

March 2020

Volume 15, Issue 7

Important Dates

Thursday, March 5

4th Peterson Recorder Concert
10:20 AM

Friday, March 6

Slushy Sales
End of the 3rd Quarter
4th Loosvelt Recorder Concert
10:20 AM

Sunday, March 8

Daylight Savings Time Starts
(Clocks up 1 hour)

Monday, March 9

4th Colle Recorder Concert
10:20 AM
Wendy's Night Out

Tuesday, March 10

4th Kern Recorder Concert
10:20 AM

March 12-16

No School (Spring Break)

Thursday, March 19

1st Grade Music Program
Roemmich and Niewedde
2:35 PM

Friday, March 20

Slushy Sales (March Birthdays Free)
1st Grade Music Program
Maronde and Paulson
2:35 PM

Tuesday, March 24

Science Expo

Thursday, March 26

Baseball Opening Day

Friday, March 27

Kindergarten Round-Up
(No Kindergarten!)

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, 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 we do for our students without your assistance! Thanks for all you do!

Kindergarten Round-Up/Registration

We will be having Round-up on March 27 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.

Science Expo

Some Important Dates and Times in March:

HELP NIGHT

- Tuesday, March 3 @ 5:30-6:30, YES
- 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 23 @ 3:30-6:00 p.m. (City Auditorium)
- Tuesday, March 24 (if special arrangements are made)

SCIENCE EXPO

- Tuesday, March 24
- 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 – 7:15 p.m.



Baseball Opening Day

Thursday, March 26th, 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 2019-2020 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 from American history 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.

3rd Grade

This is a busy time of year for third graders. We will be ending the third quarter with our AR celebration at the bowling alley on March 6th. 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".

In math, we are working hard at memorizing concrete facts in geometry when analyzing triangles, and polygons. Soon we will begin to develop concepts of perimeter and area. We are learning all about the weather in science. We are learning about the tools that are used to measure the weather, as well as what natural disasters occur. The students are also having a lot of fun with experiments. Students have been working hard at applying the skills they have learned in reading. We are starting our unit on biographies in writing. The students will choose a classmate to write their biography.

Also on the horizon is our field trip to the Henry Doorly Zoo and Aquarium in Omaha on April 23 and 24. Please keep in mind the March 24 deadline for field trip forms to be returned.

5th Grade

February has been a busy month for the fifth graders. They recently finished working on their biography reports. Each student picked a famous person, did research on that person, and wrote a report about them. 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, "Pirates!", for family and friends, directed by Mrs. Niemann. They have been extremely busy and the busyness will continue for them until the end of the year!

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



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

HOPE Week

York Elementary School

"Promoting Hope and Student Empowerment"

March 23 - 27

Hope Squad is a school-based peer support program that empowers students to take action to prevent suicide and spread unity & kindness. Hope Week is a time when Y.E.S. students will promote SCHOOL UNITY, KINDNESS, INCLUSION, and ANTI-BULLYING. We will celebrate KINDNESS & HOPE with some special activities....details to follow!



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?

- 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>

March 2020

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
		2 K-Green 1st-5th-Purple	3 K-Red 1st-5th-Green	4 K-Blue 1st-5th-Red	5 K-Orange 1st-5th-Orange 4th-Peterson Recorder Concert 10:20 AM	6 K-Purple 1st-5th-Purple 4th-Loosvelt Recorder Concert 10:20 AM SLUSHIES	7
8 Daylight Savings Spring Forward 1 Hour	9 K-Green 1st-5th-Green 4th-Colle Recorder Concert 10:20 AM Wendy's Night Out	10 K-Red 1st-5th-Red 4th-Kern Recorder Concert 10:20 AM KFC/Taco Bell Friends & Family	11 K-Blue 1st-5th-Orange	12 No School Spring Break	13 No School Spring Break	14	
15	16 No School Spring Break	17 K-Orange 1st-5th-Purple	18 K-Purple 1st-5th-Green	19 K-Green 1st-5th-Red 1st Grades 1N&1R Music Program 2:35 PM	20 K-Red 1st-5th-Orange 1st Grades 1M & 1P Music Program 2:35 PM March SLUSHIES	21	
22	23 K-Blue 1st-5th-Purple	24 K-Orange 1st-5th-Green Science Expo @ York City Auditorium	25 K-Purple 1st-5th-Red	26 K-Green 1st-5th-Orange Baseball Opening Day	27 K-Red 1st-5th-Purple Kindergarten Round-Up NO Kindergarten	28	
29	30 K-Blue 1st-5th-Green	31 K-Orange 1st-5th-Red					



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.



	Mon	Tue	Wed	Thu	Fri
	2 A. Green Eggs & Ham with Toast B. Cereal Choices with Toast	3 A. Very Berry Overnight Oats B. Cereal Choices with Toast	4 A. Fresh Baked Biscuits and Gravy B. Cereal Choices with Toast	5 A. Bacon & Egg Breakfast Pizza B. Cereal Choices with Toast	6 A. Fresh Baked Cinnamon Roll B. Cereal Choices with Toast
	Juice Choices Sliced Peaches	Juice Choices Sliced Pears	Juice Choices Fresh Apple Wedges	Juice Choices Fresh Orange Slices	Juice Choices Applesauce
	9 A. Breakfast Sliders B. Cereal Choices with Toast	10 A. Maple Long John B. Cereal Choices with Toast	11 A. Home-style Stuffed Potato Breakfast Burrito B. Cereal Choices with Toast	12 NO SCHOOL	13 NO SCHOOL
	Juice Choices Mixed Fruit Cocktail	Juice Choices Fresh Apple Wedges	Juice Choices Sliced Peaches		
	16 NO SCHOOL	17 A. Fresh Baked Biscuits and Gravy B. Cereal Choices with Toast	18 A. Waffles with Syrup B. Cereal Choices with Toast	19 A. Sausage Breakfast Pizza B. Cereal Choices with Toast	20 A. Fresh Baked Cinnamon Roll B. Cereal Choices with Toast
	NO SCHOOL	Juice Choices Fresh Orange Slices	Juice Choices Whole Blueberries	Juice Choices Sliced Peaches	Juice Choices Sliced Pears
	23 A. Iced Long John B. Cereal Choices with Toast	24 A. Fresh Baked Sausage Biscuit Sandwich B. Cereal Choices with Toast	25 A. Banana Dog B. Cereal Choices with Toast	26 A. Breakfast Sliders B. Cereal Choices with Toast	27 A. Fresh Baked Cinnamon Roll B. Cereal Choices with Toast
	Juice Choices Mixed Fruit Cocktail	Juice Choices Fresh Apple Wedges	Juice Choices Sliced Peaches	Juice Choices Sliced Pears	Juice Choices Pineapple Tidbits
	30 A. French Toast Sticks with Syrup Dipping Sauce B. Cereal Choices with Toast	31 A. Home-style Stuffed Potato Breakfast Burrito B. Cereal Choices with Toast			
	Juice Choices Sliced Peaches	Juice Choices Sliced Pears			

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		



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 employer.

Mon	Tue	Wed	Thu	Fri
2 A. Chicken Pot Pie B. Cheeseburger C. Nacho Snackable Baked Beans	3 A. Classic Beefy Chili and Crackers B. Corn Dog C. Fresh Baked Ham & Turkey Sub Candied Carrots Maple Cornbread	4 A. Country Fried Steak B. Home-style Chicken & Noodles C. Chef Salad with Roasted Flatbread Mashed Potatoes with Country Gravy	5 A. Home-style Spaghetti B. Crispy Chicken Sandwich C. Fresh Baked Combo Sub Peas Gelatin Dessert	6 A. Loaded Breakfast Tacos B. Cheese Pizza C. Ham & Cheese Snackable Green Beans
9 A. Italian Dunkers with Marinara Dipping Sauce B. Grilled Chicken Sandwich C. Pizza Snackable Calico Beans	10 A. Chili Cheese Fritos B. Baked Breaded Fish Sandwich C. Fresh Baked Turkey & Cheese Sub Steamed Broccoli Florets Home-style Pineapple Coleslaw Fresh Baked Cinnamon Stick	11 A. Traditional Beefy Lasagna B. Pork Fritter Sandwich C. Taco Salad with Tortilla Chips Golden Corn	12 NO SCHOOL	13 NO SCHOOL
16 NO SCHOOL	17 A. Creamy Macaroni & Cheese B. Crispy Chicken Sandwich C. Fresh Baked Ham & Turkey Sub Peas Brownie	18 A. Country Potato Bowl with Fresh Baked Biscuit B. Beef & Bean Burrito C. Southwest Salad with Tortilla Chips Golden Corn	19 A. Pizza Pasta Bake B. Mini Corn Dogs C. Fresh Baked Italian Sub Green Beans Frozen Fruit Slush	20 A. BBQ Pulled Pork Sliders B. Cheese Pizza C. Dual Cheese Snackable BBQ Baked Beans
23 A. Home-style Scalloped Potatoes & Ham with Dinner Roll B. Cheeseburger C. Pizza Snackable Green Beans	24 A. Taco in a Bag B. Oven-Roasted Hot Dog C. Fresh Baked Ham & Cheese Sub Zesty Black Beans Cherry Crisp	25 A. Hearty Meatloaf with Dinner Roll B. Popcorn Chicken Bites with Dinner Roll C. Grilled Chicken Salad with Roasted Flatbread Mashed Potatoes with Brown Gravy	26 A. Pancakes & Sausage B. Breaded Beef Patty Sandwich C. Fresh Baked Roasted Chicken Sub Home-style Creamy Coleslaw Zesty Pasta Salad Frosted Chocolate Cake	27 A. Crunchy Fish Tacos B. Pepperoni Pizza C. Roasted Chicken & Cheese Snackable Mixed Vegetables
30 A. Chicken Ranch Pasta B. Pork Fritter Sandwich C. Nacho Snackable Garlic Herb Roasted Carrots	31 A. Beef Stroganoff B. Corn Dog C. Fresh Baked Ham & Turkey Sub Baked Beans Fresh Baked Cinnamon Bun			