



# November 2016 Eisenhower Express

Eisenhower, make the world a better place by...  
acting responsibly, treating others fairly, showing respect,  
and being a good citizen.

And remember Eisenhower, **YOU ARE AWESOME!**



## School Principal News!

~Mr. Ferguson

Hello from Eisenhower! It's hard to believe that we are close to the end of the first trimester already. It seems we say it every year, but the school year is going so fast! We are thankful for another successful round of Parent/Teacher/Student conferences and I thank you all for your partnership with us so that we can best help your child(ren). Thank you for making conferences a priority and for our strong collaboration to ensure we are all working together on behalf of the students.

The month of October saw our annual PTO sponsored Walk-a-thon! Eisenhower families and friends again went above and beyond with hard work and generosity by organizing a successful and fun Walk-a-thon and by donating over \$17,000 for Eisenhower and YOUR children! Your generosity and the generosity of the friends, families, and neighbors who donated is much appreciated! All of the money raised stays right here at Eisenhower and goes towards fulfilling the mission of the PTO and Eisenhower. This year the money will be put towards new playground equipment that will hopefully be installed this spring or summer. We also thank those staff who took a pie in the face, all in the name of a good cause. Thank you!

I mentioned this last year and it bears repeating. An observation from the lunchroom... Many of us who help supervise in the lunchroom have noticed an increasing trend especially with students particularly those who are bringing a sack lunch from home. I'd encourage parents of students who traditionally bring lunch from home to have a brief discussion about the amount of food you send each day. We notice many of our students simply aren't as hungry as you'd think at lunch and they end up throwing a good portion of their lunch away. We hate to see so much food wasted each day (and I'm sure you parents don't want your child to throw away your good food!). Please have a talk about food consumption and reminding them to spend a little more time eating during lunch and a little less time talking. Students get 20 minutes to eat so that should be ample time to eat all that they want. We just want to help you not waste food from home so thank you for talking to your child about this if you feel the need. It's November so ITP (formally the ITBS) tests are upon us again. Students in grades 3<sup>rd</sup>-5<sup>th</sup> will take these tests during the mornings of November 8, 9, 10, 15 and 18. A letter went home in mailbags today to all families with students in those grades who will be taking the tests. We thank you for ensuring your child gets plenty of rest, a healthy breakfast, and to school on time each and every day but especially on testing days.

As we look ahead this month, 1<sup>st</sup> trimester progress reports will be coming home with students on Tuesday, November 22 and then Wednesday, November 23 is a non-school day for students but teachers will have a professional development day.

## School Nurse News!

~Mrs. Ernzen

Seven Scientifically Proven Benefits Gratitude:

- Opens the door to more relationships
- Improves physical health
- Improves psychological health
- Enhances empathy and reduces aggression
- Improves sleep
- Improves self esteem
- Increases mental strength

However, to gain these benefits, we need to practice being grateful on a regular basis. Let this month of Thanksgiving be the time you start listing your blessings everyday--both big and small--and start reaping these scientifically proven benefits.

(Taken from: <http://www.forbes.com/sites/amymorin/2014/11/23/7-scientifically-proven-benefits-of-gratitude-that-will-motivate-you-to-give-thanks-year-round/#6cec83706800>)

## School Counselor News!

~Mrs. Klein

Students have been learning about "Understanding Others/Bully-Proofing Our School" during their guidance lessons. Please feel free to review these strategies with your son/daughter if s/he is ever bullied. All students also receive empathy instruction so that they are better able to understand and "walk in the shoes" of someone who is being mistreated. Bullying is defined as one-sided with an aggressor doing or saying something hurtful/harmful that is "unwanted and repeated" to another person who has done nothing at all to him/her. Bystanders are person(s) who see the bullying and can help the individual being bullied. Bystanders can help by inviting/helping the person being bullied to leave the scene of the incident. Bystanders can also make a report to school personnel regarding what they saw during the bullying incident. Steps to Take While at School:

Say: "Please stop I don't like that" or "Stop it"—the person causing the aggressive/hurtful behavior directed at another student is to stop immediately. Threats/physical violence need to be reported immediately.

Make a report to parents/school officials when bullying behavior occurs.

- 1) School personnel/principal will contact/follow-up with parents/guardians of the person causing the bullying.
- 2) Make a report to parents/school officials when bullying behavior occurs.
- 3) School personnel/principal will contact/follow-up with parents/guardians of the person causing the bullying. Your on-going efforts to help support our students and staff in making and keeping Eisenhower a safe school are greatly appreciated



Hello Eisenhower Families! I hope you are well and enjoying this beautiful fall weather with your children! This year was our 10th annual Walk-A-Thon! We cannot thank you enough! This year was our best year to date! Thank you so much to everyone who participated and contributed in any way! Together we raised \$17,840.96! Thank you all for your amazing generosity! Please remember that every cent we raised will stay at Eisenhower and benefit our students! You are all Truly Awesome!

**Special Thanks to the Friends of Eisenhower for their business contributions:**

Ace Hardware  
Core Investments Group  
Dominoes Pizza  
Helle Construction  
Lincoln Financial  
The Organic Beauty Shop  
Tracy Export Inc.

**Items to note:**

\* Eisenhower **Grand Harbor Splash Bash** is next **Thursday, November 10**, from **4-8p.m.**

The first graders in Mrs.Thielen's class won free admission to this splash bash by being part of the top earning class for Walk-A-Thon! Way to go first graders! The first graders in Mrs.Thielen's class will have their name on a list in the arcade.

\* Eisenhower families made a huge community impact last year with the food they were able to collect and donate to the Dubuque Food Pantry. The student leadership team and the PTO will again be having a food drive later this month. We will be sending more information home shortly. Thank you for helping to teach our students the importance of sharing with those in need!

\*Every parent and Eisenhower employee is automatically a member of the PTO, and has voting rights. Our next PTO meeting is on November 7, from 6:30-7:30 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 [wolff.rebecca@gmail.com](mailto:wolff.rebecca@gmail.com). We are always looking for volunteers! Please let me know if you would like to help in any way!

## MARK YOUR CALENDAR

<b>NOVEMBER 7</b>	<b>PTO MEETING @ 6:30 PM</b>
<b>NOVEMBER 10</b>	<b>SPLASH BASH 4-8 PM</b>
<b>NOVEMBER 11</b>	<b>PICTURE RETAKES</b>
<b>NOVEMBER 14</b>	<b>EISENHOWER STUDENT REPS LEAD THE PLEDGE AT THE SCHOOL BOARD MEETING</b>
<b>NOVEMBER 14</b>	<b>ELEMENTARY BAND/ORCHESTRA CONCERT HEMPSTEAD HIGH SCHOOL @6:00 PM</b>
<b>NOVEMBER 16</b>	<b>END OF 1<sup>ST</sup> TRIMESTER</b>
<b>NOVEMBER 22</b>	<b>1<sup>ST</sup> TRIMESTER PROGRESS REPORTS HOME</b>
<b>NOVEMBER 23</b>	<b>NO SCHOOL</b>
<b>NOVEMBER 24</b>	<b>NO SCHOOL</b>
<b>NOVEMBER 25</b>	<b>NO SCHOOL</b>