



Rockwell Roadrunner Reporter



Fall Greetings!

It is truly hard to believe that we are one full month into the 2020-21 school year. Our students and staff have done an exceptional job of working together through all of the different learning formats we have been experiencing over these first weeks of school. Throughout it all, I have been so impressed by everyone's willingness to support one another, no matter the educational platform. I know it has not been easy, but your support of our staff has been truly appreciated.

We continue to work together to try to provide our fall activities and traditions for our students. Please consider joining us for our virtual October PTO Meeting next Tuesday, October 6th beginning at 6:00 p.m. But before then, be sure to have your child participate in this Friday's October Spirit Day. Please email Mrs. Radloff with a photo of your child engaged in learning in their Rockwell gear! We would love to flood the Rockwell Facebook page with photos of our amazing students!

Best Wishes,
Mrs. Walden



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>



Welcome New Staff!

Kendall Hinojos
Fifth Grade Teacher

Jessica Ehlers
Building Substitute Teacher

Rachel Miller
Special Education Aide



Nurse's Notes

As you likely already know, we are doing things a bit differently this year when students aren't feeling well at school. For their safety and the safety of others, we will be sending children home for 3 days when they report the following ***new or worsening symptoms***:

- Cough
- Chills/Shivering or temperature of 100.4 or above
- Diarrhea or vomiting
- New loss of taste or smell
- Headache
- Muscle or body aches
- Nausea
- Sore Throat
- Runny nose/congestion
- Unusual fatigue

If your child feels better while they are home, they are encouraged to join their class remotely. If their symptoms have not improved or have worsened after 3 days, please contact your doctor. Please report all positive COVID-19 cases to Rockwell right away; follow the prompts on our phone for reporting details.

If you have any questions, please contact Sara Noeske, School Nurse, at 920-563-7818 x8851 or via email at noeskes@fortschools.org. Thank you all for your partnership in keeping our students and staff healthy!

PTO News

Did you know that as a Rockwell parent, you are already a PTO Member?! We would love to see you at our monthly meetings. This year will require a lot of creative thinking and your input is so valuable! Currently, we are meeting via Zoom on the first Tuesday of every month at 6pm. The link for the can be found on our Rockwell PTO Facebook page!

Our first PTO Event for this school year will be our Sal's Pizza Night! Hosted on **October 7th**, when you dine in or carry out from Salamone's Pizzeria, Sal's will graciously donate 10% of all food purchases to the Rockwell PTO! Check out their delicious menu on their website: <http://salamonespizza.com/>

Sarah Rao

President

rockwellpto@fortschools.org

Heather Radloff

Secretary

rockwellptosecretary@fortschools.org

Jessica Ehlers

Treasurer

rockwellptotreasurer@fortschools.org

Next Meeting

Tuesday, October 6th at 6:00 p.m. via Zoom.



Snack Milk



If you paid for Semester 2 milk for the 2019-2020 school year, you have a \$15 credit on your student(s) milk account due to the closure of our schools.

If you did not yet pay for Semester 1 milk for the 2020-2021 school year, as of September 3rd, your \$15 credit has been applied to Semester 1 milk. The remaining balance of \$15.00 will be due by November 2nd if you would like your student(s) to continue receiving milk.

If you paid for Semester 1 milk and not yet Semester 2 milk, your \$15 will be applied to Semester 2 milk. The remaining balance of \$15.00 will be due by April 5th if you would like your student(s) to continue receiving milk.

If you paid for Semester 1 & 2 milk for the 2020-2021 school year, your \$15.00 credit will be refunded to you via check after June 2021.

If you have any questions regarding this, please call Vallene Krigbaum at the business office: 920-563-8800 or via email: krigbaumv@fortschools.org.

Free and Reduced Lunch Benefits

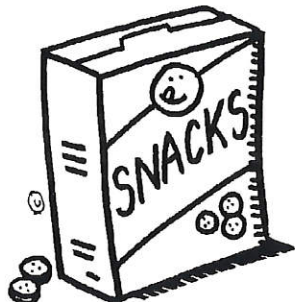
Free and Reduced lunch and snack milk benefits from last year will expire on October 12th if families have not reapplied. If you did not fill out the application you should have received in the mail this summer and want to continue to receive these benefits, you will need to fill out a new application. An application should have been mailed to you last week. If you have any questions about this program, please call Vallene Krigbaum at the district office at 920-563-8800. If you need another application they are available in the Rockwell office or online here: <https://www.fortschools.org/Page/8198>

Snack Time

Please don't forget to pack a snack for your child. Snack time is part of most classroom routines.

Children are encouraged to bring healthy snacks such as fruit,

vegetables, juice, etc. in non-breakable containers. Snacks are not supplied by the teachers or the school.



Food Allergies

Each year we ask students not to share food during lunch or snack time. The reason for this is due to food allergies for some of our students. We have different allergies ranging from nuts to berries. Allergies can be very serious and life threatening.

Please share this information with your child(ren).



Lost & Found

Please ask your child to look through the Lost & Found located in the hallway in front of the main office. Writing your child's name inside jackets, lunch boxes, backpacks, sweatshirts etc. will help us return found items to their owners. Small items such as money or jewelry are held in the office for a short amount of time.



Please Be Prepared!

Please keep a full set of clothing in your child's backpack. There are many reasons why a student may need to change their clothes throughout the day. The office tries to keep clothes on hand but it is very hard to have all sizes and genders available at all times. If your child needs to wear home borrowed clothes, we kindly ask you to wash and return them so we can continue to have items available.



Dressing for the Weather

It is important for the students to go outside to exercise and enjoy the fresh air! The weather is changing and mornings are cooler. Please consider dressing your child(ren) in layers so they are comfortable throughout the day. Students are outdoors several times each day for recess, weather permitting. **Thank you for your extra effort!**

5th Grade Band



5th grade BAND is just getting started! Things were delayed a bit due to the virtual phase, but I am confident that we will be playing beautiful music in no time! Please remember to have your instrument every week for your lesson, and check Google classroom for updates weekly. We hope to showcase some of what we are learning with you soon! Feel free to reach out with any questions, haffeldera@fortschools.org.

5th Grade Orchestra



5th Grade Orchestra is well underway! Please check the 5th grade google classroom for lesson schedules and assignments. Time is more valuable than talent! Set aside a regular time to practice your instrument each day. If you ever have any questions, contact Mr. Finnegan, finneganp@fortschools.org



Classroom Halloween Parties

We will be celebrating Halloween in our classrooms on Wednesday, October 28th! Bring your costume and enjoy a celebration! While we won't be able to have our parade this year, we still want to have fun! Stay tuned for more details from your teacher!

Rockwell Spirit Day!

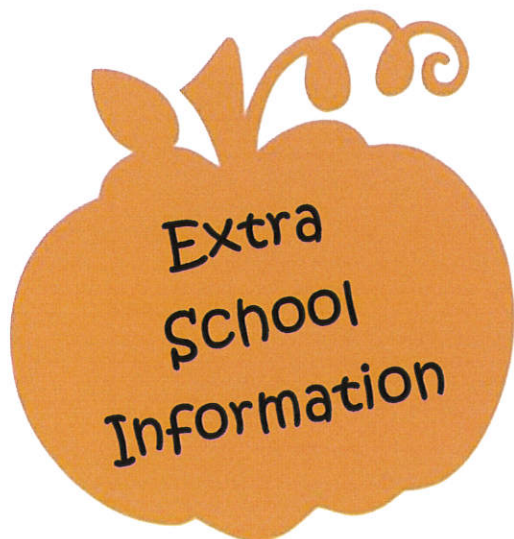
We show our Rockwell Pride on the first Friday on the Month by wearing Blue and Yellow! Send us your pictures of your pride!

Picture Retake Day

October 27th

Photographers from VIP will be in our building on October 27th to take any photographs that were not taken on the initial picture day, or to re-take your child's photograph if you would like. To view your child's picture that was taken in September, please go to www.vipis.com. There you will enter Rockwell as your school, then your student's name and ID #. You can find their ID # in your PowerSchool account or by calling the office. We hope that all students are able to be photographed so their picture can be included in our yearbook! Yearbooks will be available to order in the spring.





Extra School Information

School Meals

Cost for breakfast:

\$1.55 full price

30¢ reduced

Cost for lunch:

\$2.80 full price

40¢ reduced

Free for those who qualify

\$3.90 Adult (35¢ Milk)

Breakfast is served daily from 7:30 to 7:55 am.

Lunch schedule:

Kindergarten - 10:45

First - 11:35

Second - 12:05

Third - 10:55

Fourth - 11:25

Fifth - 12:00

Donate to Rockwell

Target

Designate Rockwell as your school of choice.

A percentage of your purchase goes to Rockwell.

Box Tops for Education

Redeemable for cash! Download the App and scan your receipts to redeem.

<https://smile.amazon.com/about> -

Designate Rockwell PTO as your charitable organization.

A Percentage of your purchase goes to Rockwell PTO.



Be the best you can be!
The first step to successful
achievement in school is
good attendance.

Office Info

7:30am.-3:45pm Monday -Friday

Office Phone: 563-7818

Email: Mrs. Radloff at guthradloffh@fortschools.org.

Please call or email by 8:30 if your child is going to be absent or late.

Attendance

At the end of the school year, student attendance records are reviewed for attendance awards. The criteria for receiving an attendance award is as follows:

Perfect Attendance - 0 Days Absent; 3 or less excused tardies

Good Attendance - 2 or less Days Absent; 3 or less excused tardies.

October 2020

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|--|---|----------------------|----------------------|-----|
| | | | | 1 | 2 Spirit Day | 3 |
| | | | | Day 9 A | Day 10 B | |
| 4 | 5 Day 5 A | 6 PTO Meeting 6p,m Day 6 B | 7 PTO Sal's Night 4-9pm Day 7 A | 8 Day 8 B | 9 Day 9 A | 10 |
| 11 | 12 Day 10 B | 13 Day 1 A | 14 Day 2 B | 15 Day 3 A | 16 Day 4 B | 17 |
| 18 | 19 Early Release, 1:30 Day 5 A | 20 Day 6 B | 21 Day 7 A | 22 Day 8 B | 23 Day 9 A | 24 |
| 25 | 26 Day 10 B | 27 Picture Retake Day Day 1 A | 28 Classroom Parties End of Quarter 1 Day 2 B | 29 NO CLASSES | 30 NO CLASSES | 31 |

Illness Prevention

As the weather turns cooler, it's usually the start of cold and flu season, and this year will be especially unique with the COVID-19 pandemic. Nobody likes to be sick, and there are different ways that you can prevent getting ill.

Flu shots are your best defense against the influenza (flu) virus, and is recommended for all people ages 6 months and older by the Center for Disease Control & Prevention (CDC). It's a great idea to get the shot before "flu season" (October), and you can find a list of resources for flu shots below.

Other ways you can prevent illness or the spread of illness include:

Washing your hands often

Use warm water, and lather your hands with soap and scrub, scrub, scrub for 15-20 seconds (or about as long as it takes to sing "Happy Birthday" twice). Rinse your hands and dry well.

Wear a Face Covering

Wear a face covering when you are out of your home and will be around others.

Watch Distance

Maintain at least 6 feet of space between you and others and avoid crowds/social gatherings.

Calming COVID-19

Anxiety

Coronavirus has caused many, many changes in everyone's lives, and in a short amount of time. It's to be expected that there may be a lot of anxiety in your home with this "new normal", and it's important to find ways to cope with the stress and worry.

Practice Mindfulness

When anxious thoughts come to mind, direct your attention to your breath, and focus on deep breathing and being present in the moment. Need ideas? Check out Google or YouTube for mindfulness examples.

Notice the Good

Even through the scary and unknown times of coronavirus there is still a lot of good in the world. Take time daily to find the good in each day.

Be Active

Physical activity is a great way to help improve your overall health and help you relax. Spending time outdoors while exercising (and practicing physical distancing) can help rejuvenate you and help with anxiety and fears.

Practice Gratitude

Taking time to talk about things you are thankful and grateful for can help you focus on the positives in your life. Take time out of each day to do this with your family and notice if your mood improves.

Reach Out to Others

Staying in touch with family and friends through the phone, video chats or social media can help you feel close, even while physical distancing.

Reach Out for Help

If you or your family is struggling with anxiety, and it's affecting everyday activities, reach out to your Primary Care Provider or behavioral health provider.

Where to get a flu shot

From your Primary Care Provider

You and your child(ren)'s Primary Care Provider will be able to schedule an appointment for your flu shot.

From a pharmacy

"Chain" pharmacies, such as Walgreens and CVS, and even some local pharmacies offer flu shots during flu season.

From the Health Department

Jefferson County Health Department offers various immunization clinics.

Visit the website for more information:
www.jeffersoncountywi.gov/departments/health

Importance of Flu Shots in 2020:

Flu vaccines reduce severe illness

Both the flu and COVID-19 are caused by different viruses, and it is possible to be infected by both at the same time or one after the other. Both, if severe cases, can cause life-threatening symptoms and even death.

By getting a flu shot, it can reduce the severity of those who get infected with the flu, or those who possibly get two respiratory illnesses in a row.

Getting your flu shot can help prevent an overcrowded health care system

Hospitals and health care systems are already strained with COVID-19 testing/patients, and flu season usually means more illness-related hospitalizations and visits. Everyone has the ability to have an impact on making sure that we have the appropriate medical capacity for those who need it!

Wellness

Boosting immunity is especially important with the COVID-19 pandemic and flu season. Different ways to boost your immunity include eating a well-balanced diet, getting enough sleep, stress management and getting your immunizations!

Corner

Flu Shots

The flu shot can help to prevent your child(ren) from being infected from the flu virus, but it also helps to prevent the spread of the virus to individuals who are more susceptible to illness, or have a harder time fighting germs and illnesses.

Talk to your child's Healthcare Provider about any questions you have on the flu shot.

Sign up for the FREE Virtual Fort HealthCare Frosty Rock 1 Mile Kid's Race happening November 13th-15th.

FortHealthCare.com

Prevención de las Enfermedades

Cuando el clima se vuelve más fresco, generalmente significa que empieza la temporada de resfriados y gripe, y este año será especialmente único con la pandemia de COVID-19. A nadie le gusta estar enfermo, y existen diferentes formas de prevenir la enfermedad.

Las vacunas contra la gripe son su mejor defensa contra el virus de la influenza (gripe) y el Centro para el Control y la Prevención de Enfermedades (CDC, por sus siglas en inglés) las recomienda para todas las personas de 6 meses en adelante. Es una gran idea vacunarse antes de la "temporada de gripe" (octubre), y puede encontrar una lista de recursos para vacunas contra la gripe a continuación.

Otras maneras en las que puede prevenir enfermedades o la propagación de enfermedades incluyen:

Lavar las manos con frecuencia

Use agua tibia y enjabónese las manos y frote, frote, frote durante 15 a 20 segundos (o por el tiempo que dure cantar "Feliz cumpleaños" dos veces). Enjuague sus manos y séquelas bien.

Use una Cubierta para la Cara

Use una cubierta para la cara cuando esté fuera de su hogar y esté cerca de otras personas.

Ponga Atención al Distanciamiento

Mantenga al menos 6 pies de espacio entre usted y los demás y evite las multitudes / reuniones sociales.

Calmar la Ansiedad que Trae el COVID-19

El coronavirus ha causado muchos, muchos cambios en la vida de todos y en poco tiempo. Es de esperar que exista mucha ansiedad en su hogar con esta "nueva normalidad", y es importante encontrar formas de afrontar el estrés y la preocupación.

Practique la Atención Plena (Conciencia Plena)

Cuando le vengan a la mente pensamientos de ansiedad, dirija su atención a su respiración y concéntrese en la respiración profunda y en estar presente en el momento. ¿Necesita ideas? Consulte en Google o YouTube para ver ejemplos de atención plena.

Fíjese en lo Bueno

Incluso en los tiempos aterradores y desconocidos del coronavirus, todavía existe mucho bien en el mundo. Tómese su tiempo todos los días para encontrar lo bueno en cada día.

Sea Activo

La actividad física es una excelente manera de ayudarlo a mejorar su salud en general y ayudarlo a relajarse. Pasar tiempo al aire libre mientras hace ejercicio (y practica el distanciamiento físico) puede ayudarlo a rejuvenecer y ayudar con la ansiedad y los miedos.

Practique la Gratitud

Tomarse el tiempo para hablar sobre las cosas por las que está agradecido y apreciativo puede ayudarlo a concentrarse en los aspectos positivos de su vida. Tómese un tiempo de cada día para hacer esto con su familia y observe si su estado de ánimo mejora.

Haga Enlaces con Otros

Mantenerse en contacto con familiares y amigos a través del teléfono, los chats de video o las redes sociales puede ayudarlo a sentirse cerca, incluso cuando se distancia físicamente.

Busque Ayuda

Si usted o su familia están luchando contra la ansiedad y está afectando las actividades diarias, comuníquese con su Proveedor de Atención Primaria o proveedor de salud conductual.

Dónde Conseguir la Vacuna contra la influenza (gripe)

De su Proveedor de Atención Primaria

Usted y el Proveedor de Atención Primaria de su hijo (s) podrán programar una cita para su vacuna contra la gripe.

De una farmacia

Las farmacias de "cadena", como Walgreens y CVS, e incluso algunas farmacias locales ofrecen vacunas contra la influenza durante la temporada de la influenza.

Del Departamento de Salud

El Departamento de Salud del Condado de Jefferson ofrece varias clínicas de vacunación.

Visite el sitio web para obtener más información:

www.jeffersoncountywi.gov/departments/health

La Importancia de las Vacunas Contra la Influenza en 2020:

Las vacunas contra la influenza reducen las enfermedades graves

Tanto la gripe como el COVID-19 son causados por diferentes virus y es posible infectarse por ambos al mismo tiempo o uno tras otro. Ambos, si son casos graves, pueden causar síntomas potencialmente mortales e incluso la muerte.

Vacunarse contra la gripe puede reducir la gravedad de la enfermedad de las personas que se infectan con la gripe o de las que posiblemente contraigan dos enfermedades respiratorias seguidas.

Recibir la vacuna contra la gripe puede ayudar a prevenir la sobrepoblación del sistema de atención médica

Los hospitales y los sistemas de atención médica ya están sobrecargados con las pruebas / pacientes de COVID-19, y la temporada de influenza generalmente significa más hospitalizaciones y visitas relacionadas con enfermedades. ¡Todas tenemos el poder de influir en asegurarnos de que tengamos la capacidad médica adecuada para quienes la necesitan!

Rincón del

Fortalecer el sistema inmunológico es especialmente importante durante la pandemia del COVID-19 y la temporada de la gripe. ¡Las diferentes formas de aumentar su inmunidad incluyen comer una dieta bien balanceada, dormir lo suficiente, controlar el estrés y vacunarse!

Bienestar

Las Vacunas Contra la Gripe

La vacuna contra la gripe puede ayudar a prevenir que sus hijos se infecten con el virus de la gripe, pero también ayuda a prevenir la propagación del virus a las personas que son más susceptibles a la enfermedad o que tienen más dificultades para combatir gérmenes y enfermedades.

Hable con el proveedor de atención médica de su hijo sobre cualquier pregunta que tenga sobre la vacuna contra la gripe.

Regístrese para la Carrera Virtual y GRATUITA de Niños de Frosty Rock de 1 Milla, de Fort HealthCare, que se llevará a cabo del 13 al 15 de noviembre.

FortHealthCare.com