

STALLION NEWS



November 2017

UPCOMING EVENTS

November 1-3	Red Ribbon Week	All Day
November 7	PTO Meeting	7:00 PM
November 9	4th/5th Grade Concerts	6:00 PM/7:00 PM
November 10	Health Screening	8:15 AM-11:00 AM
November 14	Battle of the Books	3:15 PM-4:00 PM
November 14	Family Fun Night at Panera Bread	4:00 PM-8:00 PM
November 15	Mid-quarters sent home	
November 16	Author Visit-Cynthia Lord	All Day
November 20	Celebration of Giving Starts	All Day
November 22	1 Hour Early Dismissal	2:06 PM
November 23-24	Thanksgiving Break	NO SCHOOL

Kindergarten Round-Up 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. Skyline and Blue Sage Kindergarten Round-Up will be held on Friday, March 2 at 9:00 am at Skyline Elementary.. A parent meeting for Skyline families is scheduled for Monday, February 26 at 6:00 pm in the Skyline cafeteria. A parent meeting for Blue Sage families is scheduled for Monday, February 26 at 7:00 pm in the Skyline cafeteria. For more information, please see the Kindergarten Round-Up forms attached to this newsletter and on the Skyline webpage.



PLEASE SIGN IN AT THE OFFICE

All visitors (including parents) who enter the building, must sign in at the office and wear a visitor badge. This includes parents joining their children for indoor walking club, or walking their children to their classroom in the morning. It is strongly encouraged to have your children walk to their classroom themselves, after you drop them off in the morning. It instills a sense of independence for them and is less disruptive in the busy hallways first thing in the morning.



Celebration of Giving Skyline Elementary



The Elkhorn Schools are Sponsoring a Gift Drive for families within our Elkhorn Community. This is how our School can get involved with helping families in need:

WHEN: November 20th -December 7th (7:30-4:00)

WHERE: Skyline Office

WHY: The "Celebration of Giving" is a gift drive for families in need within the Elkhorn Community. These Elkhorn families have been identified as needing some special assistance during this time of year. The wish lists have been collected from the families, and the mittens will be displayed in the office at Skyline Elementary. As our community grows, so does the need. Last year this project helped serve over 80 families in our school district, and we hope to help even more this year.

Here's what you can do to help:

1. Come to the school during office hours from November 20th-December 7th (7:30-4:00) to select your mitten(s) from the mitten tree.
Reminder: students cannot pick a mitten without a parent being present.
2. Have the office record the mitten(s) you have taken in the Celebration Of Giving Notebook.
3. Purchase the item(s) and then gift wrap the item(s).
4. Firmly secure the mitten(s) to the outside of the wrapped item. This is the only way we know what is inside the gift and who the gift belongs to.
5. Please return the wrapped item(s) to the school NO LATER THAN THURSDAY, DECEMBER 7TH by 4:00 pm.

If you would like to make a cash donation, we will do the shopping and wrapping for you!

Questions, please contact Joanie Anderson at janderson@epsne.org. Thank you for your assistance!!!

Cold Weather Reminders and Inclement Weather Alerts

Please dress your child appropriately for the cold weather. Coats, hats, mittens, and long pants will be needed most days for walking club and recess, as we go outside every day, as long as the “feels like” temperature is 20 degrees or above. It is helpful if you put your child’s name in their coats and sweatshirts so we can easily return those items to your child.



School closings will be broadcast over the following radio/television outlets: KFAB (1110), KETV, KMTV and WOWT. Elkhorn families will also receive an announcement via SchoolMessenger, the automated telephone announcement service. **If there is no closing announcement broadcast, school will be in session.** If severe weather develops during the school day, parents/guardians may pick their children up from school. Parents/guardians always have the option of not sending their children to school on a day when inclement weather is developing or has been forecast.

A COLD OR THE FLU?

WHAT’S THE DIFFERENCE BETWEEN A COLD AND THE FLU? COLD SYMPTOMS INCLUDE NASAL CONGESTION; A RUNNY, RED AND TENDER NOSE; SCRATCHY OR SORE THROAT; LACK OF APPETITE; AND A LOW GRADE FEVER. A COLD USUALLY LASTS ABOUT 7 DAYS.

THE FLU (SHORT FOR INFLUENZA) IS MORE SEVERE, WITH MANY OF THE COLD SYMPTOMS, BUT USUALLY A HIGHER TEMPERATURE, CHILLS, A COUGH, AND MUSCLE ACHES. ANYONE WITH THESE SYMPTOMS NEEDS TO STAY HOME TO RECOVER AND PREVENT INFECTING OTHERS.

THE BEST PREVENTION IS FREQUENT HAND WASHING. IN ADDITION, USE DISPOSABLE TISSUES, AVOID PEOPLE WHO ARE SICK AND KEEP HANDS AWAY FROM THE MOUTH AND NOSE. AFTER RECOVERY, REPLACING OR STERILIZING YOUR TOOTHBRUSH IS A GOOD IDEA.

THE RECOMMENDED TREATMENT IS LOTS OF REST, LIQUID AND T.L.C. ANTIBIOTICS DON’T HELP BECAUSE COLDS AND FLU ARE CAUSED BY VIRUSES, NOT BACTERIA. OVER-THE-COUNTER MEDICATIONS MAY HELP RELIEVE SYMPTOMS OF CONGESTION AND FEVER. A SORE THROAT CAN BE RELIEVED BY GARGLING WITH ½ TSP OF SALT IN 8 OZ OF WATER. DECONGESTANTS REDUCE NASAL CONGESTION AND EAR FULLNESS. NASAL SPRAYS SHOULDN’T BE USED FOR MORE THAN THREE DAYS OR A REBOUND EFFECT WILL ACTUALLY WORSEN THE CONGESTION. ANTIHISTAMINES WILL DECREASE A RUNNY NOSE, BUT CAN CAUSE DROWSINESS OR EXCITABILITY. COUGH SUPPRESSANTS ARE ONLY GOOD WHEN THE COLD IS CLEARING UP, OTHERWISE AN EXPECTORANT WILL HELP THIN AND CLEAR THE SPUTUM FROM THE THROAT AND CHEST. A VAPORIZER IN THE ROOM WILL HELP THIN SECRETIONS AND RELIEVES HOARSENESS.

CHECK WITH YOUR HEALTHCARE PROVIDER TO MAKE SURE YOUR CHILD’S SYMPTOMS AREN’T A SIGN OF SOMETHING MORE SERIOUS IF HE HAS A TEMPERATURE GREATER THAN 101 DEGREES OR THE FEVER PERSISTS; A VERY SORE OR RED THROAT; PROLONGED COUGH, WHEEZING OR LABORED BREATHING; GREEN COLORED NASAL DRAINAGE, EAR OR SINUS PAIN; OR WHEN SYMPTOMS ARE PROLONGED AND/OR NOT IMPROVING.

YOUR CHILD WILL RECOVER MORE QUICKLY AND COMFORTABLY AT HOME WITH REST, THAN AT SCHOOL. THANK YOU FOR HELPING US PROMOTE A HEALTHY SCHOOL ENVIRONMENT.

PLEASE REFER TO THE LINK FROM THE CDC FOR MORE INFORMATION DURING THE COLD AND FLU SEASON:

<https://www.cdc.gov/flu/keyfacts.htm>





Regular, daily attendance at school is the responsibility of each student and his/her parents or guardians. Letters will be sent to parents once a student has been absent 5 days within one quarter, 10 days total and again at 15 days as a reminder of the importance for the child to be in attendance at school every day. A letter will be sent to parents AND possibly the County Attorney if a child accumulates 20 days of absences during the school year with the request to schedule a conference with the building principal.

A child will be recorded tardy if he/she arrives after 8:15 am.

A child will be recorded ½ day absent if he/she arrives after 9:15 am or if he/she leaves before 2:00 pm.

A child will be recorded absent for a full day if he/she leaves before 10:00 am and is absent for the remainder of the day.

LOST AND FOUND

The lost and found table is full of jackets, sweatshirts, lunch boxes, and water bottles. Please have your child check the table for any missing items that might be theirs. Please label all items so they can be returned to your child. Just a reminder that any items left at winter break will be donated to charity.

3 BIST Goals for Life **(Behavior Intervention Support Team)**

I can be angry and have an overwhelming emotion without getting into trouble.

I can be OK even when others are not.

I can do my work and follow directions even if I don't want to.



Mid-Quarter Reports will be sent home on Wednesday, November 15.

As a reminder Student Council will not be hosting Movie Night this year. However, look forward to dress up days once a month to benefit different groups. The first dress up day will be November 8. Students can bring \$1 to wear pajamas. All money raised will go towards hurricane victims. Thanks for your support!

After School Plans

Please have an understanding with your child before he/she leaves home in the morning about what he/she is to do after school. It can be disruptive when classes are interrupted with the delivery of telephone messages, or the need for them to call home to find out what is going on after school. We realize that there are times when the unexpected happens and we will be happy to let your child know if your plans change.

THANK
YOU!

Thank you to Sheila Volk and the Skyline parents that helped with food or donated supplies for Parent-Teacher Conferences. The meals were delicious and definitely appreciated!! There are a few crockpots, containers and utensils that were left in the lounge after the meals. Please come to the office if you are missing any items.

Meeting With Teachers

Parents wishing to talk with teachers are asked to call the school office or email the teacher. If the teacher is unable to take your call, we are able to forward your call to their voicemail to leave the teacher a message.

If wishing to meet in person with a teacher, please schedule an appointment in advance. Often, teachers feel bad when a parent arrives at school to talk with them and they cannot meet due to demands and responsibilities placed upon them. By scheduling an appointment, they will be prepared to meet with you to address your questions and/or concerns.

**NO DOGS ON SCHOOL
GROUNDS**

Just a reminder that dogs are not allowed on school grounds when school is in session. Even the most well-mannered dogs, when surrounded by little hands and loud voices of children, may react in a way that we would not expect. Thank you for being mindful of children with fears or allergies.



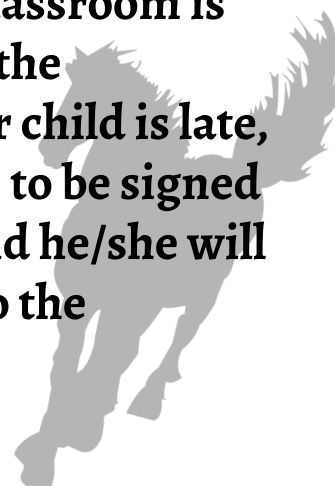
Recess/Lunch Times

<u>Grade</u>	<u>Recess</u>	<u>Lunch</u>
KDG	11:00-11:15	11:20-11:40
1st	11:20-11:35	11:40-12:00
2nd	11:40-11:55	12:00-12:20
3rd	12:00-12:15	12:20-12:40
4th	12:20-12:35	12:40-1:00
5th	12:40-12:55	1:00-1:20

Just a reminder, If you are coming for lunch and are wanting to purchase a school lunch, please contact the office by 9:30 that day.

Portable Drop Off/Pick-Up

Please do not use the staff parking lot to drop off your child if his/her classroom is located in one of the portables. If your child is late, he/she still needs to be signed in at the office and he/she will be escorted out to the portables.





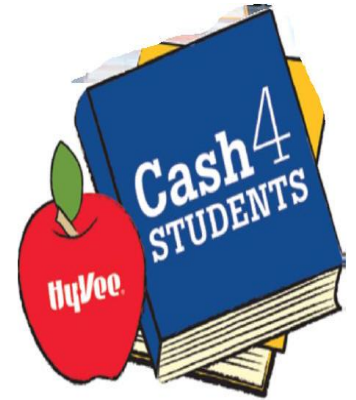
**FAMILY DINNER NIGHT AT PANERA BREAD
17730 WEST CENTER ROAD**

**TUESDAY, NOVEMBER 14
4:00 PM - 8:00 PM**

DINE IN OR TAKE OUT!

PLEASE MENTION SKYLINE ELEMENTARY WHEN YOU ORDER.

With Hy-Vee's "Cash 4 Students" program, Skyline can earn \$1 for every \$200 in Hy-Vee purchases simply by turning in store receipts showing any purchase such as food, gas and pharmacy. Send in receipts **dated from September 1st through December 31st** and place them in the red box in the entryway at Skyline. A cubby is also set up at the Pacific Street Hy-Vee location, so you can put your receipts in the box on the way out of the store. Ask your friends, family and neighbors to save their receipts, also. This is a great way for them to help contribute without any out of pocket expense!



Help our school by "tagging" your purchases at great Omaha businesses. Download the app to your smartphone and TAGG away! www.togetheragreatergood.com



Amazon Smile-The same Amazon you know and love. Simply log on to smile.amazon.com, choose Elkhorn Skyline Parent Teacher Organization and start shopping. Amazon gives a percentage of eligible items bought back to our school. Login with your normal username and password-it's that simple!



BOX TOPS ARE WORTH 10¢ for our school. Don't toss 'em... clip 'em! Keep turning in your box tops to the your child's classroom container.

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. To view Roundup and parent meeting times by school, please visit www.elkhornweb.org.

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.

SKYLINE ELEMENTARY

Principal: Andy Luebbe

400 South 210th Street

402-289-3433

www.elkhornweb.org/skyline**SKYLINE KDG PARENT MEETING:**

Monday, February 26 at 6 pm

SKYLINE KDG ROUNDUP:

Friday, March 2 from 9 am to 11 am

completed form may be emailed to janderson@epsne.org

Please return this form at your earliest convenience

KINDERGARTEN PRE-REGISTRATION FORM 2018-2019 SCHOOL YEAR

Child's Name (First Last) _____ Male Female

Elementary School _____

Birth date (mm/dd/yy) _____

Parent Name(s) _____

Address _____

City _____ Zip Code _____

Email Address _____ Housing Subdivision _____

Phone (Home) _____ (Work) _____

Please list any allergies, medications or dietary restrictions for your child here:



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BLUE SAGE ELEMENTARY Principal: Amy Christ 400 South 210th Street 402-289-3433 www.elkhornweb.org/skyline	<u>BLUE SAGE KDG PARENT MEETING</u> -Skyline Cafeteria Monday, February 26 at 7 p.m. <u>BLUE SAGE KDG ROUND-UP</u> -at Skyline Elementary Friday, March 2 from 9 am -11am <i>completed form may be emailed to janderson@epsne.org</i>
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Please return this form at your earliest convenience

KINDERGARTEN PRE-REGISTRATION FORM 2018-2019 SCHOOL YEAR

Child's Name (First Last) _____ Male Female

Elementary School _____

Birth date (mm/dd/yy) _____

Parent Name(s) _____

Address _____

City _____ Zip Code _____

Email Address _____ Housing Subdivision _____

Phone (Home) _____ (Work) _____

Please list any allergies, medications or dietary restrictions for your child here:

Understanding Digital Citizenship

As Elkhorn Public Schools expands access to technology for instructional purposes, the district is also aware of the need to define digital citizenship and promote the importance of students being good digital citizens. In addition to providing information to students, we believe it may also be helpful to share resources with families. This brochure explains the components of digital citizenship as well as some best practices for being a good digital citizen. The following information is from Common Sense Media; to learn more, visit www.commonsensemedia.com.

Internet Safety and Privacy

Several topics are vital to ensuring full understanding of the importance of safe Internet practices:

- Identify risky online situations and explain the importance of alerting an adult immediately
- Secure all devices, both hand-held and stationary and develop high quality passwords
- Understand the dangers of downloads and how they are used as part of your digital footprint
- Identify appropriate information that can be shared. Most importantly, those using the Internet should always remember there is no such thing as total privacy online.

Digital Footprint, Communication and Reputation

Individuals utilizing the Internet and social media must understand that all online activity leaves a digital footprint in the form of information that exists about an individual as a result of their online activity. Because this information is easily linked to a specific individual, it can oftentimes be used to harm a person's reputation, even outside of the cyber world. Individuals should remember that what they are putting out there today will still be available for years to come. Being aware of this may be the difference between being hired for your dream job, and being passed over due to unflattering information that was discovered from one's use of an online platform earlier in life. For those wanting to clean up their digital footprint and move forward with creating a positive one, the following steps should be considered:

- Review all social media accounts and delete anything that you wouldn't want a future employer to access, but remember that even "deleted" posts can still turn up in searches so always think twice before posting anything; once that step is complete, turn all settings to private and monitor the settings regularly, as sites often update their settings and some things could change without your knowledge.

- Delete abandoned accounts and unsubscribe to mailing lists that might be considered undesirable or that you no longer find relevant.
- Post about topics you're passionate about and explain why you feel that way; find positive things happening around you and share those instead of today's most viral video.

Creative Credit and Copyright

There are several ways to ensure proper credit is given and copyright is protected when using information gathered online; the most important of those being correctly citing sources, avoiding plagiarism, and always checking any images used for creator's rights.

Information Literacy

Information literacy is a term often associated with understanding the tools used to gather information and knowing where that information is coming from. Individuals utilizing the Internet for research should always be sure that the information they are collecting is accurate and reliable by verifying the credibility of any website utilized in the information collection process.

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.

EPS Staff Directories and Email Addresses

Parents - as a reminder, please always double check the email address of any staff member you are attempting to contact, as some email addresses include a number in them. If you are not sure of the correct address, you can find all addresses and email all staff members directly by clicking their name on the following "Staff Listing" page on our website: <http://www.elkhornweb.org/springridge/teacher-sites/staff/>

Elkhorn High School
Elkhorn South High School
Elkhorn Grandview Middle School
Elkhorn Middle School
Elkhorn Ridge Middle School
Elkhorn Valley View Middle School
Arbor View Elementary and Early Education Center
Fire Ridge Elementary
Hillrise Elementary
Manchester Elementary
Sagewood Elementary
Skyline Elementary
Spring Ridge Elementary
West Bay Elementary and Early Education Center
West Dodge Station Elementary and Early Education Center
Westridge Elementary and Early Education Center