

April, 2009

Dear Parents:

The fourth quarter is beginning; so far the year has gone well. I am pleased with the efforts the students are putting forth. Testing is all around us. It is imperative that students attend on a regular basis. If you have vacation or other necessary activities please let us know ahead of time.



Within the next few weeks the playground equipment that the PTO ordered will be assembled both on the main playground and the early childhood area. This is an excellent addition for children to use at other times. Please keep a watchful eye and protect the equipment, vandalism is rapid in the city. The neighborhood watch is one of our best protections.

We have all had our fill of winter weather. Hopefully spring comes soon.

Sincerely,

*Dan Navratil*

Elementary Principal

Telephone:

School: 436-1170

Home: 488-0838

### Physical Education News

#### **“Break Free of TV” video and computer games**

Mark your calendars now for April 20<sup>th</sup> – 26<sup>th</sup>, 2009. This is the 15<sup>th</sup> annual National TV-Turnoff Week.

School Age children should participate in 60 minutes or more of moderate to vigorous physical activity daily. Increasing the level of vigorous physical activity in youth is a health promotion and a disease prevention strategy.

A homework assignment the “Fit Kid Activity Chart” will be sent home with each student just prior to this activity. Students will record the activities that they do instead of watching so much TV, and playing video or computer games. All students should return this homework sheet to Mrs. Janet Brandt the first week of May or they can give it to their homeroom teacher.

#### **Mayor’s Run**

#### **Roper Mayor’s Run Registration – April 6th to April 15th**

Students who participate in the Mayor’s Run will be given yellow bandanas to identify them as “Roper Students” by the Roper Parent group to help us all know which runners are from Roper and we will all cheer really loud. Turn in your registration sheet and \$10 (Check payable to Lincoln Track Club) to Mrs. Janet Brandt. All runners are welcome to bring their parents along during the run and you do not need to register or pay.

After April 15<sup>th</sup> and before April 23<sup>rd</sup> the price increases to \$11 and you will need to mail your own registration to Lincoln Track Club but be sure to let Mrs. Brandt know

in writing so she can pick up your shirt. If you register after that you will not get a shirt. Scholarships are available for a limited number of students, parents - please contact Mrs. Brandt.

The Mayor’s Run is May 2<sup>nd</sup> at 8:00 a.m. - Saturday morning. The students will be given their t-shirts and a pre-race informational packet in an envelope by Friday, May 1<sup>st</sup>, 2009 at school. In the envelope will be safety pins, an event ticket that is to be pinned to their shirts, and coupons for free or discounted items.

Hope to see you at the Mayor’s Run

For More Information go to:

[www.lincolnrun.org](http://www.lincolnrun.org)

#### **Stay Out of the Gutter and Strike Lifetime Fitness**

Fifth Graders will leave Roper at 9:30 a.m. on Wednesday, April 29<sup>th</sup> to go bowling from 10:00-11:45. Sun Valley Lanes will host this field trip: a complimentary game (including shoes) and a tour are provided by the center so there will be no need for the students to bring money for this trip. Students are welcome to bring their own equipment with their parent’s permission. Students will practice the fundamentals of the game in P.E. class prior to our trip.



### Schedule of Events

**April 6th - 15th** -- Mayor's Run entry should be turned into Mrs. Brandt.

**April 16th – 23rd** -- Late Mayor's Run forms must be **mailed to Lincoln Track Club**,

Late Entry is \$11.00, please inform PE Teachers so we can get your shirt.

**April 20-26** - - TV Turn-off with Families

**April 27th - May 1st** - - Turn in Exercise Homework Sheet for TV Turn-off (FIT KID)

**April 29<sup>th</sup>** – 5<sup>th</sup> Grade Bowling Field Trip to Sun Valley Lanes from 9:30 a.m. to noon.

May 2nd, 8 a.m. – 10 a.m. - - Mayor's Run

***Thank you for saving the box tops for Box Tops for Education . The program will continue again next year so keep saving.***

### Lincoln's Health Challenge

The Community Health Endowment of Lincoln (CHE) is sponsoring the 8th Annual Health Challenge.

***The Health Challenge*** is a three-week incentive program to be held April 13 – May 1st, 2009, to raise community awareness of healthy behaviors and lifestyles. The concept is simple: residents of Lincoln and Lancaster County participate in healthy activities, earn

points, and become eligible for thousands of great prizes!

It is a simple and FREE way to emphasize healthy activities and have fun while doing it! The Health Challenge is open to anyone age 3 and above who lives, goes to school or works in Lincoln or Lancaster County.

Mrs. Jambor, the wellness teacher at Roper School will distribute scorecards to Roper students the middle of March. Completed scorecards can be mailed or Mrs. Jambor will submit all cards returned to her by May 8th.

Scorecards will also be available at this website [www.chelincoln.org](http://www.chelincoln.org) after April 1st if you would like cards for everyone in your family.

We hope you will join us in making Lincoln and the Roper community the healthiest community in the nation!

### **Blast Off!**

We are gearing up for Blast Off. We have over 35 large raffle items this year including a Flat Screen TV, two bicycles, two Tanning Zone Packages, Canes bucket, two Texas Roadhouse packages, a Hanna Montana, a High School Musical, and Camp Rock

packages. We also have gift cards from Russ's Market, Night for two with breakfast at Holiday Inn, Lied Center Tickets to Swan Lake, tickets to the Lincoln Symphony, night for two to Hampton Inn, Wachal Pet Health Center package and numerous autographed Husker Memorabilia. Stop by during Pre-sales for a sneak Peek of all the great large raffle items. We have collected over 250 small raffle items so far. Get your tickets soon!



Pre-sales will be held **April 22 and 23 from 3:00-6:00 P.M.** Prices for small raffle are 5 for \$1.00 pre-sales and 4 for \$1.00 the day of the event. Pre-sales for large raffle are 4 for \$1.00 and 3 for \$1.00 the day of the Blast Off.

We would like to say **Thank You** to the following list of parents who volunteered to bring a dessert for PT Conferences.

**Valerie Walker  
Jodee Leader  
Lisa VanDeventer  
Carrie Meinecke  
Mickey Roscoe  
Brandi Slosson  
Donna Avers  
Karla Hudson  
Annette Coe  
Michelle Stara  
Angela Kohmetscher  
Beverly Hoagland  
Katherine Versaw  
Tina Gropp**



### **PTO NEWS!**

Volunteers are needed for Blast Off. If you are able to volunteer please contact Michele May [Michele.may@neb.rr.com](mailto:Michele.may@neb.rr.com) or Phone: 477-6146. You can also e-mail [Cindy.zimmer@neb.rr.com](mailto:Cindy.zimmer@neb.rr.com) or call 435-6628. **NEXT MEETING!** The next PTO meeting will be held on April 13<sup>th</sup> at 7:00 P.M. Hope to see you all there. Childcare is provided free of charge.

**THANK YOU!!** To Chili's for the "Give Back Night." ROPE will receive \$90.00 for Blast Off expenses.