



# Rockbrook Express



## Rockbrook Elementary School Newsletter

April 2018

2514 South 108th St. Omaha, NE 68144 (402) 390-6475 Info Line: (402) 390-3399 www.westside66.org

### Mission

The mission of Rockbrook Elementary School, a diverse community of learners, is to foster learning by providing a quality educational experience within a secure and challenging environment.

### School Improvement Goal

At Rockbrook we will increase student engagement and achievement through Positive Behavior Interventions and Supports for social, emotional, behavioral, and academic needs.

## Rockbrook Prom

6th Annual Rockbrook Family Prom is Saturday April 28th 2018 from 7-10 pm at Happy Hollow Country Club. Registration deadline is April 18th. Please turn in registration form to the front office. The cost is \$15 per person which includes lemonade and dessert bar.

## Kindergarten Music Program



Don't forget to mark your calendar for our upcoming Rockbrook Kindergarten concert, Thursday, April 26th, at the Rockbrook Elementary Gym. The concert begins at 2:29 pm.

### News Briefs



**Last Day of School**  
May 25th @ 1pm

### New Kindergarten Reminders

**Parent Meeting** - Tuesday, April 24th, 6-7 pm.

**Round-Up** - Friday, May 4th, 9:30-11:00 a.m.

### Scholastic Book Fair May 3-4.



## Art and Pizza Night - Save the Date!

**Art and Pizza Night! Thursday, April 19, 6-7:30 pm.**

Please come and enjoy Don Carmelo's pizza and drinks with your family and friends in the gym! Then, stroll throughout the school and see the displays of artistic delight from every class! Rockbrook's string members will be performing in the Media Center.

**Yearbook Orders**...If you didn't have a chance to order a yearbook before the deadline, then come to the office and let Ms. Veldhuis know you are interested in one. There will be a limited amount of extras, so it's first come.

**Field Day** This year Field Day will be on May 18th. Our Student Council sponsor themed buddy activity, including stations for fun and fitness, as well as a healthy snack. We feel adding some adult support will really help make for a fun set of afternoon stations that kids enjoy. We are looking for volunteers able to help. If interested please contact Mr. Higgingbotham.



## Rockbrook Calendar

- Apr. 17 Community Club 6 pm
- 18 Don & Millie's Night
- 19 Art & Pizza Night 6-7:30 pm
- 26 Kindergarten Concert 2:39 pm
- 28 Rockbrook Prom
- 28 District Big Band Dance - 5:30 pm
- May 1 Planet Sub Night



- May 1 Community Club Mtg 6 pm
- 3-4 Scholastic Book Fair
- 8 All School Instrumental Concert 2:35 p.m.
- 11 Grandfriends Day
- 16 Don & Millie's Night
- 18 Field Day
- 22 All Day Picnic
- 25 Last Day of School - 1:00 pm Dismissal



## Counselor's Corner

In classroom group guidance, students will be studying ways for children to stay safe. Along with the teachers, I will be teaching 1-2 lessons in the classrooms from HealthTeacher.com, curriculum provided to us by Children's Hospital and Medical Center.

In kindergarten and 1st grade, our objectives are to help students differentiate between a stranger and trusted adults, understand the importance of trusting their feelings when a situation isn't right, and identify ways to communicate to protect personal safety.

In 2nd, 3rd, & 4th grade, our objectives are to help students identify strangers and trusted adults, describe feelings that may signal a danger situation, and identify ways to keep themselves safe. In 5th and 6th grade, students will review a fact sheet about child abuse and identify abusive situations and refusal techniques to help protect themselves.

I will begin teaching the lessons in mid April. Please call or email if you have any questions.

Meghan Martin  
School Counselor



## Spring Box Tops

Thank you parents, students, teachers and staff who participated in the Spring Box Top Collection Contests! Congratulations goes to Mr. Carlson's Kindergarten class for collecting the most Box Tops and earning a Celebration Party. Thank you for supporting Rockbrook and keep collecting them for next school year!

## Jump on the Wellness Wagon!

### This month's tip...Healthy Snacking

Snacking is a major pastime for many kids- and it isn't necessarily bad. Snacking can help kids curb hunger throughout the day, as well as provide energy and nutrients. But since snacks might contribute up to one-third of a child's daily food intake, try to offer healthy snacks. Great choices include low-fat yogurt, celery or carrots, whole-grain toast or crackers, apples or oranges, or string cheese.



## Student Drop Off and Pick Up

Spring is in the air and the weather is getting beautiful. While this can be a fun time to meet up with friends before and after school, we would ask that students not arrive at school until 8:30 am. Staff begin outside supervision at 8:20 and breakfast begins at 8:15. To ensure the safety of all students, we ask that they not arrive before these times. To help smooth our end of day pick up, we also ask that families wait until 3:45 to use playground areas.



## Rockbrook Spring Cleanup

Come join us to beautify Rockbrook by cleaning up our yard! We will gather on Saturday, April 28, from 9-11am. Bring rakes, shovels, clippers, and yard waste bags to clean up old yard waste to make way for the new growth.

Email Mrs. Raphael for questions at [raphael.elizabeth@westside66.net](mailto:raphael.elizabeth@westside66.net)

**Notice of Nondiscrimination** - Westside Community Schools does not discriminate on the basis of sex, sexual orientation, race, color, national origin, religion, disability, age, marital, parental or pregnancy status, military/veteran status or any other category protected by law in its programs and activities or in admission or access to, or treatment in, hiring and employment. Retaliation is prohibited. The following persons coordinate our compliance and can assist with questions or filing a concern or report:

- For students, parents or others: Coordinator of Student Services/Title IX Coordinator – ABC Building, 909 So. 76th St. Omaha NE 68114 (402) 390-2100 or via e-mail: [titleixcoordinator@westside66.net](mailto:titleixcoordinator@westside66.net)

- For staff members or applicants: Ass't Superintendent for Human Resources/Lead Title IX Coordinator – ABC Building, 909 So. 76th St. Omaha, NE 68114 (402) 390-2100 or via e-mail: [titleixcoordinatorHR@westside66.net](mailto:titleixcoordinatorHR@westside66.net)

# Rockbrook Positive Behavior Intervention and Supports (PBIS)

“If a behavior is important enough to require an expectation and response in cases of error, then it is important enough to specifically acknowledge the positive expression of the behavior.”

As part of Rockbrook’s and Westside’s commitment to Positive Behavior Intervention and Supports, we know that it is critical both to respond to negative choices and encourage those students who are making great ones. We call this a continuum of acknowledgement. In previous articles we told you about some of these such as our Power Paws and Golden Paws. Below is our full list of steps we take in encouraging and acknowledging positive behaviors.

Continuum of Acknowledgement
Immediate - Students receive Power Paws right when the behavior occurs.
Specific - Acknowledgement is most impactful when it’s paired with specific praise.
Private or Public - Our Golden Paws provide a way for students to keep the praise private or share their positive choice with others on our bulletin board.
Positive Parent Contact - When your child is doing a great job we want to let you know. This might be a note, an email, a phone call, or being selected during a Power Paw assembly.

## Rockbrook and Prairie Lane Music Teacher Hired

You may have seen in our prior month’s newsletter that our Music Teacher, Mrs. Swanson, will not be returning next year. Mrs. Swanson’s husband has been living and working in Canada over the past year and their family now has the opportunity to move and be together. We will miss having Mrs. Swanson here at Rockbrook, as she has been a wonderful addition to our teaching staff, but know that this is a great opportunity for her and her family and wish her well. She will continue to provide an excellent learning opportunity for our students.

Recently we were able to complete interviews for a new music teacher and I’m excited to share the results of that process. Next year the music teacher for Rockbrook and Prairie Lane will be Mr. Nolan Pribnow. Mr. Pribnow student taught at Hillside Elementary and has taught in Omaha Public Schools for the past year. Mr. Pribnow comes highly recommended by his past supervisors and greatly impressed our team during his interview process. We look forward to the skill and enthusiasm he will bring to our students and staff in the year ahead.

## May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>SPV – Grape Tomatoes 30</b> Cheesy Nachos Or-Turkey & Cheese Hoagie Or-Yogurt & Cheese Stick with a Breadstick Cowboy Beans Mandarin Oranges	<b>May Day 1</b> Popcorn Chicken Basket with a Dinner Roll Or- Beef Taco Salad with a Dinner Roll Or-Yogurt & Cheese Stick with a Dinner Roll Sweet Potato Waffle Fries Banana	<b>2</b> Philly Chicken & Cheese Sandwich Or- Southwest Chicken Wrap Or- Yogurt & Cheese Stick with a Breadstick Green Beans Applesauce	<b>3</b> Turkey Pot Pie with a Biscuit Or- Crispy Chicken Salad with a Biscuit Or-Yogurt & Cheese Stick with a Biscuit Peas Mixed Fruit	<b>Star Wars Day 4</b> Death Star Meatball with Galaxy Garlic Bread Or- Tusken Raider Tuna Salad on 9 Grain Bread Or- Yoda Yogurt & Cheese Stick with Galaxy Garlic Bread Vader’s Veggie Salad Padawan Pineapple Wookiee Red Velvet Cookie
<b>SPV – Baby Carrots 7</b> Colby Cheese Omelette with a Long John Donut Or- Cottage Cheese & Fruit with a Long John Donut Or-Yogurt & Cheese Stick with a Long John Donut Tater Tots Cinnamon Applesauce	<b>8</b> Oven Roasted Chicken Legs with a Dinner Roll Or- Asian Chicken Salad with a Dinner Roll Or-Yogurt & Cheese Stick with a Dinner Roll Baked Beans Mixed Fruit	<b>9</b> Pizza Hut Pizza Or- Turkey BLT Or-Yogurt & Cheese Stick with a Dinner Roll Fresh Broccoli Pears	<b>10</b> BBQ Pork Sandwich Or- Roast Beef Sandwich Or-Yogurt & Cheese Stick with a Breadstick Roasted Zucchini Apple	<b>11</b> <b>Picnic Day</b> Hot Dog on a Bun Or- Antipasto Pasta Salad Or-Yogurt & Cheese Stick with a Soft Pretzel Baby Carrots Baked Potato Chips Peach Cups
<b>SPV – Red Bell Pepper Strips 14</b> Teriyaki Chicken over Rice Or-Salami, Cheese, and Crackers with a NutriGrain Bar Or-Yogurt & Cheese Stick with a Breadstick Edamame Pineapple Fortune Cookie	<b>15</b> Crispy Beef Tacos with a Lettuce and Cheese Cup Or- Chef Salad with a Dinner Roll Or-Yogurt & Cheese Stick with a Dinner Roll Jicama Sticks Banana	<b>16</b> Macaroni & Cheese with Garlic Bread Or- Turkey Custer Sandwich Or-Yogurt & Cheese Stick with Garlic Bread Green Beans Tropical Fruit	<b>17</b> Crispy Chicken Sandwich Or- Italian Hoagie Or-Yogurt & Cheese Stick with a Soft Pretzel Sweet Potato Fries Peaches	<b>18</b> <b>New Item!</b> Flatbread Pepperoni Pizza Or- Southwest Chicken Salad with a Soft Pretzel Or-Yogurt & Cheese Stick with a Soft Pretzel Romaine Salad Mandarin Oranges
<b>SPV – Grape Tomatoes 21</b> Chicken Nuggets with a Breadstick Or-Yogurt & Cheese Stick with a Breadstick Cowboy Beans Fruit Medley	<b>21</b> Breaded Mozzarella Sticks with Marinara Sauce Or-Yogurt & Cheese Stick with a Soft Pretzel Vegetable Medley Fruit Medley	<b>23</b> Pizza Hut Pizza Or-Yogurt & Cheese Stick with a Dinner Roll Romaine Salad Fruit Medley	<b>24</b> Pancakes & Sausage Links Or-Yogurt & Cheese Stick with Assorted Bread Vegetable Medley Fruit Medley	<b>25</b> <b>Westside School’s Last Day</b> Corn Dog Or-Yogurt & Cheese Stick with Assorted Bread Baby Carrots Fruit Medley

## West Fest

May 10th at 7 pm in the Westside Highschool Gym. Fifth and Sixth grades, the WHS orchestra and Warrior Core Rock group will be performing.

8 oz. nonfat flavored or 1% unflavored milk served daily. Menus subject to change. 🐷 Denotes PORK in main entrée. 🐄 Denotes BEEF in product. This Institution is an equal Opportunity provider and employer.



On Saturday, March 24th, 48 teams of 4th - 6th graders from across the district participated in the 2018 Battle of the Books. Over 200 students were in attendance. The Battle of the Books is a national reading incentive program that celebrates reading and promotes team spirit. Look for information about next year's battle in the summer newsletter. Congratulations to our top four teams and all of our participants!



Thank you to the Westside Community Council for sponsoring the event, and thank you to all the volunteers who helped make this event a success!

### First Place



**Speed Readers: Second Store  
Peablock Road**

**Anthony Barasa, Drew Longmeyer, Kaitlin Shephard,  
Jan Simons, and Piper Zetochka**

### Second Place



**Fire-Breathing Marshmallows  
Lowell**

**Kristyn Bauer, Zany Carlberg, Eliza Honey,  
Emma Tyler, and Fin White**

### Third Place



**The Word Nerds  
Oakdale**

**Cathy Ben Brown, Leah Dyzick,  
Ava Striker, and Ruby Wray**

### Fourth Place



**The Book Barbarians  
Sunset Hills**

**Jonathan Casazza, Sam Elin, Charis Hemminger,  
Jonathan Wood, and Paul Wood**

### Other Participating Teams

#### Hillsdale

**Reading Renegades  
The Outlanders  
The Book Battalion**

#### Lowell

**Balletto Bulldogs  
Parading Inferno Devils  
Tie-Dye Woodsmen  
Spit Books  
Book Beaters  
No Names  
Lowell Library Lads  
War DOGs  
Granger Readers**

#### Oakdale

**Book Belles  
Pawprint Pals  
The Oakdale Bookends  
Rapid Readers  
DL's Dudes  
Fire Breathing Bookworms**

#### Peablock Road

**Peablock Reads Fagoterm  
Lock What You Made Me Read**

#### Peablock Lane

**Brushing Vainance  
6th Grade Smash  
NETS**

#### Peablock

**Bookworm Wizards  
Magical Opposites  
Unicorn Guardians  
Buddy Buddies  
Book Smarts  
Team of Twine  
Fire Breathing Rubber Ducky Dancers**

#### Sunset Hills

**The Booksters  
Reading Queens Pique  
TODI Squad  
Mean Green Reading Machines  
Paper Tigers**

#### Sumner

**Super Tigers  
Library Llamas  
The Red Readers  
The Book Beads  
Book Bombers  
Stronger Readers**

#### Westside

**Westside  
Book Readers  
The Bookworms  
The Pink Furry Unicorn  
Westside Book Masters**

# Athlete Waiver

~I acknowledge that participation of my son or daughter in a track event can be a dangerous activity. I understand that risks include injury/death from such hazards as weather conditions, falls, contact with other participants, and other potential hazards.

~I acknowledge that the Little Warrior Track Meet involves strenuous physical activity and that my son or daughter is in the physical condition necessary to participate in each event.

~In consideration of allowing my son or daughter to participate in this event, I hereby release, on my own behalf and on behalf of my son or daughter, and forever discharge Westside Community Schools, along with its employees, agents and board members, from any and all liability (except liability for injuries which arising out of gross negligence or willful or wanton misconduct) resulting from, or in any way connected with my son or daughters participation in this event.

Please visit our web page to see pictures, results, and meet records.

<http://littlewarriortrackmeet.weebly.com>



All proceeds will benefit Westside Track Programs

Westside Community Schools does not sponsor or endorse the organization or activity described in this material. The distribution of this material is provided as a community service.

# Little Warrior Track Meet



**Who:** Any pre K-6th grade athlete (You do not have to go to Westside to participate)

**When:** Saturday, May 12th

**Meet Schedule:**

8:30-9:00 Athlete Check In

9:00 Field Events

Running Events will follow the Field Events

**Where:** Westside High School Track

**Pre-Registration Due May 2nd:**

\$15 for a t-shirt and 1 event

\$25 for a t-shirt and up to 4 events

**Registration day of event:**

\$5 per event (no t-shirt)

Drop off or mail to... **Westside High School**  
**ATTN: Beth Peitzmeier**  
**8701 Pacific St.**  
**Omaha, NE 68114**

\*\*Please make check payable to WHS Track

## Little Warrior Track Meet Order of Events

**8:30-9:00 Athlete Check In**

**9:00 Field Events** (High Jump, Long Jump, Softball Throw)

Running events will follow in the following order.

**55 Mini Hurdles**

Pre-K and K girls

Pre-K and K boys

1<sup>st</sup> and 2<sup>nd</sup> grade girls

1<sup>st</sup> and 2<sup>nd</sup> grade boys

3<sup>rd</sup> and 4<sup>th</sup> grade girls

3<sup>rd</sup> and 4<sup>th</sup> grade boys

5<sup>th</sup> and 6<sup>th</sup> grade girls

5<sup>th</sup> and 6<sup>th</sup> grade boys

**100 meter dash**

Pre-K and K girls

Pre-K and K boys

1<sup>st</sup> and 2<sup>nd</sup> grade girls

1<sup>st</sup> and 2<sup>nd</sup> grade boys

3<sup>rd</sup> and 4<sup>th</sup> grade girls

3<sup>rd</sup> and 4<sup>th</sup> grade boys

5<sup>th</sup> and 6<sup>th</sup> grade girls

5<sup>th</sup> and 6<sup>th</sup> grade boys

**1600 meter run**

5<sup>th</sup> and 6<sup>th</sup> grade girls

5<sup>th</sup> and 6<sup>th</sup> grade boys

**400 meter dash**

1<sup>st</sup> and 2<sup>nd</sup> grade girls

1<sup>st</sup> and 2<sup>nd</sup> grade boys

3<sup>rd</sup> and 4<sup>th</sup> grade girls

3<sup>rd</sup> and 4<sup>th</sup> grade boys

5<sup>th</sup> and 6<sup>th</sup> grade girls

5<sup>th</sup> and 6<sup>th</sup> grade boys

Continued...

**200 meter dash**

1<sup>st</sup> and 2<sup>nd</sup> grade girls

1<sup>st</sup> and 2<sup>nd</sup> grade boys

3<sup>rd</sup> and 4<sup>th</sup> grade girls

3<sup>rd</sup> and 4<sup>th</sup> grade boys

5<sup>th</sup> and 6<sup>th</sup> grade girls

5<sup>th</sup> and 6<sup>th</sup> grade boys

**800 meter dash**

3<sup>rd</sup> and 4<sup>th</sup> grade girls

3<sup>rd</sup> and 4<sup>th</sup> grade boys

5<sup>th</sup> and 6<sup>th</sup> grade girls

5<sup>th</sup> and 6<sup>th</sup> grade boys



1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place medals will be awarded during the meet for each division as soon the results are compiled.

Ribbons will be given to all participants.

Medals will be awarded to the top 3 finishers for each gender in each age group.

Concessions and extra t-shirts will be available to purchase while supplies last.

\*\*In the case of bad weather, the meet will be moved to May 13<sup>th</sup> starting at 12. The announcement will be made on <http://littlewarriortrackmeet.weebly.com>

## Registration

Name: \_\_\_\_\_

Email (please print): \_\_\_\_\_

Elementary School: \_\_\_\_\_

Circle Gender: M or F      Grade \_\_\_\_\_

T-shirt size: (Youth)    S    M    L    XL

(Adult)    S    M    L    XL

**Pre-Registration: Due May 2nd:**

\$15 for a t-shirt and 1 event

\$25 for a t-shirt and up to 4 events

**Registration day of event:**

\$5 per event (no t-shirt)

\*\*Please make check payable to WHS Track

Drop off or mail to... **Westside High School**  
**ATTN: Beth Peitzmeier**  
**8701 Pacific St.**  
**Omaha, NE 68114**

Please check event(s) participating in.

- \_\_\_ Long Jump
- \_\_\_ High Jump (3rd-6th grade only)
- \_\_\_ Softball Throw
- \_\_\_ 55 Meter Hurdles
- \_\_\_ 100 Meter Dash
- \_\_\_ 200 Meter Dash (1st-6th grade only)
- \_\_\_ 400 Meter Dash (1st-6th grade only)
- \_\_\_ 800 Meter Run (3rd-6th grade only)
- \_\_\_ 1600 Meter Run (5th-6th grade only)

I have read and agree to the athlete waiver.

Parent or Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Questions contact Beth Peitzmeier @ [peitzmeier.beth@westside66.net](mailto:peitzmeier.beth@westside66.net)