Thank you, Dundee Families, for coming to the 2015 Sock Hop! It was nice to see so many of you “Let It Go” and “Shake It Off” on the dance floor. Glow necklaces, bunny ears and rock star glasses filled the gym with colorful light. We also enjoyed a bustling quiet room – many children visited the room during the evening to cool off and have a snack, watch some funny movies and color pictures.

The children made a colorful banner to thank the DJ’s for putting on such a fun event. Adam and Zach loved the banner and said they have a spot for it on the wall of their office.

It takes many people to pull off a fun family night. Thank you to all who volunteered as cashiers, selling glow sticks, supervising the quiet room and cleaning up afterward! Thanks to

(Continued on page 2)
the Dundee teachers and staff for coming to the sock hop and dancing with your families.

That makes the night extra special for all your students.
Mrs. Tingelhoff’s Picture Perfect Valentine’s Day Party!

DUNDEE DISPATCH
Submission deadline for the April issue is Wed., March 18th.
The April issue will be distributed on Wed., April 1st.
Please submit your adorable photos and story ideas (yes, she really want them) to the Dispatch Editor:
Sara Rogers
Sara@SaraRogersPhotography.com
402-850-3824

Remember to follow Dundee Elementary on Facebook and Twitter! Find links on www.DundeePTO.org!
Thank you for joining us for the 3rd Quarter Parent/Teacher Conferences.

We realize it was a little early – the 3rd Quarter doesn’t end until March 20. If you didn’t get a chance to talk about your child’s progress with his/her teacher, during the regular scheduled conferences, please give us a call to set one up. It is important to know how your child is progressing.

March is a busy month for testing.

Our 3rd through 6th grade students will start the Nebraska State Assessments at the end of March.

We hope everyone will be healthy during these testing periods. Starting off the day with a good breakfast and encouraging words to do their best, will also be helpful!

Congratulations to December/January Students of Distinction

During the month of December and January, Dundee staff and students focused on the “Character Counts” trait of Caring.

Students showed they cared by being supportive and responding to the needs of others with kindness and compassion.

Congratulations to the following students who were selected to represent their class as the Student of Distinction in the area of Caring.

Milaina Montalvo, Traesen Dennis Reed, Hailey Torres, Olivia Grogan, Jack Kirschbaum-Nielsen, Obiber Avalos, Oscar Alonso-Tizol, Jay Anthony, Mason Sanden, Petula Windham, Nay Mu Gay, Jozalynn Moraine, Keenan Giles, Madeline Galloway, Xander Torres, Melissa Zhang, Abby Adams-Spitzer, Lucia Chavez, Madeline Demare, Olivia Theophilis, Olivia Gilbreath, and Jose Alcazar.

School Arrival

If your child does not eat breakfast, we would like them to arrive at Dundee no earlier than 8:50 a.m.

We have some students arriving at school way before 8:00 a.m. who are not eating breakfast. There is not adequate supervision before 8:50 a.m. Thank you so much for your help in this matter.

Hope you can visit us often!

Mrs. Kaye Goetzinger

The roots of education are bitter, but the fruit is sweet.
— Aristotle

Looking for youth activities for your child? Look no more!

The Omaha Public Schools is connecting parents with community youth activities, contests, and more.

For a complete list of activities happening in your community, go to www.district.ops.org > Upcoming Events > Community Opportunities.

A new edition of the publication will be available online on the 1st of each month.

Want to advertise in the OPS Community Opportunities? Just contact the District Communications Office at (402) 557-2070.

Omaha Public Schools does not discriminate on the basis of race, color, national origin, religion, sex, marital status, sexual orientation, disability, age, genetic information, citizenship status, or economic status in its programs, activities and employment and provides equal access to the Boy Scouts and other designated youth groups. The following individual has been designated to address inquiries regarding the non-discrimination policies: Superintendent of Schools, 3215 Cuming Street, Omaha, NE 68131 (402-557-2001).

Las Escuelas Públicas de Omaha no discriminan basados en la raza, color, origen nacional, religión, sexo, estado civil, orientación sexual, discapacidad, edad, información genética, estado de ciudadanía, o estado económico, en sus programas, actividades y empleo, y provee acceso equitativo a los “Boy Scouts” y a otros grupos juveniles designados. La siguiente persona ha sido designada para atender estas inquietudes referentes a las pólizas de no discriminación: El Superintendent de las Escuelas, 3215 Cuming Street, Omaha, NE 68131 (402-557-2001).
Sixth Grade Packets

Students who will be entering Middle School next year should have received their health packets in February. Nebraska state law requires a physical exam for students entering Middle School. Your child may also receive immunizations.

Return all completed forms to the Middle School your child will be attending.

Head Lice

When the weather warms up and children have more contact with each other, the incidences of head lice cases seem to increase.

Head lice are wingless insects and cannot jump or fly. They move by crawling and are mostly spread by direct head-to-head contact, for example, during play at home or school, slumber parties, sports activities or camp.

It is also possible, but not common, to spread head lice by contact with clothing such as hats, scarves, coats or other personal items, such as combs, towels or brushes.

As recommended by the Douglas County Health Department, parents are encouraged to check their children’s heads on a regular basis (weekly) throughout the year; especially when head lice are present in the community.

Failure to do so may result in delay of treatment and result in further spread. If you have any questions regarding diagnosis and treatment of head lice, call your doctor or the Douglas County Health Department.

Food Allergies

Many of our students have food allergies. A food allergy is a reaction by the body’s immune system to a specific food.

Some common food allergies of children include peanuts, tree nuts, milk, eggs, shellfish and wheat.

All of Dundee’s classrooms are peanut/nut free zones. However, there are many other foods to which some of our student’s react to.

Food allergies can be deadly; a food allergy can progress to a life threatening, whole body reaction called anaphylaxis.

The only way to prevent food allergy reactions is strict avoidance of the offending food.

As children enter school, we all need to help minimize the risk of exposure.

How can other parents help?

- Instruct your child to never share their food with others.
- Remind your child to wash their hands after breakfast especially if they eat peanut/nut containing food.
- Consider non-food treats for celebrations at school.
- Read labels carefully and keep in mind that many foods may be cross-contaminated during processing.
- Cooperate with any instructions from school requesting that a classroom be kept free of a particular food.
- Educate your child about the importance of being cooperative and respectful of the needs of food allergic children. Documentation of food allergic children being teased or bullied is widespread.
- If you must bring food to school- ask the classroom teacher if there are any known restrictions.

The safety of all our students is very important. Please contact myself or Mrs. Goetzinger if you have any questions or concerns regarding the food allergy policies at Dundee.
Support the businesses that support Dundee!

The following businesses have contributed to this year’s Dundee Direct campaign. Consider supporting these businesses and thanking them for their support of Dundee.

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<tr>
<th>A.B.’s 66 Dundee Place</th>
<th>Dundee Gallery</th>
<th>Kinetic Medic Solutions, LLC</th>
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<tr>
<td>The Ahlvers Group Real Estate</td>
<td>Denim Saloon</td>
<td>T &amp; M Service</td>
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<td>Central Body Co, Inc.</td>
<td>Devin J. Fox, MD, FACP</td>
<td>Three Happiness Express</td>
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<td>Dario’s Brasserie</td>
<td>Evey Designs</td>
<td>Tom Manley Floors, Inc.</td>
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<td>The Dentists at Dundee</td>
<td>Gerda’s German Restaurant &amp; Bakery</td>
<td>Transduction Technologies</td>
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<td>Don &amp; Millie’s</td>
<td>Hansen Upholstering</td>
<td>Walmart Neighborhood Market (Saddle Creek)</td>
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<td>Dundee Bank</td>
<td>Hy-Vee (51st and Center)</td>
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<td>Dundee Dell</td>
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There are always opportunities to participate with the PTO!

Currently there is a need for help with Teacher Appreciation Week, Friday Night Live events, and more!

The easiest way to see what you can do is to visit our website, www.DundeePTO.org. From the homepage, click ‘Get Involved’ and then ‘Volunteer Opportunities’ from the drop down menu. There you will see a list of events with links to Sign-Up Genius registrations.

Even easier? Scan the QR code to be taken directly to the Volunteer page!

See you at the next event!

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Get reminders for deadlines and events from the PTO!

You can choose to get reminders via text or e-mail.

To sign up, click the large button on the homepage of www.DundeePTO.org.

In no time, reminders for school breaks and school events will be coming to you.
One of the great aspects of life is that it always changes.

And just like we work our muscles to be well, we can strengthen our resolve each time we face a new challenge.

In our instant gratification society, our kids need a healthy dose of persistence just as much as they need their vitamins and a good night’s rest.

As adults, we experience ups and downs in our careers, relationships, finances—you name it. In addition to being exposed to everything adults encounter, kids have the added pressures of school and friends.

At school, they are required to perform at a pace that can at times overshadow the joy of learning.

Social pressures have never been exactly easy as kids explore their own identity within peer groups, but the added anonymity and sting of online bullying can make this even more challenging.

At an early age, we learn about change. But how we come to interpret this change—the message our brains subconsciously stores—can impact our lives.

This impact can be positive or negative, but it isn’t as simple as Great Life=Easy Life.

On the contrary, many of the most successful people in history have overcome challenging disadvantages. Some people call these disadvantages bad luck, but they’re merely opportunities for us to change the way we look at things.

What presents itself as bad luck for some becomes a wonderful lesson for others. When we see challenges as a way to improve ourselves, we take control of the direction of our lives.

Researchers have found that our brains are hardwired into two groups in terms of Persistence.

The first group performs tasks easily when they feel confident about their successful outcome, but when faced with a challenging situation they quickly become disheartened and give up.

The second group, when presented with the same challenge, will persist in understanding the situation until they find a solution.

This study found that people that fell into the first group had a more “black or white” view of the world: “People are born with certain skills.” They believed they were born with a defined skill set. “I’m not good at (fill in the blank).”

The second group, on the other hand, functioned with the belief that they could learn anything—if they worked hard enough. They understood their brain was like a muscle. The more it’s used, the stronger it gets.

These views affect our mental and physical wellbeing and influence how we think and feel about ourselves.

The great news: Neuroplasticity isn’t an exclusive club. Our brains have the ability to learn anything and everything, regardless of the group we’re hardwired into.

Kids need to know it’s ok to fail, but it’s not ok to give up.

Thomas Edison failed 10,000 times before he successfully invented the lightbulb.

We teach our kids the alphabet. We need to help them understand that if Plan A fails, there are 25 other letters.

As parents, it can be hard to see our children struggle with failure. But it’s in this struggle that they learn to persist. When the art of persistence is paired with a balanced diet, rest and exercise, the formula for success is set in motion and complete wellness is achieved.

Remember to attend the next PTO Meeting Thursday, March 5th at 6:30pm.
Childcare is provided!
As I write this for the Dispatch deadline, the deadline for Candy-grams is also looming. I have been consumed the last three days with this holiday promotion and want to thank everyone who purchased Candy-grams and turned them in before or on the deadline.

A special shout out has to be given to my Student Council leaders who worked before and after school and even during their recesses to sort and count over 4200 of them. Once we have a dollar amount, the students will be voting on the organization that will receive these funds.

March 24th will be our Career Day this year, and I want to thank those parents who will be giving their time and talent to make presentations about their jobs to our students. I have always been impressed with how eagerly the students listen to the presenters and how intelligent their follow-up questions are. I am hoping for another great day this year.

As always, please feel free to phone me if you have any concerns. We can talk via phone or we can make an appointment if you’d like to visit with me in my office. I can be reached at 402-554-8424 or mary.colasacco@ops.org. I look forward to hearing from you.

I was teaching a 6th grade lesson on stress and how to deal with it when I asked the class what causes them stress. As they were listing different items, one student mentioned public speaking. I commented that this was the number one fear of most people. A student piped up and said, “Oh, I thought the worst fear was marriage.” 😊

THIS MONTH’S FUNNY

Know Your Neighborhood

Coming this spring is the annual Dundee Elementary second graders event called, “Know Your Neighborhood.”

This is a chance for the second grade students to take a walk around the neighborhood and see all the different kinds of local businesses and what they do.

If you’re a parent of a second grader and wish to help take a small group of students around, be watching for more information. Or, if you have a connection to a local business that would be interested, let us know! You can contact us from the website at wwwDundeePTO.org.

Know your Neighborhood group photo from 2012... how time flies!
Teacher Appreciation Week

Sarah Middleton, Sarah Caruso, Cathy Ebers, and Vicki Petrick
PTO Staff Appreciation Committee

Staff Appreciation is quickly approaching.

March 30 - April 3 is our opportunity so show our FABULOUS Dundee Staff how much we appreciate all they do each day to make our school the best!

Stay tuned for information on how you and your kids can be involved in saying “thank you” to the staff. We’ll need parent volunteers during each day at lunch, and we will also be collecting money to purchase gifts for staff. Watch for more information coming home soon in your child’s blue Wednesday folder.

Let’s all do our part to make it a fantastic week! Questions? Contact Sarah Middleton at sing2him8@hotmail.com or Vicki Petrick at vickipetrick@yahoo.com.

A teacher affects eternity; he can never tell where his influence stops.
~Henry Adams

Camps for Students with Health Needs!

Camp Superkids is a summer residential camp for Nebraska children 7 to 14 with moderate to severe asthma.

The Lung Association provides 24-hour care through an asthma and allergy specialist physician, experienced nurses and respiratory therapists.

YMCA camp staff provide hiking, swimming, crafts, horse-riding and other adventures so central to a summer camp experience.

Daily asthma education sessions help keep the children in school and on the playground where they belong, instead of in the hospital or doctor’s office.

Call 402-502-4950 for more info.

Camp Hot Shots is a great opportunity for children ages 6-11 with juvenile diabetes to make new friends, learn to better manage their diabetes and have a great time doing it.

They will also come to understand that diabetes doesn’t have to limit their dreams and aspirations.

Contact camphotshots.org for information on registration.