



April 2020

Social/Emotional Support Resources

Anxiety Resources:

- [What to Say to Help Kids Feel Calm When the World Feels Fragile -](#)
- [What Happens In Your Brain and Body During Anxiety \(Hint: It's pretty awesome!\)](#)

Social/Emotional Resources:

- A primer on social and emotional skills and practical approaches for dealing with modern problems.
- [Social Skills Resources for Parents](#)
- Emotional ABCs - it is a site that teaches children, ages 4-11, how to figure out WHAT they are feeling, WHY they are having that emotion, and HOW to make better choices.
- [Emotional ABCs: Social-Emotional Development Skills Training for Kids](#)
- Entertaining, educational books, videos, games and songs to help young children become better listeners, learn important life lessons and feel good about themselves.
- [We Do Listen Foundation](#)

For more resources to help with academic, emotional and social support, visit Mrs. McPheron's google classroom or email:
Class code axmp422
dmcpheron@epsne.org

FROM THE PRINCIPAL

West Bay Families,

I can't believe how much has changed since we shared the March newsletter. Although this is a challenging time, you don't have to look far to be inspired, encouraged and uplifted. Everyone is working hard to help our children continue learning and feel safe. Even though we cannot be in the same building it seems our West Bay community is as close as it's ever been. We are still available to support you and your families. This month's newsletter has been created by our amazing specialists. (Mrs. McPheron, Mr. Scholten, Mr. Clay, Mrs. McBee and Mrs. Eby) They have filled it with resources and fun/positive news and ideas. All though a lot has changed in a very short time, our community support hasn't. We're all in this together!
 Email at any time with questions or concerns!

Jen Coltrvet
 Principal

Elkhorn Schools Temporary Distance Learning Plan

[Click here for District Resources](#)

WEST BAY WEB PAGE:

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

West Bay PTO Website:

<http://westbaypto.com/>

Family Check-In

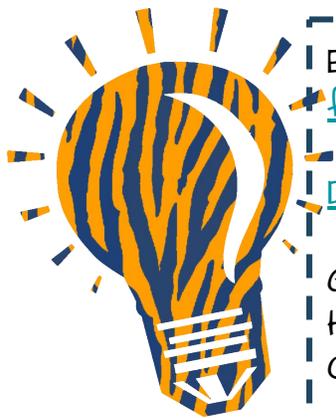
- We know that this is a tough transitions for families and we want to be able to help however we can. Please fill out the following survey so we can hear how Temporary Distance Learning is going for your family:
- [Family Check-in Form](#)

3220 South 188th Avenue OMAHA, NEBRASKA

402-289-9045

Making the Most of This Time

Art: If you are looking for some additional art activities and resources, head over to my blog for a list of at-home art projects! [Click Here](#)



Enrichment: Like to read? Want a free shirt? Check out [Mensa for Kids' Excellence in Reading](#) program.

[Destination Imagination on Facebook](#) shares daily STEAM challenges.

Games are a great way to improve your thinking and are fun! Here are some of my favorites: Ticket to Ride, Chess, Blokus, Qwirkle, and jigsaw puzzles. What are yours?

MUSIC: Try these fun musical activities with your family!

Soundscape Composition [Click Here](#)

The Singing Space Group on Facebook [Click Here](#)



On and Offline Activity Ideas: If you are in need of some new ideas of how to keep your kids safe and entertained, look through the following sources for some online and offline activities::

[Free Online Events and Activities for Kids at Home](#)

[100+ Offline Activities to Reduce Screen Time](#)

[1 Million Screen-Free Activities for Kids](#)

WEST BAY PE!!!

Hello West Bay Families,

I hope everyone has been staying active outside of school. I know it's hard to find things to do so here are some family activities you can do together. BE CREATIVE!

Hallway Bowling: Yes, you can go bowling without a bowling ball and pins.



Table Hockey: All you need is a table/floor, 2 sticks and a puck.

Sticks: spoons, popsicle sticks, straws, a tree stick, and so on.

Puck: marble, bottle cap, rolled up paper, a button, and so on.



Be creative and share with me what you come up with!!!

Media News from Mrs. Eby

In the next few weeks I will be finding ways to send you some media resources to supplement what your wonderful classroom teachers are doing. I hope your kids are finding ways to read since our libraries are closed. Here are a few resources that I would highly recommend. It is so important for us to keep our kids reading!

Online Reading Resources

1. Storyline Online:

<https://www.storylineonline.net/>

2. Storytime with Ryan and Craig (these guys are hilarious)!

<https://www.ryanandcraig.com/>

3. Audible has added free stories to stream for all ages little up to teen:

<https://stories.audible.com/start-listen>

4. Storytime from Space (Scientists are seriously reading books in space!)

<https://storytimefromspace.com/>

Tech Issues

One common issue I have been seeing is having multiple users on Google accounts. I have posted a link with an excellent video made by an Elkhorn Media specialist that will show you how to create a profile for each user in Google so you can easily go back and forth. Also, parents, please make sure you have logged out of your own Google account.

<https://drive.google.com/open?id=1W5jjzdxITY4KbWvFm3INhTZJfILsggIS>

Audio also seems to be an issue for some users. Here is one more video that has some tips for you to keep in mind:

<https://drive.google.com/open?id=10xTafKFaBpz5s9mBexTdVpniTqtrh2TV>

As always, I'm here for you. Please email me if you have questions or concerns. I wish you and your family all of my best during this time of social distancing and hope we can be together again soon!!



AUDUBON SOCIETY ART CONTEST AWARD WINNERS



BEST IN SHOW

Kaeson Schooley - 4th

EXCELLENCE

Whitney Wilson - 1st

Aubree Peterson - 3rd

Sterling Anderson - 4th

Macy Kerres - 4th

MERIT

Nolan Cooper - 3rd

Sawyer Hudson - 3rd

Evie Wilson - 3rd

JoJo Anderson - 4th

Cem Binbuga - 4th

Ava Bradley - 4th

Riley Newman - 4th

Bailey Regier - 4th

Jacob Sceals - 4th

Emily Shu - 4th

Cooper Smith - 4th

Taj Somasegaran - 4th

Ayla Peterson - 5th

Deacon Parsons - K

FRESH THYME ART SHOW

Last month Fresh Thyme on 151st and West Maple hosted food-themed artwork from 25 West Bay artists! Fresh Thyme hosted an Art Gala, and treated our honored artists to pizza, snacks and a raffle!

Congratulations to our participants, who included Aubrey Borkowski, Taylor Brumbaugh, Emma Charvat, Cameron Cooper, Nolan Cooper, Mallory Gruwell, Ava Hurst, Sydney Hurst, Presley Keber, Kinley Lauridsen, Enzo Manzitto, Presley McCawley, Colin McCroden, Yashaswi Narayandas, Graham Parsons, Lauren Pesek, Aubree Peterson, Olivia Reikofski, Liv Schieber, Iyla Stowe, Grace Volski and Evie Wilson.

Thank you to Fresh Thyme for highlighting our students' work and celebrating in their artistic successes!



Grab & Go Meals Available

Beginning on Wednesday, April 1, we will offer grab-and-go breakfast and lunch orders for current EPS students and family members. Meals will be available at Elkhorn High School from 11:30 - 12:30 daily and will be delivered to cars as they arrive to maintain social distancing.

Orders must be placed by 9:00 AM daily by calling 402-289-0443 or completing this [Google Form](#). If ordering via email, please provide student first name, last name, ID number, number of student meals, and number of adult meals.

The standard cost of all orders will be charged to student meal accounts. Free and reduced meal qualifications apply including free breakfast and lunch to those who qualify, \$.30 for reduced breakfast and \$.40 for reduced lunch. Students not qualifying for free or reduced meals will be charged \$1.75 for breakfast and \$2.75 for lunch. Adult breakfast and lunches may be purchased. Adult breakfasts will be \$2.20, and adult lunch, \$3.85.

If your circumstances have changed and you feel you may now qualify for free/reduced meals, the application can be completed online at <https://mealapp.lunchtimesoftware.net/> or a paper copy can be downloaded at <http://bit.ly/2WtWbrl>.

If you have any questions, please contact Sodexo at lunch@epsne.org or call (402) 289-0443.

Parent Recognition

To West Bay parents in the medical field: Thank you. We know that this is a time of the unknown and you all are doing things for our community to help ensure our health and safety. We wanted to let you know that we recognize this and appreciate the sacrifice you and your families are making.

To all of our West Bay parents: Thank you. Whether you have had to add another title to you current occupation that says “teacher assistant” or because you have helped make our temporary distance learning a success by giving us your grace, patience and support. We truly have the best parents out there!