



# October 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

Greetings! It seems like we just started school yet here we are already in the month of October. We have had a great start to the school year and students and teachers are busy working on building good character as well as making gains in their academic activities. We have already had our first “family group” event and if you haven’t asked your child about it, take some time to find out what that is all about. It is definitely a highlight event here at Eisenhower! We have recently completed our FAST (language arts) fall testing for PreK-5<sup>th</sup> grade and we will be done with MAP (reading and math) for 2<sup>nd</sup>-5<sup>th</sup> graders in the next few days.

The two big events for October include the PTO Walk-a-thon and our fall Student/Parent/Teacher Conferences.

The PTO Walk-a-thon is the main fundraiser held annually by our PTO and is a fun activity that helps promote wellness for students and staff AND allows us to raise money without having to sell any goods and deliver them to family and friends. You should have already heard by now that we are **postponing our walk-a-thon until next Friday, October 13** due to the forecast of rain on October 6. Families are invited to come and walk with us if your schedule permits. We will walk as an entire school on October 13 from 1:00-2:00 with the prize assembly taking place on our playground immediately after the walk. Speaking of our playground, our new equipment will be arriving very soon and much of the funding came from our PTO due to your previous donations to our walk-a-thon. Students can be collecting money donations from family and friends and have already begun to turn in their envelopes this week. This year the focus will be on continued outdoor enhancements as well as a major technology purchase for classrooms. We appreciate your generosity to the PTO where ALL of the money raised stays right here at school to benefit our school and your child.

Regarding conferences, we will continue to offer two night options, which are traditionally the most sought after slots, as well as morning options on the third day. In order to help accommodate the demand for night conference slots while still offering some morning slots and times over the lunch hour, we are offering the following dates/times for fall conferences:

<b>Tuesday, October 17, 2017</b>	<b>Conferences held 4:10-7:30 p.m.</b>
<b>Wednesday, October 18, 2017</b>	<b>Conferences held 4:10-7:50 p.m.</b>
<b>Thursday, October 19, 2017</b>	<b>Conferences held 7:50 a.m.-12:30 p.m.</b>

We hope that these dates and times will provide more evening timeslots and flexibility for families as you make every attempt to attend this very important home/school connection.

The site for Online Registration for conferences is currently “live” and the link can be accessed from our Eisenhower School website. Be reminded that scheduling is done on a first come, first served basis on the website and the site will remain open until the evening of October 11. Thank you to those who have already scheduled your fall conference.

I have a couple requests for you regarding arrival and dismissal times. I have noticed recently that more and more people are bringing their pet dogs onto our school grounds during drop off and pick up. As friendly as your pets may be, we ask that they not come to school. Even the friendliest pets can sometimes have difficulty when we have over 600 people around. Thanks for helping keep Eisenhower safe for everyone. The other request is to be neighborly to the surrounding houses around Eisenhower by not parking and blocking mailboxes and driveways and by walking on sidewalks and respecting yards and landscaping. We pride ourselves on being a respectful school community and I thank you for your help in these matters.

See you all at conferences later this month!

Sincerely, Mr. Ferguson

## School Counselor News!

~Mrs. Klein

We are into our beautiful months of autumn, and this month's guidance theme is: "Decision-Making/Problem-Solving." Students will be discussing issues and problems affecting them in their respective grade levels and how to best take care of these concerns with both a preventative as well as a solution-centered approach. With this in mind, students will be better able to use their "very best thinking" in response to the world around them. We will also highlight self-regulation/calmness, coping skills and making the world a better place through our interactions with others. Please feel free to check in with your son/daughter regarding this month's guidance. Have a spook-tacular October with your children!!!

## School Nurse News!

~Mrs. Ernzen

### Words on Wellness

#### Indulging in Physical Activity

What do you think about when you think of being physically active?

Did you know that thinking positively about physical activity can actually change the way you experience it? According to a study in the Journal of Behavioral Medicine, people tend to enjoy physical activity much more if they already believe that the exercise will make them feel better.

Start thinking of physical activity as a treat instead of a chore:

1. Remind yourself of times when physical activity was fun! Recall how you felt playing softball or racing your bike as a kid.
2. While engaging in physical activity, be mindful of the pleasant effects it's having on your body. Think: "I'm breathing more deeply!" "It feels good to be using my muscles."
3. Enlist friends and family as cheerleaders. Celebrate your small successes on Facebook or Twitter—"Just walked two miles in 40 minutes. Not out of breath!"
4. Pair physical activity with the things you already enjoy. If you'd like to spend more time with family or friends, take a group hike with them. If you'd like more time for yourself with a good mystery, get an audio version of the book and listen to it on the treadmill. For more tips on indulging in the luxury of physical activity, visit [food.unl.edu/fitness-indulgence](http://food.unl.edu/fitness-indulgence).

Sources: [www.psychologytoday.com/blog/the-athletes-way/201608/study-if-you-believe-in-exercise-itll-make-you-feel-good](http://www.psychologytoday.com/blog/the-athletes-way/201608/study-if-you-believe-in-exercise-itll-make-you-feel-good)  
[www.esquire.co.uk/life/fitness-wellbeing/news/a14468/psychological-tricks-exercise-hacks/](http://www.esquire.co.uk/life/fitness-wellbeing/news/a14468/psychological-tricks-exercise-hacks/)  
Article taken from October 2017 Words on Wellness found at: [www.extension.iastate.edu/humansciences/](http://www.extension.iastate.edu/humansciences/)



**Free Preschool!** Do you know a four-year-old? If you do, please make sure that he/she is enrolled in a State-Wide Voluntary Preschool Program today. It is **NOT** too late! We have many community openings and Dubuque Community School classrooms with openings at **Audubon, Bryant, Irving, Lincoln, Prescott, and Table Mound**. **Free** preschool is open to all income levels. Children must be four on or before September 15, 2017. They must also be a resident of the state of Iowa. Please call the DCSD Early Childhood Office for information regarding registration.

**563-552-5863**

**Quality Preschool Programming Matters to All Children!**



We had a great turn out for our Back to School Night Book Fair. Thanks to all of your purchases, we were able to earn \$2600 in Scholastic money to purchase new books and materials for our school library! Way to go!!

Our annual Walk-a-Thon Fundraiser is here! All of the kids looked great dressing up for the different Spirit Days this week. **We hope you can join us on Friday, October 13<sup>th</sup> for the Walk-a-Thon to walk with your child(ren).** All grades will walk from 1-2 p.m.!

The kids have been working very hard to raise money and we look forward to revealing the grand total on **Friday, October 13<sup>th</sup>** at 2:15 at our Prize Assembly where we will also be giving away prizes to random winners! Everyone is welcome to join us on the playground to help celebrate the students' hard work! All of the money raised will stay at Eisenhower and go towards purchasing new iPads for the classrooms, field trips, outdoor enhancements and more! The new playground additions that we raised money for last year is due to arrive really soon! Keep an eye out for some exciting changes on the playground.

We have had many questions about how to order new Eisenhower gear this year. We are working on getting that information out to you very soon. We apologize that we were unable to get it out to you before the Walk-a-Thon. If you do not have any Eisenhower gear, we encourage you to dress your children in our school colors, blue and white, for Spirit Day! Thank you for your patience and understanding!

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)

-October 5<sup>th</sup>- Chic Fil A Night

-October 17<sup>th</sup>- Wendy's Night

-October 26<sup>th</sup>- Skate Party

**Our next PTO meeting will be Monday, October 9<sup>th</sup> at 6:30 PM in the library.** Free childcare will be provided. Every parent/guardian and Eisenhower employee is automatically a part of the PTO and we would love to have you join us. We are always looking for new ideas and suggestions to help improve our school!

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

## MARK YOUR CALENDAR

**OCTOBER 5**

**PICTURE DAY**

**CHIC-FIL-A NIGHT 5-7 PM**

**OCTOBER 6**

**PICTURE DAY MAKE-UPS IN AM**

**OCTOBER 9**

**PTO MEETING 6:30 PM**

**OCTOBER 11**

**3<sup>RD</sup> GRADE TO SYMPHONY**

**OCTOBER 12**

**KINDERGARTEN FIELD TRIP**

**OCTOBER 13**

**WALK-A-THON - ALL GRADES 1-2 PM**

**WALK-A-THON PRIZE ASSEMBLY @ 2:15**

**OCTOBER 17**

**CONFERENCES 3:30-8:00 PM**

**WENDY'S NIGHT 5-7 PM**

**OCTOBER 18**

**CONFERENCES 3:30-8:30 PM**

**OCTOBER 19**

**CONFERENCES 7:30AM-1:00PM**

**NO SCHOOL**

**OCTOBER 20**

**NO SCHOOL**

**OCTOBER 26**

**SKATE PARTY 6-8 PM**