



Junior Eagle Journal

Your Source for News from O'Neill Elementary School
October 2020



Seven Essential Life Skills

I was lucky enough to participate in an Early Childhood Leadership Academy put on by NAESP (National Association of Elementary School Principals). I learned quite a bit. One thing that really stuck out to me is a section in the book called “The Seven Essential Life Skills,” which came from the research of Ellen Galinsky. These skills are part of what researchers refer to as “executive function skills.”

The seven skills are: 1) Focus/Self-Control 2) Perspective Taking 3) Communicating 4) Making Connections 5) Critical Thinking 6) Taking on Challenges 7) Self-Directed Engaged Learning.

While each of these skills are important to a successful life, the one that sticks out the most to me is “perspective taking.” In a time where conflict seems to be all around us, perspective taking is becoming increasingly more important. “Children who can understand others’ perspectives are...less likely to get involved in conflicts.” If a person can master the skill of perspective taking, he or she will be set up to have successful relationships.

This is easier said than done, because perspective taking often requires one to admit his or her perspective or opinion may be wrong (or just different). This is something you can practice at home with your children. When discussing at home about any disagreements ask your children “how do you think the others felt?” Talk your way through both sides of the story. Students may learn even more about the people they are around (maybe even appreciate them!).

Thank you,

Mr. Jim York
Principal, O'Neill Elementary School

A Few Announcements...



- Reading and math skills are imperative for future success. Please take time every day to read and doing a math activity with your child(ren). This can be something as simple as a game of UNO.
- Please remember that students are expected to be off campus by 3:45 pm, unless they are here for Developing Eagles or another school-related activities. If a student is signed up for Developing Eagles and not picked up by 3:45, the student will be sent to Developing Eagles.
- Please call the office if your child is sick or will not be in attendance. This helps us keep more accurate track of excused and unexcused absences.
- Promptness is important! Please make sure your child is IN SCHOOL by 8:00 every morning. Tardiness makes the day difficult for all those involved.
- If your contact information changes, please inform the office. This will make it easier for us to contact you should we need to.
- Please remember if you need to come into the building during pick up/drop off time, you need to park in one of the parking lots. Also, if you are not handicapped, please do not pick students up in the handicapped parking spot.

Eagle Way Minute



It's cooling down, which means we are about to be spending more time inside soon! With that, here is a reminder of the Eagle Way for inside recess (and maybe playtime at home!).

- Be Safe-Stay in the designated areas. Keep your hands to yourself and your belongings.
- Be Respectful-Speak kindly to one another. Ask to borrow from others rather than simply taking.
- Be Responsible-Clean up after yourself. Keep things as nice as they were when you showed up!

Investigations: PreK-12 Settings

- In all scenarios below, a student is considered a **close contact** when they have been within **6 feet of the COVID-19 positive individual for 15 minutes**.
- If the exposure occurs during extracurricular activities that take place outdoors or in large spaces (such as gyms) where 6-foot distance can be maintained, in lieu of quarantine, close contacts may self-monitor.
- In all scenarios below, **students who are self-monitoring are required to wear masks**.
- PreK-12 students who are a **close contact due to exposure to a household member are required to quarantine**.

When a masked child tests positive and close contacts were wearing masks...

ISOLATE	SELF-MONITOR
	
COVID POSITIVE	CLOSE CONTACTS
<i>Everyone Masked</i>	

When an unmasked child tests positive and close contacts were wearing masks...

ISOLATE	QUARANTINE
	
COVID POSITIVE	CLOSE CONTACTS
<i>Close Contacts Masked</i>	

When a masked child tests positive and SOME close contacts were wearing masks...

ISOLATE	QUARANTINE
	
COVID POSITIVE	SELF-MONITOR
	
<i>Some Close Contacts Masked</i>	

When an unmasked child tests positive and close contacts were NOT wearing masks...

ISOLATE	QUARANTINE
	
COVID POSITIVE	CLOSE CONTACTS
<i>No One Masked</i>	

Why Do I Need to Tell the School When My Child is Sick?

Keeping your child home and letting the school know your child is sick helps us see if there is a rise in sickness in the school.

Help Stop the Spread of Germs

- Keep your child home for 24 hours after their fever is gone without the use of fever lowering medicine (such as Tylenol® or Advil®)
- Stay away from sick people
- Try not to touch your eyes, nose, or mouth
- Get lots of rest and drink lots of non-sugary liquids

****You may be contagious up to 7 days after the start of symptoms.****

SYMPTOM GUIDE FOR COLDS, FLU, AND "TUMMY FLU"

SYMPTOM	COLD	FLU	"TUMMY FLU" GI – Gastrointestinal
Fever	Rare	Usual (High 100-102 °F)	Rare
Headache	Rare	Common	Rare
Aches, Pains	Slight	Usual; Often Severe	Sometimes
Weakness/Tired	Sometimes	Usual; Up to 2-3 Weeks	Sometimes
Extreme Exhaustion	Never	Usual, at Beginning	Rare
Stuffy Nose	Common	Sometimes	Rare
Sneezing	Usual	Sometimes	Rare
Sore Throat	Common	Sometimes	Rare
Chest Discomfort, Cough	Mild-Moderate Hacking Cough	Common, Can be Severe	Rare
Vomiting and/or Nausea	Rare	Rare	Common
Painful Stomachache	Rare	Rare	Common
Diarrhea	Rare	Rare	Common (6 stools within 24 hours)

	OK FOR SCHOOL	TOO SICK FOR SCHOOL
Fever	Temperature is below 100.4°F, drinking fluids and acting like their normal self.	Temperature is 100.4°F or higher or they aren't acting like themselves and feel abnormally warmer than they usually do.
Sore Throat	A sore throat with a runny nose is often just due to simple swelling—as long as they don't have a fever, bring them to school.	If the sore throat is making swallowing hard for them or if they also have a fever, headache or tummy ache, keep them home and consider taking them to the doctor.
Red Eye	When the white part of the child's eye is only a little pink and if there is no or clear drainage noted, they likely have a school-safe allergy.	If the eye is stuck shut, bright red, and/or has green/yellow oozing. The child needs to stay home until they have been on medications [prescription] for 24 hours to fight the germs.
Diarrhea	If your child is acting like their normal self and has only had 1 or 2 episodes of slightly loose stools in the last 24 hours.	Children who have 3 or more loose stools in 24 hours need to stay home. They need to stay home for 24 hours after their last loose stool. If there is blood or mucus in their stool, call your doctor.
Throwing Up	If they have thrown up 1 time in 24 hours, it's ok to send them to school. Sometimes children throw-up from mucus left over from a cold.	If your child has thrown-up 2 or more times in 24 hours, keep them home. Give them small amounts of non-sugary liquids often. They need to stay home for 24 hours after the last time they throw-up.
Tummy Pain	If this is your child's only sign of sickness and they are acting like their normal self, send them to school. It could be that they may have a case of the nerves.	Any tummy pain connected to throwing-up, loose stools, fever, or if the child isn't acting like their normal self.

O'Neill Elementary School – Phone #402-336-1400 – Nurse Contact: stephprouty@oneillschools.org



Coronavirus Disease 2019 (COVID-19)



How to Wash Masks

Updated May 22, 2020

Masks are an additional step to help slow the spread of COVID-19 when combined with every day preventive actions and social distancing in public settings.

Masks should be washed regularly. It is important to always remove masks correctly and wash your hands after handling or touching a used mask.

How to clean

Washing machine

- You can include your mask with your regular laundry.
- Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the mask.



Keep it Clean

disposable masks:

You can throw out after wearing them in public areas (don't reuse)

cloth masks:

should be washed after each use

cloth masks:

Ideally wash them with warm, soapy water (or washing machine) after each use and dry (in dryer or line-dry)

Washing by hand

- Check the label to see if your bleach is intended for disinfection. Some bleach products, such as those designed for safe use on colored clothing, may not be suitable for disinfection.
 - Use bleach containing 5.25%–8.25% sodium hypochlorite. Do not use a bleach product if the percentage is not in this range or is not specified.
 - Ensure the bleach product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser.
 - Ensure adequate ventilation.
- Prepare a bleach solution by mixing:
 - 5 tablespoons (1/3rd cup) of 5.25%–8.25% bleach per gallon of room temperature water or
 - 4 teaspoons of 5.25%–8.25% bleach per quart of room temperature water
- Soak the mask in the bleach solution for 5 minutes.
- Discard the bleach solution down the drain and rinse the mask thoroughly with cool or room temperature water.
- Make sure to completely dry the mask after washing.

Using bleach safely:

- Always read and follow the directions on the label to ensure safe and effective use.
- Be aware that bleach can damage cloth fabric over time.
- Wear skin protection and consider eye protection for potential splash hazards.
- Use water at room temperature for dilution (unless stated otherwise on the label).
- Store and use bleach out of the reach of children and pets.
- Special considerations should be made for people with asthma and they should not be present when cleaning and disinfecting is happening as this can trigger asthma exacerbations. Learn more about reducing asthma triggers.
- See EPA's 6 steps for Safe and Effective Disinfectant Use



How to dry

Dryer

- Use the highest heat setting and leave in the dryer until completely dry.

Air dry

- Lay flat and allow to completely dry. If possible, place the mask in direct sunlight.



Upcoming Dates

October 6th---School Pictures all day

October 7th--School Pictures all day

October 21st---NO SCHOOL End of 1st Quarter

October 22nd---NO SCHOOL due to Parent-Teacher Conferences
10:00 am - 4:00 pm

October 23rd---NO SCHOOL for Fall Break

Oct. 26th-Oct. 30th---Red Ribbon Week

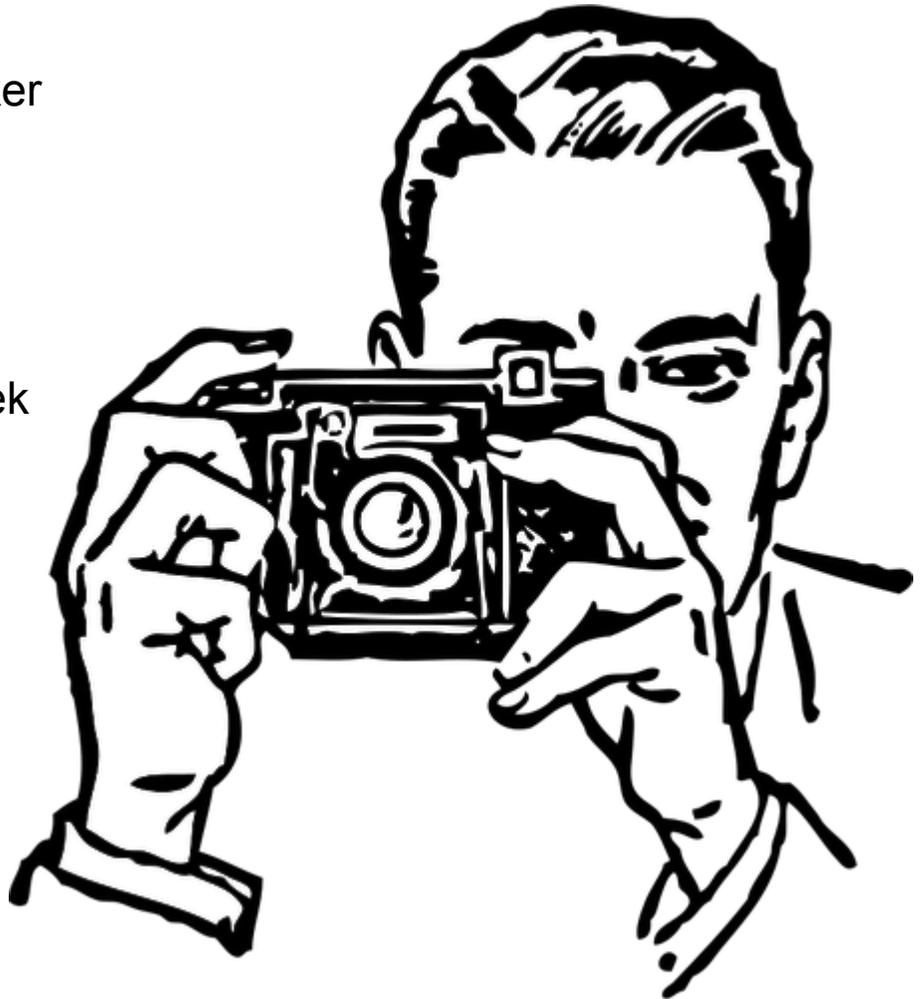
ATTENTION



O'Neill Elementary School Picture Schedule

● October 6th

- 8:05 am - York
- 8:25 am - Sladek
- 8:45 am - Shoemaker
- 9:05 am - Miller
- 9:25 am - Pistulka
- 9:45 am - Pischel
- 10:05 am - Froman
- 10:25 am - Havranek
- 10:45 am - Walters
- 11:05 am - Langan
- 11:25 am - Koch



● October 7th

- 8:25 am - Osborne
- 8:45 am - Camp
- 9:05 am - Knight
- 9:25 am - Turpin
- 9:45 am - Kelly
- 10:05 am - Hampton
- 10:25 am - Wohler
- 10:45 am - Hobbs
- 11:05 am - Tomjack
- 11:25 am - Larsen
- 12:35 pm - York

Cancellations/Postponements

- We regret to inform you that the Tiny Eagles Cheer clinic, scheduled on the calendar for next Friday, October 2nd has been canceled. For student safety reasons we feel it is best to not host this event this year. We are hopeful the pandemic is over soon and we plan to host this event in 2021. Stay safe & healthy!
- The Scholastic Book Fair, originally scheduled for the week of October 19th, has been cancelled. We encourage families to continue purchasing books from Scholastic book orders that are sent home.
- Family Math Night, originally scheduled for October 8th has been postponed to a later date. We hope to have it in the Spring.



Common Sense Media

As we get closer to Halloween time, there are some scary movies and shows on television and in theaters. Although some of the movies may look like fun or maybe “just a bit scary,” these movies can really scare some students. Before you watch these movies or shows with your children, I encourage you to check the website www.common sense media.org to learn more.

Entree	Entree	Entree	Misc.	Misc.
* French Toast Sticks with Syrup	* Home-style Stuffed Potato Breakfast	* Fresh Baked Biscuits and Gravy	No School	No School
Jipping Sauce	Burrito	* Cereal Choices with Toast		
* Cereal Choices with Toast	* Cereal Choices with Toast	Fruit		
Fruit	Fruit	Juice Choices		
Juice Choices	Juice Choices	Fresh Orange Slices		
Applesauce	Mixed Fruit Cocktail	Milk		
Milk	Milk	1% Unflavored Milk		
1% Unflavored Milk	1% Unflavored Milk	Chocolate Skim Milk		
Chocolate Skim Milk	Chocolate Skim Milk			

26	27	28	29	30
Entree	Entree	Entree	Entree	Entree
* Fresh Baked Egg & Cheese Biscuit Sandwich	* Maple Long John	* Muffin Top & Yogurt	* Pancake Sausage Stick	* Fresh Baked Cinnamon Roll
* Cereal Choices with Toast	* Cereal Choices with Toast	* Cereal Choices with Toast	* Cereal Choices with Toast	* Cereal Choices with Toast
Fruit	Fruit	Fruit	Fruit	Fruit
Juice Choices	Juice Choices	Juice Choices	Juice Choices	Juice Choices
Sliced Peaches	Applesauce	Pineapple Tidbits	Sliced Pears	Fresh Orange Slices
Milk	Milk	Milk	Milk	Milk
1% Unflavored Milk	1% Unflavored Milk	1% Unflavored Milk	1% Unflavored Milk	1% Unflavored Milk
Chocolate Skim Milk	Chocolate Skim Milk	Chocolate Skim Milk	Chocolate Skim Milk	Chocolate Skim Milk

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- mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410
- fax: (202) 690-7442; or
- email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Entree	Entree	Entree	Entree
* Ham & Cheese Deli Round	* Combo Deli Round	* Turkey & Cheese Deli Round	* Ham & Cheese Deli Round
* Pizza Pasta Bake	* Chicken Ranch Pasta	* Italian Melt	* Popcorn Chicken Bites
* Grilled Chicken Sandwich	* Local Beef: Burger with Cheese	* Oven-Roasted Hot Dog	* BBQ Rib Sandwich
Vegetables	Vegetables	Vegetables	Vegetables
Fresh Baby Carrots	Fresh Broccoli Florets	Fresh Baby Carrots	Fresh Broccoli Florets
Golden Corn	Steamed Carrots	Steamed Broccoli Florets	Baked Beans
Fruit	Fruit	Fruit	Fruit
Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day
Milk	Milk	Milk	Desserts
1% Unflavored Milk	1% Unflavored Milk	1% Unflavored Milk	Fresh Baked Cinnamon Bun
Chocolate Skim Milk	Chocolate Skim Milk	Chocolate Skim Milk	Milk
			1% Unflavored Milk
			Chocolate Skim Milk

Entree	Entree	Entree	Entree	Entree
* Ham & Cheese Deli Round	* Combo Deli Round	* Turkey & Cheese Deli Round	Misc.	Misc.
* Toasted Cheese Sandwich	* Soft Shell Chicken Tacos	* Baked Breaded Steak Fingers	No School	No School
* Crispy Chicken Sandwich	* Pork Fritter Sandwich	* Corn Dog		
Vegetables	Vegetables	Vegetables		
Fresh Baby Carrots	Fresh Broccoli Florets	Fresh Baby Carrots		
Steamed Broccoli Florets	Refried Beans	Mixed Vegetables		
Fruit	Fruit	Fruit		
Fruit of the Day	Fruit of the Day	Fruit of the Day		
Milk	Milk	Milk		
1% Unflavored Milk	1% Unflavored Milk	1% Unflavored Milk		
Chocolate Skim Milk	Chocolate Skim Milk	Chocolate Skim Milk		

Entree	Entree	Entree	Entree	Entree
* Ham & Cheese Deli Round	* Combo Deli Round	* Turkey & Cheese Deli Round	* Ham & Cheese Deli Round	* Ham & Turkey Deli Round
* Traditional Sloppy Joe	* Cheeseburger Macaroni Skillet	* BBQ Pulled Pork Sandwich	* Italian Dunkers with Marinara Dipping Sauce	* Cheese Pizza
* Popcorn Chicken Bites	* Grilled Chicken Sandwich	* Oven-Roasted Hot Dog	* Local Beef: Burger with Cheese	* Pepperoni Pizza
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Fresh Baby Carrots	Fresh Broccoli Florets	Fresh Baby Carrots	Fresh Broccoli Florets	* Toasted Sausage Breakfast Sandwich
Green Beans	Golden Corn	BBQ Baked Beans	Mixed Vegetables	Fresh Baby Carrots
Fruit	Fruit	Fruit	Fruit	Fruit
Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	Steamed Broccoli Florets
Milk	Milk	Milk	Desserts	Fruit
1% Unflavored Milk	1% Unflavored Milk	1% Unflavored Milk	Rice Crispy Treat	Fruit of the Day
Chocolate Skim Milk	Chocolate Skim Milk	Chocolate Skim Milk	Milk	Milk
			1% Unflavored Milk	1% Unflavored Milk
			Chocolate Skim Milk	Chocolate Skim Milk