

April 2017  
Volume 13 Issue 8



York Elementary School  
Monthly Parent Newsletter

# Y.E.S. Indeed!

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## Towers of York

Four of our fabulous artists decorated small towers to be displayed around town. Emory Flynt, Lauren Hills, Allie Colburn, and Zoey Eckert did an awesome job decorating their towers and represented YES in Towers of York. Great job!! Also, some of our YES student's art work will be featured in the Art on the Farm event at Wessels on April 29th.



## Opening Day!!

On Monday, April 3rd, in honor of opening baseball season, we are planning to celebrate by wearing our baseball attire.

## GIRLS ON THE RUN 5K

The Southeast Regional GIRLS ON THE RUN 5k presented by York Medical Clinic will be Saturday, May 6, at 10:00 a.m. at the York High School Track area.

The 5k is open to males and females of all ages. Walkers are welcome! The deadline for a guaranteed T-shirt is April 15th. Entry forms are available online at [GOTRNebraska.org](http://GOTRNebraska.org).

We are also seeking volunteers to help on race day, whether it be on the race route, the registration table, the happy hair station, or a variety of other jobs. If you would like to volunteer, please contact Terri Carlson at [tcarlson@cityofyork.net](mailto:tcarlson@cityofyork.net).

**School Starts**  
**8:20 AM**  
**School Ends**  
**3:25 PM**  
**Wednesday**  
**Early Dismissal**  
**2:10 p.m.**

## A Moment for Music

Too much noise!!! Jacob and his family have had it with the amount of noise their house is making. They seek the help of wise men who only seem to make the problem worse. Please join us as the 1<sup>st</sup> graders present their music program, "Too Much Noise," and share the story of how Jacob's family overcomes this dilemma. Mrs. Niewedde's and Mrs. Roemmich's classes will perform together at 10:15 a.m. on April 11. Mrs. Benjamin's and Mrs. Paulson's classes will perform together at 10:00 a.m. on April 12. Both performances will take place in the York Elementary School multi-purpose room. We hope you can come, and we promise you won't need earplugs for all this noise!

Important Dates:

Slushie Days

Friday, April 7  
Friday, April 21

3rd Grade Field Trip to

Henry Doorly Zoo

Thurs., April 27 and  
Fri., April 28

TeamMates Red/ White

Spring Game

Sat., April 1

First Grade Program

1N and 1R  
April 11, 10:15am  
1B and 1P  
April 12, 10:00am

Fourth Grade Swimming

Monday, April 24th -  
Friday, April 28th

BoGo Book Fair

Tues., April 25, 11-7  
Wed., April 20, 11-7  
Thurs., April 21, 11-7

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



**Thursday, April 13<sup>th</sup>**  
**Wear BLUE for Autism. Light it Up**  
**BLUE!!**



***Raise Awareness! Spread the Word!***

**World Autism Awareness Month**, celebrated each year in April, was adopted by the United Nations in 2007 to shine a bright light on autism as a growing global health crisis. Autism Awareness activities increase world knowledge of autism and spotlights information about the importance of early diagnosis and early intervention. Additionally, Autism Awareness Month celebrates the unique talents and skills of persons with autism around the world. On World Autism Awareness Day (which is nationally designated on April 2<sup>nd</sup>), Autism Speaks celebrates its international Light It Up Blue Campaign. Thousands of iconic landmarks, communities, businesses and homes across the globe unite by shining bright blue lights in honor of the millions of individuals and families around the world affected by autism. At Y.E.S., we are encouraging all students and staff to wear BLUE on Thursday, April 13<sup>th</sup>. We will continue to spread awareness and provide information to assist with the understanding of Autism.

**Classroom Happenings....**

**Thrilling Third Grade....**

We are happy to say that the 3rd graders are finished with their NeSA testing! This class worked very hard preparing for the test and we are so proud of them! We can't wait to see how awesome they did!

We are excited to start our unit on Mammals. We will learn all about mammals, then choose one to write a report about, and create a shoebox habitat. We will especially like looking for our mammal when we take our annual overnight Zoo Trip at the end of April.

**Fabulous Fifth Grade....**

Fifth graders are hard at work preparing for the NeSA tests coming up on April 6<sup>th</sup>, 7<sup>th</sup>, 20<sup>th</sup>, 21<sup>st</sup>, 27<sup>th</sup>, and 28<sup>th</sup>. Please help your child prepare for the NeSA by allowing them to eat healthy meals and getting plenty of rest at night!

A reminder that April 24, is the day fifth graders will head over to the York Middle School! Students will meet their sixth grade teachers and will find out what Middle School Family they are in. Hooray!

Updates in Science: The fifth graders just finished up with their Force and Motion unit. They dropped an egg into a beaker of water without touching it, tested putting different forces on different masses, and watched reactive forces by exploding film canisters. They also created a roller coaster out of foam tubes and marbles. The next branch of science they will study will be Life Science.

Updates in Social Studies: In Social Studies, we have been studying about the Civil War. Students have been recreating famous battles by playing dodgeball in the classroom. After our Civil War Unit, we will study important events and people from the late 1800s to modern times.

Updates in Language Arts: Students just finished learning all the parts of speech and will start their last writing project in April.

This spring fifth graders will be working on a short informative writing.

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**Kris Friesen,  
Principal**

**Ken Booth,  
Asst. Principal**

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**Website:**

**[www.yorkpublic.org](http://www.yorkpublic.org)**

**At YES it is:**

- **Never okay to be hurtful**
- **Never okay to be disruptive.**
- **Always okay to be kind**

**Twitter:**

**YESDukePride**

**Facebook Page:**

**York Elementary  
School**

**Boost Phone #:  
(402) 366-2454**

**Childcare Phone #:  
(402) 363-2726**

**Bus Barn #  
(402) 362-1988**

## **Nurse Notes — Seasonal Allergies in Children**

Every fall, 5-year-old Timmy develops a runny nose, itchy, puffy eyes, and attacks of sneezing. His mother shares the problem, which she dismisses as mild hay fever, and something her son has to learn to live with. Lately, however, Timmy has also suffered attacks of wheezing and shortness of breath when he visits his grandmother and plays with her cats. Timmy's pediatrician suspects allergic asthma, and wants him to undergo some tests.

Timmy's symptoms are by no means rare among children across the United States. Allergies and asthma often start in childhood and continue throughout life. Although neither can be cured, with proper care they can usually be kept under control. Allergies are caused by the body's reaction to substances called "allergens," which trigger the immune system to react to harmless substances as though they were attacking the body.

### **When to Suspect an Allergy**

Some allergies are easy to identify by the pattern of symptoms that follows exposure to a particular substance. But others are subtler, and may masquerade as other conditions. Here are some common clues that could lead you to suspect your child may have an allergy. Repeated or chronic cold-like symptoms that last more than a week or two, or that develop at about the same time every year. These could include: Runny nose, Nasal stuffiness, Sneezing, Throat clearing, Nose rubbing, Sniffing, Snorting, Sneezing, Itchy, or runny eyes.

### **Eczema**

When it comes to rashes, the most common chronic inflammatory skin condition in children is eczema, also called atopic dermatitis. Although not strictly an allergic disorder, eczema in young children has many of the hallmarks of allergies and is often a sign that hay fever and asthma may develop. The rate of eczema, like that of asthma, is increasing throughout the world. Where asthma is rare, the rate of eczema is also low.

### **When to Suspect Asthma**

Although allergies and asthma often go together, they are actually two different conditions. Asthma is a chronic condition that starts in the lungs. Allergies are reactions that start in the immune system. Not everybody with allergies has asthma, but most people with asthma have allergies.

### **Asthma Attacks**

The airways of the typical child with asthma are inflamed or swollen, which makes them oversensitive. When they come in contact with an asthma "trigger" — something that causes an asthma attack — the airways, called bronchial tubes, overreact by constricting (getting narrower). Many different substances and events can "trigger" an asthma attack: Exercise, Cold air, Viruses, Air pollution, Certain fumes, Other allergens, Cigarette smoke. In fact, about 80 percent of children with asthma also have allergies and, for them, allergens are often the most common asthma triggers.

### **Controlling Allergy Symptoms**

It's helpful to use air conditioners, where possible, to reduce exposure to pollen in both your home and your car. Molds are present in the spring and late summer, particularly around areas of decaying vegetation. Children with mold allergies should avoid playing in piles of dead leaves in the fall. Dust mites congregate in places where food for them (e.g., flakes of human skin) is plentiful. That means they are most commonly found in upholstered furniture, bedding, and rugs. Padded furnishings, such as mattresses, box springs, pillows, and cushions should be encased in allergen-proof, zip-up covers, which are available through catalogs and specialized retailers. Wash linens weekly, and other bedding such as blankets, every 2 to 3 weeks in hot water to kill the dust mite. Pillows should be replaced every 2 to 3 years. Do not smoke around others especially children who suffer from allergies or asthma.

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

# April 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 2 & 4 Blue K-1-3-5 Red	4 2 & 4 Orange K-1-3-5 Orange	5 2 & 4 Purple K-1-3-5 Purple	6 2 & 4 Green K-1-3-5 Green	7 2 & 4 Red K-1-3-5 Red	8
		<b>TeamMates DINE AT RUNZA NIGHT</b>			<b>SLUSHIES</b>	
9	10 2 & 4 Blue K-1-3-5 Orange	11 2 & 4 Orange K-1-3-5 Purple	12 2 & 4 Purple K-1-3-5 Green	13 2 & 4 Green K-1-3-5 Red	14 <b>EASTER BREAK NO SCHOOL</b>	15
		<b>Music Program 1N &amp; 1 R at 10:15</b>	<b>Music Program 1B &amp; 1P at 10:00</b>			
16	17 <b>EASTER BREAK NO SCHOOL</b>	18 2 & 4 Red K-1-3-5 Orange	19 2 & 4 Blue K-1-3-5 Purple	20 2 & 4 Orange K-1-3-5 Green	21 2 & 4 Purple K-1-3-5 Red	22
	<b>Wendy's Night Out</b>				<b>SLUSHIES</b>	
23	24 2 & 4 Green K-1-3-5 Orange	25 2 & 4 Red K-1-3-5 Purple	26 2 & 4 Blue K-1-3-5 Green	27 2 & 4 Orange K-1-3-5 RED	28 2 & 4 Purple K-1-3-5 Orange	29
	←Swimming Unit	<b>BOOK FAIR 11-7</b>	<b>BOOK FAIR 11-7</b>	<b>BOOK FAIR 11-7</b>	Swimming Unit→	
30		-----	---Swimming Unit---	-----		

**First Grade Music Program** will be in the Multi Purpose Room at the above times. **4th Grade Swimming Unit-** please bring your swimsuit and towel along with a plastic bag for wet swimsuit each day during the swim unit. The spring **Scholastic Book Fair** is the buy one/get one free fair. Make sure you take time to stop by and get ready for some summer reading!

# Home & School

Working Together for School Success

CONNECTION®

April 2017

York Elementary School  
NEWSLETTER



## SHORT NOTES

### Keep up attendance

Good attendance matters all year. Show your youngster that going to school every day is job number one. If you plan to visit relatives or take a vacation this summer, check the school calendar to make sure your trip won't overlap with the end of this school year or the beginning of the next one.

### Siblings as roommates

Have more than one child? Consider letting them share a room—even if they don't need to. Sharing space can help siblings bond and teach them about cooperation and respect. Plus, youngsters may be comforted and find it easier to fall asleep with someone else in the room.

### Build observation skills

Boost your child's powers of observation during your next walk. Together, gaze at a scene (say, a playground) closely for 1 minute to observe as many details as possible. Then, turn around and take turns asking each other specific questions, like "How many swings are there?" or "What color is the slide?"

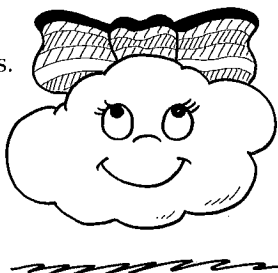
### Worth quoting

"It does not matter how slowly you go so long as you do not stop." *Confucius*

## JUST FOR FUN

**Q:** What do clouds wear in their hair?

**A:** Rainbows.



## Bring learning home

Help your child feel proud of the skills she's learning by giving her opportunities to use them outside of school. You'll boost her confidence—and she'll see that reading, math, and science are useful in everyday life. Pose questions like these for her to answer.

### How can we organize our cabinets?

Your youngster may enjoy giving your kitchen cabinets a makeover. Suggest that she draw a "blueprint" for organizing dishes, pots and pans, canned goods, and other items. Review it together, and try some of her ideas—perhaps arranging spices in alphabetical order or stacking plates by size.

### What will we do this weekend?

Let your child plan a fun outing for your family. She could start by checking the weather forecast. Then, encourage her to read newspaper listings and community websites to find activities, such as an arts and crafts fair, a free concert, or a minor-league baseball game. She'll need



to read for details like times, locations, and prices before she presents her idea.

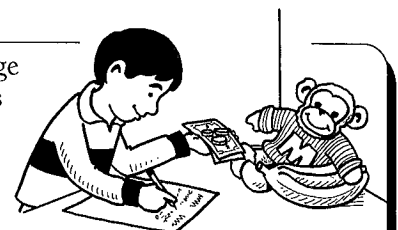
### Where should we keep the bread?

Ask your youngster to conduct a science experiment to discover how to keep your bread fresh and mold-free the longest. She could use what she's learning in science class to set identical slices of wrapped bread on the counter, in the pantry, and in the refrigerator. What does she find? She'll be excited when you use her results to decide where to store bread.♥

## Develop good money sense

Now is the time to help your youngster manage money wisely—before he gets his first job or has bills to pay. Try these kid-friendly ideas:

- Have regular conversations about money. You might say, "Chicken is on sale this week—we'll save money if we buy extra to freeze," or "I want new curtains, but our car will need tires soon, and I need to save for them."
- Suggest that your child give a stuffed animal a pretend allowance and write a budget for how to manage it. Explain that it should include savings and put *needs* before *wants* (so his stuffed monkey might buy bananas to eat or a tree to live in before purchasing one more ball to play with). *Tip:* If possible, give your youngster a small weekly allowance to work on real-life budgeting.♥



## Practicing patience

In today's world, youngsters often have instant access to information, songs, and movies. As a result, they might not learn patience. Encourage your child to get better at waiting patiently with these tips.

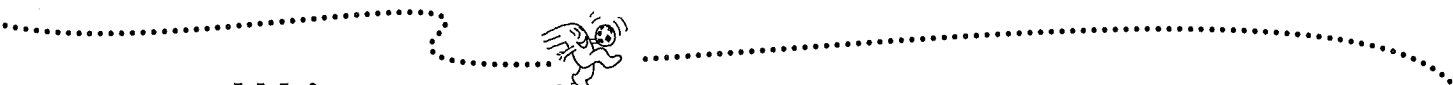
**Set an example.** Let your youngster see you waiting calmly during challenging situations. In a traffic jam, you could say, "It looks like we'll be sitting here for a while. Would you read your story to me?"

**Discover strategies.** What does "wait a minute" or "wait 5 minutes" look like? Look at your watch, and have each



faster? Your child will learn that staying occupied will help him be patient.♥

family member raise his hand when he thinks 1 minute has gone by. They should raise their hands again when they think it's been 5 minutes. Repeat the activity, but this time, ask each person to do something he enjoys like reading or drawing. Does the time seem to go



### PARENT TO PARENT Write a winning argument

My daughter Lucy has been asking for a cat for months. So when she told me that she was learning to write "arguments" in school, I asked her to write me a letter arguing why we should get a cat.

A few days later, Lucy handed me her letter. She had stated her claim—"Having a pet helps kids become responsible." She even gathered evidence. She talked to three friends and wrote about how they care for their animals.

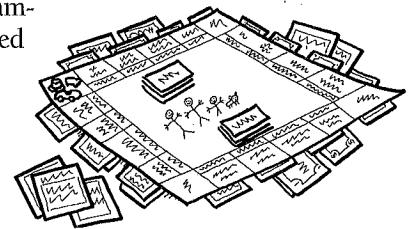


Finally, she considered my side, saying she knew I was worried I'd end up doing all the work. So she proposed a rule: She would have to feed the cat and scoop out its litter box before going out to play.

Lucy's letter worked, and we're going to the animal shelter this weekend to adopt her cat. Now she sees that writing a good argument can pay off!♥

### ACTIVITY CORNER Make a personalized game

What's more fun than family game night? Playing a game your child designed herself! Consider these suggestions.



**1. Family-opoly.** Have your youngster create a personalized Monopoly game. She might name properties after people, places, or things that are important to your family (say, her grandparents' native country or her brother's college mascot). After she makes the board and property cards, use Monopoly money and game pieces to play her version.

**2. Trivia, Family Edition.** Encourage family members to write questions about your family on index cards, with the answers on the backs. *Examples:* "What breakfast dish is Dad famous for?" or "How did we celebrate Mom's 40th birthday?" Stack the cards with the answers facing down. Your child draws one and reads the question aloud. The first person to answer correctly keeps the card and asks the next question. When all cards have been used, the player with the most wins.♥

### Q & A Believe it—or not?

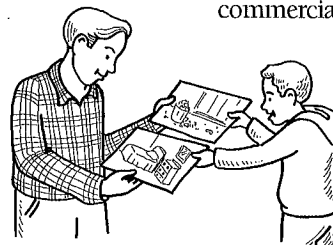
**Q:** My child believes everything in TV commercials. How can I help him understand what's accurate and what's exaggerated?

**A:** Try this eye-opening activity. Let your son take photos around your home. Half should make your house look good, and the other half not so good. For example, he could snap a shot of a freshly vacuumed room with the bed made and one of an overflowing trash can and a dirty wall.

Now, look through the pictures. Have him imagine he is "selling" your house by showing only the flattering pictures. Is he giving the full story?

Explain that this is how commercials work, too—advertisers want to show their products in the best light. Together, watch commercials, and talk about the "other" side that you're not seeing.

You could also read product reviews to get a more complete picture. Your son will learn to think critically about information he sees and hears.♥



**OUR PURPOSE**

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

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 www.rfeonline.com  
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## 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
	3 A. French Toast Sticks B. Cereal Choices and Toast Juice Choices Sliced Pears	4 A. Ultimate Breakfast Round B. Cereal Choices and Toast Juice Choices Mixed Fruit	5 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Pineapple	6 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Sliced Peaches	7 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Applesauce
	10 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Pineapple	11 A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast Juice Choices Applesauce	12 A. Yogurt with Goldfish Grahams B. Cereal Choices and Toast Juice Choices Fresh Orange	13 A. Pancake Sausage Stick B. Cereal Choices and Toast Juice Choices Mixed Fruit	14 <b>NO SCHOOL</b>
17 <b>NO SCHOOL</b>	18 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Pineapple	19 A. Ultimate Breakfast Round B. Cereal Choices and Toast Juice Choices Apple Wedges	20 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Applesauce	21 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Peaches	
24 A. Breakfast Sliders B. Cereal Choices and Toast Juice Choices Sliced Pears	25 A. Iced Long John B. Cereal Choices and Toast Juice Choices Mixed Fruit	26 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Pineapple	27 A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast Juice Choices Sliced Peaches	28 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Applesauce	

**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
3 A. Chicken Fajitas B. Pork Fritter Sandwich  Black Beans on F&V Bar	4 A. Home-style White Bean Chicken Chili and Crackers B. Corn Dog  Golden Corn Frosted Cinnamon Roll	5 A. Chicken Nuggets B. Breaded Beef Patty  Mashed Potatoes with Gravy	6 A. Spaghetti with Meat Sauce B. Crispy Chicken Sandwich  Green Beans Gelatin Dessert	7 A. Pizza B. <b>Breakfast for Lunch</b> Egg, Ham & Cheese Biscuit Sandwich  Potato Triangle
10 A. Cheeseburger B. Orange Chicken over Rice  Steamed Broccoli	11 A. Super Nachos B. Grilled Chicken Sandwich  Refried Beans Cinnamon Bread Stick	12 A. Baked Ham Slice and Dinner Roll B. Chicken Nuggets and Dinner Roll  Scalloped Potatoes Home-style Green Bean Casserole Holiday Cookie	13 A. Home-style Tater Hot Dish and Dinner Roll B. Hot Dog  Mixed Vegetables	14       <b>NO SCHOOL</b>
17       <b>NO SCHOOL</b>	18 A. Italian Dunkers with Marinara Sauce B. BBQ Rib Sandwich  Candied Carrots Carnival Cookie	19 A. Soft Shell Tacos B. Hot Ham & Cheese Sandwich  Stir Fry Vegetable Medley Coconut Rice <small>FARMERS MARKET SELECTIONS</small>	20 A. Home-style Chicken Ranch Pasta and Dinner Roll B. Mini Corn Dogs  Green Beans	21 A. Pizza B. Sloppy Joe  BBQ Beans Sugar Cookie
24 A. Cheeseburger B. Home-style Chicken Stew over Fresh Baked Biscuit  Mixed Vegetables	25 A. Hot Dog B. Home-style Buffalo Chicken Pasta  Golden Corn Chocolate Chip Cookie	26 A. Pork Fritter Sandwich B. Toasted Cheese Sandwich and Tomato Soup  Baked Beans	27 A. Home-style Cavatini B. Grilled Chicken Sandwich  Green Beans Sugar Cookie	28 A. California Lasagna and Garlic Breadstick B. Pizza  Peas

This institution is an equal opportunity employer and provider.