



Prairie Wind Press



<http://www.ops.org>

March 2022



From the Principal....



First off, thank you for your patience in the parking lot each day. We work each day to make dismissal and arrival more efficient and safer. Our dismissal has been ending by 4:15. We look forward to a very busy month in March. We hold our teacher appreciation week March 7-11th. Our Spring Break is from March 14-18. Please remember to let the teachers know how much they are appreciated with a quick note or a friendly gesture.

Our staff is amazing and it's their dedication and love for our children that makes Prairie Wind such a special place. Our Nebraska State tests for Reading, Math and Science begin after Spring Break and continue through April for our 3rd-5th grade students. Families can help to create a positive test-taking experience and help children prepare for tests.

Here are some ideas:

- **Plan Your Schedule Accordingly** - Make sure that your child is in school during the testing sessions. Try not to plan any doctor or dental appointments on test dates.
- **Ask Your Child How He/She Did**-We want children to work hard, try their best, and understand the importance of test-taking.
- **Speak Up** - Encourage your child to listen carefully to all test-taking directions given by the teacher and to ask questions about any directions that are unclear.
- **Get Some Sleep** - It's best if your child gets his/her regular amount of sleep before the tests and is well-rested.
- **Eat a Nutritious Breakfast** - Be sure that your child eats his/her usual breakfast on the day of the test. Hunger can distract from a good test performance. We have free breakfast for all students from 8:25-9:00.
- **Be His/Her Cheerleader** - Encourage your child and let them know, if they tried hard and did their best, they should be proud.

Thank you for helping make Prairie Wind Elementary a great place to be.

Mr. Carl Bilotta, Principal

PTO

Up-Coming Events

Mar 8—PTO Meeting—6:30
Mar 7-11- Teacher Appreciation Week
Mar 13—Daylight Savings Time Begins
Mar 14—18 - Spring Break
Mar 20—First Day of Spring
Mar 21—4th Quarter Begins
Mar 23—Class Pictures
April 1—No school for students
April 12-PTO Meeting- 6:30
April 25-29 Support Staff Week

Teacher Appreciation Week!

Teacher Appreciation Week is March 7 - March 11.

There will be many special activities going on during the week to show our teachers how much that they are appreciated. Please be sure that you let your child's teacher know how much they do for your child and for Prairie Wind!

We Love Our Teachers!!

Library Happenings

Did you miss the bookfair during conferences? You can still shop online through March 15. All sales benefit our school with 25% of the profits coming to us to spend at future bookfairs.

Visit:

<https://www.scholastic.com/bf/prairiewindelementaryschool2>
to get started shopping.

Books will ship directly to your home and book-only orders of at least \$25 ship for free. This is a great way for family/grandparents to help build your child's personal library. Please keep your eyes open as you are spring cleaning. We will gladly take any library books that pop up, even from past years.

Thanks,
Mrs. Ripley, Mrs. Ackerman, and Mrs. Bateman
Library Staff



Notes from the Nurse:



Clothing needs:

Clothing is still needed especially husky sizes (both boys and girls). We will take all sizes! Please check your closets for hand me downs you can donate. If your child does come home with clothing from the health office, please launder and return as soon as you can. It's best if your child can put on their own clothing, so please pack an extra set of items in their backpack.

School Physicals and Immunizations: Kindergarten needs for the coming 2022-23 school year:

Please see the following directions regarding health documents needed for next year (for students coming in the fall of 2022)

Health Services Kindergarten Health Checklist

Please return the following documents to the Health Office when completed.

Copy of current immunization record (COVID vaccines are not a requirement at this time).

Copy of the physical/vision exam.

Asthma and Allergy Action Plan (if applicable).

Health care provider order(s) for any medication to be given at school (includes over-the-counter), if applicable.

Other emergency care plan or procedure plans, such as, provider orders for diabetic care, Seizure Action Plan, g-tube feeding, etc. (if applicable).

Note from dental provider with date of last dental exam.

Important Tips/Dates:

Make an appointment for your child's kindergarten physical and vision exam after March 1st.

Take this checklist with you to the appointment. Ask your child's health care provider to make a copy of your child's kindergarten physical/vision exam, immunization record, any emergency health care plans (as needed for life-threatening conditions), and any order for medications or procedures to be dispensed/done at school.

Return all copies of health information to the Health Office prior to the start of the school year OR have your health care provider fax records to school - Attention: School Nurse

The Nebraska Department of Health and Human Services requires your child have proof of immunizations and a physical on file at school. Your child may not start school without these records.

A complete dental check-up is strongly encouraged at this time - please ask your child's dentist to send a brief note stating your child has been seen Please visit with the school nurse if assistance with resources is needed.

Mrs. Hansen, School Nurse & Ms. McCullough Health Aide

Counselors News:

All OPS Elementary Schools use the Second Step Curriculum for Guidance Classes. Counselors teach students self-regulation and problem-solving skills. When needed, try using these two skills at home using the same verbiage as school.

Calm Down Steps:

1. Stop
2. Name your feeling
3. Calm Down (Belly breaths, Count to 10,
4. Positive Self-Talk, A Calm Down Spot, Take a Walk)

After the child is calm they can begin the Problem-Solving Steps using S.T.E.P.

S– Say the problem without blame (We both want to play with the same ball.)

T– Think of solutions (We can take turns, I can play another game, etc.)

E– Explore consequences (What would happen if I do this/that?)

P– Pick the best solution (Which choice is the best for me/ everyone?)

School Counselors
Mrs. Jones & Ms. Asche

Psychology News:

Self-Esteem represents how we feel about or value ourselves. It is remarkably important because poor self-esteem has been associated with depression, suicide, low academic achievement, susceptibility to peer pressure and delinquency.

Low self-esteem is a result of a discrepancy between the importance of an area and one's perceived competence in that area. Research shows the importance of positive regard from parents, peers, and teachers as a critical determinant of self-esteem.

Conditional positive regard (making the child feel loved or accepted only when he/she meets high standards) is devastating to self-esteem. Besides providing unconditional positive regard, here are some other suggestions for parents:

- Look at your parenting style. Warm, accepting, concerned and affectionate parents often have children with high self-esteem.
- Provide clear and fair rules, consistent and fair discipline.
- Allow your child some choice and control in daily activities (within limits).
- Establish "family time" on at least a weekly basis.
- Let your children know that when you have confidence they can do things independently.

For additional information, please contact Prairie Wind's school psychologist, Kyle Hesser, or visit www.nasponline.org

Parking lot:

Some quick notes about the parking lot.
Please be on the lookout for children. We are working with them to look both ways, use the crosswalk, and only go through the parking lot with an adult, but you can never be too careful. Thank you for being patient while in the parking lot and around the school.
We are dismissing around 700 students each day. If you think about it, dismissing 700 students in less than 20 minutes is pretty amazing. We are trying some different things to make it better.

Sometimes, we try something that doesn't work, and it makes us a little slower than we should be.

- When you are parking to drop off or pick up your child, please use parking spaces and do not block others.
- The left lane will always be a through lane.
- Do not stop and/or leave your car in the left lane in the parking lot as the left lane is for passing only.
- Handicap spaces are for use only by those with the appropriate credentials.
- Also, please follow all one-way signs as the one-way helps us create a better more efficient traffic flow.

Thank you for helping to make Prairie Wind Elementary a great place to be.

Mr. Carl Bilotta, Principal



Reminder: Spring Forward!

Sunday, March 13, 2022
is the beginning of
Daylight Savings Time.

Don't forget to turn your clocks ahead 1 hour.



HAPPY ST. PATRICK'S DAY