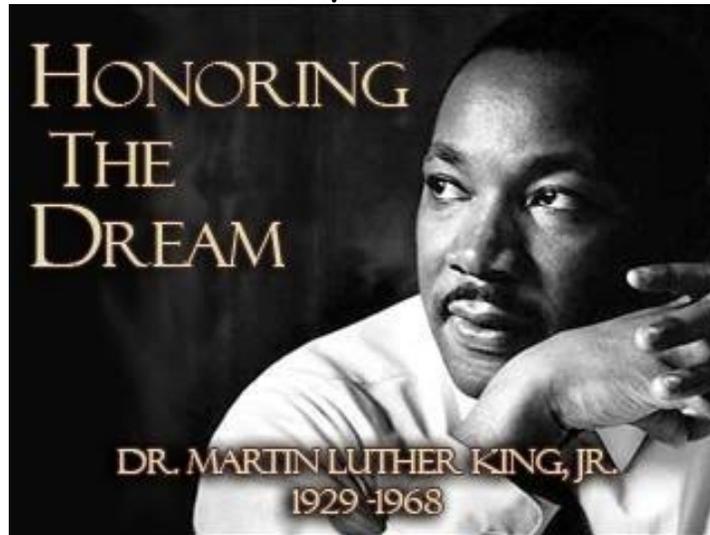




ELMWOOD-MURDOCK PUBLIC SCHOOLS

The Knightly News
January 17, 2020



Tomorrow, Monday, January 20, 2020 we will learn, honor, and celebrate the difference and impact that Dr. King made for our country and people around the world.

DATES TO REMEMBER

January 24th - Geography Bee - 1:00pm

January 27th - Health and Dental Screenings

January 29th - Spelling Bee- 1:15pm

February 14th - PT Conferences/No School

Kindergarten

If your son or daughter turns 5 on or before July 31, 2020, they are eligible to begin Kindergarten in August 2020. Please contact the Elementary office at 402-994-2125 to make sure you are on our list for the 2020-2021 school year. More information will be made available at a later date in regard to Kindergarten Registration. If you know of any families that are new to the Elmwood-Murdock community, please share this information with them.

Thank you!

Food Drive

Huge thank you to all who donated towards the Food Pantry goal. The Elementary collected over 3000 items which were donated to the local food pantry.

SOS (Support Our Students) -

Minutes from the SOS Meeting are attached. The SOS will be offering Hanks ribs for sale at Parent-Teacher Conferences. The order form is attached.

TEAMMATES MENTORING PROGRAM

The mission of TeamMates is to positively impact the world by inspiring youth to reach their full potential through mentoring. This is done by providing support and encouragement for school aged youth.

TeamMates is a school based mentoring program that was founded by Tom and Nancy Osborn. We are very excited for this upcoming school year. We are always looking for both mentors and mentees. Anyone

In grades 3-12th grade is welcome to join. As well as getting quality time with your mentor we are looking at doing some fund raising and group activities. If you would like to become a mentor or mentee please contact JoDee Paulsen at 402-994-2125 or jpaulsen@emknights.org. We are very excited to be able to offers students the opportunity to be positively impacted by this program.

NEWS FROM THE NURSE:

Monday, January 27th will be health and dental screenings. Please avoid making appointments or having your child miss school if at all possible on that day :)

Cortney Sorensen, RN
Elmwood-Murdock School Nurse
csorensen@emknights.org

Knightly Care^[6]

January | A Newsletter for Practicing Self-Care & Kindness

I Like to Move It

First of all, I am not a model citizen for maintaining a workout routine. Second, this article is not meant to guilt anyone into feeling ashamed about themselves, their diet or their exercise habits. I purposely set about framing this month's newsletter to be about "movement" over "exercise". I feel like exercise has a negative connotation and brings up visions of Jane Fonda videos or bootcamp workouts. Movement is about appreciating your body and what it is capable of doing. A simple walk, stretching or a leisurely bike ride can be plenty to stimulate your brain's endorphins.

Some tips to get moving:

- **Keep it simple.** Take a short walk around the block. Spend 10 minutes jump roping. Bike a few blocks.
- **Carve out time.** Short on time? Identify even a 10 minute period of time you can take a walk or do some basic stretches. Get to bed a little earlier and wake up 15 minutes sooner and do some stretching. Take a brisk walk in the middle of the day.
- **Invest in a few basic workout clothes.** Get some shoes, a pair of shorts or yoga pants and a motivational t-shirt. Have them ready the night before and throw them on right away in the morning.
- **Be mindful of your body.** As you are waking up, take a few minutes to think about your breathing and scan your body from head to toe. How do your shoulders feel? Your neck? Stomach? Legs?
- **Stand every so often or take a walk around the building.** It's easy to get wrapped up in emails and working at a desk. Set a timer to get up and walk around the building every so often. Walk outside. Instead of calling or emailing, make a point to walk to the person's room instead.
- **Do not compare yourself to a marathon runner.** My social media feed is filled with friends who are running marathons. I am happy for them, that's a great accomplishment. I am not a marathon runner. It's a waste of energy to feel guilt for not having "run a marathon" on my bucket list.

*Exercise is a celebration of what your body can do,
not a punishment for what you ate.*

-Unknown

What to say for a ...

Loved One's Death

Do Say

I am so sorry for your loss.

I wish I had the right words, just know I care.

We all need help at times like this, I am here for you.

Just hug them or be with them, words aren't always necessary.

Do Not Say

Be strong.

There is a reason for everything.

At least she/he was old.

Allow someone to grieve, crying is a healthy process. Let the tears flow. Do not judge or feel guilty if there are no tears. There is no one way to grieve and the infamous "stages of grief" have been disproven.

January

Get Organized

Knightly Care is written by Ms. Sigler, K-6 EM School Counselor

Elementary Site: bit.ly/emknightsc



Next Time...

Meditation

KINDERGARTEN REGISTRATION

SAVE THE DATE: FRIDAY, MARCH 27, 2020

If your son/daughter turns 5 on or before July 31, 2020, they are eligible to begin Kindergarten in August 2020. Please contact the Elementary office at 402-994-2125 to make sure you are on our list for the 2020-2021 school year. More information will be made available at a later date in regard to Kindergarten Registration. If you know of any families that are new to the Elmwood-Murdock community, please share this information with them. Thank you!



Pre-Kindergarten Program 2020-2021

If your son/daughter turns 3 or 4 on or before July 31, 2020, they are eligible to be a part of our pre-kindergarten program during the 2020-2021 school year. Pre-kindergarten registration will take place in the spring, but please contact the Elementary office at 402-994-2125 for more information or to confirm your interest for the next school year.



Hank's Famous Ribs for Sale

Proceeds will support the **Elementary S.O.S.**

Place your order and include payment by February 3rd. Checks should be made out to Elementary SOS.

Available for pick up from **12 pm to 6 pm** at the Elementary School on **Februray 14th**
during Parent Teacher Conferences!!

Cost is \$20/rack

Name: _____ Phone: _____

Quantity _____ Time you will pick up _____

Total amount due: _____

Elmwood-Murdock K-6 STEM Fair 2020

(Science, Technology, Engineering, Mathematics.)

Does your child have an interest in science, technology, engineering, or math? Do they enjoy doing experiments or hands-on activities? If so, a STEM Fair is a great opportunity for your family to get involved and spend time together. The STEM Fair will also encourage your child to be reading, writing, working on computer skills, and learning the scientific method outside of school.

What is a STEM Fair? It is an event where every project entry has a testable question and does data gathering. This fair will showcase the connection between science, technology, engineering, and mathematics. It is an opportunity for students to explore the natural world and apply scientific skills. It is also an opportunity for schools to showcase student accomplishments. S.T.E.M. is an acronym for Science, Technology, Engineering, and Mathematics.

The STEM Fair will be on Thursday, March 26, 2020. Students who are wanting to participate must complete and return the sign up sheet to the office no later than Friday, February 3, 2020. **Students in the 5th grade are required to enter to meet our school's science standards and will receive information from Mr. Frerichs.** A packet with further information will be sent home after the sign up sheet has been received.

Students in grades K-4 and 6, may enter their own project, or do a project with a partner. Fourth through sixth grade students will be judged during the day of March 26th. All of the other students will be judged during the evening from 6:30 to 7:30 p.m.

If you have any questions, please email Mrs. Backemeyer cbackemeyer@emknights.org or Miss Nutzman at knutzman@emknights.org. **Parents and students in 5th Grade should contact Mr. Frerichs mfrerichs@emknights.org.**

E-M STEM Fair Sign Up Sheet

To participate in the STEM Fair please return this completed form to the office by **Friday, February 3, 2020.**

PLEASE PRINT NEATLY

Student's first and last name _____

Grade _____ Teacher _____

Partner's first and last name (if any) _____

Grade _____ Teacher _____

Title of Project _____

Color of Board (circle one): Purple Blue Pink Yellow Orange
Black Red Green White

Will you need electricity at the STEM Fair (circle one) **YES NO**

Parent Signature _____

S.O.S. Meeting Minutes
January 13, 2020
6:30 pm

1. Open Meeting
 - Attendance: Trisha Nichelson, Jen Justus, Sommer Knippelmeyer, Adrienne Stansell, Pam Goudie, Lisa Stewart, & Nicky Petersen
2. Approval of Minutes
 - Trisha has followed up with Tycha, but still needs to follow-up with Jennifer B. with concession information M/S: Nicky/Sommer
3. Treasurer's Report
 - Checking \$6,919.76 Savings \$2,949.91 M/S: Pam/Nicky
4. Parent Teacher Conferences - February 14th
 - a. Meal-lunch
 - Adrienne will lead like last year. She will set up a signup genius asking for potluck items of soups, sandwiches, fixings, and desserts from parents. Nicky and Jen J will help set up throughout the day of PTC.
 - b. Rib fundraiser
 - Sommer spoke with Hank and he would love to do this. Nicky spoke with Post Prom and they did not have any problem with us trying this fundraiser; they were still trying to reach Hank. Sommer will put together a flier/order form to go home. She will need a presale count 1 week before conferences. Pick up of ribs will be noon-6. Sale for \$20.
5. Teacher appreciation gifts - spending limit not to exceed \$500. In past we have split the cost with Booster Club.
 - B.C. is discussing gift options, large number depending of staff numbers
6. Spring Carnival - Friday, April 3rd
 - picked out games as group, bringing back cotton candy-Adrienne wants to run it. Electronic basketball. Wild One obstacle course like last year. Checking on inflatable sports costs and options
7. Art Class
 - Art funds end fall 2021, next fall 2020 SOS will kick off another large school fundraiser
8. STEM Fair - needs certificates approximately \$0.50 each
 - unanimous vote for yes.
9. Plants/Flowers
 - Poinsettia sales did great. Using online last year and paper this year, Adrienne suggests next year having both options to get both demographics. Adrienne is going to get with Jennifer B. with some checks,