housing Subdivision _____

Phone (Home) _____ (Work) _____

***Please return this form at your earliest convenience**

2018-2019 School Year

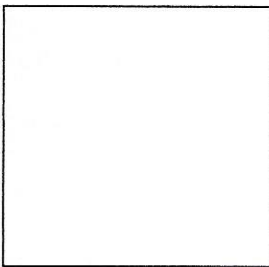
MONDAY

TUESDAY

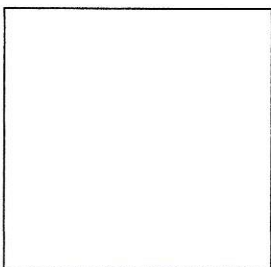
WEDNESDAY

THURSDAY

FRIDAY



****Gluten Free Option (listed at the bottom of each day)**



- 1**
- 1 - Breakfast Kidzable
 - 2 - Crispy Chicken Sandwich
 - 3 - Pizza Sticks w/Marinara
 - 4 - Sunbutter & Banana Wrap
- **Breakfast Kidzable**
- A

- 4**
- 1 - Chicken Popper Kidzable
 - 2 - Pepperoni Pizza
 - 3 - Sweet & Sour Chicken
 - 4 - Turkey & Cheese Wrap
- **Pepperoni Pizza**
- B

- 5**
- 1 - Ham & Cheese Sub*
 - 2 - Walking Taco
 - 3 - Baked Penne w/Garlic Toast
 - 4 - Strawberry Parfait
- **Walking Taco**
- C

- 6**
- 1 - Pepproni Pizza Kidzable*
 - 2 - Chicken Nuggets
 - 3 - Cheese Quesadilla
 - 4 - Chicken Caesar Salad
- **Chicken Nuggets**
- D

- 7**
- 1 - Buffalo Chicken Wrap
 - 2 - Grilled Cheese w/Tomato Soup
 - 3 - Country Steak w/Gravy
 - 4 - Hawaiian Salad w/Bagel
- **Hawaiian Salad**
- E

- 8**
- 1 - Pepperoni Kidzable*
 - 2 - Hamburger
 - 3 - Spaghetti & Meatballs
 - 4 - Yogurt Banana Split
- **Hamburger**
- A

- 11**
- 1 - Turkey Kidzable
 - 2 - Cheese Pizza
 - 3 - Orange Chicken w/Rice
 - 4 - Sunbutter & Jelly Sandwich
- **Cheese Pizza**
- B

- 12**
- 1 - Turkey & Cheddar Sandwich
 - 2 - Beef & Cheese Nachos
 - 3 - BBQ Chicken Sandwich
 - 4 - Popcorn Chicken Salad
- **Beef & Cheese Nachos**
- C

- 13**
- 1 - Breakfast Kidzable
 - 2 - Chicken Nuggets
 - 3 - Meatball Sub
 - 4 - Italian Sub
- **Chicken Nuggets**
- D

- 14**
- 1 - American Sub*
 - 2 - Crispy Chicken Sandwich
 - 3 - Chili w/Cinnamon Roll
 - 4 - Blueberry Parfait
- **Blueberry Parfait**
- E

- 15**
- 1 - Chicken Popper Kidzable
 - 2 - Italian Dunkers w/Marinara
 - 3 - Hot Dog
 - 4 - Hearty Garden Salad w/Roll
- **Garden Salad**
- A

- 18**
- 1 - Breakfast Kidzable
 - 2 - Pepperoni Pizza
 - 3 - Chicken Soft Taco
 - 4 - Caesar Salad w/Roll
- **Pepperoni Pizza**
- B

- 19**
- 1 - Zesty Italian Wrap*
 - 2 - Cheeseburger
 - 3 - Dutch Waffle w/Eggs & Sausage
 - 4 - Hawaiian Salad w/Bagel
- **Cheeseburger**
- C

- 20**
- 1 - Ham Kidzable*
 - 2 - Chicken Nuggets
 - 3 - Hot Ham & Cheese*
 - 4 - Veggie Plate w/Bagel
- **Chicken Nuggets**
- D

- 21**
- 1 - Cheese BLT*
 - 2 - Mini Corn Dogs
 - 3 - Crispito w/Cheese Sauce
 - 4 - Yogurt Banana Split
- **Yogurt Banana Split**
- E

- 22**
- 1 - Pepperoni Pizza Kidzable*
 - 2 - Turkey Gravy w/Mashed Potatoes
 - 3 - Chicken Quesadilla
 - 4 - Sunbutter & Jelly Sandwich
- **Chicken Quesadilla**
- A



26

Winter Break!

27

Winter Break!

28

Winter Break!



Improving Fitness - It's Easier Than You Think!

Regular physical activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases. The CDC recommends that children and adolescents complete at least 60 minutes (1 hour) or more of physical activity each day. Fitting regular exercise into your daily schedule may seem difficult at first, but your child may already be meeting the Physical Activity Guidelines for Americans. These guidelines are more flexible than ever, giving your family the freedom to reach your physical activity goals through different types and amounts of activities each week.

There are essentially three types of exercise your child should perform each week:

- 1) Aerobic Activity – this should make up most of your child's 60 minutes each day and includes activities like brisk walking, running, swimming, cycling, skateboarding, etc.
- 2) Muscle Strengthening – most children do not need a formal muscle-strengthening program such as weight-lifting because they naturally strengthen their muscles with activities such as gymnastics, tug of war, sit-ups or climbing. As they progress into adolescents, this type of training may be incorporated into their team sports.
- 3) Bone Strengthening – these are activities that are weight bearing, such as running, hop scotch, skipping and tennis. Swimming is not weight bearing.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

www.liftoffsplayground.com



Nutrition • Achievement • Environment • Community • Activity

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 - Cinnamon Roll 2 - Assorted Cereal 3 - Assorted Cereal Bars
1 - Sausage Breakfast Pizza* 2 - Pop Tart & Cheese Stick 3 - Assorted Cereal	1 - Mini Cinni's 2 - Mini Donuts 3 - Assorted Cereal	1 - Egg & Cheese Croissant 2 - Assorted Cereal Bars 3 - Assorted Cereal	1 - Ham, Egg & Cheese Biscuit 2 - Strawberry Parfait 3 - Assorted Cereal	1 - Fruit Frudel 2 - Breakfast Kidzable 3 - Assorted Cereal
1 - Ham & Cheese English Muffin* 2 - Mini Donuts 3 - Assorted Cereal	1 - Dutch Waffle 2 - Assorted Muffins & Yogurt 3 - Assorted Cereal	1 - Sausage Breakfast Boat* 2 - Assorted Cereal Bars 3 - Assorted Cereal	1 - Bacon & Cheese Toaster* 2 - Cinnamon Roll 3 - Assorted Cereal	1 - Mini Bagels 2 - Assorted Yogurt & Grahams 3 - Assorted Cereal
1 - Breakfast Taco 2 - Pop Tart & Cheese Stick 3 - Assorted Cereal	1 - Bacon, Egg & Cheese Biscuit* 2 - Mini Donuts 3 - Assorted Cereal	1 - Mini Waffles 2 - Assorted Cereal Bars 3 - Assorted Cereal	1 - Sausage & Cheese Croissant* 2 - Strawberry Parfait 3 - Assorted Cereal	1 - Bacon Breakfast Boat* 2 - Breakfast Kidzable 3 - Assorted Cereal
Winter Break!	Winter Break!	Winter Break!	Winter Break!	Winter Break!

Fresh Pick Recipe

CRANBERRY CORNBREAD DRESSING

- 4 cups cornbread, cut into large croutons
 - 1 lb sausage, cooked and drained (optional)
 - 1 tablespoon olive oil
 - 1/2 cup onions, small dice
 - 1/2 cup celery, sliced
 - 1 medium apple, chopped
 - 1 cup cranberries
 - 1 teaspoon thyme
 - 1 1/2 cups chicken broth
 - salt and pepper, to taste
1. Slice cornbread into large croutons. Place on baking sheet and put in 350 degree oven for 15 minutes until crispy.
 2. In medium pan, heat the olive oil and sauté onions and celery for 3 minutes.
 3. Add apples and cranberries to the pan and sauté for 3 more minutes.
 4. Spray a large casserole dish with oil. Place cornbread into dish and top with the cooked sausage if using.
 5. Prepare all ingredients as directed and mix in a bowl.
 6. With a slotted spoon, distribute the cranberry mixture on top.
 7. Spoon enough of the broth onto the dish to moisten the cornbread.
 8. Cover casserole dish and place in 350 degree oven for 30 minutes.

Non-discrimination Statement

The United States Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability or marital or family status. To file a complaint of discrimination, call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer

