



Junior Eagle Journal

Your Source for News from O'Neill Elementary School
May 2021



Enjoy the Break

89 Days. That is the time between the last day of the 2020-21 school year and the first day of the 2021-22 school year. That sounds like a lot of time off, but in all reality it is not. 89 calendar days is roughly the equivalent of the beginning of the school year to Thanksgiving Break.

During those 89 days there will be work, baseball and softball games, swimming lessons, vacations, summer school, Independence Day, County Fair, and many other things, which will make those 89 days feel like nine.

With all that said, I encourage all of you to make sure to take time to recharge with your family. This can be simple, spend time outside, go to a ballgame, go on a picnic, read a book together as a family, go to the library, go swimming, or anything else that makes your family happy.

This time to recharge will help your children and you be prepared for the sprint that is the school year. Enjoy your Summer break and I will see you in August!

Thank you,

Mr. Jim York

Principal, O'Neill Elementary School

A Few Announcements...



- Please remember that school starts promptly at 8:00 am. Students should be in the classroom by this time. We ask that all students are dropped off by 7:55 to make sure they are on time.
- If your child is/will be gone from school, please contact the office so we can know about your child's whereabouts.
- Many of our students have been wearing sweatshirts to school on a regular basis, which is great. But, after two or three days of continuous wear, the sweatshirts can become dirty and a bit smelly. Please remember to wash those sweatshirts periodically.

Eagle Way Minute



The Eagle Way isn't just an expectation at school. It's also an expectation throughout life, including on the playground and at the park. That said, here are some tips for doing things the Eagle Way during play time.

- Be Safe-Make sure the surroundings are safe to play.
- Be Respectful-Put away what I take out.
- Be Responsible-Show good sportsmanship.

Upcoming Dates

May 5th---Stage Band Concert in Elementary Gym

May 11th---4th Grade Nebraska Fair and Concert @ 5:30 New High School Gym

May 13th---Preschool Graduation @ 6:00 in Elementary Gym

May 14th---6th Grade Field Trip

May 18th---3-6 Grade Track Meet @ 10:00 am

May 19th---K-2 Grade Track Meet @ 10:00 am

May 20th---Last Day of School 1:30 pm Dismissal

ATTENTION



TRACK & FIELD DAY COLORS!

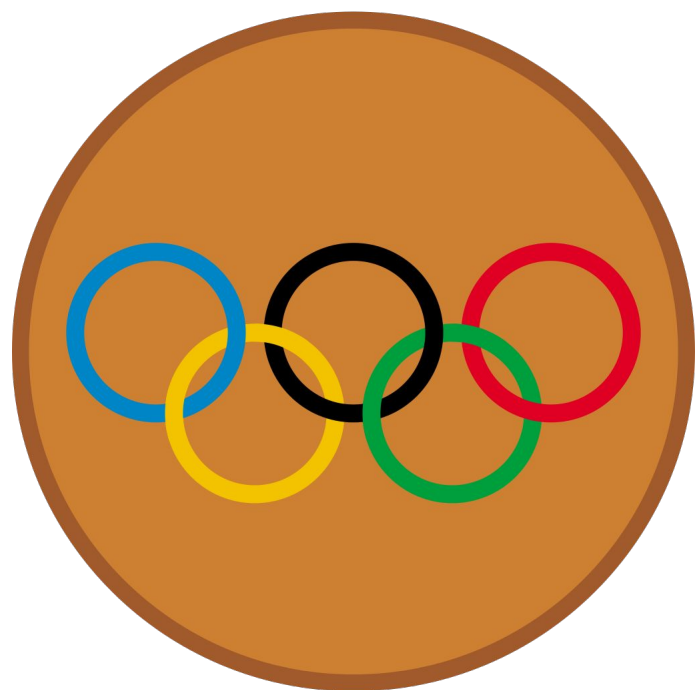
In order to help keep the track and field days running smoothly, we are asking that students wear the colors assigned to their classes. The colors are listed below.

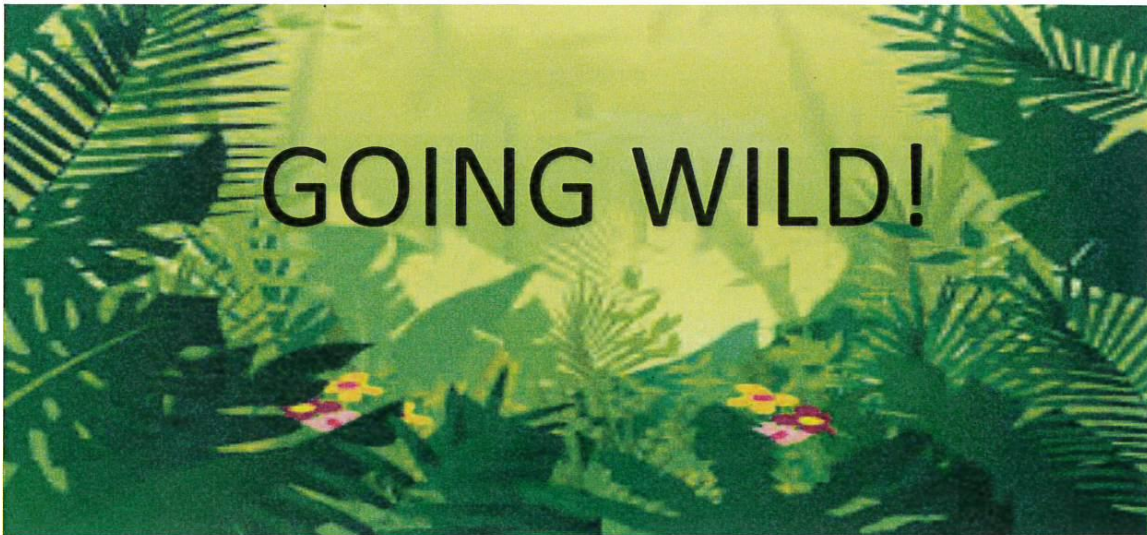
May 18th

6th Grade-Blue
5th Grade-Green
4th Grade-Red
3rd Grade-White

May 19th

2nd Grade-Red
1st Grade-Green
Kindergarten-Blue





Developing Eagles Summer Program is planning to be open this summer! May 24-July 23, 2021! Hours are Monday through Friday with doors opening at 7:45 a.m.-4:00 p.m.

Some of the things we will do this summer are games, gardening, crafts, field trips, swimming, outdoor adventures, and hanging with your friends.

To join us, fill out an application, turn it in to the Elementary school office or to the Developing Eagles office by May 14th to hold your spot. Applications can be picked up at the office or online at the school website under Developing Eagles. Breakfast, lunch and snack will be provided FREE to all students attending by Lunch Time Solutions.

Cost-if you qualify for free or reduced lunch, our program is FREE. All other students are \$12.00 a day or \$24.00 a day per family.

Deb Sawyer-Developing Eagles Director

debsawyer@oneillschools.org



Camp Invention®

THINK
CREATIVELY.
BUILD CONFIDENCE.

LEARN MORE
[INVENT.ORG/CAMP](https://www.invent.org/camp)



A NONPROFIT PROGRAM OF THE NATIONAL INVENTORS HALL OF FAME®

All images feature actual campers experiencing our new 2021 program.



PROVIDING FUN AND SAFE SUMMERS FOR MORE THAN 30 YEARS

At **Camp Invention®**, we have always found the right ways to bring hands-on STEM activities to children across all 50 states (plus D.C. and Puerto Rico!). We believe every child can invent, and we're inviting you to safely and creatively get your camp on when you join us for the best summer ever.

PERSISTENCE

Build and test a device to launch rubber ducks, overcoming challenges to reach landmarks around the world while exploring the fun of physics.

CONFIDENCE

Find your unique voice and amplify your big ideas as you reverse engineer a wireless microphone and put design thinking into action.

CREATIVITY

Stretch your imagination as you design a nature-inspired, morphing vehicle that travels on land, and add prototype elements to adapt it for air and water.

PROBLEM SOLVING

Develop helpful inventions for your very own SolarBot – a cool, robotic cricket inspired by real insects and powered by solar cells.

Camp Invention is a **nationally acclaimed summer STEM program** led by certified local educators and grouped by grade level to create effective, encouraging learning environments.

2021 FEATURED ITEMS:

Each camper gets their own **SolarBot, Microphone, Road Rally Car and Duck Launcher!**



Camp Your Way - In Person or At Home

Want to sign up and save today, but not sure if you'll want an in-person or at-home experience this summer? No worries - with our new **PEACE OF MIND PROMISE**, you can sign up and **SAVE** today and finalize your experience format six weeks before your camp date! Register at [INVENT.ORG/CAMP](https://www.invent.org/camp) or 800-968-4332.

Grades: K - 6th

Location: O'Neill Elementary School
1700 N 4th Street, O'Neill, NE 68763

Date: June 7 - 11, 2021

Time & Cost: 9:00 AM to 3:30 PM | \$235 (before discount)

Extended Day Hours Available: 7:30 AM to 5:30 PM | Additional \$80

Camp Director: Ashley York | ashley.york@oneillschools.org | 402-336-1400

Exciting news for this location: We are offering an Extended Day experience, making our program schedule more convenient for busy families. With Extended Day, your program will run from 7:30 a.m. to 5:30 p.m. with an additional cost of \$80 per week. To sign up for this program schedule, please select the Extended Day option during checkout.

If these locations/times don't work for you, please visit [invent.org/camp](https://www.invent.org/camp) for other locations near you.



Scan to secure your spot today!

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Army Educational Outreach Program
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Nordson Corporation Foundation
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>30 How Fast Can You Go? Pick a distance and see how fast you can run the distance.</p>	<p>31 Wild Arms As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's Repeat 3x</p>	<p>National Health Observances</p> <ul style="list-style-type: none"> May 1-7: National Physical Education and Sport Week May 3-7 : Teacher Appreciation Week May 4th: Star Wars Day May 5th: Cinco de Mayo May 6th: National Nurses Day 	<p>National PE & Sport Week</p>	<p>SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. Happy exercising!</p>		<p>1 Commercial Break Can you hold a plank for an entire TV commercial break?</p>
National Physical Education and Sport Week!						
<p>2 Dribble Challenge Dribble a ball 100 times with each hand. Can you successfully dribble 100 times with each hand while moving?</p>	<p>3 How Fast Can You Go? Pick a distance and see how fast you can run the distance. <i>Teacher Appreciation Week starts today!</i></p>	<p>4 Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p>5 Celebrate Put your favorite song on and make up a dance or fitness routine!</p>	<p>6 A Gratitude Attitude Write down something you're thankful for and why for each of your teachers!</p>	<p>7 Inchworms Keeping your legs straight place your hands on the ground, walk them into push-up position, and walk your legs up.</p>	<p>8 Teacup Tip-ups Place your hands on the ground and gently touch your forehead to the ground balancing your elbows on your knees.</p>
<p>9 Musical Frogs This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows).</p>	<p>10 Positive Talk Be sure to talk to yourself today like you would talk to someone you love.</p>	<p>11 Yoga Yoga is a great way to relieve stress. Try Savasana, considered to be the hardest yoga pose! Fully relax & clear your mind.</p>	<p>12 Wild Arms As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's Repeat 3x</p>	<p>13 Mindful Senses What do you notice around you? Find: 5 things you see 4 things you feel 3 things you hear 2 things smell 1 thing you taste</p>	<p>14 Crawl Like a Seal Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight.</p>	<p>15 Rock Paper Scissors Tag Meet in the middle, shoot, loser chases the winner back to safe zone. If tagged, join the other team.</p>
<p>16 Family Mindful Snacking When eating a snack today, really pay attention to the taste, feel, sound, smell and look of the snack you're eating. What do you notice?</p>	<p>17 Rock Paper Scissors Tag Meet in the middle, shoot, loser chases the winner back to safe zone. If tagged, join the other team.</p>	<p>18 Chair Pose Hold for 30 seconds, relax then repeat.</p>	<p>19 Paper Plate Planks In plank position with paper plates under your feet. Complete 30s each: -mountain climbers -in and out feet -knees to chest</p>	<p>20 Commercial Break Can you hold a plank for an entire TV commercial break?</p>	<p>21 Jump, Jump Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice.</p>	<p>22 Positive Talk Be sure to talk to yourself today like you would talk to someone you love.</p>
<p>23 Play Catch Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body.</p>	<p>24 Before Bed Breathing While lying in bed, place your hands on your stomach and pay attention to the up and down of your belly as you breathe.</p>	<p>25 Crane Pose Here's a challenge! Put your hands on the ground, lean forward & balance your knees on your elbows.</p>	<p>26 Step Jumps Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.</p>	<p>27 A Gratitude Attitude Write down something you're thankful for and why.</p>	<p>28 Wake and Shake As soon as you get out of bed shake your body any way you like for 10 seconds. Are you up now? Good! Now jump up and down 10 times.</p>	<p>29 Walls Face each wall in a room and do a different exercise for 30 seconds -side shuffle -grapevine to left then right -wide stance punches -vertical jumps</p>

May 2021

O'Neill Elementary, Grades PK-6 20-21 Lunch, Grades K-5

	03	04	05	06	07
Entree	Entree	Entree	Entree	Entree	Entree
* Ham & Cheese Deli Round	* Combo Deli Round	* Turkey & Cheese Deli Round	* Ham & Cheese Deli Round	* Ham & Turkey Deli Round	* Ham & Turkey Deli Round
* Toasted Cheese Sandwich	* Chicken Fajita	* Roasted Turkey with Dinner Roll	* Creamy Macaroni & Cheese	* Teriyaki Chicken Dumplings	* Cheese Pizza
* Crispy Chicken Sandwich	* Pork Fritter Sandwich	* Breaded Steak Fries	* Chicken Nuggets	* Cheese Pizza	* Pepperoni Pizza
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Fresh Baby Carrots	Fresh Broccoli Florets	Fresh Baby Carrots	Fresh Broccoli Florets	Fresh Broccoli Florets	* Pepperoni Pizza
Steamed Broccoli Florets	Zesty Black Beans	Mixed Vegetables	Golden Corn	Fresh Baby Carrots	Fresh Baby Carrots
Fruit	Fruit	Fruit	Fruit	Fruit	Green Beans
Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit
Milk	Milk	Milk	Desserts	Milk	Fruit of the Day
1% Unflavored Milk	1% Unflavored Milk	1% Unflavored Milk	Fresh Baked Carnival Cookie	1% Unflavored Milk	Fruit of the Day
Chocolate Skim Milk	Chocolate Skim Milk	Chocolate Skim Milk	Chocolate Skim Milk	1% Unflavored Milk	Milk
				Chocolate Skim Milk	1% Unflavored Milk
					Chocolate Skim Milk
Entree	Entree	Entree	Entree	Entree	Entree
* Ham & Cheese Deli Round	* Combo Deli Round	* Turkey & Cheese Deli Round	* Ham & Cheese Deli Round	* Ham & Turkey Deli Round	* Ham & Turkey Deli Round
* Cheeseburger Macaroni Skillet	* Traditional Sloppy Joe	* BBQ Pulled Pork Sandwich	* Italian Dunkers with Marinara	* Toasted Sausage Breakfast Sandwich	* Toasted Sausage Breakfast Sandwich
* Grilled Chicken Sandwich	* Popcorn Chicken Bites	* Oven-Roasted Hot Dog	Dipping Sauce	* Cheeseburger	* Cheese Pizza
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables	* Cheese Pizza
Fresh Baby Carrots	Fresh Broccoli Florets	Fresh Baby Carrots	Fresh Broccoli Florets	Fresh Broccoli Florets	* Pepperoni Pizza
Green Beans	Golden Corn	BBQ Baked Beans	Mixed Vegetables	Mixed Vegetables	Vegetables
Fruit	Fruit	Fruit	Fruit	Fruit	Fresh Baby Carrots
Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	Steamed Broccoli Florets
Milk	Milk	Milk	Desserts	Milk	Fruit
1% Unflavored Milk	1% Unflavored Milk	1% Unflavored Milk	Rice Crispy Treat	1% Unflavored Milk	Fruit of the Day
Chocolate Skim Milk	Chocolate Skim Milk	Chocolate Skim Milk	Chocolate Skim Milk	1% Unflavored Milk	Milk
				Chocolate Skim Milk	1% Unflavored Milk
					Chocolate Skim Milk

	17	18	19	20	21
Entree	Entree	Entree	Entree	Entree	Entree
* Ham & Cheese Deli Round	* Combo Deli Round	* Turkey & Cheese Deli Round	* Ham & Cheese Deli Round	Enjoy your summer break!	
* Creamy Macaroni & Cheese	* Hot Pepperoni Sub	* Home-style Spaghetti	* Beefy Taco in a Bag		
* Crispy Chicken Sandwich	* Chicken Nuggets with Dinner Roll	* Mini Corn Dogs	* Breaded Beef Patty Sandwich		
Vegetables	Vegetables	Vegetables	Vegetables		
Fresh Baby Carrots	Fresh Broccoli Florets	Fresh Baby Carrots	Fresh Broccoli Florets		
Green Beans	Steamed Carrots	Peas	Refried 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 Sugar Cookie		
Chocolate Skim Milk	Chocolate Skim Milk	Chocolate Skim Milk	1% Unflavored Milk		
			Chocolate Skim Milk		
Entree	24	25	26	27	28
Summer Meals Coming Soon!					
	31				

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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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.

May 2021

O'Neill Elementary, Grades PK-6 2020-2021 Breakfast, Grades K-6

03	04	05	06	07
Entree	Entree	Entree	Entree	Entree
* French Toast Sticks with Syrup Dipping Sauce	* Bacon & Egg Breakfast Pizza	* Fresh Baked Biscuits and Gravy	* Oatmeal with Topping Bar	* 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
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Applesauce	Mixed Fruit Cocktail	Fresh Orange Slices	Sliced Peaches	Pineapple Tidbits
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
10	11	12	13	14
Entree	Entree	Entree	Entree	Entree
* Pancake Sausage Stick	* Muffin Top & Yogurt	* Home-style Stuffed Potato Breakfast Burrito	* Ultimate Chocolate Chip Breakfast Round	* 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
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Sliced Peaches	Applesauce	100% Fruit Juice	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
Strawberry Skim Milk	Strawberry Skim Milk	Chocolate Skim Milk	Chocolate Skim Milk	Chocolate Skim Milk
Skim Unflavored Milk	Skim Unflavored Milk	Strawberry Skim Milk	Strawberry Skim Milk	Strawberry Skim Milk
		Skim Unflavored Milk	Skim Unflavored Milk	Skim Unflavored Milk
17	18	19	20	21
Entree	Entree	Entree	Entree	Entree
* Egg & Cheese Omelet with Toast	* Fresh Baked Biscuits and Gravy	* Fresh Baked Cinnamon Roll	Enjoy your summer break!	
* Cereal Choices with Toast	* Cereal Choices with Toast	* Cereal Choices with Toast		
Fruit	Fruit	Fruit		
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice		
Applesauce	Mixed Fruit Cocktail	Fresh Orange Slices		
Milk	Milk	Milk		
1% Unflavored Milk	1% Unflavored Milk	1% Unflavored Milk		
Chocolate Skim Milk	Chocolate Skim Milk	Chocolate Skim Milk		
Strawberry Skim Milk	Strawberry Skim Milk	Chocolate Skim Milk		
Skim Unflavored Milk	Skim Unflavored Milk	Strawberry Skim Milk		