

WEST BAY ELEMENTARY

BENGAL BEAT

APRIL 2017

INSIDE THIS NEWSLETTER

Important upcoming dates
PTO Information
Lunch Menus

FROM THE PRINCIPAL

West Bay Families,

We are down to just nine short, very busy weeks until the end of the school year. Third, fourth and fifth grade will be starting NeSA tests next week. You can help your child do their best by encouraging them to "show what they know" on test day. Please assure them that they are well prepared to take these tests and they will do a great job! A good night's rest and a healthy breakfast can also help students stay energized and focused throughout the day.

Spring weather has arrived! Nebraska weather requires us to practice our severe weather drills as a precautionary measure. We will reinforce safety this month by doing these drills along with our fire and lockdown drills.

If you have any questions or concerns please don't hesitate to call, email or stop by at any time. Thank you for your ongoing support!

Jen Coltvet, West Bay Principal
jcoltvet@epsne.org

UPCOMING EVENTS:

APRIL:

- 3rd District Battle of the Books @ West Bay 3:30
- 6th 6:00 Kdg Music Program/7:00 1st Grade Program;
- 10th PTO Meeting Library-Special Guest Dr. Habrock
- 14th Inservice-No School
- 21st 2:00 Family Circles
- 27th PTO Bingo/Game Night Spring Fundraiser

MAY:

- 10th PTO Planning Meeting
- 16th 2:00 ERMS Jazz Band visits West Bay
- 17th 5th Grade Track and Field Day
- 19th 2:00 Family Circles
- 24th FUN DAY! NEW date due to calendar changes
- 25th 11:30 Dismissal-Last student day

Mark your calendar for the PTO Family Bingo and Game Night- April 27th

JUMP ROPE FOR HEART TOTALS

101 West Bay students participated this year raising \$7,510 for the American Heart Association!

Congratulations to our top three earners:

Olivia Miles \$600 4E

Alexa Taylor \$550 2K

Rocco Boyer \$350 3P

Thank you to Mr. Clay for organizing this event for our school and thank you to everyone who participated. Way to go West Bay!

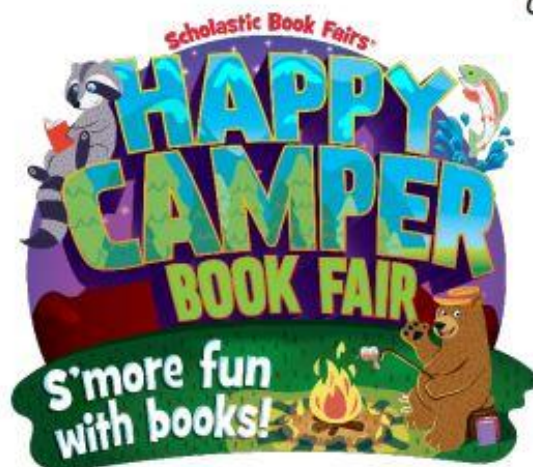
APRIL TECH TIP

Phishing Scams: Phishing is a form of social engineering that attempts to steal sensitive information. An attacker's goal is to compromise systems to obtain usernames, passwords, and other account and/or financial data. They most frequently accomplish phishing attacks via email. The attacker sends crafted emails to people within an organization. The email usually pretends to be from someone trustworthy, like your bank, UPS/FedEx, a credit card company or an airline, or some other site for which you may have login credentials. The email includes a link to an "official" website that is actually a fake site operated by the attacker. Once the user visits the fake site, they may be asked overtly to enter account information such as usernames, passwords, credit card details, social security or bank account numbers. If done correctly, the attack can capture sensitive information without the victim even knowing that they have been compromised. More information can be found at <https://www.commoncraft.com/video/phishing-scams>

A huge THANK YOU goes out to the amazing volunteers who made the book fair a success-

And a special thanks to Julie Wohlers for organizing the Buddy Breakfast!

Katy Bode
Tanya Langton
Liz Borkowski
Carie Kelsay
Linda Deegan
Michael Brown
Clara Tsai
Anupa Kamat
Dawn Holmes
Nicole Schlueter



Chelsea Thomalla
Rebecca Gerrity
Shannon Sokol
Kellie Wanzek
Lynn Griffis
Stacey Mathis
Suzi Hoeft
Jill Reid
Courtney Anderson
Sarah Schieber

WEST BAY PTO INFORMATION



Stay Connected with West Bay's PTO

- Website: www.westbaypto.com
- Facebook: West Bay PTO
- Email: westbaypto@gmail.com

2016-2017 West Bay PTO Board

President	Cortney Anderson
Vice President	Shagun Somasegaran
Treasurer	Nicole Schlueter
Secretary	Gretchen Copley
Community Liaison	Chelsea Thomalla

PTO MEETING MONDAY APRIL 10th 6:00

Free daycare for all ages in the cafeteria!

Come hear important information from Special Guest Elkhorn Public School's new Superintendent Dr. Bary Habrock! Other Topics to be discussed:

- 3rd Grade teachers will present
- 2017-2018 Board Elections
- 2017-2018 PTO goals & events

WEST BAY FAMILY BINGO & GAME NIGHT

Thursday, April 27th 5:00-7:30.

Mark your calendar for a night of bingo, games and fun with other West Bay Families! Check out the Flyer coming home on Friday, March 31st for detailed information on the event. Online registration opens Friday, March 31st at www.westbaypto.com

NOTHING BUNDT CAKE ORDERS DUE



Thursday, March 30th- Nothing Bundt Cake sales orders are due. Pick up cakes in the West Bay library on **Thursday, April 13th**, in time for your Easter weekend and gatherings

THE GOOD LIFE FAMILY FUN NIGHT



1203 S 180th St, Omaha, NE 68130

Tuesday, April 11th 4:00-8:00 pm – Join West Bay families for a fun night out and a break from cooking! 20% of the sale s will be donated to the West Bay PTO!

PTO PLANNING MEETING

Wednesday, May 10th 5:30 – 7:00pm @ Addy's
1515 S. 204th Street Suite 107

All parents are invited to attend to help shape next year's goals and events! All attendees will receive a copy of the tentative 2017-2018 calendar. If interested in attending, please sign-up at www.westbaypto.com

HELP NEEDED- PTO COMMITTEE POSITIONS

There are several opportunities to get involved with PTO! A list of Open Committee Positions can be found at www.westbaypto.com if interested please contact Chelsea Thomalla at cmthomalla@outlook.com

BINGO & GAME NIGHT DONATIONS

Please consider delivering and donating the following items to school on **April 25 or 26** for each child you have in each grade. PTO representatives will be available during morning school drop off to gather items

Preschool, Kindergarten 1st & 2nd Grade- Goodie Walk Treats. Treats MUST be store bought /prepackaged items such as cakes, pies, cupcakes, cookies, candy

3rd, 4th & 5th Grade- 2-liter Bottles of Pop AT LEAST three bottles for our ring toss game, any brand or flavor)

The PTO is also compiling themed baskets for our raffle. Each grade has been assigned a theme listed below. Please have your child bring an item to school theme related **by April 13**

Preschool– Summer Fun or Arts & Crafts

Kindergarten – Arts & Crafts (paint, markers, construction paper, stickers, etc.)

1st grade – Summer Fun (sidewalk chalk, bubbles, sunglasses, beach towel, sand toys, etc.)

2nd grade – Legos

3rd grade – Games & Books

4th grade – Sports (any sport or team, baseball cards, nerf ball, t-shirt, headband, etc.)

5th grade – Movies (movies, popcorn, movie candy, movie tickets, etc.)

TAGG



Don't forget to "tagg" for West Bay! Whenever you're at a TAGG business, open the app, snap a picture of your receipt, choose West Bay PTO and 5% of your purchase will be donated to the PTO!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

- 1 - Turkey & Cheese Wrap
- 2 - Meatball Sub
- 3 - Beef & Cheese Nachos
- 4 - Chef Salad w/Roll

**Beef & Cheese Nachos

B

4

- 1- Pepperoni Kydz-able
- 2 - Mini Corndogs
- 3 - French Toast Sticks & Sausage
- 4 - Just Peachy Parfait

**Turkey & Cheese Sub

C

5

- 1 - Italian Wrap*
- 2 - Chicken Nuggets
- 3 - Goulash
- 4 - Popcorn Chicken Salad

**GF Chicken Nuggets

D

6

- 1 - Chicken Popper Kydz-able
- 2 - Pepperoni Pizza
- 3 - Cheese Quesadilla
- 4 - Chunky Monkey Parfait w/Muffin

**Pepperoni Pizza

E

7

- 1 - Pepperoni & Cheese Sub*
- 2 - Pizza Sticks
- 3 - Pig in a Blanket
- 4 - Chicken Taco Salad

**Cheese Quesadilla

A

10

- 1 - Turkey Kydz-able
- 2 - Beef Soft Tacos
- 3 - Cheeseburger or Hamburger
- 4 - Chicken Caesar Salad w/Roll

**Cheeseburger

B

11

- 1 - Turkey & Cheese Sub
- 2 - Mini Corndogs
- 3 - Pancakes & Cheese Omelet
- 4 - Fruit Plate w/Muffin

**Fruit Plate w/Muffin

C

12

- 1 - Pepperoni Kydz-able
- 2 - Chicken Nuggets
- 3 - Grilled Cheese & Tomato Soup
- 4 - Buffalo Chicken Salad w/Roll

**GF Chicken Nuggets

D

13

- 1 - Ham & Cheese Wrap*
- 2 - Cheese Pizza
- 3 - Chicken Fried Steak, Potatoes & Gravy
- 4 - Double Berry Parfait

**Cheese Pizza

E



17

- 1 - Pepperoni & Cheese Sub*
- 2 - Meatball Sub
- 3 - Beef & Cheese Nachos
- 4 - Strawberry Fields Parfait

**Beef & Cheese Nachos

A

18

- 1 - Pizza Kydz-able
- 2 - Corn Dog
- 3 - French Toast Sticks & Sausage*
- 4 - Popcorn Chicken Salad w/Roll

**Turkey & Cheese Sub

B

19

- 1 - Italian Sub*
- 2 - Chicken Nuggets
- 3 - Chicken Fajita Quesadilla
- 4 - Just Peachy Parfait

**GF Chicken Nuggets

C

20

- 1 - Chicken Popper Kydz-able
- 2 - Pepperoni Pizza
- 3 - Chicken Gravy w/Mashed Potatoes
- 4 - BBQ Chicken Salad w/Roll

**Pepperoni Pizza

D

21

- 1 - Turkey & Cheddar Sandwich
- 2 - Chicken Patty Sandwich
- 3 - Pig in a Blanket
- 4 - Chicken Taco Salad

**Cheese Quesadilla

E

24

- 1 - Turkey Kydz-able
- 2 - Cheeseburger
- 3 - Chicken Soft Tacos
- 4 - Chicken Caesar Salad w/Roll

**Cheeseburger

A

25

- 1 - Turkey & Cheese Sub
- 2 - Pancakes & Cheese Omelet
- 3 - Spaghetti & Meat Sauce
- 4 - Fruit Plate w/Muffin

**Fruit Plate w/Muffin

B

26

- 1 - Pepperoni Kydz-able
- 2 - Chicken Nuggets
- 3 - Mac & Cheese w/Garlic Toast
- 4 - Buffalo Chicken Salad w/Roll

**GF Chicken Nuggets

C

27

- 1 - Ham & Cheese Wrap*
- 2 - Cheese Pizza
- 3 - Spaghetti & Meat Sauce
- 4 - Popcorn Chicken Salad w/Roll

**Cheese Pizza

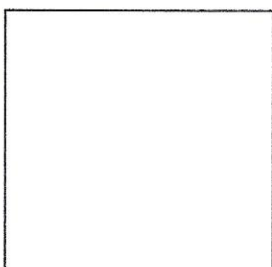
D

28

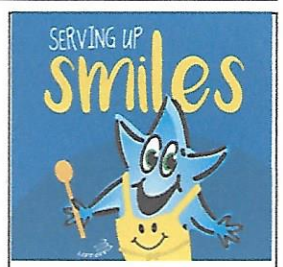
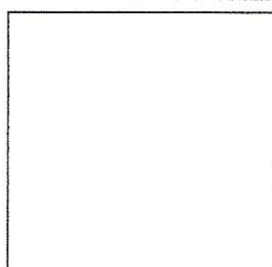
- 1 - Ham Kydz-able*
- 2 - Chicken Fried Steak, Potatoes & Gravy
- 3 - Chicken & Queso Nachos
- 4 - Banana Split Parfait

**Banana Split Parfait

E



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



Plants Are the Backbone of Life on Earth

Our everyday life depends on plants in so many ways. Let's review some of the special purposes of plants on Earth:

1. **Food:** Everything we eat comes directly or indirectly from plants. Throughout human history, approximately 7,000 different plant species have been used as food by people.
2. **Water:** Plants regulate the water cycle: they help distribute and purify the planet's water. They also help move water from the soil to the atmosphere through a process called transpiration.

3. **Medicine:** One-quarter of all prescription drugs come directly from or are derivatives of plants.
4. **Air:** Oxygen is brought to you by plants, as a by-product of photosynthesis.
5. **Habitat:** Species of fish and wildlife depend on plants for food and shelter.
6. **Climate:** Plants store carbon, and have helped keep much of the carbon dioxide produced from the burning of fossil fuels out of the atmosphere.

Source: Botanic Gardens Conservation International.
<http://www.bgci.org/plantconservationday/index/>



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.liftoffplayground.com



Nutrition • Achievement • Environment • Community • Activity

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 - Mini French Toast 2 - Assorted Cereal & Toast	1 - Bacon, Egg & Cheese Croissant* 2 - Mini Donuts 3 - Assorted Cereal	1 - Sausage Breakfast Pizza* 2 - Assorted Cereal	1 - Ham & Egg English Muffin* 2 - Assorted Yogurt & Graham Crackers 3 - Assorted Cereal	1 - Dutch Waffle 2 - Assorted Cereal
1 - Mini Donuts 2 - Assorted Cereal	1 - Egg & Cheese Croissant 2 - Purple Daze Smoothie w/Muffin 3 - Assorted Cereal	1 - Breakfast Pizza - Bacon* 2 - Chunky Monkey Parfait 3 - Assorted Cereal	1 - Oatmeal Round 2 - Assorted Cereal	No School
1 - Bacon, Egg & Cheese Croissant* 2 - Assorted Cereal	1 - Egg & Cheese English Muffin 2 - Glazed Donut 3 - Assorted Cereal	1 - Sausage Breakfast Pizza* 2 - Assorted Cereal	1 - Sausage Pancake Sandwich* 2 - Mini Donuts 3 - Assorted Cereal	1 - Glazed Donut 2 - Assorted Cereal
1 - Ham & Egg Bagel* 2 - Assorted Cereal	1 - Egg & Cheese Biscuit 2 - Apple Pie Parfait 3 - Assorted Cereal	1 - Breakfast Pizza - Bacon* 2 - Assorted Cereal	1 - Sausage & Cheese English Muffin* 2 - Purple Daze Smoothie w/Muffin 3 - Assorted Cereal	1 - Mini Donuts 2 - Assorted Cereal

Fresh Pick Recipe

STRAWBERRY BANANA SANDWICHES (SERVES 4)

- 1/4 cup bananas (sliced)
- 1/2 cup strawberries (sliced)
- 4-2.4 oz. slices french toast
- 1/4 cup light cream cheese

1. Slice bananas and strawberries 1/4".

2. To build sandwich:

- Spread 1 Tbsp cream cheese on each slice of frozen French toast.
 - Place 1/8 cup sliced banana on top of cream cheese on 1 slice of bread.
 - Top banana with 1/4 cup sliced strawberries.
 - Close sandwich with 2nd slice of bread.
 - Place sandwiches on parchment lined sheet pans.
3. At service, cut sandwiches in half diagonally.

NUTRITION FACTS:
 175 calories, 5.59g fat,
 280mg sodium, 2.66g fiber

Non-discrimination Statement

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