

ELKHORN RIDGE MIDDLE SCHOOL

17880 Marcy Street
Omaha, NE 68118
(402) 334-9302

November 2014

Thanksgiving

PARENT COMMUNICATION/BOOSTER MEETING

Our next Parent Communication/Booster meeting is scheduled for Tuesday, November 11th at 1:30 p.m. Time is set aside during these meetings for parents to address concerns and ask questions about our programs. If this time does not work into your schedule and you have questions or concerns, please call Mr. Riggert to discuss those issues.

The Parent Booster group is open to all middle school parents. We believe parent involvement is critical to the success of our children's education and invite all of you to become involved.

WEATHER ANNOUNCEMENTS

When weather conditions exist that would jeopardize the safety of students traveling to or from school, information about closing will be broadcast over stations KFAB (AM 1110), KETV, KMTV, WOWT, and KPTM. If school is to have a delayed start or be cancelled, announcements will begin on those stations at approximately 6:00 a.m. regarding early dismissals due to bad weather. The district has adopted the Alert Now Notification Service which will also be used to notify parents of school closings and cancellations.

PARENT/TEACHER CONFERENCES

Parent/Teacher conferences were held on Tuesday, October 14th and Wednesday, October 15th. We had a great turnout. Thanks for being involved in your child's life!

ATTENDANCE BY GRADE

6th Grade 100%

7th Grade 95%

8th Grade 88%



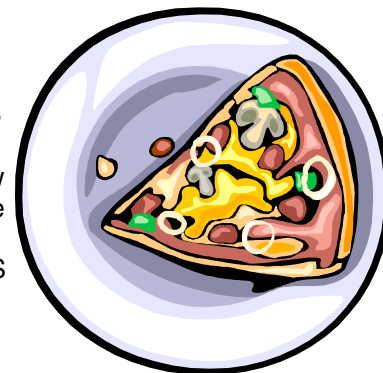
CONFERENCE DINNERS

The middle school staff would like to thank all of the parents who put together the dinners for our parent/teacher conferences. The meals were great! We appreciate all you do!



OSCAR'S FAMILY NIGHT

Please mark your calendars for Tuesday, Nov. 4 as a special Oscar's Pizza Night out for your family. If you go to Oscar's between the hours of 5:00-9:00 on Nov. 4, they will give back 10% of the sales made to ERMS! This is good on carry out orders too. **However, you must tell them that you are from ERMS when ordering for our school to get credit for the sale.** We know this is election night so please go vote and then treat your family and give back to ERMS all at the same time!



MAKE UP DAYS FOR MISSED SCHOOL DAYS (SNOW DAYS)

As we approach the winter months, it is important to note a change to the EPS calendar from past years. The Elkhorn Board of Education has built in two makeup days to the calendar in the event that school is canceled due to inclement weather (snow days). The first makeup day is scheduled for **April 17, 2015**. This date will become a vacation day if there are no missed school days prior to April 1.

If there are two or more missed school days prior to April 1, students will also have a makeup day on **May 22, 2015**. This day will become a vacation day if there are one or fewer missed days prior to April 1—moving the last day of school to May 21.

The first two missed days will be made up; in the event of three or more snow days the administration will reevaluate the calendar at that time.

Early Dismissal-Wednesday, Nov. 26

School will be dismissed one hour early at all Elkhorn Schools on Wednesday, Nov. 26. This is an update from the printed District calendars.

Need financial assistance with holiday season?

Do you need financial assistance with the holiday season approaching? Have you encountered medical or financial hardship recently? If so, please contact Jodi Klein (Guidance Counselor) or Kevin Riggert (Principal) at 334-9302. When organizations reach out to our school, we need to know who needs assistance.



6th Grade News

Mrs. Bradford, Mr. Ebers,
Ms. Niebaum, Ms. Oberembt, and
Mr. Phelps

READING - Ms. Oberembt

In Reading during the month of November, students will continue studying Greek and Latin roots with vocabulary word lists. All students will also be reading a verse novel and completing a figurative language flip book project. At the end of the month, students will choose a book to read as part of a literature circle during the month of December.

LANGUAGE ARTS - Mrs. Bradford

Sixth grade Language Arts students will continue working on paragraph writing, covering descriptive, narrative and persuasive genres. We will also be preparing to take a district assessment over these three genres of writing and their key components. We will continue working on key vocabulary and grammar skills as well.

MATH - Ms. Niebaum

It was a pleasure getting to meet parents at student led conferences and see the great support the students have at home! In math, we have completed Chapter 2 and are well on our way with Chapter 3. The students did an excellent job on converting between fractions, decimals, and percents. They can tell you how much an item on sale at the store will cost. Next, we reviewed finding least common multiple with a set of whole numbers. The whole numbers then changed to fractions and we learned to find the least common denominator so we could then compare and order the fractions. Comparing and ordering decimals was found to be easier for the students to do. Now they can compare fractions, decimals, and percents. We are now working with all the operations with decimals. A review of adding and subtracting fractions was done before multiplying and dividing. Next, students will use integers, absolute value, and graphing on the coordinate plane to solve real-world problems.

PRE-CONCEPTS - Ms. Niebaum

I was happy to share in your conferences with your child. They are eager to learn and continue to work hard! We finished the unit on converting between fractions, decimals, and percents. The students can also tell you what an item on sale, with a certain percentage off, will cost. Calculating a tip on your dinner out can also be done by your child. We had a lively discussion on financial literacy while calculating simple interest, learning about principal, and mortgage times. Next, we dove into integers. The students used and justified the rules for adding, subtracting, multiplying, and dividing integers.

LANGUAGE EXPERIENCE- Mrs. Thomas

Students are learning French as the second quarter begins. They will focus on basic greetings and questions, numbers and colors. Many of their assignments will require a signature from home that has the students practicing vocabulary or dialogues. Please double check that your student has a single subject notebook and a folder for use in Language Experience only.

SOCIAL STUDIES - Mr. Ebers

Social Studies students have been learning about the 3 branches of the federal government as well as how the government works at the state and local levels. In November, we will start an intro to economics unit where we will focus on needs/wants, supply/demand, and economic decisions in our society. On Wednesday, November 26th we will have our Travelmate send off party. More information will be sent home with your child in the month of November.

SCIENCE - Mr. Phelps

Who eats whom? We'll soon find out! Sixth graders will examine how organisms are connected to each other and to the environment. They will discuss the way the environment is organized, how energy moves through an ecosystem, and how an ecosystem is changed by the disappearance of organisms.



7th Grade News

Mr. Bischof, Mr. Miller, Ms. Billups, Mrs.
Nelson, and Mr. Weber

LANGUAGE ARTS - Mrs. Nelson

The month of November will have students creating a magazine on a topic of their choice. Creativity with the magazine topic will allow students to experiment with different types of writing and will make the magazine a lasting piece to treasure and discuss. Parts of speech will continue to be reviewed and practiced throughout the quarter. Encourage your child to work on proofreading, applications of grammar, and studying for tests and quizzes.

READING - Mrs. Billups

Seventh grade Reading students will begin second quarter breaking into reading groups to read Golden Sower award nominees. The Golden Sower award is Nebraska's pick for children's literature each year, and it is voted on by students. Students will complete this unit by creating a book trailer. Students will continue working on elements of fiction with an assessment at the beginning of December. Vocabulary quizzes will continue on Mondays with words posted on quizlet.com to study. Just search jbillups7 to find the list with definitions. Please encourage your child to "unplug" for awhile each night and READ!

SCIENCE- Mr. Miller

The students have recently finished our Inquiry Unit and are now moving on into Astronomy. It is an exciting time as our scientists explore the Sun, our Moon and planets throughout the Milky Way! There will be a group project over an assigned planet this month so be sure to ask your child about that. Have a happy Thanksgiving!

WORLD HISTORY - Mr. Bischof

In 7th grade World History, we will be studying the Roman Empire and the European Middle Ages.

SPANISH 1- Mrs. Thomas

Students are currently studying chapter 1B which includes adjectives that describe people. They are creating sentences about themselves and other people. Your student should be able to complete these sentences:

Yo soy ____ y ____.

No soy ni _____ ni _____.

Mi amiga es _____ y mi amigo es _____

Please have them study their questions in their spirals. You can ask these questions to your student because they should have the question, translation and how to answer it in their notes.

How to Improve Spanish Grade:

Flashcards: Students should know how to pronounce the word, spell it correctly and practice putting the cards together to make sentences.

On-line book: I sent home a paper the first week of school for parents on how to access the on-line textbook. Students also have a copy for themselves. We used the on-line activities in class twice this year, so your student should know how to get to the correct book and chapter www.phschool.com/foreign_languages/

If your student is struggling, he/she needs to listen to the audio activities and do the practice vocab work.

MyElearning: I have a folder (Thomas) that has more computer activities for students to do to practice the current Spanish materials.

Manila envelopes: Students have had this envelope signed three times. The object is for the parents to sign the envelope once they know their student knows the vocab.

Homework: Constantly updated on PowerSchool.

Notebook: Students should have a single subject notebook in which they take notes and have review questions from last year. Again, students should study these notes a little bit each night.

MATH 7- Mr. Weber

We are finishing up solving percents, tips, and tax. Please ask your students to calculate how much the tax and tip is when you are out. Next we will be calculating integers. Please ask your students about integers. After we learn everything there is about integers, we will be working with rational numbers. Integers and rational numbers are the basis of the numbers your student will be using for the rest of their lives.

PRE- ALGEBRA - Mr. Weber

We are partially through Chapter 2, which is writing and solving equations. The students will be able to solve these in their sleep! We should be able to finish up equations by Thanksgiving. Then we will solve more complex equations!



8th Grade News

Mr. Breikreutz, Ms. Christie,
Mrs. Hultman, Mr. Schutt,

and Mrs. Klein

MATH - Mrs. Klein

Algebra students recently completed their "quest" to master the Chapter 3 material on linear functions, graphing, slope, and direct variation. We will continue with slope in Chapter 4 and learn about more ways to write and graph linear equations before our next District Common Assessment.

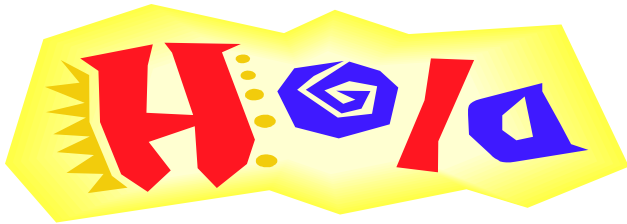
Pre-Algebra students are wrapping up with powers, exponents, scientific notation, and divisibility rules. We have a District Common Assessment coming up, followed by a review and chapter test. Then we will begin solving one-step and two-step equations. I would encourage all math students to spend some time weekly on ALEKS, which they can access online at www.connected.mcgraw-hill.com. The login is the same as for MyeLearning. ALEKS is aligned to our math books and measures each student's individual progress, based on an initial assessment that we completed in class. This is a great tool at home for extra practice on the math concepts we are currently learning.

SCIENCE - Mr. Breitkreutz

During the first weeks of November, students will be presenting their science projects in class. Scores will be recorded in PowerSchool, and students will have the opportunity to fix any mistakes to demonstrate learning and earn full credit back in the grade book. The remainder of the month will be spent finishing our rocks and Earth's history unit. Students will be exploring how to use rock layers and fossils to play history detective and figure out what happened to Earth's surface millions of years ago. This unit will end with a district common assessment by the end of the month.

AMERICAN HISTORY - Mrs. Hultman

This month in 8th grade American History, we will continue studying different aspects of the U.S. Constitution. We'll focus on the different branches of government, checks and balances, the Bill of Rights, other amendments, and the amending process. Next, we'll begin looking at the first three presidents and their accomplishments and struggles! As always, don't hesitate to contact me if you have any questions.



SPANISH 1 - Mrs. Thomas

Students are currently studying chapter 4B which includes sports and accepting/refusing invitations. Students will work with the irregular verbs called boot verbs this chapter. Your student should be studying his/her flashcards about 10 minutes each night. Also, please have them study their questions in their spirals. You can ask these questions to your student because they should have the question, translation and how to answer it in their notes.

How to Improve Spanish Grade:

Flashcards: Students should know how to pronounce the word, spell it correctly and practice putting the cards together to make sentences.

On-line book: I sent home a paper the first week of school for parents on how to access the on-line textbook. Students also have a copy for themselves. We have used the on-line activities in class twice this year, so your student should know how to get to the correct book and chapter www.phschool.com/foreign_languages/

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Manila envelopes: Students have had this envelope signed three times. The object is for the parents to sign the envelope once they know their student knows the vocab.

Homework: Constantly updated on PowerSchool.

Notebook: Students should have a single subject notebook in which they take notes and have review questions from last year. Again, students should study these notes a little bit each night.

READING - Mrs. Marion (Long Term Substitute)

I have had a great time meeting and getting to know your children throughout first quarter and the start of second quarter. Ms. Christie will be back full time in the classroom on November 10th. During second quarter, we will be reading our whole class science fiction novel, *The City of Ember*, through Literature Circles and whole class reads. During this unit, students will practice using the elements of fiction introduced during Unit 1 for literary analysis. In addition, we will also complete a nonfiction unit. Finally, in AR this quarter, students will be required to read a nonfiction text.

LANGUAGE ARTS- Mr. Schutt

The month of November will be a nice change of pace. We will begin focusing, once again, on becoming better writers. The District Wide Writing Assessment will be taking place this month as well. Please check MyElearning for dates, and be sure to ask your student when he or she will be taking it. To prepare for the assessment we will be using creative ways to help sharpen our skills with using sensory details. Also, students will begin gaining more knowledge about verbs, adverbs, conjunctions, and interjections. As always, please remind students to continually study for the weekly spelling tests. The words they are learning will only help broaden their vocabulary in their writing and every day life.

STUDENT COUNCIL - Mrs. Bradford

Student Council has been working on several fundraiser ideas and ways to encourage school spirit. Be sure to watch the TVs, listen to announcements and keep an eye out for posters describing our various events.

YEARBOOK - Mr. Phelps

Taking photos this year? At the game, the musical? Share them by using **Community Upload!** When you submit your amazing photos to the yearbook staff via **Community Upload**, your pictures have a chance to be featured in the yearbook. Submit your photos now with **Community Upload**:

Go to yearbookforever.com.

Enter our school's name (it will populate), select our school.

Under **Community Upload**, enter access code ERM-S2015yearbook) and click **Enter**.

Click **Upload Photo** to begin uploading your photos.

We are also accepting videos that you'd like us to attach to your student's portrait. Compile a video movie shorter than 100 MB and we will attach it to their class photo. Email us your video using elkhornridgeyb@gmail.com and we will view it to make sure it is appropriate. Remember, everyone can view your video.

As an adult, you know how important school memories become. Don't let your student's memories fade; make sure they get a yearbook! For only \$47, your student will have a book that will be enjoyed now and 20, 30 or even 50 years from now. Contact Mr. Phelps at rphelps@epsne.org to order a book. If you are not sure if you ordered a book, I have a list on my door, room 610, that you can check.

Just a couple of PE reminders:

Every student needs to have a change of clothes to wear during class. A T-shirt, shorts and tennis shoes are all they need. They are issued a locker in the gym to put their clothes in.

If your student misses a day of PE you will see a "0" in Powerschool. All they need to do is come get a PE Homework slip from me, complete the exercises, turn the form back into me within 7 school days of the absence, and they will get their full points. I talked to the students at the beginning of school and they know where the slips are located.



ERMS Athletic News:

Following are our event dates for November.

Thursday, November 6- 7th Grade Boys Basketball (BBB) vs. Bennington

Thursday, November 6- 8th Grade BBB @ Bennington

Monday, November 10- 7th Grade BBB vs. Platteview

Monday, November 10- 8th Grade BBB @ Platteview

Thursday, November 13- 8th Grade BBB @ Grandview

Thursday, November 13- 7th Grade BBB vs. Grandview

Monday, November 17- 8th Grade BBB vs. Gretna

Monday, November 18- 7th Grade BBB @ Gretna

Thursday, November 20- 7th Grade BBB vs. NE City

Thursday, November 20- 8th Grade BBB @ NE City

Monday, November 24- 7th Grade BBB @ Norris

Monday, November 24- 8th Grade BBB vs. Norris

Home games are in bold and all games start at 4:15

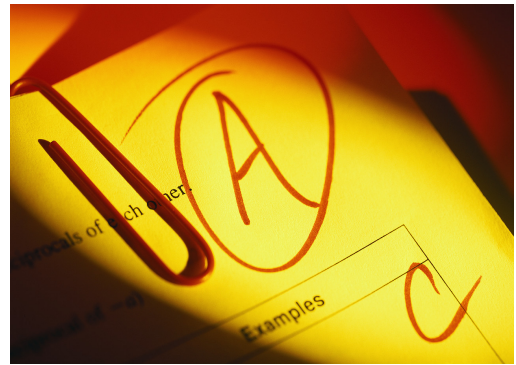
Schedules can also be found at www.easternmidconference.org

Mr. Everingham

AD ERMS

H.A.L.E. - Mrs. Thoreen

HALE: It's hard to believe that the winter winds are upon us and the skies are turning gray. However, the gray skies don't seem to interfere with all the colorful learning the HALE kids have been a part of this month. The books completed this month by HALE reading lunch groups are plentiful; Allegiant (2nd in Divergent Trilogy), Conquest, and Sarah's Key. The kids have been covering a wide range of subject matters by attending several seminars and workshops such as: Herbal Gardening, Technology Academy, Photography 101, Environmental Engineering, and Amphibian Sampling. Two interesting trips to mention were the Douglas County Courthouse and Youth Detention Center day. Several 8th graders interested in law and corrections attended an open court session and then went on to discuss the judicial system with Douglas County Attorney Don Kleine and Assistant Attorney Brenda Beadle. A different group, made up of 6th-8th graders, interested in the fine arts attended a day at the Joslyn while they Celebrated Creativity with schools from all over the metro. Kids took drama, art, Tae Kwon Do, music, and several other classes to complete a colorful day of the arts. Finally, lunches are brimming with weekly Quiz Bowl, Mental Lunch Crunch, and Random Knows contests. The ERMS HALE kids are simply not letting any gray clouds affect their learning.



MYeLEARNING INSTRUCTIONS

Steps to MyeLearning:

Log onto the Elkhorn Web site: <http://www.elkhornweb.org/>

Place the cursor over the "Parent/Student Login" button on the right side of the page. A drop down menu will appear. Click on "ANGEL (MyeLearning)". This takes you to the ANGEL Learning "Myelearning" page.

Enter username and password. This can be found inside the front cover of your student's agenda.

Under Courses click "8th Grade" (this will say 7th Grade for students in 7th Grade and 6th Grade for students in the 6th Grade).

On the top of the page click the Calendar tab.

Then look at the date that you would like to see and click the teacher's name for class assignments.

Powerschool requires a different password and is a way for you to monitor grades. If you do not have a password contact Becky Vinchur at the front office. Powerschool became live on August 27th.

TECH SAVVY PARENT TIPS

Why ICE Your Cell Phone?

Adding ICE contacts to your cell phone can provide important information for first responders in the event of an emergency. ICE stands for "In Case of Emergency." Many mobile devices now have special functions for adding ICE contacts. For other devices, you can simply add "ICE" in front of a contact's name in your phone book. Check your user manual for specific instructions on adding emergency contacts to your phone.

What is Snapchat?

Snapchat is an app that allows users to send pictures, videos and short captions to friends 10 times faster than (mms) text messaging. The app allows the sender to determine when the message will expire. Users have the option to send a "snap" to one person or a group of people. Once a message is viewed, it will disappear and cannot be retrieved again. However, the person receiving the snap has the ability to take a screenshot of the photo and save it directly to their device. It is important to understand that even though a message may expire, there is no guarantee a photo will not be re-distributed by the receiver.

BOOSTER CLUB

We held our second Booster Club meeting on October 21st at 1:30 pm. Thank you to everyone that was able to take time to come to the meeting. Thanksgiving is just around the corner...and it is a great time to thank our many generous volunteers. Thank you to Amy Parks and Nikki Kirshenbaum for all of their hard work on the ERMS directory. It looks awesome! Also, a big thank you to Kristin Lundgren for all of her hours stocking the concessions closet. Thank you to Cheri Stevens, and Kim Lortz for helping set up all of our home VB concession stands! Thank you to the numerous volunteers that worked VB and FB concession stands! We couldn't have them without you! Thank you to Erica Seipold and all the volunteers that helped with the Great American Fundraiser. You are all amazing! Thanks to Tina Dunham and Jen Goble for working on the fall apparel sale. Thank you to the Booster Club Executive Board for all of your efforts so far this year; Nikki Kirshenbaum, Lucy Newman, and Amy Parks. Also, a huge thank you to Renee Black for heading up the Kindness Committee. Thank you to everyone who donated money for teacher meals during parent/teacher conferences. I know the staff really appreciates having the food available on conference evenings. And of course we need to thank our teachers and administrators for all their work, each and every day, with our children! We are fortunate to have such a great staff at ERMS! Basketball season will soon be underway with the first games scheduled for November 6th. Again, we will be looking for assistance with concessions at these events! Remember, the Booster Club will share the profits made from any 8th grade concession stand with the 8th grade class for their 8th grade celebration at the end of the year! Please watch for e-mail volunteer requests and choose a time to help. We need everyone's help to make sure that we can operate a concession stand at each of the home basketball games. Our next meeting will be held on **Tuesday, November 11th at 1:30 p.m.** Hope to see you there!

Kay Crocker
Booster Club President

CHORUS-Mr. Ritter, Long Term Sub ERMS Vocal Music Instructor and Mrs. Foley, Accompanist

Congratulations to Connor Jenson, Nathan Matulevicz, Kole Rowan, Tyler Schulz, Samir Sedky, Shae Wright, and Henry Crocker for being selected to participate in the 2014 All-State Jr. High Barbershop Choir. They will join over 260 other young men from across the state to perform for the Nebraska Music Educators Association Convention on Wednesday, November 19th.

All of the students in the choral program have spent the last two months rigorously practicing for their fall concert, which took place on October 28th. All of the students worked very hard to prepare and we as a department could not be more proud of them. In the coming months, students of all grade levels will be working on composition projects, a cappella singing, and basic choral fundamental training. We will also begin preparations for our annual winter sing-a-long and upcoming spring concert music.

The show choir BRAVO is well under way, as the group continues to prepare for its competitions in the spring. BRAVO will perform again this year as a part of the Veteran's Day celebration at the 180th St. Hv-Vee at 10 AM on Tuesday, Nov. 11th. Feel free to come and join in the event. The BRAVO portion of the event will take place at approximately 10:15.

The all-girl show choir APPLAUSE! will begin rehearsals in January. Parents should watch their emails for more information.

Mr. Jacob Ritter will be filling for Lauren Ballou until December 19th. He can be contacted at ljritter@epsne.org.



INSTRUMENTAL MUSIC - Mr. Dreessen

Congratulations to Alice Guo, Grace Vollmuth, Carson Scott, Alex Sick, Noble Rai, and Riley King for auditioning for the 8th Grade All-State Band. We should know results by mid-November. Congratulations, and respect earned! Jazz Band started October 31 for Contemporary, and November 3rd for Traditional. Traditional Jazz Ensemble is set, Contemporary is still setting numbers so please ask Mr. D for a contract and we can get your student signed up! We hope you enjoyed our first concert.

Elkhorn Ridge Middle School Booster Club Meeting

October 21, 2014

President Kay Crocker called the meeting to order at 1:30pm.

Secretary Amy Parks asked for a motion to approve the September, 2014 minutes as distributed. Lynn VanDenBroeke made the motion, Cheri Stevens seconded.

Treasurer's Report: Treasurer Lucy Newman handed out a copy of the current financials.

Old Business: The Booster Club will continue to look into options for an ice/water machine for the teacher's lounge, a permanent solution to the ongoing expense for the Culligan water system. This system would be paid for by funds that had previously been set aside for the marquee.

New Business:

Parent Communication: Mr. Riggert reported that ERMS had excellent attendance at Conferences, 100% for 6th grade, 94% for 7th grade and 91% for 8th grade. Upcoming testing includes the ACT Aspire test for 8th graders (previously ACT Explore) to be given 10/29-10/30. Fall MAP test results for 6th and 7th grade are available and will be shared in the spring with final report cards. If parents would like to see their child's score prior to then, please contact the office. Upcoming events include an all band/chorus concert on 10/28, health screenings for 7th graders and new students on 10/30, and election day on 11/4 including a vote on the Elkhorn Bond Issue and Elkhorn Board of Education.

Social Media Presentation: The Booster Club is in the process of scheduling a speaker to come talk with ERMS students about how to safely navigate social media, a particularly relevant topic with current incidences that have taken place in the district.

Proposed Expenses: Amy Parks moved and Lynn VanDenBroeke seconded a motion to fund up to \$2,700 to Mr. Everingham for the purchase of a new scores table. This table would be paid for by funds that had previously been set aside for the marquee. Mr. Riggert is looking into getting the library paint updated with more attractive/fun colors per the request of the new librarian. The Booster Club may be asked to pay for part of the expense.

Committee Reports:

Box Tops/HyVee Receipts: Chair Kelli Steidle reported HyVee receipt collection runs September 1-December 31. Box Tops collection has netted around \$500-600.

Kindness Committee: Chair Renee Black reported that she had received a fair amount of donations for conference meals for teachers. Food for both Fall/Winter conferences tends to run around \$1,000/year. This year we were able to provide some gluten free and vegetarian options as requested by the staff. Renee will be asking for donations again for Staff Appreciation.

Business Liaison: Chair Cheri Stevens reported upcoming ERMS events at Oscar's on 11/4 from 5-9pm, Barnes and Noble shopping day on 12/1, and a Chik-Fil-A date TBD.

Volunteers: Parents of students participating in winter sports will be asked to sign up for at least one spot to sell concessions. Any parent who does not sign up will be contacted by Mr. Everingham.

The September meeting of the ERMS Booster Club was adjourned at 2:44pm. A motion for adjournment was made by Amy Parks and seconded by Lynn VanDenBroeke.

The next Booster Club meeting is November 11, 2014 at 1:30pm.

BOX TOPS, TARGET CARD AND HYVEE RECEIPTS

Helping our school is as easy as 1 - 2 - 3:

1. Save your **BOX TOPS (spring contest begins in February 2015)**
2. Remember to designate ERMS as your school when using your **TARGET CARD**
3. Save your **HYVEE RECEIPTS**

These are all easy ways for us to fundraise for our school.

SAVE THOSE HY-VEE RECEIPTS

Your school needs your help rounding up **Hy-Vee receipts and Box Tops.**

Hy-Vee's "Cash 4 Students" program runs from September 1, 2014 to December 31, 2014. At the end of the program, a donation will be made from Hy-Vee to ERMS based on the receipt total. Hy-Vee receipts can be dropped off in the box labeled "Elkhorn Ridge Middle School" at the exit doors of Hy-Vee on 180th Street. Don't forget HyVee gas receipts count, too! **Box Tops Fall Collection Contest** is closed. Results will be posted soon! Keep saving those box tops – as the spring contest will start in mid February!!

Thank you so much for you help!

Kelli Steidle and Raina Consdorf
ERMS Booster Chairs



PERSPECTIVES

October/November 2014

School Issue – September 2014

Domestic Violence: Moving Out of the Psychic Cycle of Abuse

Domestic violence creates a ripple effect, much like a hurricane or tornado. The storm is bad enough, but it keeps blasting its influence by spawning storms, flooding and loss of life. The cycle of domestic violence is a hurricane that crashes into the lives of families. Its ripple effect impacts extended family, work associates, neighbors and friends.

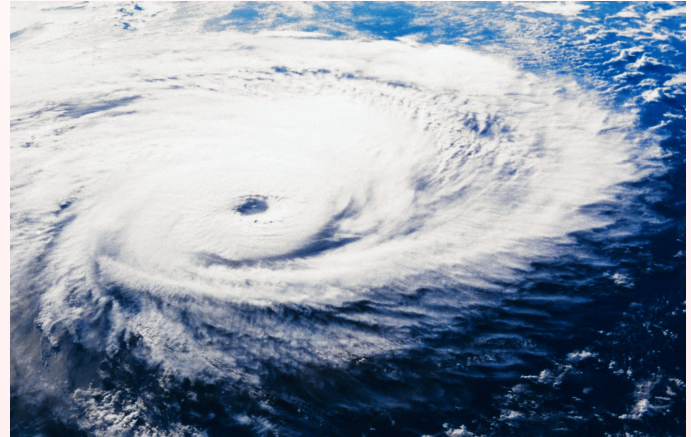
What to do?

Often “hidden” as a family matter, domestic violence is not frequently identified. It hides, much like the catalyst of a storm, until conditions line up in perfect sequence for it to strike. When it is unleashed to the point that others become aware of what’s happening, the abused person often takes the “blame” for the problem.

As the abuse escalates, it plagues others. Children and other family members often fear addressing the violence – mainly because they are not sure of what to do. Encourage adults to address the situation directly and give the abused person information on domestic shelters, the Domestic Violence Abuse Hotline and their Employee Assistance Program (EAP). Befriend the children. Help them open up about what is happening, and encourage them to talk to a trusted teacher or school counselor.

Workplace safety plan

The workplace is not exempt from this violence. It can happen in a flash. The media often reports on rampages by abusers in business settings. The abuse can be verbal or physical. It could even result in serious injury or death. Businesses should develop safety plans to help those in this “trap” go to a shelter or contact hotlines or EAP services.



Social settings pose a big problem for the abused individual. They often fear that a happy time will turn bad in an instant. Innocent behavior – laughing or visiting with a friend – can frequently trigger the abuser’s controlling and violent behavior. Thus, the abused person often avoids social events or contact. In social settings, be aware of possible dangerous behavior.

Know your resources

If we better understand – and address – the warning signs of abuse, there can be better outcomes in the future. We must befriend the abused and lead her (or him, in some cases) to a place of safety. Listen to children, and get them the help they desperately need. Learn about community and workplace resources to help abused individuals. If you have questions or want to schedule a presentation at your company, contact your **Employee Assistance Program** at (402) 330-0960 or toll-free at (800) 922-7379 or visit arborfamilycounseling.com.

“If we could look into each other’s hearts, and understand the unique challenges each of us faces, I think we would treat each other much more gently, with more love, patience, tolerance and care.” - Marvin J. Ashton, author



5 Ways to Redirect Holiday Stress

From October through December, we enjoy the prolonged celebration of autumn and winter holidays. The season offers many dates to enjoy family, friends, parties, gifts and outdoor activities. It also brings shorter days and longer nights, often accompanied by cold, windy weather. If we take time to plan our holidays, it is possible to redirect the stress that comes with gatherings, gift buying and an influx of friends and family.

This simple plan is all you need:

1. **Identify “command performances”** and other traditional activities in which you must take part. Lay them out on your calendar so you can actually see what you *must* do.
2. **Consider the amount of time** involved in preparation for each event, and mark that on the calendar as well. Allow enough time for a buffer before and after each event rather than trying to squeeze in “just one more thing” to accomplish. This will permit you some flexibility and down time.
3. **While you have that calendar in front of you** — block out some “me time”. Do not put more engagements into this area unless it is a true emergency. “Me time” can be something as simple as a pedicure, or even just time to “veg out” to your heart’s content. In other words, relax in the way you find most helpful.
4. **Don’t keep all of the work to yourself.** Share it. Family and friends are more apt to pitch in when you ask them. Be sure to share specific dates and times when you need their help.
5. **If you are concerned that you may commit beyond your limits,** use the phrase, “Thank you for asking; however, I cannot help at this time” or “I appreciate the invitation, but I need to decline.”

By making plans and staying within a time budget, you will better enjoy the holidays. Prepare now and you will be rewarded with a rich, stress-reduced and happy holiday season.

For more about managing the holiday season, please visit arborfamilycounseling.com

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- Time Management
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NOVEMBER 2014

ELKHORN RIDGE MIDDLE SCHOOL

ELKHORN RIDGE MIDDLE SCHOOL
 17880 MARCY STREET
 OMAHA, NE 68118

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 General Election Get Out & Vote! Oscar's Family Night 5- 9 pm	5 End of Rotation #2	6 Start Rotation #3 8th B BB @ Bennington 4:15 pm 7th B BB vs Bennington 4:15 pm	7 NO SCHOOL - Teacher In Service	8
9	10 School Board Meeting 6:30 pm 8th B BB @ Platteview 4:15 pm 7B BB vs. Platteview 4:15 pm	11 Parent Booster Meeting 1:30 pm Bravo @ HyVee 10 AM	12	13 8th B BB @ EGVMS 4:15 pm 7th B BB vs. EGVMS 4:15 pm	14 	15
16	17 8th B BB vs Gretna 4:15 pm 7th B BB @ Gretna MS 4:15 pm	18	19 Mid-Quarter Reports Sent Home	20 8th B BB @ Neb City 4:15 pm 7th B BB vs Neb City 4:15 pm	21	22
23 30	24 8th B BB vs Norris 4:15 pm 7th B BB @ Norris 4:15 pm	25	26 Early Dismissal 2:20 pm	27 NO SCHOOL	28 NO SCHOOL Thanksgiving	29