

September 2019

Volume 15, Issue 1

Important Dates

Monday, September 2
No School

Wednesday, September 4
Plum Creek forms due

Friday, September 6
Slushy Sales

Week of September 16
Homecoming Dress Up Days

Monday, September 16
Wendy's Night Out

Tuesday, September 17
Runza Feeds the Need Fundraiser

Thursday, September 19
Author Visit

Friday, September 20
Slushy Sales

Week of September 23
Parent-Teacher Conferences
Book Fair

End of Fall Fundraiser

Wednesday, September 25
No Boost/Daycare/Movie

Thursday, September 26
2:10 Dismiss
No Boost or Daycare

Friday, September 27
No School

Tuesday, October 1
School Pictures

Y.E.S. Indeed!

York Elementary School Monthly Parent Newsletter

We are off and running! It's incredible to think we have already been in school for two weeks. It has been amazing to see the learning taking place in each and every classroom. More information about classroom happenings will begin in our October newsletter, as we will hear from Kindergarten, 2nd Grade, and 4th Grade next month. Stay tuned!

Parent-Teacher Conferences

Parent-Teacher Conferences are scheduled for the week of September 23. Look for information from your child's classroom teacher regarding times and dates on Friday, September 13. If the time and date scheduled does not work, please notify the office. We are looking for 100% participation this fall!

Fall Fundraiser

The PATT Fall Fundraiser is almost here! Sales will begin on September 11. The fundraiser ends on September 23. The delivery day for items that were purchased is on October 24. Please check with your student for more information and their fundraising packets at these times!



Book Fair!

Make sure to stop by the book fair during the week of September 23! There will be opportunities to purchase a wide variety of books for readers of any elementary age. Look for more information in the coming weeks!

Author Visit



Author Kate Messner will visit us on September 19 as a part of the Plum Creek Literacy Festival. She is the author of the Ranger in Time series and many other stories. Order forms for books and autographed copies were sent home with students the week of August 26. They are due on September 4.

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.

Counselor's Information

*Helping children succeed in school and in life
goes well beyond reading, writing and math!*

York Elementary School is continuing to implement the Second Step Social Skills program in each classroom this year to help our students with self-regulation and social-emotional skills. Your child's teacher will also complete an 8-item screener (DESSA) on each child in late September. The DESSA results will provide us information about your child's strengths and areas that need improvement in the following four social-emotional competencies: skills for learning, empathy, emotion management, and problem solving.

These results will support and guide our social-emotional curriculum and also help us implement interventions for classrooms and individual students. At Y.E.S., helping children succeed in school and beyond goes well beyond reading, writing and math!

BOOST/After-School Childcare/Book Club

BOOST, After-School Childcare, and Book Club started this past week. Please remember that registration forms need to be completed for BOOST and the After-School Childcare programs. Book Club is Wednesday after school and will be communicated by your child's classroom teacher. If you need registration forms, please submit a note or call and request that a form be sent home in your child's take-home folder.

Last Chance for T-shirts!

A 2nd order for York Elementary T-shirts will be sent home with students after Labor Day. Orders will be due September 13th.

Homecoming Dress-Up Days

In the spirit of being a York Duke, York Elementary participates in Homecoming Week by also having dress-up days, like the high school does. However, our days are not the same as YHS. Here are our dress-up days:

- Monday, September 16- Color Day! (Wear your favorite color!)
- Tuesday, September 17- Time to wake up! (Pajama Day)
- Wednesday, September 18- Time to play! (Favorite sports jersey)
- Thursday, September 19- Hat Day
- Friday, September 20- Time to represent! (Blue and Gold)

Contact Us

York Elementary School
1501 Washington Avenue
York, NE 68467

402-362-1414

Kris Friesen, Principal
Brad Luce, Assistant Principal

BOOST: 366-2454

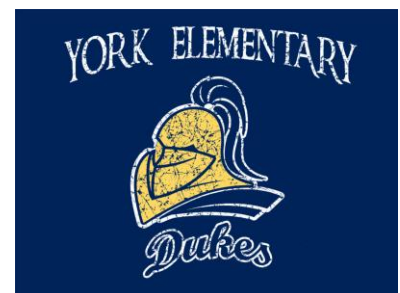
Childcare: 363-2726

Bus Barn: 362-1988

Follow Us

Twitter: @YESDukePride

Facebook: York Elementary
School





Dine at Runza

Tuesday, September 17th

**Runza will donate 10% of sales
to the**

York Public School

Pride Pack Food Program.

Nurse's Information

10 Tips to keep your student healthy this school year

1. Get adequate sleep

Help your child establish a consistent bedtime routine. Children in kindergarten through grade 6, should get between 9 and 11 hours of sleep a night. Quality of sleep is directly associated with your child's behavior, eating habits and ability to fight off infections. Lack of sleep increases cravings for junk food and often results in mood swings, temper tantrums and greater risk for infections.

2. Exercise daily

Getting at least 60 minutes of exercise a day will help your child sleep better and is associated with fewer infections, better health outcomes, improved behavior and ability to manage stress as well as better performance at school.

3. Reduce screen time

Any screen time not associated with homework should be limited to less than two hours a day. This includes phones, television, tablets, video games and computers. The type of light emitted from these screens can reduce melatonin levels, making it more difficult to fall asleep and can disrupt the body's circadian rhythm.

4. Practice healthy eating habits

Healthy eating begins with a good breakfast – the most important meal of the day. A healthy breakfast that includes protein, dairy and/or whole grains is directly correlated to positive behaviors throughout the day and improves your child's ability to focus and concentrate. Follow breakfast with a nutritious lunch that includes lean meats, whole grains, fruits and vegetables that you know your child will eat. Have a healthy snack planned after school so your child will be less likely to reach for junk food. Top off the day with a family dinner. Mealtimes spent with family promotes better health and well-being.

5. Stay up-to-date on the flu shot and other immunizations

Get the [flu shot](#) for you and your family in early fall. Getting the flu vaccine and other childhood immunizations, is one of the best things you can do to protect your child against the spread of infectious diseases.

6. Wash hands frequently to reduce spread of germs

Teach your child to sing the happy birthday song twice (about 20 seconds) while washing his or her hands. Make sure your child has a hand sanitizer to use when hand washing is not possible. Teach your child to keep hands away from the face and to cough or sneeze into their arm or shoulder.

7. Get regular hearing and vision checks

Make sure vision and hearing checks are part of your child's annual routine wellness visits. Vision and hearing impairments can lead to behavioral issues and impact learning and development.

8. Help your child deal with stress and anxiety

School, sports and social media can all be a source of stress and anxiety for your child. Monitor your child's social media use closely and keep an open line of communication so you can identify bullying or other sources of stress or anxiety at school, and help your child deal with these types of issues.

9. Promote proper backpack safety

Heavy backpacks can cause neck, shoulder and back pain. Furnish your child with a good backpack that has two straps and good padding. The total backpack should not weigh more than 10 percent of your child's weight.

10. Keep your child hydrated

Staying hydrated has numerous benefits. It can help prevent fatigue, improve mood, aid in digestion and weight maintenance, and improve brain function. Promote healthy drink choices like water and milk. Sugar-sweetened beverages should be eliminated from your child's diet as much as possible! Beverages such as sodas, sports drinks, energy drinks, juices and coffees are often packed with sugar, caffeine and other unwanted stimulants and ingredients and can lead to weight gain and other issues. For instance, too much caffeine can increase your child's heart rate, blood pressure, interrupt sleep and cause nervousness and irritability. While it may temporarily provide spikes in energy, this will be followed by energy crashes and can reinforce bad lifestyle habits.

Patti Vincent LPN

Sue Arnold RN

York Elementary School

402-362-1414

September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 NO SCHOOL LABOR DAY	3 K-Purple 1st-5th-Red	4 K-Green 1st-5th-Orange Plum Creek Orders Are Due	5 K-Red 1st-5th-Purple	6 K-Blue 1st-5th-Green Slushies	7
8	9 K-Orange 1st-5th-Red	10 K-Purple 1st-5th-Orange	11 K-Green 1st-5th-Purple Fall Fundraiser Begins	12 K-Red 1st-5th-Green	13 K-Blue 1st-5th-Red	14
15	16 K-Orange 1st-5th-Orange Color Day! Wendy's Night Out	17 K-Purple 1st-5th-Purple Pajama Day! RUNZA FEEDS THE NEED	18 K-Green 1st-5th-Green Sports Jersey Day!	19 K-Red 1st-5th-Red Hat Day! Plum Creek Children's Literary Festival at YES	20 K-Blue 1st-5th-Orange Blue & Gold Day! Slushies	21
22	23 K-Orange 1st-5th-Purple Fall Fundraiser Ends BOOK FAIR	24 K-Purple 1st-5th-Green BOOK FAIR	25 K-Green 1st-5th-Red NO BOOST/DAYCARE Parent/Teacher Conferences 4:30-8:30 BOOK FAIR	26 K-Red 1st-5th-Orange 2:10 DISMISSAL NO BOOST/DAYCARE Parent/Teacher Conferences 4:30-8:30 BOOK FAIR	27 NO SCHOOL YES and YMS Parent/Teacher Conferences 8-3:30	28
29	30 K-Blue 1st-5th-Purple	OCTOBER 1ST YES PICTURE DAY				



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 \$2.25
- Extra Milk \$0.45

Menus are subject to change without notice.



Lunchtime Solutions, Inc.

Mon	Tue	Wed	Thu	Fri
2 No School	3 A. Fresh Baked Biscuits and Gravy Toast Juice Choices Fresh Orange Slices	4 A. Waffles with Syrup B. Cereal Choices and Toast Juice Choices Whole Blueberries	5 A. Sausage Breakfast Pizza B. Cereal Choices and Toast Juice Choices Sliced Peaches	6 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Peaches
9 A. Egg & Cheese Taco Roll B. Cereal Choices and Toast Juice Choices Mixed Fruit Cocktail	10 A. Fresh Baked Sausage Biscuit Sandwich B. Cereal Choices and Toast Juice Choices Fresh Apple Wedges	11 A. Iced Long John B. Cereal Choices and Toast Juice Choices Sliced Peaches	12 A. Breakfast Sliders B. Cereal Choices and Toast Juice Choices Sliced Peaches	13 A. Fresh Baked Caramel Roll B. Cereal Choices and Toast Juice Choices Pineapple Tidbits
16 A. French Toast Sticks with Syrup Dipping Sauce B. Cereal Choices and Toast Juice Choices Sliced Peaches	17 A. Home-style Stuffed Potato Breakfast Burrito B. Cereal Choices and Toast Juice Choices Sliced Peaches	18 A. Blueberry Muffin with Hard Boiled Egg B. Cereal Choices and Toast Juice Choices Fresh Apple Wedges	19 A. Bacon & Egg Breakfast Pizza B. Cereal Choices and Toast Juice Choices Fresh Orange Slices	20 A. Iced Long John B. Cereal Choices and Toast Juice Choices Applesauce
23 A. Pancake and Scrambled Eggs B. Cereal Choices and Toast Juice Choices Mixed Fruit Cocktail	24 A. Iced Long John B. Cereal Choices and Toast Juice Choices Fresh Apple Wedges	25 A. Yogurt with Goldfish Grahams B. Cereal Choices and Toast Juice Choices Sliced Peaches	26 A. Pancake Sausage Stick B. Cereal Choices and Toast Juice Choices Sliced Peaches	27 No School
30 A. Egg & Cheese Omelet with Toast B. Cereal Choices and Toast Juice Choices Applesauce				

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.



Lunch Meal Prices & Milk

ES Lunch	\$2.95	Extra Milk	\$0.45
Adult Lunch	\$3.75		



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 employer.

	Mon	Tue	Wed	Thu	Fri	
2	No School					
3	A. Soft Shell Beefy Tacos B. Mini Corn Dogs C. Fresh Baked Ham & Turkey Sub	A. Chicken Fried Rice B. Mozzarella Bosco Sticks with Marinara Dipping Sauce C. Vegetarian Deli Wrap	A. Cheeseburger Macaroni Skillet with Garlic Breadstick B. Crispy Chicken Sandwich C. Pretzel Snackable	A. Chicken Ranch Pasta B. BBQ Rib Sandwich C. Grilled Chicken Salad with Roasted Flatbread	A. Taquito B. Cheese Pizza C. Roasted Chicken & Cheese Sandwich	
4	Chili Lime Corn Frosted Pumpkin Bar	Golden Corn Apple Crisp	Garlic Herb Roasted Carrots	Green Beans Fresh Baked Chocolate Chip Cookie	BBQ Baked Beans	
9	A. Cheeseburger Soup with Dinner Roll B. Oven Roasted Hot Dog C. Fajita Salad with Tortilla Chips	A. Chicken Fried Rice B. Mozzarella Bosco Sticks with Marinara Dipping Sauce C. Vegetarian Deli Wrap	A. Pork Roast with Dinner Roll B. Chicken Nuggets with Dinner Roll C. Grilled Chicken Salad with Roasted Flatbread	A. Original Beef Goulash with Garlic Breadstick B. Teriyaki Chicken Sandwich C. Dual Cheese Snackable	A. Taco Burger B. Pepperoni Pizza C. Fresh Baked Egg Salad Sub	
10	Green Beans	Golden Corn Apple Crisp	Mashed Potatoes with Chicken Gravy Home-style Creamy Coleslaw	Herb Roasted Broccoli Fresh Baked Sugar Cookie	Zesty Black Beans	
16	A. Chicken and Waffle Breakfast Burrito B. Cheeseburger C. Fajita Deli Wrap	A. Home-style Chicken Chili with Crackers B. Corn Dog C. Roasted Chicken & Cheese Snackable	A. Home-style Chicken & Noodles B. Country Fried Steak C. Chef Salad with Roasted Flatbread	A. Home-style Spaghetti B. Crispy Chicken Sandwich C. Fresh Baked Combo Sub	A. Beef & Bean Burrito B. Cheese Pizza C. Ham & Cheese Sandwich	
17	Candied Carrots	Green Beans Locally Sourced Apples Fresh Baked Cinnamon Bun	Mashed Potatoes with Country Gravy	Peas Gelatin Dessert	Refried Beans	
23	A. Italian Dunkers with Marinara Dipping Sauce B. Baked Breaded Fish Sandwich C. Greek Chicken Salad with Fire Roasted Flatbread	A. Southwest Pulled Pork Nachos B. Ham, Egg & Cheese Biscuit Sandwich C. Fresh Baked Tuna Salad Sub	A. California Lasagna B. Pork Fritter Sandwich C. Taco Salad with Tortilla Chips	A. Kickin' Beef Fajita B. Popcorn Chicken Bites C. Nacho Snackable	No School	
24	Steamed Carrots	Refried Beans Fresh Baked Cinnamon Stick	Golden Corn	Ranch Potatoes Fresh Baked Carnival Cookie		
25	30					
	A. Traditional Soppo Joe B. French Toast Sticks & Sausage C. Crispy Chicken Salad with Roasted Flatbread					
	Hash Brown Triangle					