

OCTOBER 2023

## A MESSAGE FROM MRS PETERSEN

The students of Spring Ridge Elementary continue to amaze me with their desire and enthusiasm to learn. They are focused on learning and giving their best efforts. Parents, thank you for emphasizing the importance of school by helping your child view themselves as responsible learners. As I have mentioned before, parent support continues to be one of the greatest assets of the Spring Ridge Community.

Improvement in literacy and math skills will be the focus of our School Improvement this year. The Spring Ridge staff has developed action plans in these areas through the continuation of effective implementation of the Wonders reading curriculum, as well as through a strong Writer's Workshop and a solid math block. As a part of our action plans, teachers will spend time during the September 28 and October 20 Staff Development Days really honing in on the new reading/language arts standards as well as effective small group reading instruction to meet the individual needs of learners. We will also be analyzing data to plan targeted lessons to meet the individual needs of students during intervention and enrichment times each day. Thank you to all of you for your support in helping your child(ren) become strong readers, writers, critical thinkers, and problem solvers!

*Laurinda Petersen*

Spring Ridge Principal



## UPCOMING IMPORTANT DATES

- October 4 - 2nd Grade Field Trip to Arbor Day Farm
- October 12 - Author Visit - Jerry Pallotta
- October 16 - PTO Meeting, 7:00 PM
- October 19 - Health Screenings
- October 20 - NO SCHOOL-Teacher In-Service
- October 25 & 26 - 5th Grade Outdoor Ed.
- October 27 - Picture Retakes
- October 27 - Kindergarten Field Trip to Schramm
- October 27 - Report Cards Go Home with Students
- October 31 - Halloween Parade/Parties 2:15 PM



## ITS SPOOKY TIME!

The Halloween parade will be held on Tuesday, October 31 at 2:15 PM. Remember: no face make-up, hair dye/spray or toy weapons will be permitted as part of the costumes.

The Halloween Parade will be followed by Halloween Parties for students in the classroom. (The Halloween parade will start outside on the blacktop of the 2nd through 5th playground and will go east along the north sidewalk of the staff parking lot. It will continue south on 178th Street and then will turn west and head up the front drive of the school to the front doors of the school building.)



## PICTURE RETAKES

Picture retake day is Friday, October 27th. If you want your child to have their pictures retaken, they will need to return their old pictures on retake day. Please also fill out the picture retake form and send it with your child that day. Students who were absent on Picture Day will also have their picture taken on retake day.

## KINDERGARTEN ROUND-UP



During the week of January 22nd, we ask that parents go online to register kindergarten students for the 2023-24 school year. We will then use this registration info to invite kindergarten parents to a Parent Kindergarten Round-Up Meeting on Monday, April 1st at 6 PM. Kindergarten Round-Up will be held on Friday, April 5th from 9-11 AM. Current kindergarten students will not have school on Friday, April 5th

**SPRING RIDGE APPAREL**

Orders are currently in production! Look for items to come home in backpacks the first week of October.

The advertisement features a central text area surrounded by various clothing items. The items include a teal jacket, a blue cap, a pink skirt, a purple vest, a yellow shirt, a pink dress, a blue hoodie, a pink top, a green skirt, a blue jumpsuit, a purple top, an orange top, a blue skirt, a pink top, a green polo, a red high-heeled shoe, and a purple blazer.



## **EFFECTS OF SOCIAL MEDIA ON STUDENT MENTAL HEALTH**

*An educational panel for parents*

**WEDNESDAY, OCTOBER 18, 2023**

**6:30 - 8:00 PM**

**ELKHORN SOUTH HIGH SCHOOL AUDITORIUM**

*Additional details will be shared soon via direct email from Elkhorn Public Schools.*

### SAVE THE DATE

EPS presents “Effects of Social Media on Student Mental Health”, an educational panel for parents. Stay tuned for additional details.

[Elkhorn Sounds of Excellence Marching Band Invitational 2023](#) is a joint effort of the three high schools in the Elkhorn Public Schools district. It is a celebration of high achievement in marching band and features performances from EHS, ENHS, and ESHS bands!

### Community Resources

Community organizations exist that serve Elkhorn families in need of additional support and assistance. Review [this linked flyer](#) for additional information or contact your child’s school counselor for assistance.



### **EPS Text Messages**

In an effort to ensure the timely communication of important information, EPS utilizes text messaging to communicate with families. As part of this process, EPS families interested in receiving text messages must opt-in by texting “Yes” to 67587. Doing so will provide the permission we are required to secure in order to send text messages to your mobile device. Once you have sent “Yes” to 67587, you will receive a text confirming your participation.



# HAPPENING IN OUR DISTRICT



### **Project SEARCH Business Advisory Council**

Project SEARCH, an EPS partner program serving young adults with disabilities, is seeking additional businesses to be part of the “Project SEARCH Business Advisory Council”. The goal of the Business Advisory Council is to increase overall employment opportunities for Project SEARCH interns by networking and promoting the goal of competitive employment for people with disabilities. If your business is interested in participating or you would like to learn more, please contact Andrea Street at [astreet@epsne.org](mailto:astreet@epsne.org).



October

## COUNSELING CORNER

### Parenting Pathways

**Anxiety** is the uneasy feeling people get when your body is responding to stress, worries, or fears of the unknown. This is common for children, but they still need to be taught and coached in the moment to understand and react to their body's signals in healthy ways. Children may have physical responses to anxiety for example: experience an upset stomach, feel nauseous, racing heart, weak legs, sweaty body, foggy mind, headache, and shaky hands. This uncomfortable feeling can seem overwhelming for kids, because they may not understand where the feeling is coming from, however this feeling is very real to their body.

The most important thing to do with your child is listen and help them to manage and work through the feeling. An adult can do this by helping the child to identify what they are feeling by pointing out physical cues that you see and ask them to describe what they are feeling on the inside. Once this feeling is named, you can help the child use a strategy to quiet the body and reduce the intensity of the sensations.

You can also label your own feelings by narrating your thoughts to your children. For example you could say, "Mommy is feeling really anxious about a presentation at work today. My stomach feels like it is in knots and my heart is beating fast. I know that taking deep breaths will help quiet my body." This is called the "think out loud" teaching strategy and allows the child to hear the inner self-talk of an adult. This can be highly effective in showing your child when and how to use strategies.

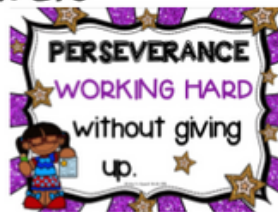
If adults dismiss a feeling by saying, "Oh it's not a big deal", "You are fine", or "Don't worry about that", we are not teaching the child how to handle the emotion for future situations. By dismissing feelings, we teach our kids that they are not able to correctly identify their own feelings. The situation may seem small to us, but in their little minds, it is large and overwhelming. Giving children a toolbox of strategies helps foster the skills to be emotionally stable adults.

Working through these emotions, especially with the little ones, can feel daunting. Remember that their little brains are still under construction and our guidance, love and support is what they need most to help process the strong, uncomfortable feelings.

### SOM Character Trait

You can help your child with perseverance by helping them with positive self-talk. Encourage them to say...

- It's okay if I'm not perfect, I can keep trying!
- I can do hard things!
- Even though I don't want to, I will!
- I got this!



### Try it!

#### HOW TO CALM YOUR ANXIETY SPOT



From the tip of my finger to the middle of my palm, I can do this! I can be calm!



This worry grew too big, and cannot stay, take a deep breath and blow it away!

#### Cuddles & Covers

A Little Spot of Anxiety is a story about identifying and calming worries.





## SPRING RIDGE ELEMENTARY

**OCTOBER 2023**

### PTO NEWS



#### THANK YOU EAGLES!

Our schools only fundraiser, Spring Ridge Fun Run, was an amazing success. It never would have happened without the support of family and friends of our students.

We are so happy to announce that we did it! We will be getting brand new library soft seating! We can't thank you enough!

MAGGIE BROCKMANN  
PRESIDENT

HANNAH WIEGER  
PRESIDENT-ELECT

#### IMPORTANT DATES

- 10/04: 2nd Grade Field Trip
- 10/12: Author Visit
- 10/16: PTO Meeting: 7pm
- 10/25: 5th Grade Outdoor Ed
- 10/26: 5th Grade Outdoor Ed
- 10/27: Picture Retakes
- 10/31: Halloween Parties & Parade: 2:15 pm

Thanks are in order to our **AMAZING Fun Run Team!** Without your drive, support, and volunteer time our students wouldn't have had the time of their lives and we wouldn't be fitting our library with the much needed new furniture!

A red pushpin is pinned to the top left corner of the white sticky note.

Thank  
you! :)



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## **SPOOKTACULAR HALLOWEEN PARTY & PARADE**

**TUESDAY, OCTOBER 31ST  
2:15 PM**

**WANT TO HELP IN YOUR CHILD'S  
CLASS?**

**WATCH FOR THE CLASS PARTY PARENT  
SIGN-UP  
IN THE PTO EMAILS!**





**HALLOWEEN KIDS**

# **COSTUME PARADE**

**31st**  
October

**STARTS**  
2: 15PM

The illustration features two children in the center. The child on the left is dressed as a black cat, holding a black cat. The child on the right is dressed as a green pumpkin. Below them are five pumpkins with various designs: a pirate, a purple star, a pink heart, an orange jack-o'-lantern, and a blue skull. The background is purple with a spiderweb in the top right corner and two orange spiders hanging from the top left.





## PICTURE RETAKE DAY

OCTOBER 27TH



SAY CHEESE!

# Health Screenings

WE NEED 30 VOLUNTEERS TO HELP WITH HEALTH SCREENINGS ON:

**OCTOBER 19TH**  
8:15 AM - 11:00 AM

WATCH FOR THE SIGN-UP IN THE NEXT PTO EMAIL.





OCT 26/27

## SPRING RIDGE

OUTDOOR EDUCATION

5TH GRADE

**EACH REUSABLE  
BAG SOLD  
GENERATES A \$1  
DONATION**

**HYVEE  
180TH & PACIFIC**



**SPRING RIDGE ELEMENTARY PTO BENEFITS  
ALL OCTOBER!**





# OCTOBER

## ▶▶ PTO MEETING

GUEST:

 **October 16, 2023**

 **At 7:00 pm**

 **Spring Ridge  
Library**



**Dr. Bary Habrock**  
SUPERINTENDENT  
ELKHORN PUBLIC  
SCHOOL

Conversation:

**Upcoming bond  
and how it  
affects you.**

**\*Date Changed  
from 10/09**



The Spring Ridge Review is a monthly newsletter published by the staff and volunteers of Spring Ridge Elementary School, Elkhorn Public Schools in Omaha, Nebraska.

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## LINKS



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PTO Emails!



SPRING RIDGE  
SCHOOL DIRECTORY