



December 2018 Eisenhower Express

And Remember Eisenhower...
Be Kids of Good Character and...



School Principal News!

~Mr. Ferguson

December 2018

Dear Eisenhower Families,

Hello and greetings from Eisenhower School! As we've turned the calendar from November to December, we are squarely focused on the work of the 2nd trimester. Students and teachers continue to do great things while making progress towards the Core Standards.

We recently completed the 1st trimester and report cards and comments were done by the teachers. The report cards were available to you to view online if you didn't request a printed copy. If you didn't receive the directions from the district on how to access them online or if you haven't yet had a chance to review the progress reports, please take the time to look it over with your child. Remember that these standards are all "end of year" standards so they are goals for the end of the school year. We have been focusing on a growth mindset and showing perseverance in order to meet our goals at school so any discussion about that during your review of the report card would be appropriate.

In case you haven't heard, Eisenhower School recently celebrated our 50th "birthday" on November 16! Our school was built and opened in 1968 making us 50 years old this year. We did some fun activities, learned about our school namesake, and also hosted a program during the afternoon when former Eisenhower staff came back for a "homecoming". Ask your child about the time capsule and the cool video of our school-wide "E" photo. Thank you to the PTO for all of their support in our celebration!

As the weather turns to winter, please make sure your child has the appropriate winter clothing to wear to school. Kids need their fresh air and time to run around during the day so we have recess every day, even when it's cold. We only have indoor morning line-up or stay inside for recess when the "feels like" temperature is 0 or below. Thanks for making sure the students have appropriate hats, gloves, coats, snow pants, etc.

Speaking of winter weather, I wanted to make a clarification in case we have a situation of a weather delay, especially on a Friday. All 2-hour delays will result in students beginning school at 10:25 (2 hours later than our normal time of 8:25). IF the district ever calls a 2-hour delay on a Friday, the 2 hour delay is figured from our normal starting time of 8:25 so students would begin at 10:25. **Basic rule of thumb is: When there is a 2-hour delay, students will always enter the building at 10:25, even if it's on a Friday.**

Our 4th/5th grade choir will again be spreading some holiday cheer at some local businesses and nursing homes on December 13 during the morning. They will go caroling and have an opportunity for Eisenhower to "give back" to those businesses that are so generous to us here at school in addition to brightening the day of those at a local nursing home.

This month goes so fast with so much going on. I hope you are able to find time to relax and just enjoy the season. We are fast approaching the winter break and before we know it we'll soon be turning the calendar to a new year. Have a great month of December and a wonderful holiday season!

Sincerely,
Andy Ferguson, Principal

School Counselor News!

~Mrs. Klein

As we begin the month of December, our guidance theme is, "Understanding Others." Students will learn and practice talking to one another by being tactful and having good manners. We will also practice how to best listen when others are talking through role-playing. Through these efforts to think about and discuss our differences, we can also find that we have many things in common--especially how we all prefer to be treated. When we are caring and mindful of our families and friends, we are able to make a positive difference within our homes and within our schools. Our expressions of kindness, respect, responsibility, and empathy continue" to make the world a better place."

Wishing you a wonderful December,
Mrs. Klein

School Nurse News

~Mrs. Ernzen

Healthy Children and Physical Education

From Trish Ernzen, RN

Lately, I have been getting notes from parents asking that their child be excused from PE for one reason or another. Usually it is related to a minor injury or recent illness. Our district requires that an excuse from a health care provider be presented to the school if a student is to be excused from physical education. I can excuse a child for one PE class after assessing them if there is evidence of an injury or illness.

If a PE excuse from a health care provider has been presented to school, we are obligated to excuse the student from PE. And if physical activity is limited for PE, then is presumed that this limitation is to be carried over into the regular school day, including recess. If a student has a PE excuse and is observed to be running and playing at recess, that student will remain indoors at recess time.

Why this concern over PE excuses? The first reason is to ensure that the student who has a PE excuse does not cause additional injury to him/herself by engaging in activity that was to be limited. The second reason is to ask you to consider the situation more carefully when you ask that your child's activity be limited. While there are certainly legitimate reasons to ask that your child be excused from PE for a day, children often become anxious over upcoming physical assessments, and in turn try to avoid the assessment by asking you to have them excused from a PE class when assessments are being done. This attempted avoidance only puts the activity off temporarily as the assessments are part of the physical education curriculum and will need to be completed at a later time anyway. So if your child comes asking you to have them excused from PE, be sure to ask them if they have something going on in PE, such as "Pacers", and if the answer is yes, your best response will be to encourage them to do their best they can for that day.

Please feel free to call or email me any time at school with any concerns or questions you may have about any health related problem your child may be having. And if ever you feel your child should have his/her activity limited for the day, a phone call to the health office to discuss the problem is appreciated. That way we can decide together the degree of limitation that is needed.

The following are some statistics highlighting the need to keep our children active and eating healthy.

-Iowa was ranked as the 20th most obese state in America in 2011.

-The obesity rate in Iowa has increased by more than 70% over the last 15 years to 28.1% for adults.

-According to the data from 2007, 11.2% of children and teens, age 10 to 17, were considered obese.

• -Approximately 23.7% of Iowa's population is under the age of 18, making up to 80,000 young people at risk of developing serious medical conditions. (<http://www.green-tea-health-news.com/Iowa-obesity.html>)



Happy Holidays Eisenhower Families!

This year is flying by. We only have 4 more PTO meetings left this year, and so much to accomplish! We hope you will be able to join us. **Our next meeting will be January 14th, at 6:30 in the library.** Free childcare will be provided. Every parent/guardian and Eisenhower employee is automatically a part of the PTO and we would love to have you join us. We are always looking for new ideas and suggestions to help improve our school!

Last month we held our annual Food and Toiletry Drive and it was a huge success! Thanks to all of your generosity, we were able to deliver items to Resources Unite, the Dubuque Food Pantry, and Dubuque County Veterans Affairs. They were all so appreciative and so impressed with our families' giving spirit. Thank you so much for helping us spread the Eisenhower spirit around our community.

December 13th the PTO will be hosting a Holiday Breakfast for the entire Eisenhower staff. If you would like to more information and to contribute by donation or volunteering your time, please sign up using this link.

<https://www.signupgenius.com/go/30E0E4DA9A829A6FD0-eisenhower4>

Thank you!

December 6th- Skate Night at Skate Country

December 18th - Wendy's Night

We hope to see you there and thank you for your continuing support!

If you have any questions, please feel free to contact me at bridget_ott@hotmail.com.

Thank you,

Bridget Ott

PTO President

MARK YOUR CALENDAR

DECEMBER 6	PTO SPONSORED SKATE NIGHT 6-8 PM
DECEMBER 10	BAND CONCERT @ HEMPSTEAD HS AUDITORIUM 6:00 PM
DECEMBER 12	2:35 PM 92.9 KAT FM HOLIDAY KIDS CONCERT-EISENHOWER CHOIR
DECEMBER 16	11:35 AM 92.9 KAT FM HOLIDAY KIDS CONCERT-EISENHOWER CHOIR
DECEMBER 18	5:00-7:00 PM WENDY'S NIGHT
DECEMBER 19	9:30-11:00 PRESCHOOL PROGRAM IN SMALL GYM 1:30-3:00 PRESCHOOL PROGRAM IN SMALL GYM
DECEMBER 22	2:35 PM 92.9 KAT FM HOLIDAY KIDS CONCERT-EISENHOWER CHOIR
DECEMBER 24-JANUARY 2	WINTER BREAK
JANUARY 3	CLASSES RESUME