



EAGLE UPDATE

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February, 2019

DATES TO REMEMBER



February 4th
NO SCHOOL
Teacher In-Service



February 13th
School Board Meeting
6:30 pm in ITV Room



February 15th
NO SCHOOL
State Wrestling

New Face at EPS!



Kindergarten Welcomes Mrs. Childers

Mrs. Chelsi Childers will be student teaching in Kindergarten during the 3rd quarter. Our class is lucky to have her in our classroom! Mrs. Childers is finishing up her Early Childhood degree from Wayne State College this semester.



For the latest in news, check out our website:

www.elgineagles.org

Or follow us on Twitter #elginpublic

From Mrs. Beckman

Snow Days

CALLING SCHOOL OR ACTIVITIES OFF DUE TO WEATHER is a very difficult and somewhat controversial decision sometimes. Please be advised that if you EVER disagree with the decision and wish to keep your children home or have them come home that is completely within your discretion. Just let the school know.

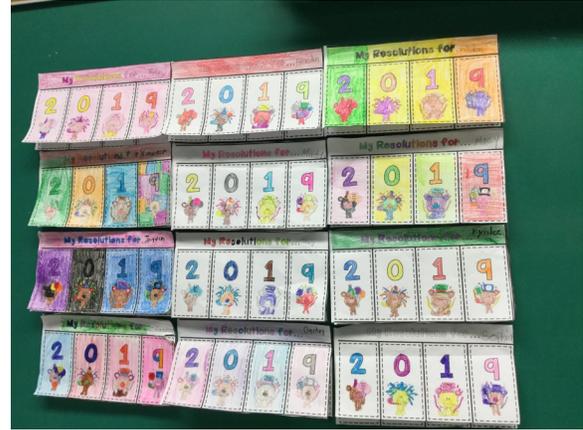


From Mrs. Lindgren

Second semester has started, and with it, a renewed sense of clarity. The juniors are starting to feel the pressure of the upcoming ACT test, and that is becoming the focus for my Algebra II class. Pre-calculus is complete, and I now have four statistics students braving the deluge of data. Geometry is getting lots of experience with the relationships and properties of triangles (more than they ever wanted to know), and the Algebra I students are making their way through the complexity of exponents! They wanted you to know that they are pleased with their accomplishments.

Christmas break was hard on some of my calculus students, so it took a while to get back up to speed! Now I just have to survive 5 different school schedules for FFA, track, snow, assemblies, college visits, etc. and technology glitches!

My CyberPatriots completed the third round of competition, and we earned more points this round than the first 2 rounds, so at least we are seeing some improvement! We did not make it to the Semi-finals, but next year, I will know what to expect, and we will be much better prepared for the competition!



The second grade wrote resolutions for 2019. We will be checking to see how they do as the semester progresses.

Happy New Year!



FCCLA Candy Grams For Sale

Small candy bar & 12 oz Gatorade - \$5.00
Add a 2nd candy bar for \$1.00

Kinds of candy available:
Skittles, Snickers, Reese's, Nibs, Starbursts, Kit-Kat

Place your order by Tuesday, February 12th
Go online www.elgineagles.org to fill out the order form or pick up a form in the EPS office.

Deliveries will be made Thursday, February 14th to anywhere in the town of Elgin.

Payment must accompany your order

From Mr. Childers



Students in Physical Science studied the separation of emulsions by making butter!

From Mrs. R. Heithoff

Elementary Art students have been busy creating valentines for residents in the local nursing homes. The 1st-6th worked on traditional hearts along with patriotic ones.

Also this year the sixth grade tried some acrylic pour hearts. We mixed acrylic paint, glue and water together in various tints of red. The colors were layered into a paper cup with liquid soap. The mix was poured into a foiled lined, plastic lid where it was allowed to dry for a few days. The students removed the acrylic sheet from the lid, glued it to oaktag and cut it out into a heart shape to create a unique, one-of-a-kind Valentine.

7th grade has started their rotation with paper mache animals. They are allowed to choose their own animal and method of decorating.

High school students continue to work on a variety of projects and soon will begin preparing work for the NVC Art show in April. Thank you to everyone who has donated CDs, records, Pringle can lids and empty pop bottles. It is very much appreciated!!!!

Mrs. R. Heithoff



From Mrs. Borer

The first day back from break was a time for students to start fresh and make a New Year's resolution. Each fifth grader wrote out their resolutions on a party hat, explaining how they are going to work toward that goal. They decorated them when they were finished. You can view them in the elementary hall or on Mrs. Borer's Twitter page.



From Mrs. Shumake-Henn



The EPS Speech Team has been hard at work preparing for the upcoming season. Fifteen students, including an experienced senior crew, will be competing this year. Their first meet will be Wednesday, January 23, at Howells-Dodge. Team members include the following:

Seniors: Kira Widger, Brea Carr, Mateo Kirstine, Hunter Reestman, Grace Rittscher

Juniors: Adam Dreger, Olivia Lindgren, Cory Romej, Talena Woodard

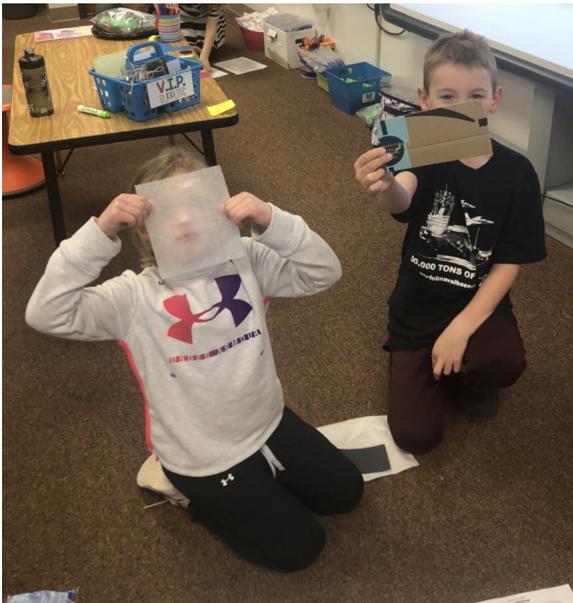
Sophomores: Theanna Dunn, Jordan Lindgren

Freshmen: Jessica Getzfred, Norman Grothe, Riley Vitamvas,

The team is coached by Jessie Reestman and Stacy Shumake-Henn. Best of luck this season, Speechsters!



The new semester has delivered new vocabulary for Spanish students! Here you can see one of the Spanish I classes playing a review game called "¡Mi Lápiz!" meaning "My Pencil!" They are reviewing the vocabulary for food and beverages.



In science, first graders explored what life would be like with no windows. They did so by learning all about transparent, translucent, and opaque objects. To celebrate their learning, they made window designs for their classroom windows!

Purposeful Use of Technology

It seems there is a growing list of drawbacks or dangers in exposing our children to too much technology. In fact, according to a 2016 CNN news article, the American Academy of Pediatrics argues that children under 18 months of age should not be allowed any screen time. The article then goes on to give technology-related suggestions for various age groups. The dangers of bombarding our children with too much technology time cannot be ignored. Above technology, children need physical activity, interaction with peers, and sleep.

That's not to say, however, that technology doesn't have its place. The world wide web provides a wealth of educational opportunities. Schools would not be preparing students for the future if we didn't incorporate technology into our lessons and curriculums. The ability to utilize technology is a necessary life skill.

The bottom line is that the use of technology should be purposeful and limited. For example, educators and families can show children educational videos on Youtube, take advantages of resources like Khan Academy, and use reading apps such as Epic. The free online resources available are endless.

Kids need to be exposed to technology but not at the cost of learning how to interact with their peers. As with anything, technology is a wonderful tool, in moderation.

Hailey Middlebrook, CNN. "New Screen Time Rules For Kids, By Doctors." *CNN*. N. p., 2019. Web. 11 Jan. 2019.



From Mrs. Eisenhauer



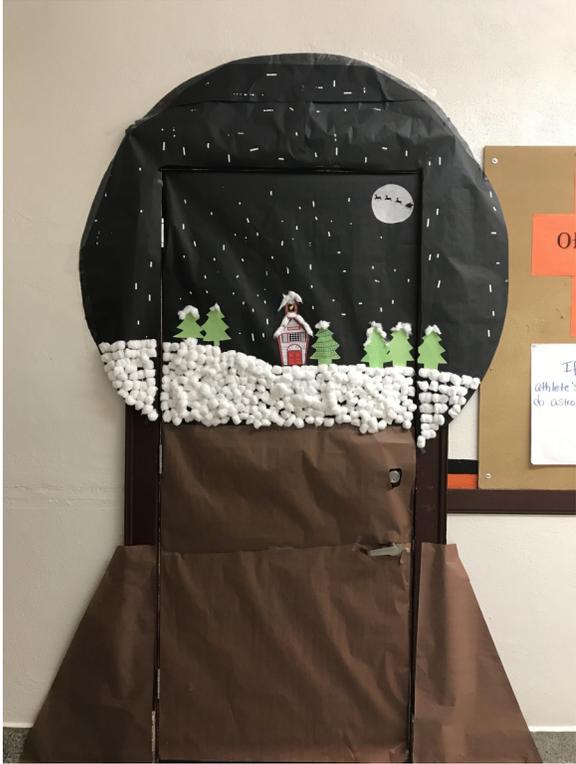
Bridge Engineers in 3rd grade

Students learned about bridge design in Science class and began using their knowledge of forces to design bridges made of paper only. They tested their bridges by placing pennies on top of it until it failed. Some bridges were designed very sturdy with supports and arches. The top bridge design went to Riker and Cylus holding 139 pennies and Kaidynce holding 215 pennies.

From Mr. Heithoff



From Mrs. D. Heithoff



The junior high study hall is very proud of their 1st place trophy for the Holiday Door Decorating Contest.



Choir Members Attend Boone Central Choral Clinic

On Monday, January 14th, the high school choir members attended the Boone Central Choral Clinic. This year, the clinic was directed by Cheri Helmer-Reinche formerly of Pappilion-LaVista South High School, and featured 275 singers. The choir performed Why We Sing, Bring Him Home, The Pasture, Sinner Man, and Battle Hymn of the Republic.



Elgin Public School has a new resource for its students and families. A school-based therapist, Angela Gaden, will be available during school hours once a week during the school year. A school-based therapist is a Licensed Independent Mental Health Practitioner (LIMHP) that works in a school setting, providing counseling services to school-aged clients, helping them learn coping skills that clients can implement on their own.

The counseling services Angela will be able to provide Elgin Public School students with include solutions for dealing with anxiety and depression, solutions for disorders like eating disorders and conduct disorders, solutions for substance use, solutions for managing focus and self-esteem, and solutions for relationship issues like dating abuse and making friends. Angela will also be able to provide trauma-based therapy.

Angela is part of the Good Life Counseling and Support Agency out of Norfolk. Although Angela has an office at Good Life's main office in Norfolk, she provides services in the Neligh, Elgin, and Verdigre areas.

Mrs. Rittscher, EPS School Counselor commented, "We're excited to have Angela and the support of Good Life Agency at our school. Although our students and families have great resources for

physical health issues, like broken arms or sinus infections, families often have to travel clear to Norfolk for mental health issues. Having a Licensed Independent Mental Health Professional available to students during school hours will help our families get access to solutions for a wide range of issues during school hours at school in Elgin at the expense of Elgin Public School."

School-based therapy is fairly new to this area. As such, questions are sure to exist.

One such question might be, "How will a student be identified as needing to see Angela?" Since in a school setting, students who might need access to Angela for support in coping skills might be identified by teachers, the school counselor, or the administration. In this case, an individual teacher would contact with Mrs. Rittscher. Mrs. Rittscher would then reach out to the parent and seek approval. There is paperwork that has to be completed and signed prior to any session. A parent might also want his or her child to seek supports from Angela. Again, the parent would contact Mrs. Rittscher for necessary paperwork. Once the paperwork is completed and signed, Mrs. Rittscher will add name of the student to Angela's schedule. At present, Angela will be available Monday mornings.

Continued on next page-

10 Benefits of Reading Aloud to Children

- builds vocabulary
- improves reading comprehension
- promotes empathy
- reduces stress
- boosts brain development
- exposes children to different experiences
- increases chances of later success
- helps develop communication skills
- builds self-esteem
- deepens family connections

fb.com/whatdowedoallday.com

Welcome **2019**
January
One day at a time.

New Month.
New Year, New Chapter.
New Lessons, New Blessings.
New Beginning.
New Mindset.
New Focus.
New Intentions.
New Inspiration.
New Opportunities.
New Results.



Continued from previous page-

Another question might be, "What will this look like for the student?" Again, Angela won't see any student in a session setting at school without parental consent and completed paperwork. In fact, some of the work she'll do initially will require some parental input. Angela described a typical session as informal and comfortable. She said that she will often use an initial assessment called the "Initial Diagnostic Interview" that will help her determine short term and/or long term goals. She might have to do other assessments as well. Angela indicated that she likes to use solution-based brief therapy to fix problems so they don't need long term therapy. As she has special training for younger children, she likes to use talk therapy and she includes games, coloring, and manipulatives like playdough and legos. She said that sessions typically run 40-60 minutes.

Confidentiality is certain to be a question on the minds of parents as well. All counselors take coursework in ethics and laws about confidentiality. A session is protected by those ethics as well as laws like HIPPA. The only time a counselor or therapist can divulge session conversation is if the client threatens harm to self or others, if therapist suspects child abuse, and/or if therapist asks permission to share relevant information with parents. As part of the initial paperwork process, though, parents can sign permissions that conversations relevant to academics can be shared with Mrs. Rittscher in school setting, but only if client gives permission to do so. If Angela needs parent's input, she will contact them; in addition, parents can be present for first sessions as well.

"I feel very lucky to have the support of the Elgin Public School administration and school board to bring a school-based therapist onto our campus. In bigger schools like Lincoln and Omaha, school-based therapy is already a part of their school cultures. Some rural schools have availability of Licensed Independent Mental Health Practitioners through their Educational Service Units, but not many and none around here. I truly believe that therapy can benefit everyone and that making it available at our school can only make our school, our families, and community stronger and healthier," concluded Sonia Rittscher.

If a parent or student has any questions, please contact the school and Mrs. Rittscher in particular.

F

rom the Principal's desk . . .

by Greg Wemhoff
greg.wemhoff@elgineagles.org



-Semester 1 Honor Roll-



Semester 1 All A Honor Roll

Baylee Busteed, Keyera Eisenhauer, William Heilhecker, Ethan Hinkle, Jack Wemhoff, Hunter Reestman, Allyson Wemhoff

Semester 1 Superior Honor Roll

Nick Anderson, Corbin Kinney, Colton Wright, Gareth Behnk, Breanna Carr, Anna Heilhecker, Mateo Kirstine, Grace Rittscher, Kira Widger



Semester 1 Honor Roll

Brian Heithoff, Blake Henn, Myles Kittelson, Brenna Martinsen, Austin Good, Kristopher Moreno, Norman Grothe, Blake Ofe (not pictured), Riley Vitamvas, Theanna Dunn, Joey Getzfred, Jordan Lindgren, Adam Dreger, Olivia Lindgren, Araceli Palmer, Leslie Nichols

-Quarter 2 Honor Roll-



Quarter 2 All A Honor Roll

Baylee Busteed, Keyera Eisenhauer, William Heilhecker, Ethan Hinkle, Jack Wemhoff, Hunter Reestman

Quarter 2 Superior Honor Roll

Nick Anderson, Corbin Kinney, Colton Wright, Garett Behnk, Breanna Carr, Anna Heilhecker, Mateo Kirstine, Grace Rittscher, Allyson Wemhoff



Quarter 2 Honor Roll

Brian Heithoff, Blake Henn, Myles Kittelson, Brenna Martinsen, Austin Good, Brittney Headlee, Kristopher Moreno, Norman Grothe, Blake Ofe (not pictured), Theanna Dunn, Adam Dreger, Olivia Lindgren, Kira Widger, Leslie Nichols

Aministratively Speaking . . .

By Dan Polk
dan.polk@elgineagles.org



2019!!!! It's unbelievable how fast time goes it seems like just yesterday I was starting my first principal position (1996)! Yes it's true, I've been an administrator going on 23 years now.

The one thing I do know is northeast Nebraska is a good area to be an educator. Most of the kids still have a pretty good work ethic, most of the parents still have old fashioned values and morals and all still believe teaching and education is valuable and important. So this newsletter is from all of us at School to the parents and the patrons of the district. Thank you! Thank you for working with us rather than against us, for letting us set and expect high standards, and for appreciating the efforts of our staff as well as supporting the Elgin Public Schools. Go Elgin! And Go Eagles !



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NEWSLETTER
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