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York Elementary School Monthly Parent Newsletter



CHRISTMAS VACATION

Students' last day before Christmas break will be Friday, December 22.

Classes will resume on Thursday, January 4, 2018.

Classroom Happenings....

Kindergarten Korner

Kindergarten will be ringing in the New Year with a new reading unit, "Let's Explore". Our stories will be adventures featuring bunnies, a piglet, a mouse and a familiar bear story. We will be writing a group narrative and working on punctuation in handwriting. We will be learning teen numbers, beginning addition and subtraction equations, math stories and partners of 10. We will celebrate the 100th day of kindergarten on January 23. 2018 is going to be fantastic!

Second Grade Snippets

Reading- Keep getting your 20 minutes in every night. We will start our first AR goal in January, pass 6 tests for books at your reading level and earn an ice cream party at the end of 3rd quarter!

Math- Have the kids been showing you all the different ways they are learning to subtract bigger numbers? We will continue mastering that skill throughout the month.

Writing- We are revisiting how to write a narrative story.

Unit Studies- We will start learning about the different systems of the body.

Keep bundling your kids up every morning. It is sure to be a cold month, but we will try and get outside for recess as often as the weather allows!

1,000,000 Page Challenge

The students at YES are taking part in a challenge. They are working hard to read 1,000,000 pages this year. So far students have read 367,873 pages. Keep up the great work!!

It is the policy of York Public Schools not to discriminate on the basis of gender, disability, race, color, religion, marital status, age, or national origin in its educational programs, administration, policies, employment, or other district programs.

Important Dates:

School Resumes

Thursday, January 4

Slushie Days

Friday, January 12

Friday, January 26

Science Expo Info Night

Thursday, January 8

Report Cards

Monday, January 8

Wendy's Night

Monday, January 15

All Stars

Friday, January 19

Negative Lunch Balance Alerts

We are trying a new automated alert system to notify parents of negative lunch balances. Please keep lunch balances in the positive.

Girls on the Run

Back at YES in Spring.
Registration Opens Jan. 15

York Elementary School is on tap to host another great season of friendship and 5K fun as part of Girls on the Run next spring. Online registration for the spring season will open Jan. 15, and the season will begin the week of Feb. 19. The southeast regional GOTR 5K will be May 5, in York. The YES GOTR teams will meet for 75 minutes after school twice weekly for 10 weeks.

Girls on the Run is an innovative after-school program that combines exercise, education, mentoring and "Girl Power!" to promote healthy habits and self-esteem in third through fifth grade girls.

The program incorporates lessons goal-setting, health, teamwork and communication with physical activity so participants build character along with endurance.

Don't miss the chance to enroll your daughter in this fun physical education and character-building program. Online registration opens at 12:01 am, Jan 15 at www.GOTRNebraska.org.

Coaching opportunities are available – you don't have to be a runner to be a great GOTR coach. Coaching GOTR is a fun and rewarding short-term volunteer opportunity. Coaches must be non-smokers, live healthy lifestyles, have a positive attitude and a desire to help young girls succeed. Visit the website to learn more.

Special Alerts and Announcements

YPS constructed a new website this last summer and with that came several changes. One of the most significant changes that occurred is our notification system for when we have snow days or other emergency notices that we may need to communicate with our staff, students, parents, and patrons. We no longer have "Notify Me" and we will now be communicating these notices through the website (www.yorkpublic.org), Facebook (York Public Schools), and Twitter (@YorkDukePower). Please utilize one of these avenues of social media to stay up-to-date on the happenings at YPS.

For Parents, Guardians & Staff we will be sending out messages using our Infinite Campus Emergency Messenger System. With our notification system, you will receive an email, a text message, or both, if we have your information. ****Parents & Guardians**** – PLEASE be sure that we have your current and correct cell phone number and email address in our Infinite Campus system. You can do this by accessing your Parent Portal account and verifying the information there. If you do not have a Parent Portal account, PLEASE contact the school that your child attends and ask them to set one up for you or at least give them your current information so we can make every attempt to notify you if needed.

Weather related notifications will also be available on the York radio station - KTMX 104.9 FM and KAWL 1370 AM.

2017-2018 Y.E.S. Meal & Milk Pricing Information

Breakfast:

Student: \$1.45

Guest: \$2.15

Lunch:

Student: \$2.75

Guest: \$3.55

Milk only: \$.45

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. Those things can be dropped in the office. We are no longer collecting Land O' Lake milk caps! Thanks for your support!

January 2017 Nurse's Notes

Early Cold and Influenza Signs

The common cold typically begins with a sore throat, which can make swallowing and even talking difficult. This condition usually lasts for a couple days and is often joined by runny nose and chest congestion. Overall, these symptoms should only last somewhere between a few days and a week. Influenza, however, proceeds in a different way. For one, all of the symptoms above are more severe and they're joined by other issues - including fever, headache, muscle aches, and soreness. Importantly, the flu is often marked by vomiting and diarrhea, which are rare with the common cold. A prime differentiator between cold vs. Influenza is that similar symptoms will come on and worsen gradually with a cold, compared to a influenza which hits suddenly and hard with the following symptoms...

- 1. Fever** - The initial sign that you have influenza, and not just a routine cold, will be a high fever that soars between 102- and 106-degrees Fahrenheit (or 38-degrees Celsius). Typically, children's fevers will be higher than adult fevers and can last 3 to 4 days before breaking.
- 2. Breathing Difficulty** - Congestion and stubborn coughing will often cause chest tightness, constricted nasal passages, and as a result restricted breathing that can become labored. Influenza can also make existing asthma or breathing issues worse.
- 3. Chills** - Periodic cold chills caused by sweating (particularly night sweats) as your fever comes and goes is very common with a nasty influenza as your body fights the illness and pushes it out of your body.
- 4. Headache** - Headache, or more commonly, nasal and sinus pain, due to congestion is very typical with influenza, which will worsen before it gets better.
- 5. Aching Muscles** - Aching muscles all over the body is very typical as influenza comes on. You'll especially notice muscle tenderness in the back, arms, legs, and chest (if you have a stubborn cough).
- 6. Cough** - Chest congestion that starts with a loose, hacking cough and develops into a persistent, dry cough is common with influenza. The persistent hacking can become severe and cause the throat and chest to be very tender.
- 7. Nasal Congestion** - Sinus and nasal congestion is common with influenza and a common cold. However, with influenza, the chances of it developing into bronchitis, pneumonia, or a sinus infection is much higher, and for young children and seniors, it can be life-threatening.
- 8. Fatigue** - Weakness that drains and completely exhausts you is common with influenza. Compared to a regular cold, influenza fatigue comes on rapidly and can last up to 2 or 3 weeks before your energy returns fully.
- 9. Sore Throat** - One of the most common symptoms of influenza is a sore throat, which can be described as burning or scratchy (particularly in the back of the throat). It may cause glands to swell and swallowing to become difficult.

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

What should I do if I get sick? Most people with influenza have mild illness and do not need medical care or antiviral drugs. If you get sick with flu symptoms, in most cases, you should stay home and avoid contact with other people except to get medical care. If, however, you have symptoms of influenza and are in a high risk group, or are very sick or worried about your illness, contact your health care provider (doctor, physician assistant, etc.). Certain people are at high risk of serious influenza -related complications (including young children, people 65 and older, pregnant women and people with certain medical conditions). If you are in a high risk group and develop flu symptoms, it's best for you to contact your doctor early in your illness. Remind them about your high risk status for influenza. CDC recommends that people at high risk for complications should get antiviral treatment as early as possible, because benefit is greatest if treatment is started within 2 days after illness onset.

Do I need to go the emergency room if I am only a little sick? No. The emergency room should be used for people who are very sick. You should not go to the emergency room if you are only mildly ill. If you have the emergency warning signs of flu sickness, you should go to the emergency room. If you get sick with influenza symptoms and are at high risk of influenza complications or you are concerned about your illness, call your health care provider for advice. If you go to the emergency room and you are not sick with the influenza, you may catch it from people who do have it.

What are the emergency warning signs of influenza sickness?

In children *Fast breathing or trouble breathing * Bluish skin color * Not drinking enough fluids * Not waking up or not interacting * Being so irritable that the child does not want to be held * Flu-like symptoms improve but then return with fever and worse cough * Fever with a rash*

In addition to the signs above, get medical help right away for any infant who has any of these signs: *Being unable to eat * Has trouble breathing * Has no tears when crying * Significantly fewer wet diapers than normal or not urinating much .*

In adults *Difficulty breathing or shortness of breath * Pain or pressure in the chest or abdomen * Sudden dizziness * Confusion * Severe or persistent vomiting * Influenza -like symptoms that improve but then return with fever and worse cough*

Are there medicines to treat influenza? Yes. There are drugs your doctor may prescribe for treating the flu called "antivirals." These drugs can make you better faster and may also prevent serious complications.

How long should I stay home if I'm sick? CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or other necessities. Your fever should be gone without the use of a fever-reducing medicine, such as Tylenol®. You should stay home from work, school, travel, shopping, social events, and public gatherings.

What should I do while I'm sick? Stay away from others as much as possible to keep from infecting them. If you must leave home, for example to get medical care, wear a facemask if you have one, or cover coughs and sneezes with a tissue. Wash your hands often to keep from spreading flu to others. Drink plenty of fluids and rest. Over the counter medications like acetaminophen and ibuprofen can help. Foods and drinks with vitamin C help boost the immune system. Warm fluids like tea with honey or chicken / beef broth help to sooth the throat.

January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
				K-1-2-4-5 Orange 3- Orange School Resumes	K-1-2-4-5 Purple 3- Purple	
7	8	9	10	11	12	13
	K-1-2-4-5 Green 3- Green Learn About Science Expo 5:30 @ YES Science Expo Resource Night 6:00-7:00 @ YES	K-1-2-4-5 Red 3- Red	K-1-2-4-5 Orange 3- Blue	K-1-2-4-5 Purple 3- Orange	K-1-2-4-5 Green 3- Purple SLUSHIES	
14	15	16	17	18	19	20
	NO SCHOOL MARTIN LUTHER KING DAY Wendy's Night Out	K-1-2-4-5 Red 3- Green	K-1-2-4-5 Orange 3- Red	K-1-2-4-5 Purple 3- Blue	K-1-2-4-5 Green 3- Orange ALL STARS	
21	22	23	24	25	26	27
	K-1-2-4-5 Red 3- Purple	K-1-2-4-5 Orange 3- Green	K-1-2-4-5 Purple 3- Red	K-1-2-4-5 Green 3- Blue	K-1-2-4-5 Red 3- Orange SLUSHIES	
28	29	30	31			
	K-1-2-4-5 Orange 3- Purple	K-1-2-4-5 Purple 3- Green	K-1-2-4-5 Green 3- Red			

SCIENCE EXPO IMPORTANT DATES AND TIMES

LEARN ABOUT SCIENCE EXPO 2018

- Monday, January 8 @ 5:30 – York Elementary School

Come learn what the Science Expo is all about. We will go over information to get you started and prepared for Science Expo 2018. We will show you examples of past projects and answer questions. Then stay for the Information & Resource Night to begin researching ideas for your project.

INFORMATION & RESOURCE NIGHTS

- Monday, January 8 @ 6-7:00 p.m. – York Elementary School
- Tuesday, January 16 @ 6:30-7:30 p.m. – St. Joseph Catholic School
- Thursday, February 15 @ 5:30 -7:00 p.m. - York Elementary School

Come any of these nights to get ideas from a variety of science projects books, to use any of the library resources including the computers, or to get help from teachers and staff. A video of last year's Expo will also be available to watch. At YES, these nights are set up in an 'Open House' format so feel free to come when it works best for you.

HELP NIGHT

- Monday, March 5 @ 5:30-7:00 p.m. –York Elementary School

Come with questions, get help with setting up your boards and finishing your projects, or use the computers.

ENTRY DEADLINE

- Monday, March 5

Limited scholarship money is available to help defray costs on an as needed basis. Scholarship applications are also due on Monday, March 5. Applications available in school offices.

SET-UP FOR SCIENCE EXPO

- Monday, March 19 @ 3:30-6:00 p.m. (City Auditorium)
- Tuesday, March 20 (if special arrangements are made)

SCIENCE EXPO

- Tuesday, March 20
 - student presenters must arrive by 5:45 p.m.
 - presentations to science experts 6:00 – 6:30 p.m.
 - Public viewing of science expo projects 6:30 – 7:30 p.m.

P.A.T.T. GROUP FOOD FEED

- Tuesday, March 20– Basement of Auditorium
 - serving from 5:00 – 7:30 p.m.



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	\$1.45
Adult Breakfast	\$2.15
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 NO SCHOOL	2 NO SCHOOL	3 NO SCHOOL	4 A. Egg & Cheese Biscuit Sandwich and Toast B. Cereal Choices and Toast Juice Choices Sliced Peaches	5 A. Fresh Baked Cinnamon Roll and Toast B. Cereal Choices and Toast Juice Choices Applesauce
8 A. French Toast Sticks and Toast B. Cereal Choices and Toast Juice Choices Pineapple	9 A. Sausage Gravy over Biscuit and Toast B. Cereal Choices and Toast Juice Choices Applesauce	10 A. Egg & Cheese Taco Roll and Toast B. Cereal Choices and Toast Juice Choices Fresh Orange	11 A. Breakfast Pizza and Toast B. Cereal Choices and Toast Juice Choices Mixed Fruit	12 A. Fresh Baked Cinnamon Roll and Toast B. Cereal Choices and Toast Juice Choices Sliced Peaches
15 NO SCHOOL	16 A. Breakfast Pizza and Toast B. Cereal Choices and Toast Juice Choices Pineapple	17 A. Oatmeal with Topping Bar and Toast B. Cereal Choices and Toast Juice Choices Apple Wedges	18 A. Egg & Cheese Biscuit Sandwich and Toast B. Cereal Choices and Toast Juice Choices Applesauce	19 A. Fresh Baked Cinnamon Roll and Toast B. Cereal Choices and Toast Sliced Peaches Juice Choices
22 A. Ultimate Breakfast Round and Toast B. Cereal Choices and Toast Juice Choices Apple Wedges	23 A. Sausage Gravy over Biscuit and Toast B. Cereal Choices and Toast Juice Choices Pineapple	24 A. Waffles with Syrup and Toast B. Cereal Choices and Toast Juice Choices Mixed Fruit	25 A. Breakfast Pizza and Toast B. Cereal Choices and Toast Juice Choices Pineapple	26 A. Fresh Baked Cinnamon Roll and Toast B. Cereal Choices and Toast Juice Choices Applesauce
29 A. Breakfast Pizza and Toast B. Cereal Choices and Toast Juice Choices Applesauce	30 A. Egg & Cheese Biscuit Sandwich and Toast B. Cereal Choices and Toast Juice Choices Pineapple	31 A. Iced Long John and Toast B. Cereal Choices and Toast Juice Choices Apple Wedges		

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.



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	\$2.75	Extra Entrée	\$1.75
Adult Lunch	\$3.55	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 m.novak@lunchtimesolutions.com.

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

Mon	Tue	Wed	Thu	Fri
<p>HAPPY NEW YEAR</p> <p>8 A. Chicken Fajitas B. Corn Dog Refried Beans</p>	<p>2 NO SCHOOL</p>	<p>3 NO SCHOOL</p>	<p>4 A. Home-style Beef Goulash and Garlic Breadstick B. BBQ Rib Sandwich Green Beans Sugar Cookie</p>	<p>5 A. Mexi Tots with Dinner Roll B. Pizza Golden Corn</p>
<p>15 NO SCHOOL</p>	<p>16 A. Home-Style Tuna and Noodles B. Cheeseburger Peas</p>	<p>17 A. California Lasagna & Garlic Breadstick B. BBQ Pork Sliders BBQ Beans</p>	<p>18 A. Italian Dunkers with Marinara Sauce B. Teriyaki Chicken Sandwich Golden Corn Chocolate Chip Cookie</p>	<p>19 A. Cuban Hot Dog B. Pizza Mixed Vegetables</p>
<p>22 A. Sloppy Joe B. Pancakes and Sausage Links Potato Triangle</p>	<p>23 A. Home-style Golden Macaroni & Cheese B. Chicken Nuggets Peas Carnival Cookie</p>	<p>24 A. Home-style Cheese Quesadilla and Beef Enchilada Soup B. Crispy Chicken Sandwich Zesty Black Beans</p>	<p>25 A. Home-style Cavatini B. Mini Corn Dogs Green Beans Sugar Cookie</p>	<p>26 A. Hot Ham & Cheese Sandwich B. Pizza Golden Corn</p>
<p>29 A. Home-style Scalloped Potatoes & Ham & Dinner Roll B. Cheeseburger Green Beans</p>	<p>30 A. Taco in a Bag B. Hot Dog Chili Lime Corn Cinnamon Bread Stick</p>	<p>31 A. Meatloaf and Dinner Roll B. Chicken Nuggets and Dinner Roll Mashed Potatoes with Gravy</p>		

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