

# Monthly Newsletter

February 2022

## Family Fun Games



February is one of the most important months in the school year. By this time, teachers have taught expectations and routines. They have reviewed the necessary skills from previous learning. Now, it is time to learn a great many new and exciting things. For the important learning to happen in the most effective way, we need our students to be at school every day. They should have enough rest to use their energy during important learning. That is why it is crucial for kids to have enough sleep at night. This is where we ask parents to help us by making sure our students go to bed early and get at least 8-10 hours of sleep. We appreciate your help in this important matter.

Parent teacher conferences are coming up in February. This year we hold them on February 10 and February 15. It is always wonderful to connect with our parents and to share about their students' strengths and areas for growth. Having clear and consistent communication is very important in our attempts to achieve success for each student. Please make every attempt to connect with your child's teacher during our winter conferences. We need your support.

During the winter season, children spend much time indoors because of the cold temperatures and shortened daytime. Many children's favorite activity has become screen time, but researchers noticed that technology habits impact their ability to learn. Studies show that when children have screen time limited to less than 2 hours a day, they perform better on cognitive tests. Here are some suggestions for a healthy screen diet for children:

- Decide on what you want to do before getting on technology
- Talk to children about the impact of technology use
- Create screen-free spaces and times

Put your phone away while having a conversation with your child (These suggestions are from Mindful Schools).

## Important Announcements

### Reminders

Breakfast begins at 7:30 am. Serving breakfast stops at 8 am. Please bring your child before 8 am for breakfast, so he/she can eat. Morning supervision starts at 7:50 am.

Please do not drop students off before 7:30 am. There are no adults in the building before this time. Please help us to keep our students safe.

Students will not have school on February 11 and February 14. Please make arrangements accordingly.

### Assessments

Fourth graders will be taking a national assessment called NAEP on February 24. Representatives from NDE will be coming to administer this test. Please make sure your students receive enough sleep and have a good breakfast before this important day.

Our EL students will be taking their important assessment called ELPA during the month of February. Ms. Neuhart will be sharing more information with parents.



### Classroom Guidance with Mrs. Simmons

What is my child learning in Guidance?

Classroom guidance lessons will focus on understanding others' perspectives and showing care and concern for each other. These skills help our students show empathy, which is the ability to recognize and understand the thoughts and feelings of another person. Understanding similarities and differences between their own feelings and other people's feelings also helps children develop empathy. Empathy makes it possible for us to show kindness and compassion to others. One of our school rules is, "Practice Compassion". As adults, it is important for us to model these skills when we interact with our children. I encourage parents to notice when their children are showing compassion at home and praise them for their efforts.

Kindly,  
Mrs. Simmons – Longfellow School Counselor

## Restaurant Day Taco John's, February 7

Restaurant night is a monthly activity organized by the Longfellow Parent Teacher Organization (PTO). During the event, part of the income generated is donated back to Longfellow!

On February 7, Taco John's has agreed to partner with Longfellow to help raise funds. The hours are from 5:00pm-8:00pm for our fundraiser.



## Popcorn! February 25th

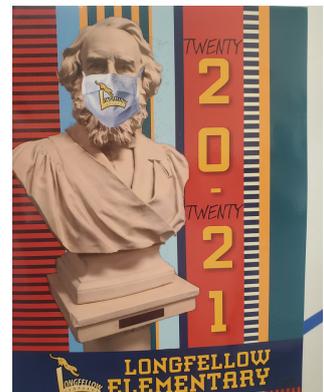
Popcorn sales will continue on February 25. Our PTO has partnered with Russ's and helps organize this event as we raise additional funds for Longfellow, one quarter at a time! Students can buy a bag of popcorn by giving their teacher 25 cents and a completed form with their name. Letters and forms will go out in February 16th's Wednesday folders. Please return the forms with money before February 23rd.

## Year Book (PTO)

Hi, Longfellow Family! I am looking for photos for the Longfellow Yearbook and I need your help! Throughout the year I will be collecting images that could be used for the yearbook that will come out in the spring. Any photos you have from the first day of school or other school/classroom events throughout this year would be great to have. You can email them to me at [longfellowyearbook@gmail.com](mailto:longfellowyearbook@gmail.com) or submit them to our Longfellow PTO Facebook page.

Thanks so much for your help!

-Jenni Welsch, yearbook coordinator/PTO member



..... The next PTO meeting is March 1 at 6:30pm in the Longfellow Library .....

## National School Counseling Week

Longfellow students and staff will participate in the celebration of school counseling. A flyer will be coming home on Wednesday, February 2, with activities for each day. Please help us make this week special for our students and our counselor, Mrs. Simmons.



## Note from the Nurse

Longfellow students had an opportunity to be screened by the dental hygiene students from CCC. Forms with screening information will be coming home with students very soon. Please let us know if you have any questions.

## Additional Information

**Every Wednesday students will be dismissed at 2:30 pm.** Please make arrangements to have students picked up on time, as teachers will be participating in collaborative meetings.★

Breakfast starts at 7:30 am. Students should enter the building through door number 5 (south side on playground). Lunch and breakfast are free for students this school year. We still request that you fill out free and reduced lunch forms, as there are other benefits that families might experience by submitting this form. The form was mailed to families by the district office. If you need a new form, please call or stop by our office. Our phone number is 402-461-7584.

We ask that you bring your child to school on time. Every morning students line up at their "paws" on the playground. Staff members will begin morning supervision at 7:50 am. Please do not bring your students directly into the building.

Please provide a doctor's note every time your child stays at home sick.

A student handbook is available online or can be printed. Parents may request a paper copy. It is important to review this handbook with your child, so he/she is aware of school policies. Parents and students will sign the acknowledgement receipt that was sent in the mail to every student. If we haven't received a signed receipt, we will continue sending a form in your student's Wednesday folder. Please take time to read the handbook and sign the receipt with your student and return it to school.



Student Handbook QR



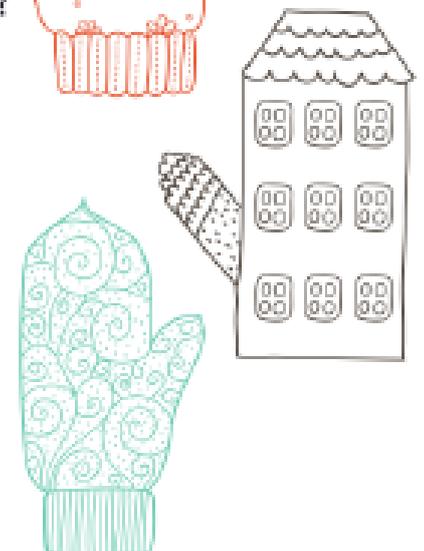
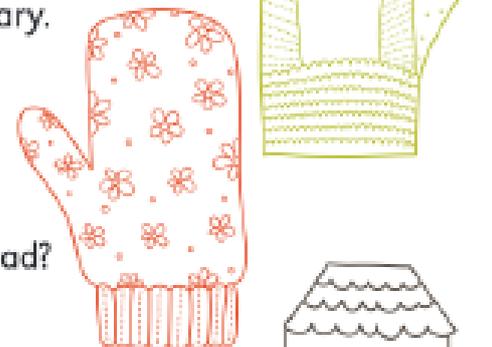
Teachers will communicate with parents via communication apps, such as ClassDoJo or Remind. Principal's emails are sent to parents once a week. If you would like to receive important updates from school, please sign up for these emails by going to our website. The school newsletter is sent once a month. Our website will also help you stay informed about important events and information at Longfellow Elementary and Hastings Public Schools.

Parents are encouraged to take students out for lunch, instead of having lunch with them at school.

Parking is limited around Longfellow School. Please consider parking a block or two away and walk toward our building. We want to make sure that our children, staff, parents and community members feel safe at the drop off and pick up times. **Please do not park in the parking lot of the dental office across from Longfellow School or in the parking lot of Mary Lanning Hospital.**★

# Celebrating the Month in Stories: A February Reading Challenge for Kids

- For Black History Month, read a Coretta Scott King Award-winning book. (Named for Martin Luther King Jr.'s wife, this award is given to the most distinguished children's and teen's books about the African American experience. You can find a list of all the winners since 1970 at [ala.org](http://ala.org).)
- Find a book that rhymes and read it aloud. Using a silly voice is encouraged.
- Reread a favorite picture book and write or draw a valentine to one of its characters.
- Celebrate Presidents' Day (the third Monday of February each year) by reading a book about a U.S. president.
- Close your eyes and run your hands along a shelf in the library. Choose any book at random and read it.
- Read the first book in a series you've never tried.
- Ask a Librarian: What's a book you fell in love with as a kid (or a kids' book you've read lately) that you think I should read?
- Read a book with a delicious food in the title.
- Read a book about an athlete. (If you're really into winter sports, tack on a book about one of your favorites!)
- Read a book under the covers. Any time of day will do, but we recommend using a flashlight!



Breakfast and lunch menus can be found on our Longfellow page.  
<https://hastingspublicschools.org/schools/longfellow-elementary/>



<p><b>01</b></p> <p><b>Entree</b>                      * Ham &amp; Cheese Deli Round                      * Home-style Chicken &amp; Noodles w/ Dinner Roll                      * Country Fried Steak with Dinner Roll</p> <p><b>Vegetables</b>                      Mashed Potatoes with Country Gravy</p> <p><b>Fruit</b>                      Fruit and Veggie Bar</p> <p><b>Milk</b>                      1% Unflavored Milk                      Chocolate Skim Milk                      Skim Unflavored Milk                      Strawberry Skim Milk</p>	<p><b>02</b></p> <p><b>Entree</b>                      * Chef Salad with Roasted Flatbread                      * Beefy Taco in a Bag                      * Oven-Roasted Hot Dog</p> <p><b>Vegetables</b>                      Zesty Black Beans</p> <p><b>Fruit</b>                      Fruit and Veggie Bar</p> <p><b>Desserts</b>                      Fresh Baked Chocolate Chip Cookie</p> <p><b>Milk</b>                      1% Unflavored Milk                      Chocolate Skim Milk                      Skim Unflavored Milk                      Strawberry Skim Milk</p>	<p><b>03</b></p> <p><b>Entree</b>                      * Turkey &amp; Cheese Deli Round                      * Home-style Spaghetti                      * Crispy Chicken Sandwich</p> <p><b>Vegetables</b>                      Golden Corn</p> <p><b>Fruit</b>                      Fruit and Veggie Bar</p> <p><b>Milk</b>                      1% Unflavored Milk                      Chocolate Skim Milk                      Skim Unflavored Milk                      Strawberry Skim Milk</p>	<p><b>04</b></p> <p><b>Entree</b>                      * Ham &amp; Cheese Snackable                      * Pizza Hut Pizza at Alcott, Hawthorne, Lincoln                      * Taco Burger                      * Cheese Pizza</p> <p><b>Vegetables</b>                      Fresh Veg of the Day</p> <p><b>Fruit</b>                      Fruit and Veggie Bar</p> <p><b>Milk</b>                      1% Unflavored Milk                      Chocolate Skim Milk                      Skim Unflavored Milk                      Strawberry Skim Milk</p>
<p><b>07</b></p> <p><b>Entree</b>                      * Nacho Snackable                      * French Toast Sticks with Eggs                      * Cheeseburger</p> <p><b>Vegetables</b>                      Hash Brown Triangle</p> <p><b>Fruit</b>                      Fruit and Veggie Bar</p> <p><b>Milk</b>                      1% Unflavored Milk                      Chocolate Skim Milk                      Skim Unflavored Milk                      Strawberry Skim Milk</p>	<p><b>08</b></p> <p><b>Entree</b>                      * Ham &amp; Cheese Deli Round                      * Traditional Beefy Lasagna with Breadstick                      * Mini Corn Dogs</p> <p><b>Vegetables</b>                      Green Beans</p> <p><b>Fruit</b>                      Fruit and Veggie Bar</p> <p><b>Milk</b>                      1% Unflavored Milk                      Chocolate Skim Milk                      Skim Unflavored Milk                      Strawberry Skim Milk</p>	<p><b>09</b></p> <p><b>Entree</b>                      * Crispy Chicken Salad with Roasted Flatbread                      * Beefy Chili and Cranch Crisps                      * Grilled Chicken Sandwich</p> <p><b>Vegetables</b>                      Golden Corn</p> <p><b>Fruit</b>                      Fruit and Veggie Bar</p> <p><b>Desserts</b>                      Fresh Baked Cinnamon Bun</p> <p><b>Milk</b>                      1% Unflavored Milk                      Chocolate Skim Milk                      Skim Unflavored Milk                      Strawberry Skim Milk</p>	<p><b>10</b></p> <p><b>Entree</b>                      * Turkey &amp; Cheese Deli Round                      * Italian Dunkers with Marinara Dipping Sauce                      * Breaded Steak Fries with Dinner Roll</p> <p><b>Vegetables</b>                      BBQ Baked Beans</p> <p><b>Fruit</b>                      Fruit and Veggie Bar</p> <p><b>Milk</b>                      1% Unflavored Milk                      Chocolate Skim Milk                      Skim Unflavored Milk                      Strawberry Skim Milk</p>
<p><b>14</b></p> <p><b>Misc.</b>                      No School</p>	<p><b>15</b></p> <p><b>Entree</b>                      * Ham &amp; Cheese Deli Round                      * Soft Shell Beefy Tacos                      * Fish Nuggets with Dinner Roll</p> <p><b>Vegetables</b>                      Zesty Black Beans</p> <p><b>Fruit</b>                      Fruit and Veggie Bar</p> <p><b>Desserts</b>                      Fresh Baked Holiday Cookie</p> <p><b>Milk</b>                      1% Unflavored Milk                      Chocolate Skim Milk                      Skim Unflavored Milk                      Strawberry Skim Milk</p>	<p><b>16</b></p> <p><b>Entree</b>                      * Fajita Salad with Tortilla Chips                      * Creamy Macaroni &amp; Cheese with Dinner Roll                      * Corn Dog                      * Oven-Roasted Hot Dog</p> <p><b>Vegetables</b>                      Lemon Herbed Broccoli and Cauliflower</p> <p><b>Fruit</b>                      Fruit and Veggie Bar</p> <p><b>Milk</b>                      1% Unflavored Milk                      Chocolate Skim Milk                      Skim Unflavored Milk                      Strawberry Skim Milk</p>	<p><b>17</b></p> <p><b>Entree</b>                      * Turkey &amp; Cheese Deli Round                      * Mega Meatball with Dinner Roll                      * Baked Pork Fritter</p> <p><b>Vegetables</b>                      Mashed Potatoes with Brown Gravy</p> <p><b>Fruit</b>                      Fruit and Veggie Bar</p> <p><b>Milk</b>                      1% Unflavored Milk                      Chocolate Skim Milk                      Skim Unflavored Milk                      Strawberry Skim Milk</p>
<p><b>21</b></p> <p><b>Entree</b>                      * Turkey &amp; Cheese Snackable                      * Chili Cheese Fritos                      * Crispy Chicken Sandwich</p> <p><b>Vegetables</b>                      Golden Corn</p> <p><b>Fruit</b>                      Fruit and Veggie Bar</p> <p><b>Milk</b>                      1% Unflavored Milk                      Chocolate Skim Milk                      Skim Unflavored Milk                      Strawberry Skim Milk</p>	<p><b>22</b></p> <p><b>Entree</b>                      * Ham &amp; Cheese Deli Round                      * Hot Pepperoni Sub                      * Cheeseburger</p> <p><b>Vegetables</b>                      Crinkle Cut Fries</p> <p><b>Fruit</b>                      Fruit and Veggie Bar</p> <p><b>Milk</b>                      1% Unflavored Milk                      Chocolate Skim Milk                      Skim Unflavored Milk                      Strawberry Skim Milk</p>	<p><b>23</b></p> <p><b>Entree</b>                      * Asian Salad with Roasted Flatbread                      * Chicken Ranch Pasta with Dinner Roll                      * Corn Dog</p> <p><b>Vegetables</b>                      Peas</p> <p><b>Fruit</b>                      Fruit and Veggie Bar</p> <p><b>Milk</b>                      1% Unflavored Milk                      Chocolate Skim Milk                      Skim Unflavored Milk                      Strawberry Skim Milk</p>	<p><b>24</b></p> <p><b>Entree</b>                      * Turkey &amp; Cheese Deli Round                      * Home-style Tater Hotdish with Dinner Roll                      * Chicken Nuggets</p> <p><b>Vegetables</b>                      BBQ Baked Beans</p> <p><b>Fruit</b>                      Fruit and Veggie Bar</p> <p><b>Desserts</b>                      Rice Crispy Treat</p> <p><b>Milk</b>                      1% Unflavored Milk                      Chocolate Skim Milk                      Skim Unflavored Milk                      Strawberry Skim Milk</p>
<p><b>28</b></p> <p><b>Entree</b>                      * Pizza Snackable                      * Pancakes &amp; Sausage                      * Original Beef Goulash</p> <p><b>Vegetables</b>                      Golden Corn</p> <p><b>Fruit</b>                      Fruit and Veggie Bar</p> <p><b>Milk</b>                      1% Unflavored Milk                      Chocolate Skim Milk                      Skim Unflavored Milk                      Strawberry Skim Milk</p>	<p><b>25</b></p> <p><b>Entree</b>                      * Nacho Snackable                      * Pepperoni Pizza                      * Pizza Hut Pizza at Alcott, Hawthorne, Lincoln                      * Ham &amp; Pasta Hotdish with Dinner Roll</p> <p><b>Vegetables</b>                      Mixed Vegetables</p> <p><b>Fruit</b>                      Fruit and Veggie Bar</p> <p><b>Milk</b>                      1% Unflavored Milk                      Chocolate Skim Milk                      Skim Unflavored Milk                      Strawberry Skim Milk</p>		