

# Rockwell Roadrunner Reporter

## Principal Message

Dear Rockwell Families,  
I hope you all enjoyed some much needed family time over the Spring Break. We are enjoying hearing about all of the wonderful adventures you all had from our students. It sounds like everyone had a great break making beautiful memories.

Now that we have made it past Spring Break, we have begun our journey into fourth quarter. Time is moving along quickly and it has been exciting to see all of the academic gains our students have been making over the first three quarters. The staff put a lot of time and effort into the Third Quarter Report cards which will be sent home to you this Friday, April 9th. If you have any questions regarding any information on the report card, please do not hesitate to contact your child's teacher.

Even though we have begun fourth quarter, we are still in full swing with regards to our academic programming. Our students in 3rd thru 5th grades are continuing to focus on their core instruction in preparation for the Forward Assessment. The Forward Assessment will be continuing in the next few weeks. Families of students in grade 3-5 have received the exact testing dates for their students already. Thank you for ensuring your child is at school for their testing sessions. The best way you can help your child be prepared for the test is to make sure they get a good night's sleep the night before and have had a healthy breakfast to start their day.

As we move into fourth quarter, we are also beginning to plan for the 2021-2022 School Year. The PTO will be conducting officer elections in the coming months. Please consider attending the April 6th PTO Meeting beginning at 6:00 p.m. and learn more about the open offices. The PTO does so much for the staff and students of Rockwell and we truly appreciate everyone's consideration of this request.

Thank you for your continued partnership in your child's education.

Best Wishes,  
Mrs. Walden

## Highlights

- \* Changes to lunch menu: no paper menus coming home
- \* Orchestra Geranium Fundraiser
- \* Summer School Priority Registration opens April 9th (see flier)
- \* 1:30 Dismissal on Mondays for the remainder of the school year!

## Rockwell Spirit Day!

We show our Rockwell Pride on the first Friday of the Month by wearing Blue and Yellow! This month we celebrate on **April 9!**

## Stay Connected

**School District Website:**

<https://www.fortschools.org>

**Rockwell Facebook:**

<https://www.facebook.com/RockwellSchool>

**PTO Facebook:**

<https://www.facebook.com/FortRockwellPTO>

**Rockwell Art Facebook:**

<https://www.facebook.com/Rockwellartroom>



## PTO News

Last month the PTO Sponsored our quarterly "Eat Out Night" at Papa Murphys. Stayed tuned for our quarter 4 pick!

It is time for new leadership in the PTO. If you or someone you know would enjoy organizing events for our wonderful school, please nominate him or her! The PTO will be voting for a new President, Treasurer and Secretary. Our bylaws state that the term for these positions is two years. Our current leaders are serving for their third year. You can reach out to our current leaders if you would like to learn more about these positions.

Sarah Rao, President:  
rockwellpto@fortschools.org

Jessica Ehlers, Treasurer:  
rockwellptotreasurer@fortschools.org

Heather Radloff, Secretary:  
rockwellptosecretary@fortschools.org

We are holding out hope that we will get to plan and hold some of our beloved spring events, such as the End of School Year Picnic! Stay tuned!



*Next PTO meeting: April 6th, at 6pm via Zoom*

### Warmer Weather Means Mud!

The weather is warming up and that means our playground can be very muddy! Please continue to bring boots or rain boots so your child can change out of their muddy shoes before entering their classrooms. Extra clothes in the backpack come in handy this time of year as well!



### Please Be On Time

We are so happy that we've been back in person for 3 months now! Over time, we are seeing more and more students arriving late to school. As a reminder, your child is expected to be in their classroom, ready to learn, by 8am daily. That is also the expectation for students who are accessing virtual learning. If your child is not in their classroom at 8am they may be marked absent erroneously. If you are running late, please ask your child to check in at the office so their attendance can be updated and their lunch ordered.



### Lost and Found

Over the winter months, our Lost and Found has accumulated many gloves and hats! Please ask your student to check for any missing winter gear, as well any other lost items that may have been turned in. The Lost and Found cart has been relocated to the front of the school. Labeled items have a much better chance at being returned to their owners!



## Important Changes to Lunch Menus!

The nutrition department has asked that we no longer provide paper copies of our breakfast and lunch menus to families. Instead, they would like families to access it online at <https://www.fortschools.org/Page/8197>. In addition to the MySchoolMenu website, there is an app that allows you to view the menus from your mobile device. Look for MYSCHOOLMENU or use the QR codes shown on the webpage referenced previously. The nutrition department recommends all families to begin checking the online menu on a weekly basis.. Due to the ever changing vendor supply, changes to the menu are happening at a higher frequency. These changes are not able to be shared with families in a timely manner. **Any changes to the following week's menu are made by the end of the day on the Friday before.** The online menu can be translated to other languages as well. If you have any questions or concerns about this change, feel free to direct them to Mrs. Radloff, Mrs. Walden, or the director of Nutrition Services, Christine Oswald, at [oswaldc@fortschools.org](mailto:oswaldc@fortschools.org).

## Important Immunization Information for 5th Grade Students

### **Vaccine Requirement for 6th Grade Students**

The Wisconsin Student Immunization Law requires a dose of Tdap vaccine for students entering 6th grade. To be compliant with this law, parents must provide their child's school with proof of immunization or claim a waiver.

Tdap is the adolescent combination vaccine that protects against Tetanus, Diphtheria, and Pertussis (Whooping Cough). One dose is required.

**All students entering 6th grade in the fall will need a Tdap vaccination or waiver by October 2021.**

- Please speak with your healthcare provider about this state law, as it is a grade requirement, not an age requirement. If your provider recommends waiting for the Tdap vaccine, please have that provider complete a Student Immunization Record form indicating a health waiver for the vaccine.

#### **Exceptions to the Tdap Requirement:**

- If your child received a tetanus-containing vaccine (such as Td vaccine after an injury), within the last 5 years of entering the grade it is required, your child is compliant and the Tdap vaccine is not required.

#### **Additional information:**

- If you plan to claim a waiver, complete the Student Immunization Record form by indicating either Health (also requires physician signature), Religious, or Personal Conviction reason. Please sign and date the form. The Student Immunization Record form can be found on the SDFA website (Health Services).
- Please return the completed form to the School Nurse Office.

#### **Questions:**

- Call the School Nurse Office at 563.7805
- Email - [schoolnurse@fortschools.org](mailto:schoolnurse@fortschools.org)





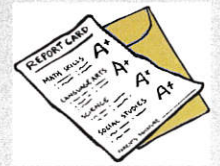
## Safety Patroller of the Month

**Sawyer Guth** and **Olivia Jung** were chosen as Safety Patrollers of the month in February. **Riley Cunningham** and **Grace Michalak** were chosen as Safety Patrollers of the month in March. All were treated to a special lunch for the great job they did teaching safety and being great role models for the students at Rockwell.



## Report Cards

It is hard to believe, but the 3rd Quarter of school ended on March 26th! That means report cards are coming soon! Be sure to check your child's folder for their Report Card on Friday, April 9th! If your child is Virtual, please check their envelope on Thursday, April 8th!



## Orchestra News

All current Orchestra students are invited to participate in the annual geranium sale fundraiser this year, sponsored by Blodgett's Garden Center. The sale will run from April 5– April 22. Students are responsible for selling coupons redeemable for geraniums at Blodgett's Garden Center. Once the coupon is purchased, it is taken to Blodgett's and redeemed for a 4 1/2" potted geranium.

Our next orchestra booster meeting will be held on Tuesday, April 6th, at 6pm, via zoom. We make decisions about future orchestra events and fundraising. All orchestra parents are invited. Please email Mr. Finnegan at [finneganp@fortschools.org](mailto:finneganp@fortschools.org) for the link.

## Office Info

The office is staffed from **7:30am.-3:45pm** daily.

Office Phone: **563-7818**

Email: Mrs. Radloff at  
[guthradloffh@fortschools.org](mailto:guthradloffh@fortschools.org)

## Attendance

Please call or email by **8:30** if your child is going to be absent or late. All absences that are not reported will be considered **unexcused** until we have been in contact with a parent or guardian.





# April 2021

Sun

Mon


Tue

Wed

Thu

Fri

Sat

28	29 	30	31	1	2	3
4	5 Orchestra Geranium Sale Begins  1:30 Release	6 PTO Mtg, 6pm	7	8 Virtual Materials Pick Up 3:00-4:30	9 Spirit Day  Report Cards Sent Home  Summer School Registration	10
11	12 1:30 Release	13 Virtual Learning Day	14	15 Virtual Materials Pick Up 3:00-4:30	16	17
18	19 Summer School Registration Closes  1:30 Release	20 Dare Graduation 6pm-High School	21	22 Virtual Materials Pick Up 3:00-4:30	23	24
25	26 1:30 Release	27	28	29 Virtual Materials Pick Up 3:00-4:30	30	1



# SUMMER *school*



Preparations for the 2021 summer school session are in full gear. **We are looking forward to restoring our in-person summer school program this summer!** If your family is interested in virtual learning opportunities, we will be offering mirrored learning academic courses for our at-home learners as well as some fully virtual camps throughout the summer.

The Summer School Session will begin on Monday, June 21st, and end on Friday, July 23rd. There will be no summer school on Friday, July 2nd and Monday, July 5th to recognize the 4th of July holiday.

The District is excited to again offer a wide variety of great classes and camps for your family to consider!

**The District will again use a PRIORITY REGISTRATION system.** During PRIORITY REGISTRATION, parents/guardians will have the opportunity to indicate which courses or camps their children wish to take this summer using the online registration system (similar to last year). Using this information, the District will then determine the number of sections to run for each class in an effort to ensure that kids get the classes that they desire this summer.

**PRIORITY REGISTRATION will be open Friday, April 9th until Monday, April 19th. Please mark your calendar and share with your friends.**

By using PRIORITY REGISTRATION, you are giving your child the best chance to get the class(es) he/she wants this summer. There are three registration help sessions planned: Monday, April 12 from 8:00 to 9:30 AM and again from 3:15 to 6:00 PM at the Luther Elementary IMC. The third help session is on Wednesday, April 14 from 3:15 to 6:00 PM at the Purdy Elementary IMC. An interpreter will be available to help.

Registration information, including student logins and class lists, will be sent home in student folders on Thursday, April 8th. If you have any questions throughout the process, please call the Summer School Office at 920-563-7802 or email [summerschool@fortschools.org](mailto:summerschool@fortschools.org).

We hope your child will join us this summer for lots of fun!





# BACKPACK NEWS KIDS

## All About Sleep

Sleep is an important part of being healthy, and sleep needs vary by age.

The link between a lack of sleep and a child's behavior may not always be obvious, but kids can become hyper, disagreeable, and/or have extreme changes in behavior.

Here are some numbers based on age, and tips to help your child sleep.

### Preschoolers

Preschoolers sleep about 10-13 hours a night, and those who get enough rest at night may no longer need a daytime nap.

As kids give up their naps, they may go to bed earlier at night.

### School-age kids and pre-teens

School-age kids need 9-12 hours of sleep a night. Bedtime problems may start to be prominent at this age due to homework, sports, after-school activities, hectic family schedules and screen time can all contribute to kids not getting the sleep they need.

### Tips to help kids sleep

- Have a consistent bedtime, especially on school nights.
- Have technology-free time (at least an hour) before bed to allow your child to unwind before the lights are turned off.
- Keep bedrooms screen-free.
- Establish a pre-bed routine—this can help encourage good sleep habits. This may include reading, taking a shower/bath, yoga or stretching, and other quiet activities.

Source:

<https://kidshealth.org/en/parents/sleep.html?WT.ac=ctg>

## Alcohol Awareness

It's easy for kids to get the wrong message about alcohol—they might see their parents drink or tv shows/commercials that make it look like a lot of fun, but it can lead to health and other problems.

Individuals may crave it and have little or no control over their drinking. Unhealthy alcohol use can put your health and safety at risk.

Alcohol is illegal for people under the age of 21, and the hope is that individuals at that age will be able to make good and mature decisions while drinking—such as saying no to drinking and driving.

## Earth Day 2021

Earth day falls on Thursday April 22<sup>nd</sup> this year, but that doesn't mean you can't be thinking about ways to be 'green' the entire month!

Being 'green' means you take steps to be thinking about the environment and the ways you and your friends/family can help protect the land, water and air around us.

### Ways to be Green:

- Don't litter, and pick it up if you see it
- Recycle cans, bottles, and paper
  - Turn off the water when brushing your teeth, and be conscientious while showering
- Unplug chargers for electronics when not in use
  - Donate clothes to local organizations instead of throwing away

## What to do if your child can't sleep

Here are a few suggestions for helping your child with sleep:

### Bedtime fears or nightmares

Kids may be afraid of the dark, not like being alone, or be fearful of having scary dreams. Make your child's bedroom feel relaxed and peaceful—pictures, a mobile over the bed or a nightlight may help.

Sometimes, kids will have nightmares after watching a scary or violent TV show. Having peaceful activities (such as soothing music, a calming book, etc.) before bed can help you have sweet dreams.

### Worry & Stress

It's easy for kids to feel stress when there is a lot going on—school, sports, chores, and big changes, such as divorce, death or moving. It's important to talk to your child(ren) about how they are feeling, and possibly freeing up schedules if that is a source of stress and concern.

### Feeling Uncomfortable

Kids that are too hot, cold, hungry or crowded may not get sleep like they should. A sleep-friendly bedtime routine and space can help sleep, such as keeping the bed not-so-jammed with blankets and stuffed animals; keeping a fan on or putting on socks if cold; and taking a warm bath before bed or incorporating reading.

### Seeking Help

Some sleep habits can be addressed with a few changes in schedules, environment and pre-bed routines. If this doesn't seem to help, seeing your child's Primary Care Provider can help to identify if there is a problem and solutions for addressing it.

Source:

<https://kidshealth.org/en/kids/cant-sleep.html?ref=search>

[FortHealthCare.com](https://www.forthhealthcare.com)