



# Eisenhower Express

The Mission of Eisenhower School is to inspire,  
to educate, and to expand the total student.

January 7, 2016

Issue 5



## School Principal News!

~Mr. Ferguson

Happy New Year! I hope you all had an enjoyable holiday with plenty of relaxation and time spent with family and friends. Now it's nice to get back into the regular routine of school.

Since we are finally experiencing winter weather, I know that the student drop area will get busier and more congested. I sent this out last year but I want to take a moment again to review our morning drop-off routines for the upper parking lot. I know that more students are driven to school during the winter months and I'm very aware of the long lines of cars waiting to get into our parking lot each morning between 8:15-8:30. If we ALL follow the expectations, it can make the process go smoother for everyone involved.

- Student safety is our main concern. PLEASE DRIVE SLOWLY AT ALL TIMES ON OUR SCHOOL PROPERTY.
- Our crossing guards and parking lot supervisors are trying to help things run as smoothly as possible and keep everyone safe. Please follow their directions at all times.
- Please show patience and courtesy to other drivers, the patrol helpers, and the parking lot supervisors. Follow their directions at all times.
- When you enter the parking lot, pull up as far as possible to the car in front of you. Follow the directions of the parking lot supervisors and DO NOT HAVE YOUR CHILD EXIT the vehicle until you are at least up past the "drop off" sign.
- It may be necessary to sometimes do a "double line" in order to get left turning traffic off the street and to allow a better flow of traffic away from school on Spring Valley. If this is necessary, please only do so at the direction of the crossing guards and then kindly merge into one lane as you drive up to the drop off area. The second lane should not be used as an express lane or "through lane".
- Students should be ready to quickly exit the vehicle on the right side of the vehicle so they can get out onto the sidewalk without exiting into potential traffic.
- When preparing to exit, students should have everything ready to go so they can exit the vehicle quickly and safely. Please practice this with your child(ren) so they can do this quickly and independently without the parent needing to also get out of the vehicle (with possible exception for some of our preschool and kindergarten students). This is also not the time for extended hugs, kisses, and long "good-byes". ☺
- As soon as your child has safely exited your vehicle, please be ready to move along and exit our parking lot via the lower driveway area onto Spring Valley.
- By having everyone follow these expectations, we hope to make your drop-off time as efficient and safe as possible for everyone. Thanks for your continued cooperation!

## School Nurse News!

~Mrs. Ernzen

The end of one year and beginning of another is the traditional season of resolutions and often these focus on better health (lose weight, quit smoking, exercise more, etc.). Unfortunately, these goals are often set too high, are too vague, or expect too much too soon.

Here are five simple resolutions that can be shared with your patients, clients and staff (as well as family and friends) for a healthier 2016:

### Five Simple Resolutions for 2016

1. **Drink one glass of water before each meal** – research shows this easy action increases hydration and decreases hunger.
2. **Stand up at least once every hour** – sitting for long periods may be as damaging to your health as smoking.
3. **Eat one fruit or vegetable with each meal** - you'll add fiber and anti-oxidants to every meal.
4. **Walk for 15 minutes or more every day** – an easy way to add exercise to your daily routine.
5. **Stand on one foot while brushing teeth** – it's harder than it sounds! You'll improve balance and strengthen core muscles.

For more tips on healthy eating, exercises, and wellness, connect socially with IDPH on Facebook at [www.facebook.com/IowaDepartmentOfPublicHealth](http://www.facebook.com/IowaDepartmentOfPublicHealth); on Twitter at [www.twitter.com/IAPublicHealth](http://www.twitter.com/IAPublicHealth); and on Pinterest at [www.pinterest.com/iapublichealth](http://www.pinterest.com/iapublichealth).

## School Counselor News!

~Mrs. Klein

During the month of January, we will be discussing Protective Behaviors--keeping ourselves (and others) safe from harm. In our guidance lessons, students will learn about green hand words/touches--compliments, acts of kindness, etc. and about red hand words/touches--hurtful, unsafe words, threats and actions. If/when we are faced with a "red flag" situation---children need to know and feel empowered to stop the aggression against them. We will be working on both the preventative knowledge--avoiding situations that can unsafe, and on reactive approaches so that students can have a plan to make a report to parents/medical and school personnel. Wishing you the very best throughout this new year!



Happy New Year Eisenhower Families! I hope you all had a wonderful break!

\* Eisenhower now has its own **Little Library**. It is located by the main drop off lane. Students can trade in a book they are finished with and pick out a "new" book to take home and enjoy! A **Big Thank You** to our Art teacher Mrs. Farnum for donating our Little Library. We're also grateful to the PTO's Little Library committee chair Kate Stierman for her help with this project.

If you have any Little Library questions please contact Kate Stierman@hotmail.

\* Our next **Skate Country Night** is Thursday, January 14th from 5-7 pm. Hope to see you there!

\* Our next **Wendy's night** is Wednesday, January 27th from 5-7pm. Thanks for continuing to support our school!

\* Every parent and Eisenhower employee is automatically a member of the PTO, and has voting rights. **Our next meeting is on January 11th at 6:30 pm in the library.** There is free childcare available. New perspectives and ideas are always welcome, please join us!

Please contact Rebecca Jones, PTO President, with any questions or ideas at [Eisenhower.PTO.Dubuque@gmail.com](mailto:Eisenhower.PTO.Dubuque@gmail.com).

## MONTH AT A GLANCE

JANUARY 11	WINTER MAP TESTING BEGINS PTO MEETING - 6:30 PM
JANUARY 14	SKATE COUNTRY NIGHT 5-7 PM
JANUARY 18	NO SCHOOL - MARTIN LUTHER KING, JR. DAY
JANUARY 27	WENDY'S NIGHT 5-7 PM
JANUARY 28	KINDERGARTEN AND 1 <sup>ST</sup> GRADE MUSIC CONCERT @ ERMS
JANUARY 29	EISENHOWER NIGHT AT FIGHTING SAINTS HOCKEY GAME