September, 2017

Volume 13, Issue 1

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### Y.E.S. Indeed!

York Elementary School Monthly Parent Newsletter

### Fall Fundraiser - Chicken Coop!!

Students are already selling their delicious cookie dough and cinnamon rolls and we need your support! This is our largest fundraiser and has been very successful in the past. 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. Currently, we are looking to improve some of the furniture in the library. 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 5th, all fund raising sales need to be turned in and sadly our chick 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!!

### Principals' Principles

Important Information to help or school be more safe and run smoothly.

### Pick Up/ Drop Off

- Stay in line, do not pass, and do not park in the loop. If you need to come in the building, park in the lot and come to the office and sign in.
- Try to have kids sit on the right side of the car. It is dangerous to get out on the left side where the cars are driving.
- Be patient. It is busy for only about 10 minutes.
- Use cross walks at all times.

### **After School Plans**

- Please send a note to school for the teacher to know your after school plan and practice your plan with your child. Make sure they know if they are riding the bus, getting picked up, who is picking them up and where they are getting picked up.
- Please do not call every day with your plan. With 550 students, that creates a major safety problem.

### **Superhero T-Shirt Sales**

If you placed a paid order for a superhero T-shirt for your child by August 28th, the orders have been placed. We expect them to be done by the week of the 18th. We will send them home with your child as soon as we receive them. Thank you!

### <u>Important</u>

### <u>Dates:</u>

### <u>Parent Teacher</u> <u>Conferences</u>

Wednesday , Sept 27 Thursday, Sept 28 Friday, Sept 29

### <u>Labor Day</u> <u>No School</u>

Monday, Sept 4

### No School

Friday, Sept 29

### Slushie Days

Friday, Sept 1 Friday, Sept 15

### Wendy's Community Night

Monday, Sept 18

### YES Literacy Festival

Tuesday, Sept. 26 7:00pm

### <u>YES</u> School Pictures

Thursday, Oct 5

### **Plum Creek Children's Literacy Festival**

York Elementary and York Middle School students are in for a great experience on Thursday, September 28. In connection with the Plum Creek Children's Literary Festival, authors Jennifer Holm and Matthew Holm (sister and brother) will be visiting our schools and presenting to our students about the exciting opportunities they have had as authors. In the August Newsletter attached was a listing of their books that are available for students to purchase. You may get your book autographed by Jennifer Holm and Matthew Holm by completing that form and sending payment (checks made payable to CUNE - Plum Creek) by Monday, September 11. These orders may be returned to the York Elementary office. Late orders will not be accepted as we must meet the deadline of the Festival coordinators. If you need a new form contact the office at Y.E.S.

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!!

### Wendy's Community Night!

Next Date is Monday evening, September 18.

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

10% of all sales will be donated to YES

### 2017-2018 Y.E.S. Meal & Milk

### **Pricing Information**

### **Breakfast:**

Student: \$1.45

Adult: \$2.15

### Lunch:

Student: \$2.75

Adult: \$3.55

### Slushie Fridays!!

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. We cannot accept payments after 8:20 am, as we have to know how much to make and it takes time to freeze. 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.

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!

### 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 a 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—Important Date Change!**

Mark your calendars! **Thursday, October 5th** 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 <u>must be</u> turned in prior to or on picture day to receive your child's pictures.

# September 2018

24	17	10	3	Sun
25 K-1-2-4-5 Green 3-Purple Book Fair 3:00-7:00pm	18 K-1-2-4-5 Purple 3-Purple Wendy's Night Out	11 K-1-2-4-5 Orange 3- Purple	LABOR DAY NO SCHOOL	Mon
26 K-1-2-4-5 Red 3- Green Book Fair 3:00-7:00pm YES Literacy Festival 7:00 pm	19 K-1-2-4-5 Green 3-Green	12 K-1-2-4-5 Purple 3-Green	5 K-1-2-4-5 Orange 3-Green	Tue
27 K-1-2-4-5 Orange 3-Red Book Fair 2:00-7:00pm PT Conferences 2:10 Dismissal No Daycare/BOOST	20 K-1-2-4-5 Red 3– Red	13 K-1-2-4-5 Green 3- Red Homecoming Spirit March 2:45 @ downtown York Week	6 K-1-2-4-5 Purple 3-Red	Wed
28 K-1-2-4-5- Purple 3- Blue Book Fair 3:00-7:00pm PT Conferences 2:10 Dismissal No Daycare/BOOST	21 K-1-2-4-5 Orange 3— Blue	14 K-1-2-4-5 Red 3– Blue	7 K-1-2-4-5 Green 3-Blue	Thu
No School	22 K-1-2-4-5 Purple 3– Orange	15 K-1-2-4-5 Orange 3-Orange Slushies Homecoming	8 K-1-2-4-5 Red 3-Orange	K-1-2-4-5 Red 3-Purple Slushies
30	23	16	9	<b>S</b> 2+

day (dress like your favorite Disney character or Superhero), Friday-"Duke Pride" day (wear your blue and gold to cheer the Dukes on to victory tonight at the Homecoming game! day- "teacher/student swap" day (dress like a teacher!), Wednesday-"jersey" day (wear your favorite team jersey), Thursday- "Disney/Marvel" Dress up days for Homecoming week (September 11-15th) are: Monday "beach" day (wear shorts, towels and sunglasses- no swimsuits), Tues-

### Home&Sc **CONNECTION®**

Working Together for School Success

September 2017

York Elementary School **NEWSLETTER** 



### Sign your work

Encourage your youngster to get in the habit of writing his name on his paper before he begins an assignment. He could think of it as "autographing" his work, just like artists sign their masterpieces. His teacher will know who the paper belongs to, and he'll get credit for his hard work.

### Safety smarts

Help your child travel safely to and from school. Explain that it's important to avoid horseplay at the bus stop and to stay away from the street. If your youngster walks to school, make sure she sticks with a group. And if you drive, drop her at the designated spot, and remember to stop for school buses loading or unloading children.

### Extra fun, extra learning

Extracurricular activities let your youngster explore hobbies and find friends with similar interests. He might join an art club, a robotics group, or a sports team, for instance. To find options, check in the school office or on the school website.

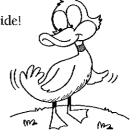
### Worth quoting

'Education is the most powerful weapon which you can use to change the world." Nelson Mandela

### JUST FOR FUN

Q: Which side of a duck has the most feathers?

A: The outside!



### Great year ahead

Showing your child you're excited about the school year will get her excited, too. Encourage her to share what she learns and to make the most of each school day with these strategies.

### "What will you learn today?"

Talk about your youngster's day at school before it happens. In the morning, let her know you can't wait to hear all about it. She'll be on the lookout for things to tell you. She might even jot down notes to remember the highlights (a science experiment she enjoyed, the words to a song she sang in music class).

### "Show me what you did!"

Ask your child to demonstrate something she learned. Perhaps she'll show you how to measure the area of a room or write a line of code. You'll get to see what she's working on in school. Plus, explaining something out loud will help her understand and remember it - and build her confidence.

### "What's new this year?"

Each school year brings something exciting that your youngster couldn't do the year before. Maybe she'll go to recess on a different playground, join the chorus, or change classes for math or reading. Build enthusiasm by talking up these experiences in the first weeks of school, and keep her motivated by following up as the year goes on.♥

### Team up for success

Teamwork is an important part of life in school and at home. Try fun games like these to help your youngster practice cooperating with others to reach a common goal:

- Line up, and pass a balloon from one person to another without dropping it using anything but your hands.
- Stand in a circle, and hold hands. Then, have everyone turn around so they're facing the opposite direction. The catch? You can't let go of each other's hands!♥



Organized all day long

Being organized can reduce stress and make the school day go more smoothly. Here's a checklist that will help.

### Morning

☐ Show your child how to set an alarm that will wake him up in time to get ready for school.

☐ On a sheet of paper, help him draw or list morning tasks, such as "make bed" and "brush teeth." Let him post the list where he can see it (say, by his bed or on the bathroom mirror).



### After school

☐ Have your youngster go through his backpack to take out homework and throw away trash. To store work he wants to save, he might use folders or a shoebox.

☐ Ask him to place papers for you in a special spot, perhaps a basket. Look them over, and sign papers as needed.

### **Nighttime**

☐ Before bed, your child should put needed items in his backpack. Examples: completed assignments,

signed permission slips, show-and-tell objects.

Suggest that he pick out clothes and choose breakfast foods for the next day. He could get a head start by setting out cereal, fresh fruit, and a bowl and spoon.♥

### A homemade calendar

Encourage your child to use a calendar this school year by having her make her own. Follow these steps.



- **I. Label.** Have her draw a calendar page for each month, labeling the month and days of the week. She can refer to a real calendar to fill in the dates.
- 2. Illustrate. What does each month make her think of? Let your youngster illustrate the top of each sheet—maybe she'll draw herself making new friends in September and painting pumpkins in October.
- **3. Fill in.** Now she can write in regular events (library day on Mondays, spelling quizzes on Fridays). As the year goes on, she could add assignment due dates, tests, or other reminders.♥

### OUR PURPOSE

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

Resources for Educators, a division of CCH Incorporated 128 N. Royal Avenue • Front Royal, VA 22630 800-394-5052 • rfecustomer@wolterskluwer.com www.rfeonline.com

### Building knowledge—on a budget

I heard that giving your kids lots of experiences in the com-

munity provides "background knowledge" that helps them succeed in school. We're on a tight budget, so I looked into outings for my daughter, Carly, that don't cost a lot.

First, we searched online for free days at nearby museums. I even saw an ad for "Museum Day Live!" on September 23, when many museums offer two free tickets per family. Carly picked out one on pioneer life and another with hands-on engineering projects.

Then, at the farmers' market, someone mentioned a farm that gives free tours. We visited last Saturday, and Carly got to pick apples and see how cows are milked. I'm glad Carly is having new experiences—and we are sticking to our budget.

Editor's note: See smithsonianmag.com/museumday/museum-day-live-2017/ for more information about Museum Day Live!♥



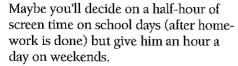
### How to manage screen time

**Q:** My son could spend hours watching videos or using apps. How can I set reasonable limits?

**A:** The goal should be for your son to have enough "unplugged" time to finish schoolwork, be with family and friends, get exercise, and relax. Experts

suggest coming up with a plan that suits your family.

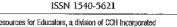
Think about what your youngster uses devices for. A fifth grader may need a computer for homework, while a younger child might simply play on a tablet. Then, set limits that make sense.



It also helps to name times for everyone to stay off screens, perhaps during meals and car rides. Also, consider turning off screens an hour before bed—the stimulation can make it harder to fall asleep.

*Note*: Set aside a place for stowing devices so they're out of sight.

To create a plan, see healthychildren .org/English/media/ Pages/default.aspx.♥





### YORK SCHOOL DISTRICT GR K-12

## BREAKFAST MENU - SEPTEMBER 2017

### **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

### dditional Middle & High School ices offered dail

- 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
- Frudel **MiniCinis**

Stop & Go

000

Yogurt with Goldfish Grahams

reduced price meals This breakfast is available for students that qualify for free or Includes Fruit and 100% juice choice and milk

### **Breakfast Meal Prices & Extras**

Extra Milk	Extra Toast	Extra Cereal	Extra Breakfast Entrée	Adult Breakfast	Student Breakfast
\$0.45	\$0.25	\$0.85	\$1.00	\$2.15	\$1.45

Menus are subject to change without notice.



25 A. Pancake Sausage Stick B. Cereal Choices and Toast Juice Choices Mixed Fruit	18 A. French Toast Sticks B. Cereal Choices and Toast Juice Choices Pineapple	11 A. Breakfast Sliders B. Cereal Choices and Toast Juice Choices Sliced Pears	NO SCHOOL  * * * *  * * * *		Mon
26 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Pineapple	19 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Applesauce	12 A. Iced Long John B. Cereal Choices and Toast Mixed Fruit Juice Choices	5 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Pineapple		Tue
27 A. Oatmeal with Topping Bar B. Cereal Choices and Toast Juice Choices Apple Wedges	20 A. Egg & Cheese Taco Roll B. Cereal Choices and Toast Juice Choices Fresh Orange	13 A. Breakfast Pizza B. Cereal Choices and Toast  Juice Choices Pineapple	6 A. Ultimate Breakfast Round B. Cereal Choices and Toast Juice Choices Apple Wedges		Wed
28 A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast Juice Choices Applesauce	21 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Mixed Fruit	14 A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast Juice Choices Sliced Peaches	7 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Applesauce		Thu
29 <b>No School</b>	A. Fresh Baked A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Pears	15 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Applesauce	8 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Peaches	1 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Pears	Fri

Questions or comments - Contact Mitch Novak, Foodservice Director at 402-363-9169 or m.novak@lunchtimesolutions.com Applications for Free and Reduced price meal are available in all building offices.

This institution is an equal opportunity provider and employer.



### YORK ELEMENTARY SCHOOL

### 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 featured Farmers Market selection. on this month's menu for the

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

Sandwich Choice Sub Sandwich Choice Entree Salad Choice T-T

Wrap or Sub Sandwich Choice

Choices vary. See menu board for details.

**Lunch Meal Prices & Extras** 

\$1.75 \$0.45 \$1.75 Extra Entrée Extra Milk Adult ONE TRIP Fruit & Veggie Bar \$2.75 \$3.55 Adult Lunch ES Lunch

### Questions or comments:

402-363-9169 or m.novak@lunchtimesolutions.com. Contact Mitch Novak, Food Service Director at

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

### 0 **GR K-5**

GASA LUNCH MENU - SEPTEMBER

Mon	Tue	Wed	Thu	Fri
				1 A. Baked Fish Sandwich B. Pizza Golden Corn
NO SCHOOL  * * * *  **  **  **  **  **  **  **	5 A. Soft Shell Tacos B. Hot Ham & Cheese Sandwich Chili Lime Corn Carnival Cookie	6 B. Breaded Beef Patty and Dinner Roll B. Chicken Nuggets and Dinner Roll Mashed Potatoes with Gravy	7 A. Home-style Chicken Ranch Pasta and Dinner Roll B. Mini Corn Dogs Green Beans Sugar Cookie	8 A. Taquito Grande B. Pizza BBQ Beans
11 A. Home-style Chicken Stew over Fresh Baked Biscuit B. Hot Dog Baked French Fries	12 A. Home-style Buffalo Chicken Pasta B. Cheeseburger Baked Beans Chocolate Chip Cookie	13 A. Chili Smothered Baked Potato & Dinner Roll B. Grilled Chicken Sandwich Mixed Vegetables	14 A. Home-style Beef Goulash and Garlic Bread Stick B. BBQ Rib Sandwich Green Beans Sugar Cookie	15 A. Mexi Tots with Dinner Roll B. Pizza Golden Corn
18 A. Chicken Fajitas B. Corn Dog Refried Beans	19 A. Homestyle Beef Chili and Crackers B. Chicken Nuggets Green Beans Frosted Cinnamon Roll	20 A. Home-style Chicken & Noodles B. Baked Breaded Beef Fingers Mashed Potatoes with Gravy	21 A. Spaghetti with Meat Sauce B. Crispy Chicken Sandwich Peas Gelatin Dessert	22 A. Beef & Bean Burrito B. Pizza Steamed Carrots FMS Watermelon FARMERS FMS Watermelon Sterences
25 A. Home-style Cajun Chicken Penne B. Cheeseburger	26 A. Chinese Tacos B. Chicken Nuggets	27 A. California Lasagna and Garlic Bread Stick B. BBQ Pork Sliders	28 A. Italian Dunkers with Marinara Sauce B. Teriyaki Chicken Sandwich	29 NO SCHOOL

This institution is an equal opportunity employer and provider.

Cinnamon Bread Stick

Steamed Carrots Pineapple Coleslaw

**Green Beans** 



Chocolate Chip Cookie

Golden Corn

**BBQ** Beans