

NOVEMBER 2023

A MESSAGE FROM MRS PETERSEN

Dear Spring Ridge Families!

As Thanksgiving draws near, it is an ideal time to remind ourselves and our children of all the blessings we share. The Spring Ridge staff and I are truly grateful to the Spring Ridge parents and community for their continued support and generosity. You are always there when we need you volunteering in the classroom, helping at a class party, assisting with a fundraiser or helping in the workroom; you see the need and you are there as TOGETHER we help our children learn and grow. Thanks for all that you do! We wish you and your family a very Happy Thanksgiving.

Laurinda Petersen

Spring Ridge Principal



UPCOMING IMPORTANT DATES

- November 6- PTO Meeting, 7:00 PM
- November 21 - Mid Quarter Reports Go Home
- November 22-24 NO SCHOOL- Thanksgiving Break

LOST & FOUND

Please visit our Lost & Found for items that are missing. Our Lost & Found is growing at a very fast pace. All unclaimed items will be donated during winter break.



WEATHER REMINDERS



School closings will be announced on radio station KFAB (1110) and TV stations. Elkhorn families will also receive an announcement via School Messenger, the automated telephone announcement service. When it begins snowing during the day, we receive numerous phone calls asking if parents can pick up their children. Our answer is that it is a parent's choice to come pick up their children in case of inclement weather.

Cool weather is headed our way! Coats, hats, and mittens will be needed most days for Walking Club and recess. It is helpful if you can put your child's name in coats. We can easily return items to your child if there is a name on the tag.



November

COUNSELLING CORNER

Parenting Pathways

What is Anger?

Anger is a natural emotion that children, as well as adults, experience when they are feeling frustrated, overwhelmed or are unable to express their needs or desires effectively. Anger may manifest as screaming, hiding, stomping, crying, or even a full tantrum. It may be hard to understand or accept that this is a completely normal part of childhood development, but it aids in brain development. During these outbursts, adults must remember that a child's brain is continually under construction and needs guidance to help effectively manage big emotions.

What can a parent do to help meltdowns?

- **Model the behavior you want to see**
 - Children are always watching. How parents and adults handle angry feelings around a child is how the child will learn to manage their own.
- **Validate their feelings**
 - "I saw that Lincoln took your toy. That made you feel really angry. It's okay to feel angry." Allow the child to understand that they are allowed to be upset and that you will be there to help them work through it. Then, move forward and offer choices if the child is calm enough.
- **Teach emotional awareness**
 - Identifying for the child what angry looks like including a red or sweaty face, scrunched face, and tight fists. You can also discuss what it feels like such as a racing heart, tight body, headache, or upset stomach. Practicing in the mirror so they can see themselves is highly effective.
- **Create a safe environment**
 - Create a calm corner at home!
- **Open communication**
 - For example, "Mommy got really frustrated at work today. I could feel my heart beating faster and my body felt tight. I knew that I could calm my body down by taking deep breaths. So I took three deep breaths and was able to feel comfortable again. What about you? What feelings did your body feel today?"
- **Seek professional help**
 - After using strategies consistently, if you are not able to see improvements, asking a professional for help is a great option. Therapists and counselors can work with the individual child as well as the family to help manage and calm big emotions.

Try it! Create a Calm Corner!

Just like adults, kids need an outlet for managing their strong feelings in a comforting and safe environment. Create child friendly space, defined as a "calm corner." In a calm corner, you could include pillows, coloring sheets, fidget toys, playdough, and other calm-down tools along with breathing posters and books. A calm corner should NOT be a timeout space or used as a punishment, but instead a safe place for emotional regulation. Once this space is set up in the home, an adult will need to teach the child how and when to use this space appropriately. As with anything, practice will help solidify a routine for effective use of the space.



Cuddles & Covers

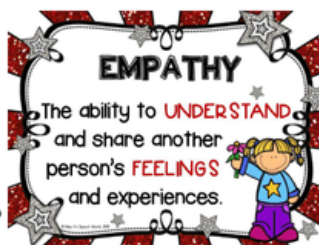
The octopus realizes that being angry does not feel good. He learns strategies to get the angry feelings out of his body.



SOM Character Trait

You can help your child with empathy by helping them with perspective-taking.

- How did the other person feel?
- How can your actions change their feeling?
- What can you do if someone is sad?





ONLINE SAFETY FOR PARENTS, GUARDIANS, AND THE COMMUNITY

as presented by Project Harmony
and offered in partnership with Elkhorn Public Schools

**WEDNESDAY, NOVEMBER 15, 2023
6:30 - 8:00 PM
ELKHORN HIGH SCHOOL AUDITORIUM**

SAVE THE DATE

On Wednesday, November 15 at 6:30 PM, EPS will partner with Project Harmony as they present "Online Safety for Parents, Guardians, and the Community" at Elkhorn High School. This event is free and open to the public, and registration is not required.

WE'RE HIRING

EPS is currently seeking to fill open teacher assistant positions, specifically in the following areas:

- *Secondary TA: assist with general and special education students in grades 6-12 in the areas of small and large group academic work, academic interventions, student supervision, and basic clerical duties.*
 - *Starting Wage: \$16.70/hour*
- *English Learner TA: assist students who have limited English proficiency by supporting EL services under the direction of a certified regular education teacher.*
 - *Starting Wage: \$17.25/hour*
- *Young Adult Program TA: assist young adult learners with verified disabilities in the areas of classes, vocational opportunities, and community experiences.*
 - *Starting Wage: \$17.20/hour*

To learn more about open teacher assistant positions or complete an online application, please visit <https://bit.ly/epsjobs>.



HAPPENING IN OUR DISTRICT


WE'RE HIRING

**APPLY NOW AT
WWW.ELKHORNWEB.ORG**

**ELKHORN HIGH DANCE TEAM
JUNIOR DANCE CLINIC**
Under the Sea

Saturday, December 9th 3:00 – 6:30 pm
at Elkhorn High School
Students K–8th Grade
\$45 Per Dancer

Cost includes T-shirt, snack, two tickets to the basketball game, craft time, and a half-time performance with the dance team!



<https://tinyurl.com/y2ravm8h>

ELKHORN
PUBLIC SCHOOLS

HAPPENING IN OUR DISTRICT

ELKHORN
PUBLIC SCHOOLS

BOND ISSUE

VOTER INFORMATION

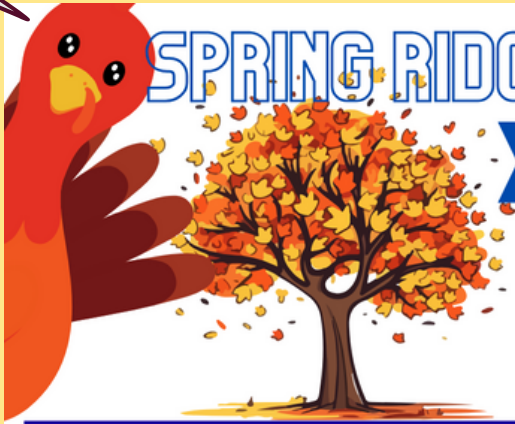
Ballot Drop Box Locations
Bess Johnson Public Library,
2100 Reading Plaza, Elkhorn

Spring Ridge Shopping Center
17809 Pierce Plaza, Omaha

Douglas County Election
Commission Office
12220 W Center Rd, Omaha

BALLOT SUBMISSION DEADLINE
Tuesday, November 14 by 5:00 PM

REMINDER: Ballots for the EPS Bond are due on Tuesday, November 14, 2023, no later than 5:00 PM. Ballot drop boxes are located at Bess Johnson Library, Spring Ridge Shopping Center, and the Douglas County Election Commission Office. For additional details about the proposed bond, please visit <https://bit.ly/45cjg9C>.



SPRING RIDGE ELEMENTARY

NOVEMBER 2023

PTO NEWS

IMPORTANT DATES

- 11/06:** PTO Meeting @ 7:00 PM
- 11/08:** Makery Door Hanger Drive End
- 11/17:** Makery Door Hanger Pickup
- 11/18:** Goldfish Family Swim Event
- 11/22-11/24** Thanksgiving Break

THANKFUL

We want to take this time to say how thankful we are for everyone who helps make the PTO and our events such a success. It takes a village and we are so grateful to everyone who volunteers and donates.

MAGGIE BROCKMANN
PRESIDENT

HANNAH WIEGER
PRESIDENT-ELECT



Thanks to all of our volunteers that helped out with the Fun Run, Health Screenings, Picture Re-Takes, our Halloween Parties and more!

Volunteers are the lifeblood of the PTO. Without you, we would never be able to have events like these. We thank you for contributing your time and your donations to our school!





JOIN US FOR A
**FAMILY SWIM
EVENT**

BENEFITING
SPRING RIDGE ELEMENTARY

SATURDAY, NOVEMBER 18 | 3-5PM

at Goldfish Swim School - West Omaha
2502 S. 133rd Plaza | West Omaha, NE 68144

*Cost is \$5 per person with half
of all proceeds being donated to
the Spring Ridge PTA!*



THE MAKERY DOOR HANGER DRIVE STARTS NOW!

ORDER FROM THE FOLLOWING 8 OPTIONS: EITHER DIY OR PRE-MADE FOR AN ADDITIONAL \$10



HELLO FALL
\$42- DIY
\$52- PRE-MADE

HELLO
\$42- DIY
\$52- PRE-MADE



**WINTER
WONDERLAND**
\$42- DIY
\$52- PRE-MADE

THE GRINCH
\$35- DIY
\$45- PRE-MADE



MERRY & BRIGHT
\$42- DIY
\$52- PRE-MADE

**RUDOLPH THE
REINDEER**
\$42- DIY
\$52- PRE-MADE



HUSKERS
\$40- DIY
\$50- PRE-MADE

**HAPPY
HOLIDAYS**
\$42- DIY
\$52- PRE-MADE



ORDERED KITS WILL BE AVAILABLE FOR PICK-UP FROM SPRING RIDGE ON FRIDAY, NOVEMBER 17 FROM 2:00 - 4:00 PM. PERFECT GIFTS FOR KIDS TO MAKE FOR GRANDPARENTS THIS HOLIDAY SEASON!

**ORDERS
AVAILABLE
UNTIL 11/08!**

Order Now →





Spring Ridge Elementary
5th Grade Graduation

“Your Future is Bright”



Graduation Dedications

Dear Parents,

It's hard to believe that the time has come for us to think of Yearbook Dedications for our 5th graders. In order for your dedications to be included in the 2023-24 yearbook please upload your student's picture, message and payment at no later than November 20, 2023.

Below are specifications of what we need from you -
A hi-resolution jpg of your student (age range 6 months to 4 years)
preferably in portrait orientation - no parents or siblings in picture please. If possible save jpg file as child's name.
A dedication message with 25-35 words
A payment of \$5

For any questions, please do not hesitate to contact us at:
graduationchair@springridgepto.com.

To order a yearbook dedication, click below or visit:
<https://Springridgepto.com/fifth-grade-graduation>

ORDER
a Yearbook Dedication

Sincerely,

Angela Fisher & Mandira Khanna
Co-Chairs, 5th Grade Graduation Committee

CLASS OF

2031

Questions? Email us: GraduationChair@SpringRidgePTO.com



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!

