



December 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

Dear Eisenhower Families,

Hello and greetings from Eisenhower School! In case you were mixed up about the seasons and months with our previous recent warm weather, the last couple of days have certainly set us straight. Who would have thought that one day we would have high temperatures in the 60's and thunderstorms and then the potential for snow flurries and low temperatures in the single digits all in the same week? As they say, if you don't like the Iowa weather, wait a bit and it will change.

As the weather turns to winter, please make sure your child has the appropriate winter clothing to wear to school. Kids need their fresh air and time to run around during the day so we have recess every day, even when it is cold. We only have indoor morning line-up or stay inside for recess when the "feels like" temperature is zero or below. Thanks for making sure the students have appropriate hats, gloves, coats, snow pants, etc.

Speaking of winter weather, I wanted to make a clarification in case we have a situation of a weather delay, especially on a Friday. All 2-hour delays will result in students beginning school at 10:25 (2 hours later than our normal time of 8:25). IF the district ever calls a 2-hour delay on a Friday, the 2 hour delay is figured from our normal starting time of 8:25 so students would begin at 10:25. **Basic rule of thumb is: When there is a 2-hour delay, students will always enter the building at 10:25, even if it's on a Friday.**

We recently completed the 1st trimester and with that progress reports were done by the teachers and posted online on PowerSchool. If you haven't had a chance to review the progress reports, please take the time to look it over with your child and possibly set some goals for the 2nd trimester. We have been focusing on a growth mindset and showing perseverance in order to meet our goals at school so any discussion about that during your goal setting would be appropriate.

There are a few grade level special events this month and a particular one of note is the 2nd and 3rd grade music program at Roosevelt Middle School on December 14 at 6:30 (students should arrive at 6:00 p.m.). Ms. McCormick and Ms. Scholtes, our music teachers, have been working hard with the 2nd and 3rd graders and they are ready for a great concert! Our 4th/5th grade choir will be spreading some holiday cheer at our business partners (DuTrac and Steve's Ace Hardware) and to Luther Manor on December 19 during the morning. They will go caroling and have an opportunity for Eisenhower to "give back" to those businesses that are so generous to us here at school in addition to brightening the day of those at a local nursing home.

Last year I gave some suggestions for technology for kids in light of the upcoming holiday gift giving. I won't include my entire previous information but I will suggest that you again check out "Common Sense Media" on the web. It gives unbiased reviews and ideas for technology for kids. Hopefully you find the website helpful when making those holiday decisions.

My wish for all of you in the coming month is peace and time spent with family and friends during the holidays. This month goes so fast with so much going on. I hope you are able to find time to relax and just enjoy the season. Before we know it we'll soon be turning the calendar to a new year. See you in 2018!

Sincerely,

Andy Ferguson, Principal

School Nurse News

Mrs. Ernzen

Dubuque Community Schools will be implementing the following guidelines again for this cold and flu season.

This information is also available on the website in Health Services:

Along with the recommendation that all staff and students receive the flu vaccine, the Dubuque Community School District will start the implementation of not returning to school until free from fever (greater than or equal to 101 F), diarrhea or vomiting without the use of medications for 24 hours to help reduce the spread of germs that cause diarrhea, colds and influenza. In addition, we will be reminding staff and students of the importance of good handwashing.

Clean Hands Saves Lives

Handwashing is like a “do-it-yourself” vaccine—it involves five simple and effective steps (Wet, Lather, Scrub, Rinse, Dry) you can take to reduce the spread of diarrheal and respiratory illness so you can stay healthy. Regular handwashing, particularly before and after certain activities, is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. It’s quick, it’s simple, and it can keep us all from getting sick. Handwashing is a win for everyone, except the germs.

Learn more about when and how to wash your hands, the importance of using soap and water, and what you can do if soap and clean, running water are not available

at: <http://www.cdc.gov/handwashing/index.html>

Grade 6-12 Secondary Open Enrollment for the 2018-2019 school year.

Applications will be available for secondary open enrollment online or at Eisenhower beginning **January 15, 2018**, and will be accepted through **March 1, 2018** for the initial consideration round. Applications received after March 1st will be held for consideration after registration in August, 2018.

School Counselor News!

Mrs. Klein

It is hard to believe that it is December already and we will be closing the door on 2017. As we all live through more and more "life," it can be necessary that we hold onto a basic idea called "resilience." Here are a few strategies that can help us deal with the challenges of life.

1. Have friends and be a friend--find people you can count on. Feel comfort that they will be thoughtful of you and you will be thoughtful of them.
2. Look at everything from different sides or multiple perspectives. Although we may feel hurt and trauma, we can learn and grow from some of the negative experiences that come our way.
3. Set new goals and make a plan to reach them. Then follow the plan and complete each step and you will soon be on your way. Keep in mind that you may want to reflect from time to time regarding the progress or lack of progress that you have made toward your goal. Celebrate your accomplishments and remember that sometimes the path toward something is even more fulfilling than the outcome for which we are headed.
4. Get the work done and get it behind you. Some tasks can scare us off by seeming quite overwhelming. Break these down into smaller, more manageable units and then work through each. It won't take long and the whole thing will be accomplished just by taking the time "to get to it."
5. Always remember that we all have strengths and assets that are needed by others. Believe in yourself and change any negative self-talk into positive self-talk.

Live by these words: I am strong. I can believe in myself. I can do it. I can try. If I need to, I can talk to someone I trust.

Don't be afraid to remind yourself daily as needed.

There may be times when feeling anxious and stressed can be signs that good things may be coming your way. After all: life is a road that we travel with many things happening behind us--we see the past in our "rearview mirrors." We drive through the present by looking around us and feeling grateful for our families and friends. We can then look down the road and build our lives by being aware that most anything can happen. It all adds up that the farther we go and the older we get, the more we have experienced. Keeping resiliency in mind makes for the best way to travel--it is the fuel that keeps us living forward and moving along our life's path enjoying and learning from the view along the way. Enjoy the coming holidays as we look forward to 2018!



Happy Holidays Eisenhower Families! This year is flying by. We only have 4 more PTO meetings left this year, and so much to accomplish!

Our next meeting will be **January 8th**, at 6:30 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!

Last month we held our annual Food and Toiletry Drive and it was a huge success! Thanks to all of your generosity, we were able to deliver 2,712 items to Resources Unite, the Dubuque Food Pantry, Veterans Freedom Center and Dubuque County Veterans Affairs. They were all so appreciative and so impressed with our families giving spirit. Thank you so much for helping us spread the Eisenhower spirit around our community.

December 14th the PTO will be hosting a **Holiday Breakfast for the entire Eisenhower staff**. If you would like to more information and to contribute by donation or volunteering your time, please sign up using this link.

<http://www.signupgenius.com/go/30e0e4da9a829a6fd0-eisenhower1>

Thank you!

December 19th will be our next Wendy's Night, we hope to see you there and thank you for your continuing support!

If you have any questions, please feel free to contact me at bridget_ott@hotmail.com.

Thank you,
Bridget Ott
PTO President

MARK YOUR CALENDAR

DECEMBER 5

DECEMBER 6

DECEMBER 11

DECEMBER 14

DECEMBER 17

DECEMBER 19

DECEMBER 23

DECEMBER 25-JANUARY 2

JANUARY 11

JANUARY 12

JANUARY 16

JANUARY 22

SKATE PARTY 6-8 PM

ADOPT-A-MUSICIAN @ EISENHOWER SCHOOL

ELEMENTARY ORCHESTRA CONCERT @ HEMPSTEAD

6:30 PM (5th GRADE ORCHESTRA STUDENTS)

HOLIDAY KIDS CONCERT @ 6:35 AM ON KAT-FM

2ND AND 3RD GRADE CONCERT @ ROOSEVELT 6:30 PM

HOLIDAY KIDS CONCERT @ 2:35 PM ON KAT-FM

WENDY'S NIGHT 5-7 PM

HOLIDAY KIDS CONCERT @ 2:35 PM ON KAT-FM

NO SCHOOL-WINTER BREAK

2018 UPCOMING EVENTS

PLANETARIUM VISITS EISENHOWER

FIGHTING SAINTS GAME-CHOIR SINGS NATIONAL ANTHEM

WENDY'S NIGHT 5-7 PM

SKATE PARTY 6-8 PM