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York Elementary School Monthly Parent Newsletter



CODE CLUB BEGINS AT YES...



Y.E.S. Code Club has begun meeting with 4th and 5th grade students. Many students filled out applications and 32 students were selected for the fall group that will meet through December. Students in Code Club will be working on a computer program called Scratch, which is owned by MIT, and will be building their own games. They will then use Makey-Makey boards to build their own game controllers to play the games they have programmed. Students will also get the chance to work with a 3D printer, Little Bits Circuits, and Pico Boards.

Classroom Happenings.....

Kindergarten Korner

Wow! Kindergarten is October-ful!:).....

It is fire prevention month! Fire fighters and a fire engine will be visiting YES Kindergarten! **Please talk with your children about your "fire exit safety plan" for your home.** Kinders will be reading and learning about leaves, pumpkins, bats and all the fall colors. They will have fun learning about armadillos, animal babies, a bear who snores and one animal's search for a winter bed. You may hear your student talking about these language topics: setting in a story, main idea, realism and fantasy, and sequence and comparing. They will also learn about nouns and adjectives. Numbers up to 10, addition, subtraction and family math stories will be part of our math fun. October can be the month when the weather turns chilly –brrr! Teaching those little ones to zip and fasten their jackets helps them feel confident. Thank you, families, for all you do!:)

Second Grade Snippets

Math-We just wrapped up Unit 1 and are ready to start Adding Within 200. Our times test goal for the end of Quarter 1 is +3(0-5). You may need to be practicing at home in order to reach the goal. **Reading**-Make sure you are reading 20 minutes every day at home! **Science**-We learned about characteristics of insects. We raised butterflies in our classrooms to observe life cycle stages and also talked about migration patterns. We grew ant hills to learn about social habits of insects. We learned about helpful and harmful insects. We also discussed the differences between insects and spiders. What a fun unit!

Fourth Grade Fun

Top TEN Highlights from Mrs. Loosvelt's Classroom

Created by Students...

10. We sent travel journals all over the country and have started receiving post cards!
9. We tested hypotheses with magnets and even created an electromagnet.
8. We worked in groups and problem-solved to build a marshmallow tower.
7. We have improved our writing skills by brainstorming to organize our thoughts!
6. Eric Eckert visited our class to share his maze-making skills with us!
5. We've eaten lunch in the classroom to celebrate Reading!
4. We've worked really hard in Math on place value and multiplying.
3. We have used our school google accounts to write emails!
2. We have developed a Growth mindset believing we can work hard to always get better and we have half-filled our YET jar! Ask one of us about that!
1. **We created a dubsplash! Please watch it here!** <http://bit.ly/4Ldubsmash>

Fourth Graders also sent out travel journals and have a new ATB wall for math L to J!!

Important Dates:

Conferences

Oct 7-9th

No School

October 9 - YES

October 12

Book Fair

Oct 5-8th, 2-7pm

Family Literacy Night

October 5, 5-7pm

All Stars Lunch

Wednesday, Oct 28

Slushie Days

Friday, Oct 2

Friday, Oct 16

Fan Cloth

Clothing Orders

Due October 16

End of First Quarter

Friday October 16

Red Ribbon Week

October 26-30

Wendy's Night

October 19th, 5-8

2014-2105 Y.E.S.

Meal & Milk

Pricing Information

Breakfast:

Student: \$1.35

Guest: \$2.05

Lunch:

Student: \$2.60

Guest: \$3.40

Milk only: \$.45

BOOST - FREE AFTER SCHOOL PROGRAM FOR 2ND - 5TH GRADE

Boost is busy bringing opportunities to students during out of school time. Each day Boost students have snack, recess, homework help, and an enrichment activity. The enrichment activities vary from art, to enjoying a teacher read aloud and computer time, to science experiments. UNL extension services, Why Try, and others partner with our program to present material and prepare activities for our students from time to time. Boost is a grant funded **free** program that depends on student participation and community partners. Our program receives funds based on attendance. In order for students to count towards our funding, they must attend 30 days throughout the school year. This is about 4 days a month or once a week. Students that enroll and attend less than 30 times actually count against us. So... if your student is enrolled in Boost please work hard to attend 30 or more days to help us meet our grant target. Reminder: **No BOOST Oct. 7 and 8** due to PTC'S.

Red Ribbon Week

York Elementary School

"Together we can WIPE-OUT Drugs!!"

October 26 - 30, 2015



Red Ribbon Week is nationally recognized and celebrated – including here at Y.E.S. !! The week of October 26th will serve as a vehicle for all of us to take a stand for the hopes and dreams of our children through a commitment to drug prevention and education. Y.E.S. will be **CELEBRATING** our Good Choices with some fun activities and **DRESS-UP** Days. Look for a note in the future about these events.

FREE NATIONAL PARKS PASSES FOR ALL FOURTH GRADERS!!
DETAILS TO COME FROM THE 4TH GRADE TEACHERS AT CONFERENCES!

Fall Parent-Teacher Conferences are scheduled for next week, October 7-10. Teachers sent home a scheduled conference time with students last week. If you have not received a note or need to reschedule, please call the school office at **402.362.1414**.

Wendy's 'Mystery Teacher' Family Night

Monday October 19th, is our next Wendy's Night Out. Go to **Wendy's** between **5-8**, bring your family, and have dinner to help support your school! The mystery teachers will be there, so make sure you come to find out who they are.

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; and Campbell Soup labels for our school. These may be dropped in the office. **We are no longer collecting Land O' Lake milk caps or COKE rewards!** Thanks for your support!



NOTES FROM THE NURSE'S OFFICE

What should I know for the 2015-2016 Influenza Season

It is hard to believe that it is October already! The beginning of October is the time to think about winter illnesses and how we can protect our children and ourselves from influenza and other illnesses. The influenza activity is extremely hard to predict and will vary season to season. Flu activity most commonly peaks in the United States between December and February; however seasonal flu activity can begin as early as October and run well into May.

The Center for Disease Control (CDC) recommends a yearly flu vaccine for everyone older than 6 months of age. This is the first and most important step in protecting our children and ourselves against this serious disease. Ideally you should begin getting vaccinated soon after the flu vaccines become available, ideally by October, to be certain that as many people as possible are protected before flu season begins. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu. When healthy children are vaccinated, the antibodies should last the entire flu season.

In addition to getting vaccinated, you and your family can take everyday preventive actions, like staying away from people who are sick and washing your hands to reduce the spread of germs. **If your child is sick with the flu, stay home from school to prevent spreading influenza to others. Also, a reminder that if your child has a fever, 100.4 or above, your child must be fever free (without fever reducing medications) for 24 hours before he or she can return to school.**

If you have questions about the influenza vaccine or where you can obtain the vaccine, please give either Donelle Ellison or Patti Vincent (your school nurses) a call or check with your health care provider. You can also call the Home Care Plus Immunization clinic at 402-362-2566 for additional information and scheduling information. Most insurance companies will pay the nominal fee charged for the immunizations!! With all of us working together, we can keep the spread of winter illness to a minimum!

Patti Vincent LPN
Donelle Ellison BSN RN
402-362-1414

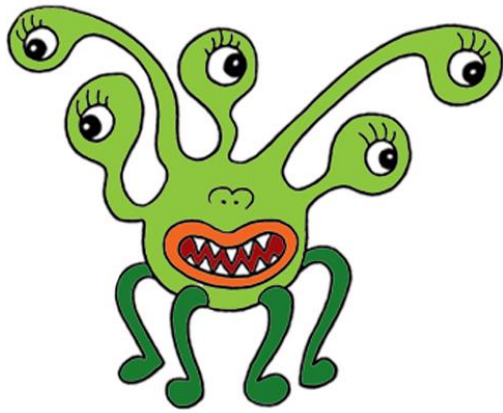
"A Healthy Child is a Happy Child"

All-State Children's Choir and Sing Around Nebraska

On November 19, six York Elementary School students will join 350 students from all over Nebraska to participate in the 2015 All-State Children's Choir. The students selected from YES were Clara Booth, Mia Burke, Leah Davis, Lily Houston, Dannika Lamberty, and Lily Nuss. They will spend the day in Lincoln working with award winning choral composer, conductor, and clinician Sally K. Albrecht. It will be a day full of learning, meeting new friends, expanding their vocal repertoire and skills, and making beautiful music with other students their age. Congratulations to those selected to participate!

The Sing Around Nebraska Festival Choir is another opportunity for students to participate in a children's choir. It is open to students in grades 4, 5, and 6, and takes place on February 13, 2016 in Central City, NE. A letter with more information about this went home with 4th and 5th graders last week. If your child is interested, please have them return the permission form by October 2. Auditions will likely be necessary, because each music teacher can only bring 10 students to the event. Requirements for those auditions are discussed and practiced during music class, but please feel free to contact Jennifer Niemann if you have any further questions about the process or event. We hope to see many students interested in this great opportunity!





Book Fair

Check out the Book Fair
because “Reading is so much
fun....you’ll get
goosebumps!!”

On the stage of the MPR

Monday, October 5th - Thursday,
October 8th, 2 -7pm

Literacy Fair

Monday, October 5, 2015

5:00-7:00 p.m.

Our Scholastic Book Fair theme – “Reading is so much fun....you’ll get goosebumps!!” – surrounds students in the celebration of reading with hundreds of fun, engaging, and affordable books for them to discover. There are many awesome books available for purchase and you can donate books to classrooms as well.

Our PATT group will be serving a meal of hot dogs, chips, a drink and dessert for \$2!

Come and see our York High School One Act Team act out some of their favorite stories in the music room at 6:30! York College will have students doing read-alouds, bookmarks and author pictures. The Kilgore Library will also be providing program information and library cards.



The Mouse and the Motorcycle
By Beverly Cleary (1965)

Dear Parent/Guardian:

This month our school will be embarking on a special project, an all-school book club called **One School, One Book™**. Every family will receive a copy of the same book – Beverly Cleary’s *The Mouse and the Motorcycle* – and will be asked to read it together at home over the next few weeks. I am personally asking you to make the time so that your family can participate in this special activity.

Reading aloud at home is valuable because it better prepares your child to be an effective reader, and it is also a fun, worthwhile family activity. With the **One School, One Book™** program, we aim to build a Community of Readers at our school. Everyone – students, parents, teachers, and even administrative staff – will all be following along together.

Your child will receive a copy of *The Mouse and the Motorcycle* at a special school-wide assembly introducing the program and the book. Along with the book, you will receive a reading schedule so that you can keep up at home. Generally, you will be asked to read about 15 minutes each night.

In school, your child will be invited to answer daily trivia questions to encourage and reward attentive listening. You will soon find that your child will take pride in knowing and anticipating the details of the story. In class, students will explore the book through activities and discussion. You will want to make sure your family keeps up so that your child can be included. Throughout the month, everyone will be talking about *The Mouse and the Motorcycle*!

One School, One Book™ is a novel program in that children of all grade levels will all be listening to their parents read same book. Strange or daring as that may seem, it actually makes sound educational sense. Reading professionals recommend reading material out loud that is beyond a child's own reading level. We also believe that you can and should continue reading chapter books with your older children, even when they are able to read by themselves. We have selected a title that can be followed and understood and enjoyed by younger students, but will still captivate and stimulate older children.

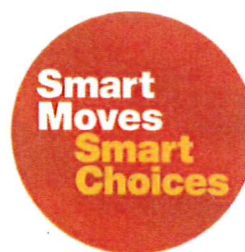
I know that you'll enjoy this special reading time with your children. I hope to talk with both you and your student sometime this month about Ralph and Keith and the adventures that ensue around a tiny motorcycle. "When a whole school reads a book, there's a lot to talk about." With your help, we can build a Community of Readers at our school.

Sincerely,

Kris Friesen
Principal

Parents: Get Smart

About Teen Prescription (Rx) Drug Abuse.



Teen prescription drug abuse is when a young person takes a prescription medication that was prescribed for someone else, for a non-medical use.

Facts

- **1 in 4 teens** has taken a prescription drug that was not prescribed for them by a doctor.¹
- Every day, **2,500 teens** take a prescription pain reliever for a non-medical use for the first time.²
- More teens abuse prescription medications than illegal drugs, **except** marijuana.³

Serious Risks to Teens:

- Abusing prescription medications **is not safer** than taking illegal "street" drugs like cocaine or heroin.
- Teen prescription drug abuse can result in **addiction**, health issues, and **can be fatal**.
- Mixing prescription drugs with alcohol and illegal drugs is **particularly dangerous** and can be fatal.
- Teen prescription drug abuse can impact **a young person's developing brain** and good judgment, their relationships with family and friends, and academic performance.

Your Home: Safe Zone or Danger Zone?

Teens often get their hands on prescription drugs right in their own homes — from a parent or relative's medicine cabinet, drawer or kitchen cupboard.

- 64 percent of teens (age 12-17) that have abused prescription pain relievers say they got them from friends or relatives.⁴

For more information about prescription drug abuse, visit SmartMovesSmartChoices.org

Medications Most Commonly Abused

- **Opioids** — commonly known as prescription painkillers.
- **Sedatives** — such as anti-anxiety and sleep disorder medications.
- **Stimulants** — such as medication to treat Attention Deficit-Hyperactivity Disorder (ADHD).

Take Action Now

1. Create a Safe Environment

- Know what's in your medicine cabinet
- Properly dispose of unused or expired medications
- Secure all prescription medications in a safe place
- Educate family and friends (especially grandparents)

2. Notice Common Signs of Abuse

- Physical and psychological changes
- Changes in academic performance
- Pills missing from the medicine cabinet

3. Talk to Your Teens

- Be open and non-judgmental
- Communicate regularly
- Talk about dangers of prescription drug abuse

Research shows that teens who learn about the risks of drugs from their parents are up to **50 percent less likely to try drugs**.⁵

1. The Partnership at DrugFree.org and MetLife Foundation. (2011). *2010 Partnership Attitude Tracking Study (PATS) Key Findings*, 2.
2. U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administration (SAMHSA) Office of Applied Studies. (2007). *A Day in the Life of American Adolescents: Substance Use Facts. The OAS Report*, 2.
3. White House Office of National Drug Control Policy. (2008). *Prescription for Danger: A Report on the Troubling Trend of Prescription and Over-the-Counter Drug Abuse Among the Nation's Teens*, 1.
4. White House Office of National Drug Control Policy. (2008). *Prescription for Danger: A Report on the Troubling Trend of Prescription and Over-the-Counter Drug Abuse Among the Nation's Teens*, 4.
5. The Partnership at DrugFree.org and MetLife Foundation. (2009). *2008 Parents Attitude Tracking Study (PATS)*, 11.

October 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 K-4-5 Purple 1-2-3 Red	2 K-4-5 Green 1-2-3 Blue Slushie Day	3
4	5 K-4-5 Red 1-2-3 Orange Literacy Festival 5-7 pm	6 K-4-5 Orange 1-2-3 Purple	7 K-4-5 Purple 1-2-3 Green 2:10 Dismissal No Movie No BOOST No Daycare	8 K-4-5 Green 1-2-3 Red 2:10 Dismissal No Movie No BOOST No Daycare	9 No School	10
Book Fair October 5 - 8, 2-7 pm each day						
11	12 No School	13 K-4-5 Red 1-2-3 Blue	14 K-4-5 Orange 1-2-3 Orange	15 K-4-5 Purple 1-2-3 Purple	16 K-4-5 Green 1-2-3 Green Clothing Orders Due Slushie Day	17
18	19 K-4-5 Red 1-2-3 Red Wendy's Night Out	20 K-4-5 Orange 1-2-3 Blue	21 K-4-5 Purple 1-2-3 Orange	22 K-4-5 Green 1-2-3 Purple Cookie Dough Delivery	23 K-4-5 Red 1-2-3 Green	24
25	26 K-4-5 Orange 1-2-3 Red	27 K-4-5 Purple 1-2-3 Blue	28 K-4-5 Green 1-2-3 Orange All Stars Lunch	29 K-4-5 Red 1-2-3 Purple	30 K-4-5 Orange 1-2-3 Green	31
Red Ribbon Week October 26 - 30						



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	\$1.35
Adult Breakfast	\$2.05
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
5	A. Ultimate Breakfast Round B. Cereal Choices and Toast	6 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast	7 A. Waffles with Syrup B. Cereal Choices and Toast	8 A. Breakfast Pizza B. Cereal Choices and Toast	9 NO SCHOOL-YMS/YES A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast
Apple Wedges Juice Choices Milk Choices	Pineapple Juice Choices Milk Choices	Mixed Fruit Juice Choices Milk Choices	Pineapple Juice Choices Milk Choices	Applesauce Juice Choices Milk Choices	Applesauce Juice Choices Milk Choices
12	NO SCHOOL				
13	14	15	16	19	20
A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast	A. Iced Long John B. Cereal Choices and Toast	A. Breakfast Sliders B. Cereal Choices and Toast	A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast	A. French Toast Sticks B. Cereal Choices and Toast	A. Egg & Cheese Taco Roll B. Cereal Choices and Toast
Pineapple Juice Choices Milk Choices	Apple Wedges Juice Choices Milk Choices	Sliced Pears Juice Choices Milk Choices	Sliced Peaches Juice Choices Milk Choices	Sliced Pears Juice Choices Milk Choices	Mixed Fruit Juice Choices Milk Choices
21	22	23	26	27	28
A. Sausage Gravy over Biscuit B. Cereal Choices and Toast	A. Breakfast Pizza B. Cereal Choices and Toast	A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast	A. Breakfast Pizza B. Cereal Choices and Toast	A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast	A. Yogurt with Goldfish Grahams B. Cereal Choices and Toast
Pineapple Juice Choices Milk Choices	Mixed Fruit Juice Choices Milk Choices	Applesauce Juice Choices Milk Choices	Pineapple Juice Choices Milk Choices	Applesauce Juice Choices Milk Choices	Fresh Orange Juice Choices Milk Choices
29	30				
A. Pancake Sausage Stick B. Cereal Choices and Toast	A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast				
Mixed Fruit Juice Choices Milk Choices	Sliced Pears Juice Choices Milk Choices				

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.

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	\$2.60	Extra Entrée	\$1.75
Adult Lunch	\$3.40	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
5 A. Pancakes & Sausage B. Sloppy Joe Potato Triange	6 A. Home-style Golden Macaroni & Cheese B. Crispy Chicken Nuggets Peas Fresh Baked Carnival Cookie	7 A. Home-style Cheese Quesadilla and Beef Enchilada Soup B. Crispy Chicken Sandwich Black Beans	1 A. Home-style BBQ Pork Sandwich B. Hot Dog BBQ Beans Fresh Baked Chocolate Chip Cookie	2 A. Pizza B. Teriyaki Chicken Sandwich Steamed Broccoli
12 NO SCHOOL	13 A. Taco in a Bag B. Hot Dog Chili Lime Corn Cinnamon Bread Stick	14 A. Home-style Meatloaf and Dinner Roll B. Crispy Chicken Nuggets and Dinner Roll Mashed Potatoes with Gravy	8 A. Home-style Cavatini B. Mini Corn Dogs Green Beans Fresh Baked Sugar Cookie	9 NO SCHOOL
19 A. Chicken Fajitas B. Pork Fritter Sandwich Black Beans	20 A. Home-style White Bean Chicken Chili and Crackers B. Corn Dog Golden Corn Frosted Cinnamon Roll	21 A. Turkey & Gravy and Dinner Roll B. Crispy Chicken Nuggets and Dinner Roll Mashed Potatoes with Gravy	15 A. Hot Pepperoni Sub B. Grilled Chicken Sandwich Baked Beans Fresh Baked Chocolate Chip Cookie	16 A. Pizza B. Toasted Cheese Sandwich and Tomato Soup Mixed Vegetables
26 A. Cheeseburger B. Orange Chicken over Rice Green Beans	27 A. Super Nachos B. Baked Breaded Fish Sandwich Refried Beans Cinnamon Bread Stick	28 ALL STARS LUNCH Hot Dog Fresh Fruit Fresh Baked Chocolate Chip Cookie	22 A. Home-style Spaghetti with Meat Sauce B. Crispy Chicken Sandwich Green Beans Gelatin Dessert	23 A. Pizza B. Taco Burger Peas 
				30 A. Pizza B. Cowboy Beans over Fresh Baked Biscuit Golden Corn Decorated Holiday Cookie

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