

INSIDE THIS NEWSLETTER

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

JANUARY 2018

WEST BAY ELEMENTARY



FROM THE PRINCIPAL

West Bay Families,

Our first semester has flown past! I hope you can enjoy some time with family and friends over winter break. Please take note of the important dates to the right. We will welcome everyone back to school on Thursday Jan. 4th.

Thank you for your ongoing support of our students and staff at West Bay.

Jen Coltvet, West Bay Principal
jcoltvet@epsne.org

- Winter weather often extends drop off and pick up times. You can expect traffic delays during inclement weather. Please be patient and keep the safety of our students in mind!



UPCOMING EVENTS:

JANUARY

- 4th Students Return! WELCOME BACK
- 8th 6:00 PTO
- 12th 2:00 Family Circles
- 15th No School-Staff Inservice
- 29th 6:00 Superintendent Dr. Habrock Presentation at West Bay-Library

FEBRUARY

- 2nd 2:00 Family Circles
- 5th 6:00 West Bay PTO
- 8th 2nd/3rd Grade Music Programs
2nd-6:00 3rd-7:00
- 9th 2:15 Valentine's Day Parties
- 14th 3:00-7:00 CONFERENCES
- 15th 3:00-7:00 CONFERENCES
- 16th NO SCHOOL
- 26th 6:30 2018-19 Kindergarten Round Up
Parent Meeting-WB Cafeteria

MARCH

- 2nd 9:00-11:00 Kindergarten Round Up
No School for current Kindergarten students!
- 5th 6:00 West Bay PTO
- 9th 2:00 Family Circles
- 16th No School-Inservice
- 19th-23rd NO SCHOOL-SPRING BREAK!
- 30th PTO Bundt Cake pick up

DECEMBER ARTIST CHALLENGE WINNERS

- Emilia Koehler - 1st Grade
- Graham Parsons - 1st Grade
- Dempsey Richter - 1st Grade
- Emma Charvat - 2nd Grade
- Cooper Smith - 2nd Grade
- Reilly Craig - 3rd Grade
- Rocco Boyer 4th Grade
- Ellie Brown - 4th Grade
- Scarlett Cooley - 4th Grade
- Chloe Jones - 4th Grade
- Sua Kim - 4th Grade
- Madelyn Latacha - 5th Grade
- Olivia Miles - 5th Grade
- Xavier Oppliger - 5th Grade



Drawing by Cooper Smith

Sodexo LUNCH reminders!

Please stay updated on your child's lunch balance through the Sodexo email alerts. Mrs. Coltvet will call accounts with negative balances each day.

Cost

- Child lunch \$2.50
- Adult lunch \$3.85
- K-5 Breakfast \$1.50

CHECK OUT OUR WEBSITE:

[West Bay Elementary](#)

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

Superintendent Visit Schedule

This spring, Superintendent Dr. Bary Habrock will visit parent organizations at each Elkhorn elementary and middle school to address the District's rapid growth and discuss plans for the future. Community members are welcome to attend any of the scheduled presentations.

- Hillrise Elementary – Monday, January 22 @ 6:30
- Arbor View – Monday, January 22 @ 7:30
- Westridge – Tuesday, January 23 @ 6:30
- EGMS – Tuesday, January 23 @ 7:30
- **West Bay – Monday, January 29 @ 6:00**
- Fire Ridge – Monday, January 29 @ 7:00
- ERMS – Tuesday, January 30 @ 1:30
- EVVMS – Wednesday, January 31 @ 1:00
- EMS – Thursday, February 1 @ 4:00
- Sagewood – Thursday, February 1 @ 7:00
- Manchester – Monday, February 5 @ 6:00
- Spring Ridge – Monday, February 5 @ 7:00
- West Dodge – Tuesday, February 6 @ 6:30
- Skyline – Tuesday, February 6 @ 7:30



COME TO OUR
BOOK FAIR!

February 14 - 20

TIMES

PLACE

SCHOLASTIC



ELKHORN PUBLIC SCHOOLS

2018 – 2019 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 according to Nebraska State Law.

Kindergarten Roundup will be held **Friday, March 2nd**. Parents are encouraged to attend an orientation meeting held at their school prior to Kindergarten Roundup on **Monday, February 26th** at **6:30**.

If you have a child who will be attending Kindergarten Roundup, please fill out the information below and return it 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.

West Bay Elementary

Principal: Jen Coltvet
3220 South 188th Avenue
402-289-9045
www.elkhornweb.org/westbay

Parent Meeting
Monday, Feb. 26, 6:30
Kdg Roundup
Friday, March 2nd 9-11

KINDERGARTEN PRE-REGISTRATION FORM

Child's Name (First Last) _____ Male ___ Female ___
Elementary School _____
Birth Date (mm/dd/yyyy) _____
Parent Name(s) _____
Phone Number (Home) _____ (Cell) _____
Address _____
City _____ State _____ Zip _____
Housing Subdivision _____

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

Please return completed form to your school's main office or email to jgreve@epsne.org at your earliest convenience.

WEST BAY PTO INFORMATION



Stay Connected with West Bay's PTO

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

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

JANUARY PTO MEETINGS

Next Meeting: Monday, January 8 @ 6:00pm
(Free daycare for all ages in the cafeteria!)
Kindergarten & 1st Grade Teachers Present

SAVE THE DATE

Monday, January 29th @ 6:00pm Superintendent
Dr Habrock Visits to Discuss Bond Issue.
Invite Your Neighbors!

TEXAS ROADHOUSE FAMILY FUN NIGHT

Tuesday, January 23rd – Come support your West Bay PTO and let Texas Roadhouse make dinner and clean up the mess from 4-10pm. Texas Roadhouse will donate 10% of the sales that night.

*The December FFN at Freddy's made \$172.23.
Thank you to all who participated!

YEARBOOK

LAST CALL!

Don't forget to order your yearbook by **January 30th** if you haven't already done so via the PTO website by clicking on "here" under the Yearbook heading on the home page.

PTO PARENT SOCIAL

Parents, please join us **Thursday, January 11th** at The Good Life on 180th and Pacific from 4:30-7:30pm. Enjoy a night out with fellow West Bay Parents. It's a great opportunity to see friends without the distraction of the kids as well as meet new people. 20% of the proceeds from the evening will be donated to West Bay. We hope to see you there!

VOLUNTEER

Drop Off Assistant for Thursday mornings. If you are able to help, please contact Liz Borkowski at blborkowski@hotmail.com.

Copier Committee volunteer on Fridays 2:00-3:00. The volunteer will make copies and laminate for teachers. Anyone interested can contact Katy Bode at katy.bode@gmail.com.

SPONSOR THANK YOU

We would like to thank and recognize our West Bay Corporate Sponsors. We greatly appreciate the support you have shown our wonderful school!

McAllister Orthodontics, Braddock Finnegan Dermatology, Rotella's, The Good Life, Aviture, Skyline Pediatric Dentistry, Maple 85 Premium Landscape, Belcher Family Dentistry, DeWispelare Family Dentistry, Platte Valley Bank, Focus Printing, Gold Canyon (Liz Fogle), and Time Your Gift

PTO PURCHASES

The West Bay PTO has made a few recent purchases with money raised through our various fundraisers to enhance our school and show appreciation to our top notch teachers.

40 58' Arc Umbrellas
(for each classroom and the school entrance)

Ice Machine for the Teacher's Lounge

HY-VEE RECEIPTS

Remember to keep turning in your Hy-Vee receipts dated September 1, 2017 through December 31, 2017 to the 180th & Pacific Hy-Vee or West Bay School. Receipts must be submitted by **January 15, 2018**.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



2

No School

3

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

4

1 - Ham Kidzable*
2 - Beef & Cheese Nachos
3 - Macaroni & Cheese
4 - Chef Salad w/Bagel

**GF Beef & Cheese Nachos

B

5

1 - Pepperoni Kidzable*
2 - Crispy Chicken Sandwich
3 - Pizza Sticks w/Marinara
4 - Banana Split Parfait

**Banana Split Parfait

C

8

1 - Chicken Popper Kidzable
2 - Pepperoni Pizza
3 - Country Steak w/Gravy
4 - Double Berry Parfait

**Pepperoni Pizza

D

9

1 - Pepperoni Pizza Kidzable*
2 - Walking Taco
3 - Dutch Waffle w/Cheesy Eggs
4 - Ham & Cheese Sub

**Ham & Cheese Sub

E

10

1 - Turkey Kidzable
2 - Chicken Nuggets
3 - Cheese Quesadilla
4 - Strawberry Banana Parfait

**GF Chicken Nuggets

A

11

1 - Ham Kidzable*
2 - Grilled Cheese w/Tomato Soup
3 - Hamburger
4 - Hawaiian Salad

**Hamburger

B

12

1 - Pepperoni Kidzable*
2 - Mini Corn Dogs
3 - Spaghetti & Meatballs
4 - Fruit Bowl w/Muffin

**Fruit Bowl w/GF Muffin

C

15

No School

16

1 - Pepperoni Pizza Kidzable*
2 - Beef & Cheese Nachos
3 - Hot Dog
4 - Sunbutter & Jelly Sandwich

**Beef & Cheese Nachos

D

17

1 - Turkey Kidzable
2 - Chicken Nuggets
3 - Meatball Sub
4 - Blueberry Parfait

**Chicken Nuggets

E

18

1 - Ham Kidzable*
2 - Italian Dunkers w/Marinara
3 - Chili w/Cinnamon Roll
4 - Popcorn Chicken Salad w/Roll

**Italian Dunkers

A

19

1 - Pepperoni Kidzable*
2 - Crispy Chicken Sandwich
3 - Macaroni & Cheese
4 - Banana Split Parfait

**Banana Split Parfait

B

22

1 - Chicken Popper Kidzable
2 - Pepperoni Pizza
3 - Grilled Cheese w/Tomato Soup
4 - Double Berry Parfait

**Pepperoni Pizza

C

23

1 - Pepperoni Pizza Kidzable*
2 - Cheeseburger
3 - Cheesy French Bread
4 - Chicken Ranch Wrap

**Cheeseburger

D

24

1 - Turkey Kidzable*
2 - Chicken Nuggets
3 - Crispito w/Cheese Sauce
4 - Strawberry Banana Parfait

**GF Chicken Nuggets

E

25

1 - Ham Kidzable*
2 - Walking Taco
3 - Pancakes w/Cheesy Eggs
4 - Mandarin Chicken Salad

**Mandarin Chicken Salad

A

26

1 - Pepperoni Kidzable*
2 - Popcorn Chicken w/Mashed Potatoes
3 - Mini Corn Dogs
4 - Fruit Bowl w/Muffin

**Fruit Bowl w/GF Muffin

B

29

1 - Chicken Popper Kidzable
2 - Cheese Pizza
3 - Beef Tacos
4 - Strawberry Parfait

**Cheese Pizza

C

30

1 - Pepperoni Pizza Kidzable*
2 - Macaroni & Cheese
3 - Hot Dog
4 - Cheese BLT

**Hot Dog

D

31

1 - Turkey Kidzable
2 - Chicken Nuggets
3 - Cheese Quesadilla
4 - Blueberry Parfait

**Chicken Nuggets

E



Supporting Achievement

Learning is best achieved when children are attentive and ready to learn in the classroom. If children are tired, hungry or uncomfortable, it makes learning more difficult. We can all help support the achievement process by remembering some basic numbers: 5,4,3,2,1 + 8. These numbers represent the basic essentials that are needed to support student achievement in the classroom. The numbers refer to:

5 servings of fruits and vegetables, 4 glasses of water, 3 good laughs, no more than 2 hours of screen time, 1 hour of physical activity, and 8 hours (or more) of sleep.

The proper combination of good nutrition, hydration, physical activity and sleep, coupled with a dose of laughter is powerful.

Kicking off the day with a healthy breakfast that includes fruits is a perfect start to 5 servings of fruits and vegetables daily. In addition, substituting water with flavor infused fruit instead of soda or other sweetened beverages, not only offers another fun way to add fruit to the diet, but it also supports hydration. Being physically active every day helps relieve stress, improve concentration and boost energy levels, thus improving focus in the classroom. And finally, anything less than 8 hours of sleep can cause children, and adults, to be less attentive throughout the day, retain less information, and overall struggle to learn as well as others who get the right amount of sleep each night. It's a pretty simple rule to remember – 5,4,3,2,1 + 8 – help make it part of your family's new year resolution.



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

www.liftoffsplayground.com



Nutrition • Achievement • Environment • Community • Activity

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 - Ham, Egg & Cheese Bagel* 2 - Mini Donuts 3 - Assorted Cereal	1 - Cinnamon Roll 2 - Assorted Cereal 3 - Assorted Cereal Bars
1 - Sausage Breakfast Pizza* 2 - Poptart & Cheese Stick 3 - Assorted Cereal	1 - Egg & Cheese Croissant* 2 - Mini Donuts 3 - Assorted Cereal	1 - Mini Cinni's 2 - Assorted Cereal Bars 3 - Assorted Cereal	1 - Ham, Egg & Cheese Biscuit 2 - Mini Donuts 3 - Assorted Cereal	1 - Pancakes 2 - Chocolate Croissant 3 - Assorted Cereal
No School	1 - Sausage Pancake on a Stick 2 - Mini Donuts 3 - Assorted Cereal	1 - Bacon Breakfast Boat* 2 - Assorted Cereal Bars 3 - Assorted Cereal	1 - Egg & Cheese Bagel 2 - Mini Donuts 3 - Assorted Cereal	1 - French Toast Sticks 2 - Yogurt Cup & Grahams 3 - Assorted Cereal
1 - Breakfast Taco 2 - Poptart & Cheese Stick 3 - Assorted Cereal	1 - Bacon, Egg & Cheese Biscuit* 2 - Mini Donuts 3 - Assorted Cereal	1 - Mini Waffles 2 - Assorted Cereal Bars 3 - Assorted Cereal	1 - Sausage & Cheese Croissant* 2 - Mini Donuts 3 - Assorted Cereal	1 - Bacon Breakfast Boat* 2 - Breakfast Kidzable 3 - Assorted Cereal
1 - Oatmeal Breakfast Round 2 - Assorted Cereal 3 - Assorted Cereal Bars	1 - Sausage Breakfast Boat* 2 - Mini Donuts 3 - Assorted Cereal	1 - Chocolate Croissant 2 - Assorted Cereal 3 - Assorted Cereal Bars		

Fresh Pick Recipe

CAULIFLOWER SQUASH BAKE

- 1 Butternut squash (medium/peeled/ large dice)
- 1 Cauliflower (florets separated)
- 1 Onion (small/sliced thin)
- Salt and pepper to taste
- 2 T Olive Oil
- 1 T lemon juice
- 1 c Cherry tomatoes

1. Prepare all ingredients as directed.
2. Preheat oven to 400 degrees.
3. On a large baking sheet, place the squash, cauliflower, and onion.
4. Mix the olive oil with the lemon juice and drizzle on the vegetables.
5. Add salt and pepper to taste.
6. Place in oven and bake for 20 minutes.
7. Stir the vegetables and add the tomatoes.
8. Place back in the oven for 5 minutes or until vegetables are crisp/ tender.

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**HEY
STUDENTS!**

CAN YOU COOK?



Calling all **“FUTURE CHEFS”** for our
CULINARY COMPETITION

**WE’RE LOOKING FOR YOUR FAVORITE
HEALTHY ASIAN FUSION RECIPE!**

One lucky winner from each school will be chosen as finalists to compete in our contest at Elkhorn High School on **March 7, 2018**. As an added bonus, the winner of this event will be entered into a National Competition for some great prizes!

**PICK UP YOUR
ENTRY FORM TODAY!**

They’re available in the Cafeteria and in the Main Office!
Turn them in to the Cafeteria or Main Office by January 31, 2018.