



ELMWOOD-MURDOCK *PUBLIC SCHOOLS*

The Knightly News
September 25, 2020

DATES TO REMEMBER

September 30 - Parent-Teacher Conferences- No School

PARENT-TEACHER CONFERENCES

For our fall parent-teacher conferences on September 30th, we are planning for remote conferences via Zoom. Elementary families will need to sign up via Signup Genius, like we did last year, and the only difference will be that parents will be meeting with teachers through zoom instead of in person.

Here is the link to sign up for your conference. Please find your child's teacher's name and click on "Sign Up".

<https://www.signupgenius.com/go/20f054cafa822a0fb6-elementary1>

Your child's teacher will email you the Zoom link prior to the time of your conference.

*A document will be sent home on Monday via SchoolMessenger with links for all elementary teachers Zoom links.

If you would like speak with any other teacher, please reach out to them via email. They would be happy to either Zoom with you, call you, or have a conversation via email.

Like a lot of other things this year...this is the first time we're trying this, so we'll ask for some grace, flexibility, and understanding.

NEWS FROM THE NURSE:

Many pharmacies and doctor's offices are offering flu vaccines already. We recommend consulting with your physician to determine if and when receiving the flu vaccine is appropriate for you and your family.

Here is a link to some free downloadable e-books from the American Psychological Association that might be helpful for your child to manage pandemic stress.

Find them here: <https://www.apa.org/pubs/magination/covid-19-help-kids-cope>

Cortney Sorensen, RN

csorensen@emknights.org

BREAKFAST AND LUNCH CHANGES

Just in case you missed the memo from Mr. Knippelmeyer, here is the information he shared with families in regards to the school breakfast and lunch program.

Beginning on Wednesday, September 16, 2020, Elmwood-Murdock Public Schools will provide free breakfast and lunch to all preschool through 12th grade students. This change is a result of a COVID-19 waiver extension from the United States Department of Agriculture that allows schools to serve meals to all students at no cost under the Summer Food Service Program Guidelines.

This service will continue through December 31, 2020, OR until the USDA funding stops. If funding runs out before December 31, 2020, we will be notified by the Nebraska Department of Education, and we will then notify our families. When this waiver expires, we will transition back to our current meal service practice, in accordance with the NDE and USDA guidelines. At that time, students will resume their current regular, reduced, or free meal rate status.

****** Students will still be charged for all extra meals, extra milk, and a la carte items at normal prices.

Reminder – This is for FULL breakfast and lunch meal trays, not for individual a la carte items. In order for your child to receive a free breakfast or lunch, they must take all the required meal components that make up a full tray.

Please let us know if you have any questions.

Ryan Knippelmeyer

S.O.S.

The S.O.S. needs your help! They will be raising funds by running the concession stand for the Homecoming football game on Friday, October 9, 2020. Please use this Sign Up Genius to help!

<https://www.signupgenius.com/go/60B0D4AADAA2CA5F49-sosfootball>

Elmwood-Murdock Knights

SOS Fundraiser



Friday, October 9th

E-M Knights vs. Conestoga Football Game

Goulash & Bread stick

Meal is provided by Round the Bend Steakhouse

Meals to go starting at 6:00 p.m.

\$8 large serving & \$5 for small serving

Meals will be available at the Concession Stand

The S.O.S. is raffling three pairs of tickets to Vala's Pumpkin Patch.

SOS Fall Raffle, Sept 30th
Prize: 2 Vala's Pumpkin Patch Admission Tickets
-a \$52.00 value-

We will be raffling 3 bundles

**Raffle tickets can be purchased for a \$1 donation until 4 pm
on Tuesday, Sept 29th.**

*Tickets will be drawn the morning of Parent-Teacher Conferences, and winners will be notified asap.
Please complete all information so we can contact you.*

SOS FALL RAFFLE 9/30/2020 -- \$1 Donation Name (first and last)	SOS FALL RAFFLE 9/30/2020 -- \$1 Donation Name (first and last)
Phone/email	Phone/email
SOS FALL RAFFLE 9/30/2020 -- \$1 Donation Name (first and last)	SOS FALL RAFFLE 9/30/2020 -- \$1 Donation Name (first and last)
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SOS FALL RAFFLE 9/30/2020 -- \$1 Donation Name (first and last)	SOS FALL RAFFLE 9/30/2020 -- \$1 Donation Name (first and last)
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Phone/email	Phone/email
SOS FALL RAFFLE 9/30/2020 -- \$1 Donation Name (first and last)	SOS FALL RAFFLE 9/30/2020 -- \$1 Donation Name (first and last)
Phone/email	Phone/email

This sheet contains 10 raffle tickets.

HELP OUR SCHOOL EARN MONEY!



HOW TO EARN BOX TOPS MAKES IT EASY.

No more clipping. No more sending Box Tops to school. All you need is your phone. Download the ALL-NEW Box Tops app, shop as you normally would, then simply scan your store receipts to find participating products. The app will automatically credit your school's Box Tops earnings online.

Twice a year, your school will receive a check and can use that cash to buy whatever it needs!



BUY



SCAN



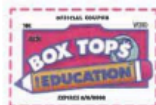
EARN

-STUDENT COUNCIL



LOOK FOR BOX TOPS ON HUNDREDS OF PRODUCTS!

THE ALL-NEW BOX TOPS IS HERE!
DOWNLOAD THE APP:



CLIP: Traditional Box Tops clips are being phased out of production, but you can still send unexpired clips to school. Every valid Box Tops clip is worth 10¢.



SCAN: If you see this label, do not send it to school. Use the new Box Tops app to scan your store receipt within 14 days of purchase. The app will find participating products and instantly add Box Tops to your school's earnings online.



BEVERAGES

- Nestlé® Pure Life® Fruity Water Apple 6.75 or 8-Pack
- Nestlé® Pure Life® Fruity Water Watermelon 6.75 or 8-Pack
- Nestlé® Pure Life® Fruity Water Tropical Twist 6.75 or 8-Pack
- Nestlé® Pure Life® Water .5-Liter 24, 28, 32, 35-Packs
- Nestlé® Pure Life® Water 8 oz. 6, 12, 24 & 56-Packs
- Nestlé® Pure Life® Water 11.15 or 6-Pack



MEALS & SIDES

- Annie's® Mac & Cheese
- Annie's® One Pot Pasta
- Annie's® Soup
- Hamburger Helper™
- Chicken Helper™
- Tuna Helper™
- Old El Paso™ Beans
- Old El Paso™ Taco Kit
- Old El Paso™ Tortillas
- Old El Paso™ Shells



SNACKS

- Annie's® Bunny Cookies
- Annie's® Bunny Grahams
- Annie's® Cheddar Bunnies
- Annie's® Cheddar Squares
- Annie's® Cookies
- Annie's® Crackers
- Annie's® Fruit Snacks
- Annie's® Granola Bars
- Annie's® Popcorn
- Annie's® Snack Bars
- Annie's® Snack Mix
- Bugles™
- Cascadian Farm™ Granola
- Cascadian Farm™ Granola Bars
- Cascadian Farm™ Protein Bars
- Chex™ Mix
- Fiber One™ Bars
- Fiber One™ Brownies
- Fiber One™ Cheesecake Bars
- Fiber One™ Cookies
- Food Should Taste Good™ Chips
- Fruit by the Foot™
- Fruit Roll-Ups™
- Gardetto's™
- General Mills™ Fruit Snacks
- Gushers™
- LARABAR™ Kid
- LARABAR™ Minis Multipack
- LARABAR™ Original Multipack
- LARABAR™ Protein Multipack
- Mott's® Fruit Snacks
- Nature Valley™ Bars
- Nature Valley™ Biscuits
- Nature Valley™ Bites
- Nature Valley™ Granola Cups
- Nature Valley™ Layer Bars
- Nature Valley™ Snack Mix
- Nature Valley™ Squares
- Nature Valley™ Wafer Bars



CEREAL & BREAKFAST

*Bagged cereals do not participate

- Ancient Grains Cheerios™
- Annie's® Cereal
- Annie's® Toaster Pastries
- Apple Cinnamon Cheerios™
- Apple Cinnamon Toast Crunch™
- Banana Nut Cheerios™
- Basic 4™ Cereal
- Big G Cereal Breakfast Pack (8 Pouches)
- Berry Berry Kix™
- Birthday Cake Cookie Crisp™
- Blueberry Cheerios™
- Blueberry Chex™
- Blueberry Toast Crunch™
- Boo Berry™
- Cascadian Farm Cereal™
- Cheerios™
- Cheerios™ Oat Crunch Cinnamon
- Chocolate Cheerios™
- Chocolate Chex™
- Chocolate Lucky Charms™
- Chocolate Peanut Butter Cheerios™
- Chocolate Toast Crunch™
- Cinnamon Chex™
- Cinnamon Toast Crunch™
- Cinnamon Toast Crunch™ Churros
- Cinnamon Toast Crunch™ Shreds
- Cocos Puffs™ Cereal
- Cookie Crisp™ Cereal
- Corn Chex™ Cereal
- Count Chocula™
- Dippin' Dots™ Cereal
- Drumstick™ Cereal
- Fiber One™ Cereal
- Fillows™ Cereal
- Franken Berry™
- French Toast Crunch™
- Frosted Cheerios™
- Frosted Lucky Charms™
- Fruity Cheerios™
- Girl Scouts™ Cereal
- Golden Grahams™
- Honey Kix™
- Honey Nut Cheerios™
- Honey Nut Cheerios™ Crunch
- Honey Nut Chex™
- Kix™ Cereal
- Lucky Charms™
- Maple Cheerios™
- Mermaid Cereal
- Multigrain Cheerios™
- Nature Valley™ Cereal
- Nature Valley™ Granola
- Oatmeal Crisp™ Cereal
- Peach Cheerios™
- Peanut Butter Chex™
- Peanut Butter Chocolate Shreds™ Cereal
- Protein Cheerios™ Oat & Honey
- Pumpkin Spice Cheerios™
- Raisin Nut Bran™
- Reese's Puffs™
- Rice Chex™
- Star Wars™ Cereal
- Strawberry Toast Crunch™
- Sugar Cookie Toast Crunch™
- Toasted Coconut Cheerios™
- Total™ Cereal
- Trix™ Cereal
- Vanilla Chex™
- Very Berry Cheerios™
- Wheat Chex™
- Wheaties™



SCHOOL & OFFICE SUPPLIES

- Boise® POLARIS® Premium Paper
- Boise® X-9® Paper
- Paper Mate® Arrowhead® Erasers
- Paper Mate® Clearpoint® Mechanical Pencils
- Paper Mate® Colored Pencils
- Paper Mate® Comfortmate Ultra™
- Paper Mate® Correction Pens
- Paper Mate® DryLine® Products
- Paper Mate® Eagle® Pens
- Paper Mate® Eraser Mate®
- Paper Mate® Expressions® Erasers
- Paper Mate® Flair® Felt Tip Pens
- Paper Mate® Flexigrip® Elite
- Paper Mate® Flexigrip® Ultra
- Paper Mate® Gel Pens
- Paper Mate® Flexigrip® RT
- Paper Mate® Handwriting
- Paper Mate® Holiday
- Paper Mate® Infinite Lead
- Paper Mate® Inkjoy® Ballpoint Pens
- Paper Mate® Inkjoy® Gel Pens
- Paper Mate® Inkjoy® Stylus 2-in-1
- Paper Mate® Lead Refills
- Paper Mate® Liquid Flair®
- Paper Mate® Liquid Paper® Fast Dry
- Paper Mate® Markers
- Paper Mate® Mirado® Woodcase Pencils
- Paper Mate® Pens
- Paper Mate® Pink Pearl® & White Pearl® Erasers
- Paper Mate® Profile®
- Paper Mate® Profile® Elite
- Paper Mate® Quick Flip™
- Paper Mate® Sharpwriter® Mechanical Pencils
- Paper Mate® Speederaze
- Paper Mate® Write Bros. Pens
- Paper Mate® Write Bros. Mechanical Pencils

CLIP-ONLY PRODUCTS

A few brands have opted not to participate in the digital program; however, you can still find Box Tops clips on these products during the packaging transition. Be sure to send them to your school before they expire.

- Annie's® Condiments
- Betty Crocker™ Suddenly Salad
- Betty Crocker™ Suddenly Potatoes
- Bisquick™
- Cascadian Farm™ Frozen Fruit
- Cascadian Farm™ Frozen Vegetables

- Select Finish® Products
- Select Hefty® Products
- Select Kleenex® Products
- Old El Paso™ Seasonings
- Old El Paso™ Sauces
- Pillsbury™ Frozen Biscuits
- Select Reynolds® Products
- Select Scott® Products
- Totino's™ Single Serve Pizza
- Select Ziploc® Products



BAKING

- Annie's® Biscuits
- Annie's® Cinnamon Rolls
- Annie's® Cookies
- Annie's® Crescents
- Annie's® Dry Baking Mix
- Annie's® Dry Brownie Mix
- Annie's® Dry Cake Mix
- Annie's® Dry Cookie Mix
- Betty Crocker™ Cookie Mix
- Immaculate® Biscuits
- Immaculate® Cinnamon Rolls
- Immaculate® Cookies
- Immaculate® Crescents
- Immaculate® Pie Crust
- Pillsbury™ Birthday Cake Bars 6ct
- Pillsbury™ Chocolate Fudge Brownies 6ct
- Pillsbury™ Grands!™ Refrigerated Biscuits
- Pillsbury™ Refrigerated Biscuits
- Pillsbury™ Refrigerated Breadsticks
- Pillsbury™ Refrigerated Brownies
- Pillsbury™ Refrigerated Cinnamon Rolls
- Pillsbury™ Refrigerated Cookie Dough
- Pillsbury™ Refrigerated Crescents
- Pillsbury™ Refrigerated French Bread
- Pillsbury™ Refrigerated Pie Crust
- Pillsbury™ Refrigerated Pizzas
- Pillsbury™ Refrigerated Shape Cookies



FROZEN

- Annie's® Bagel Pizzas
- Annie's® Pizza Bagels
- Annie's® Pizza Poppers
- Cinnamon Toast Crunch™ Bites
- Pillsbury™ Mini Ginnis
- Pillsbury™ Pancakes
- Pillsbury™ Toaster Scambles
- Pillsbury™ Toaster Strudel
- Totino's™ Party Pizza (4-pack only)
- Totino's™ Pizza Rolls



REFRIGERATED & DAIRY

- Mountain High™ Yogurt
- Oui™ Multipack
- Yoplait® 32oz Tubs
- Yoplait® Go-GURT® Yogurt
- Yoplait® Go-GURT® Dunkers
- Yoplait® Kid
- Yoplait® Multipack
- Yoplait® Single Cups (Purchased in increments of 5)



HOUSEHOLD CLEANING

- Lysol® Disinfectant Spray
- Lysol® Disinfecting Wipes
- Lysol® Toilet Bowl Cleaner