



February 2017 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

Even though we've had quite a few weather interruptions in the past few weeks, we have been very busy with class activities and our winter assessments. Coming home next week in Thursday mailbags will be results of the Iowa Testing Program (formally ITBS) for 3rd-5th graders as well as the winter MAP test results for 2nd-5th 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 later in February.

Speaking of conferences, they are right around the corner. This spring we will offer conferences on Tuesday, February 21 (4:10-7:50 p.m.), Wednesday, February 22 (4:10-8:10 p.m.), and Thursday, February 23 (7:50 a.m.-12:50 p.m.). The online conference scheduling website will be opening up TOMORROW on Friday, February 3rd at 7:00 a.m. and closes on February 13th at 7:00 p.m. We will send out a reminder phone call and also have information and directions linked on our Eisenhower website www.eisenhower.dbqschools.org.

In addition to conferences, this is also the month with Valentine's Day, typically a highlight for elementary students. We are happy that our Eisenhower students like to celebrate friendship with their classmates. Please remember 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.

Another special event for Eisenhower this month is the opportunity for our choir to perform the National Anthem at the Dubuque Saints hockey game on Friday, February 17 at 7:35 p.m. Our choir has already had the opportunity to purchase tickets to the game but if anyone else would like to enjoy the hockey game on Eisenhower Night, the Saints have offered tickets at a reduced rate of \$10 per ticket. Please send money to the main office and indicate name and number of tickets requested.

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 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 via email (aferguson@dbqschools.org) and should be received no later than April 1st.

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. 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!

School Counselor News!

~Mrs. Klein

February's guidance theme is "Loss and Life Changes—Letting Go and Moving On." Please feel free 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 can 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.

Wishing you and your families the very best as we continue through our 2016-17 school year.

School Nurse News!

~Mrs. Ernzen

Wearable technology tops the list of fitness trends for 2017 according to the American College of Sports Medicine (ACSM). Wearable technology includes activity trackers, smart watches, heart-rate monitors, and GPS tracking devices.

Lead author of the study, Walter R. Thompson, PhD, ACSM, stated, "The health data collected by wearable technology can be used to inform the user about their current fitness level and help them make healthier lifestyle choices."

Studies done by the American Council on Exercise (ACE) and Iowa State University have examined the accuracy of activity trackers. In the ACE study, the Jawbone UP was the top performer, whereas the Body Media Core came out first in the Iowa State study. Researchers in both studies say that even more important than accuracy is the fact that people get up and actually move. They encourage consumers to do whatever it takes to be active—activity tracker included or not.



Hello Eisenhower Families! I hope your winter is going well! Thank you to everyone who was able to attend our different community events last month! This is a great way to support our school and spend time with other Eisenhower families. This month we have a fun night at the Grand Harbor planned for the 16th from 4-8 pm. Hope to see you there!

*Please join us at our next PTO meeting, on February 13th, from 6:30-7:30 p.m. in the library. Every parent and Eisenhower employee is automatically a member of the PTO, and has voting rights. 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. We are always looking for volunteers! Please let me know if you would like to help in any way!

MARK YOUR CALENDAR

FEBRUARY 9	CHICK-FIL-A NIGHT 5-8 PM
FEBRUARY 10	NO SCHOOL
	DUTRAC KIDZ R US MOVIE EVENT 9:30 AM @ MINDFRAME THEATER
FEBRUARY 13	PTO MEETING @ 6:30 PM
	JAZZ FESTIVAL @ ROOSEVELT
FEBRUARY 16	SPLASH BASH 4-8 PM
FEBRUARY 17	CHOIR PERFORMS AT FIGHTING SAINTS GAME @ 7:00 PM
FEBRUARY 20	WENDY'S NIGHT 5-7 PM
FEBRUARY 21	PARENT TEACHER CONFERENCES
FEBRUARY 22	PARENT TEACHER CONFERENCES
FEBRUARY 23	PARENT TEACHER CONFERENCES
	NO SCHOOL
FEBRUARY 24	NO SCHOOL