

Y.E.S. Indeed!

What's Inside...

Page 1

PATT Fundraiser

Growth Mindset

BOOST/Childcare

Page 2

Literacy Festival

Counselors Corner

Wendy's Night

Slushie Friday

Page 3

Notes From the Nurse

All Stars

School Pictures

Page 4

Growth Mindset

Page 5

Janet Stevens' Book List

Page 6

Janet Stevens' Book

Order Form

Page 7

September Calendar

Page 8

Breakfast Menu

Page 9

Lunch Menu

York Elementary School Monthly Parent Newsletter

Garfield's !!!!!

I am sure most of you have noticed the invasion of Garfield's that YES has been experiencing. Last Thursday we kicked off our fall fundraiser. 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, towards the purchase of our electronic sign out front and this past year we purchased four new televisions for announcements and multiple other uses. Stop in and take a look at these new screens if you haven't already seen them. We are so thankful to our PATT group for organizing this fundraiser. A special thanks to **Michelle Kreifels**, she is the coordinator and has just done an awesome job in making this year's fundraiser successful! Tuesday, September 8th, all fund raising sales need to be turned in and sadly our Garfield friends will need to find their permanent residence at your homes!

Thanks for your help and support in making this year's fund raiser a successful one for the students of York Elementary School!!

What Kind of Mindset Do You Have?



I can learn anything I want to.
When I'm frustrated, I persevere.
I want to challenge myself.
When I fail, I learn.
Tell me I try hard.
If you succeed, I'm inspired.
My effort and attitude determine everything.



I'm either good at it, or I'm not.
When I'm frustrated, I give up.
I don't like to be challenged.
When I fail, I'm no good.
Tell me I'm smart.
If you succeed, I feel threatened.
My abilities determine everything.

Created by: Reid Wilson @wayfaringpath ©️🌱🌱 Icon from: thenounproject.com

BOOST/Childcare hours are as follows:

(follows the school calendar—no school = no BOOST)

M-TH AFTERNOONS, 3:25-5:30 pm

WEDNESDAY MOVIE, 2:10-3:25 pm

Important

Dates:

Labor Day

No School

Monday, Sept 7

Slushie Days

Friday, Sept 11

Friday, Sept 18

Wendy's Community

Night

Monday, Sept 21

All Stars Lunch

Wednesday, Sept 30

Plum Creek

Children's Literacy

Festival

Thursday, Oct 1

YES

School Pictures

Friday, Sept 25

Plum Creek Children's Literacy Festival

For the past several years our students have had the privilege of having an author/illustrator visit YES and meet with our students as part of the Plum Creek Children's Literacy Festival. The 2015 festival promises to be an extraordinary event for our students. On Thursday, October 1, we will have a special presentation by Caldecott honor award-winning author, Janet Stevens.

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.

A list of books and order form is attached. The deadline for orders is Friday, September 18. No late orders are accepted.

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 21

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

10% of all sales will be donated to YES

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

Friday, August 28, is our first Slushie day of the school year. 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

Kris Friesen,
Principal
Ken Booth
Asst. Principal

School Starts

8:20 AM

School Ends

3:25 PM

Wednesday

Early Dismissal

2:10 p.m.

Reminder from

PATT:

We are still collecting box tops; Campbell Soup labels 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!

NOTES FROM THE NURSE'S OFFICE

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!**

What is one of the most important items when thinking about school? **SLEEP!**

Children aged six to 13 need 9-11 hours of sleep. At the same time, there is an increasing demand on their time from school (e.g., homework), sports and other extracurricular and social activities. In addition, school-aged children become more interested in TV, computers, the media and Internet as well as caffeine products – all of which can lead to difficulty falling asleep, nightmares and disruptions to their sleep. In particular, watching TV close to bedtime has been associated with bedtime resistance, difficulty falling asleep, anxiety around sleep and sleeping fewer hours. Sleep problems and disorders are prevalent at this age. Poor or inadequate sleep can lead to mood swings, behavioral problems such as **ADHD** and cognitive problems that impact on their ability to learn in school.

Sleep Tips for School-aged Children

- Teach school-aged children about healthy sleep habits.
- Continue to emphasize need for regular and consistent sleep schedule and bedtime routine.
- Make child's bedroom conducive to sleep – dark, cool and quiet.
- Keep TV and computers out of the bedroom.
- Avoid caffeine

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

"Students must be healthy to be educated and must be educated to be healthy"

All Stars Lunch

At YES relationships and community building are among our goals each school year. One of our favorite activities is All Stars. We schedule All Stars about once per month. Each student is assigned to an All Star team with a Coach (teacher). Each All Star team has students from each grade level and on All Star days we eat lunch with our All Star teams. **Lunchtime solutions will pack us sack lunches that day or students can bring their own cold lunch. If a student needs to purchase a milk with their cold lunch they must have money in their lunch account.** During the lunch time the all star teams discuss topics like being a great citizen, serving our communities, and making YES a better place. Our 1st all star meeting will be on **Wednesday, September 30**. If you have any questions regarding all stars please don't hesitate to contact a staff member.

SCHOOL PICTURES

Mark your calendars! Friday, September 25, 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. If you are interested in helping, please call Holly Kennedy at (402)362-7408 or text her at (402)902-9572.



Growth Mindset

Intelligence can be developed

Leads to a desire to learn and therefore a tendency to ...

If you hold a Growth Mindset, you believe that intelligence can be developed, that the brain can be grown and strengthened, like a muscle that can be trained. This leads to your desire to improve.



... embrace challenges

And how do you improve?

First you embrace challenges because you know you'll come out stronger on the other side.



... persist in the face of setbacks

Similarly, obstacles or external setbacks do not discourage you. Your self-image is not tied to your success or how you will look to others. Failure is an opportunity to learn and so, whatever happens, you will win.



... see effort as the path to mastery

As a Growth Mindset individual, you see effort as necessary to grow and master useful skills and knowledge; you do not view effort as something useless or to be avoided. You are not turned away by fears that you might make an attempt, or even work hard, and that failure is possible.



... learn from criticism

Criticism and negative feedback are sources of information. That doesn't mean that all criticism is worth integrating or that nothing is ever to be taken personally. As a Growth Mindset individual, you know that you can continue change and improve, so negative feedback is not perceived as being directly about you as a person but rather about the current state of your abilities.



... find lessons and inspiration in the success of others

You see the success of others as sources of inspiration, information opportunities to learn. Growth mindset individuals do not view success as a competitive, zero-sum game with others.

As a result, you reach ever-higher
levels of achievement.

All this gives you a greater sense of free will.

As a Growth Mindset individual, you note your improvements and this creates positive feedback loops that encourage you to continue learning and improving.

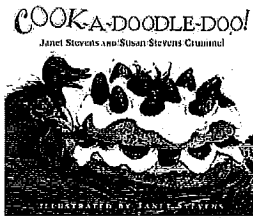
Most people do not have a 100% Growth Mindset or a 100% Fixed Mindset; most of us have some of both. The good news is that it is possible to change your worldview from Fixed Mindset to Growth Mindset. Carol Dweck's research indicates that both children and adults can be taught to change their mindsets.

Janet Stevens

Cook-a-doodle-doo

\$8.50 paperback

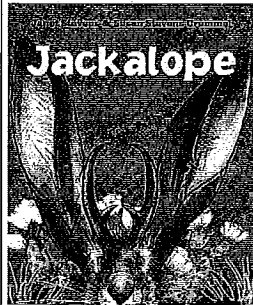
Kids will love this lively, slapstick story of teamwork in action, and no doubt will want to try making strawberry shortcake! Fortunately, the recipe for "Great-Granny's Magnificent Strawberry Shortcake" is in the back.



Jackalope

\$8.50 paperback

This story, a cross between a tall tale and a fractured fable, is narrated by a traveling armadillo, and abounds in laughs and lessons.



My Big Dog

\$7.50 paperback

The arrival of a big-hearted, dopey golden retriever puppy disrupts a reigning cat's domain in this irresistible tale told from the feline's point of view.



Plaidypus Lost

\$8.50 paperback

Snippity snip. Stitchity stitch. Buttons for eyes. Surprise!



Grandpa's old plaid shirt is now a new Plaidypus! Tag along with a lively young girl and her constant companion as they find adventures wherever they go!

And the Dish Ran Away With the Spoon

\$19.25 hardcover

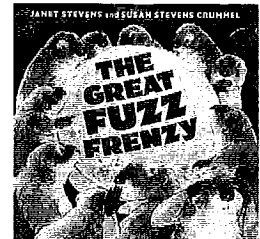
Every night the rhyme gets read. Every night Dish and Spoon run away. And every night they return--until tonight! Where can Dish and Spoon be? The rhyme can't go on without them, so Cat, Cow, and Dog set out to search for their missing friends.



The Great Fuzz Frenzy

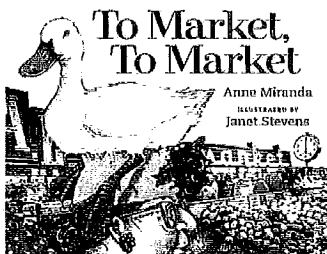
\$19.25 hardcover

Deep, deep down in their underground town, the prairie dogs live in harmony--until a mysterious, fluorescent, very fuzzy *thing* (otherwise known as a tennis ball) rolls down their hole. When the prairie dogs discover that they can pluck and pull the fuzz into fabulous fashions, their fear quickly turns to curiosity, then delight, then pure greed.



To Market To Market

\$7.50 paperback



In this clever riff on the old nursery rhyme, a plump matron makes a series of increasingly calamitous purchases of animals at the supermarket. This is one market trip children will wish to take again and again.

Tops and Bottoms

\$19.25 hardcover

CALDECOTT MEDAL WINNER!

Lazy Bear sleeps through every planting season, so conniving Hare makes a deal. He and his family will work Bear's land and split the crops in half. He'll even let Bear choose which half he wants: "Tops or Bottoms."



Tops and Bottoms BEAR

\$20.25 12" plush

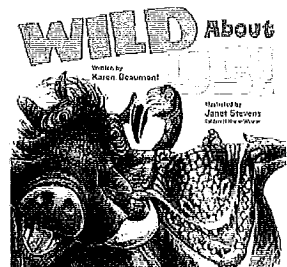


Wild About Us – NEW!

\$18.25 hardcover

Warty Warthog may have warts and tusks, but he likes himself that way! Join him as he

celebrates all of his animal friends and the attributes that make each one unique. Whether it's Crocodile's toothy grin or Kangaroo's huge feet or Leopard's spottiness, each animal is different.





York, York Elementary School

City, School

Nebraska 68467

State, Zip

402-362-1414

School's Telephone

Name of Student

Teacher

Grade

Name of Book

Author/Illustrator

Autograph to: ***Please print your name clearly.***

Amount Paid: _____

☐ Paperback

☐ Hardcover

1. Use an autograph form for each book. DO NOT list multiple copies on a form.
2. Put the name of the **city, and school in BOLD, DARK letters**. You may want to print in the name of the school before you duplicate the forms. **Use colored paper to make your forms distinctive.**
3. Please include the author or illustrator's name.
4. Check the price carefully. Indicate if it is paperback or hardcover. **All prices ALREADY include 7% tax.**
5. Collect the money for all books purchased.
6. IF POSSIBLE, please send one check from your school for the entire order. **Make check payable to: CUNE – Plum Creek.**
7. Cut along the line.
8. **Mail the autograph forms with payment by Sept. 18th to:**

Concordia University

Plum Creek

800 N Columbia Ave.

Seward, NE 68434

September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 K-4-5 Orange 1-2-3 Green	2 K-4-5 Purple 1-2-3 Red	3 K-4-5 Green 1-2-3 Blue	4 K-4-5 Red 1-2-3 Orange	5
6	7 No School	8 K-4-5 Orange 1-2-3 Purple	9 K-4-5 Purple 1-2-3 Green	10 K-4-5 Green 1-2-3 Red	11 K-4-5 Red 1-2-3 Blue Slushies	12
13	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	17 K-4-5 Red 1-2-3 Red	18 K-4-5 Orange 1-2-3 Blue Slushies YHS Homecoming	19
20	21 K-4-5 Purple 1-2-3 Orange	22 K-4-5 Green 1-2-3 Purple	23 K-4-5 Red 1-2-3 Green	24 K-4-5 Orange 1-2-3 Red	25 K-4-5 Purple 1-2-3 Blue YES School Pictures	26
27	28 K-4-5 Green 1-2-3 Orange	29 K-4-5 Red 1-2-3 Purple	30 K-4-5 Orange 1-2-3 Green All Stars Lunch			



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
	1 A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast Juice Choices Applesauce Milk Choices	2 A. Yogurt with Goldfish Grahams B. Cereal Choices and Toast Juice Choices Fresh Orange Milk Choices	3 A. Pancake Sausage Stick B. Cereal Choices and Toast Juice Choices Mixed Fruit Milk Choices	4 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Pears Milk Choices
7 NO SCHOOL	8 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Pineapple Milk Choices	9 A. Choc. Chip Ultimate Breakfast Round B. Cereal Choices and Toast Juice Choices Apple Wedges Milk Choices	10 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Applesauce Milk Choices	11 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Peaches Milk Choices
14 A. Breakfast Sliders B. Cereal Choices and Toast Juice Choices Sliced Pears Milk Choices	15 A. Iced Long John B. Cereal Choices and Toast Mixed Fruit Juice Choices Milk Choices	16 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Pineapple Milk Choices	17 A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast Juice Choices Sliced Peaches Milk Choices	18 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Applesauce Milk Choices
21 A. French Toast Sticks B. Cereal Choices and Toast Juice Choices Pineapple Milk Choices	22 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Applesauce Milk Choices	23 A. Egg & Cheese Taco Roll B. Cereal Choices and Toast Juice Choices Fresh Orange Milk Choices	24 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Mixed Fruit Milk Choices	25 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Pears Milk Choices
28 A. Pancake Sausage Stick B. Cereal Choices and Toast Juice Choices Mixed Fruit Milk Choices	29 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Pineapple Milk Choices	30 A. Oatmeal with Topping Bar B. Cereal Choices and Toast Juice Choices Apple Wedges 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
	1 A. Super Nachos B. Baked Breaded Fish Sandwich Refried Beans Cinnamon Bread Stick	2 A. Italian Dunkers with Marinara Sauce B. BBQ Rib Sandwich Candied Carrots	3 A. Home-style Tater Hot Dish and Dinner Roll B. Hot Dog Mixed Vegetables Fresh Baked Chocolate Chip Cookie	4 A. Pizza B. Cowboy Beans over Fresh Baked Biscuit Golden Corn
7 NO SCHOOL	8 A. Soft Shell Tacos B. Hot Ham & Cheese Sandwich Chili Lime Corn Fresh Baked Carnival Cookie	9 A. Breaded Beef Patty B. Baked Crispy Chicken Nuggets Mashed Potatoes with Gravy	10 A. Home-style Chicken Ranch Pasta Bread Stick B. Mini Corn Dogs Green Beans Fresh Baked Sugar Cookie	11 A. Sloppy Joe B. Pizza BBQ Beans
14 A. Home-style Chicken Stew over Fresh Baked Biscuit B. Cheeseburger Mixed Vegetables	15 A. Home-style Buffalo Chicken Pasta B. Hot Dog Golden Corn Fresh Baked Chocolate Chip Cookie	16 A. Toasted Cheese Sandwich and Tomato Soup B. BBQ Rib Sandwich Baked Beans	17 A. Home-style Beef Goulash B. Grilled Chicken Sandwich Green Beans Fresh Baked Sugar Cookie	18 A. Pizza B. Taquitos Baked French Fries
21 A. Chicken Fajitas B. Corn Dog Refried Beans	22 A. Home-style Beef Chili with Crackers B. Baked Crispy Chicken Nuggets Green Beans Frosted Cinnamon Roll	23 A. Home-style Chicken & Noodles B. Baked Breaded Beef Fingers Mashed Potatoes with Gravy	24 A. Home-style Spaghetti with Meat Sauce B. Crispy Chicken Sandwich Peas Fresh Melon on F&V Bar	25 A. Beef & Bean Burrito B. Pizza Steamed Carrots
28 A. Home-style Ham & Pasta Hot Dish B. Cheeseburger Baked French Fries	29 A. Southwest Enchilada Bake B. Baked Crispy Chicken Nuggets Steamed Carrots Cinnamon Bread Stick	30 ALL STARS LUNCH Crispy Chicken Sandwich Fresh Vegetable Packet Fresh Fruit Cookie		

This institution is an equal opportunity employer and provider.