



Empowering All Students to Achieve Success
August 31, 2012
The "Knightly" News

A WEEKLY NEWSLETTER FOR ELEMENTARY PARENTS AND STUDENTS

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

(Ph) 994-2125 – Website –<http://www.elm.esu3.org>– Bruce Friedrich, Principal

E-mail – bfriedrich@esu3.org

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

DATES TO REMEMBER:

Aug. 31 – No Preschool – Tuition due for preschool on Sept. 4, 2012

Sept. 3 – No school – Labor Day

Sept. 6 – Support Our Students (S.O.S.) parent organization meeting at 7:00 p.m. in the elementary lunchroom.

Sept. 10 – Lions Club Health Screenings for elementary students.

Sept. 17 – Constitution Day Program at 1:00 p.m. in the elementary gym.

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

SCHOOL SUPPLIES

The school does have school supplies and backpacks available for students that are in need. Please contact the school office if your child is in need of school supplies.

TEAMMATES MENTORING PROGRAM

Welcome from the TeamMates coordinator and TeamMates Board! Mary Furgerson is the coordinator for the Elmwood-Murdock TeamMates Program. Tom and Nancy Osborne founded the TeamMates Mentoring Program in 1991 in an effort to provide support and encouragement to school aged youth. 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.

We are very excited for this upcoming school year! The Elmwood-Murdock Schools has been involved with the TeamMates Mentoring Program since 2000. We are always looking for both mentors and mentees. At this time, we currently have 15 matches in our program! **Anyone** in grades 3-12 grade is welcome to join the TeamMates program. As well as getting quality time with your mentor, we are looking at doing some fund raising and group activities! This last year we worked the concession stands for Junior High sporting events, we also went to a Creighton basketball game. If you would like to become a mentor or mentee, please contact Mary Furgerson at 994-2125. We are very excited to be able to offer students the opportunity to be positively impacted by this program!

MEDICATIONS

Please send all medications in their original container. This allows us to know if we are giving the correct medication, the correct dosage, and to be aware of the expiration date on the medication. Also, be sure to send a medication form for each medication that is sent to school. Please contact the office if you have any questions. Thank you for your cooperation.

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FOOD ALLERGIES

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.

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.

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.

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!