It take an average of three days for students to catch up for every one day of being absent.

Students who miss 2 or more days a month of school are considered chronically absent. Omaha Public Schools continues to promote Strive for 95 (% attendance) as a district. Please be sure to make everyday attendance a priority for a successful middle school year of learning and a lifetime of good work and study habits!

Explorers

Welcome to Lewis and Clark 6th grade science. We are going to be working at the beginning to get our lab skills that we'll need throughout the year down pat. After that, we'll move into energy and how it is created, used, and changed. Hopefully every parent saw the science safety contracts that were passed out on August 26th. There's not going to be any dangerous situations that your student will be put in during lab times, but we always want to be vigilant on keeping it that way. I hope that your students are coming home weekly with their agenda filled out with things that we are doing in class. Also I send out missing assignment emails two times a month. If you haven't signed up to receive those through Infinite Campus, I recommend it. And if you ever need to contact me, my email is Lisam.larson@ops.org.

The first unit in 6th grade Humanities (AKA Social Studies) discusses the rise of early man and the development of agriculture. Students will investigate the past and work to solve historical problems relating to artifacts, migration, art, and survival. Students will learn about humans settling into communities which led to farming and trade. Ancient Egypt and ancient Greece follow the unit on Early Man.

In Language Arts, collection one is entitled "Facing Fear." Students read "The Ravine," and practiced vocabulary, inferences and summarizing. Currently 6th graders are working on writing an informative essay comparing hurricanes and tornadoes. This is a required OPS writing assignment found in their Performance Assessment.

We have started the year working on Unit 1: Ratios, Rates, and Proportions, routines and procedures, and reviewing material from fifth grade to help us as we progress through sixth grade. Each night, students are expected to review their agenda, complete homework, and spend some time studying math facts. Explorer team is: Mrs. Larson, Mrs. Powers, Mr. Armstrong and Mrs. Dale.

Pathfinders

Pathfinder Families—We are so excited to have your child on our team this year and wanted to give you a few pointers to talk with your son or daughter about to make sure they are successful this year. First, if your child is absent from school, they need to talk to each of their teachers about what they missed. Next, teachers will accept late work as long as the unit is still going on. Once the unit is over the teacher will not take any more missing or late work. Finally, your child’s agenda, this is needed every day in every class. The students need this in order to leave a classroom to go to the restroom, office, etc. The agenda is also a great tool for you to check what your child is doing all day long. He or she should be writing down their assignment in each class in their agenda so they can keep track of what they need to do at home. Please go over this with your child at night to make sure they are getting their homework done. The team would also like to thank the families that have donated items off the Pathfinder wish list. You ROCK! Many of the items have already been put to good use. Please remember to contact any one of your child’s teachers at any time if you have questions or concerns and we look forward to a great year!

In science, with Mrs. Rinn, we are off to a great start for the school year. Pathfinders are settling in nicely and everyone can open their own lockers!! We have reviewed the steps of the scientific method and science safety. Your child should have brought home a science safety contract to have signed. This year we will be using consumable textbooks, they have already been handed out. Your child should be spending 10-15 minutes each night reviewing content that was covered during class. During this quarter we will be studying the structure and properties of matter. Students will be able to describe the properties of matter and distinguish between chemical and physical changes. Students will be able to measure mass, volume, and density of a liquid and regular shaped solid. Students will describe the similarities and differences between solids, liquids, and gases.

Please make sure you are using Parent Portal to check your son or daughters grades, I will use Parent Portal to communicate missing assignments. If you have any questions please email me: michele.rinn@ops.org

Currently in Mrs. LaFleur’s Pre-Algebra math classes we are working on rational numbers and scientific notation. They will be taking their first unit test in the next couple of weeks and then will move on to solving equations. The students will be taking their first MAP test in the next couple of weeks also in order to get a baseline for 7th grade. In the
Math 7 classes will be starting in with the new textbooks and are working on rates and proportions in the next two weeks. Right now they are working on integers and getting ready to take their first unit test next week. These students will also be taking their first MAP test in a couple of weeks and receiving their first IB project. Please feel free to contact me at [Kelly.lafleur@ops.org](mailto:Kelly.lafleur@ops.org) anytime in regards to your student’s academics or behaviors.

### Navigator

Mrs. Witherell is the Navigators math teacher. We are excited to get started with the mathematic concepts and applications this school year. We will be focusing on problem solving strategies and applications this year in all math classes. We will be taking three MAP testing sessions (September, December, and May), and a state test in April. Real world applications and estimation skills will be incorporated into most lessons. Please contact me at keri.witherell@ops.org if you have any questions or concerns.

Mrs. Witherell has been covering integers, decimals, fractions and basic math operations of real numbers in 7th grade Pre-algebra and 7th grade math classes. In Pre-algebra, students will focus on the real number system. Students will acquire skills and understanding of addition, subtraction, multiplication, and division of integers, decimals, fractions, and whole numbers during the first quarter. Students will also be exposed to divisibility rules, the properties of zero, square roots, and scientific notation during this time.

Mrs. Witherell’s seventh grade math classes will also investigate the concepts of addition, subtraction, multiplication, and division of integers, decimals, fractions, and whole numbers during the first quarter. Students will focus on rational numbers during the first quarter. Students will be exposed to number sense, ratios, and proportions, and the coordinate plane first semester. Real world applications and estimation skills will be incorporated into most lessons.

Welcome to the 2019 - 2020 school year! I can't believe that we already into our 3rd week of school. In Mrs. Mihai’s sciences classes, we created a Who I Am Lab Coat project for the first formative assignment. We are getting done with setting our science notebooks up, as well as teaching and practicing expectations and procedures. We also had a quiz over the expectations and procedures in my room on Friday, September 6th. We will be moving into our next mini-unit called "How to Think and Act Like a Scientist?” We will do our first lab on 9/11-9/12, so please make sure students wear closed-toe shoes, short-sleeved shirts and bring a hair tie to tie back their hair if it is shoulder length or longer. I hope to see you during Open House on Tuesday, September 17th from 6 - 8 pm. I will have a class syllabus for you to take, so you can learn all about how my class expectations and procedures. Hope to see you at Open House.

Seventh grade Language Arts with Mrs. Spooner will be focusing on analyzing and writing an informational essay about Burmese Pythons. Once we finish writing, we will start to review reading strategies, and the elements of fiction and nonfiction. We will be working on identifying the main idea and supporting details throughout the quarter.

A huge Thank you to family’s who have donated wish list items to team Navigators. Our team of teachers is much appreciate of the extra supplies. If you are interested in donating items to the team, items can be dropped off in Mrs. Witherell’s room (109) and she will distribute to team members. Wish list items that are always needed: tissues, Clorox Wipes, paper, notebooks, pens, pencils, folders, binders, dry erase markers, colored pencils, markers, and erasers.

### Pathfinders

This year in Mr. Tietz Humanities classes, we will be traveling through the Eastern region of the world. We will journey through the Middle East/Southwest Asia, Africa, East and South Asia, and Russia. As we voyage into these regions we will explore the uniqueness of their cultures, geography, and governments. To understand other cultures of the world, we first need to look at “Who am I”? Our first major project of Humanities was to create a Culture Collage of “Who am I”? This activity gave us a chance to share our personal culture with one another, as well as learn amazing facts about each other. On the Pathfinders this year, we have students who are from all over the world including Japan, Thailand, and Somalia, over 10 different languages spoken, and more than 5 world religions. We have a very diverse group of Pathfinders this year and I look forward to traveling the world with them.

### Pioneers

Welcome back Pioneers!! We have some exciting things in Mrs. Mitchell’s classes planned for ELA this quarter. We will be reading interesting stories and articles, having discussions, and learning about how to support our assertions with text evidence. The thematic focus will be Culture and Belonging. As we delve into our IB MYP unit, we will be discovering how our culture and self-expression are enhanced by making connections with others. I am looking forward to getting to know each of you and am excited for the new 2019-2020 school year.

In Pioneer Study Skills with Ms. Selk, we will be working on a variety of skills that are important to academic success. We’ve had a great start, and we are looking forward to a wonderful year together. Other than Study Skills, I can also be found co-teaching in Pioneer core classes (Language Arts and Pre-Algebra) with our amazing team of teachers. If you have any questions or concerns please don’t hesitate to contact me: Theresa Selk at 531-299-8952 or Theresa.selk@ops.org

Pioneer Pre-Algebra students with Mr. LaFleur spent the first two weeks reviewing integers, fractions and decimals. From there, we will move on to the number systems where we will learn how to classify, compare, and order numbers. The rest of the semester we will be looking at some basic algebra, where we will solve equations, write expressions to represent everyday experiences, and explore slope. The following website can be used to help your students study, and help you help your students at home. https://www.khanacademy.org/

The first Acuity test is during the week of the 16th, so be sure to ask your child how they scored.
Pioneer Algebra students spent the first 2 weeks assessing what basic skill that needed reviewing, and then filling in any gaps their memory. The rest of the semester will be spent writing equations to model everyday situations, graphing equations and functions with two variables, and solving equations with one variable. Most of what we will do this year is entirely new for your students. The following website can be used to help your students study, and help you help your students at home.

https://www.khanacademy.org/

The first Acuity test is during the week of the 16th, so be sure to ask your child how they scored.

**Corps of Discovery**

Pre-Algebra with Mr. Henk is working on the real number system and classifying numbers. We will be moving in to exponents next.

Algebra is working on order of operations and expressions and will be moving to basic equations next.

**Pride**

Mrs. Bobier’s 7th grade Science class has been applying the Scientific Method to laboratory experiments. Students will begin their introduction to Chemistry in the coming weeks!

Mrs. Bobier’s 8th grade Science class has been reviewing the Scientific Method. Students will be learning the introduction Evolution and the Fossil Records in the coming weeks!

In Language Arts 7 with Mrs. Sinnett, the theme for Unit 1 is “The Stuff of Consumer Culture”. Students will look at our consumer culture and consider the question: How much is enough? A selection of stories will be read, including topics such as technology and consumerism relating to teenagers. The performance task for this unit will be to research and write an informative essay about consumerism. Then students will create a multimedia presentation of their essay to share with others.

Another resource being used this year is the Performance Assessment workbook. The first assignment will show students how to breakdown the process of writing an informative essay. The topic will be “How the presence of Burmese pythons is changing the Everglades.” Students will complete an outline, rough draft and final copy of their essay. Students will also complete selected stories in the Close Reader, which reinforces skills by reading and rereading text.

In Language Arts 8, the theme for Unit 1 is “Culture and Belonging”. Students will explore how people develop their own identity within a new culture. A selection of stories will be read, including several written by immigrants. The performance task for this unit will be to write a personal narrative about adjusting to a new situation or fitting in with different groups.

Another resource being used this year is the Performance Assessment workbook. The first assignment will show students how to breakdown the process of writing an informative essay.

The topic will be “What are the effects of an Earthquake?” Students will complete an outline, rough draft and final copy of their essay. Students will also complete selected stories in the Close Reader, which reinforces skills by reading and rereading text.

**Honors Language Arts**

Honors Language Arts with Mrs. Shrago classes have started the year getting to know each other through our activities. Students created a Symbolism Island that included things they like and enjoy. After a bit of review, we are now starting on our new textbooks. Each student has their own Close Reader and Performance Assessment workbook. We started with the Performance Assessment workbook! Writing and reading are important skills to help us become life-long learners. This class meets the needs of the high ability learners and takes the place of Language Arts.

The 2019-2020 National History Day theme is Breaking Barriers in History. All students will create a History Day project and have the option to complete in the district competition. Last year, many students competed and went on to state. Several 8th graders (now freshman in high school) won at the state level and represented Lewis and Clark at the National History Day competition in Washington, DC.—yahoo! History Day will get under way in late October or early November. This is a major project that involves intense research in and out of school. Students find that all the hard work pays off in the end. Something amazing to look forward to!

Honors Language Arts students are required to read for a total of 150 minutes per week. This reading time should be kept in their agendas and signed quarterly by a parent. The reading logs will be checked each quarter. In addition, each quarter students will complete a Genre Tic Tac Toe to help them read different genres.

Lastly, all HLA student shave the opportunity to travel to New York City from May 28-31, 2020. Information has been sent home, Parents are also able to join us on the trip. It is a great way to see a little bit of a lot of sights in New York City.

Please feel free to contact me with any questions or concerns, I can be reached at Melissa.shrago@ps.org. I am excited for a year of hard work, new adventures and a little fun!

**Health**

The 2019-2020 school year is off to a productive start. In seventh grade health, with Mrs. Brownfield, our IB unit entitled “It’s Up to You” is going to focus on the key concept of communication and the related concepts of choice and perspectives. We have already focused on these concepts as we have discussed SMART goals. We have also focused on responsible decision making. They know as they get older they will have more important decisions to make and those decisions will have an impact on their future. We will also be covering empathy this quarter. As we discuss that, we will cover ways to improve self-esteem, look at how hate escalates from stereotypes to bullying to prejudice to discrimination and can end with violence, and we will take a look at how and where to get help in abusive situations. We will end the quarter with some First Aid practic-
es including practicing hands-only CPR.

Life is Like a Box of Chocolates is the title of our eighth grade IB unit. It really is true that in life you never know what you are going to get, and this quarter our goal is to be a bit more prepared for whatever comes our way. The concepts we will focus on are relationships, balance, and adaptation. We began the quarter talking about Physical Fitness and Nutrition and finding the relationship between them and how to balance those areas. We had some eye-opening experiences when learning how much sugar and processed ingredients are in the foods we eat every day. We will also discuss Social Media this quarter including its pros and cons. We will analyze what their digital footprint says about them, how to keep themselves safe in cyberspace, and what to do in cyberbullying situations. We will also have a guest speaker from the Set Me Free Project who will come in and help the students identify the warning signs of predators online and sex trafficking. At the end of the quarter, we will discuss the complex topics of stress, depression, suicide and grief. Tough items to talk about, but so important for us to recognize the triggers, signs, and know what to do to help. I am looking forward to a productive quarter!

**Physical Health**

The Physical Health department would like to welcome Molly Kroupa to Lewis and Clark this year. She will be teaching all the 6th grade classes in PE, health and human growth this year. She will also have one 7th and 8th grade class for PE, health and human growth as well. As a Physical Education department, we look forward to a new year of challenging 6th, 7th and 8th grade students to lead a healthy lifestyle. All students are expected to bring in their own shorts and shirts for class as well as appropriate shoes to run in. Please encourage your child to also bring deodorant to put in their PE locker, too. This year we will run one mile every week and do an intense workout once a week as well. Students will be expected to bring their personal computer to complete reflections, workouts and watch videos on certain topics. We plan on playing soccer, ultimate, softball, volleyball, basketball, badminton, pickleball, floor hockey, flag football, and speed ball. Encourage your child and family to get out and exercise whenever possible.

**Physical Science**

Physical Science with Mrs. Lostaglia Hoskovec is beginning to explore the facets of universal forces through experiments focusing on collisions and gravity. We will be working toward doing rocket launches by the end of the quarter before moving on to chemistry!

Honors Science 7 is studying the Earth and it’s history. We will be exploring how heat, convection, and conduction play major roles in how the Earth looks today, and what that means for different environments.

**International Languages**

Spanish 1 with Dr. Cuartero is providing students with skills-based instruction in reading, listening, writing and speaking in Spanish. We have had three weeks of lessons by now and we are learning a lot about Spanish language and culture. We do a variety of activities every day in order to increase the knowledge of the Spanish language and its heritage.

In these three weeks, we have studied the Spanish alphabet, numbers from 1 to 100, common Greetings and vocabulary about the classroom and real life.

Students are able to introduce themselves in Spanish and to provide information about others. Moreover, we have been learning about Spanish countries culture and traditions. If you have any questions or concerns, please contact me at raquel.cuarteroarina@ops.org. Thank you in advance for all your support and encouragement at home.

Spanish Flex with Dr. Cuartero is providing students with skills-based instruction in reading, listening, writing and speaking in Spanish. We have had three weeks of lessons by now and we are learning a lot about Spanish language and culture. We do a variety of activities every day in order to increase the knowledge of the Spanish language and its heritage. In these three weeks, we have done some projects about the Spanish culture and we have learned a lot of Spanish words and sentences: numbers, greetings, food and the human body.

If you have any questions or concerns, please contact me at raquel.cuarteroarina@ops.org. Thank you in advance for all your support and encouragement at home. Regards, Raquel Cuartero Arina

¡Bienvenidos a la clase de español! In Mrs. Therkelsen’s Language Acquisition, Spanish 7, we set up our composition books on Wednesday, August 21st and Thursday, August 22nd. The books will turn into the students’ personal textbooks. They are to bring their composition books to class EVERYDAY. In addition to their composition book, students should have a folder with loose-leaf paper, a pen and/or pencil, an agenda and a daily assignment...when applicable.

We have been learning the alphabet and punctuation. Week two also added “10 Great Reasons to Learn Spanish” and numbers zero to 100 along with general math operations. Also during the pre-chapter, we will focus on commands, common words and phrases, subject pronouns, and days, months & seasons. Chapter one will review what we have already learned as well as add the verb-er (to be), time and additional vocabulary.

If you have any questions, I can be reached at 531-299-8999 or heather.therkelsen@ops.org. ¡Hasta pronto!

Welcome to Lewis & Clark Monsieur Morales, our new 7th grade French teacher. Students in M. Morales’ classes are busy learning and practicing French greetings, calendar, alphabet and much more. Monsieur Morales is amazing because he speaks 3 languages - Spanish, English and French!

Eighth grade French students have completed their review of year one by writing a story about a boy or girl. Many stories were very creative! Très bien fait! We have begun our IB Unit, Family Traditions (House and Family). Look for information about a castle project coming soon.
Sixth graders in French FLEX have learned how to greet one another, say their name and birthday, say how they are feeling, and can ask to use the restroom, borrow or sharpen a pencil ALL in French! They have also learned several fun songs and are making a “passport” of countries that speak French. They also learned colors and numbers and played “UNO” in French.

**French Club**

French Club has met twice (2nd and 4th Tuesdays) and is planning a Fête Française (French carnival) on November 2 to kick off National French Week. We will also be Trick of Treating for UNICEF again this year to help kids in Haiti. Parents, please ask your child when she/he signed up to bring French Club gouter (snack). Updated French Club information will be on the L&C website soon.

**National French Week**

National French Week will be held November 4-8. We will hold our 3-D Eiffel Tower Contest, a new French Fête and a Croissant Tasting. Students will learn all about the Eiffel Tower during NFW. Look for more information soon.

**Montréal, Québec Trip 2020**

An initial parent meeting was held September 5 to discuss the trip itinerary next June. If you are interested in the trip but were not able to attend, please contact Madame McCormick or Monsieur Morales. The $200 deposit will be due November 1. Information about the 2020 trip will be on the L&C website soon.

**Mrs. Medeiros Room 101**

In Honors Algebra we are just finishing up brushing off the dust from summer vacation! We are starting to work on simplifying expressions that are more complex than most of the students have seen. We are working hard and collaborating to help ourselves and others better understand mathematics!

In Honors Geometry, we are completing a short unit of simplifying radical expressions! These skills have helped us remember important algebraic properties of numbers as we prepare to learn Geometry. I am so excited to have students a second year and see their progress continue!

ELL: My 8th grade students are working very hard to remember and practice the rules for integers, decimals and fractions. We have compared adding and subtracting positive and negative values to having or spending money in order to better understand how the numbers work.

My 7th grade students are working on writing large numbers using words and place value of digits. We were very surprised to watch a short video of just how big one billion is compared to one. We will continue to look at place value as we begin to study decimals, money and counting back change.

**Entrepreneurship and Global Entrepreneurship**

Happy 2019-2020 School Year! It is hard to believe that the summer is almost over and we are over a month into the school year but here we are. Teaching a new subject this year has been a great experience and I am looking forward to teaching our 7th and 8th graders about Entrepreneurship and Global Entrepreneurship. So far this school year the focus in my classroom has been relationship building, establishing procedures and routines, building a sense of inclusion, teaching students about what entrepreneurship is, and helping students grasp what the Middle Years Programme Design Cycle is.

Moving forward, 7th-grade Entrepreneurship students will begin working on their first unit which is *Banking and Budgeting* and 8th grade Global Entrepreneurship students will start part 1 of their first unit which is *Economic Survival: Resources, Production, and Scarcity*. After completing that first unit our 7th graders will have learned about the importance of saving, how to establish a budget, and even how to balance a checkbook. As far as our 8th graders after they complete the first unit they will know the different resource types that it takes to produce goods and services, understand how scarcity affects our economy, and even create their own city to show their understanding of the different economic and geographic factors that can impact where they live.

This first semester is going to be a great learning experience for our 7th and 8th grade students and I look forward to continuing working with and teaching them about Entrepreneurship and Global Entrepreneurship.

Please call, email, or stop by if you have questions or concerns. Mr. Skyler Johnson E-Mail: skyler.johnson@ops.org

**From the Library**

The year is off to a fast start in the Lewis & Clark library. All 6th, 7th, and 8th grade language arts classes have completed their library orientation. The library introduction included not only book checkout, but a chance for students to participate in the library “Community Collaborative Project” and a MakerSpace activity. Ask your students what they thought or if they plan on joining any library clubs.

It’s important to encourage your child to read! You might want to start off this fall with some scary stories. Here are a few suggestions: *The Old Willis Place* by Mary Downing Hahn, *The Graveyard Book* by Neil Gaiman, *The Haunting of Gabriel Ashe* by Dan Poblocki, and *Doll Bones* by Holly Black.

Remember, the way to become a better reader is to read, read, read!

**VEX Robotics club**

The first VEX robot team has been formed. There is room and equipment for more teams. The sign up sheet is on the cafeteria wall. If you signed up but did not make the first meeting, come Tuesdays after school at 3:15. Meetings end at 5:00. Once all teams have been formed, membership closes to new members until after the Spring 2020 Robot competitions. Our first meet is in November. Mr. Haggard and Mr. Morales
sponsor this club. It meets in Room 218.

**Mary Poppins, Jr!**

We are pleased to announce our production of Mary Poppins, Jr by Disney and Cameron Mackintosh. Our All School Musical is a special activity because it is almost entirely student run. We are so proud of the work the students have put in to create this production and we hope to see you there! November 7th & 8th at 7pm in the Lewis & Clark auditorium. Tickets are $5.

**Meet the School Social Worker!**

Hi! My name is Kim Schenkelberg and I am the School Social Worker for Lewis and Clark Middle School. This is a new position to the school this year. I am employed by Omaha Public Schools to assist students and their families with various needs. Those needs may include the following:

- Connections or referrals to community resources.
- Providing supportive counseling services to students, either individually or in groups, experiencing problems affecting school performance or peer relationships.
- Assist students and their families during times of crisis or high stress.
- Participate in IEPs and SATs as appropriate, serving as an advocate for the family/student.
- Provide re-engagement efforts to students with multiple absences.

It may be helpful to remind your child that I do not work for Child Protective Services (CPS) or NE Dept of Health and Human Services so they understand I am in the school to be a support to them in the educational setting. I look forward to providing supportive services to the students and families at Lewis and Clark and feel proud to be in such an amazing school. You are welcome to contact me anytime with questions! Kim Schenkelberg, LICSW 402-299-2400 x1231 kimberlea.schenkelberg@ops.org

**Community Counselor**

It can be difficult to tell if a youth’s troubling behavior and thoughts are just part of growing up or something that needs to be discussed with a behavioral health professional. Your child may need help if they experience any of the following signs or symptoms: often anxious or worried; prolonged sadness and irritability; social withdrawal; low or no energy; loss of interest in things; spells of intense energy; constant motion; change in eating or sleeping habits; thoughts of suicide’ strong feelings of anger; risky or destructive behavior; thoughts of harming self or others; odd or confused thinking; changes in school performance; or difficulty coping with daily problems.

It is well documented that students who use school-based counseling services experience a positive impact across a wide range of emotional, behavioral, and academic outcomes. Early diagnosis and treatment are essential and assist in maintaining the student’s success. This reduces the likelihood of family, social, school, and work interference.

Methodist Hospital Community Counseling Program was established in 1996 to provide the first school-based mental health services in the community. Our Methodist Hospital Community Counselor is Christina Howard MS, LIMHP, LADC (Licensed Independent Mental Health Practitioner and Licensed Drug and Alcohol Counselor). She has worked with youth, couples, adults and families for 15 years, and is entering her 7th year of serving the students and families of Lewis and Clark. Strict guidelines related to confidentiality are followed, and information is not shared with any school personnel unless the parent gives permission for that information to be shared. Every effort is made to make services affordable. Acceptable forms of payment include Medicaid, private insurance, or self-pay. Foundation assistance is also available; no one will be denied services due to inability to pay.

If interested in more information or for starting services at Lewis and Clark, please call Mrs. Howard’s confidential voicemail at 402-354-6891 ext. 25. Sign up forms are also available from the school counselors or on the school website. Visit www.bestcare.org/CCP for more information.

It can be difficult to tell if a youth’s troubling behavior and thoughts are just part of growing up or something that needs to be discussed with a behavioral health professional. Your child may need help if they experience any of the following signs or symptoms: often anxious or worried; prolonged sadness and irritability; social withdrawal; low or no energy; loss of interest in things; spells of intense energy; constant motion; change in eating or sleeping habits; thoughts of suicide’ strong feelings of anger; risky or destructive behavior; thoughts of harming self or others; odd or confused thinking; changes in school performance; or difficulty coping with daily problems.

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Welcome back to school! Please turn in immunizations as soon as possible. The Tdap is mandatory for all 7th graders. This shot includes the tetanus, diphtheria and pertussis boosters. You may fax, or have the doctor fax immunization records to 531-299-2419, send them with your child, or bring them yourself. Students must be in compliance with State Law by 9/11/19 or they will not be allowed to attend school until they are. If you have an appointment to get the shot after 9/11/19 please call School Nurse at 531-299-2401 and inform her of the date, or please make an appointment for your child to get the shot and inform the School Nurse of the date. A date on file at school will list them as in progress, and allow them to attend school while waiting to get the shot. For other options, such as religious or medical waivers, contact the School Nurse.

Pertussis has been lab confirmed in the Omaha area in recent years. Pertussis is a very contagious, vaccine-preventable disease that lasts for many weeks. Children have a very severe and constant cough. The cough can take the child’s breath away, or cause them to vomit. Major complications of pertussis are most common among infants and young children, and include hypoxia, apnea, pneumonia, seizures, encephalopathy, and malnutrition. Young children can die from pertussis, and 13 children died in the United States in 2003. Transmission occurs through direct contact with respiratory droplets from infected persons.

Every child should get a tetanus, diphtheria and pertussis (DPT) vaccination at 2, 4, 6, and 15 months of age, and another dose at 4 to 6 years of age. Immunization is required for child care and school. New booster vaccines became available in 2005 that offer continued protection against pertussis, diphtheria, and tetanus for adolescents and adults. These vaccines have been added to the mandatory schedule of vaccinations for adolescents. Adults with routine contact with infants less than 12 months of age, should receive a booster dose. Adolescents and adults become susceptible when immunity wanes. If your child shows any of the above symptoms, it is important to have them seen by their physician as soon as possible. If your child has not had this shot after four years of age, they need a booster shot. Your child’s health care provider or the Douglas County Health Department 402-444-6163, would be able to advise you regarding your child’s protection from disease.

Allergy, cold, and flu season is here!! Good handwashing with soap and water is the best prevention. Covering your mouth with tissue when coughing or sneezing or sneezing or coughing into your arm, rather than your hands, and the use of hand sanitizers, helps also.

When students are ill with vomiting, diarrhea, severe runny nose, cough, sore throat, or fever of 100 degrees or more, they should not come to school. These are general guidelines school nurse uses in determining who needs to be sent home from school, so please assess your child before sending them to school, and, keep them home if they are ill. Students need to have not vomited, and be fever free for 24 hours, without medication, before returning to school.

Students with known allergies or hayfever should be taking allergy medicines in the morning if prescribed by their doctor. Allergy medicines can provide relief during allergy season and thereby keep students at school, rather than in the health office complaining of itchy eyes, runny, congested nose and sneezing.

Cold medications, Tylenol or Ibuprofen can help ease some of the symptoms such as headaches, stuffy nose, cough and should be administered at home before coming to school, or can be given at school but only with a doctor’s order, parent permission form signed and if you bring the medication in properly labeled container. Send students to school with tissues and a water bottle if coughing a lot. The nurse can give them a pass to carry or drink water during school day, if needed. If a student has a medical condition that warrants a water bottle at school to prevent dehydration, please get an order from a doctor for student to carry water bottle at school and submit to the School Nurse. Wearing proper outerwear for the weather conditions is also a preventive measure; layering of clothes is appropriate so layers can be added if cold, or removed if hot.

Flu shots are generally recommended for anyone with respiratory problems such as asthma, or if the immune system is compromised by chronic illness. Consult your health care provider regarding recommendation for your student. Flu shots can be obtained from your health care provider or at flu immunization clinics throughout the city.

Reminder to parents of students with asthma. If you have not provided an inhaler with doctor’s orders and signed parent permission form, you need to do this as soon as possible. Asthma symptoms flare or are triggered by colds, flu, and cold air, or exercise in many cases. You will be contacted and asked to bring an inhaler to school for your child to use if they present at nurse’s office with respiratory complaints and an inhaler and proper authorization is not here. Asthma can be life threatening, and having an inhaler available quickly, can make all the difference! Also, if your child has a life threatening allergy such as to peanuts, nuts, fish, shellfish, etc. please get the Anaphylaxis Action plan from the doctor to school nurse, with an epipen.

Physicals reminder that all seventh graders are required by state law to have a physical upon starting seventh grade (even if they do not plan to participate in a sport). Or, you may sign a waiver that you do not want to get your child a physical. Forms are in the school nurse’s office. If your child intends to participate in sports this year, they will need a doctors clearance for sports. Sports physicals do not meet the requirement for 7th grade physical, so when you have the physical, ask doctor for complete physical with clearance for sports also. Physicals are good for the entire school year if done after 3/1/19.

If your child in the eighth grade intends to participate in sports this year, they must also have a sports physical which is good for one year from date of the physical, so if they had one last December, they need another one for this school year. Sports physicals after 5/1/19 are good for this school year. Sports physicals can be obtained at your doctor’s office, SBHC’s, (see below), and various Urgent care locations.

SBHC’s (Student Based Health Centers), are located at several OPS Schools— including Indian Hills, Liberty, Spring Lake, Belvedere, King Science, Kellom, Bryan High School and...
Northwest High School. They are for OPS students and siblings. You can get physicals, sports physicals, immunizations, and sick child care there. They accept Medicaid, Kids Connection, private insurance, and have a sliding scale fee for those without insurance. You must make an appointment.

Here’s hoping everyone a healthy, happy fall or winter season. Please feel free to contact me with questions or concerns.

**Nurse Howeth** 531-299-2401

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**From the Counselors**

The LC counselors have wrapped up their introduction lessons and are moving on to our next lessons to help students as they transition to middle school and work on balancing their many responsibilities. The counseling assignments have changed this year, so please find the new counseling assignments listed below. Feel free to reach out if you ever need support to help guide your child to success!

**Josie McDonnell** – Corps of Discovery (8th Grade) and Pride (7th and 8th Grade) 531-299-8992 josie.mcdonnell@ops.org

**Jessica Mukherjee** – Pathfinders (7th Grade) and Explorers (6th Grade) 531-299-8993 jessica.mukherjee@ops.org

**Jenna Vail** – Pioneers (8th grade), Navigators (7th grade) and Voyagers (6th, 7th & 8th grade) 531-299-8995 Jenna.vail@ops.org

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**Box Tops for Education**

Support Lewis and Clark Middle School by clipping box tops. Our school earns ten cents for each box top collected. Here is a list of some of the brands that may have box tops: General Mills, Pillsbury, Betty Crocker, Nature Valley, Cascadian Farm, and Ziploc. For a current list please visit the website boxtops4education.com. **Keri Witherell** (room 109) will be collecting the box tops throughout the year. Thank you for your support. I will be sending in box tops for reimbursement the end of October, at the end of March and May.