



# Y.E.S. Indeed!

## York Elementary School Monthly Parent Newsletter

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### Veterans Wall of Honor



On Friday, November 11th, students from YES will observe Veterans Day. Every year, students have the opportunity to recognize family members, friends, or neighbors who have proudly served our country in the armed forces. By Friday, November 4th, students will be receiving a note to take home for our annual "Wall of Honor". Please fill out their name, their years of service, any interesting information to share about their years of service, and your student's name. If you need more copies of the sheet to honor multiple veterans, additional forms will be available on the rack opposite the front office. Thanks for taking the time to honor those who have bravely and proudly served for our country!

### Classroom Happenings.....

#### Kindergarten Korner

The air is turning crisp and Kindergarten is excited for the fall season. We are hosting visitors from the York County University of Nebraska Extension Staff and have learned about a pumpkin life-cycle. We will soon have interactive learning on the topics of "Bacteriology" and "Where Does Your Food Come From?" We are learning about numbers 1-10, number order, shapes -including hexagon and addition and subtraction stories. We will also be talking about teen numbers. Our literacy skills are growing too and learning in November will include; continued work with letters and sounds, blending letters into words, sight words, learning about adjectives and verbs and writing. Reading our little readers is big fun! We are mighty excited when we can read those to someone at home! As the weather turns colder, please remember to dress your student to comfortably play outside.

#### Second Grade Snippets

Math- We are working hard on 2-digit addition! When we finish that unit, we will move onto lengths and shapes.  
Reading- Fluency is really growing in 2nd grade. Keep reading every night for 20 minutes to help fluency grow even more!  
Unit Studies- We just finished a unit on maps and globes in social studies, so now we move onto birds. Important upcoming dates:

- Our music programs are the beginning of this month. The students have been working hard in music class and are excited to perform for you!
- Second grade will be talking about holiday traditions from olden times in the next couple months. As part of this unit, we will take a short field trip to Wessel's Farm sometime in the month of December. Watch for a note coming home soon for more details.

#### Fourth Grade Fun

On October 4th, all 4th graders from YES participated in the 1st annual Agriculture Festival at the York County Fairgrounds. The learned about beef cattle, dairy cattle, swine, agriculture technology, ag by-products, corn and soybean production, and much more!! They loved making ice cream in a bag, and they loved the lunch!!

**Important Dates:**

**Picture Re-Takes**

Friday, November 4

**Daylight Savings Time Ends**

Sunday, November 6

**Slushie Days**

Friday, November 4

Friday, November 18

**2nd Grade Programs**

2M, Thurs, Nov 3

2Har, Fri, Nov 4

2G, Mon, Nov 7

2Han, Tues, Nov 8

2C, Wed, Nov 9

**Wendy's Community Night**

Monday, November 16

**No School**

Wednesday, Nov 23

Thursday, Nov 24

Friday, Nov 25

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

Pricing Information

Breakfast:

Student: \$1.40

Guest: \$2.10

Lunch:

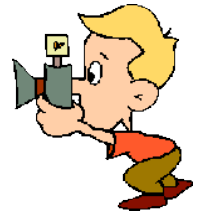
Student: \$2.65

Guest: \$3.45

Milk only: \$.45

## Picture Retake Day!!!

Friday, November 4, will be picture retake day! For any students that were absent, new students or retakes. Please make sure you have your picture envelope.



## Boost After School Program News

Each quarter Boost offers different options during club time. This quarter we are offering:

- Robotics
- Coding
- Crafts
- Science Experiments
- Math Fun
- Games and More

Boost students have been busy creating, learning, and discovering new and exciting things. Our staff is busy brainstorming and planning for the next quarter.

## Wendy's Family Night Out

Come to Wendy's, to have a family meal, and support your school!

Monday, November 21st



## ELKS HOOP SHOOT

The ELKS HOOP SHOOT takes place during PE time for 2nd-5th grades. Anyone who is between the ages of 8 and 12 as of **April 1st** is eligible to compete. The winners of each age division in girls and boys will go on to compete in a local competition in January. Our hoop shoot will consist of 15 free throws. Ages 8-9 will shoot from 4 feet in front of the free throw line. Ages 10-12 will shoot from the free throw line. York Elementary school will begin the competition in November, so get practicing!!

***It is important that we have current contact information from each family. There may be times when we need to get a hold of you (child is sick, injury, etc..) and we are finding many phone numbers and emails that are not working. Please keep the school office informed of any changes/additions/deletions to your contact information!***

***Thank You!!***

1501 Washington  
Avenue  
York, NE 68467

PHONE:  
(402) 362-1414  
FAX:  
(402) 362-5488

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Kris Friesen,  
Principal  
Ken Booth  
Asst. Principal

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**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  
and Campbell Soup  
Labels! Thanks for  
your support!

## A Moment for Music

The 2nd graders have been working hard in music class to prepare "The Principal and the Pea," a musical about students who are tired of eating peas. They have learned several songs and dialogue that cover a full array of emotions, with a surprise twist at the end.

The programs will happen at 9:30 a.m. in the York Elementary School multi-purpose room. Each class has a separate performance date:

Miss McConnell's class on November 3

Miss Harlow's on November 4

Mrs. Gardner's on November 7

Mrs. Hansen's on November 8

Ms. Culotta's on November 9.

They are excited to share this with you, and we hope to see you there!

## November 18<sup>th</sup> ~ COLLEGE DAY

Every student may not be bound for a university, but there is no reason that every child shouldn't at least consider it. This is the philosophy behind "College Day," at York Public Schools. We will focus on sharing our excitement for higher education, and making college more familiar and accessible to students. Thinking about education beyond elementary, middle school and high school may just make what happens today in the classroom a little more relevant for kids. Set Goals! Dream Big!

*Your student can join us in celebrating College Day by wearing a shirt that represents a college (maybe one a family member is/has attended, a favorite school you feel connections with, or we can always come up with a Husker shirt!).*



# November Nurses Notes

## Glasses and Eye Screening

Does your student wear eyeglasses? Have you not seen them in a while? Please check in our eyeglass lost and found (located in the office), to see if your student's might be there. All of the glasses in our lost and found are very sad and lonely because they need to find their homes! Take a minute and look through them.

Also on October 13, 2016, the York Lion's Club graciously came and screened all of our student's eyes. They used a Wylch Allyn Spot Vision Screener which is a handheld, portable device designed to help users quickly and easily detect vision issues on patients from 6 months of age through adult. Spot screens both eyes at once from a nonthreatening 3-foot distance.

Spot Vision Screener detects the potential indication of these common vision problems:

- Myopia (nearsightedness)
- Hyperopia (farsightedness)
- Astigmatism (blurred vision)
- Anisometropia (unequal refractive power)
- Strabismus (eye misalignment)
- Anisocoria (unequal pupil size)

If any vision problem was detected on your student, you should have already received a phone call from your school nurses.

In addition to all of the wonderful Lion's Club members, we would also like to take the following volunteers that gave up their day to help our students. If you get a minutes, please thank these wonderful volunteers: Holly Kennedy, Dena

Hanrahan, Jill Bathen, Lisa Bonde, Keri Kircher, Maegan Nuss, Haili Kreifels, Cassandra Northup, Tiffany Abel, Erica Ketcham, and Jacqueline Kruse.

If you have any questions or would like any further information about this screening, please give us a telephone call.

Donelle Ellison BSN RN

Patti Vincent LPN

402-362-1414

*"A Healthy Child is a Happy Child"*



# Home & School CONNECTION<sup>®</sup>

Working Together for School Success

November 2016

York Elementary School  
NEWSLETTER



## SHORT NOTES

### Fall back

Does your youngster know why people in most states will turn their clocks back an hour on November 6? Help her read up on the history of Daylight Saving Time—she'll practice research skills for a real-life reason. Then, she could share what she discovers with your family and change your clocks.

### Assistant chef

Let your child help you with Thanksgiving dinner and look for ways to make it more nutritious. For instance, use whole-wheat bread for stuffing or mash cauliflower instead of potatoes. Involve him in every step of the process, and he'll learn about planning healthy meals, shopping for ingredients, and cooking.

### Put away cell phones

Whether or not your youngster uses a cell phone, she'll notice the phone habits of adults around her. Make a point of putting away your phone during meals and while talking or playing with her. Your example will show her that it's polite to give others your undivided attention—and more fun to talk to the person you're with.

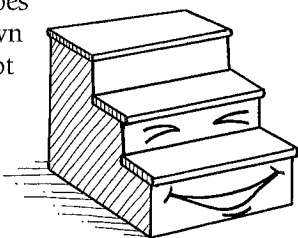
### Worth quoting

"Yesterday is history. Tomorrow is a mystery. Today is a gift. That's why we call it the present." *Eleanor Roosevelt*

## JUST FOR FUN

**Q:** What goes up and down but does not move?

**A:** Stairs.



## Secrets to better behavior

You know what they say: An ounce of prevention is worth a pound of cure. That's true when it comes to effective discipline, too. Try these ideas for heading off problems, and then sit back and enjoy a more pleasant household.

### Notice triggers

Being aware of what causes misbehavior goes a long way toward preventing it. Perhaps your youngster acts out when he's tired—make sure he's getting 9–11 hours of sleep. Or maybe he misbehaves when he's bored. Let him write a list of activities for when there's "nothing to do" (examples: play solitaire, finger paint, do crossword puzzles).

### Offer choices

Give your child some control in situations where he struggles to behave. Does he typically grumble or whine while you're running errands? Consider letting him pick the order in which to do them. ("We need to go to the laundromat and the store. Which should we do first?") Is it hard to get him to dress



up for family events? He might like to choose the color of his shirt or pick out a pair of fun socks to wear.

### Be a coach

Coaches demonstrate, encourage, and celebrate. Why not use this approach for behavior you want your youngster to change? If he should be putting dirty clothes in his hamper, for instance, "coach" him on tossing in his T-shirts. He'll see that it's more fun to "make a basket" than to drop clothes on the floor. When you find his floor free of dirty clothes the next time, give him a high five.♥

## Questions for parent-teacher conferences

Parent-teacher conferences go by fast! Make the most of your time by writing a list of questions in advance. Consider these suggestions:

- "What are some of the most important things my child should learn this year?"
- "How does she get along with classmates when she works in a group?"
- "What subject do you think she enjoys the most?"
- "What are my youngster's strengths?"
- "What can we do at home to help her do her best in school?"♥



# Household elections

An election lets a group of people make a decision, whether it involves citizens electing a mayor or children choosing student council officers. Show your youngster democracy in action by holding elections in your home.

**1. Choose topic.** Have your child pick an issue to vote on. It could be practical (“Should we paint the bathroom green or blue?”) or fun (“Should we get a fish or a hamster?”).

**2. Campaign.** Each person can campaign for her side, presenting reasons why others should



vote her way. You may decide to make posters or give speeches to persuade family members.

**3. Create ballots.** Let your youngster make a ballot for each family member and get an empty tissue box to put the ballots in.

**4. Vote.** Select an evening for your election. Cast your votes, and your child can tally them and announce a winner.

*Tip:* Use this activity as an opportunity to talk about the national elections this month. Take your youngster with you when you vote, explain the choices you make, and watch the results together on election night.♥

## ACTIVITY CORNER

### Create a chain reaction

Your youngster can watch a chain reaction before his very eyes—all he needs is a set of dominoes.

Have him stand the dominoes in a line, making sure the distance between each one is about the same. What happens when he knocks down the first domino? (It will topple the whole line of dominoes in turn.) Suggest that he try putting them closer together or farther apart, or even arranging them in a circle, U-shape, figure 8, or spiral. He could use a timer to find out which spacing or arrangement makes the dominoes fall fastest.



As he experiments, he'll learn about chain reactions, where energy is transferred from one object to another.

*Idea:* Encourage your child to look for examples of real-life chain reactions, such as how the pins fall when he bowls.♥



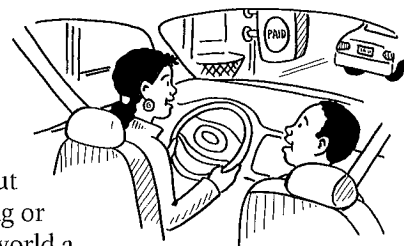
## PARENT TO PARENT

### It pays to be kind

We recently stopped to pay a toll, only to be told that the driver ahead of us had paid our way. My son John said, “But he doesn't even *know* us!”

I explained that the driver had done a “random act of kindness”—something kind without being asked or expecting anything in return. Big or small, I told John, these good deeds make the world a better place. My son said he wanted to do a random act of kindness, too. So after raking the leaves in our yard, he secretly raked our next-door neighbor's. He felt so good seeing her smile when she got home that he started looking for a way to be kind to someone else.

Now random acts of kindness have become a regular thing in our household. And John has discovered that when he does something for someone else, *he* is the one who feels good.♥



## Know your library

The local library is a great place for your child to discover books she will treasure, find information for school projects, or simply settle in and read. Help her establish a library habit with these ideas.

**Get a card.** Have your youngster sign up for her own library card. This will make her feel like she belongs at “her” library.

**Become acquainted.** Explore different sections of the library together. Encourage her to get to

know the librarians—they will recommend titles or help her locate resources.

**Return books on time.** Fines can add up and keep your family from checking out more books. Suggest that your child decorate a reusable bag to hold books and add a sticky note with the due date. Each time she checks out books, she could replace the note with a new one—and a new due date.♥



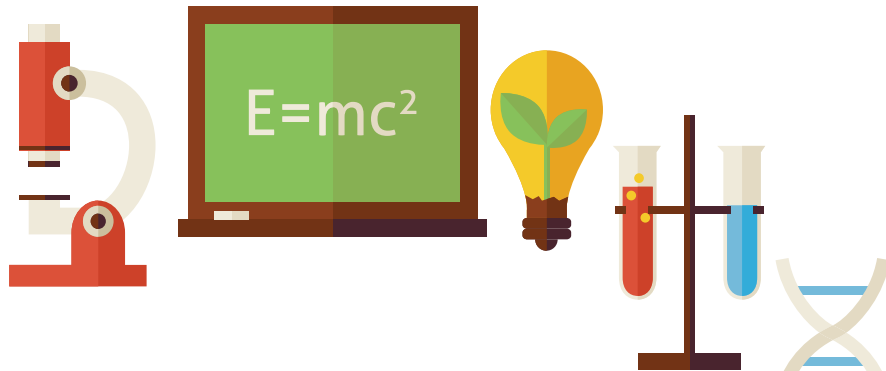
### OUR PURPOSE

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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*SE* **Southeast community college**  
**Family Science Night**



**An engaging night of  
science for elementary and  
middle school students**

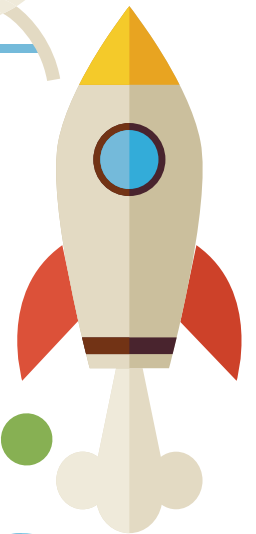
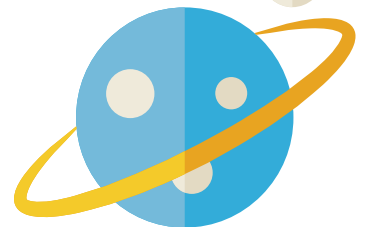
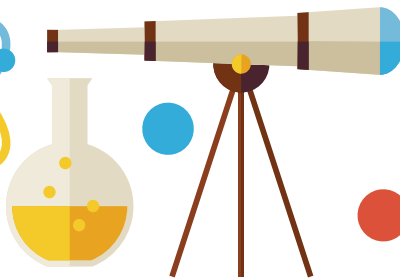
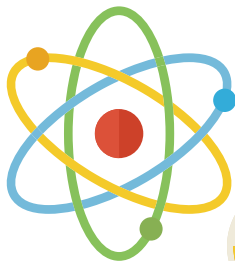
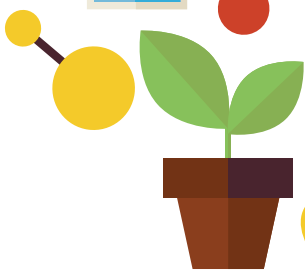
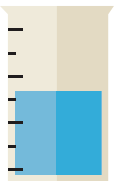
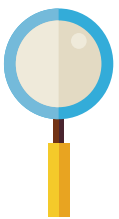
**FREE!! Food and prizes!**

**Thursday, November 10  
5-7 pm**

**Synergy Space  
The Career Academy  
8800 O St.**

**Lincoln, NE 68520**

Questions? Contact Misty Wehling  
402-437-2846



Sponsors:



# November 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 2 & 4 Blue K-1-3-5 Green	<b>2</b> 2 & 4 Orange K-1-3-5 Red	<b>3</b> 2 & 4 Purple K-1-3-5 Orange <small>2<sup>nd</sup>-McConnell</small>	<b>4</b> 2 & 4 Green K-1-3-5 Purple Slushies PICTURE RETAKES <small>2<sup>nd</sup>-Harlow</small>	<b>5</b>
<b>6</b>	<b>7</b> 2 & 4 Red K-1-3-5 Green <small>2<sup>nd</sup>-Gardner</small>	<b>8</b> 2 & 4 Blue K-1-3-5 Red <small>2<sup>nd</sup>-Hansen</small>	<b>9</b> 2 & 4 Orange K-1-3-5 Orange <small>2<sup>nd</sup>-Culotta</small>	<b>10</b> 2 & 4 Purple K-1-3-5 Purple	<b>11</b> 2 & 4 Green K-1-3-5 Green Veterans Day	<b>12</b>
<b>13</b>	<b>14</b> 2 & 4 Red K-1-3-5 Red	<b>15</b> 2 & 4 Blue K-1-3-5 Orange	<b>16</b> 2 & 4 Orange K-1-3-5 Purple	<b>17</b> 2 & 4 Purple K-1-3-5 Green	<b>18</b> 2 & 4 Green K-1-3-5 Red Slushies	<b>19</b>
<b>20</b>	<b>21</b> 2 & 4 Red K-1-3-5 Orange WENDY'S NIGHT OUT	<b>22</b> 2 & 4 Blue K-1-3-5 Purple	<b>23</b> <b>No School</b>	<b>24</b> <b>No School</b> <small>Thanksgiving Day</small>	<b>25</b> <b>No School</b>	<b>26</b>
<b>27</b>	<b>28</b> 2 & 4 Orange K-1-3-5 Green	<b>29</b> 2 & 4 Purple K-1-3-5 Red	<b>30</b> 2 & 4 Green K-1-3-5 Orange			

The 2<sup>nd</sup> grade music program "The Principal and the Pea" will be presented at 9:30 a.m. in the MPR on the dates shown for each class. On November 10, our 4<sup>th</sup> and 5<sup>th</sup> grade will be bussed to the high school for a Veteran's Day program.





## 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
	7 A. Breakfast Sliders B. Cereal Choices and Toast  Juice Choices Sliced Pears Milk Choices	8 A. Iced Long John B. Cereal Choices and Toast  Mixed Fruit Juice Choices Milk Choices	9 A. Breakfast Pizza B. Cereal Choices and Toast  Juice Choices Pineapple Milk Choices	10 A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast  Juice Choices Sliced Peaches Milk Choices	11 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast  Juice Choices Applesauce Milk Choices
	14 A. French Toast Sticks B. Cereal Choices and Toast  Juice Choices Pineapple Milk Choices	15 A. Sausage & Gravy over Biscuit B. Cereal Choices and Toast  Juice Choices Apple Sauce Milk Choices	16 A. Egg & Cheese Taco Roll B. Cereal Choices and Toast  Juice Choices Fresh Orange Milk Choices	17 A. Breakfast Pizza B. Cereal Choices and Toast  Juice Choices Mixed Fruit Milk Choices	18 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast  Juice Choices Apple Wedges Milk Choices
	21 A. Pancake Sausage Stick B. Cereal Choices and Toast Juice Choices Mixed Fruit Milk Choices	22 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Apple wedges Milk Choices	23 <b>NO SCHOOL</b>	24 <b>NO SCHOOL</b> 	25 <b>NO SCHOOL</b>
	28 A. Ultimate Breakfast Round B. Cereal Choices and Toast Juice Choices Apple Wedges Milk Choices	29 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Pineapple Milk Choices	30 A. Waffles with Syrup B. Cereal Choices and Toast Juice Choices Mixed Fruit Milk Choices		

**Questions or comments** - Contact Mitch Novak, Foodservice Director at 402-363-9169 or [mitch@lunchtimesolutions.com](mailto: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.*

### 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](mailto:mitch@lunchtimesolutions.com).

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

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>A. Soft Shell Tacos B. Hot Ham &amp; Cheese Sandwich</p> <p>Chili Lime Corn Carnival Cookie</p>	<p>1</p> <p>A. Soft Shell Tacos B. Hot Ham &amp; Cheese Sandwich</p> <p>Chili Lime Corn Carnival Cookie</p>	<p>2</p> <p>A. Breaded Beef Fingers B. Home-style Chicken &amp; Noodles</p> <p>Mashed Potatoes with Gravy</p>	<p>3</p> <p>A. Home-style Chicken Ranch Pasta Dinner Roll B. Mini Corn Dogs</p> <p>Green Beans Sugar Cookie</p>	<p>4</p> <p>A. Pizza B. Sloppy Joe</p> <p>BBQ Beans</p>
<p>7</p> <p>A. Cheeseburger B. Chicken Stew over Fresh Baked Biscuit</p> <p>Mixed Vegetables</p>	<p>8</p> <p>A. Home-style Buffalo Chicken Pasta B. Hot Dog</p> <p>Golden Corn Chocolate Chip Cookie</p>	<p>9</p> <p>A. Toasted Cheese Sandwich &amp; Tomato Soup B. Pork Fritter Sandwich</p> <p>Baked Beans</p>	<p>10</p> <p>A. Home-style Beef Goulash B. Grilled Chicken Sandwich</p> <p>Green Beans</p>	<p>11</p> <p>A. Pizza B. California Lasagna Breadstick</p> <p>Peas Veteran's Day Cookie</p>
<p>14</p> <p>A. Chicken Fajitas B. Baked Corn Dog</p> <p>Refried Beans</p>	<p>15</p> <p>A. Spaghetti with Meat Sauce B. Crispy Chicken Sandwich</p> <p>Peas</p>	<p>16</p> <p>A. Cheeseburger B. Teriyaki Chicken Sandwich</p> <p>Green Beans Carnival Cookie</p>	<p>17</p> <p>A. Roasted Turkey Dinner Roll B. Chicken Nuggets Dinner Roll</p> <p>Mashed Potatoes Gravy Golden Corn Frosted Pumpkin Bar Home-made Cranberry</p>	<p>18</p> <p>A. Pizza B. Beef &amp; Bean Burrito</p> <p>Steamed Carrots</p>
<p>21</p> <p>A. Home-style Cajun Chicken Penne B. Hot Dog</p> <p>Roasted Garbanzo Beans</p>	<p>22</p> <p>A. Home-style Beef Stroganoff B. Bosco Sticks with Marinara Sauce</p> <p>Golden Corn</p>	<p>23</p> <p><b>NO SCHOOL</b></p>	<p>24</p> <p><b>NO SCHOOL</b></p>	<p>25</p> <p><b>NO SCHOOL</b></p>
<p>28</p> <p>A. Pancakes &amp; Sausage B. Sloppy Joe</p> <p>Potato Triangle</p>	<p>29</p> <p>A. Home-style Golden Macaroni &amp; Cheese B. Crispy Chicken Nuggets</p> <p>Peas Carnival Cookie</p>	<p>30</p> <p>A. Home-style Cheese Quesadilla and Beef Enchilada Soup B. Crispy Chicken Sandwich</p> <p>Black Beans</p>		

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