



# Y.E.S. Indeed!

York Elementary School Monthly Parent Newsletter

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## ***Fall Fundraiser - Emoji's!!***



The invasion is here! Students are already selling their delicious cookie dough and cinnamon rolls. This is our largest fundraiser and has been very successful in the past. At this time there are no specific plans for this year's funds. In the past we've used the funds to purchase our playground equipment, basketball goals, iPads for the student voice group, and a new sound system in the gym. We are so thankful to our PATT group for organizing this fundraiser. A special thanks to **Pam Liston**. She is the coordinator and will do an awesome job in making this year's fundraiser successful! Tuesday, September 6th, all fund raising sales need to be turned in and sadly our Emoji friends will need to find their permanent residence at your homes.....please! Thanks for your help and support in making this year's fund raiser a successful one for the students of York Elementary School!!

## *Classroom Happenings.....*

### *Kindergarten Korner*

YES welcomed 74 new Kindergarten students this fall. We are excited to have them and their families join the York Duke family! We are very busy learning the many routines of a school day! We will be focusing on the letters and their sounds to read words, sentences, and stories this year! We have already learned 4 sight words and have sent home 2 readers! We have written and read equations as part of our daily math talk, to count our days of Kindergarten! We are also learning about our new friends and the many adults that are here to help us be learners this year! The YPS class of 2029 has begun it's education journey and we are thrilled they are finally here in the great halls of YES!!!!!!

### *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 are learning about characteristics of insects. We will raise butterflies in our classrooms to observe life cycle stages and also talk about migration patterns. We will grow ant hills to learn about social habits of insects. We will learn about helpful and harmful insects. We will also discuss the differences between insects and spiders. What a fun unit!

### *Fourth Grade Fun*

Fourth Graders have sent out their travel journals.

They are also celebrating high scores with their ATB (All Time Best) wall for math L to J!

## Important

### Dates:

#### Labor Day

#### No School

Monday, Sept 5

#### Slushie Days

Friday, Sept 9

Friday, Sept 23

#### Wendy's Community

##### Night

Monday, Sept 19

#### Plum Creek

#### Children's Literacy

##### Festival

Thursday, Sept. 22

#### YES

#### School Pictures

Friday, Sept 30

#### Fan

#### Cloth Order

Due October 1

## 2016-2017 Y.E.S.

### Meal & Milk

### Pricing Information

#### **Breakfast:**

Student: \$1.40

Guest: \$2.10

#### **Lunch:**

Student: \$2.65

Guest: \$3.45

## *Plum Creek Children's Literacy Festival*

For the past several years our students have had the privilege of having an author visit YES and meet with our students as part of the Plum Creek Children's Literacy Festival. The 2016 festival promises to be an extraordinary event for our students. On Thursday, September 22, we will have a special presentation by award-winning author, Aaron Reynolds.

The festival is indebted to the generous community financial support from the Kelly & Virginia Holthus family that allows such nationally-acclaimed authors and illustrators to interact with area children.

## COUNSELOR'S CORNER

Welcome to a new school year!! My name is Stacy Kohmetscher and I am the Elementary Counselor and School Psychologist at Y.E.S. I get the pleasure of knowing all of our students as I spend time in the hallways, gym, classrooms and working with students in both small groups and in one-on-one situations. This year, as I rotate through the classrooms I will post a brief newsletter to my "page" on the York Elementary website summarizing our activities. Please take a look at those! And, as always, please call me if you have any questions or concerns. Happy Parenting!!

Mrs. Kohmetscher ("Mrs. K")

## **Wendy's Community Night!**

Next Date is Monday evening, September 19

Have a fun family night out and support your school at the same time!!

10% of all sales will be donated to YES

## **Slushie Friday's!!**

Two Fridays a month we will serve Juice Alive Slushies to students during their morning or afternoon recess times. We will not be serving them during their lunch or lunch recess. That morning, in the gym, students that bring \$1 can sign up for a 100% juice Slushie to have during their recess. Student will receive a free Birthday Slushie the month of their birthday. Summer birthdays will also be included at some point during the school year.



Be sure to check the monthly calendar for Slushie Fridays!!

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; Campbell Soup labels and Coke caps for our school. Those things can be dropped in the office. We are no longer collecting Land O' Lake milk caps! Thanks for your support!

## Nurse's notes



What a **GREAT** few weeks of school!!!! Fall is almost upon us and what a great time of year. Just a few reminders to make your student's school days

### **AWESOME!**

Fall is almost here and we would like to this opportunity to pass on some helpful information.

**Dress for the weather:** Mornings at the bus stop are often cool while later it can be quite warm at recess. Dressing in layers will enable your child to be warm and comfortable with our ever changing Nebraska weather.

**Protect yourself from ticks and mosquitoes:** Avoid outdoor activities between dusk and dawn when mosquitoes are most active. If you must be outside wear long sleeves and pants. Use bug repellent safely. Remove any free standing water in and or around your home. Check your body for ticks after being in brushy, wooded or grassy areas. Ticks will often find their way to less obvious places like between toes, along the hairline, armpits and groin area. Monitor any bug bite sites for a bull's eye like appearance or persistent flu like symptoms that are not improving. See your doctor with any questions or concerns

Another reminder is that your student's **feet** are very active. Please be certain that your student wears good, supportive shoes every day. Although the sandals and flip flops are extremely stylish, those type of shoes do not offer the support your student needs to run and play like kid!! The nurse's office has seen lots of blisters, stubbed toes, and foot pain when the students are wearing sandals and flip flops. **Our student's feet are very busy!**

As always remember that your school nurses are here to keep your students healthy and safe. If you every have any questions or concerns, please give one of us a call. We would love to talk with you!

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

### **SCHOOL PICTURES**

**Mark your calendars! Friday, September 30, is the date you want to have your picture-perfect outfit and best smiles ready for school picture day!**

**Pre-paid order folders will be sent home with students in the near future.**

**All students will be photographed so they can be included in our memory book in the spring.**

**Orders must be turned in prior to or on picture day to receive your child's pictures.**

**We will also be recording each child's height and weight on this date.**



# Home & School

Working Together for School Success

CONNECTION<sup>®</sup>

September 2016



York Elementary School  
NEWSLETTER

## SHORT NOTES

### I can visualize it

Whether your child is reading or doing math, being able to “see” the material can help her understand it. For example, have her sketch a scene from a story or draw a map of the setting. Or she might use objects to solve a math problem. For  $15 \div 3$ , she could arrange 15 barrettes into 3 equal groups to find the answer (5).

### Update your information

Has your contact information changed since spring? Check that your youngster’s school has your correct home address, phone numbers, and email addresses on file. That way, teachers and staff will know the best way to reach you about school events, concerns with your child, or emergency closings.

### Trait of the week

Encourage good character all year long! Each week, vote on a trait to celebrate, such as respect, honesty, or tolerance. Ask your youngster to create a poster illustrating the trait, and hang it up. Then, family members can look for examples and jot them on the poster. At the end of the week, read the examples aloud—and vote on a new trait.

### Worth quoting

“If you can dream it, you can do it.”  
Walt Disney

## JUST FOR FUN

**Q:** Where can you find hippos?

**A:** It depends on where you hide them!



## Launch into learning

Three...two...one...blast off! It’s a brand-new school year, and your child’s mission is to learn. With these tips, he’ll land in class ready to succeed.

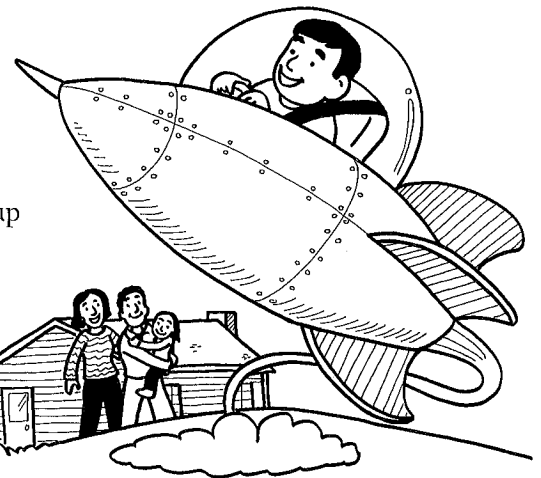
### 3...Build excitement

Help your youngster get revved up about what he’ll learn this year. To find out what’s ahead, attend back-to-school night, talk to his teacher, and check the school website. Find topics you think will interest him, and read about them together in library books or online.

Look for hands-on opportunities to get him excited, such as visiting a public garden or planting seeds at home if he’s going to study plant life cycles.

### 2...Set goals

Specific, doable goals are critical to any successful mission. Let your child write goals and “due dates” on strips of construction paper (“I will finish long-term projects one day early so I have time to review them”). He can loop the strips together into a paper chain, then



cut off each link as he achieves the goal. With hard work, he’ll be able to say, “Mission accomplished!”

### 1...Develop routines

Your youngster will blast off ready to learn if he is well rested, well fed, and active. Set a bedtime that gives him the recommended 9–11 hours of sleep. Make sure he wakes up early enough to enjoy a healthy breakfast. Also, try to see that he gets at least an hour of physical activity a day.♥

## In school every day

Did you know that attending school regularly will affect how well your youngster does this year *and* in later grades? Use these suggestions to help her get an A+ in attendance.

● **Stay healthy.** Remind your child to wash her hands with soap and water before eating and after using the restroom or playing outside. Also, work with your pediatrician if your youngster has a chronic condition, such as allergies or asthma, that could cause her to miss school.

● **Address problems.** If your child wants to stay home when she’s not sick, ask why. Talk to her teacher if this happens frequently or if you suspect a bigger issue. For example, struggling with schoolwork and being bullied are two common reasons for wanting to avoid school.♥



# Building friendships

Children with friends enjoy school more, develop important social skills, and even do better academically. Here are ways to help your child build and strengthen friendships.

**Find shared interests.** Suggest that your youngster ask classmates what they do in their spare time and ask follow-up questions to show she cares. (“What’s your favorite skateboard trick?”) Then, she could talk about her own interests, whether she likes solving her Rubik’s Cube or crocheting hats. She and a classmate may discover new activities to



share—which can naturally lead to friendships.

**Be a good friend.** Talk to your child about what you value in your friendships, and ask about hers. You might say, “I can always count on Debbie at work to help me think of ideas when I’m stuck.”

Perhaps your youngster will say, “Maddie invites me to play at recess even when she’s with the older girls from her class.” She’ll realize which traits she values in a friend, such as dependability and loyalty. Discuss ways she could show those traits, too (helping friends study, making them feel included).

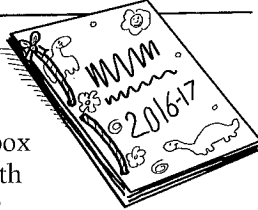
*Note:* Does your child struggle to make friends or complain she has no friends? Have her teacher recommend a classmate who may be a good match. Then, contact the other parent to arrange a get-together.♥

## ACTIVITY CORNER

### My school-year memory book

Encourage your youngster to create a personalized memory book this school year. It will give him a place to save schoolwork he’s proud of and provide a nice keepsake for both of you.

**1.** To make the front and back covers, have him cut off the large panels of a cereal box and cover them with construction paper.



**2.** Let him write his name, the year, his school, and his teacher’s name on the front. He can decorate both panels with stickers or drawings.

**3.** Hole-punch the covers, thread yarn through, and tie loosely so it’s easy to untie and add pages.

**4.** As the school year goes on, he might add graded assignments, artwork, programs from plays or concerts, and notes from teachers.

Keep his memory book in a special spot so you can both enjoy looking through it this school year—and beyond.♥



## Q & A

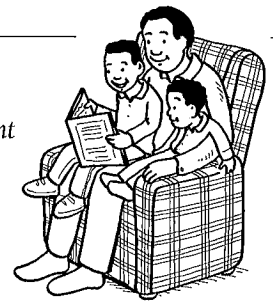
### A reading habit

**Q:** *This year, my son has a daily homework assignment to read for 20 minutes. What should we do to make sure this happens?*

**A:** Reading every day is one of the best ways for a child to become a strong reader, and it’s great that you’re eager to help.

Some evenings, you could invite him to read to you. He’ll practice reading, and you’ll get to hear how he’s doing. On other nights, hold family reading time where everyone quietly reads their own books, newspapers, or magazines. Your son might also enjoy reading aloud to younger siblings:

Here’s another suggestion: If you normally read him a bedtime story, try ending your nightly routine by reading one chapter aloud. Does he want to know what will happen next? He can continue reading on his own for 20 minutes to find out!♥



## PARENT TO PARENT

### Stay safe online

My daughter Sierra brought home an “online safety contract” that listed classroom rules for using the Internet. After we read it together and Sierra signed it, we decided to create our own version at home. We borrowed some ideas from the school form like:

- Keep usernames and passwords private.
- Do not post personal information online.
- Only respond to messages from people you know.

- Then, we added a few rules of our own:
- Turn on “safe mode” when using a search engine.
  - Do not create social media accounts.

Sierra helped me write out the contract, and everyone in our family signed it. We posted it by our computer as a reminder. While I still supervise my kids online, I feel better having a written agreement as an extra layer of protection.♥



## OUR PURPOSE

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

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# September 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>
<b>4</b>	<b>5</b> <b>No School</b> Labor Day	<b>6</b> 2 & 4 Purple K-1-3-5 Orange <b>FUNDRAISER</b> <b>ORDERS DUE</b>	<b>7</b> 2 & 4 Green K-1-3-5 Purple	<b>8</b> 2 & 4 Red K-1-3-5 Green	<b>9</b> 2 & 4 Blue K-1-3-5 Red <b>SLUSHIES</b>	<b>10</b>
<b>11</b>	<b>12</b> 2 & 4 Orange K-1-3-5 Orange	<b>13</b> 2 & 4 Purple K-1-3-5 Purple	<b>14</b> 2 & 4 Green K-1-3-5 Green	<b>15</b> 2 & 4 Red K-1-3-5 Red	<b>16</b> 2 & 4 Blue K-1-3-5 Orange	<b>17</b>
<b>18</b>	<b>19</b> 2 & 4 Orange K-1-3-5 Purple	<b>20</b> 2 & 4 Purple K-1-3-5 Green	<b>21</b> 2 & 4 Green K-1-3-5 Red	<b>22</b> 2 & 4 Red K-1-3-5 Orange	<b>23</b> 2 & 4 Blue K-1-3-5 Purple <b>SLUSHIES</b>	<b>24</b>
<b>25</b>	<b>26</b> 2 & 4 Orange K-1-3-5 Green	<b>27</b> 2 & 4 Purple K-1-3-5 Red	<b>28</b> 2 & 4 Green K-1-3-5 Orange	<b>29</b> 2 & 4 Red K-1-3-5 Purple	<b>30</b> 2 & 4 Blue K-1-3-5 Green <b>SCHOOL</b> <b>PICTURES</b>	







## 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
5 NO SCHOOL LABOR DAY  <b>NO SCHOOL</b>	6 A. Sausage & Gravy over Biscuit B. Cereal Choices and Toast  Juice Choices Pineapple Milk Choices	7 A. Choc. Chip Ultimate Breakfast Round B. Cereal Choices and Toast  Juice Choices Apple Wedges Milk Choices	SEPT 1 A. Pancake and Sausage Stick B. Cereal Choices and Toast  Juice Choices Mixed Fruit Milk Choices	2 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast  Juice Choices Sliced Peaches Milk Choices
12 A. Breakfast Sliders B. Cereal Choices and Toast  Juice Choices Sliced Peaches Milk Choices	13 A. Iced Long John B. Cereal Choices and Toast  Mixed Fruit Juice Choices Milk Choices	14 A. Breakfast Pizza B. Cereal Choices and Toast  Juice Choices Pineapple Milk Choices	8 A. Breakfast Pizza B. Cereal Choices and Toast  Juice Choices Applesauce Milk Choices	9 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast  Juice Choices Sliced Peaches Milk Choices
19 A. French Toast Sticks B. Cereal Choices and Toast  Juice Choices Pineapple Milk Choices	20 A. Sausage & Gravy over Biscuit B. Cereal Choices and Toast  Juice Choices Apple Sauce Milk Choices	21 A. Egg & Cheese Taco Roll B. Cereal Choices and Toast  Juice Choices Fresh Orange Milk Choices	15 A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast  Juice Choices Sliced Peaches Milk Choices	16 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast  Juice Choices Applesauce Milk Choices
26 A. Pancake Sausage Stick B. Cereal Choices and Toast  Juice Choices Mixed Fruit Milk Choices	27 A. Breakfast Pizza B. Cereal Choices and Toast  Juice Choices Pineapple Milk Choices	28 A. Oatmeal with Topping Bar B. Cereal Choices and Toast  Juice Choices Apple Wedges Milk Choices	22 A. Breakfast Pizza B. Cereal Choices and Toast  Juice Choices Mixed Fruit Milk Choices	23 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast  Juice Choices Apple Wedges Milk Choices
26 A. Pancake Sausage Stick B. Cereal Choices and Toast  Juice Choices Mixed Fruit Milk Choices	27 A. Breakfast Pizza B. Cereal Choices and Toast  Juice Choices Pineapple Milk Choices	28 A. Oatmeal with Topping Bar B. Cereal Choices and Toast  Juice Choices Apple Wedges Milk Choices	29 A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast  Applesauce Juice Choices Milk Choices	30 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast  Sliced Peaches 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.*



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](mailto:mitch@lunchtimesolutions.com).

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

Mon	Tue	Wed	Thu	Fri
<p>5 NO SCHOOL LABOR DAY</p> <p><b>NO SCHOOL</b></p>	<p>6 A. Soft Shell Tacos B. Hot Ham &amp; Cheese Sandwich Chili Lime Corn Carnival Cookie</p>	<p>7 A. Breaded Beef Patty B. Crispy Chicken Nuggets Mashed Potatoes with Gravy</p>	<p>8 A. Home-style Chicken Ranch Pasta Bread Stick B. Mini Corn Dogs Green Beans Sugar Cookie</p>	<p>9 A. Pizza B. Sloppy Joe BBQ Beans</p>
<p>12 A. Cheeseburger B. Chicken Stew over Fresh Baked Biscuit Mixed Vegetables</p>	<p>13 A. Home-style Buffalo Chicken Pasta B. Hot Dog Golden Corn Chocolate Chip Cookie</p>	<p>14 A. Toasted Cheese Sandwich &amp; Tomato Soup B. BBQ Rib Sandwich Baked Beans</p>	<p>15 A. Home-style Beef Goulash B. Grilled Chicken Sandwich Green Beans Fresh Baked Sugar Cookie</p>	<p>16 A. Pizza B. Taquitos Peas</p> <p></p>
<p>19 A. Chicken Fajitas B. Baked Corn Dog Refried Beans</p>	<p>20 A. Home-style Chili and Crackers B. Crispy Chicken Nuggets Green Beans Frosted Cinnamon Roll</p>	<p>21 A. Home-Style Chicken &amp; Noodles B. Baked Breaded Beef Sticks Mashed Potatoes with Gravy</p>	<p>22 A. Spaghetti with Meat Sauce B. Crispy Chicken Sandwich Peas Gelatin Dessert</p>	<p>23 A. Pizza B. Beef &amp; Bean Burrito Steamed Carrots</p>
<p>26 A. Home-style Cajun Chicken Penne B. Cheeseburger Green Beans</p>	<p>27 A. Southwest Enchilada Bake B. Baked Crispy Chicken Nuggets Steamed Carrots Cinnamon Bread Stick</p>	<p>28 A. Home-style Beef Stroganoff B. Italian Dunks with Marinara Sauce Golden Corn</p>	<p>29 A. Home-style BBQ Pork Sandwich B. Hot Dog BBQ Beans Coleslaw on FVB FMS: Melon on FVB</p>	<p>30 A. Pizza B. Teriyaki Chicken Sandwich Mixed Vegetables Chocolate Chip Cookie</p>

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