



# March 2019 Eisenhower Express

And Remember Eisenhower...  
Be Kids of Good Character and...  
**YOU ARE AWESOME!**



## School Principal News!

~Mr. Ferguson

Hello Eisenhower Families!

I think we all feel the same way about this winter weather and all of the weather related schedule changes so I'm not even going to make a joke or mention it. I'll just say that I'm very happy we are finally in the month of March. Mother Nature has to give us a break eventually, right???

We now have one week under our belt of the extended day which incorporates the added 25 minutes to the end of the school day. Teachers are busy utilizing this time for additional instruction in language arts, math, science, and social studies as well as opportunities to reteach, provide enrichment, or provide necessary interventions. The increased time is an adjustment for all of us but we see this as a great opportunity to recapture some of the lost momentum and learning time that resulted from all of the canceled school days. We all just want to get into and be able to stay in a routine. **As a reminder, please note that our new dismissal times are as follows: 11:15 a.m. for AM Preschool; 3:30 p.m. for PM Preschool; 3:35 p.m. for Kindergarten; and 3:40 p.m. for grades 1-5.** It's already a long day for children so thank you for being timely in your pick up of your students at the end of the school day so they aren't waiting any additional time after dismissal.

Thank you for participating in the recent parent/student/teacher conferences. Our overall attendance dipped slightly from past years but we had some weather related rescheduling so it is understandable that this impacted some of you. Thanks for making every effort to attend and communicate with us to support our common goal of helping your child improve their learning and experience success.

Speaking of student learning, I know you heard about many great things that your child is doing here at school when you attended conferences. However, we have just finished the 2<sup>nd</sup> Trimester and progress reports will soon be updated and finalized. You will be able to see the updated version with current comments on Infinite Campus starting on March 15. Teachers have taken a lot of time and consideration to complete these so we appreciate you looking at them and discussing them with your child. Please contact your child's teacher if you have any questions.

As I say every year at this time, even though we are only in March, we will soon start to look at next year and make plans for staffing and homeroom assignments. My protocol for specific teacher requests is that I will receive them but I make no promises other than considering each one carefully and attempting to honor each reasonable request. I feel strongly that we have a school of excellent teachers and your child(ren) will have a successful experience no matter which homeroom they are assigned. Putting together class lists is like a giant puzzle so I can't promise that all requests will be honored but I will carefully consider each suggestion. Please email me any requests and I will hold them until we finalize our class lists later in the spring. Any requests are due electronically via email ([aferguson@dbqschools.org](mailto:aferguson@dbqschools.org)) and should be received no later than April 15<sup>th</sup> in order to be considered.

Thanks again for all you do to work with us on behalf of your children. We appreciate your support!

Have a great month of March! Spring is almost here!

Sincerely,

Andy Ferguson  
Principal

## School Counselor News!

~Mrs. Klein

During the month of March, our guidance theme is Self-Acceptance/Wellness. As we all “spring” forward into this special time of year of longer and sunnier days with warmer temperatures to enjoy the great outdoors, we can continue our path of living healthier lives. Even in the best of circumstances, it can be challenging to deal with many aspects of living. Knowing and practicing calmness, clear thinking, positive self-talk, kindness, dignity and respect of self and others can help us all to be stronger and more resilient. Taking time every so often to make a self-inventory of healthy coping strategies and practicing them as needs arise can make it easier to rebound. Even with children, setting a family goal of working on a home life with quiet, peaceful and gentle voices can provide a break from “all the drama” that we see and hear on a daily basis. We are all in this together and we can support and cheer each other along as we move throughout the remainder of this school year.

Wishing you and your children the very best of springtime, --Mrs. Klein

## School Nurse News

~Mrs. Ernzen

### March Madness Stretches for Health

While watching your favorite teams compete in March Madness, you can take a time out during commercial breaks to stretch. Flexibility is an overlooked component of exercise that improves your range of motion, which increases your ability to engage in all different types of physical activity. Although Yoga is good for flexibility, you do not need to go to classes to improve your flexibility. The most recent physical activity recommendations suggest stretching as an easy and effective means to increase flexibility.

Follow these simple stretching tips to minimize injury and maximize flexibility benefits:

Relax by taking a few deep breaths during stretches.

Make smooth/slow movements instead of jerky/quick motions.

Stretch until feeling a gentle pull; if you feel any sharp pain or discomfort, you have stretched too far.

Hold stretches for a total of 15–30 seconds.

To get started, try these simple stretches as you wait for the basketball games to resume:

**Forward Bend**—When sitting/standing, reach your hands toward your toes. Hold for 15–30 seconds.

**Wall Push**—Stand 12–18 inches away from a wall; lean forward, pushing against the wall with your hands and keeping heels flat on the floor. Hold for 15 seconds; repeat 1–2 times.

**Hip Flexor Stretch**—With both knees on the floor, bring one leg forward placing your foot flat on the floor and your knee at a 90-degree angle. Push your hips forward until you feel a stretch in your front thigh, near the groin. Keep your torso upright and front knee behind your toes. Hold for 20-30 seconds on each leg.

Visit the American Heart Association ([www.heart.org/en/healthy-living/fitness/staying-motivated/stretchers-for-exercise-and-flexibility](http://www.heart.org/en/healthy-living/fitness/staying-motivated/stretchers-for-exercise-and-flexibility)) for more stretches.

Sources: American Heart Association, [Stretches for exercise and flexibility](http://www.heart.org/en/healthy-living/fitness/staying-motivated/stretchers-for-exercise-and-flexibility) ([www.heart.org/en/healthy-living/fitness/staying-motivated/stretchers-for-exercise-and-flexibility](http://www.heart.org/en/healthy-living/fitness/staying-motivated/stretchers-for-exercise-and-flexibility)); U.S. Department of Health and Human Services, [Active adults. Physical Activity Guidelines for Americans](http://health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf) ([health.gov/paguidelines/second-edition/pdf/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf](http://health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf))

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Hello Eisenhower Families!

Our next PTO meeting is coming up soon on **March 11th, 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 always look forward to new faces! We are busy planning for many events this Spring and love having new ideas! Please join us! Thank you to all of those who donated snacks and drinks for the teachers during Spring Conferences, they greatly appreciated it!

We have a few events coming up this month that helps support our school. We hope to see you there and thank you for your continuing support!  
(Watch for further details in your child's mailbag)

March 7<sup>th</sup>- Skate Night  
March 12<sup>th</sup>- Culver's Night  
March 19<sup>th</sup>- Wendy's Night

We hope everyone will join us for our fundraising opportunity with Culver's on March 12<sup>th</sup> from 5-8! You will see many familiar, friendly faces around Culver's helping serve you around the dining room! 5% of all the proceeds will go directly to Eisenhower! Let's show Culver's some Eisenhower Spirit!! Last year we made more than \$300 on our Culver's Night!

If you have any questions, please feel free to contact me at [bridget\\_ott@hotmail.com](mailto:bridget_ott@hotmail.com).

Thank you,  
Bridget Ott  
PTO President

**MARK YOUR CALENDAR**

- MARCH 4-8** NATIONAL SCHOOL BREAKFAST WEEK
- MARCH 11** DISTRICT BAND FESTIVAL @ 6:30 PM  
HEMPSTEAD HIGH SCHOOL  
PTO MEETING @ 6:30 PM
- MARCH 12** CULVER'S SHARE NIGHT 5-8 PM  
EISENHOWER BLUE BASKETBALL  
@ BRYANT 4:30 PM
- MARCH 13** 5<sup>TH</sup> GRADE TO HUMAN BODY BEE
- MARCH 14** 4<sup>TH</sup> GRADE FIELD TRIP TO  
MISSISSIPPI RIVER MUSEUM  
2<sup>ND</sup> GRADE ARTS TREK TO DBQ  
MUSEUM OF ART (2D/2H)
- MARCH 15** 2019-2020 ELEMENTARY OPEN  
ENROLLMENT OPENS (ONLINE ONLY)
- MARCH 19** WENDY'S NIGHT 5-7 PM  
2<sup>ND</sup> GRADE ARTS TREK TO DBQ  
MUSEUM OF ART (2P/2K)
- MARCH 20** KINDERGARTEN FIELD TRIP TO UD  
LOCOMOTION  
ADOPT A MUSICIAN FOR 4<sup>TH</sup> GRADE  
BASKETBALL GAME EISENHOWER  
WHITE VS BRYANT BLUE 4:15 PM  
@ BRYANT
- MARCH 21** DISTRICT CHOIR FESTIVAL 6:30 PM  
@ HEMPSTEAD HIGH SCHOOL  
LORAS COLLEGE PLAY DAY FIELD TRIP  
FOR PRESCHOOL STUDENTS AND  
STRUCTURED AUTISM
- MARCH 25-29** NO SCHOOL (SPRING BREAK)