

OCTOBER 2024

A MESSAGE FROM MRS PETERSEN

Dear Spring Ridge Families,

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 26 and October 18 Staff Development Days really honing in on the new reading/language arts standards as well as professional development around learning goals and higher level questioning strategies. 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

September

- October 2 & 3 - 5th Grade Outdoor Ed.
- October 4 - Kindergarten Field Trip to Schramm, 9:30-2:00
- October 7 - PTO Meeting, 6:30 PM
- October 17 - Health Screenings
- October 18 - NO SCHOOL-Teacher In-Service
- October 24 - Picture Retakes
- October 25 - Report Cards Are Mailed Home
- October 25 - 3rd Grade Field Trip to Durham & Luminarium
- October 31 - Halloween Parade/Parties 2:15 PM



Picture Retakes!



Picture retake day is **Thursday, October 24th**. 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.



Looking Ahead to the 2025-26 School Year:

At the September School Board Meeting, the EPS school board heard updates for the two new elementary buildings that will open for the 25-26 school year. At this meeting, it was announced that Ryan Broshar, current Westridge principal, and I will be opening the two new elementary schools. Mr. Broshar is being assigned to the new south elementary. I will be assigned to the new north elementary.

Obviously, this announcement is very bittersweet. Opening up a new school is an exciting opportunity. However, leaving the Spring Ridge community is a difficult thing to do. I want to express my sincere gratitude to all of you for your support, encouragement, and trust. I have been privileged to work alongside such wonderful families and staff. We still have a lot of work to get done this year, so it is not time to say goodbye. However, I did want all of you to know about the change for the 25-26 school year.





Do you have travel plans?

As a school community, we know that instructional time is of great importance, and nearly impossible to replicate outside of the classroom. In general, we see a dip in achievement from students who miss class time. Although we can't plan for an illness, we can plan for family trips. Please be thoughtful in planning family vacations and other extended absences from school especially knowing that unplanned events such as a family funeral or a student's illness can't be planned for in advance.

A chronically absent student is defined as any student absent for 10% or more of the days they were enrolled. EPS has 180 student contact days; therefore, any student who misses 18 days or more in the school year is considered chronically absent unless there are chronic health problems or special circumstances. We want our students in attendance, but not if they have a fever or if they are sick with an illness.

In the best interest of students' educational achievement, please plan vacations and family trips around the [2024- 2025 school year](#) whenever possible.



Kindergarten Round-Up:



During the week of January 20th, we ask that parents go online to register kindergarten students for the 2024-25 school year. We will then use this registration info to invite kindergarten parents to a Parent Kindergarten Round-Up Meeting on Monday, March 31st at 6 PM. Kindergarten Round-Up will be held on Friday, April 4th from 9-11 AM.

Current kindergarten students will not have school on Friday, April 4th.

It's Spooky Time!

The Halloween parade will be held on:

Thursday, October 31 at 2:15 PM

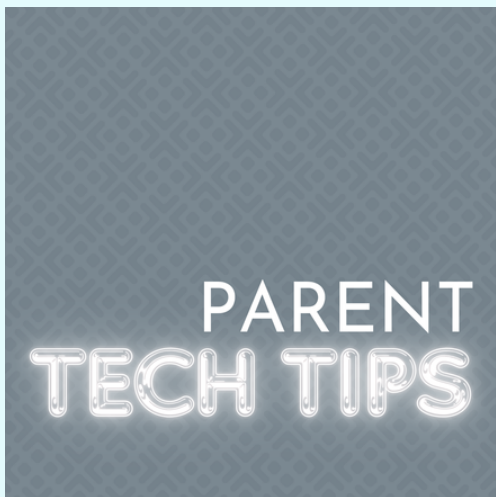
Remember: no face make-up, hair dye/spray or toy weapons will be permitted as part of the costumes. The Halloween Parade will be followed by Halloween Parties for students in the classroom. (The Halloween parade will start outside on the blacktop of the 2nd through 5th playground and will go east along 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.)





EPS Text Messages

EPS utilizes text messaging to communicate with families to ensure timely communication of important information, including inclement weather and bus delay announcements. 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.



Tech Tip: Modeling Expectations

Modeling a healthy relationship with technology is one of the best ways to ensure youth have healthy tech relationships too. Muting notifications and creating device-free zones at home is a great starting point!

Now Hiring

Are you interested in driving EPS athletics and activities participants to their events? Please contact Ryan Lindquist at rlindquist@epsne.org for additional information, including training requirements.

Upcoming District Events

ENHS Fall Craft Fair -- Saturday, November 23, 2024, from 9:00 - 3:00 at Elkhorn North High School. [Click here to view additional details.](#)



JOIN US FOR THE
FIRST ANNUAL

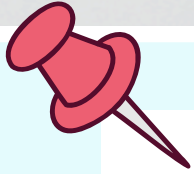
Elkhorn North Craft Fair

NOVEMBER 23 9 AM - 3 PM

NE CORNER OF 180TH AND MAPLE

Shop over 100 vendors! You'll find unique handcrafted items and savor delicious local treats. It's the perfect way to support our cheer team and find everything you need right before Thanksgiving.

\$3 ADMISSION



Note from the Nurse...



With the beautiful onset of the fall season also comes the unwanted cold and flu season. Be sure your child is practicing healthy habits like getting plenty of rest, eating healthy foods, drinking plenty of water, and practicing good hand hygiene.

Health Screens

It is required by Nebraska law that all Prek, K-4th, 7th, and 10th grade students as well as students new to the district be screened for height and weight, vision, hearing, and dental health. Screenings at Spring Ridge will be held on **Thursday, October 17th at 8:30 a.m.** Parent volunteers are welcome to help! We appreciate any and all help! Be on the lookout to sign up through the PTO.

**Please make sure that your student brushes their teeth that morning and wears their glasses or contacts if they have them.*

Please click on the link below for additional information about health screenings, or how to opt out.

<https://www.education.ne.gov/wp-content/uploads/2023/03/NE-School-Health-Screening-FAQ-Sheet.pdf>



Happy Fall!

Elizabeth Page, RN/BSN
epage@epsne.org



COUNSELING CORNER

October

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.

How do I help my child?

1. **LISTEN and HELP** your child work through the feeling without judgement
 - a. Point out physical cues that you see and ask them to describe what they are feeling on the inside. Then help the child use a strategy to quiet the body.
2. **LABEL your own feelings** (narrate your thoughts to your children)
 - a. 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."
3. **Don't Dismiss their Feelings**
 - a. 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.

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

•Responsibility is something that takes time, practice, and guidance. Give your child small responsibilities around the house to help build their confidence and independence.



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.





PurposeFULL People
Character & Strong

RESPONSIBILITY

is taking action and understanding
the impact of our choices

PurposeFULL
People

What are we learning
in guidance?

- [Kindergarten](#)
- [1st Grade](#)
- [2nd Grade](#)
- [3rd Grade](#)
- [4th Grade](#)
- [5th Grade](#)



Spring Ridge PTO

OCTOBER 2024

IMPORTANT DATES

- 10/02-10/03: 5TH GRADE OUTDOOR ED
- 10/04: KINDERGARTEN FIELD TRIP: 9:30-2:00PM
- 10/07: PTO MEETING: 6:30PM
- 10/17: HEALTH SCREENINGS
- 10/18: NO SCHOOL
- 10/23: SPRING RIDGE SOCIAL: LA CASA
- 10/24: PICTURE RETAKES
- 10/25: 3RD GRADE FIELD TRIP
- 10/31: HALLOWEEN PARTIES

THANK YOU!

Spring Ridge families really came out during our annual Fun Run and we are so appreciative of all you did to make it a success. We were able to raise over \$25,000. This money will go towards new playground equipment, additional PE equipment, and more to enhance our school!

Thank you!

MAGGIE BROCKMANN
PRESIDENT

HANNAH WIEGER
PRESIDENT-ELECT

PTO

MEETING

Mrs. Petersen to present about MAP, Fast Bridge, and NSCAS data.

**CHILDCARE
AVAILABLE**

OCTOBER 07, 2024



LA CASA

Pac Springs-168th



Spring Ridge

PIZZA NIGHT

Dine-In, Carry Out, Curbside
10% Sales Back to School

Wednesday, 10/23 - 11AM - 9PM

402-506-6868

www.lacasapizzaomaha.com



FREE ICE CREAM
Cannoli Cones
for students



SPRING RIDGE ELEMENTARY

HALLOWEEN

party & parade

31 OCT

PARADE STARTS @ 2:15PM

PARTY VOLUNTEER SIGN-UP TO
COME IN PTO EMAIL



5TH GRADE GRADUATION ADS



ATTENTION PARENTS

Graduation Dedications for your 5th grader are now available for purchase. Graduation Dedications will be found in this year's 2024-2025 yearbook. Money raised from the ads will go directly to the 5th Grade Graduation Celebration. Below is a list of guidelines on what is needed:

- **Due Date:** November 30th
- **Photo Requirements:** All photos must be submitted in High-Resolution and should be a photo of ONLY your 5th grade student. Photos should be of your student between the ages of newborn to present and should be portrait-oriented. All landscape-oriented photos would have to be cropped to fit.
- **Dedications:** 25-35 words. This includes the greeting (ie., dear {student's name}) along with (love, mom and dad)

DEDICATIONS \$5.00

Order online: <https://springridgepto.com/graduation-dedication>



Please Join Us For
SPRING RIDGE ELEMENTARY PTO's

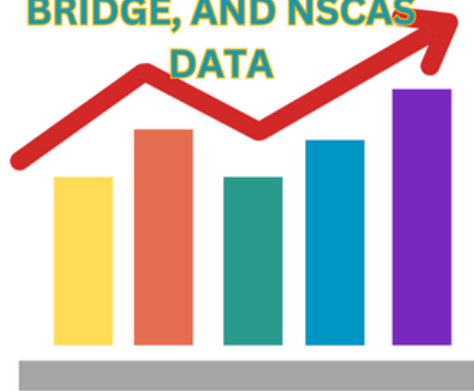
PTO MEETING

MONDAY, OCTOBER 7TH
SPRING RIDGE MEDIA CENTER
PTO MEETING: 6:30PM

★ SPECIALS TEACHER PRESENTING ★

Childcare Provided

MRS. PETERSEN TO
PRESENT MAP, FAST
BRIDGE, AND NSCAS
DATA





HOW TO REACH US

DON'T HESITATE TO ASK EVERYTHING ABOUT US!



SPRING RIDGE PTO



CONTACT@SPRINGRIDGEPTO.COM



WWW.SPRINGRIDGEPTO.COM



17830 SHADOW RIDGE DRIVE

MORE INFO:

SIGN-UP FOR PTO EMAILS!



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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PTO Emails!

LINKS



SPRING RIDGE
SCHOOL DIRECTORY