

# INSIDE THIS NEWSLETTER

Important upcoming dates  
PTO Information  
Lunch Menus  
& 2017-18 Dates!

OCTOBER 2017

# WEST BAY ELEMENTARY



## FROM THE PRINCIPAL

West Bay Families,

It's been a busy start to the year! As fall approaches please remember to send jackets and warming clothes with your child. Unless it's raining we try to go outside everyday until the temps drop below 20 degrees. School picture retake day is upon us Oct. 6th. Please send your packet of pictures back to school with your child on retake day if you want to have new pictures taken. For families who missed Back to School 101 an order form will be coming home with your child. Additional forms will also be available in the office.

Thank you to our amazing PTO parent volunteers for organizing a successful fall Fun Run and Luau! It was a great fundraiser and evening of family fun.

Please find the Pick A Time directions included in this newsletter to [schedule your Conference on Oct. 17th or 18th. Pick A Time will open on OCT 1st at 6:00 and close on October 15th at 11:59 p.m.](#) Please call the office if you need help accessing or using Pick A Time.

Jen Coltvet, West Bay Principal  
[jcoltvet@epsne.org](mailto:jcoltvet@epsne.org)

## UPCOMING EVENTS:

### OCTOBER 2017

- 2nd 6:00 PTO in the WB Media Center
- 6th School Picture Retake Day
- 12th-18th Scholastic Book Fair
- 13th No School-Teacher Inservice
- 17th Conference-Early dismissal 2:06
- 18th Conference-Early dismissal 2:06
- 19th Family Circles
- 20th No School
- 26th Health Screenings
- 27th Halloween Parties 2:15

### NOVEMBER 2017

- 6th 6:00 PTO in the WB Media Center
- 9th 4th/5th Music Programs 6:00/7:00
- 17th Family Circles
- 21st First Grade Thanksgiving Program 10:45
- 23rd & 24th Thanksgiving Break

## Be A "Partner in Education" at West Bay Elementary!

Elkhorn Public Schools "Partners in Education" mentoring program is seeking adult volunteers to mentor West Bay students. Mentors are asked to volunteer for at least 30 minutes each week and may indicate preferred grade levels and times. Orientation will be provided, and a building facilitator will be available to answer questions. To volunteer, or for more information, please contact building mentoring facilitator, Joel Scholten, at 402-289-9045 or [jscholten@epsne.org](mailto:jscholten@epsne.org).

## Tech Tips for Building Newsletters – October 2017

### **SchoolMessenger – Are You Up to Date?**

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

### **YouTube – A Guide to Understanding Your Child's Video Watching**

YouTube is a common video watching platform used by many youths to find content on subjects that they find interesting or enjoyable to watch. In order to have a better understanding of what your child is watching on YouTube, below is a list of questions that you can ask:

- 1) *What's trending today?* Trending videos appear on YouTube's home page and show the most recent viral videos, what's funny, and what's being shared. Knowing what's trending will give parents a better understanding of the type of content your child is being exposed to by them simply going to the YouTube home page.
- 2) *What channels do you subscribe to?* If a child is taking the time to subscribe to a specific channel, it's a guarantee that the content being shown is something of interest to them. Get involved and find out what those channels are, so you can get a better idea of what specific content your child finds interesting and why. This could turn out to be a significant subject area interest for your child and a good common ground topic for conversations.
- 3) *What's in your library?* One's YouTube library is the place where videos that the user has liked or shared are stored. This too, is a way to discover content that your child finds interesting.
- 4) *What was the last video you shared?* Youth share things with others only when they find them to be interesting or enjoyable, or they feel that others will enjoy them as well. Get a glimpse into what videos are catching their attention by asking this question.

## **NOTES FROM THE NURSE...**

**ERIN BRYANT, RN**  
[ebryant@epsne.org](mailto:ebryant@epsne.org)

### **HEALTH SCREENING TIME IS COMING!**

On Thursday, October 26th, we will be screening all students in K-4 and 5th grade students who are new to Elkhorn Public Schools for: Height/Weight, Vision, Hearing, and Dental. If a potential issue is identified at the screening, an Elkhorn school nurse will rescreen, and a referral will be sent home at that time. A summary of your student's screening results will be sent home at the end of the school year.

### **FLU VACCINES**

The CDC recommends getting a flu vaccine before flu begins spreading in your community. It takes about two weeks after vaccination for antibodies to develop in the body that protect against flu, so make plans to get vaccinated early in fall, before flu season begins. CDC recommends that people get a flu vaccine by the end of October, if possible. Getting vaccinated later, however, can still be beneficial and vaccination should continue to be offered throughout the flu season, even into January or later. <https://www.cdc.gov/flu/index.htm>

### **Sodexo Lunch Prices 2017-18**

**Elem. lunch \$2.50**  
**Adult lunch \$3.85**

**Breakfast**  
**K-5th \$1.50**  
**Adult \$2.05**

### **Lunch/Recess Schedule**

|                          |                    |
|--------------------------|--------------------|
| Kdg Lunch 11:00-11:20    | Recess 11:25-11:40 |
| First Lunch 11:15-11:35  | Recess 11:40-11:55 |
| Second Lunch 11:45-12:05 | Recess 12:10-12:25 |
| Third Lunch 11:30-11:50  | Recess 11:55-12:10 |
| Fourth Lunch 12:00-12:20 | Recess 12:25-12:40 |
| Fifth Lunch 12:15-12:35  | Recess 12:40-12:55 |

The Elkhorn Public School District is currently seeking teacher assistant/paraprofessionals 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 (\$13.75/\$14.25)
- Rewarding working environment

Apply at [www.elkhornweb.org](http://www.elkhornweb.org) Employment: Support Staff Non-Certified: Teacher Assistant

## FAMILY CIRCLE FUN

In August we met with our Family Circle groups to say hello to familiar faces and welcome new ones! Families talked about how each person in our group is unique and discussed all of the things that make us that way. Each Family Circle group member created a puzzle piece highlighting all of the things about them that are unique to be compiled in a big group puzzle. Throughout the year we will be focusing on teamwork and all of the characteristics needed to be a good teammate and how we can relate this to what we do at school each day. We are excited for another great year of Family Circles!



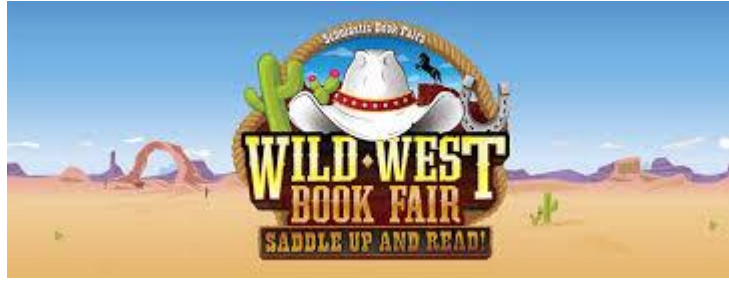
### September Artist Challenge Winners:

- Graham Parsons - 1st grade
- Mairen Williams - 1st grade
- Gravin Gleue - 1st grade
- Sterling Anderson - 2nd grade
- Kaeson Lantz Schooley - 2nd grade
- Evelyn Thompson - 3rd grade
- Addison Safford - 3rd grade
- Brandon Schneeberger - 4th grade
- Hamzah Alsaleem - 4th grade
- Sarah Shu - 4th grade
- Ellen Bode - 4th grade
- Callie Deegan - 5th grade



Graham Parsons





Dear Parents and Families:

Reading for pleasure unlocks the power of information and imagination and helps children discover who they are. Here's what you can do to help children develop stronger reading skills and a love for reading:

- Set the example. Let children see you read.
- Have a collection of books in your home. Update this collection routinely to keep up with changing tastes and reading skills.
- **Support our school's Book Fair. Allow your children to choose their own books to read.**

Our Scholastic Book Fair is a reading event that brings the books kids want to read right into our school. It's a wonderful selection of engaging and affordable books for every reading level. Please make plans to visit our Book Fair and be involved in shaping your child's reading habits.

### West Bay Fall Book Fair Hours 2017:

Thurs. 10/12 Open- 3:06-4:30

Mon. 10/16 Open- At lunch 11:00-1:00 and after school 3:06-4:30

Tues. 10/17 Open- 3:06-7:00

Wed. 10/18 Open- 3:06-7:00

If you are unable to attend the Fair in person, we invite you to visit our online Book Fair at [scholastic.com/fair](http://scholastic.com/fair). Our Online Fair is available from **October 6<sup>th</sup> to October 19<sup>th</sup>**.

We look forward to seeing you and your family at our Book Fair! Remember, all purchases benefit our school.

Sincerely,

Kelly Eby  
Media Specialist

Join our **All for Books** Coin Challenge!  
Support Our School!

More Coins = More Books = More Reading

Maverick Monday ~ Nickels

Monday: Bring nickels to wear a bandana.

Tombstone Tuesday ~ Dimes

Tuesday: Bring dimes to wear a hat.

Wrangler Wednesday ~ Quarters

Wednesday: Bring quarters to wear crazy socks.

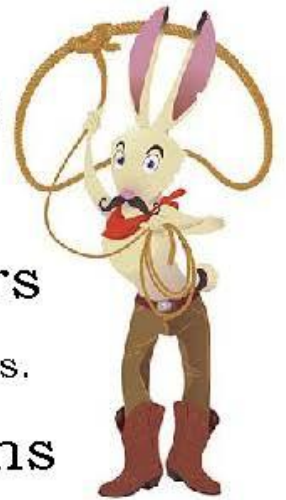
Tenderfoot Thursday ~ Any Coins

Thursday: Bring any coins to wear spirit wear to show your school pride.

**Every cent we raise will help buy books for our school!**



Scholastic matches your All for Books donation with a gift of books for children's literacy organizations.



Pick-A-Time Fall 2017 Conference Scheduling  
Directions for Parents Rev 9/27/17

The online scheduler will open at 6:00 p.m. on October 1st and close at 11:59 p.m. on October 15<sup>th</sup>.

WEB ADDRESS: "https://pickatime.com/client?ven=11608335"

### **Already Registered**

If you were at West Bay last year you will not need to re-register to set up conferences for your children. Use the same email and password that you used last semester.

### **Register (New to West Bay) (Pre-school)**

1. Enter your email address and push "**Login/Create Account**".
2. Fill in the required fields and register.
3. For each child, where it asks for student ID, please enter your child's first and last name (example: JohnSmith). Enter the student's 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.

### Notes

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 October 15<sup>th</sup>. 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 October 15<sup>th</sup>, please contact Jane Greve in the office. (402) 289-9045

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

# WEST BAY PTO INFORMATION



Stay Connected with West Bay's PTO

- Website: [www.westbaypto.com](http://www.westbaypto.com)
- Facebook: West Bay PTO
- Email: [westbaypto@gmail.com](mailto:westbaypto@gmail.com)

## 2017-2018 West Bay PTO Board

|                   |                    |
|-------------------|--------------------|
| President         | Shagun Somasegaran |
| Vice President    | Katy Bode          |
| Treasurer         | Stacey Mathis      |
| Secretary         | Kate Parsons       |
| Community Liaison | Liz Borkowski      |

## OCTOBER PTO MEETING HIGHLIGHTS

**Next Meeting: Monday, Oct. 2<sup>nd</sup> @ 6:00pm**  
**(Free childcare for all ages in the cafeteria!)**

- 5<sup>th</sup> Grade Teachers Present Classroom Updates
- Wrap-Up of Fun Run & Fall Social
- Halloween Parties

The PTO is always looking for and open to ideas on how to improve our wonderful school. We welcome everyone to attend the monthly PTO meetings and share ideas or email them to [westbaypto@gmail.com](mailto:westbaypto@gmail.com).

## CHIPOTLE FAMILY NIGHT



**Tuesday, October 17<sup>th</sup>** – Enjoy a night off cooking while supporting West Bay PTO! Stop by Chipotle on 177<sup>th</sup> & West Center between 4:00-8:00pm, **tell the cashier you are with West Bay BEFORE you pay & 50% of the proceeds** will be donated to PTO.

## HY-VEE RECEIPTS



Collect Hy-Vee receipts dated **September 1<sup>st</sup> to December 31<sup>st</sup>** from ANY Hy-Vee grocery, gas station, pharmacy and the Caribou Coffee located inside the Hy-Vee at 180<sup>th</sup> & Pacific. Turn in the receipts at West Bay or drop in the "West Bay Elementary" container at the front of Hy-Vee store on 180<sup>th</sup> & Pacific. **PLEASE NOTE** the 180<sup>th</sup> & Q store no longer offers a collection container inside the store. Receipts from this location must be turned in to West Bay. For every **\$200** spent, Hy-Vee will donate **\$1** to West Bay Elementary PTO.

## OPEN COMMITTEE POSITIONS

There is a need for a Drop Off Assistant on Thursday mornings 7:50-8:15am and a Copier Committee Volunteer on Fridays 2:00-3:00pm. Please reach out to Liz Borkowski at [lborkowski@hotmail.com](mailto:lborkowski@hotmail.com) if you are interested in helping.

## HALLOWEEN PARTIES

Halloween parties are on **Friday, October 27<sup>th</sup>** from 2:15-2:45pm and the Halloween Parade is from 2:45-3:00pm. The classroom party leads will be sending an email to all parents if they need volunteers.

## INTERESTED IN HELPING OUT?

**Health Screenings:** Volunteers are needed to help with Health Screenings on **Thursday, October 26<sup>th</sup>** from 8:15 - 11:15am. To volunteer go to [www.westbaypto.com](http://www.westbaypto.com) and click on "Health Screening Volunteers" on the homepage.

**Wild West Book Fair:** Volunteers are needed for the Book Fair October 12<sup>th</sup>, 16<sup>th</sup>, 17<sup>th</sup>, and 18<sup>th</sup>. To volunteer go to [www.westbaypto.com](http://www.westbaypto.com) and click on "Book Fair Volunteers" on the homepage.

## PARENT TEACHER CONFERENCE MEALS

**Dinner for Staff During Parent/Teacher Conferences:** In appreciation of the West Bay staff, the PTO will provide a soup/salad/sandwich dinner on **Wednesday, October 18<sup>th</sup>**, during Parent/Teacher conferences. To volunteer to bring an item, go to [www.westbaypto.com](http://www.westbaypto.com) and click on "Parent-Teacher Conference Meal Sign-up".

## BOOSTERTHON FUN RUN

**THANK YOU! THANK YOU! THANK YOU!**

Thanks to the generosity and support of the West Bay Community we met and exceeded BOTH the Fundraising AND Participation Goal for the inaugural Bengal Fun Run! **72%** of West Bay Students registered and **66%** pledged. With **95%** collection, we raised **\$21,999.95!** Our grade level winners are: **Pre-K- Ellie & Atlas Agnew; Kindergarten- Colt Theilen, First- Aubree Peterson; Second- Taylor Brumbaugh; Third- Ayla Peterson; Fourth-Trevor Pecha & Fifth-Cooper Anderson.** The Top Fundraisers **OVERALL** were **Ayla & Aubree Peterson!** Special thanks to Fun Run Committee Jamie Agnew, Cortney Anderson, Jenny Boll & Shagun Somasegaran for all their hard work!



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**2**

- 1 - Pepperoni Kyzd-able\*
- 2 - Cheese Pizza
- 3 - BBQ Riblet
- 4 - Hearty Garden Salad

\*\*Hearty Garden Salad

A

**3**

- 1 - Ham & Cheese Sub\*
- 2 - Pancakes, Eggs & Bacon\*
- 3 - Chicken Soft Tacos
- 4 - Popcorn Chicken Salad

\*\*Ham & Cheese Sub

B

**4**

- 1 - Pepperoni Pizza Kidzable\*
- 2 - Chicken Nuggets
- 3 - Sloppy Joe
- 4 - Fruit Plate w/Muffin

\*\*GF Chicken Nuggets

C

**5**

- 1 - Chicken Ranch Wrap
- 2 - Beef & Cheese Nachos
- 3 - Hot Dog
- 4 - Blueberry Parfait

\*\*Beef & Cheese Nachos

D

**6**

- 1 - Breakfast Kidzable
- 2 - Crispy Chicken Sandwich
- 3 - Pizza Sticks w/Marinara
- 4 - Pinata Beef Salad w/Chips

\*\*Pinata Beef Salad

E

**9**

- 1 - Turkey Kidzable
- 2 - Pepperoni Pizza
- 3 - Sweet & Sour Chicken
- 4 - Chicken Caesar Salad w/Roll

\*\*Pepperoni Pizza

A

**10**

- 1 - Ham & Cheese Sub\*
- 2 - Baked Penne w/Garlic Toast
- 3 - Beef Soft Taco
- 4 - Strawberry Parfait

\*\*Strawberry Parfait

B

**11**

- 1 - Pepperoni Pizza Kidzable\*
- 2 - Chicken Nuggets
- 3 - Cheese Quesadilla
- 4 - Veggie Plate

\*\*GF Chicken Nuggets

C

**12**

- 1 - Buffalo Chicken Wrap
- 2 - Grilled Cheese
- 3 - Country Steak w/Gravy
- 4 - Yogurt Banana Split Parfait

\*\*Buffalo Chicken Wrap

D



**16**

- 1 - Turkey Kidzable
- 2 - Cheese Pizza
- 3 - Teriyaki Chicken w/Ricde
- 4 - BBQ Chicken Salad

\*\*BBQ Chicken Salad

E

**17**

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

\*\*Beef & Cheese Nachos

A

**18**

- 1 - Ham Kidzable\*
- 2 - Chicken Nuggets
- 3 - Meatball Sub
- 4 - Chicken Fajita Salad

\*\*Chicken Nuggets

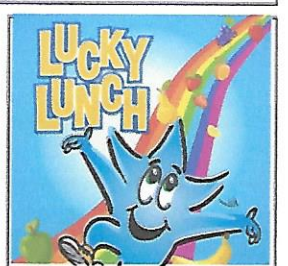
B

**19**

- 1 - American Sub\*
- 2 - Italian Dunkers
- 3 - Crispito w/Cheese Sauce
- 4 - Blueberry Parfait

\*\*American Sub\*

C



**23**

- 1 - Ham Kidzable\*
- 2 - Pepperoni Pizza
- 3 - Chicken Soft Taco
- 4 - Caesar Salad w/Roll

\*\*Chicken Soft Taco

D

**24**

- 1 - Zesty Italian Wrap\*
- 2 - Cheeseburger
- 3 - Biscuit & Gravy w/Sausage
- 4 - Mandarin Chicken Salad w/Roll

\*\*Cheeseburger

E

**25**

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

\*\*GF Chicken Nuggets

A

**26**

- 1 - Cheese BLT\*
- 2 - Mini Corn Dogs
- 3 - Broccoli Chicken Alfredo
- 4 - Yogurt Banana Split

\*\*Yogurt Banana Split

B

**27**

- 1 - Chicken Popper Kidzable
- 2 - Crispy Chicken Sandwich
- 3 - Tater Tot Casserole w/Roll
- 4 - Hawaiian Salad w/Roll\*

\*\*Hawaiian Salad w/GF Roll

C

**30**

- 1 - Pepperoni Kidzable\*
- 2 - Cheese Pizza
- 3 - BBQ Riblet
- 4 - Hearty Garden Salad w/Bagel

\*\*Cheese Pizza

D

**31**

- 1 - Sunbutter & Banana Wrap
- 2 - Mummy Dog (Hot Dog)
- 3 - French Toast Sticks w/Sausage
- 4 - Popcorn Chicken Salad w/Roll

\*\*Sunbutter & Banana Wrap

E



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



## Commit to Making Every Monday A Healthier Start to the Week

Monday symbolizes the beginning of each week, a fresh start and the opportunity to begin something new. Much like when people make a New Year's resolution, people tend to use Monday as a day dedicated to health. A healthier start on a Monday often means a healthier week will follow.

To help students, staff and families create and maintain healthier behaviors, My Mondays, Sodexo's new educational campaign, will help promote healthy eating, physical activity, cooking and sustainable, earth-friendly behaviors.

This initiative has been modeled after the Mondays Campaign, which is a non-profit public health initiative associated with Johns Hopkins, Columbia and Syracuse Universities that dedicates the first day of every week to health. Every Monday, individuals and organizations across the globe join together to commit to the healthy behaviors that can help end chronic preventable diseases.

For more information on the Mondays Campaign, please visit <http://www.mondaycampaigns.org/>.



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](http://www.liftoffsplayground.com)



Nutrition • Achievement • Environment • Community • Activity

### BREAKFAST MENU

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|--|---|--|---|
| 1 - Cinnamon Breakfast Round<br>2 - Assorted Cereal Bars<br>3 - Assorted Cereal   | 1 - Bacon Breakfast Boat*<br>2 - Assorted Muffins & Grahams<br>3 - Assorted Cereal | 1 - Dutch Waffle<br>2 - Assorted Cereal Bars<br>3 - Assorted Cereal                 | 1 - Ham, Egg & Cheese Bagel*<br>2 - Mini Donuts<br>3 - Assorted Cereal & Bars    | 1 - Cinnamon Roll<br>2 - Assorted Yogurt & Grahams<br>3 - Assorted Cereal   |
| 1 - Sausage Breakfast Pizza*<br>2 - Poptart & Cheese Stick<br>3 - Assorted Cereal | 1 - Fruit Frudel<br>2 - Mini Donuts<br>3 - Assorted Cereal                         | 1 - Egg & Cheese Croissant<br>2 - Strawberry Parfait<br>3 - Assorted Cereal         | 1 - Egg & Cheese Croissant<br>2 - Assorted Cereal Bars<br>3 - Assorted Cereal    | No School   |
| 1 - Sausage Breakfast Boat*<br>2 - Mini Donuts<br>3 - Assorted Cereal             | 1 - Dutch Waffle<br>2 - Assorted Muffins & Yogurt<br>3 - Assorted Cereal           | 1 - Ham & Cheese English Muffin*<br>2 - Assorted Cereal Bars<br>3 - Assorted Cereal | 1 - Bacon & Cheese Toaster*<br>2 - Cinnamon Roll<br>3 - Assorted Cereal          | No School   |
| 1 - Breakfast Taco<br>2 - Poptart & Cheese Stick<br>3 - Assorted Cereal           | 1 - Bacon, Egg & Cheese Biscuit*<br>2 - Mini Donuts<br>3 - Assorted Cereal         | 1 - Mini Waffles<br>2 - Assorted Cereal Bars<br>3 - Assorted Cereal                 | 1 - Sausage & Cheese Croissant*<br>2 - Strawberry Parfait<br>3 - Assorted Cereal | 1 - Bacon Breakfast Pizza*<br>2 - Breakfast Kidzable<br>3 - Assorted Cereal |
| 1 - Cinnamon Oatmeal Round<br>2 - Assorted Cereal Bars<br>3 - Assorted Cereal     | 1 - Bacon Breakfast Boat*<br>2 - Assorted Muffins & Grahams<br>3 - Assorted Cereal |   |  |   |

### Fresh Pick Recipe

#### APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

Prepare ingredients as directed.

1. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.

2. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.

3. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.

4. Combine the cornstarch with the remaining 2 T water and add to the pan.

5. Add salt and pepper to taste.

6. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.

### 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

