

NOVEMBER 2024

## A MESSAGE FROM MRS PETERSEN

Dear Spring Ridge Families,

As Thanksgiving draws near, it is an ideal time to remind ourselves and our children of all the blessings we share. The Spring Ridge staff and I are truly grateful to the Spring Ridge parents and community for their continued support and generosity. You are always there when we need you volunteering in the classroom, helping at a class party, assisting with a fundraiser or helping in the workroom; you see the need and you are there as TOGETHER we help our children learn and grow. Thanks for all that you do! We wish you and your family a very Happy Thanksgiving.

*Laurinda Petersen*

Spring Ridge Principal



## UPCOMING IMPORTANT DATES

November

- November 4- PTO Meeting, 6:30 PM
- November 14 - 4th Grade Music Program, 5:30 PM / 5th Grade Music Program, 6:30 PM
- November 15 - Author Visit - Troy Cummings
- November 26 - Mid Quarter Reports Go Home
- November 27-29 NO SCHOOL- Thanksgiving Break



**Lost & Found:**



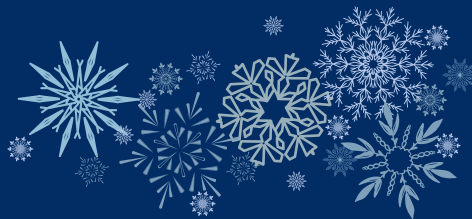
Please visit our Lost and Found for items that are missing. Our Lost and Found is growing at a very fast pace. All unclaimed items will be donated during winter break.



## Weather Reminders:

School closings will be announced on radio station KFAB (1110) and TV stations. Elkhorn families will also receive an announcement via School Messenger, the automated telephone announcement service. When it begins snowing during the day, we receive numerous phone calls asking if parents can pick up their children. Our answer is that it is a parent's choice to come pick up their children in case of inclement weather.

Cool weather is headed our way! Coats, hats, and mittens will be needed most days for Walking Club and recess. It is helpful if you can put your child's name in coats. We can easily return items to your child if there is a name on the tag.





## Upcoming District Events

- ENHS Fall Craft Fair: Saturday, November 23, 2024, from 9:00 - 3:00 at Elkhorn North High School.
- ENHS Jr. Cheer Clinic: Saturday, December 7, 2024, from 9:00 - 11:30 AM at Elkhorn North High School.

**WOLVES** \$55  
*Winter*  
**JUNIOR CHEER**

DECEMBER 7, 2024  
9-11:30 [AT] ENHS

PERFORM AT HALFTIME OF THE GIRLS BASKETBALL GAME THAT AFTERNOON!

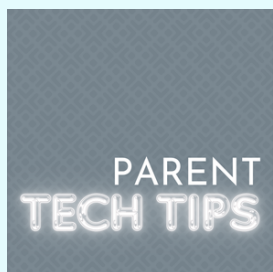
FOR MORE INFORMATION AND TO SIGN UP, SCAN THIS QR CODE OR VISIT  
[HTTPS://SITES.GOOGLE.COM/EPsNE.ORG/ENHSCHEER/JUNIOR-CHEER?AUTHUSER=0](https://sites.google.com/epsne.org/enhscheer/junior-cheer?authuser=0)

SIGN UP & PAY BY DEC 2ND TO RECEIVE A SHIRT, BOW & POM POMS!!

JOIN US FOR THE FIRST ANNUAL  
**Elkhorn North Craft Fair**  
NOVEMBER 23 9 AM - 3 PM  
NE CORNER OF 180TH AND MAPLE

Shop over 100 vendors! You'll find unique handcrafted items and savor delicious local treats. It's the perfect way to support our cheer team and find everything you need right before Thanksgiving.

\$3 ADMISSION



## Tech Tip:

Wait Until 8th Pledge

The Wait Until 8th pledge encourages parents to delay smart phones for students until at least 8th grade. Learn more at <https://www.waituntil8th.org/>.



## Note from the Nurse...

As cold and flu season ramps up, please continue to make sure your child is practicing healthy habits like getting plenty of rest, drinking lots of water, and practicing good hand washing/sanitizing. Please do not send your child to school with any OTC medications such as Tylenol or cough drops. Children are not allowed to carry these in their backpacks. A doctor's authorization and parent/guardian signature are required before medications can be administered.

## -Health Screens-

I can't thank the volunteers enough who helped during health screens! Volunteers really make the process so much smoother! THANK YOU! Students with abnormal results will receive a referral letter by mail within the next few weeks. If your student receives a referral letter, it is suggested to follow-up with the appropriate health care provider and return completed referral forms to the school. This is not required! Referrals are meant to bridge the gap between regular health check-ups. If they did not pass vision, hearing, or a dental screening, early intervention can be key!

Thank you!  
Elizabeth Page, BSN/RN  
epage@epsne.org



November

## COUNSELLING CORNER

### Parenting Pathways

#### What is Anger?

Anger is a natural emotion that children, as well as adults, experience when they are feeling frustrated, overwhelmed or are unable to express their needs or desires effectively. Anger may manifest as screaming, hiding, stomping, crying, or even a full tantrum. It may be hard to understand or accept that this is a completely normal part of childhood development, but it aids in brain development. During these outbursts, adults must remember that a child's brain is continually under construction and needs guidance to help effectively manage big emotions.

#### What can a parent do to help meltdowns?

- **Model the behavior you want to see**
  - Children are always watching. How parents and adults handle angry feelings around a child is how the child will learn to manage their own.
- **Validate their feelings**
  - "I saw that Lincoln took your toy. That made you feel really angry. It's okay to feel angry." Allow the child to understand that they are allowed to be upset and that you will be there to help them work through it. Then, move forward and offer choices if the child is calm enough.
- **Teach emotional awareness**
  - Identifying for the child what angry looks like including a red or sweaty face, scrunched face, and tight fists. You can also discuss what it feels like such as a racing heart, tight body, headache, or upset stomach. Practicing in the mirror so they can see themselves is highly effective.
- **Create a safe environment**
  - Create a calm corner at home!
- **Open communication**
  - For example, "Mommy got really frustrated at work today. I could feel my heart beating faster and my body felt tight. I knew that I could calm my body down by taking deep breaths. So I took three deep breaths and was able to feel comfortable again. What about you? What feelings did your body feel today?"
- **Seek professional help**
  - After using strategies consistently, if you are not able to see improvements, asking a professional for help is a great option. Therapists and counselors can work with the individual child as well as the family to help manage and calm big emotions.

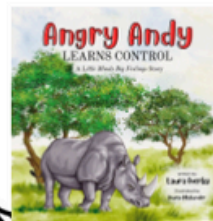
### Soothing Squeezes for Anger

1. Make Tight fists
2. Hold Arms straight
3. Count (5-4-3-2-1)
4. Shake it out



### Cuddles & Covers

The rhino realizes that being angry does not feel good. He learns strategies to get the angry feelings out of his body.



### SOM Character Trait

Honesty can be difficult for kids as they don't want to get in trouble or "tattle" on a friend. Honesty can be learned and practiced. How will you show honesty each day?

**HONESTY**

is being truthful in what you say and do

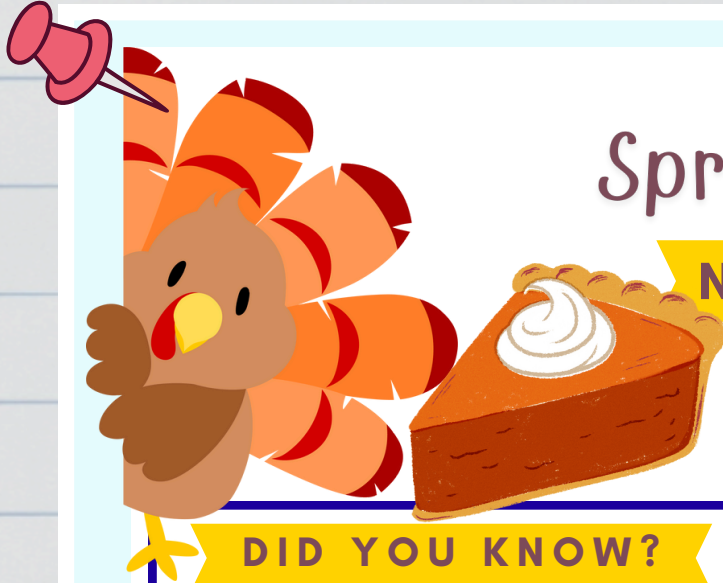


PurposeFULL People  
Character Strong



What are we learning  
in guidance?

- [Kindergarten](#)
- [1st Grade](#)
- [2nd Grade](#)
- [3rd Grade](#)
- [4th Grade](#)
- [5th Grade](#)



## Spring Ridge PTO

**NOVEMBER 2024**

### IMPORTANT DATES

- 11/04: PTO MEETING @ 6:30PM
- 11/05: SPRING RIDGE POLLING PLACE
- 11/14: 4TH & 5TH GRADE MUISC PROGRAM @ 5:30/6:30PM
- 11/15: AUTHOR VISIT: TROY CUMMINGS
- 11/19: SPRING RIDGE SOCIAL: FREDDY'S
- 11/26: MID-QUARTER REPORTS
- 11/27-11/29: NO SCHOOL

### DID YOU KNOW?

- The day after Thanksgiving is the busiest day of the year for plumbers (Recommend to not pour cooking oil down your drain)
- 704 million pounds of turkey is consumed every Thanksgiving
- The biggest Thanksgiving Day opening movie was Frozen.

MAGGIE BROCKMANN  
PRESIDENT

HANNAH WIEGER  
PRESIDENT-ELECT

**P T O**

**MEETING**

2ND GRADE  
TEACHERS WILL BE  
PRESENTING

**CHILDCARE  
AVAILABLE**

**NOVEMBER 04, 2024**





COMING SOON!  
brand new pto  
directory

We have automatically added all families to our new PTO directory.  
Please watch your inbox for an email requesting you to set up your own  
Username and Password.

TENTATIVE LAUNCH DATE: NOVEMBER 04



*Congratulations*  
**SIGIFRIDO  
OROZCO**

**SUPPORT STAFF  
MEMBER OF THE  
YEAR**



Support Staff Member of the Year:  
*Sigifrido Orozco*

Join us at the Elkhorn Public School's Foundation  
Hall of Fame Banquet: November 7th to honor Sigi! It is free to  
attend, just RSVP to the event at:

<https://www.elkhornfoundation.org/hall-of-fame-2024/>





**SPRING RIDGE SOCIAL: FREDDY'S**



*Tuesday, November 19th*

**2920 S. 180TH ST**

**20% OF PROCEEDS GIVEN  
BACK TO OUR SCHOOL**



# HOW TO REACH US

DON'T HESITATE TO ASK EVERYTHING ABOUT US!



**SPRING RIDGE PTO**



**CONTACT@SPRINGRIDGEPTO.COM**



**WWW.SPRINGRIDGEPTO.COM**



**17830 SHADOW RIDGE DRIVE**

**MORE INFO:**

**SIGN-UP FOR PTO EMAILS!**



The Spring Ridge Review is a monthly newsletter published by the staff and volunteers of Spring Ridge Elementary School, Elkhorn Public Schools in Omaha, Nebraska.

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## LINKS



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PTO Emails!



SPRING RIDGE  
SCHOOL DIRECTORY