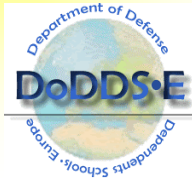


09 November 2012



Netzaberg News

Calendar Items

- **Monday, 12 November:** Veterans' Day—No School for Students
- **Wednesday, 14 November:** Fall Fest Sponsored by Dragon's Den Booster Club— from 1800-2000
- **Thursday, 15 November:** Parent/Teacher Conferences—No School for Students
- **Friday, 16 November:** Parent/Teacher Conferences—No School for Students
- **Thursday & Friday, 22 & 23 November:** Thanksgiving Holiday & Recess—No School-
- **Wednesday, 28 November:** Spelling Bee 0815-0915

School Hours:
0800-1435

It's the responsibility of the parent/guardian to report student absences to the front office before 9:00 AM.

09645-917-9313/9184 or email:

NetzabergES.Attendan@eu.dodea.edu

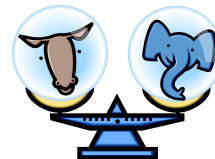
Attachments:

- Turkey Trot
- USAG Football Flier
- Fall Fest
- M and M Power Hour
- Head Lice Flyer
- School Lunch Menus

Netzaberg VOTES!



Netzaberg Elementary School became a polling place for our students on 1 November. Through a special website, the classes at NES participated in the election process. They choose between Obama and Romney! Hopefully this will encourage them to participate in the real thing when they are eligible.



Moving Soon?



PCSing Students must have withdrawal paperwork and PCS orders turned in to the main office at least five business days prior to the student's last day of school. This notice allows us to have student records ready for parents to pick up and hand carry to the student's new school. If you would like to submit your paperwork electronically please email wendy.streeter@eu.dodea.edu to request the required forms.



Netzaberg Elementary School Mission

To provide an exemplary education that inspires and prepares all DoDEA students for success in a dynamic, global environment.

Notes From the Nurse:

It's that time of year, viruses, colds, flu, stomach bugs, etc., are going around. Please remind your children of the following:

- Wash, wash, wash their hands. A good lathering with soap and about 20 seconds should do it. Singing "Happy Birthday" is about as long as they should wash.
- Keep hands away from mouth, eyes and nose
- Drink plenty of clear fluids throughout the day



Good Grade; Pay Off at the Grafenwoehr Exchange

The Army & Air Force Exchange Service rewards military students who excel. Students who receive a report card with a "B" average or better can choose an array of free and discounted products through the Grafenwoehr Exchange's "You Made the Grade" program. Now in its 12th year, "You Made the Grade" includes a free Burger King hamburger kids meal, Subway 6-inch combo, a magazine of their choice and even a complimentary haircut. Students "making the grade" can also register for a drawing to win a \$2,000, \$1,500 or \$500 Exchange gift card. To receive a "You Made the Grade" booklet, eligible students present a valid military ID and proof of a "B" or better average to the Grafenwoehr Exchange. Students may receive one coupon package for every qualifying report card, but may enter the gift card drawing only once per grading period.



NE\$ Dragon's Den Booster Club

An organization of active parents, teachers, and students gives excellent support to school programs. The booster club sponsors fundraisers such as individual and class school pictures, Bingo Nights, and Fall Fest, as well as supports other activities such as Breakfast with Santa, popcorn Fridays, Terra Nova snacks. Our Booster Club membership is actively seeking members, at which time a calendar of events for the year will be distributed. A Family Membership of \$10.00. Volunteers in any capacity are always welcome!



Netzberg Elementary Mission & Goals

OUR MISSION: To Provide an Exemplary Education that Inspires and Prepares ALL DODEA Students for Success in a Dynamic, Global Environment.

OUR VISION: Netzberg Elementary School is committed to success for ALL Students!

Goal 1: By 2011, all students will improve targeted reading comprehension skills (retelling, summarizing, and drawing conclusions) as measured by local and system-wide assessments.

Goal 2: By 2011, all students will improve their understanding of number sense and operational concepts across the curriculum as

Lost & Found

If your child has lost his/her sweater, sweatshirt, lunch box, etc., please check our lost & found area inside the lobby (to the right) of the main doors. It is filling up quickly!

We are on the web!

<http://www.netz-es.eu.dodea.edu>

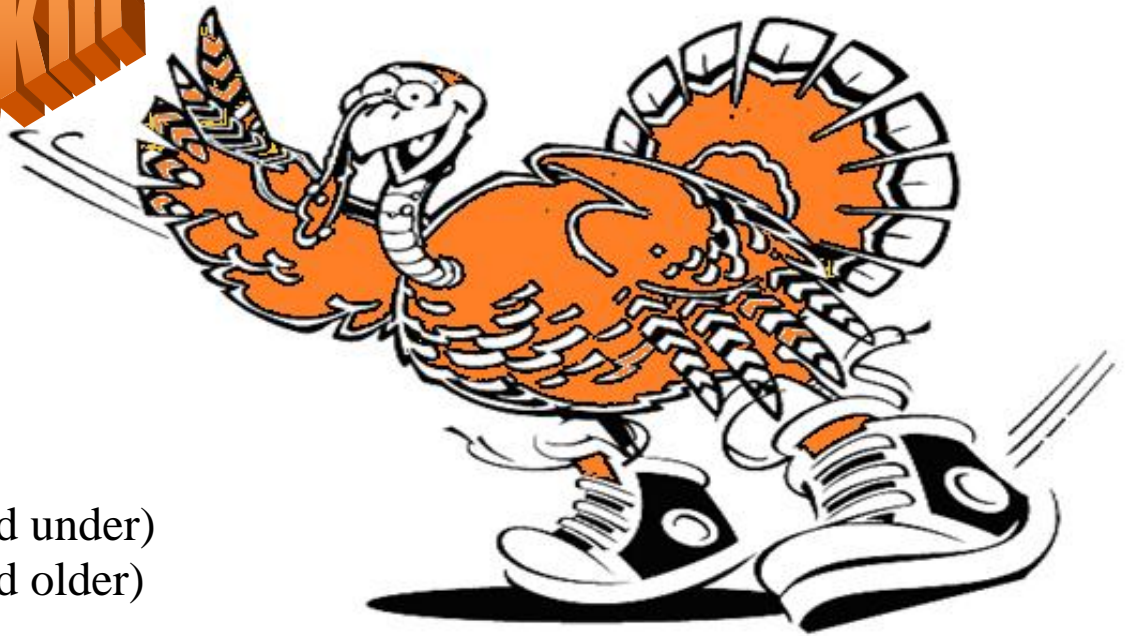


Netzberg Elementary School Office Hours: 0730-1600
Unit 28130, APO AE 09114
Phone: DSN 472-9184/9185 / Comm. 09645-917-9184
Email: Netzberg ES.Principal@eu.dodea.edu

Bavaria District Superintendent's Office
Unit 28614, APO AE 09177
Phone: DSN: 468-7429 / 0981-183-429

USAG GRAFENWOEHR TURKEY TROT 10 November 12

5K/10K



CATEGORIES:

Men and Women

Open - (29 and under)

Masters - (30 and older)

Family Walk

AWARDS: *1st and 2nd place Trophies will be presented in each age category, and a turkey will be presented to the top over-all Male and Female finisher.*

Raffle- *Three turkeys will be raffled off to participants.*

On-Site Registration: 0730–0845, at Little Mike Softball Field, Bldg. 1108.

Safety Briefing: 0845 hours.

Start time: 0900 hours.

“FREE” Event T-shirts for the first 100 participants

For more information, contact the Rose Barracks Fitness Center (RBFC), Bldg. 323, DSN: 476-2998 or CIV: 09662-832998.

All Star Football Game

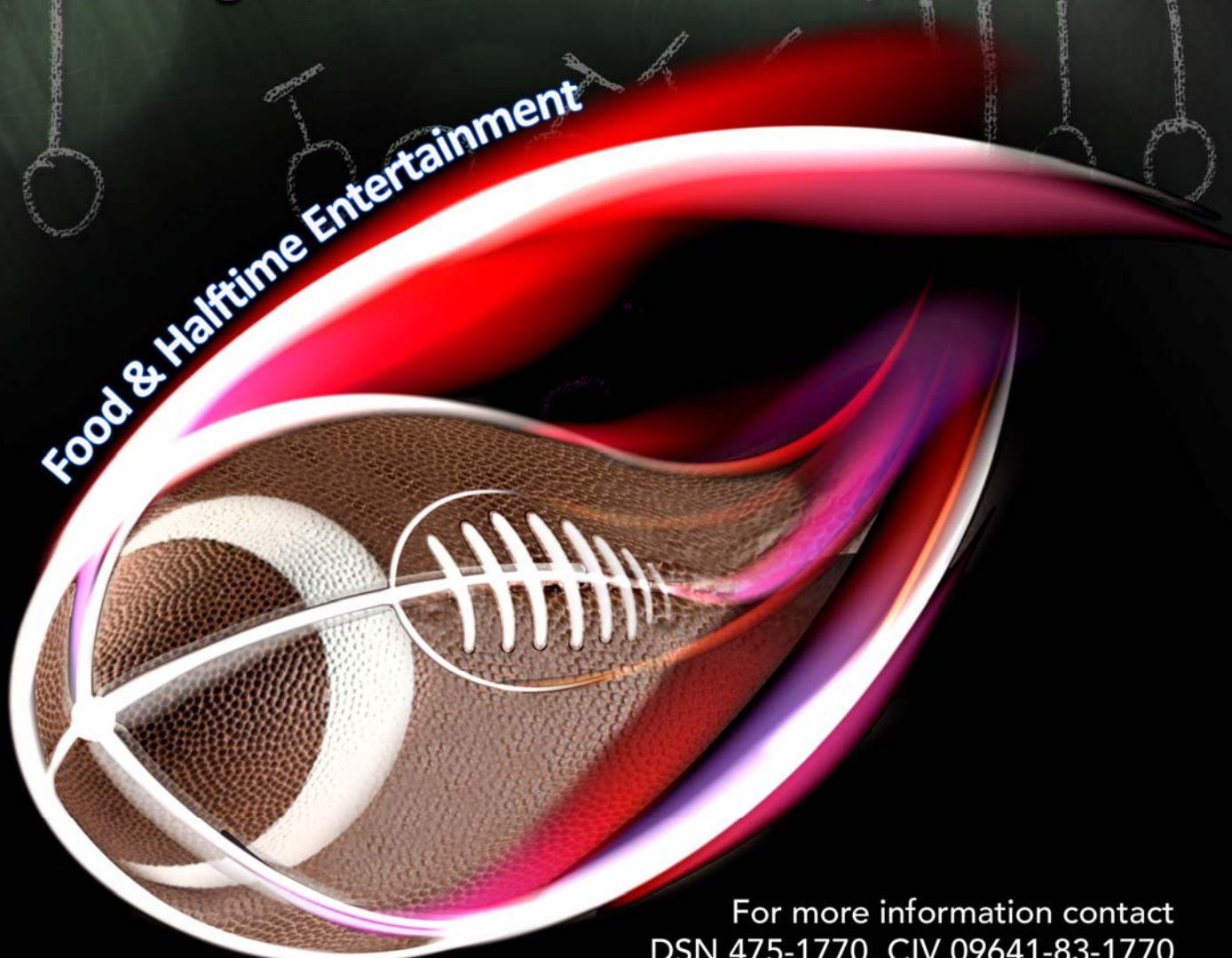
DoDDS Europe

November 10

Kick off 1 p.m.

Vilseck High School Football Field

Food & Halftime Entertainment



For more information contact
DSN 475-1770, CIV 09641-83-1770





NE'S FALL FEST

14 November 2012

6:00-8:00

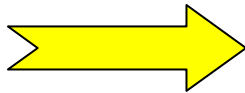
Great Games and Food!
Younger siblings and friends
welcome!

Wonderful family night!

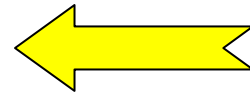
Brought to you by the
DRAGON BOOSTER CLUB



Join us for our first M&M



“Manipulatives & Me”



“Parent Power Hour”

Hosted by:

*Ms. Clarke, Ms. Marks, Ms. Miller, Ms. Woodley,
Ms. Gannon and Mr. Jordan*

Wondering how you make learning fun at home?

Come learn/play with us!

When: December 7, 2012

Where: Ms. Woodley's Team Village (Room E1. 126)

Time: 11:00 – 12:00

Refreshments will be provided!

Take what you play with home!

Point of Contact: Marcine Woodley, 472-91636 **RSVP by Nov 30, 2012**
email to: marcine.woodley@eu.dodea.edu

If you have questions, contact your local health department or clinic



Arnold Schwarzenegger, Governor
State of California

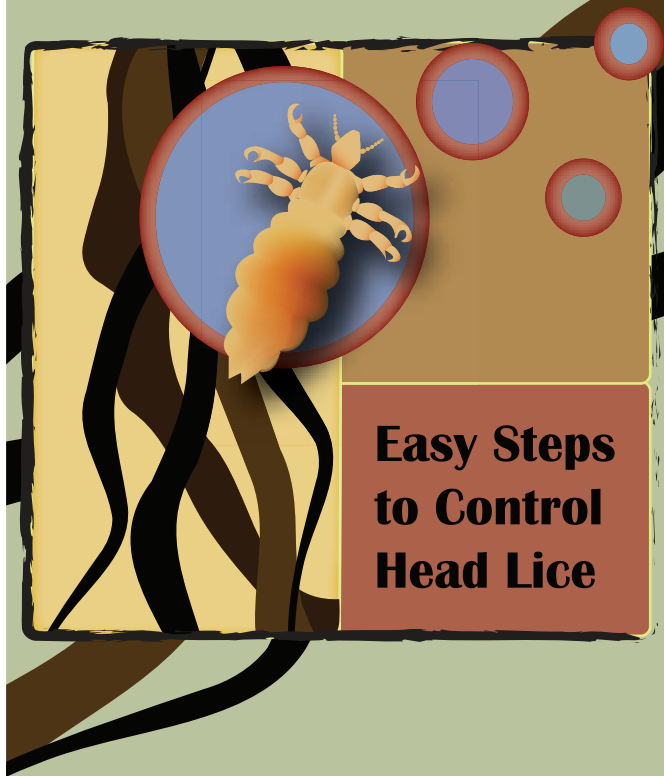
Kimberly Belshé, Secretary
Health and Human Services Agency

Mark Horton, MD, MSPH, Director
California Department of Public Health

California Department of Public Health
Vector-Borne Disease Section
(916) 552-9730
www.cdph.ca.gov
2008



A PARENT'S GUIDE TO HEAD LICE



**Easy Steps
to Control
Head Lice**

What are head lice?

Head lice are small insects that live in people's hair and feed on their blood. Lice glue their eggs, or "nits," to hair so that the nits do not get brushed off.

Head lice die quickly (within two days) without feeding so they cannot live very long away from your child's head.

Nits take six to nine days to hatch, and seven or more days for the lice to become egg-laying adults.

How do people get head lice?

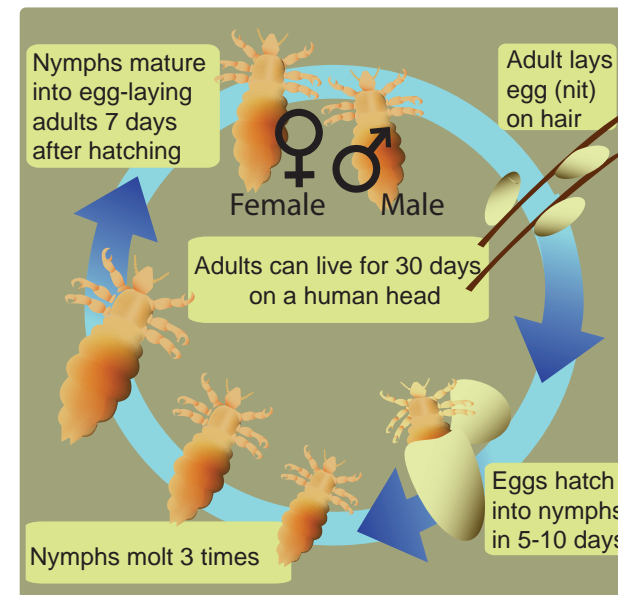
Children can give head lice to other children when they share combs, hats, clothing, barrettes, helmets, scarves, headphones, or other personal items. Head lice are a problem in homes, day care centers, elementary, and preschools. Children are much more likely to get lice from family members and playmates than from classmates at school.

How do I know if my child has lice?

If someone has head lice, their scalp will be very itchy. The only way to know if your child has lice is to look through their hair.

**Don't confuse dirt or dandruff with nits.
Nits stick on the hair.**

Development of Head Lice



How can I get rid of my child's lice?

Nit combing and removal

If your child has head lice, the best way to get rid of the lice is to comb their hair every day with a nit comb for two weeks.

Nit combs should be metal (not plastic) and have long teeth. Several brands of nit combs are available at your local pharmacy.

A good example is the LiceMeister®* metal comb that costs about \$10. Metal flea combs found at pet stores may be used as well.

The best way to remove nits is to part the hair into small sections. As each section is combed, fasten the hair to the scalp to keep track of what has been combed. It is easier to comb wet hair.



Any nits that cannot be combed out must be removed. You can do this by picking them out with fingernails or by cutting a single hair between the scalp and where nits are attached.

Check all family members' hair completely. Common places to find lice are close to the scalp, the neckline, and behind the ears.



Treatments



Permethrin or pyrethrin products are the active ingredients in most over-the-counter head lice treatments.

The best active ingredient is permethrin. Nix® cream rinse is an over-the-counter treatment that uses permethrin.

VERY IMPORTANT TREATMENT INFORMATION:

- Follow the label directions carefully.
- Do not leave the product on for a longer time than recommended; it will not kill the lice faster.
- Treat only people who have head lice.
- Each person with head lice needs a complete treatment. Do not split a single box of shampoo or rinse between people.
- Even after treatment, you should remove nits daily with a metal nit or flea comb until all nits are completely removed.
- Wait at least seven to ten days before treating someone for a second time if they still have lice.



What if the treatment did not work?

Here are a few reasons the treatment might not have worked:

- The directions on the treatment product were not followed closely enough.
- The nits were not completely removed.
- The child got head lice again from a brother, sister, or playmate.
- Lice may not die right away.
- The problem was not lice.
- If permethrin or pyrethrin products do not work when used properly, you should talk to your doctor about the prescription for Ovide®*.

There is NO proof that the following products work:

- Vinegar
- Compounds that say they dissolve the glue on the nits "to ease their removal."
- Mayonnaise
- Olive oil
- Tea tree oil
- Lotions that "suffocate" lice



Here are a few other things you can do to get rid of the lice or nits in your home

- Wash clothing and bedding in hot water (130°F) then dry on a hot cycle for at least 20 minutes.
- Seal items in a plastic bag for two weeks to kill lice because they cannot get a blood meal.
- Boil combs, brushes, hair bands, and barrettes in water for five minutes, or soak them in rubbing alcohol or Lysol®* for one hour.
- Vacuum carpets and furniture.



* Use of this product name does not imply commercial endorsement by the California Department of Public Health.

Grades 2-5

November 2012

Why is milk a required part of School Lunch?

Milk is a required component of the National School Lunch Program. Milk contributes important nutrients such as protein, calcium, riboflavin, Vitamin A, and Vitamin D.

Drink milk to grow up strong!

Items in Italics only served to Grades 2-5

In accordance with Federal law and US Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer



*items served together

- Milk Served Daily -



Monday

Tuesday

Wednesday

Thursday

Friday

Did you know?

Though many competing claims exist, the most familiar story of the first Thanksgiving took place in Plymouth Colony, in present-day Massachusetts, in 1621.

5
BBQ Pork Riblets*
*Baked Chicken**
Bean & Rice Burrito (V)
*Whole Grain Dinner Roll

Baked Beans
Garden Salad
Orange Wedges
Pineapple

6
Broccoli Cheese Minis (V)
Corn Dog
Tuna Wrap

Snap Peas
Cucumber & Carrot Sticks
Apple Slices
Pears
Chocolate Chip Cookie

7
Cheese Omelet or Sausage Patty*
*French Toast Sticks
Turkey or Veggie Wrap (V)

Deli Roasters
Broccoli
Grapes
Mandarin Oranges

8
Mozzarella Sticks (V)
Chicken Veggie Alfredo
Fajita Chicken Salad

Steamed Carrots
Green Beans
Banana
Applesauce
Carrot Bread

9
Buffalo Chicken Bites*
Chicken Bites*
Chik'n Nuggets (V)
Ham Salad
*Mashed Potatoes/Dinner Roll
Fresh Veggie Bowl
Broccoli, Cauliflower & Carrots
Fresh Fruit
Fruit Cocktail

12
Veteran's Day

No School

13
Chicken Parmesan
Southwest Taco Bowl
Mexican Chicken Salad

Carrot Sticks
Green Beans
Apple Slices
Peaches

14
Chicken Fry
Buffalo Chicken Wrap
Cheese Salad (V)

Garden Salad
Sweet Potato Crinkles
Grapes
Mandarin Oranges
Banana Bread

15
Hamburger
Chicken or Chik'n (V)
Patty Sandwich
Craisie Turkey Apple Salad

Baked Beans
Steamed Carrots
Banana
Applesauce
Oatmeal Raisin Cookie

16
Cheese Pizza (V)
Pepperoni Pizza
Chicken & Mini Dumplings
Ham Salad

Broccoli
Tomato & Cucumber Salad
Fresh Fruit
Peaches
Fruit Swirl Cup

19
Chicken Tenders*
Veggie Burger (V)
Turkey Wrap
*Whole Grain Dinner Roll

Snap Peas
Garden Salad
Pineapple
Orange Wedges

20
Macaroni & Cheese (V)
Chicken Patty Sandwich
Ham & Cheese Sub

Green Beans
Sweet Potato Crinkles
Apple Slices
Peaches
Fruit Swirl Cup

21
Meat Nachos
Chicken or Black Bean (V)
Fiesta Wrap
Chef Salad

Tomato & Cucumber Salad
Broccoli, Cauliflower & Carrots
Grapes
Mandarin Oranges

22
Happy Thanksgiving!

23
Recess Day

No School

26
Cheese Pizza (V)
Pepperoni Pizza
Tuna Tetrazzini
Chef Salad

Garden Salad
Broccoli, Cauliflower & Carrots
Orange Wedges
Pineapple

27
BBQ Chicken Bites*
Chicken Bites*
Turkey Salad
Veggie Wrap (V)
*Mashed Potatoes

Tomato & Cucumber Salad
Corn
Apple Slices
Pears

28
Mozzarella Sticks (V)
Chicken Egg Roll & Rice
Asian Chopped Salad

Carrot Sticks
Snap Peas
Grapes
Mandarin Oranges
Fruit Swirl Cup

29
Chicken or Black Bean (V) Quesadillas
Beef & Broccoli Bowl
Ham Wrap

Fresh Veggie Bowl
Broccoli
Banana
Applesauce
Oatmeal Raisin Cookie

30
Chicken Parmesan
Orange Ginger Chicken Bowl
Veggie Burger (V)

Peas
Green Beans
Fresh Fruit
Peaches
Fruit Swirl Cup

Sure Start

November 2012

Why is milk a required part of School Lunch?

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Drink milk to grow up strong!

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Monday

Tuesday

Wednesday

Thursday

Friday

Did you know?

Though many competing claims exist, the most familiar story of the first Thanksgiving took place in Plymouth Colony, in present-day Massachusetts, in 1621.

5

BBQ Pork Riblets
Whole Grain Dinner Roll
Garden Salad
Orange Wedges
Milk

6

Broccoli Cheese Minis
Cucumber & Carrot Sticks
Apple Slices
Milk

7

Cheese Omelet
Mini Blueberry Pancakes
Broccoli
Mandarin Oranges
Milk

8

Mozzarella Sticks
Steamed Carrots
Banana
Milk

9

Chicken Bites
Mashed Potatoes
Fresh Veggie Bowl
Fresh Fruit

12

Veteran's Day
No School

13

Chicken Parmesan
Carrot Sticks
Apple Slices
Milk

14

Chicken Fryz
Whole Grain Dinner Roll
Sweet Potato Crinkles
Grapes
Milk

15

Hamburger
Steamed Carrots
Banana
Milk

16

Cheese or Pepperoni Pizza
Tomato & Cucumber Salad
Fresh Fruit
Milk

19

Chicken Tenders
Whole Grain Dinner Roll
Garden Salad
Orange Wedges
Milk

20

Macaroni & Cheese
Green Beans
Apple Slices
Milk

21

Meat Nachos
Broccoli, Cauliflower
& Carrots
Mandarin Oranges
Milk

22

Happy Thanksgiving!

23

Recess Day
No School

26

Cheese or Pepperoni Pizza
Garden Salad
Pineapple
Milk

27

Chicken Bites
Mashed Potatoes
Corn
Apple Slices
Milk

28

Mozzarella Sticks
Carrot Sticks
Grapes
Milk

29

Black Bean Quesadillas
Fresh Veggie Bowl
Banana
Milk

30

Chicken Parmesan
Peas
Fresh Fruit
Milk

