A Note from Mrs. Beller

We are looking forward to seeing you at Parent Teacher Conferences. We surely are THANKFUL for our students and their families here at Columbian. Our goal is to have 100% attendance at conferences so you can hear the amazing achievement your Cobra is making. See you November 7th or 8th!

Another very special THANK YOU goes out to our wonderful PTO! The Pancake Man event was great fun! Thank you also to the parent volunteers at our 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

NEW BUILDING UPDATES

Schemmer will have floor plans of our new building available for parents to view at Parent Teacher Conferences on Nov. 7th and 8th in the vestibule. Site prep will begin in November. You will notice a construction fence on our playground and dirt trucks delivering dirt. The actual construction of the building will begin in March of 2018, with a completion date of July, 2019. Enjoy checking out the plans, we are very excited to begin!

BOOK DONATIONS

Juliet Baker, 2nd grade, donated Mother Bruce by Ryan T. Higgins to our school library in honor of her birthday.

Petersen Fuller, Kindergarten, donated Creepy Pair of Underwear by Aaron Reynolds to the library in honor of his birthday.

Thank you for supporting the library.
What’s Happening Around Columbian?

OUR NEXT COLUMBIAN PTO MEETING IS MONDAY, NOV. 6th

The next PTO meeting will be held on Monday, November 6th in the library at 6 p.m. Everyone is welcome to attend and join the PTO. Childcare for school age children is available – contact Kelly Dunning at Columbian.pto.kelly@gmail.com 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 AM.

• 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 cross walk when crossing the street.

• PLEASE DRIVE SLOWLY!

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

• There is no parking in the front drive where the buses parks before and after school, designated cross walk areas and where curbs are red. Please observe the NO PARKING signs.

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

We want our Columbian Cobras safe at all times. Thank you!

HELPFUL SUGGESTIONS ABOUT HOMEWORK

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. Cobras Count!

AN EMPLOYMENT OPPORTUNITY

Omaha Public Schools Foundation is hiring part-time employees for both Kids Club (before and after school child care) and the OPSF Parent Pay Pre K. Please contact Staci Gowan or Teresa McGee at the Omaha Public Schools Foundation at 531-299-0250 to schedule an interview.
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. We learned of many ways to be respectful at school. 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, calm and firm way. By knowing how to ask for help is an important skill for academic success, solving problems and standing up for oneself or others. Assertiveness can help children relate well to peers.

This month your child will learn about identifying their own and other’s feelings, respecting similarities and differences and being empathetic by responding with compassion.

“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

THANKSGIVING FOOD DRIVE

We are having a canned food drive for the month of November. The last day will be Tuesday, November 21st before Thanksgiving recess. It is to benefit the families and children from our community who are in need. Donation boxes are located in front of the school office. Please consider donating canned goods for this great cause.

A Cobra To COUNT on!

Cobra’s recognized in October were:

Congrats to our Cobras to COUNT on!

Sri Nikesh Atluri
Cassie Bray
Simon Bucksner
Noah Cain
Olivia David
Gillian Gerstandt
Aubriella Glass
Everly Grubb
Madelyn Hemmatazad
Lea Hanson
Lily Herman
Alex Hoffman
Timothy Janicek
Grant Krelle
Sam Logeman
Alexis Ochsner
Charlie Pella
Joshua Shapiro
Devon Smith
Jordyn Wright

Way to go Cobras!!

FOOD GLORIOUS FOOD

Raffle tickets are still available through Friday, November 17th for a chance to sit in the front row of the Winter Program, “Food Glorious Food.”

Please contact the office for the form to purchase your raffle tickets.
**TEXT MESSAGES FROM OPS**

**Want to Stay Connected To Your Student’s School? Opt-in to Receive Text Messages!**

Omaha Public Schools is excited to add text-messaging capabilities to our mass notification system this fall. Adding text message capability will allow OPS to more quickly update parents/guardians and staff with emergency notification information, including weather related cancellations and important reminders.

Before OPS can begin sending text notifications, parents/guardians and staff must first opt-in to receive text messages. Stay connected with OPS and opt-in by receiving more information on text messaging at [http://district.ops.org/textmessaging](http://district.ops.org/textmessaging).

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**A NOTE FROM THE HEALTH OFFICE**

It is time for annual health screenings here at school. Screenings are done on all children in grades first through fourth. They include vision, hearing, dental, height and weight. Kindergarteners have already done this before school. It is a Nebraska state mandate that these are done. A Health Screening Report Card will be sent home with the results of the screenings to all parents or guardians. All information is kept confidential and all screenings are done in a private setting. If you have questions please call me. Thank you!

Stacey Brown RN, BSN

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**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