

## **January 2019**

Volume 14, Issue 5

### **Important Dates**

**December 24-January 2**  
Christmas Break

**Thursday, January 3**  
School Resumes (Orange Day)

**Friday, January 4**  
Slushy Sales

**Monday, January 7**  
Science Expo Informational  
Meeting  
5:30 PM

**Friday, January 18**  
Slushy Sales

**Monday, January 21**  
No School

**Friday, January 25**  
All Stars

# **Y.E.S. Indeed!**

## **York Elementary School Monthly Parent Newsletter**

What a great first half of the year! It has been exciting to see the growth that all of our students have made since the beginning of the year. As we wrap up the 1<sup>st</sup> semester and head into the 2<sup>nd</sup>, we hope that you and your family have many opportunities to spend time together and to make memories during the break from school. School resumes on Thursday, January 3.

### **Report Cards**

At Y.E.S., report cards are distributed after the conclusion of each semester. The report cards for the 1<sup>st</sup> Semester will be mailed out or given to your student on Monday, January 7.

### **School Closing/Early-Out Information**

There are multiple different outlets to receive information about late starts or school closings. If your phone number is updated in our Infinite Campus system, you should receive a message. There will also be information put out on Facebook, Twitter, KAWL/KTMX, KOLN/KGIN, and NTV. If there is a late start, breakfast is not served.



### **Kindergarten Round-Up/Registration**

Please help us spread the word! Kindergarten Registration begins Monday, February 4. We will be having Kindergarten Round-up on March 15. If you have a child who could be a Kindergarten student in the upcoming school year, you will be receiving a letter in the mail. If you don't receive one by the end of January, please contact us and we will get one mailed to you.

### **Martin Luther King Jr. Day Conference**

We will not have school on Monday, January 21. Our staff will be attending the MLK Day Conference at York High School. We will have an opportunity to hear from several nationally-renowned educators about a wide array of educational topics. Please enjoy this day with your students as we continually strive to improve the overall educational experience for your child!

## **Reminder!**



Please remember to check the Encore schedule for your student on a daily basis to ensure that your student wears the right shoes for PE and has their book to return to Library.

Thanks!

**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.**

## **Classroom Happenings**

### **1<sup>st</sup> Grade**

First graders will be studying the three states of matter (solids, liquids, and gases) during the month of January. In reading we will begin a brand new unit, so lots of new reading skills will be introduced. We will continue to work on writing personal narratives and becoming stronger writers.

### **3<sup>rd</sup> Grade**

Our 3<sup>rd</sup> graders put on an exceptional Christmas program last month! In the classroom, we are putting a lot of effort into passing our standards tests in Math. Remember that report cards will have a one to four scale for Math and Spelling standards. Reading, Grammar, and Unit Studies grades will be traditional percentages. Also, just a quick reminder that our overnight field trip to the Henry Doorly Zoo in Omaha is scheduled for Thursday and Friday, April 25 and 26. It sounds like it's a long way off, but it will be here before you know it. Please be looking for more specific information and forms to come home this month. Have a Happy New Year.

### **5<sup>th</sup> Grade**

The fifth graders were busy during December. In reading and language arts, each class presented their Christmas Carol play to their family and friends. Slow and fast processes of the Earth were reviewed in Science in preparation for statewide testing. In mathematics, the students worked on how to multiply whole numbers and decimals. Students also made surveys and graphs. After the holiday break, they will be dividing whole numbers and decimals. In Social Studies they studied about early explorers and the thirteen colonies. They also had a fun time decorating cookies for the lunch program. They are looking forward to practicing for their musical, which they will present in February. Also, we will take the Winter MAPS test in January.

## **Lost and Found**

Leftover Lost and Found items will be donated over Christmas Break. Any items that were collected from the past few days of the 1<sup>st</sup> semester will be held aside.

## **Contact Us**

York Elementary School  
1501 Washington Avenue  
York, NE 68467

402-362-1414

Kris Friesen, Principal  
Brad Luce, Assistant Principal

BOOST: 366-2454

Childcare: 363-2726

Bus Barn: 362-1988

## **Follow Us**

Twitter: @YESDukePride

Facebook: York Elementary  
School



## **Spelling Bee**

Opportunities to qualify for  
the York County Spelling Bee  
will be coming right after  
Christmas Break.

## **Elks Hoop Shoot Results**

Congratulations again to this year's winners and alternates of the Elks Hoop Shoot! The winners will get to compete on January 5 at 9:00 am at York High School.



**8-9-year-old girls:** Bailey Bathen, Zoey Homp – alternate

**8-9-year-old boys:** Hayden Coffin, Drake Madole, Camdyn Stenger - alternate

**10-11-year-old girls:** Melah Stodieck, Kinslee Kern - alternate

**10-11-year-old boys:** Jackson Holoch, Cayce Hager - alternate

## **Science Expo 2019**

Calling ALL Scientists! Science Expo 2019 is for you! Come join us on an exciting science adventure! You don't have to do a highly sophisticated project in order to have a good one. A simple project can be as effective as a complex one. It's more important to demonstrate that you understand your project, are knowledgeable about your facts, and that you are excited about it!

Information packets for Science Expo will be located on the information rack outside of the office and on the school website at [www.yorkpublic.org](http://www.yorkpublic.org) in January.

We are happy to help you make this fun! Be sure to look at the Science Expo Important Dates and Times that can be found in the newsletter. We offer a Learn about Science Expo Night, Information and Resource Nights and a Science Expo Help Night to help you be successful! If you have any questions, please contact Nancy Bellows, Shawna Culotta, or Molly McConnell. We are excited to see many AMAZING science projects at Science Expo 2019!

## **Girls on the Run**

Girls on the Run is gearing up for another fantastic season of fun, friendships and 5K fun! We need two to three positive-minded, can-do women to coach after school on Tuesdays and Thursdays from Feb. 26 to May 9. You don't have to be a runner to get involved – you just need to live a healthy lifestyle, project a positive attitude and have passion to help young girls put their best foot forward.

Girls on the Run is an innovative after-school program that combines exercise, education and mentoring to promote self-esteem, goal-setting and healthy living in third through fifth-grade girls. Teams meet for 75 minutes twice a week for 10 weeks to play interactive running games and train for a 5K run/walk. Lessons on goal-setting, health, communication, teamwork and self-respect are incorporated with the physical training, so girls get a well-rounded positive experience in a noncompetitive atmosphere.

The overall time commitment for first-time coaches is about 38 hours over 14 weeks. That includes 20 meetings with your team; a few hours on 5K day; and coach training.

Visit [www.GOTRNebraska.org/volunteer/](http://www.GOTRNebraska.org/volunteer/) to learn more about this rewarding (and FUN!) short-term volunteer opportunity. Get involved to find out for yourself why "Girls on the Run is so much fun!" Email Amy at [acyphers@gotrnebraska.org](mailto:acyphers@gotrnebraska.org) with questions.



## Ways to stay Safe & Healthy this Holiday Season

### ***Wash your hands often.***

Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and clean running water, and rub them together for at least 20 seconds. Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have tissue, cough or sneeze into your upper sleeve or elbow, not your hands

### ***Stay warm.***

Cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry, and dress warmly in several layers.

### ***Manage stress.***

The holidays don't need to take a toll on your health and pocketbook. Keep your commitments and spending in check. Balance work, home, and play. Get support from family and friends. Keep a relaxed and positive outlook. Make sure to get proper sleep.

### ***Get check-ups and vaccinations.***

Exams and screenings can help find potential problems early, when the chances for treatment and cure are often better. Vaccinations help prevent diseases and save lives. Schedule a visit with your health care provider for needed exams and screenings. Ask what vaccinations and tests you should get based on your age, lifestyle, travel plans, medical history, and family health history. ***It's not too late to get the flu shot.***

### ***Handle and prepare food safely.***

As you prepare holiday meals, keep yourself and your family safe from food-related illness. Wash hands and surfaces often. Avoid cross-contamination by keeping raw meat, poultry, seafood, and eggs (including their juices) away from ready-to-eat foods and eating surfaces. Cook foods to the proper temperature. Refrigerate promptly. Do not leave perishable foods out for more than two hours.

### ***Eat healthy, and be active.***

With balance and moderation, you can enjoy the holidays the healthy way. Choose fresh fruit as a festive and sweet substitute for candy. Limit fats, salt, and sugary foods. Find fun ways to stay active, such as dancing to your favorite holiday music. Be active for at least 2½ hours a week. Help kids and teens be active for at least 1 hour a day.

**Have a wonderful Christmas season with your family and friends. This is a beautiful time of year to renew, recharge and refresh.**

Patti Vincent LPN

Donelle Ellison RN BSN

School Nurses – York Elementary School 402-361-1414

# Y.E.S. LOVES READING!




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*Y.E.S. Gives a BIG Thank You to Christopher & Julie Rempe for donating a Harry Pottery Series (+ more) for the library!*

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This month our school will be embarking on a special project, an all-school book club called One School, One Book®. Every family will receive a copy of the same book – Announced January 3– and will be asked to read it together at home over the next few weeks. I am personally asking you to make the time so that your family can participate in this special activity.

Reading aloud at home is valuable because it better prepares your child to be an effective reader, and it is also a fun, worthwhile family activity. With the One School, One Book® program, we aim to build a Community of Readers at our school. Everyone – students, parents, teachers, even administrative staff will all be following along together. Along with the book, you will see a reading schedule on the Encore calendar. Generally, you will be asked to read about 15 minutes each night.

One School, One Book® is a novel program in that children of all grade levels will all be listening to their parents read same book. Strange or daring as that may seem, it actually makes sound educational sense. Reading professionals recommend reading material out loud that is beyond a child's own reading level. We also believe that you can and should continue reading chapter books with your older children, even when they are able to read by themselves. We have selected a title that can be followed and understood and enjoyed by younger students, but will still captivate and stimulate older children.

"When a whole school reads a book, there's a lot to talk about." With your help, we can build a Community of Readers at our school.

Kris Friesen– The Principal

# January 2019

| Sun | Mon                            | Tue                            | Wed   | Thu  | Fri   | Sat |
|-----|--------------------------------|--------------------------------|---|--|---|-----|
|     | 1<br><b>NO SCHOOL</b>          | 2<br><b>NO SCHOOL</b>          | 3<br><b>SCHOOL RESUMES</b><br>ORANGE<br><b>OSOB Kickoff-1</b> | 4<br>PURPLE<br><b>OSOB-2</b><br><br>SLUSHIES | 5   |     |
| 6   | 7<br>GREEN<br><b>OSOB-3</b>    | 8<br>RED<br><b>OSOB-4</b>      | 9<br>ORANGE<br><b>OSOB-Catch Up</b>                           | 10<br>PURPLE<br><b>OSOB-5</b>                | 11<br>GREEN<br><b>OSOB-6</b>  | 12  |
| 13  | 14<br>RED<br><b>OSOB-7</b>     | 15<br>ORANGE<br><b>OSOB-8</b>  | 16<br>PURPLE<br><b>OSOB-Catch Up</b>                          | 17<br>GREEN<br><b>OSOB-9</b>                 | 18<br>RED<br><b>OSOB-10/11</b><br><b>SLUSHIES</b><br><b>JANUARY BIRTHDAYS</b> | 19  |
| 20  | 21<br><b>NO SCHOOL</b>         | 22<br>ORANGE<br><b>OSOB-12</b> | 23<br>PURPLE<br><b>OSOB-Catch Up</b>                          | 24<br>GREEN<br><b>OSOB-13</b>                | 25<br>RED<br><b>OSOB-14</b><br><b>ALL STARS 8:10</b>                          | 26  |
| 27  | 28<br>ORANGE<br><b>OSOB-15</b> | 29<br>PURPLE<br><b>OSOB-16</b> | 30<br>GREEN<br><b>OSOB-Catch Up</b>                           | 31<br>RED<br><b>OSOB-17</b>                  |   |     |



# YORK SCHOOL DISTRICT

# BREAKFAST MENU – January 2019

## 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

## Breakfast Meal Prices & Extras

- Student Breakfast \$1.45
- Adult Breakfast \$2.20
- Extra Milk \$0.45

Menus are subject to change without notice.



| Mon  | Tue  | Wed   | Thu  | Fri  |
|--|--|---|--|--|
| 1<br>No School   | 2<br>No School   | 3<br>A. Iced Long John<br>B. Cereal Choices with Toast<br>Juice Choices<br>Applesauce                 | 4<br>A. Fresh Baked Cinnamon Roll<br>B. Cereal Choices with Toast<br>Juice Choices<br>Pineapple                      | 5<br>A. French Toast Sticks with Syrup Dipping Sauce<br>B. Cereal Choices with Toast<br>Juice Choices<br>Peaches |
| 6<br>A. Egg, Cheese & Potato Burrito<br>B. Cereal Choices with Toast<br>Juice Choices<br>Pears   | 7<br>A. Scrambled Eggs with Toast<br>B. Cereal Choices with Toast<br>Juice Choices<br>Apple Wedges | 8<br>A. Bacon & Egg Breakfast Pizza<br>B. Cereal Choices with Toast<br>Juice Choices<br>Orange Slices | 9<br>A. Pancake Sausage Stick<br>B. Cereal Choices with Toast<br>Juice Choices<br>Pears                              | 10<br>A. Fresh Baked Caramel Roll<br>B. Cereal Choices with Toast<br>Juice Choices<br>Applesauce                 |
| 11<br>A. Iced Long John<br>B. Cereal Choices with Toast<br>Juice Choices<br>Apple Wedges         | 12<br>A. Yogurt with Goldfish Grahams<br>B. Cereal Choices with Toast<br>Juice Choices<br>Peaches  | 13<br>A. Sausage Breakfast Pizza<br>B. Cereal Choices with Toast<br>Juice Choices<br>Peaches          | 14<br>A. Ham, Egg & Cheese Biscuit Sandwich<br>B. Cereal Choices with Toast<br>Juice Choices<br>Mixed Fruit Cocktail | 15<br>A. Fresh Baked Cinnamon Roll<br>B. Cereal Choices with Toast<br>Juice Choices<br>Pineapple                 |
| 16<br>A. Waffles with Syrup<br>B. Cereal Choices with Toast<br>Juice Choices<br>Blueberries      | 17<br>A. Banana Dog (Peanut Free)<br>B. Cereal Choices with Toast<br>Juice Choices<br>Peaches      | 18<br>A. Oatmeal w/Toppings<br>B. Cereal Choices with Toast<br>Juice Choices<br>Apple Wedges          | 19<br>A. Iced Long John<br>B. Cereal Choices with Toast<br>Juice Choices<br>Apple Wedges                             | 20<br>A. Biscuits & Gravy<br>B. Cereal Choices with Toast<br>Juice Choices<br>Orange Slices                      |
| 21<br>No School  | 22<br>A. Iced Long John<br>B. Cereal Choices with Toast<br>Juice Choices<br>Apple Wedges           | 23<br>A. Waffles with Syrup<br>B. Cereal Choices with Toast<br>Juice Choices<br>Blueberries           | 24<br>A. Sausage Breakfast Pizza<br>B. Cereal Choices with Toast<br>Juice Choices<br>Peaches                         | 25<br>A. Egg & Cheese Omelet with Toast<br>B. Cereal Choices with Toast<br>Juice Choices<br>Pears                |
| 28<br>A. Iced Long John<br>B. Cereal Choices with Toast<br>Juice Choices<br>Mixed Fruit Cocktail | 29<br>A. Oatmeal w/Toppings<br>B. Cereal Choices with Toast<br>Juice Choices<br>Apple Wedges       | 30<br>A. Banana Dog (Peanut Free)<br>B. Cereal Choices with Toast<br>Juice Choices<br>Peaches         | 31<br>A. Breakfast Sliders<br>B. Cereal Choices with Toast<br>Juice Choices<br>Pears                                 |  |

# YORK ELEMENTARY SCHOOL

## Lunch Menu

### January 2019

#### Fruit & Veggie Bar & Milk Choices

Unlimited fruits and vegetables and choice of milk are included with the lunch meal every day.

*Each student is now required to have 1/2 cup of fruits or vegetables on their tray.*



#### Lunch Meal Prices & Milk

|             |        |      |        |
|-------------|--------|------|--------|
| ES Lunch    | \$2.85 | Milk | \$0.45 |
| Adult Lunch | \$3.65 |      |        |

# MY LUNCHTIME CHOICES!

**LSJ** Lunchtime Solutions, Inc.

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

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

This institution is an equal opportunity

|    | Mon  | Tue   | Wed   | Thu   | Fri  |
|----|--|---|---|---|--|
|    |  | 1<br>NO<br>School   | 2<br>NO<br>School   | 3<br>A. Bosco Sticks w/Marinara<br>B. Crispy Chicken Sandwich<br>C. Chef Salad w/Flatbread<br>Carrots   | 4<br>A. Taco Burger<br>B. Pepperoni Pizza<br>C. Turkey & Cheese Sandwich<br>Zesty Black Beans                                |
| 7  | A. Chicken and Waffle<br>Burrito<br>B. Cheeseburger<br>C. Oriental Chicken<br>Salad with Flatbread               | 8<br>A. Beef Chili w/Crackers<br>and Dinner Roll<br>B. Corn Dog<br>C. Ham, Turkey & Cheese<br>Sub | 9<br>A. Breakfast Bowl<br>B. Country Fried Steak<br>C. Nacho Snackable  | 10<br>A. Spaghetti<br>B. Crispy Chicken Sandwich<br>C. Combo Sub  | 11<br>A. Soft Shell Tacos<br>B. Cheese Pizza<br>C. Pizza Snackable<br>Refried Santiago<br>Beans<br>Frosted Holiday<br>Cookie |
|    | Candied Carrots<br><br>Green Beans<br>Apple Crisp  |   | Mashed Potatoes w/Country<br>Gravy  | Peas  |  |
| 14 | A. Italian Dunkers<br>w/Marinara<br>B. Fish Sandwich<br>C. Cold Turkey Wrap<br>Peas                              | 15<br>A. Pork Southwest<br>Nachos<br>B. Ham, Egg & Cheese<br>Sandwich<br>C. Turkey & Cheese Sub   | 16<br>A. French Toast Sticks and<br>Sausage<br>B. Pork Fritter Sandwich<br>C. Taco Salad with Chips<br>Corn   | 17<br>A. Cheeseburger Macaroni<br>Skillet w/Breadstick<br>B. Popcorn Chicken<br>C. Ham & Cheese Sub   | 18<br>A. Hot Ham & Cheese<br>Bagel Melt<br>B. Pepperoni Pizza<br>C. Dual Cheese<br>Snackable                                 |
|    |  | Candied Carrots and<br>Jalapenos<br>Cinnamon Stick  |   | Ranch Potatoes<br>Carnival Cookie   | Mixed Vegetables<br>Zesty Pasta Salad  |
| 21 | NO<br>School   | 22<br>A. Macaroni & Cheese<br>B. Breaded Beef Patty<br>Sandwich<br>C. Ham, Turkey & Cheese<br>Sub | 23<br>A. Cheese Quesadilla w/Beef<br>Enchilada Soup<br>B. Crispy Chicken Sandwich<br>C. Pretzel Snackable<br>Zesty Black Beans                                | 24<br>A. Pizza Pasta Bake<br>B. Corn Dogs<br>C. Italian Sub   | 25<br>A. BBQ Pork Pulled<br>Sliders<br>B. Cheese Pizza<br>C. Cold Roasted<br>Chicken Wrap<br>Corn                            |
|    |  | Peas<br>Sugar Cookie  |   | Green Beans<br>Gelatin Dessert  |  |
| 28 | A. Scalloped Potatoes<br>& Ham w/Dinner Roll<br>B. Cheeseburger<br>C. Cold Fajita Chicken<br>Wrap<br>Baked Beans | 29<br>A. Taco in a Bag<br>B. Hot Dog<br>C. Ham & Cheese Sub<br>Corn<br>Chocolate Chip Cookie      | 30<br>A. Meatloaf w/Dinner Roll<br>B. Country Chicken Potato<br>Bowl w/Biscuit<br>C. Grilled Chicken Salad<br>w/Flatbread<br>Mashed Potatoes w/Brown<br>Gravy | 31<br>A. Hot Pepperoni Sub<br>B. Chicken Nuggets w/Dinner<br>Roll<br>C. Nacho Snackable<br>Creamy Coleslaw<br>Zesty Pasta Salad<br>Sugar Cookie |  |