



September 2019

Upcoming Events:

AUGUST

30th Spirit Wear Order Due

SEPTEMBER

2nd Labor Day, No School

9th 6:30 PTO Meeting in the
Manchester Library

20th Walk-a-thon Color Run
5:30 p.m.- 7:30 p.m.

23rd Picture Retake Day

24th 2:06 dismissal, Parent Teacher
Conferences

25th 2:06 dismissal, Parent Teacher
Conferences

26th Teacher Inservice, No School

27th No School

30th Author Visit

October

7th 6:30 PTO Meeting in the
Manchester Library

9th-10th 5th Grade Outdoor Ed

14th Red Ribbon Week

16th Respect Assembly

17th End of 1st Quarter

18th Teacher Inservice

21st Health Screenings

24th 2nd and 3rd Grade Music
Programs

31st Halloween Parties 2:00 p.m.

From Mrs. Addink:

Our Manchester students are off to a great start for the 2019-20 school year. The children are working hard and are demonstrating respectful, responsible, and safe behaviors, the staff and I are incredibly proud of them!

We will begin our PALS groups this month. Students will work in a small group with students from another grade level while learning about the power of a growth mindset. The lessons will go along with the book, Bubble Gum Brain, Ready, Get Mindset... Grow! written by Julia Cook.

Parent teacher conferences are September 24th and 25th. Please log in to Pick-a-time to secure a conference time slot beginning on September 8th (directions are on page 5 of this newsletter).

We are looking forward to a fun filled Walk-a-thon/Color Run on September 20th. We hope to see you there!

Please notice the dates at the left and the updated PTO calendar at the end of the newsletter.

Please call or email if I can be of assistance.
Sarah Addink, 402-289-2590 saddink@epsne.org

Links

SODEXO-Lunch

<https://www.elkhornweb.org/parents/lunch/lunch-account/>

MANCHESTER WEB PAGE

<https://www.elkhornweb.org/manchester/>

[EPS 2019-20 Calendar](#)

Daily Pick Up Routine

For families who pick up a kindergarten student near the kindergarten ramp, please make sure you are waiting on the curbside of the yellow line. This will allow a walking lane for all Manchester families. Also, this will keep the stairs clear so that students can easily and safely get to their families.

If you drive to pick up your student, please pull as far ahead in the drive thru lane as possible. The staff members will use walkie talkies to radio for the students.

Make a difference with the Elkhorn Public Schools!

The Elkhorn Public School District is currently hiring teacher assistant/paraprofessionals for the 2019-2020 school year in our early education, elementary, and secondary settings. EPS is seeking caring and collaborative individuals with a desire to help students achieve.

- Family friendly hours – follows the school day and calendar
- Competitive pay (\$14.65/\$15.15)
- Rewarding working environment

Apply at www.elkhornweb.org Employment:
Support Staff Non-Certified: Teacher Assistant

Fridays are spirit days at Manchester!

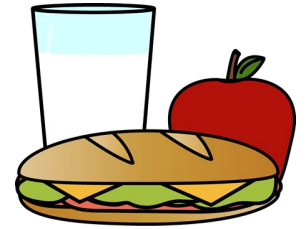
This Friday is the last day to submit spirit wear orders. The order form is attached to this newsletter. If you'd like to see the shirts or check sizes, please stop by the office.



Lunch & Recess

We welcome parents to join their child during the designated grade level lunch period.

Grade	Lunch	Recess
Kindergarten	10:55-11:20	11:20-11:40
	Recess	Lunch
First Grade	11:00-11:20	11:20-11:40
Second Grade	11:15-11:35	11:35-11:55
Third Grade	11:40-12:00	12:00-12:20
Fourth Grade	12:00-12:20	12:20-12:40
Fifth Grade	12:20-12:40	12:40-1:00



Find out more at:

www.ManchesterPTO.com

Manchester PTO meets monthly on Monday evenings.

Workroom Volunteers

If you are available and interested, we would appreciate extra help in our workroom with material preparation. The dates are found on the sign-up genius link below.

[Workroom Volunteer Sign-up](#)

Please let us know if you have any questions.

Junior Achievement

WOULD YOU LIKE TO MAKE A DIFFERENCE IN YOUR CHILD'S CLASSROOM?

At Manchester we offer the Junior Achievement program to all grades K-5, but we need parent volunteers to make it successful. We are asking parent volunteers to share their time for 30-45 minutes during five visits. Junior Achievement enhances the students' understanding of the local economy. Student lessons teach about spending, saving, business, and many more topics.

Grades 3-5 will have JA in the Fall and K-2 will need volunteers in Winter/Spring.

If you can help, contact Candice Milone at cmilone@epsne.org and give your name and your child's teacher. Thank you for making a difference!

August Pawsitive Pride Winners

These students were caught being respectful, responsible, and safe!

Art: Camrin H. **Music:** Anna R. **PE:** MaSon W.

Kindergarten: Atley B., Molly M., Jacob C., Sai G., Gage P.

First Grade: Sam C., Jackson K., Charlotte L., Isha A., Stryker W.

Second Grade: Hadley S., Quinn C., Vincent C., Billy K., Joshua T.

Third Grade: Patience D., Michelle K., Remington C., Ethan D.

Fourth Grade: Maddie S., Melia H., Foteh E., Mary K.

Fifth Grade: Aiden K., Ayden S., Cooper W., Max Y.

The monthly Pawsitive Pride Red Ticket winners will eat lunch with Mrs. Addink on Friday, September 6th.



Conferences

Conferences this year will take place on **Tuesday, September 24th** and **Wednesday, September 25th**. **Please note the early release on both of the parent teacher conference days at 2:06 p.m.** Below are the steps to sign up to reserve a conference time. We are looking forward to working in collaboration with you!

Pick-a-Time Conference Scheduling

Directions for Parents:

Manchester uses Pick-a-Time to schedule Parent Teacher Conferences. The online scheduler is open **Sunday, September 8th at 8:00 p.m. through September 22nd**. This is a first-come first-serve scheduling software. As a result, the sooner you register the more likely you are to get your preferred time. In addition, if you have more than one student, it will not allow you to schedule them back-to-back. It will require a fifteen-minute time slot between the two conferences. This allows for travel time and for conferences that have gotten behind schedule. The one exception is if you have children who have the same teacher. Follow the directions below to get to the Parent Teacher Conference scheduler.

Web address: <https://pickatime.com/client?ven=11605156>

Sign In

If you've previously registered, all you need to do is enter your email address and password. The system will know about your appointments and the children you have added to your account.

Register (Students new to Manchester)

1. Enter your email address and push "Login/Create Account".
2. Fill in the required fields and register.
3. For each child, enter your child's first and last name for the student.
ID. (example: JohnSmith) and birth date (example: 12/15/2005)

Scheduling

1. Each colored square represents an available meeting time. The legend/key shows you what each color means. Click on a square to book that time.
 2. As an option, you have the choice of setting a time when you would like a reminder email delivered.
 3. Click "Create Appointment" to finalize.
- Repeat until you have a time for each of your children.

*At any time, you can click on "printable schedule" and print the resulting web page to get a hard copy of your schedule. You will also have the option to email your schedule to yourself.

*You have the ability to change your conference time through Sunday, February 10th. You will need to log in with the email address and password you used to create your account. If you need to make a change after February 10th, you will need to contact the office at 402-289-2590.

*Click on "Your Schedule" to display and hide your appointments. There will be links to change the time or cancel the appointment.



September Counseling Corner

It's great to be back for another school year! The Elkhorn Public Schools offers some excellent programs to provide support for families. These are some of the programs offered:

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
- "Grief's Journey" provides support groups for children who have experienced the death of a loved one (FREE) . Contact: 4025022773 or info@griefsjourney.org

Families in Need:

- Operation School Bell: Winter coats and clothing for students..
- Celebration of Giving Project: This program provides families with gifts around the holidays. (Please contact me at: swiley@epsne.org if you would like to be a part of one of these programs)
- Snack Pack Program-Receive Snacks on Weekends

Outside programs for Parenting Websites:

- Love and Logic: **800-338-4065** or loveandlogic.com
- Nebraska Family Helpline: **1-888-866-8660**

Community programs for Health Care/support::

- **Healthcare: Kids Connect 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

Guidance Class:

The theme for guidance class is Study Skills (i.e. listening, organizational skills, etc). Please contact me if you have any questions. Thank You!

Shelly Wiley, School Counselor, swiley@epsne.org



News, Events, Announcements

September 2019

Dates to Remember

September 2019

- 4 Family Dinner Night: Freddy's
- 9 PTO Meeting
- 16 Family Dinner Night: The Good Life
- 20 Walk-a-Thon/Family Color Run

September Happenings

Family Dinner Nights

Do you want a night free of cooking and an easy way to raise money for Manchester? Join us for Family Dinner Nights! Be sure to tell them you're with Manchester Elementary when ordering!

September 4 **Freddy's** **5-8pm**
September 16 **The Good Life** **5-8pm**

Online Directory

The MySchoolAnywhere.com online school directory is currently being revised. We hope to have it up and ready for families to register in September, but we are currently in the process of making sure it works. The online directory allows families to stay connected by providing families' contact info. What's more, all email addresses listed will receive a weekly PTO eNewsletter with updates and happenings. It's a great way to "Be in the Know with the PTO!" Stay tuned for the new directory website and format!

Walk-a-Thon

Business sponsorships are still available through Sept. 3rd! Spots are limited. Contact Jen Bohlsen at jen.bohlsen@gmail.com today!



Get Active in the PTO!

Please join us for the first PTO (Parent Teacher Organization) meeting of the year on **Mon., Sept. 9th at 6:30pm** in the Library! Childcare provided. All parents are welcome!

Stay Connected:

1. PTO Facebook
<https://www.facebook.com/ManchesterPTO/>
2. PTO Email manchesterpto1@gmail.com
3. PTO Website www.manchesterpto.com
4. Weekly PTO eNewsletters via the school directory* (*stay tuned for more info on how to register!)

Box Top\$ For Education Has Gone Digital!

Box Tops are each worth 10¢ for schools and are found on hundreds of products! The program has recently gone digital. Download the app today and start scanning in your receipts within 14 days of purchase. (Email grocery store pick-up email receipts to: receipts@boxtops4education.com.) You may still turn in paper Box Tops to the Box Tops Mailbox located outside the school office. We will be submitting the first collection of Box Tops to Box Tops 4 Education in October! Every clip counts!

Hy-Vee Cash for Students

Turn in your Hy-Vee grocery, gas, pharmacy & diner receipts (after you've scanned them in for Box Tops! ©) to the school office to earn money for our school. Receipts must be dated Sept. 1-Dec. 31, 2019.

Submit your photos for the Manchester Yearbook

manchesteryearbook1@gmail.com

2019-20 Manchester Spirit Wear Order Form

Due to Manchester August 30, 2019

Checks to: *Manchester Elementary*

Child's First and Last Name: _____

Child's Teacher's Name: _____

APPAREL ITEMS	Youth Sizes				Adult Sizes				*Add \$2.00 (please write in the size)	Total Qty	Amount Due
	YS	YM	YL	YXL	AS	AM	AL	AXL			
A) Long Sleeve T-Shirt - Adult										x \$15	
A) Long Sleeve T-Shirt - Youth										x \$15	
B) Dry fit Performance Hoodie - Adult										x \$40	
B) Dry fit Performance Hoodie - Youth										x \$40	
C) ¼ Sleeve Baseball Tee - Adult										x \$20	
C) ¼ Sleeve Baseball Tee - Youth										x \$20	
D) T-Shirt - Adult										x \$12	
D) T-Shirt - Youth										x \$12	
E) Dry fit T-shirt-Adult										x \$25	
E) Dry fit T-shirt-Youth										x \$22	
F) T-Shirt- Ladies Fit										x \$17	
F) T-Shirt- Girls fit										x \$15	

Total Number of Items: _____

Total Cost: _____

2019-20 Manchester Spirit Wear



A) Long Sleeve T-Shirt - Adult, Youth



B) Dry fit Performance Hoodie - Adult, Youth



C) 3/4 Sleeve Vintage Tee - Adult, Youth



D) T-Shirt - Adult, Youth



E) Dry fit T-shirt- Adult, Youth



F) T-Shirt- Ladies Fit, Girls Fit

MANCHESTER ELEMENTARY | 2019-2020 DISTRICT & PTO CALENDAR*

***Dates subject to change**

2019-2020 Manchester PTO Board

President - Shelli Klemke
 Vice President - Sarah Freeland
 Treasurer - Mary Metchke
 Secretary - Amy Ruhlman
 Communications - Kolleen Benjamin

Get Connected

Website:

<http://www.manchesterpto.com>

Facebook:

<https://www.facebook.com/ManchesterPTO/>

Email:

manchesterpto1@gmail.com

**PTO Meetings are held the first Monday of the month in the Manchester library.
 FREE CHILDCARE PROVIDED!**

JANUARY 2020						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Dec 23-Jan 3 Winter Break
3 Teacher In-service NO School
6 PTO Meeting 6:30
10 Kindness is Contagious Assembly
13-17 Kindness is Contagious Week
20 Teacher In-Service NO School

AUGUST 2019						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

13 Open House and Curriculum Night ALL GRADES 5:30-7:00
15 First Day of School
15 Welcome to Manchester PTO Breakfast 9:00 (Kindergarten and new families)
20 School Picture Day

FEBRUARY 2020						
S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

3 PTO Meeting 6:30
14 Valentine's Parties 2:15
19-20 Parent/Teacher Conferences One Hour Early Dismissal
21 NO School
24 Kindergarten Round-up Parent Meeting 6:00
28 Kindergarten Round-up, No School for Current Kindergartners

SEPTEMBER 2019						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

2 Labor Day – NO School
9 PTO Meeting 6:30
20 Walk-a-thon Color Run Family Event 5:30-7:30
23 Picture Retake Day
24-25 Parent/Teacher Conferences One hour early dismissal
26 Teacher In-service – NO School
27 NO School
30 Author Visit

MARCH 2020						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

2 PTO Meeting 6:30
2 Read Across America Day
9-13 Staff Appreciation Week
17 5th Grade Recorder Concert
18 End of Third Quarter
19-20 Spring Break NO School
23 Teacher In-Service NO School
26 Spring Picture Day
30 District Battle of the Books
31 Art Show 5:00-7:00

OCTOBER 2019						
S	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

7 PTO Meeting 6:30
9-10 5th Grade Outdoor Ed
14-17 Red Ribbon Week
17 End of First Quarter
18 Teacher In-Service – NO School
21 Health Screenings
24 2nd (6:00) and 3rd (7:00) Music Program
31 Halloween Parties 2:00

APRIL 2020						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

6 PTO Meeting 6:30
7 KDG (6:00) and 1st (7:00) Music Program
9 Teacher In-Service NO School
10 NO School
24 School Carnival 6:00-8:00 p.m.

NOVEMBER 2019						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

4 PTO Meeting 6:30
4-7 Book Fair
7 Pancake Man and Book Fair Family Night 5:30-7:30 p.m.
11 Veterans Day Program 9:00
19 4th (6:00) and 5th (7:00) Music Program
27 One Hour Early Dismissal
28-29 Thanksgiving Vacation

MAY 2020						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

15 K-5th Fun Day at Manchester
18 3rd-5th Field Day at EMS *tentative date
21 Fifth Grade Celebration
22 Last Day of School Early Dismissal

DECEMBER 2019						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

19 Winter Service Project
20 End of 2nd Quarter
Dec 23-Jan 3 Winter Break

Calendar Key:

First & Last Day of School – ■

1 Hour Early Dismissal – □

No School – ■

P/T Conferences – ■

PTO Meetings – ■

PTO Events – ■

PTO Fundraisers – ■

School Events – ■

*Subject to updates

Manchester Elementary WALK-A-THON COLOR RUN



FRIDAY, SEPTEMBER 20TH
5:30 - 7:30 PM

This is a new event for our school, combining our Fall Family Event with our Walk-a-thon fundraiser!

COLOR RUN/WALK DETAILS:

EVENT STARTS AT 5:30 WITH THE RUN/WALK KICKING OFF AT 6:00 PM FOR THE FIRST WAVE OF RUNNERS, EACH WAVE STARTING AT 10 MINUTE INTERVALS.

EVERY STUDENT WILL GET A FREE SHIRT TO WEAR FOR THE COLOR RUN
FAMILY MEMBERS WILL HAVE THE OPTION TO ORDER SHIRTS

FOOD TRUCKS & KONA ICE WILL BE AVAILABLE FOR PURCHASE

Stay tuned for more details!

Order Your Manchester Elementary Yearbook Online



- Step 1:** Visit <http://www.memorybook.com/online-pay/parent-pay/>
- Step 2:** Enter your school code **165865** then click "Go to your school account log in"
- Step 3:** Click on the link below your school name
- Step 4:** Register as a "new user"
- Step 5:** Buy a yearbook for **\$17.00**

Add a "Love Line" for **\$5.00** Enter text Only, Tami will contact for photo.

Deadline for love lines is September 30th.

Any questions please email
Manchesteryearbook1@gmail.com

Please submit pictures to any event that happens at school-including; lunch, library, classroom, parties, and many more. Send to Manchesteryearbook1@gmail.com Only send 3 pictures at a time and select HIGH or ORIGINAL resolution. The more you send-the more your child will be in the yearbook.

BUY NOW



www.memorybook.com



District Reminders

ONLINE CALENDARS INFORMATION

EPS provides several different ways for parents to stay connected throughout the school year!

Stay in-the-know on upcoming events by subscribing to individual building calendars found at

<https://www.elkhornweb.org/calendar/>.



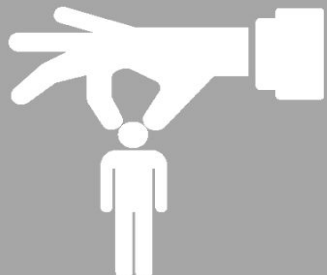
SCHOOLMESSENGER MESSAGING AND ALERT SYSTEM

Both the District and individual buildings regularly use a parent messaging system called SchoolMessenger to send emails and phone calls to parents such as monthly updates about building happenings and weather-related school closings.

SchoolMessenger also allows recipients the option to “unsubscribe” from its mailing list; please understand that by “unsubscribing” you are completely removing your email address from ALL lists, including both District and building specific emails. If you choose to Unsubscribe, you will not receive weather-related cancellation information.

If at any time you unsubscribe then later decide you would like to begin receiving emails again, please let your building secretary know.



 <p>What?</p>	<p>One-to-one, school-based mentoring program</p> <p>Weekly meetings during non-class time</p> <p>Focused on the overall growth and development of the student</p>
 <p>Who?</p>	<p><i>Any</i> student in grades 3-12 interested in having an additional SUPPORTIVE, CARING, NEUTRAL adult in his or her life.</p> <p><i>Every single student can benefit.</i></p>
 <p>How?</p>	<p>Students can self-nominate or be nominated by building staff or a parent and are matched with a mentor as soon as one is available.</p> <p><i>Nomination forms can be requested from your building TeamMates Coordinator.</i></p>

DISTRICT SOCIAL MEDIA

To better serve our communication needs and ensure that all EPS students, families, faculty, staff, and the surrounding community receive necessary information and District updates, all EPS buildings have individual social media accounts. The links to all EPS accounts are below and can be followed for regular District and building updates.

School	Social Platform Links	School	Social Platform Links
Elkhorn Public Schools	https://twitter.com/ElkhornPS https://www.facebook.com/ElkhornPS	Fire Ridge	https://twitter.com/ElkhornPS_FR https://www.facebook.com/ElkhornPSFR
EPS Young Adult Program	https://www.facebook.com/ElkhornPSYAP https://twitter.com/ElkhornPS_YAP	Hillrise	https://twitter.com/ElkhornPS_HR https://www.facebook.com/ElkhornPSHR/
Elkhorn High School	https://twitter.com/ElkhornPS_EHS https://www.facebook.com/ElkhornPSEHS	Manchester	https://twitter.com/ElkhornPS_MN https://www.facebook.com/ElkhornPSMN/
Elkhorn South High School	https://twitter.com/ElkhornPS_ESHS https://www.facebook.com/ElkhornPSESHS	Sagewood	https://twitter.com/ElkhornPS_SW https://www.facebook.com/ElkhornPSSW/
Elkhorn Grandview Middle School	https://twitter.com/ElkhornPS_EGMS https://www.facebook.com/ElkhornPSEGMS	Skyline	https://twitter.com/ElkhornPS_SK https://www.facebook.com/ElkhornPSSK/
Elkhorn Middle School	https://twitter.com/ElkhornPS_EMS https://www.facebook.com/ElkhornPSEMS/	Spring Ridge	https://twitter.com/ElkhornPS_SR https://www.facebook.com/ElkhornPSSR/
Elkhorn Ridge Middle School	https://twitter.com/ElkhornPS_ERMS https://www.facebook.com/ElkhornPSESMS/	West Bay	https://twitter.com/ElkhornPS_WB https://www.facebook.com/ElkhornPSWB/
Elkhorn Valley View Middle School	https://twitter.com/ElkhornPS_EVVMS https://www.facebook.com/ElkhornPSEVVMS	West Dodge Station	https://twitter.com/ElkhornPS_WD https://www.facebook.com/ElkhornPSWD/
Arbor View	https://twitter.com/ElkhornPS_AV https://www.facebook.com/ElkhornPSAV	Westridge	https://twitter.com/ElkhornPS_WR https://www.facebook.com/ElkhornPSWR/
Blue Sage	https://twitter.com/ElkhornPS_BSE https://www.facebook.com/ElkhornPSBS		

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.



ELKHORN
PUBLIC SCHOOLS

FIND US ON



Does your child need health coverage? ¿Necesita su hijo(a) cobertura médica?

Call: Toll free/Línea gratuita: 1-855-632-7633

<http://www.ACCESSNebraska.ne.gov>

NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

Health Care Coverage for Nebraska Children

Cobertura para el cuidado médico de los niños de Nebraska

What is Nebraska's Children's Health Insurance Program (CHIP)? / Qué es CHIP

CHIP is health care coverage for qualified children who are without other health insurance and who do not qualify for Medicaid. Federally called the Children's Health Insurance Program (CHIP), it provides the same services covered under Medicaid.

El programa CHIP es la cobertura de cuidado médico para los niños que califiquen y que no tengan ningún otro tipo de seguro médico ni sean elegibles para recibir Medicaid. Conocido al nivel federal como el Programa de Seguro Médico para Menores (CHIP), este programa proporciona lo mismos servicios cubiertos bajo Medicaid.

What does CHIP cover? / ¿Qué servicios cubre el programa a CHIP?

CHIP provides well care for your child in helping prevent diseases, finding and treating problems early, and maintaining good health and development.

CHIP proporciona cuidado para el bienestar de su hijo(a) al prevenir enfermedades, encontrar y tratar los problemas de manera oportuna, y mantener la buena salud y el desarrollo.

Regular check-ups include:

- Baby check-ups and baby immunizations
- Yearly check-ups for school-age children
- Immunization for school-age children
- Vision and hearing testing
- Dental check-ups and dental sealants

CHIP also provides medical care for injuries and illnesses

Treatment includes:

- Doctor's visits • Medications • Hospital care
- Lab tests/x-rays • Dental treatments • Eyeglasses
- Counseling
- Specialty services for children with disabilities or chronic health conditions
- Mental health and substance abuse assessment and treatment services

Los chequeos generales incluyen:

- Chequeos y vacunas para bebés
- Chequeos anuales para menores de edad escolar
- Vacunas para menores de edad escolar
- Exámenes oculares y de oído
- Chequeos y selladores dentales

CHIP también proporciona cuidado médico para lesiones y enfermedades

El tratamiento incluye:

- Citas médicas • Medicamentos • Cuidado hospitalario
- Exámenes de laboratorio/rayos x • Tratamientos dentales • Anteojos
- Consejería
- Servicios especializados para niños con discapacidades o condiciones de salud crónicas
- Servicios de evaluación y tratamiento para la salud mental y el abuso de sustancias ilícitas

2019 5K Walk/Run



**ATTENTION EPS FAMILIES!
JOIN US ON 9.14 FOR
A CROSS COUNTRY RACE
TO BENEFIT **SPECIAL
EDUCATION** FOR ELKHORN
YOUTH!**



9.14 EPS FOOTBALL STADIUM 715AM REGISTRATION OPENS 8AM KIDS DASH 815AM 5K RACE

Bring your family and come race with us! Our 3rd Annual event features a professionally timed 5K* cross-country race and a 100 yard Kids Dash! The 5K race will take place on the Elkhorn Public Schools football campus, beginning and ending in the football stadium. The 100 yard Kids Dash will be held on the football field prior to 5K race start for kids 12 and under with awards in 2 age divisions. Awards given for 5K by 6 age categories.

*All minors participating in the 5K must be accompanied by an adult registered for the event.

\$15
100 YARD
KIDS DASH
(INCLUDES T-SHIRT)
THROUGH 9.4

\$30
5K
(INCLUDES T-SHIRT)
THROUGH 9.4

\$25
100 YARD
KIDS DASH
(LIMITED T-SHIRT)
9.5-RACE DAY

\$40
5K
(LIMITED T-SHIRT)
9.5-RACE DAY

Register Online www.elkhornfoundation.org



PERSPECTIVES

School Edition, August-September 2019

Help Reduce Anxiety for School Children

Parents and teachers are both likely to notice an increase in anxiety for children returning to or just starting school. Many reasons may precipitate this age-old problem, including things like going to a new school, just progressing from one grade to another, a special friend has moved, fearing more difficult work. Parents need to be aware of signs of a child's anxiety, and they should work with teachers to curb the effects. Good communication between home and the school is critical. Anxiety is a one-way ticket to school problems if it isn't checked. Therefore, give children the help they need to eliminate the fear of the unknown. Consider some of these possible signs of back-to-school anxiety, and employ some of the suggested strategies to help the child rise above the complications that anxiety can cause.

Signs not to ignore:

1. Being fearful of the changes ahead. Some of the behaviors you might see include constant talking about how scary things are, whether there are friends going to be there, and if not, when they will be able to see the old friends again, or who will be their lunch partners.
2. Additionally, you may notice some increase in physical complaints such as headaches, stomachaches, an increase in fatigue, etc. (even though there is no real physical illness present).
3. Sleeping and eating patterns seem to be out of the ordinary. They may not want to eat. They may insist on taking a lunch rather than eating at school because they don't know how the food will taste. Bedtime may be as usual—however, they are unable to sleep or they wake up fearful in the night about things they can't even put a name to.
4. They don't want to participate in the school-sponsored events because they are sure they have no friends to enjoy them with.



Parents can diffuse some of this anxiety by following some of the following ideas.

Recognize that anxiety is real. Take time to acknowledge how your child is reacting, and help him or her think through someways to change the reaction. Give lots of attention and even praise when the child is taking chances and feeling more comfortable with the results.

Begin to develop good solid routines at home. Before bed, lay out the things needed for the next day, and have the child check to be sure everything is packed appropriately in his/her school bag. In the morning have a set time to rise, get ready for school, eat breakfast, etc. Make it a point to leave promptly so the child will be back in school on time. Have a homework, mealtime, and bedtime schedule, making sure sleep time is adequate (8-10 hours depending on child's age). This will help the child anticipate the routine, and it can enable him/her to more readily accept the school routine as well.

Be a role model for your child. Even though you may experience your child acting out, speak softly but sternly about the behavior. Encourage him/her to take a deep breath and smile, and don't you become angry, as this is a way of prolonging unacceptable behavior. A positive parental example can flow over to the child.

Finally seek help if you need it. Your Student Assistance Program is there for you and your child. Please call us at (402) 330-0960 or visit us at arborfamilycounseling.com. We are there for you and will be happy to work with you and your child to make this a good school year.

Student Assistance Program For You!
Your student Assistance program is a benefit of the school district. Please contact our office for an appointment at (402)330-0960, or visit our website, arborfamilycounseling.com.

Perfection and Progress are not Synonyms

Both adults and children are often prone to insisting everything has to be perfect. However, parents have a great opportunity in focusing on the progress toward accomplishing a goal and learning from mistakes. Mistakes happen, and sometimes, it is possible that an assignment or a project is more difficult to accomplish in the time provided. As parents, it is a good idea to check on assignments and projects. Help the child determine how to break the material into small pieces and proceed. Discourage children from starting over if a mistake is made. Most teachers will allow a single or double line through the mistake, and the child can complete the information without having to constantly be “starting over” because it isn’t perfect.

Determine with your child if the work is to be done electronically or the “old fashioned way,” and help him/her have the necessary resources available to complete the assignment. If the computer or tablet are not necessary, help your child understand that they can be put away (this is called avoiding temptation). While you are at it, consider making arrangements

with your child to eliminate access to his/her phone during homework time—unless it is critical to reach another student with whom he/she is working on a particular assignment. The less distractions, the more progress made on completion of the work. Another way to develop a pattern of progress is to pay attention to due dates, what is involved in the process, and keeping the mind focused on doing the best job possible.

If computerized equipment is needed, consider helping the student follow the steps outlined in the rubric provided. It is usually best to work through the long-range projects step-by-step in the order requested. If you help your child determine the approximate time it will take to complete an assignment, he/she will be better able to schedule a particular timeline. Again, avoid having your child focus on perfection. The goal should be to do the best work he/she can. Be sure to compliment the child on a job well done. If it is an assignment that the teacher will be grading along the way, have him/her read the comments, utilize the suggestions, and continue to improve as he goes along. Remember, it is progress and not perfection you are seeking.

Finally, when your child has complet-

ed the assignment and turned it in for a final grade, explain what good work was done, and that he/she will gain from any comments given by peers or teachers. Each activity is a learning activity to increase his/her progress (not necessarily always a better grade but always improvement).

Each child is different. How much assistance is needed can easily vary. However, knowing parents are there to help is a big help.

Life doesn't have to be perfect to be beautiful.



WHAT DOES ARBOR STUDENT ASSISTANCE HAVE FOR YOU?

Professional, caring counselors who offer one-on-one confidential counseling for you and your family members for:

- School Problems
- Stress/Anxiety
- Drug/Alcohol Concerns
- Suicide Prevention
- Depression
- Family Conflict
- Bullying Concerns
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