



Junior Eagle Journal

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



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!

A Few MORE Announcements...



- Please don't forget breakfast and lunch is **FREE** to all students again this year.
 - Seconds will still have a charge, however salad bar is also free for multiple trips.
- Breakfast starts at 7:40 and we will close the line at 7:55.
- Developing Eagles is open until 6:00 pm. Please be sure to pick your students up no later than 6:00 pm.

COVID Exposure Protocols

As of right now, the COVID 19 exposure protocols, which come from NCDHD recommendations are a three strike plan.

- When there is ONE exposure, all students and staff in the classroom will be expected to self-monitor for COVID 19 symptoms for 10 days.
- If there is a second exposure, all students and staff involved MAY be expected to mask up and self monitor for COVID 19 symptoms for 10 days.
- If there is three or more exposures, students and staff MAY learn virtually for 10 days.

****NOTE**** These protocols are subject to change depending on circumstances. We will do our best to communicate with the public as quickly as possible.





- ★ Have you ever wanted to see how your child learns in the classroom?
- ★ Have you ever wanted to learn a new skill or do you have a talent to share?
- ★ Would you like to complete your GED, learn English, or even take college classes?
- ★ Have you wanted the chance to meet other adults with similar interests?
- ★ Are you looking for resources for your children, family and yourself?
- ★ Have you missed opportunities or events because you didn't have childcare?

If you answered yes to any of the above questions, we *will* provide you with the answers and show you how to accomplish ANY or ALL of those!!

Family Literacy Program Kickoff

WHERE: O'Neill Public Elementary School

WHEN: Tuesday, October 5th

TIME: 6-7:30 PM (Meal served from 6:00-6:30)

WHO: Parents or Guardians of PK-6 O'Neill Elementary students

Come join us and learn about this new program offered at the O'Neill Elementary School and meet the faces behind this program.



There will be...

FREE: Food from Tacos and Tequila

FREE: Childcare with Reading, Crafts, Playing, and Face Painting

FREE: PRIZES TO WIN! Including gift certificates to the OES book fair

*****The O'Neill Elementary Book Fair will be open at the same time as this event*****

*****Must be present at 6:30 presentation to win door prizes*****

Upcoming Dates

October 4th-8th---Book Fair in the Elementary ALL WEEK

October 4th---NO SCHOOL PK-6 due to teacher training

October 5th---School Pictures

October 5th---Family Literacy Kickoff Event from 6:00-7:30 pm

October 6th---School Pictures

October 7th---Family Math Night @ 6:30 pm

October 11th---2:30 dismissal

October 18th---2:30 dismissal

October 20th---End of 1st Quarter

October 21st---Parent-Teacher Conferences

October 22nd---NO SCHOOL for Fall Break

October 25th-29th---Red Ribbon Week

October 25th---2:30 dismissal

October 29th---Halloween Parade @ 3:00 pm

O'Neill Elementary School Picture Schedule

- **October 5th**

- 8:05 am - York (AM)
- 8:25 am - Havranek
- 8:45 am - Koch
- 9:05 am - Atkins
- 9:25 am - Froman
- 9:45 am - Pischel
- 10:05 am - Pistulka
- 10:25 am - Arlt
- 10:45 am - Walters
- 11:05 am - Langan
- 11:25 am - Shoemaker
- 11:45 am - Dusatko
- 12:35 pm - York (PM)

- **October 6th**

- 8:05 am - Kelly
- 8:25 am - Larsen
- 8:45 am - Bertschinger
- 9:05 am - Waller
- 9:25 am - Knight
- 10:05 am - Hampton
- 10:25 am - Wohlerl
- 10:45 am - Hobbs
- 11:05 am - Tomjack
- 11:25 am - Osborne
- 11:45 am - Camp





The Mission of **TeamMates** is to positively impact the world by inspiring youth to reach their full potential through mentoring.

Who can become a TeamMates Mentor?

Any caring adult that would like to positively impact the future of a young person, by simply spending 30 minutes to one hour a week with them at school!
(Applicants will be screened and background checks completed to determine eligible participation.)

What can I expect as a TeamMates Mentor?

- You are matched with a student based on similar interests.
- You meet once a week at school for 30 – 60 minutes during study hall, lunch, before or after school – a time that works best for you.
- You can do things like talk about school, play games, do a craft, play catch, shoot hoops, take a walk, and share a hobby.
- You are not expected to help with homework.
- Most importantly, be there. Simply listen and be a caring friend.
- Mentors say they benefit from the experience too!

Learn more about how you can become a TeamMate!

- Apply to mentor online at www.TeamMates.org
- New mentor trainings are held monthly in Holt County.
- More information is available at www.TeamMates.org or by contacting your local Holt County TeamMates Chapter:

Cheleigh Sholes

Holt County TeamMates Program Coordinator
HoltCoTeamMates@gmail.com | 402-340-1929

October 2021

O'Neill Elementary, Grades PK-6 2021-2022 Breakfast, Grades K-6

01	<p>Entree</p> <ul style="list-style-type: none"> • Fresh Baked Cinnamon Roll • Cereal Choices with Toast <p>Fruit</p> <ul style="list-style-type: none"> • 100% Fruit Juice • Sliced Pears <p>Milk</p> <ul style="list-style-type: none"> • 1% Unflavored Milk • Chocolate Skim Milk • Skim Unflavored Milk
02	<p>Entree</p> <ul style="list-style-type: none"> • Pancake Sausage Stick • Cereal Choices with Toast <p>Fruit</p> <ul style="list-style-type: none"> • 100% Fruit Juice • Sliced Peaches <p>Milk</p> <ul style="list-style-type: none"> • 1% Unflavored Milk • Chocolate Skim Milk • Skim Unflavored Milk
03	<p>Entree</p> <ul style="list-style-type: none"> • Iced Long John • Cereal Choices with Toast <p>Fruit</p> <ul style="list-style-type: none"> • 100% Fruit Juice • Mixed Fruit Cocktail <p>Milk</p> <ul style="list-style-type: none"> • 1% Unflavored Milk • Chocolate Skim Milk • Skim Unflavored Milk
04	<p>Entree</p> <ul style="list-style-type: none"> • Egg & Cheese Taco Roll • Cereal Choices with Toast <p>Fruit</p> <ul style="list-style-type: none"> • 100% Fruit Juice • Fresh Orange Slices <p>Milk</p> <ul style="list-style-type: none"> • 1% Unflavored Milk • Chocolate Skim Milk • Skim Unflavored Milk
05	<p>Entree</p> <ul style="list-style-type: none"> • Bacon & Egg Breakfast Pizza • Cereal Choices with Toast <p>Fruit</p> <ul style="list-style-type: none"> • 100% Fruit Juice • Fresh Orange Slices <p>Milk</p> <ul style="list-style-type: none"> • 1% Unflavored Milk • Chocolate Skim Milk • Skim Unflavored Milk
06	<p>Entree</p> <ul style="list-style-type: none"> • French Toast Sticks with Syrup Dipping Sauce • Cereal Choices with Toast <p>Fruit</p> <ul style="list-style-type: none"> • 100% Fruit Juice • Applesauce <p>Milk</p> <ul style="list-style-type: none"> • 1% Unflavored Milk • Chocolate Skim Milk • Skim Unflavored Milk
07	<p>Entree</p> <ul style="list-style-type: none"> • Fresh Baked Cinnamon Roll • Cereal Choices with Toast <p>Fruit</p> <ul style="list-style-type: none"> • 100% Fruit Juice • Pineapple Tidbits <p>Milk</p> <ul style="list-style-type: none"> • 1% Unflavored Milk • Chocolate Skim Milk • Skim Unflavored Milk
08	<p>Entree</p> <ul style="list-style-type: none"> • Waaffles with Syrup • Cereal Choices with Toast <p>Fruit</p> <ul style="list-style-type: none"> • 100% Fruit Juice • Applesauce <p>Milk</p> <ul style="list-style-type: none"> • 1% Unflavored Milk • Chocolate Skim Milk • Skim Unflavored Milk
09	<p>Entree</p> <ul style="list-style-type: none"> • Muffin Top & Yogurt • Cereal Choices with Toast <p>Fruit</p> <ul style="list-style-type: none"> • 100% Fruit Juice • Mixed Fruit Cocktail <p>Milk</p> <ul style="list-style-type: none"> • 1% Unflavored Milk • Chocolate Skim Milk • Skim Unflavored Milk
10	<p>Entree</p> <ul style="list-style-type: none"> • Egg & Cheese Omelet with Toast • Cereal Choices with Toast <p>Fruit</p> <ul style="list-style-type: none"> • 100% Fruit Juice • Applesauce <p>Milk</p> <ul style="list-style-type: none"> • 1% Unflavored Milk • Chocolate Skim Milk • Skim Unflavored Milk
11	<p>Entree</p> <ul style="list-style-type: none"> • Fresh Baked Biscuits and Gravy • Cereal Choices with Toast <p>Fruit</p> <ul style="list-style-type: none"> • 100% Fruit Juice • Mixed Fruit Cocktail <p>Milk</p> <ul style="list-style-type: none"> • 1% Unflavored Milk • Chocolate Skim Milk • Skim Unflavored Milk
12	<p>Entree</p> <ul style="list-style-type: none"> • Strawberry Stuffed French Toast • Cereal Choices with Toast <p>Fruit</p> <ul style="list-style-type: none"> • 100% Fruit Juice • Fresh Orange Slices <p>Milk</p> <ul style="list-style-type: none"> • 1% Unflavored Milk • Chocolate Skim Milk • Skim Unflavored Milk
13	<p>Misc.</p> <ul style="list-style-type: none"> • No School
14	<p>Entree</p> <ul style="list-style-type: none"> • Pancake and Sausage Links • Cereal Choices with Toast <p>Fruit</p> <ul style="list-style-type: none"> • 100% Fruit Juice • Sliced Peaches <p>Milk</p> <ul style="list-style-type: none"> • 1% Unflavored Milk • Chocolate Skim Milk • Skim Unflavored Milk
15	<p>Entree</p> <ul style="list-style-type: none"> • Fresh Baked Cinnamon Roll • Cereal Choices with Toast <p>Fruit</p> <ul style="list-style-type: none"> • 100% Fruit Juice • Pineapple Tidbits <p>Milk</p> <ul style="list-style-type: none"> • 1% Unflavored Milk • Chocolate Skim Milk • Skim Unflavored Milk
16	<p>Misc.</p> <ul style="list-style-type: none"> • No School
17	<p>Entree</p> <ul style="list-style-type: none"> • Egg & Cheese Omelet with Toast • Cereal Choices with Toast <p>Fruit</p> <ul style="list-style-type: none"> • 100% Fruit Juice • Applesauce <p>Milk</p> <ul style="list-style-type: none"> • 1% Unflavored Milk • Chocolate Skim Milk • Skim Unflavored Milk
18	<p>Entree</p> <ul style="list-style-type: none"> • Fresh Baked Biscuits and Gravy • Cereal Choices with Toast <p>Fruit</p> <ul style="list-style-type: none"> • 100% Fruit Juice • Mixed Fruit Cocktail <p>Milk</p> <ul style="list-style-type: none"> • 1% Unflavored Milk • Chocolate Skim Milk • Skim Unflavored Milk
19	<p>Entree</p> <ul style="list-style-type: none"> • Strawberry Stuffed French Toast • Cereal Choices with Toast <p>Fruit</p> <ul style="list-style-type: none"> • 100% Fruit Juice • Fresh Orange Slices <p>Milk</p> <ul style="list-style-type: none"> • 1% Unflavored Milk • Chocolate Skim Milk • Skim Unflavored Milk
20	<p>Misc.</p> <ul style="list-style-type: none"> • No School
21	<p>Misc.</p> <ul style="list-style-type: none"> • No School
22	<p>Entree</p> <ul style="list-style-type: none"> • Pancake and Sausage Links • Cereal Choices with Toast <p>Fruit</p> <ul style="list-style-type: none"> • 100% Fruit Juice • Sliced Peaches <p>Milk</p> <ul style="list-style-type: none"> • 1% Unflavored Milk • Chocolate Skim Milk • Skim Unflavored Milk

25	<p>Entree</p> <ul style="list-style-type: none"> * Chocolate Iced Long John * Cereal Choices with Toast <p>Fruit</p> <ul style="list-style-type: none"> 100% Fruit Juice <p>Sliced Peaches</p> <p>MILK</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk
26	<p>Entree</p> <ul style="list-style-type: none"> * Fresh Baked Egg & Cheese Biscuit Sandwich * Cereal Choices with Toast <p>Fruit</p> <ul style="list-style-type: none"> 100% Fruit Juice <p>Applesauce</p> <p>MILK</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk
27	<p>Entree</p> <ul style="list-style-type: none"> * Pancake and Sausage Links * Cereal Choices with Toast <p>Fruit</p> <ul style="list-style-type: none"> 100% Fruit Juice <p>Pineapple Tidbits</p> <p>MILK</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk
28	<p>Entree</p> <ul style="list-style-type: none"> * Ultimate Chocolate Chip Breakfast Round * Cereal Choices with Toast <p>Fruit</p> <ul style="list-style-type: none"> 100% Fruit Juice <p>Sliced Pears</p> <p>MILK</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk
29	<p>Entree</p> <ul style="list-style-type: none"> * Fresh Baked Cinnamon Roll * Cereal Choices with Toast <p>Fruit</p> <ul style="list-style-type: none"> 100% Fruit Juice <p>Fresh Orange Slices</p> <p>MILK</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored 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.

October 2021

O'Neill Elementary, Grades PK-6 2021-2022 Lunch, Grades K-5

		01
		Entree
		* Caramel Apple Yogurt Parfait with Graham Crackers
		* Toasted Cheese Sandwich with Creamy Tomato Soup
		* Cheese Pizza
		* Pepperoni Pizza
		Vegetables
		Green Beans
		Fruit
		Fruit and Veggie Bar
		Milk
		1% Unflavored Milk
		Chocolate Skim Milk
		Strawberry Skim Milk

		04	05	06	07	08	
Entree	* Taco Salad with Tortilla Chips	Entree	* Fresh Baked Ham & Cheese Sub	Entree	* Grilled Chicken Salad with Roasted Flatbread	Entree	* Fresh Baked Italian Sub
	* Chili Cheese Fritos		* Hot Pepperoni Sub		* Chicken Ranch Pasta with Dinner Roll		* Home-style Tater Hordish with Dinner Roll
	* Crispy Chicken Sandwich		* Cheeseburger		* Corn Dog		* Chicken Nuggets
Vegetables	Golden Corn	Vegetables	Crinkle Cut Fries	Vegetables	Peas	Vegetables	Baked Beans
Fruit	Fruit and Veggie Bar	Fruit	Fruit and Veggie Bar	Fruit	Fruit and Veggie Bar	Fruit	Fruit and Veggie Bar
Milk	1% Unflavored Milk	Milk	1% Unflavored Milk	Milk	1% Unflavored Milk	Desserts	Test Your Senses- Glitter Grapes
	Chocolate Skim Milk		Chocolate Skim Milk		Chocolate Skim Milk		Rice Crispy Treat
	Strawberry Skim Milk		Strawberry Skim Milk		Strawberry Skim Milk		1% Unflavored Milk
							Chocolate Skim Milk
							Strawberry Skim Milk

Entree	11	Entree	12	Entree	13	Entree	14	Entree	15
* Asian Salad with Roasted Flatbread		* Fresh Baked Turkey & Cheese Sub		* Crispy Chicken Salad with Roasted Flatbread		* Fresh Baked Combo Sub		* Strawberry Banana Yogurt Parfait with Graham Crackers	
* Original Beef Goulash		* Loaded Hash Browns with Dinner Roll		* Super Nachos		* Honey Garlic Glazed Chicken over Rice		* Cheeseburger Macaroni Skillet with Breadstick	
* Pancake Sausage Bites		* Popcorn Chicken Bites		* BBQ Rib Sandwich		* Mozzarella Bosco Sticks with Marinara Dipping Sauce		* Cheese Pizza	
Vegetables		Vegetables		Vegetables		Vegetables		* Pepperoni Pizza	
Golden Corn		Candied Carrots		Zesty Black Beans		Steamed Broccoli Florets		Vegetables	
Fruit		Fruit		Fruit		Fruit		Green Beans	
Fruit and Veggie Bar		Fruit and Veggie Bar		Fruit and Veggie Bar		Fruit and Veggie Bar		Fruit	
Milk		Milk		Desserts		Milk		Milk	
1% Unflavored Milk		1% Unflavored Milk		Cinnamon Roll Bread Pudding		1% Unflavored Milk		Fruit and Veggie Bar	
Chocolate Skim Milk		Chocolate Skim Milk		Milk		Chocolate Skim Milk		Milk	
Strawberry Skim Milk		Strawberry Skim Milk		1% Unflavored Milk		Strawberry Skim Milk		1% Unflavored Milk	
				Chocolate Skim Milk				Chocolate Skim Milk	
				Strawberry Skim Milk				Strawberry Skim Milk	

Entree	18	Entree	19	Entree	20	Misc.	21	Misc.	22
* Chef Salad with Roasted Flatbread		* Fresh Baked Ham & Cheese Sub		* Fajita Salad with Tortilla Chips		No School		No School	
* Italian Meit		* Home-style Chicken & Noodles w/ Dinner Roll		* Beefy Taco in a Bag					
* Chicken Nuggets with Dinner Roll		* Country Fried Steak with Dinner Roll		* Oven-Roasted Hot Dog					
Vegetables		Vegetables		Vegetables		Vegetables		Vegetables	
Mixed Vegetables		Mashed Potatoes with Country Gravy		Refried Beans		Steamed Beans		Green Beans	
Fruit		Fruit		Fruit		Fruit		Vegetables	
Fruit and Veggie Bar		Fruit and Veggie Bar		Fruit and Veggie Bar		Fruit and Veggie Bar		Green Beans	
Milk		Milk		Desserts		Milk		Fruit	
1% Unflavored Milk		1% Unflavored Milk		Fresh Baked Chocolate Chip Cookie		1% Unflavored Milk		Fruit and Veggie Bar	
Chocolate Skim Milk		Chocolate Skim Milk		Milk		Chocolate Skim Milk		Milk	
Strawberry Skim Milk		Strawberry Skim Milk		1% Unflavored Milk		Strawberry Skim Milk		1% Unflavored Milk	
				Chocolate Skim Milk				Chocolate Skim Milk	
				Strawberry Skim Milk				Strawberry Skim Milk	

Entree	25	Entree	26	Entree	27	Entree	28	Entree	29
* Taco Salad with Tortilla Chips		* Fresh Baked Turkey & Cheese Sub		* Crispy Chicken Salad with Roasted Flatbread		* Fresh Baked Combo Sub		* Caramel Apple Yogurt Parfait with Graham Crackers	
* French Toast Sticks with Eggs		* Traditional Beefy Lasagna with Breadstick		* Classic Beefy Chili and Crackers		* Italian Dunkers with Marinara Dipping Sauce		* Home-style Scalloped Potatoes & Ham with Dinner Roll	
* Cheeseburger		* Grilled Chicken Sandwich		* Mini Corn Dogs		* Breaded Steak Fries with Dinner Roll		* Pepperoni Pizza	
Vegetables		Vegetables		Vegetables		Vegetables		* Cheese Pizza	
Hash Brown Triangle		Green Beans		Golden Corn		BBQ Baked Beans		Vegetables	
Fruit		Fruit		Fruit		Fruit		Vegetables	
Fruit and Veggie Bar		Fruit and Veggie Bar		Fruit and Veggie Bar		Fruit and Veggie Bar		Peas	
Milk		Milk		Desserts		Milk		Fruit	
1% Unflavored Milk		1% Unflavored Milk		Fresh Baked Cinnamon Bun		1% Unflavored Milk		Fruit and Veggie Bar	
Chocolate Skim Milk		Chocolate Skim Milk		Milk		Chocolate Skim Milk		Milk	
Strawberry Skim Milk		Strawberry Skim Milk		1% Unflavored Milk		Strawberry Skim Milk		1% Unflavored Milk	
				Chocolate Skim Milk				Chocolate Skim Milk	
				Strawberry Skim Milk				Strawberry Skim Milk	