

March 2019

Volume 14, Issue 7

Important Dates

February 28-March 4
No School (Spring Break)

Friday, March 8
Slushy Sales
End of the 3rd Quarter

Sunday, March 10
Daylight Savings Time Starts
(Clocks up 1 hour)

Monday, March 11
4th Loosvelt Recorder Concert
10:20 AM

Tuesday, March 12
4th Colle Recorder Concert
10:20 AM

Wednesday, March 13
4th Sikes Recorder Concert
9:50 AM

Thursday, March 14
4th Peterson Recorder Concert
10:20 AM

Friday, March 15
Kindergarten Round-Up
(No Kindergarten!)

Monday, March 18
Wendy's Night Out

Tuesday, March 19
Science Expo

Friday, March 22
Slushy Sales

Thursday, March 28
Baseball Opening Day
1M & 1P Concert (2:35 PM)

Friday, March 29
All-Stars
1N & 1R Concert (2:35 PM)

Y.E.S. Indeed!

York Elementary School Monthly Parent Newsletter

Thank you for your participation this past month! Between One School One Book, Parent-Teacher Conferences, the NAESP National Distinguished Principal From the State of Nebraska celebration, as well as other events, there were multiple opportunities to collaborate to improve the school experience for our students. We could not provide the awesome experiences for our students without your assistance! Thanks for all you do!

Kindergarten Round-Up/Registration

We will be having Round-up on March 15 at 10 AM. Kindergarten students will not have school on this day!

If you have a child who could be a Kindergarten student in the upcoming school year, you should have received a letter in the mail. If you did not receive one yet, please contact the office immediately.

Spelling Bee Results

Congratulations to all contestants for representing Y.E.S. in the right way! Additionally, congratulations to these students for their performances at this year's York County Spelling Bee:

3rd and 4th Grade Division

1st Place- Allison Holmes

3rd Place- Kinslee Kern

4th Place- Brody Mattox



Baseball Opening Day

Thursday, March 28th, is Major League Baseball Opening Day! Here at York Elementary, we will celebrate! We are going to work hard during the "Home Stretch" of the 2018-19 school year and "Hit it Out of the Park"!

We encourage the students to wear their favorite baseball/softball attire! (jersey, baseball hat, team t-shirt, etc.)



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

1st Grade

For the month of March, the first graders will continue to combine Unit Studies and Writing. We are learning about heroes and about the amazing things they did for our country and people. We are taking all the information we are learning about each hero and writing about them. After spring break, we will start unit 4 in Reading.

3rd Grade

This is a busy time of year for third graders. We will be ending the third quarter with our AR celebration on March 8. For the celebration, we will go bowling. Students must have their goal of eight books done by that morning. The goal for the fourth quarter is another eight books, with the celebration being our "County Fair".

We are using review packets in math and reading to prepare us for the upcoming state tests, known as NSCAS (Nebraska Student-Centered Assessment System). These very important tests will be given to third graders on March 19, 20, 26, and 27.

Also on the horizon is our field trip to the Henry Doorly Zoo and Aquarium in Omaha on April 25 and 26. Please keep in mind the March 12 deadline for field trip forms to be returned.

5th Grade

February has been a busy month for the Fifth Graders. At the beginning of the month they traveled to Lincoln to experience the Lincoln Symphony Orchestra at the Lied. The York Lions Club and York Elks Club put on a program for the Fifth Graders teaching them about the history of the flag and why the flag is important to Americans. They also performed their musical, Rock, for family and friends, directed by Mrs. Niemann. The Fifth Graders are currently working on their biography reports. Each student picked a famous person, did research on that person, and wrote a report about them. The busyness will continue for them until the end of the year!

Contact Us

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Follow Us

Twitter: @YESDukePride

Facebook: York Elementary
School



**The Lost and Found is
starting to grow!
Please check with
your students if they
are missing a coat,
hat, or gloves.**

Social Media/Digital Citizenship

Digital Citizenship & Cyberbullying are serious subjects. Every person that has a device such as a phone, iPod, iPad, smart watch, etc. need to make sure that they understand their responsibility with the usage of their devices. Mrs. Kavan has visited with all classrooms in 2nd - 5th grade about the dangers of cyberbullying and the responsibility of having a knowledge and a strong sense of what digital citizenship means and requires of each of us. There are red light, yellow light and green light websites/apps/programs. If a program is a red light site that means that you need to steer clear of that website at this point in time. All social media sites are red light sites. That means Snapchat, Tic-Tok, Boo, Facebook, and all of the other sites are not intended for our students. In fact, the youngest age for any of these social media sites is age 13. Those that use these sites underage are breaking privacy laws.

Lately we have had some issues that involve these kinds of social media sites being used by our students for the purpose of hurting others, being mean and bullying. If these actions happen at school, there will be steep consequences as you are not to have any devices and you are not to use these sites. Even texting during school can carry a consequence. If at any point the use of social media outside of the school day causes a disruption in school, it becomes a police matter. Also, it is important to remember that the school day is referred to as once you are on school premises or any school property. This includes the bus. So if you ride the bus home, the school day is from the time you get on the bus until the time you step off of the bus.

The Digital Citizenship Curriculum that York Elementary uses can be found at www.common sense media.org. This website is a great resource for parents, including how to set up a cellphone policy, keeping your child safe online, appropriate amounts of screen time, and more.

Science Expo

Everyone is invited to come and view the science projects the students have prepared at the York City Auditorium! There are many interesting topics and you can always learn something new when you visit Science Expo 2019. Public viewing is from 6:30-7:30. The P.A.T.T. group will be serving food in the basement of the York City Auditorium starting at 5:00. We hope to see a lot of you there!

Some Important Dates and Times in March:

HELP NIGHT

- Tuesday, March 5 @ 5:30-6:30 p.m. –York Elementary School

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

SET-UP FOR SCIENCE EXPO

- Monday, March 18 @ 3:30-6:00 p.m. (City Auditorium)
- Tuesday, March 19 (if special arrangements are made)

SCIENCE EXPO

- Tuesday, March 19
- 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.



March is National Nutrition Month – Info. From the NIH

March is National Nutrition Month – Info. From the NIH

We Can! (**W**ays to **E**nhance **C**hildren's **A**ctivity & **N**utrition) is a national education program designed to give parents and communities a way to help children learn to eat nutritious foods. As parents, you can do a lot to help your children learn healthy eating habits and maintain a healthy weight. Involving them in meal preparation and cooking can motivate them to try new foods – and is a good way to spend time together as a family.

What is a "healthy" diet?

- A healthy eating plan is one that :
- Emphasizes fruits, vegetables, whole grains, and low-fat or fat-free milk products.
- Includes lean meats, poultry, fish, beans, eggs, and nuts.
- Is low in saturated fats, trans fats, cholesterol, sodium/salt, and added sugars.
- Stays within your calorie needs.

Focus on Healthy Food Choices - Choose the **GO**, **SLOW**, and **WHOA** foods:

GO FOODS – are the lowest in fats and added sugar. They are *nutrient dense* with a better source of vitamins, minerals, and other nutrients important to health. Examples of GO foods are fruits, vegetables, whole grains, fat-free and low-fat milk products, lean meats, poultry, fish, beans, egg whites, or egg substitute.

SLOW FOODS - are higher in fat, added sugar, and calories. SLOW foods include vegetables with added fat, white refined bread flour, low-fat mayonnaise, 2% low fat milk products, peanut butter, pizza, baked chips, and mac and cheese. Have slow foods sometimes.

WHOA FOODS – are the highest in fat and sugar. They are *calorie dense* foods and low in vitamins, minerals, and other needed nutrients. Have WHOA foods once in a while, and when you do have them, have small portions. Examples of WHOA foods are whole-milk products, fried foods, bakery sweets, candy, soda, chips, sugary cereals, and creamy salad dressings.

Hungry for more? Visit the WE CAN! Web site at <http://wecan.nhlbi.nih.gov> Visit the Keep the Beat : Deliciously Healthy Eating web site at <http://hin.nhlbi.nih.gov/healthyeating>

Patti Vincent LPN
 Donelle Ellison RN BSN
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March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				Feb. 28 No School Spring Break	1 No School Spring Break	2
3	4 No School Spring Break	5 Purple	6 Green	7 Red	8 Orange Slushies	9
10 Daylight Savings	11 Purple 4th-Loosvelt Recorder Concert 10:20	12 Green KFC/Taco Bell Friends and Family Night 4th-Colle Recorder Concert 10:20	13 Red 4th-Sikes Recorder Concert 9:50	14 Orange 4th-Peterson Recorder Concert 10:20	15 Purple KINDERGARTEN ROUND UP NO SCHOOL FOR KINDERGARTEN	16
17	18 Green WENDY'S NIGHT OUT	19 Red Science Expo 6:30 @ City Auditorium	20 Orange	21 Purple	22 Green	23
24	25 Red	26 Orange	27 Purple	28 Green Baseball Opening Day!! 1-Maronde and 1-Paulson Concert 2:35	29 Red All-Stars 8:10 1-Niewedde and 1-Roemmich Concert 2:35	30



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.



Lunchtime Solutions, Inc.

Mon	Tue	Wed	Thu	Fri
4 No School				1 No School
5 A. Home-style Stuffed Potato Breakfast Burrito B. Cereal Choices with Toast Juice Choices Sliced Pears	6 A. Fresh Baked Biscuits and Gravy B. Cereal Choices with Toast Juice Choices Fresh Apple Wedges	7 A. Bacon & Egg Breakfast Pizza B. Cereal Choices with Toast Juice Choices Fresh Orange Slices	8 A. Fresh Baked Cinnamon Roll B. Cereal Choices with Toast Juice Choices Applesauce	
11 A. Dutch Waffle B. Cereal Choices with Toast Juice Choices Mixed Fruit Cocktail	12 A. Iced Long John B. Cereal Choices with Toast Juice Choices Fresh Apple Wedges	13 A. Yogurt with Goldfish Grahams B. Cereal Choices with Toast Juice Choices Sliced Peaches	14 A. Pancake Sausage Stick B. Cereal Choices with Toast Juice Choices Sliced Pears	15 A. Fresh Baked Caramel Roll B. Cereal Choices with Toast Juice Choices Pineapple Tidbits
18 A. Egg & Cheese Omelet with Toast B. Cereal Choices with Toast Juice Choices Applesauce	19 A. Fresh Baked Biscuits and Gravy B. Cereal Choices with Toast Juice Choices Fresh Orange Slices	20 A. Waffles with Syrup B. Cereal Choices with Toast Juice Choices Whole Blueberries	21 A. Sausage Breakfast Pizza B. Cereal Choices with Toast Juice Choices Sliced Peaches	22 A. Fresh Baked Cinnamon Roll B. Cereal Choices with Toast Juice Choices Sliced Pears
25 A. Iced Long John B. Cereal Choices with Toast Juice Choices Mixed Fruit Cocktail	26 A. Fresh Baked Sausage Biscuit Sandwich B. Cereal Choices with Toast Juice Choices Fresh Apple Wedges	27 A. Ultimate Chocolate Chip Breakfast Round B. Cereal Choices with Toast Juice Choices Sliced Peaches	28 A. Breakfast Sliders B. Cereal Choices with Toast Juice Choices Sliced Pears	29 A. Blueberry Muffin with String Cheese B. Cereal Choices with Toast Juice Choices Pineapple Tidbits

YORK ELEMENTARY

SCHOOL Lunch Menu

March 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	Milk	\$0.45



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
4	NO School	5 A. Classic Beefy Chili with Crackers B. Corn Dog C. Fresh Baked Ham and Turkey Sub	6 A. Pancakes & Sausage B. Pork Fritter Sandwich C. Chef Salad with Roasted Flatbread	7 A. Home-style Spaghetti B. Crispy Chicken Sandwich C. Nacho Snackable	8 A. Beef & Bean Burrito B. Cheese Pizza C. Ham & Cheese Sandwich
11	A. Italian Dunkers with Marinara Dipping Sauce B. Baked Breaded Fish Sandwich C. Pretzel Snackable	12 A. Southwest Pulled Pork Nachos B. Ham, Egg & Cheese Biscuit Sandwich C. Fresh Baked Egg Salad Sub	13 A. Home-style Chicken & Noodles B. Country Fried Steak C. Taco Salad with Tortilla Chips	14 A. Kickin' Beef Fajita B. Popcorn Chicken Bites C. Roasted Chicken & Cheddar Deli Wrap	15 A. Green Eggs & Ham with Toast B. Cuban Hot Dog C. Dual Cheese Snackable
18	A. Traditional Sloppy Joe B. French Toast Sticks & Sausage C. Crispy Chicken Salad with Roasted Flatbread	19 A. Creamy Macaroni & Cheese B. Breaded Beef Patty Sandwich C. Roasted Chicken & Cheese Snackable	20 A. Crispy Chicken Sandwich B. Cheese Quesadilla with Beef C. Enchilada Soup with Tortilla Chips	21 A. Pizza Pasta Bake B. Mini Corn Dogs C. Fresh Baked Italian Sub	22 A. BBQ Pulled Pork Sliders B. Cheese Pizza C. Crispy Chicken Deli Wrap
25	A. Home-style Scalloped Potatoes & Ham with Dinner Roll B. Cheeseburger C. Fajita Salad with Tortilla Chips	26 A. Taco in a Bag B. Over-Roasted Hot Dog C. Chicken Caesar Deli Wrap	27 A. Hearty Meatloaf with Dinner Roll B. Country Potato Bowl with Fresh Baked Biscuit C. Grilled Chicken Salad with Roasted Flatbread	28 A. Hot Pepperoni Sub B. Chicken Nuggets with Dinner Roll C. Pizza Snackable	29 A. Toasted Cheese Sandwich B. Pepperoni Pizza C. Fresh Baked Tuna Salad Sub
	Hash Brown Triangle	Peas Fresh Baked Sugar Cookie	Zesty Black Beans	Green Beans Gelatin Dessert	Golden Corn
	Golden Corn Fresh Baked Chocolate Chip Cookie	Mashed Potatoes with Brown Gravy	Spring Mix Lettuce Zesty Pasta Salad Fresh Baked Sugar Cookie	Mixed Vegetables Fresh Baked Holiday Cookie	