



# Eisenhower Express

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

February 4, 2016

Issue 6



## School Principal News!

~Mr. Ferguson

Well we made it to February before we got hit with much snow. At least we can consider ourselves fortunate in that sense. Thanks for continuing to send your children with hats, gloves, boots, snow pants, etc. We do continue to go outside for morning lineup and recess as long as the wind chill is above 0 degrees.

We have been very busy these past few weeks! Enclosed in your child's mailbag today will be results of the Iowa Testing Program (formally ITBS) for 3<sup>rd</sup>-5<sup>th</sup> graders as well as the winter MAP test results for 2<sup>nd</sup>-5<sup>th</sup> graders. Please read the accompanying letters and if you have any questions, feel free to contact us at school. We will share results of the winter DIBELS reading assessment at conferences at the beginning of March.

Speaking of conferences, they are right around the corner. This spring we will offer conferences on Tuesday, March 1 (4:10-7:50 p.m.), Wednesday, March 2 (4:10-8:10 p.m.), and Thursday, March 3 (7:50 a.m.-12:50 p.m.). The online conference scheduling website will be opening up on Friday, February 12<sup>th</sup> at 7:00 a.m. and closes on February 24<sup>th</sup>. We will send out a reminder phone call prior to the site opening up and also have information and directions linked on our Eisenhower website, [www.eisenhower.dbqschools.org](http://www.eisenhower.dbqschools.org).

As I say every year at this time, even though we are only in February, 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. But I do know that some of you want twins split up, or to have an "anchor" peer in your child's classroom. Putting together class lists is like a giant puzzle so I can't promise that all requests will be honored but I will 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 via email and should be received no later than April 1<sup>st</sup>.

This is also the month with Valentine's Day which seems to be right near the top of favorite holidays for our elementary students. With it right around the corner, students get so excited to celebrate friendship with their classmates. I take this time to remind you that Valentine's Day is not an opportunity to have a popularity contest or to see who can bring in the best cards or treats. We do have a district wellness policy to adhere to but in the spirit of the holiday, I am granting special permission if your child wishes to include a **SMALL** treat with their Valentines. If you choose to do this, do so in moderation and know that the treats will be sent home with the cards to be enjoyed at home. Remember that we also have a number of students with food allergies so please be mindful of that and adhere to any special directions you receive from your child's classroom teacher. For everyone, please refrain from sending any cupcakes, cookies, or cakes.

One last reminder regarding drop off and pick up times. Thank you for slowing down and driving carefully as you pull through our parking lot. Please keep the traffic to one lane in the morning unless a parking lot staff member directs you to pull around. We want to minimize the "zig zagging" and the potential for accidents that can occur when cars are pulling in and out of the drop off lane. We try very hard to ensure a safe environment and appreciate your cooperation as we welcome your children each morning. Thanks so much for your cooperation



Hello Eisenhower Families! I hope you are all doing well. Winter will be over before we know it. Please join us at our next PTO meeting on Monday, February 15 @6:30 p.m. as we plan for fun events this spring!

\* Eisenhower is having a **Family Movie Night** next **Friday, February 12, from 6-8pm** in the big gym. We will be watching the Minion movie. Movie starts at 6:15pm. Bring a drink and a blanket to sit on, popcorn will be provided!

\* There are still short sleeve **Eisenhower t-shirts** available in all sizes for purchase. Please contact Darci Thoma at [darcithoma@outlook.com](mailto:darcithoma@outlook.com).

\* Please send any classroom/field-trip pictures you have to [yearbook.eisenhower@gmail.com](mailto:yearbook.eisenhower@gmail.com). Our yearbook committee is working hard to put together this year's memory book!

\* Please remind your children to try our new **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!

\* Our next **Splash Bash** at the Grand Harbor is on **Thursday, February 18th from 4-8pm**. Hope to see you there!

\* Our next **Wendy's night** is **Tuesday, February 23rd 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 PTO meeting is on February 15th 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

FEBRUARY 5	NO SCHOOL - PROFESSIONAL LEARNING DAY
FEBRUARY 12	EISENHOWER FAMILY MOVIE NIGHT @ 6:00 PM IN THE LARGE GYM
FEBRUARY 15	PTO MEETING @6:30 PM
FEBRUARY 16	REGISTRATION PAPERWORK DROP-OFF FOR INCOMING KINDERGARTEN STUDENTS
FEBRUARY 18	PTO SPONSORED SPLASH BLASH @ GRAND HARBOR 4-8 PM
FEBRUARY 23	STRING FESTIVAL/ORCHESTRA CONCERT @ HEMPSTEAD 6:30 PM
MARCH 1	WENDY'S NIGHT 5-7 PM
MARCH 2	CONFERENCES 4:10-7:50 PM
MARCH 3	CONFERENCES 4:10-8:10 PM
MARCH 4	CONFERENCES 7:50 AM-12:50 PM
	NO SCHOOL

## **School Nurse News!**

~Mrs. Ernzen

New Year's resolutions often center on self-improvement. The number-one cited resolution is to lose weight. Instead of focusing on weight loss, for 2016 focus on eating well for your brain! What we eat can influence how well our brain functions! Eating a diet rich in vegetables, fruit, and omega-3 fatty acids is linked with better cognitive function (ability to process thoughts), memory, and alertness.

Suggestions from the Academy of Nutrition and Dietetics for a healthy brain include:

Put veggies on your plate. Consuming vegetables—especially broccoli, cabbage, and dark leafy greens—may help improve memory. Try a broccoli salad or using fresh spinach on your next sandwich. Bring on the berries. Dark-colored berries—like blackberries, blueberries, and cherries—are a rich source of anthocyanins and other nutrients that may boost memory function. Enjoy them mixed into cereal, in a smoothie, or with yogurt as a parfait. Buy berries fresh, frozen, or dried; they're all healthy choices.

Don't overlook omega-3 fatty acids. Omega-3 fatty acids may help improve memory in healthy younger adults. Seafood and fatty fish—like salmon, tuna, and sardines—are some of the best sources of omega-3 fatty acids and are readily available. Choose fresh, frozen, or canned. The 2010 Dietary Guidelines for Americans encourages us to eat fish twice a week. Grill, bake, or broil fish to reap the most health benefits.

## **School Counselor News!**

~Mrs. Klein

February's guidance theme is "Loss and Life Changes." Please feel free as parents to discuss that the grief cycle is an important part of dealing with loss and life changes with your children. In time, the stage of acceptance along with the many happy memories will help in moving our children and ourselves on to resiliency with this "natural" experience and sometimes "not so natural" life events. Each child's grief experience may be different, and grief can have both positive and negative effects on someone's overall mental health and well-being. Children may show symptoms that may require attention from a counselor, a psychologist, or even a medical doctor. If you are unsure and concerned about your son/daughter, please feel free to contact someone as soon as possible. Counselors are available to provide assistance in each of our Dubuque Community Schools.