

SEPTEMBER 2023

## A MESSAGE FROM MRS PETERSEN

Welcome to the 2023-2024 school year! It is hard to believe that we already have 2 weeks under our belt! Students have transitioned well from summer break to the start of a brand new school year. Thank you for your help in making this transition go very smoothly!

On behalf of the students and teachers, I would like to extend a huge THANK YOU to our PTO for decorating the school campus for our first day, assisting the teachers with classroom materials, and making Open House a success. Thank you for your support in making Spring Ridge Elementary a great place to learn.

Our school theme this year is "We Shine When We Are Kind"! We know that through strong teamwork between parents, staff, and community members, we can ensure that each child will reach their individual potential academically, socially, and emotionally. Thank you for your commitment to this teamwork!

This year Parent-Teacher Conferences will be held in September again. We are scheduling PT Conferences just as we have the last couple of years, by using an on-line conference scheduler called Pick-A-Time. Parent-Teacher Conferences will be on Tuesday, September 26th and Wednesday, September 27th from 3:00 p.m. to 7:00 p.m. each evening. Directions will be sent home with your child on Friday, September 1st, so you know how to proceed with scheduling your child's time. This is a first-come first-serve scheduling software. The on-line scheduler will open up at 10:00 a.m. on Monday, September 11, 2023 and will close at 11:59p.m. on Sunday, September 24, 2023. As a result, the sooner you register the more likely you are to get your preferred time. In addition, if you have more than one student, it will not allow you to schedule them back-to-back. The one exception is if you have children who have the same teacher. It will require a fifteen-minute time slot between the two conferences. This allows for travel time and for conferences that have gotten behind schedule. Once you begin the process, if you have questions please feel free to contact the office (402-637-0204) or your child's teacher.

Please know that throughout the school year my door is always open. Never hesitate to set up a time to meet with me. You can also email me at [lpetersen@epsne.org](mailto:lpetersen@epsne.org) or you can call me at 402-637-0204. Thank you again for a great start to this school year!

*Laurinda Petersen*

Spring Ridge Principal



## UPCOMING IMPORTANT DATES

- September 4 - Labor Day - NO SCHOOL
- September 8 - School Picture Day
- September 8 - Spring Ridge Family Fun Fest, 5-7 PM
- September 25-27 - Book Fair
- September 22 - Spring Ridge Fun Run (Each class is assigned a time slot during the school day.)
- September 26 & 27- Parent/Teacher Conferences; Early Dismissal 2:06 PM - Mid Quarters are given to parents at Parent/Teacher Conferences.
- September 28 - NO SCHOOL- Teacher In-Service
- September 29 - NO SCHOOL

## Plan to Attend Parent-Teacher Conferences September 26 and 27

Tuesday, September 26 and Wednesday, September 27, Spring Ridge Elementary will be conducting parent-teacher conferences. The parent-teacher conference is a unique opportunity to gain a fresh perspective on your child's progress in school and to share your parental insights with the teacher. You will want to use this limited time to its best advantage. Sharing information about your child with his/her teacher will enable us to provide a learning program that will best meet the needs of your child. We hope that the conferences are productive and provide you with a true understanding of the progress your child is making in the classroom. Directions will be sent home with students on Friday, September 1st regarding how to schedule your PT Conference Time for your child through the Pick-A-Time website/tool. If you have questions, please contact the Spring Ridge Office 402-637-0204.



## PLEASE SIGN IN AT THE OFFICE

All visitors (including parents) who enter the building must sign in at the office. This procedure is in place as a part of our safety plan. We encourage you to have your children walk to their classrooms themselves after you drop them off in the morning. It instills a sense of independence for them.



## HELPFUL REMINDERS

The beginning of the school year is a great time to remind students and parents about general procedures followed at school each day. These will help ensure a successful day and year for children, families, and teachers. Thank you!

- Look through your child's backpack and go over the items sent home each day with your child.
- Help your child remember to return papers as they are due.
- Help your child arrive to school on time.
- Call the office 402-637-0204 each day your child will be tardy or absent.
- Sign in at the office and wear a visitor's badge every time you are in the building.
- Deliver forgotten items to the office, not the classroom.
- Send a note with your child if he/she is doing something different after school (car-pooling instead of walking, etc.)
- Come into the office to sign your student out during the day.



## NO DOGS ON SCHOOL GROUNDS

Just a reminder that dogs are not allowed on school grounds when school is in session. Even the most well-mannered dogs, when surrounded by little hands and loud voices of children, may react in a way that we would not expect. In addition, some of our children are allergic to dogs. Thank you for your help with this!





## TRAFFIC REMINDERS



It's no secret that Spring Ridge Elementary is not the easiest to navigate when dropping and picking up children. Even veteran Spring Ridge parents find it easy to forget the specifics of daily drop-off and pick-up. The utmost priority is the safety of our children. One accident at the school is one too many.

### Here are a few basic reminders:

#### Morning Drop-off Procedures -

1. Students may be dropped off curbside between the designated orange cones at the front of the building. Always enter the drive from the east and remain in the right lane (curbside). Keep moving forward as far as possible. Please stop only once between the orange cones.
2. Students may be dropped off along the west curb of 178th Street. Note 178th Street is a one-way north between the hours of 7:00 A.M.-9:00 A.M. and 2:00 P.M.-4:00 P.M. Students may use the sidewalks along the staff parking lot or the sidewalk along the front of the building to bring them to the appropriate entrance. Please do not use the staff parking lot to drop off or pick up students.

#### Afternoon Pick-up Procedures:

1. Students are to be picked up curbside at the front entrance of the building. Always enter the front drive from the east and remain in the right lane (curbside). Keep moving forward as far as possible, picking up children between designated cones. Please do not use the drive-through lane for picking up children. Students are not allowed to walk through traffic. Please do not leave your car unattended if you are parked curbside as this disrupts the flow of traffic.
2. Students may be picked up along the west curb of 178th Street. Please do not park in front of a safety crosswalk. This places our safety patrol students in a dangerous position. The parked cars can obstruct the view of on-coming traffic. Thank you!





## MEETING WITH TEACHERS

Parents wishing to confer with teachers are asked to call the school office or e-mail the teacher. If the teacher is unable to take your call, we will gladly leave them a message to return your call at their earliest convenience.

If wishing to meet in person with a teacher, please schedule an appointment in advance. Often, teachers feel bad when a parent arrives at school to confer with them and they cannot meet with that parent due to other demands and responsibilities placed upon them. By scheduling an appointment they will be prepared to meet with you to address your questions and/or concerns.

## *Spring Ridge Fun Run* **Support Our School!**

We're raising \$20,000 for soft seating in the library, and we need your help!

**Now: Register at [MyBooster.com](https://www.mybooster.com)**

**9/8-9/21: Kids fundraise and earn prizes**

**9/22: Fun Run at Spring Ridge**



 [springridgefunrun@gmail.com](mailto:springridgefunrun@gmail.com)

*Register now!*



## Meet the school counselor!



Mrs. Overby

### all about me:

Hello! I'm thrilled to embark on my 5th year as the school counselor here at Spring Ridge. I am grateful to call Spring Ridge home and cannot wait to continue to teach our little eagles!

I enjoy spending time with my family, which includes my husband and our two little boys. We love going to the zoo, safari park, SAC museum and the neighborhood parks. We also spend our nights playing superheroes, having dance parties, and playing outside.

Thank you for taking time to learn about me and my role at Spring Ridge! I look forward to learning more about you and your families.

### how can i help?

My role is to support the social and emotional learning (SEL) needs of all the students at Spring Ridge.

I provide guidance lessons every other week in your child's classrooms. As well as individual/small group skill building, SAT goal setting and interventions, 504 plans, TeamMates Mentoring coordination, community resource connections, consultation, crisis response and more!

My goal is to serve the SEL needs of our Spring Ridge Community so students can be available to learn and grow to the best of their ability. Please reach if I can be of support!

Click here for more information about the role of  
[-Professional School Counselors-](#)



### let's connect!



402-637-0204 x48011



loverby@epsne.org



## COUNSELING CORNER

September

### Parenting Pathways

Ever wonder why your kiddo has nothing to say after a whole day of activity in school? It's not that nothing happened worth talking about, it's more likely that the great questions you're asking just need to be asked a little later. Giving kiddos a chance to decompress after school before expecting them to tell us all about it is okay and necessary!

Here are some things to try before asking questions...

- I'm so glad to see you.
- You look like you worked hard today!
- I'm so proud of you.
- I'm so glad I am your \_\_\_\_\_ (Mom, Dad, etc.).
- Hi! (pair with a warm smile and a pause)
- Give a hug, fist bump or pat on the back

Later when they are ready, try some of these!

#### What to say to your kid instead of "how was school?"

<b>FEELINGS</b>	<ul style="list-style-type: none"> <li>• Did anything make you feel happy today?</li> <li>• Did anything make you feel sad today?</li> <li>• Tell me about one thing you did today that made you feel great (and why).</li> </ul>
<b>FRIENDSHIPS</b>	<ul style="list-style-type: none"> <li>• Why were you rough today?</li> <li>• Why did you play well?</li> <li>• Is there someone you want to be friends with that aren't yet?</li> </ul>
<b>LEARNING</b>	<ul style="list-style-type: none"> <li>• Can you teach me a song you sang?</li> <li>• Tell me about a story you read (what did you like about it?)</li> <li>• Tell me something you learned today that you didn't know previously.</li> </ul>
<b>CLASSROOM DYNAMICS</b>	<ul style="list-style-type: none"> <li>• What games did you play at recess?</li> <li>• What are you most looking forward to tomorrow?</li> <li>• Did you see anyone being kind/unkind today?</li> </ul>



### Try it!



**What:** Candle breathing is a visual way for kids to stop and take five controlled breaths.

**How:** Hold five fingers open in front of your mouth. Blow on each finger as if you were blowing out a candle and put the finger down. Repeat until all fingers are down.

### Cuddles & Covers

This is a great book to encourage kids to talk about their feelings and empowers them to take control.



### SOM Character Trait

Help your child to not only respecting adults, but also other peers and themselves. I also like to encourage them to respect spaces and items within them.





## Calling All Mentors!

Elkhorn Public Schools is in need of mentors like you to help our students reach their full potential. It's a weekly commitment of 20-30 minutes, but the impact lasts a lifetime. Please consider volunteering your time!

**OUR MISSION**

To positively impact the world by inspiring students to reach their full potential through mentoring.



**Chapter mailing address**

TeamMates Mentoring Program of Elkhorn  
20650 Glenn St.  
Elkhorn, Nebraska. 68022

**Chapter Coordinator(s)**

Kara Perchal  
Phone: 402-289-2579 ext 10301  
[kperchal@epsne.org](mailto:kperchal@epsne.org)

Together We Transform Lives

**TEAMMATES**  
MENTORING  
of ELKHORN

**TO BE A MENTOR**

<p>What?</p>	<p>One-to-one, school-based mentoring program</p> <p>Weekly meetings during non-core class time</p> <p>Focused on building a trust-based relationship with a student.</p>
<p>Who?</p>	<p>Adults ages 18+ are eligible to apply.</p> <p>Pass background check and reference checks.</p> <p>Willing to meet with a student once per week during the school year.</p>
<p>How?</p>	<p>Learn more about the program and apply online at <a href="http://www.teammates.org">www.teammates.org</a>.</p> <p>The need exists, as there are currently students waiting to be matched with a mentor.</p>

Have questions? Contact Kara Perchal at [kperchal@epsne.org](mailto:kperchal@epsne.org).

[Check out the most recent issue of the Elkhorn Express, featuring first day of school photos, by clicking here.](#)







## Note from the Nurse...

### ~Physical and Immunization Requirements~

Nebraska law requires that all school children have a physical examination upon entry into school, at seventh grade, and when transferring from an out-of-state school. Students must also provide proof of a visual evaluation to include testing for amblyopia, strabismus, internal and external eye health and visual acuity upon entry into school and when transferring from an out-of-state school. The law also requires your child be immunized and provide proof of immunization before attending classes. All 7th grade students are required to have a Tdap vaccine. Please visit this link: [Summary of the School Immunization Rules and Regulations](#) to view specific vaccine requirements for the age of your child. If you have not turned in your Kindergarten, 7th grade, or new out-of-state student's paperwork, please do so ASAP.

### ~Medication Policy~

If your student requires any medication (over-the-counter and/or prescription) while at school, each medication must have a [Medication Authorization Form](#) signed by the parent and a physician before we can administer. All medications must be unexpired and provided in the original packaging and/or pharmacy container. For prescription medications, please only provide a maximum of 30 day supply at a time. All medication must be dropped off in the office by a parent or guardian. Also, if you believe your student is capable of managing their own inhaler or epi pen while at school, here is the link for the [Self-management Of Asthma and Severe Allergy \(Anaphylaxis\) at School Consent/release form](#).

### ~Students with Asthma, Severe Allergies, Diabetes, and/or Seizures~

If your child has asthma, severe allergies, diabetes, and/or seizures, and you have not yet done so, please submit an [Action Plan](#) signed by your physician. Plans must be updated annually.

### ~Sick Child Policy~

Just a reminder to monitor your child for symptoms of illness and to keep them home if they have any of the following: fever >100.0, vomiting, diarrhea, rash, head lice, eye infection. Students must be free of these conditions for 24 hours before returning to school.

As always, please let me know if you have any questions or concerns!

Thank You! Elizabeth Page, RN, BSN

[epage@epsne.org](mailto:epage@epsne.org)





## SPRING RIDGE ELEMENTARY

**SEPTEMBER 2023**

### PTO NEWS



#### FAREWELL SUMMER

School has begun and our students have been so excited to get back. This September we have many amazing events that we could use parent participation. Please be on the lookout for volunteer slots that need filled.

To continue having these events, we absolutely need your help!

MAGGIE BROCKMANN  
PRESIDENT

HANNAH WIEGER  
PRESIDENT-ELECT

#### IMPORTANT DATES

9/04: NO SCHOOL

9/08: School Picture Day

9/08: Family Fun  
Fest

9/22: Fun Run

9/25:  
9/27: Book Fair

9/26: Parent Teacher

9/27: Conferences



[contact@SpringRidgePto.com](mailto:contact@SpringRidgePto.com)

**Thank  
You!**

The Spring Ridge PTO wants to give a huge shout-out to ANGELA FISHER for designing our new and improved PTO website.

She has developed a user-friendly and easy to access website for us all!



SPRING RIDGE ELEMENTARY

SEPTEMBER 2023

PTO NEWS

NEW

SCHOOL  
DIRECTORY

SCAN  
ME



REMINDER

No birthday invites at school. Please add your family's details to the school directory so your child can be invited to parties!

2023-2024 EXECUTIVE BOARD



maggie brockmann  
president



hannah weiger  
vice president



supriya deshmukh  
treasurer

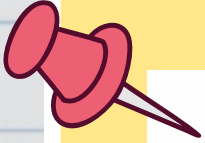


nicole hoogeveen  
secretary



[www.SpringRidgePto.com](http://www.SpringRidgePto.com)





## SPRING RIDGE ELEMENTARY SPIRITWEAR SALE!

### T-SHIRTS



HEATHER COLUMBIA BLUE

\$17 per each YS-4x  
+\$2 for 2x, +\$3 for 3x, 4x, & 5x



HEATHER MAGENTA

ATHLETIC HEATHER

### YOUTH PERFORMANCE SHIRTS



SP CHARITY PINK

\$16 per each YS-YXL



SILVER

### YOUTH CREWNECKS



SAFETY PINK

\$20 per each YS-YXL



SPORT GREY

### CREWNECKS

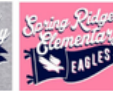


CAROLINA BLUE

\$20 per each S-3x  
(4x & 5x only in Sport Grey)  
+\$2 for 2x, +\$3 for 3x, 4x, & 5x



SPORT GREY



SAFETY PINK

### HOODIES



\$28 per each YS-5XL

+\$2 for 2x, +\$3 for 3x, 4x, & 5x



LIQUID SILVER INK  
ON NAVY



LIQUID SILVER INK  
ON NAVY



BEARS NAVY INK  
ON LIGHT PINK



BEARS NAVY INK  
ON CAROLINA BLUE



BEARS NAVY INK  
ON GRAPHITE

[HTTPS://STORES.INKSOFT.COM/SPRING\\_RIDGE\\_PTO/](https://stores.inksoft.com/spring_ridge_pto/)

**ORDER BY SEPTEMBER 15**

**SUPPORT SPRING RIDGE! MORE ORDERS = MORE \$ TO PTO**





 **SPRING RIDGE  
PTO**

**COME & JOIN US FOR OUR**  
**FAMILY FUN  
FEST**

**FRIDAY AT SPRING RIDGE  
SEPTEMBER 8 PLAYGROUND**  
**5:00PM-7:00PM**

**FOOD TRUCKS**

*Events*

Bounce House, Obstacle Course, Eagle Salon, Raffle Prizes, Food Trucks, Photo Booth, Live DJ, Face Painting Artist, Bingo!

For more information:  
[www.SpringRidgePto.com](http://www.SpringRidgePto.com)



**FAMILY FUN FEST TICKET SALE**

**\$1.00/TICKET**

Tickets are for the raffle, photobooth & face painting artist

★ PHOTOBOOTH WILL COST 2 TICKETS  
★ FACE PAINTING ARTIST WILL COST 1 TICKET



**RAFFLE TO INCLUDE**



SEAT SWAP

LUNCH WITH THE LIBRARIAN

PAJAMA DAY

MUSIC PROGRAM  
FRONT ROW SEATS

EAGLE REPORT GUEST

ART PIECE BY MRS. BROWN

LUNCH WITH THE PRINCIPAL

GAGA PIT TIME FOR CLASS

ART PIECE BY MRS. PETERSEN

PE TEACHER FOR THE DAY

ELECTRONIC DAY

EXTRA RECESS

LUNCH OUTSIDE WITH SMALL GROUP OF FRIENDS

FIRST PICK AT BOOK SWAP





**PICTURE  
DAY**

**SEPTEMBER  
8TH**



## **SPRING RIDGE + LA CASA PIZZA PARTY**

WEDNESDAY, SEPT. 13TH (11AM- 9PM).

**10% BACK TO THE SCHOOL**

**DINE-IN, CARRYOUT, CURBSIDE  
168TH & JACKSON ST**

**CALL TO ORDER: 402.506.6868  
[WWW.LACASAPIZZAOMAHA.COM](http://WWW.LACASAPIZZAOMAHA.COM)**

**FREE  
Italian Ice  
Cream!  
For all  
students!!**





The Spring Ridge Book Fair is just around the corner! Come join the fun and get some great books to help promote a strong school year of reading!

Monday, September 25: 3-4:30  
Tuesday, September 26: 2-7:00  
Wednesday, September 27: 2-7:00

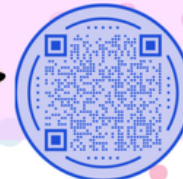
Visit our webpage for more information and to set up your student's eWallet



## HELP STOCK THE STAFF LOUNGE



Spring Ridge PTO wants to monthly say **THANK YOU** to our staff by stocking them up with drinks and treats. If you are wanting to help contribute, sign-up any time





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.

Address

17830 Shadow Ridge Drive Elkhorn, NE 68130

Principal

Laurinda Petersen

lpetersen@epsne.org

Secretary

Muriel Manske

mmanske@epsne.org

## LINKS



Subscribe to  
PTO Emails!



SPRING RIDGE  
SCHOOL DIRECTORY