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York Elementary School Monthly Parent Newsletter



CHRISTMAS VACATION

Students' last day before Christmas break will be Wednesday, December 21, with a regular Wednesday Early-Out dismissal time at 2:10pm. Classes will resume on Thursday, January 5, 2017.

Special Alerts and Announcements

YPS constructed a new website this last summer and with that came several changes. One of the most significant changes that occurred is our notification system for when we have snow days or other emergency notices that we may need to communicate with our staff, students, parents, and patrons. We no longer have "Notify Me" and we will now be communicating these notices through the website (www.yorkpublic.org), Facebook (York Public Schools), and Twitter (@YorkDukePower). Please utilize one of these avenues of social media to stay up-to-date on the happenings at YPS.

For Parents, Guardians & Staff we will be sending out messages using our Infinite Campus Emergency Messenger System. With our notification system, you will receive an email, a text message, or both, if we have your information. ****Parents & Guardians**** -- PLEASE be sure that we have your current and correct cell phone number and email address in our Infinite Campus system. You can do this by accessing your Parent Portal account and verifying the information there. If you do not have a Parent Portal account, PLEASE contact the school that your child attends and ask them to set one up for you or at least give them your current information so we can make every attempt to notify you if needed.

Weather related notifications will also be available on the York radio station - KTMX 104.9 FM and KAWL 1370 AM.



York Public Schools is getting ready to launch a new electronic flyer communication tool called "Peachjar." To view school-approved eflyers, simply click the Peachjar button on your school's website homepage.

ELECTRONIC FLYER DELIVERY STARTED WEDNESDAY, DECEMBER 7th

This "green" initiative will save our schools tons of paper and reduce copy costs by thousands of dollars. On top of that, posting school flyers in this electronic backpack removes a significant administrative burden from teachers, office staff, and volunteers.

No action is required on your part. You will receive a welcome email from our service provider (Peachjar) that includes a username and password. This is provided to give you the opportunity to manage your account and flyer delivery preferences. You do not need to login to receive or view school eflyers.

To ensure smooth delivery of this communication, we suggest you add school@peachjar.com (or your district's selected "from email address") to your email contacts. When you receive your first eflyer, be sure to click "always display images."

This system is used exclusively for distribution of school-approved flyers. Your email address will not be shared or used for any other purpose. Thank you for supporting our efforts to ensure parents are well informed about school programs, activities, and events.

Important Dates:

No School

Thursday, Dec 22
Through
Wednesday, Jan 4

School Resumes

Thursday, January 5

Slushie Days

Friday, January 13
Friday, January 27

Science Expo Info Dates

Thursday, January 12
Monday, January 23
Tuesday, February 7

Elks Hoop Shoot

Saturday, Jan 7

Report Cards

Monday, Jan 9

2016-2017 Y.E.S. Meal &
Milk Pricing Information

Breakfast:

Student: \$1.40

Guest: \$2.10

Lunch:

Student: \$2.65

Guest: \$3.45

Milk only: \$.45



Girls on the Run

Back at YES in Spring.
Registration Opens Jan. 15

York Elementary School is on tap to host another great season of friendship and 5K fun as part of Girls on the Run next spring. Online registration for the spring season will open Jan. 15, and the season will begin the week of Feb. 27. The southeast regional GOTR 5K will be May 6, in York. The YES GOTR teams will meet for 75 minutes after school twice weekly for 10 weeks.

Girls on the Run is an innovative after-school program that combines exercise, education, mentoring and "Girl Power!" to promote healthy habits and self-esteem in third through fifth grade girls. The program incorporates lessons goal-setting, health, teamwork and communication with physical activity so participants build character along with endurance.

Don't miss the chance to enroll your daughter in this fun physical education and character-building program. Online registration opens at 12:01 a.m. Jan. 15 at www.GOTRNebraska.org. Coaching opportunities are available – you don't have to be a runner to be a great GOTR coach. Coaching GOTR is a fun and rewarding short-term volunteer opportunity. Coaches must be non smokers, live healthy lifestyles, have a positive attitude and a desire to help young girls succeed. Visit the website to learn more.

Look for more information in your take-home folder after the holidays.

Good job to all of the 2nd -5th graders competing in the Elks Hoop Shoot Contest.

Congratulations to this year's Elks Hoop Shoot (National Free Throw Shooting Contest) winners and alternates:

Girls 8-9 year olds: Winner - Kinslee Kern, alternate - Zoey Cornett

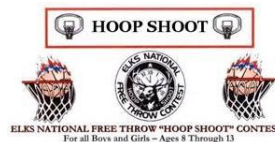
Boys 8-9 year olds: Winner - Leyton Snodgrass, alternate - Jaxson Hinze

Girls 10-11 year olds: Winner - Cassidy Stuckey, alternate - Ellie Peterson

Boys 10-11 year olds: Winner - Zander Madole, alternate - Carter Stenger

Boys 12-13 year olds: Winner - Schuyler Handy, alternate - Lane Scamehorn

Winners will compete on January 7, 2017 at the York High School Gym at 9:00 am.



YES Learning Showcase

Mark your Calendars, Wednesday, January 25th...More details to come.

1501 Washington
Avenue
York, NE 68467

PHONE:

(402) 362-1414

FAX:

(402) 362-5488

Kris Friesen,
Principal
Ken Booth,
Asst. Principal

School Starts

8:20 AM

School Ends

3:25 PM

Wednesday

Early Dismissal

2:10 p.m.

Reminder from

PATT:

We are still collecting box tops; Campbell Soup Labels. Those things can be dropped in the office. We are no longer collecting Land O' Lake milk caps! Thanks for your support!



January 2016 Nurse's Notes

Ways to stay Safe & Healthy this Holiday Season

Wash your hands often.

Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and clean running water, and rub them together for at least 20 seconds. Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

Stay warm.

Cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry, and dress warmly in several layers.

Manage stress.

The holidays don't need to take a toll on your health and pocketbook. Keep your commitments and spending in check. Balance work, home, and play. Get support from family and friends. Keep a relaxed and positive outlook. Make sure to get proper sleep.

Get check-ups and vaccinations.

Exams and screenings can help find potential problems early, when the chances for treatment and cure are often better. Vaccinations help prevent diseases and save lives. Schedule a visit with your health care provider for needed exams and screenings. Ask what vaccinations and tests you should get based on your age, lifestyle, travel plans, medical history, and family health history. Get health insurance through healthcare.gov if needed.

Handle and prepare food safely.

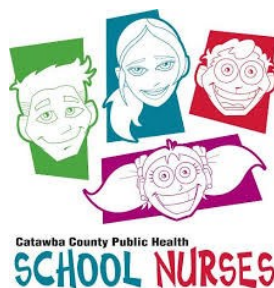
As you prepare holiday meals, keep yourself and your family safe from food-related illness. Wash hands and surfaces often. Avoid cross-contamination by keeping raw meat, poultry, seafood, and eggs (including their juices) away from ready-to-eat foods and eating surfaces. Cook foods to the proper temperature. Refrigerate promptly. Do not leave perishable foods out for more than two hours.

Eat healthy, and be active.

With balance and moderation, you can enjoy the holidays the healthy way. Choose fresh fruit as a festive and sweet substitute for candy. Limit fats, salt, and sugary foods. Find fun ways to stay active, such as dancing to your favorite holiday music. Be active for at least 2½ hours a week. Help kids and teens be active for at least 1 hour a day.

Have a wonderful Christmas season with your family and friends. This is a beautiful time of year to renew, recharge and refresh.

**Patti Vincent LPN
Donelle Ellison RN BSN
School Nurses – York Elementary School
402-362-1414**



Home & School CONNECTION[®]

Working Together for School Success

January 2017

York Elementary School
NEWSLETTER



SHORT NOTES

Is my child over-scheduled?

Take a moment to review your youngster's after-school schedule together. While there's no magic number of activities that's right for every child, consider whether she has enough time to do homework and enjoy downtime. If one or more days each week are jam-packed, think about having her drop an activity.

School supply inventory

The year is halfway over! Your youngster's school supplies may be running low, so check if he needs more pencils, paper, or calculator batteries. You might also ask his teacher about shared items like tissues or glue. *Note:* Contact the school counselor if you need assistance in getting supplies for your child.

Good handwriting matters

Although your youngster will type more of her work as she gets older, it's still important for her written assignments to be legible. Also, she will be less apt to make math mistakes if she writes numbers clearly. Encourage her to take pride in completing her work neatly.

Worth quoting

"I know nothing in the world that has as much power as a word. Sometimes I write one, and I look at it until it begins to shine." *Emily Dickinson*

JUST FOR FUN

Q: What do you call a boomerang that doesn't work?

A: Lost.



Motivated to learn

What's the best way to keep your child inspired to learn? Help him learn to motivate himself! Raise a self-motivated youngster with this advice.

Point to the future

Your youngster may feel more motivated to learn something if he understands how it will be important later. Tell him about ways you use school subjects like math and writing at work. You might explain how you count the money in your cash register and compare it to sales receipts when your shift ends. Or show him advertisements that you helped to write or design.

Move on from mistakes

There are two ways to react to mistakes: Feel discouraged, or get motivated. Encourage your child to look at a mistake as an opportunity to succeed next time. If he made careless errors on a report, for example, he could proofread papers more



carefully in the future (take a break before proofing, read backward).

Celebrate hard work

Have your youngster find natural motivators when he is faced with a big job. For instance, he may plan to read a new mystery he's been looking forward to after finishing a challenging book for school. Or you might let him organize a fun family activity that's related to his science project—perhaps a visit to a cavern if his experiment involves minerals.♥

Winter workouts

No matter what the weather, your family can stay active this winter. Try these ideas.

Sticky catch. Use gloves for more than keeping warm. Get Velcro circles with sticky backs (available at craft stores), a Wiffle ball, and a pair of knit gloves. Stick Velcro pieces all over the Wiffle ball. Each person wears one glove, leaving one hand free to throw. Go outside for a game of catch!

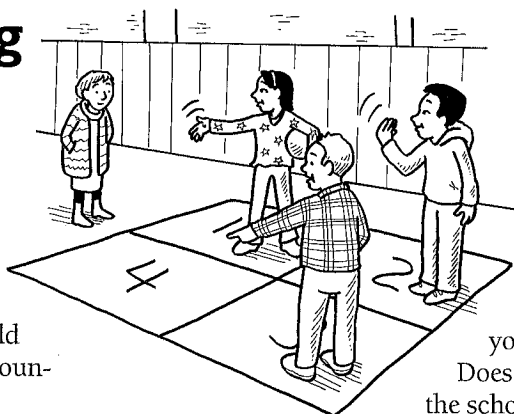
Fitness hunt. Ask each family member to draw and label pictures of physical activities (making snow angels, doing forward rolls). Hide the drawings, and race around trying to find them. When you spot one, do the activity five times. Then, hide that picture for someone else to find.♥



Speak out about bullying

It can take courage for your youngster to ask for help when she or a classmate is bullied. Here are ways to reassure her that it's okay to speak up.

To start a conversation... "What have you heard in school about bullying?" Simply opening the lines of communication may make your child feel comfortable coming to you if she witnesses bullying or is a victim of it herself. If she doesn't have much to say, you could talk about what you've heard or relate situations you encountered as a youngster.



If she is bullied...
 "I'm glad you told me. Let's decide how I can support you." Children who are bullied may feel helpless. Discuss options so your youngster feels more in control. Would she be okay with your talking to her teacher? Does she want to meet with the school counselor?

ACTIVITY CORNER

Think like a historian

Does your child know that history isn't just something that happened a long time ago? In fact, history is made every day. Let him be a historian with this activity.

Find and document

Have him pay attention to history-making events like "firsts" (his little brother's first steps), unusual occurrences (the decade's biggest snowfall), or significant changes (moving to a new house). Encourage him to document each event by writing about it or making audio or video recordings.



Analyze and predict

Like a historian, he should analyze why the event is important and what we might learn from it. He might say, "We normally get a dusting of snow in our state, but this week we got six inches," and "Now we know how snow drifts when the wind blows."

Idea: Let your youngster share his historical "document" with your family by reading aloud what he wrote or playing his recording. ♥



When a classmate is bullied... "What could you do to help?" Together, brainstorm ideas. Have her think about where the bullying takes place. She might ask the child to play with her at recess or sit with her on the bus or at lunch. Or she could walk with her classmate to tell an adult about what happened. ♥

PARENT TO PARENT

Teach me!

My son recently had what I thought was an unusual homework assignment. He had to study for a science quiz by teaching me the material, and I was supposed to write a sentence about what I learned.

It turned out to be interesting and helpful for both of us. I learned something new—about how sound travels better through solid objects than through liquids or gases—and my son earned a good grade on his quiz. We realized that talking it through in his own words was a good way for him to study. Also, I think it boosted his confidence to be able to teach me something I didn't know.

Now instead of asking what he learned in school, I sometimes have him teach it to me. If he struggles to explain it, that's a clue for him to go back and study more, then try again. ♥



Q & A

Resolve to find family time

Q: Our New Year's resolution is to spend more time together as a family. Do you have any suggestions for getting our daughters on board?

A: Try letting each girl pick one special event a month for your family to do, such as a winter nature walk or a kite-flying festival. She could plan the activity and be in charge for the day. For ideas, look at calendars from the library or the parks and recreation department.

Also, look for ways to carve out small amounts of time. If you know you won't be able to eat dinner as a family, pick a different meal to eat together that day. Do errands cooperatively, and try to add an element of fun. For example, divide your grocery list in half, break into teams at the store, and see who can get their items first.

Finally, post family plans ("Pancake breakfast on Sunday," "Craft night at the library") to get your daughters excited about what's ahead. ♥



OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

Resources for Educators, a division of CCH Incorporated
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 www.rfeonline.com

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January 2017

Sun Mon Tue Wed Thu Fri Sat

1	2	3	4	5	6	7
				School Resumes 2 & 4 Red K-1-3-5 Red	2 & 4 Blue K-1-3-5 Orange	
8	9 2 & 4 Orange K-1-3-5 Purple	10 2 & 4 Purple K-1-3-5 Green	11 2 & 4 Green K-1-3-5 Red	12 2 & 4 Red K-1-3-5 Orange	13 2 & 4 Blue K-1-3-5 Purple SLUSHIES	14
15	16 NO SCHOOL	17 2 & 4 Orange K-1-3-5 Green	18 2 & 4 Purple K-1-3-5 Red	19 2 & 4 Green K-1-3-5 Orange	20 2 & 4 Red K-1-3-5 Purple	21
22	23 2 & 4 Blue K-1-3-5 Green	24 2 & 4 Orange K-1-3-5 Red	25 2 & 4 Purple K-1-3-5 Orange YES LEARNING SHOW- CASE	26 2 & 4 Green K-1-3-5 Purple	27 2 & 4 Red K-1-3-5 Green SLUSHIES	28
29	30 2 & 4 Blue K-1-3-5 Red	31 2 & 4 Orange K-1-3-5 Orange				



Breakfast Choices

Available every day, breakfast includes:

- Breakfast entrée or Choice of cereals with toast
- Fruit
- 100% Fruit Juice
- Milk choices



Fruit and Juice Available Every Day

Start your day off right

Additional Middle & High School Choices offered daily

- Smucker's Uncrustable
- Dutch Waffle
- Cheese Pretzel

Stop & Go Breakfast-High School Only
STOP by the cafeteria. Bag your breakfast, and **GO** on with your day!



Choices Daily:

- Pancake or French Toast Minis
- MiniCinis
- Frudel
- Yogurt with Goldfish Grahams

Includes Fruit and 100% juice choice and milk

This breakfast is available for students that qualify for free or reduced price meals.

Breakfast Meal Prices & Extras

Student Breakfast	\$1.40
Adult Breakfast	\$2.10
Extra Breakfast Entrée	\$1.00
Extra Cereal	\$0.85
Extra Toast	\$0.25
Extra Milk	\$0.45

Menus are subject to change without notice.

Mon	Tue	Wed	Thu	Fri
2 A. French Toast Sticks B. Cereal Choices and Toast Pineapple Juice Choices Milk Choices	3 A. Sausage & Gravy over Biscuit B. Cereal Choices and Toast Applesauce Juice Choices Milk Choices	4 A. Egg & Cheese Taco Roll B. Cereal Choices and Toast Fresh Orange Juice Choices Milk Choices	5 A. Breakfast Sliders B. Cereal Choices and Toast Sliced Pears Juice Choices Milk Choices	6 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Applesauce Juice Choices Milk Choices
9 A. French Toast Sticks B. Cereal Choices and Toast Pineapple Juice Choices Milk Choices	10 A. Sausage & Gravy over Biscuit B. Cereal Choices and Toast Applesauce Juice Choices Milk Choices	11 A. Egg & Cheese Taco Roll B. Cereal Choices and Toast Fresh Orange Juice Choices Milk Choices	12 A. Breakfast Pizza B. Cereal Choices and Toast Mixed Fruit Juice Choices Milk Choices	13 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Apple Wedges Juice Choices Milk Choices
16 NO SCHOOL	17 A. Breakfast Pizza B. Cereal Choices and Toast Pineapple Juice Choices Milk Choices	18 A. Oatmeal with Topping Bar B. Cereal Choices and Toast Apple Wedges Juice Choices Milk Choices	19 A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast Applesauce Juice Choices Milk Choices	20 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Sliced Peaches Juice Choices Milk Choices
23 A. Waffles with Syrup B. Cereal Choices and Toast Apple Wedges Juice Choices Milk Choices	24 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Pineapple Juice Choices Milk Choices	25 A. Breakfast Pizza B. Cereal Choices and Toast Mixed Fruit Juice Choices Milk Choices	26 A. Iced Long John B. Cereal Choices and Toast Pineapple Juice Choices Milk Choices	27 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Applesauce Juice Choices Milk Choices
30 A. Breakfast Pizza B. Cereal Choices and Toast Applesauce Juice Choices Milk Choices	31 A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast Pineapple Juice Choices Milk Choices	HAPPY NEW YEAR		

Questions or comments - Contact Mitch Novak, Foodservice Director at 402-363-9169 or mitch@lunchtimesolutions.com
 Applications for Free and Reduced price meal are available in all building offices.

This institution is an equal opportunity provider and employer.



Lunchtime
Solutions, Inc.

Fruit & Veggie Bar & Milk Choices

Unlimited fruits and vegetables and choice of milk are included with the lunch meal everyday.

Each student is now required to have 1/2 cup of fruits or vegetables on their tray.



Look for the Farmer's Market Logo on this month's menu for the featured Farmers Market selection.



Learn more about this month's Selection on the poster in the dining area or at:

<http://server.lunchtimesolutions.com:81/farmersmarket.pdf>

Other Entrée Choices Available Daily:

C. Sub/Salad/Sandwich Entrées

- M** Sandwich Choice
 - T-Th** Sub Sandwich Choice
 - W** Entrée Salad Choice
 - F** Wrap or Sub Sandwich Choice
- Choices vary. See menu board for details.



Lunch Meal Prices & Extras

- ES Lunch \$2.65 Extra Entrée \$1.75
- Adult Lunch \$3.45 Extra Milk \$0.45
- Adult ONE TRIP Fruit & Veggie Bar \$1.75

Questions or comments:

Contact Mitch Novak, Food Service Director at 402-363-9169 or mitch@lunchtimesolutions.com.

Applications for Free and Reduced Price meals are available in the school office.

Mon	Tue	Wed	Thu	Fri
2 NO SCHOOL	3 NO SCHOOL	4 NO SCHOOL	5 A. Toasted Cheese Sandwich w/ Tomato Soup B. Pork Fritter Sandwich Baked Beans	6 A. Pizza B. California Lasagna Breadstick Peas
9 A. Chicken Fajitas B. Baked Corn Dog Refried Beans	10 A. Home-style Chili and Crackers B. Crispy Chicken Nuggets Green Beans Frosted Cinnamon Roll	11 A. Homestyle Chicken & Noodles B. Breaded Beef Patty Mashed Potatoes with Gravy	12 A. Spaghetti with Meat Sauce B. Crispy Chicken Sandwich Peas Gelatin	13 A. Pizza B. Beef & Bean Burrito Steamed Carrots
16 NO SCHOOL	17 A. Cheeseburger B. Ham & Pasta Hot Dish Golden Corn	18 A. Beef & Cheese Enchilada Hot Dish B. Baked Crispy Chicken Nuggets Steamed Carrots Cinnamon Bread Stick	19 A. Home-style BBQ Pork Sandwich B. Hot Dog BBQ Beans Coleslaw on FV/B Chocolate Chip Cookie	20 A. Pizza B. Teriyaki Chicken Sandwich Mixed Vegetables
23 A. Pancakes & Sausage B. Pizza Burger Potato Triangle	24 A. Golden Macaroni & Cheese B. Chicken Nuggets Glazed Brussel Sprouts Carnival Cookie 	25 A. Home-style Cheese Quesadilla and Beef Enchilada Soup B. Crispy Chicken Sandwich Black Beans	26 A. Home-style Goulash B. Mini Corn Dogs Green Beans Sugar Cookie	27 A. Crispios B. Pizza Golden Corn
30 A. Cheeseburger B. Chicken Florentine Pasta Dinner Roll Green Beans	31 A. Taco in a Bag B. Hot Dog Chili Lime Corn Cinnamon Bread Stick			

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