

Niobrara Public School

September 2019



WELCOME BACK TO SCHOOL!

Dear Niobrara School Parents and Community,

It is a pleasure to welcome everyone back to another year. We are all excited to have the students back. The classrooms and hallways are filled with energy and enthusiasm for learning. It is our mission to help every child feel welcomed, connected and part of the Niobrara School family. At Niobrara Public School, we have great teachers who spend hours planning and creating engaging lessons to ensure student learning. Our teachers utilize research based best practices and analyze academic data to determine current skill levels and to set goals for growth and improvement.

New this year will be K-5 grade reading and math plans that inform parents of their child's current skill level and the plans to show growth over the school year. In 6-12 Personalized Learning Plans (PLPs) will be developed to ensure that students' college and career goals are being utilized as they work through the middle school and high school curricular offerings. Cultural Awareness takes center stage as we acknowledge the needs of our students. Dakota and Omaha Language are being offered to high school students and the formation of a local Culture Club are taking place for the students. The Culture Club activities will include traditional regalia making including beading and sewing. We are fortunate to have parents and elders from our area willing to work with our NCATE staff to make these activities so engaging and enriching for the students. The staff at school are gaining valuable information and exposure to cultural awareness through graduate level classes through Wayne State College on Native American History. Project Harmony out of Omaha will be facilitating Trauma Informed Schools training this first quarter to all staff. So, as you can see, learning, growing and engaging are all part of the plan for EVERYONE here at Niobrara Public School.

I am honored to start my 15th year as Superintendent of Niobrara Public School. It is a privilege to be part of a community where parents, teachers, and students care for each other and strive to build positive relationships that support academic and social growth.

Once again, Welcome Back! Let's make it a great year at Niobrara Public School TOGETHER!

Sincerely,

Margaret Sandoz, Superintendent

FLU SHOTS

The BEST way to prevent influenza is to get vaccinated! NCDHD can help! We are partnering with Niobrara Public Schools again this year to offer Flu Vaccinations on September 25, 2019 from 9:30 am to 1:30 pm Go to ncdhd.ne.gov to download and pre-fill your form!



Congratulations to the Newly Elected Class

HOMECOMING 2019 will be celebrated the week of September 30th - October 4th. This year's theme will be "Cougar Strong". The Student Council will be busy this month organizing activities for the week.

Dress-Up Days will be :

Monday - *Movie Character Day* - dress up as a character from a movie or get some friends together and dress as several cast members.

Tuesday - *Tie-Dye Day* - wear Tie-Dye.

Wednesday - *Duo Day* - you and a friend dress as a pair: Mario and Luigi, Sponge Bob and Patrick, Mustard and Ketchup.

Thursday - *'Merica Day* - dress in red, white, and blue, or other ways to show patriotism, a historical figure, a member of the armed forces.

Friday - *Blue, Black, and Silver Day*.

Coronation will be **Monday** night, **Sept. 30th**, following Family Night. The **bonfire** will be held **Thursday** in Niobrara after the volleyball game. Verdigre will host the **Homecoming dance** on Friday, Oct. 4th, after the football game.

Please watch the school webpage, facebook page, and newspaper for updates on events and activities!

Student Council

President - Camden Eisenhauer

Vice President - Emily Parks

Secretary - Octavia Bluebird

Members - Emily Parks, Cole Swanson, Makenna Guenther, Daniel Redowl, Octavia Bluebird, Summer Guenther, Kennedy Reynolds, Danika Runnels, Lori DeCora

Senior Class Officers

President - Ken Justo

Vice President - Tala Henry

Secretary/Treasurer - Adam DeKay

Junior Class Officers

President - Cole Swanson

Secretary/Treasurer - Kalyn Nielsen

Sophomore Class Officers

President - Jordayn LaPlante

Vice President - Chase Pritchett

Secretary/Treasurer - Wichiana Grant

Freshman Class Officers

President - Ashley Parks

Vice President - Ava Chohon

Secretary/Treasurer - Harley Stark

ANNUAL FALL HEARING SCREENING

Niobrara School

Wednesday, September 11th

Students in preschool through 12th grade will receive a hearing ability screening. If the student does not pass the screening, the ESU #1 audiologist will see the student to confirm the findings and determine if this is a medical concern or a new hearing loss. For students that have hearing losses, their past records will be compared to the updated results obtained. Parents will be notified if concerns exist for their child's hearing ability via a letter. The ESU #1 audiologist will return periodically throughout the school year to help monitor those students with hearing ability concerns or for students where concerns arise. If you notice a change in your child's hearing ability throughout the school year, please let the school know so a follow up screening can be provided. Children are processing auditory information throughout their waking hours and if the auditory signal is muffled, it takes that much more time to process or reprogram what has been presented. Healthy ears are vital for reaching educational potential.

SCHOOL SURVEILLANCE

Weekly school surveillance is conducted every Wednesday by North Central District Health Department, which is our local health department. Information is collected from the schools every Wednesday throughout the school year regarding the number of students absent for that day and the reasons for the absences. Additional information will be collected if there are clusters of illness.

School surveillance is a state-wide effort that is used for early recognition of disease outbreaks throughout Nebraska in order to treat the diseases, such as influenza, promptly and stop the spread of the disease as quickly as possible. It is important to remember, when you call the school to let them know your child is ill, please let them know what symptoms your child is experiencing. If your child has vomiting, diarrhea and fever, let the school know these specific symptoms. This information is very beneficial in tracking different types of illnesses.

CONGRATULATIONS

to Niobrara Public

School for receiving the

Fruit and Vegetable

Grant, again!

News from Jaime Guenther's room

Wow! Three weeks is down already! This school year is in full swing with happy faces daily. The fifth grade has 24 smiling students and they are rocking the learning. There are also 3rd and 4th graders that visit daily for math, and they are putting in great effort.

This is the year that I am incorporating the new math curriculum that I was a part of writing last year. Third, Fourth, and Fifth grade are all finishing up forms of writing numbers like standard, written, expanded, expanded notation, and powers of 10. Of course, the level of difficulty increases with age. I am very proud of how much they can keep all the parts separated and showing the value of each place of the numbers. Next, they will each continue with comparing and ordering numbers of all kinds consisting of whole numbers, decimals, fractions, and mixed numbers. We practice daily and I am very proud of the hard work they are putting in.

In the language arts portion of the fifth-grade day, we are reading the book Holes. We are doing our Reading Mastery lessons that practice fluency and comprehension, writing parallel sentences and practicing subject and predicates in language. Also, our first spelling test was just completed.

A few extras that have been added into our academics was a visit from Dean Jacobs on the first day of school reminding us to dream and don't let fear stop us, and a trip to Bloomfield Community Schools for an internet safety presentation. The fifth-grade also attended a respect retreat put on by the Youth Frontiers group.

We are trying our best to follow our four school rules of being responsible, respectful, safe, and kind. It helps our day run smoothly because everyone knows what to expect. Also, we are trying to take our kindness into paying it forward. The students enjoyed paying a dollar to wear a hat to school, especially since they knew it was going to help the Burke, South Dakota school after their natural disaster.

#Together We Can

September Birthdays

2nd - Summer Key

3rd - McKaylee McClellan

4th - Rolando Jaimes, Delani Runnels

8th - Cort Chohon

11th - Clifton Kaup

12th - Raquella LaPointe

15th - Pearl Klug

17th - Cole Swanson

19th - Neveyah Brown

20th - Gabriel Flyinghawk

21st - Kalyn Nielsen , Elizabeth Traversie

22nd - Kennedy Reynolds, Austin Avery

23rd - Ozlita James-Hernandez

29th - JoWen Chiang

Student Council News

The new Student Council members for the 2019-2020 school year are
Seniors: Camden Eisenhauer (President), Ken Justo, Tala Henry, **Juniors:** Emily Parks (Vice-President), Cole Swanson, Makenna Guenther, **Sophomores:** Octavia Bluebird (Secretary), Daniel RedOwl, **Freshmen:** Summer Guenther, Kennedy Reynolds, **8th grade:** Danika Runnels, and **7th grade:** Lori DeCora. **Sponsors** this year are Mrs. DeKay and Mr. Parks. We are already busy working on scheduling Homecoming activities and planning events for later in the year.



ATTENTION PARENTS

Student Assurance Services regarding the 2019-20 Voluntary Student Accident Insurance Program

We have approached the time when fall sports are starting to play their first couple games and regular school session is underway. While some student athletes are starting to experience their first aches and pains due to participating in their sport, there are other families that might start to realize that their primary insurance could leave them with a sizable medical bill should their student sustain an accidental injury. This program is designed to not only assist families with their out-of-pocket medical expenses, but it also serves as a line of protection for your school district. If you have any questions or concerns, please feel free to contact us at (800) 328-2739 or e-mail www.sas-mn.com.

Please consider how much sleep your child is getting. It's hard to learn when you are sleepy.

3-6 Years Old: 10 - 12 hours per day

Children at this age typically go to bed between 7 p.m. and 9 p.m. and wake up around 6 a.m. and 8 a.m., just as they did when they were younger. At age 3, most children are still napping, while at age 5, most are not. Naps gradually become shorter, as well. New sleep problems do not usually develop after age 3.

7-12 Years Old: 10 - 11 hours per day

At these ages, with social, school, and family activities, bedtimes gradually become later and later, with most 12-years-olds going to bed at about 9 p.m. There is still a wide range of bedtimes, from 7:30 to 10 p.m., as well as total sleep times, from 9 to 12 hours, although the average is only about 9 hours.

12-18 Years Old: 8 - 9 hours per day

Sleep needs remain just as vital to health and well-being for teenagers as when they were younger. It turns out that many teenagers actually may need more sleep than in previous years. However, for many teenagers social pressures conspire against getting the proper amount and quality of sleep.

From Webmed.com

Welcome to Preschool!

On September 3rd, we welcome the preschool class for the 2019-2020 school year! We are excited to get to know all of the new children and watch them learn and grow throughout the year! The first couple of weeks of preschool will be all about getting to know our new friends, learning classroom expectations and getting to know our classroom routine. We currently have 11 pre-schoolers.

Here are some tips to keep in mind to help prepare your child for the start of preschool:

1. Develop a morning and evening routine.
2. Have a consistent and early bedtime.
3. Practice independent bathroom use and hand washing.
4. Give your child some independence. Let your child be involved in picking out their own outfit for the day and encourage your child to dress himself/herself, including putting on their own socks and shoes.

This will help your child to be well rested and become more independent, which will help with the transition from home/daycare to preschool. Also, this will decrease the amount of separation anxiety your child may feel coming to school for the very first time! The more consistent routine you can establish the better your child will do with the transition and create a less stressful environment.

We still have a few spots open and are still taking applications for the 19-20 school year! If you have questions, please feel free call the school at 402-857-3322 and ask for Stephanie McClellan the preschool family service worker.

We are looking forward to a fun and exciting year full of learning!

Sincerely

Niobrara Preschool staff: Mrs. Pavelka - Teacher, Ms. McClellan - Family Ser-



First Grade

The First graders are off to a running start!! We have 20 students in our class this year. Mrs. Eisenhower is in her 26th year of teaching at Niobrara, 14 years in 1st grade. The time has flown by. We have finished 3 weeks of learning already and that doesn't seem possible. The students in Math are covering the numbers from 1-120. They have been counting and making the numbers with cubes and blocks. We have also learned what numbers to 10 look like in ten frames, dice, fingers, dominos, tally marks, and in objects. We will be learning to write our number words to 10 in the next couple of weeks. In reading, they are working on sounding out and decoding words to become better readers. They can be practicing at home by reading books, labels, menus, and signs. In Science they started with figuring out what a Scientist is!! They all realized they are scientists because they are curious, observe things, ask questions, guess, experiment, listen, share, and solve problems! We reviewed the five senses and then went on a walk in the school and outside and wrote down what we saw, heard, smelt, felt, and we skipped tasting until the next day. We also did some smelling and tasting experiments. Ask them about that! Looking forward to a great year of lots of fun activities with these first graders!!!!



Volleyball

This year the Cougar volleyball team is made up of 25 girls. The girls worked hard this summer by attending Coach Rozy training and gained speed, quickness, and strength. They have been working hard on skills and fundamentals. The girls need to continue to work hard and discipline themselves to improve!! We began our season with a Jamboree Win over Bloomfield!! We have one senior; Emerson Randa, six juniors; Makenna Guenther, Kiera Moody, Winona Ware, Serina Babcock, Abby Frank, and Emily Parks, 6 Sophomores; Alexis Bartling, Octavia Blue Bird, Michaela Ravenkamp, Wichiana Grant, Allie Kotrous, and Chaney Konopasek, and twelve Freshmen; Ashely Parks, Natasha Henry, Summer Guenther, Ava Chohon, Harley Stark, Anna Rudloff, Karli Nielsen, Kennedi Reynolds, Bree Breithaupt, Phalynn RedOwl, Rikki Kitto, and Olivia Holz. Assistant Coaches: Hilary May and Karly Konopasek. Student Managers: Chloe Reynolds, Billie Pritchett, and Summer Vesley.



Miles of Smiles

North Central District Health Department and your school have partnered together to bring dental services to pre-school, elementary and middle school students. The service will be available at your school on **September 18th**. A Registered Dental Hygienist will provide a dental screening/checkup and apply fluoride varnish, which helps prevent tooth decay. For children covered by Kids Connection or Medicaid, this service is free of charge. A \$15.00 donation is appreciated if your child is not covered by these programs. **However, if you are unable to pay, your child will not be refused service.** Children participating will also receive oral health education, along with a free toothbrush and toothpaste. A note will be sent home with your child if any areas of concern are found during the checkup. This service does not take the place of regular checkups by your family dentist or daily brushing and flossing. You are encouraged to allow your child to participate in the screening and preventive fluoride application even if you have a family dentist. Parent permission is required for children to receive services.

Fluoride Varnish Facts

- sticky, honey-like material applied to the teeth with a small brush
- fluoride varnish is safe, adheres to the teeth once it comes into contact with saliva
- fluoride varnish is approved by the American Dental Association and the Federal Drug Administration

Fluoride varnish should be applied up to 4 to 6 times per year, and can decrease further cavity development by about 38%.