



Empowering All Students to Achieve Success
September 14, 2012
The "Knightly" News

A WEEKLY NEWSLETTER FOR ELEMENTARY PARENTS AND STUDENTS

Elmwood-Murdock Elementary School – 400 West F St. – Elmwood, NE 68349

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School begins at 8:15 a.m. – School is dismissed at 3:30 p.m.

DATES TO REMEMBER:

Sept. 17 – Constitution Day Program at 1:00 p.m. in the elementary gym. Parents are invited to attend.

Sept. 21 – Elementary Grandparent's Day from 1:30 – 3:00 p.m.

Oct. 1 – Parent/Teacher Conferences from 10:00 a.m. to 6:00 p.m.

Oct. 5 – S.O.S. Soup Supper at the Louisville football game from 5:00-7:30 p.m.

Oct. 26 – Fall Festival from 5:30-8:00 p.m.

PARENT/TEACHER CONFERENCES

Sign-up forms for Parent/Teacher Conferences are being sent home today. Please return the forms by Wednesday, September 19, 2012. Your scheduled conference times will be sent home next Friday.

SPIRIT WEEK

The week of September 17 is Spirit Week for Homecoming. Elementary students may wear costumes.

Monday – Favorite Teacher

Tuesday – Famous Pairs Day (example: pancakes and syrup)

Wednesday – Crazy Day (example: dress in wild patterns)

Thursday – Animal Day (example: dress up like an animal)

Friday – Salt and Pepper Day

All outfits must meet school dress code. Please no face paint.

GRANDPARENT'S DAY

Grandparent's Day will be held on Friday, September 21, 2012 from 1:30 to 3:00 p.m. We will begin with a program in the gym and then dismiss the students and grandparents to the classrooms. Parents, other relatives, and family friends are welcome to attend in the place of or with grandparents.

BOOSTER CLUB CLOTHING ORDER

The EM Booster Club is currently selling Knight apparel. They have coats, a baseball hat, polo shirts, a mens' button down shirt and Ladies & Girls' sizes rhinestone t-shirts and shorts available for sale. Order your clothing by going to <http://eflyer.thegraphicedge.com/EMBC>. If you'd like to see samples for color and size please contact Pam Goudie at (402) 618-6971. Clothing will be available for sale now through September 16th.

Don't forget that this Sunday is the last day to place your on-line order for Booster Merchandise.

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STEP UP FOR DOWN SYNDROME!

Students, teachers and their families are invited to join the Willey Family at the Step Up for Down Syndrome Walk October 6, 2012. The event and festivities are free when you join the Elwood Murdock School Team (no-t-shirts). Kids up to age 18 can get a t-shirt that says Ben's Brigade or Elmwood-Murdock School on the back for just \$10 (must register by September 14 for t-shirts that will be black with a blue and yellow logo). The one-mile walk, begins at Antelope Park (near 30th & A) in Lincoln, NE. Registration and activities begin at 8:00 am in the building across from the Barrier-Free Playground and the walk begins at 9:30. Food, entertainment, and games will be provided. This is an uplifting event that is great for the whole family. If you can join us, we need you to pre-register, so call Angie Willey at 994-4225 or email awilley1@yahoo.com by Friday September 28th. Thanks to everyone for all your support!

S.O.S. NEWS

Hi parents! The new school year has begun, and with it comes some great opportunities from the SOS!! We have many events just around the corner, and there are many different ways you can help:

First, our kids will celebrate Grandparents' Day on Friday, September 21 from 1:30 – 3:00 pm. The SOS provides refreshments for the children and grandparents or other special guests. We would be so appreciative of parents who could donate store-bought cookies for the kids and adults to enjoy (if you do choose to donate cookies, please make sure they meet the requirements below, to ensure the safety of those kids in our school with food allergies). We would also like to have a few friendly faces available at 12:30 or so to help guests find their way to their child's classroom, the gym, etc. If you have some time available that afternoon, please consider volunteering!

Next, our first big fund-raising activity of the year is the SOS Soup Supper on October 5. We will be serving chicken noodle soup and chili during the high school football game and will need people to set up, serve, and clean up, as well as donate chicken or ground beef for the soups.

Finally, the Fall Festival will be here before we know it, on the evening of Friday, October 26. This event is lots of fun for the kids, and the SOS could use some parents' assistance in running games and serving food.

Please let me know which of these volunteer opportunities will work best for you, or if you have any questions. As you can see, it is already shaping up to be another busy year for the SOS. It takes many helpful parents to make these events a success, and we are so grateful for your willingness to help out however you can!! **Please contact me at (402) 789-7890 or amy_rikli@hotmail.com.**

Thanks again!

Amy Rikli

*****Here is some information regarding the food allergies referred to above:**

We have students identified in our school with peanut, tree nut, and milk allergies. We have sent letters home to the classroom parents explaining the allergies and the kinds of treats/foods the students can and can not have. We have also identified some areas in our lunchroom that are peanut and tree nut free. We also have eliminated peanuts and tree nuts from our school menu.

A food allergy is an immune system response to a food that the body mistakenly believes is harmful. Although an individual could be allergic to any food, such as fruits, vegetables, and meats, there are eight foods that account for 90% of all food-allergic reactions. These are milk, egg, peanut, tree nut, fish, shellfish, soy, and wheat.

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A small amount of the offending substance triggers the reactions, which commonly occur in the respiratory tract, digestive system or skin in the form of a rash.

A more severe reaction to the allergen that is life threatening is an anaphylactic reaction. Anaphylaxis is a sudden severe, potentially fatal, systemic allergic reaction that can involve various areas of the body (such as the respiratory tract, gastrointestinal tract, and cardiovascular system.) Often students with peanut or tree nut allergies can go into anaphylactic shock from ingesting any form of peanut or tree nut product. Some students have such a severe reaction that just breathing in peanut or tree nut dust can cause a reaction.

Due to these concerns and the potential of other food borne diseases or allergens, we are directing parents not to send homemade treats to school. All snacks and treats must be unopened store bought items. If fresh fruit or vegetables are brought as a snack, please do not prepare or cut at home. We also encourage parents not to bring peanuts or tree nuts as snacks. These restrictions include treats and foods for birthdays and other parties.

Bakeries such as Eileen's in Lincoln can not guarantee their products to be nut free because of cross contamination. Please check with the bakery before items are brought to school for students.

Parents may bring baked items for activities that are not during the school day. These activities would include soup suppers, concessions, or other activities that are hosted outside of the regular school day. Thank you for your understanding and cooperation.