A Note from Mrs. Beller

We loved seeing you at Parent Teacher Conferences. We surely are THANKFUL for our students and their families here at Columbian. Thank you for attending the Parent Teacher conferences to hear the amazing achievement your Cobra has made!

Another very special THANK YOU goes out to our wonderful PTO! The dinner provided to our teachers and staff during the conferences was delicious! Thank you also to the parent volunteers at our wonderful book fair, Halloween parade and classroom parties. Having the Burke Band and Color Guard was a real treat. COLUMBIAN PTO ROCKS!!

As the weather continues to get colder, please remember to send coats, hats and gloves with your children to school. Children need warm gear to wear to and from school and outside for recess.

Sincerely, Mrs. Nanette Beller

HELPFUL HOMEWORK IDEAS

It is important to establish clear routines around homework, including when and where homework gets done and setting up daily schedules for homework. Rewards, or incentives, may need to be used with children whom “good grades” is not a sufficient reward for doing homework. Parents may also want to consider building in breaks. The child should be included in deciding the homework schedule and routine to reduce power struggles between parents and children. Thank you for your support in our quest to have children reach their highest potential.

Important Dates To Remember

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Nov 12</td>
<td>Author Mike Artell Visiting PTO Meeting in Library 6 PM</td>
</tr>
<tr>
<td>Nov 20</td>
<td>Music Program</td>
</tr>
<tr>
<td></td>
<td>*10 AM – Pre K, K and 1st</td>
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<tr>
<td></td>
<td>*2 PM – Pre K, 2nd and 3rd</td>
</tr>
<tr>
<td>Jan 16</td>
<td>4th &amp; 5th Band, Strings &amp; Vocal</td>
</tr>
<tr>
<td></td>
<td>** Due to limited parking, programs are by grade level. Thank you.</td>
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<tr>
<td>Nov 21-23</td>
<td>NO SCHOOL</td>
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Looking Ahead…

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Dec 14</td>
<td>3:15 PM Kindergarten Gingerbread Houses</td>
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<tr>
<td>Dec 21</td>
<td>1st Semester Ends</td>
</tr>
<tr>
<td>Dec 24 – Jan 4</td>
<td>Winter Recess</td>
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<tr>
<td>Jan 7</td>
<td>School Resumes</td>
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</tbody>
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COLUMBIAN ELEMENTARY
a once in a lifetime learning experience... every day!

C... Community Partnerships
O... Optimizing Student Achievement
U... Understanding Citizenship
N... Nurturing Leaders of Tomorrow
T... Tradition of Excellence

COBRAS COUNT!
What’s Happening At Columbian?

OUR NEXT COLUMBIAN PTO MEETING IS MONDAY, NOV. 12TH

The next PTO meeting will be held on Monday, Nov. 12th in the library at 6 p.m. Everyone is welcome to attend and join the PTO. Childcare for school age children is available – contact Melissa Shapiro for more information.

ARRIVAL, DISMISSAL & SAFETY

Please help us make the safety of Columbian students a priority by reviewing the following procedures:

• Breakfast is served at 8:35. Students should not arrive earlier than 8:35 a.m.

• If you want your child to eat breakfast at school, he/she should be here by 8:40 a.m. in order to have enough time to finish their breakfast by 8:50 a.m. School begins at 8:50 a.m.

• All students and parents must use the crosswalk when crossing the street.

• PLEASE DRIVE SLOWLY, thank you!

• Students may not be escorted or called to cross the street unless the crosswalk is used.

• When dropping off children in the morning, please make sure they are exiting out of the passenger side.

We want our Columbian Cobras safe!
RESPECTFUL COUNSELING

Our first quarter of the school year has already ended and we have had guidance lessons on bullying prevention and goal setting. Your child is currently learning how to be respectful at school. This is important because being respectful helps children be better learners. When we are being respectful we are thinking about how others want to be treated and treating them that way. Your child is also learning and practicing four skills for learning: focusing attention, listening, using self-talk, and being assertive.

Recently, we had a lesson on the difference of being passive, aggressive and assertive. Being assertive is asking for what you want in a respectful way. By knowing how to ask for help is an important skill for academic success, solving problems and standing up for oneself or others.

“If you don’t like something change it; if you can’t change it, change the way you think about it.” This quote is from Mary Engelbreit.

Mrs. Fogleman, Guidance Counselor

Resource: Second Step: Skills for Social and Academic Success

A Cobra To COUNT on!

Cobra’s recognized in October were:

Kindergarten
Mrs. Kelly - Hannah Landmark
Mrs. Jones - Shade Moudachirow

1st Grade
Mrs. Anderson - Henry Kanago
Mrs. Gilmore - Ayzlin Green

2nd Grade
Mrs. Niemeier - Kendal Greenquest
Mrs. Aschenbrenner - Hayden Nunn

3rd Grade
Ms. Wedige - Pyper Swigart
Mrs. Morin - Halli Buckley

4th Grade
Mrs. Tarver - Kennedy Tibbs
Mrs. Himmelberg - Layla Burmood

5th Grade
Mrs. Wellsandt - Manuella Lawson
Mrs. Vanourney - Matthew Behrens

Congrats to our Cobras to COUNT on!

Way to go Cobras!!

Omaha Public Schools does not discriminate on the basis of race, color, national origin, religion, sex (including pregnancy), marital status, sexual orientation, disability, age, genetic information, gender identity, gender expression, citizenship status, veteran status, political affiliation or economic status in its programs, activities and employment and provides equal access to the Boy Scouts and other designated youth groups. The following individual has been designated to accept allegations regarding non-discrimination policies: Superintendent of Schools, 3215 Cuming Street, Omaha, NE 68131 (402-557-2001). The following persons have been designated to handle inquiries regarding the non-discrimination policies: Director for the Office of Equity and Diversity, 3215 Cuming St, Omaha, NE 68131 (402-557-2790).
Want to Stay Connected To Your Student’s School During Emergencies? Opt-in to Receive Text Messages from OPS!

Omaha Public Schools uses text messaging capabilities through our mass notification system to more quickly update parents/guardians and staff with emergency notification information, including weather related cancellations and important reminders. Before parents/guardians and staff can begin receiving text notifications, they must first opt-in. On Nov. 16, all cell phone numbers in the OPS database, that currently are not signed up to receive texts, will receive a text message to opt-in. Parents and staff who are already signed up to receive text messages, will receive a confirmation text on Nov. 16. Stay connected with OPS and opt-in by replying Yes or Y to 67587. For more information on text messaging, visit http://district.ops.org/textmessaging.

A NOTE FROM THE HEALTH OFFICE

Annual Health Screenings were completed on students kindergarten through 4th grade as mandated by Nebraska law. Please review the results and follow up if indicated. Flu season is upon us. Influenza causes more hospitalizations among young children than any other vaccine-preventable disease. The single best way to protect against seasonal flu and its potential severe complications is for children to get a seasonal influenza vaccine each year. Flu vaccination is recommended for all children aged 6 months and older. If your child is sick, please keep them at home to prevent spreading illness to others.

CHILDREN AND SLEEP

Sleep is a vital need, essential to a child’s health and growth. Sleep promotes alertness, memory and performance. Children who get enough sleep are more likely to function better and are less prone to behavioral problems and moodiness. That is why it is important for parents to start early and help their children develop good sleep habits.

How much sleep should my child get?

Children ages 3-4 need 11-13 hours of sleep.

Children ages 5-12 need 10 –11 hours of sleep.

The #1 tip for good sleeping habits in children is to follow a nightly routine. A bedtime ritual makes it easier for your child to relax, fall asleep and sleep through the night.

Typical Bedtime Routine

Have a light snack
Take a bath
Put on PJs
Brush teeth
Read a story
Have a quiet and comfortable sleeping environment (No TV)
Put your child to bed
Say goodnight and leave