



# Purdy Elementary School

## April 2015



**Sun**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

<b><u>FUTURE DATES</u></b>			1	2	3	4
May 1	Purdy Pride Day		Spring Break No School	Spring Break No School	Spring Break No School	
May 6	Market Day P/U—4:30-5:30					
May 15	Kindergarten Welcome Day for 2015-2016 Class					
May 15	No Kindergarten Classes					
May 19	Band/Orchestra Concert-6:30 PM					
May 19	Purdy PTO Meeting—6:30 PM					
May 20	4th & 5th Grade Track Meet @ High School					
May 22	2nd Grade to Milton House 8:15-Noon					
May 26	4th Grade Essay Reception @ Hoard Museum					
May 27	District Safety Patrol Field Trip to Lake Geneva					
May 28	Strings Festival 7:00 PM @ FAHS					
5		6	8	9	10	11
	Classes Resume Welcome Back!		4K Registration Day @ Luther Elem. 10:30 AM  Big Buddy Day		Purdy Pride Day  Report Cards Sent Home	
	Day 7	Day 8	Day 9	Day 10	Day 1	
12	13	14	15	16	17	18
	No PM Early Childhood Classes	Purdy PTO Meeting 6:30 PM IMC		School Board Mtg. 7:00 PM Luther  Market Day P/U 4:30—5:30 PM		
	Day 2	Day 3	Day 4	Day 5	Day 6	
19	20	21	22	23	24	25
		Purdy Arts Festival and Volunteer Appreciation Night 6:30-7:30  PTO Spring Book Fair	Big Buddy Day			
	Day 7	Day 8	Day 9	Day 10	Day 1	
26	27	28	29	30		
		Fifth Grade DARE Graduation—H.S. 6:00 PM				
	Day 2	Day 3	Day 4	Day 5		



# PURDY PANTHERS

## PURDY ELEMENTARY SCHOOL NEWSLETTER



APRIL 2015



### **Dear Purdy Families,**

March has been jam packed with learning, unique experiences and even some planning for next year.

We thank the many families that have joined us for a variety of events. If you weren't able to make it, here's what you missed:

#### **HIGHLIGHTS**

##### **Family Rollerblading Night**

This first ever event was well attended and many students and families commented on how fun it was to skate around the gym that evening. Special thanks to DJ Jeff Jensen, PTO members Maggie Messler and Rachel Broadhead, FAHS NHS students and Rocky Rococo Pan Style Pizza in Whitewater.

##### **Family Breakfast**

Many families came to join us for family fun enjoying a school breakfast. It was topped off with some surprise raffle prizes that were given away. Special thanks to Kathy Kutz, Patsy Seisser and Tracy Percival for this great event!

##### **Artist in Residence**

We had another successful program this year with Brent Daniels from Academic Entertainment. He came to teach students about musical sound production and worked with each grade level to create a unique composition that was shared at our all school assembly. Be sure to ask your child what their "production strategy" was as well as the name of their grade level song!

##### **PTO Sal's Pizza Night**

This event gives the PTO the opportunity to earn 10% of every in house or take out order from Salamone's Pizza. Not only did families enjoy great food, but our Purdy community filled the dining area and had a great time visiting with each other. Thanks for the support to the PTO.

### **Site Visit**

Our school again showcased our amazing teaching and great learning, this year with the School District of Waupun. Administrators, teachers and reading interventionists from Waupun came to observe classrooms in grades 3-5 during their literacy blocks to learn more about how we use the Comprehensive Literacy Model. It's powerful to see Fort Atkinson School District being a model for other districts in Wisconsin!

#### **COMING UP**

##### **Badger Exam**

The Badger Exam for grades 3-5 will begin upon returning from spring break. Our staff and students have been involved in strong instruction that will also help them be prepared for this state mandated test. Families at each of these grade levels received a letter outlining the exact dates their student will be tested.

##### **Report Cards**

Report cards for quarter 3 will be sent home on Friday, April 10th.

##### **School Board Vote**

Elections will be held for the 2 seats opening on the school board. Candidates that are running for positions are Cindy Ficenec, Collin Maas, and Kim Patrick. Please be sure to vote for this important election on April 7th.

##### **School Budget**

Proposal for next year's budget are being finalized. The Purdy budget will have a continued focus on effective support for teachers, ample supplies of new reading books, working toward additional technology for 1:1 support, safety improvements on the playground, as well as all the essentials of maintaining and efficient running building.

Sincerely,

Leigh Ann Scheuerell, Principal  
Purdy Elementary School



## **Market Day MARKET DAY NEWS**

Thank you to those families that participated in our Dessert Bonus Days. Combined with our grocery orders we were able to earn a \$300.00 profit. This takes our yearly profit over \$3000.00. Remember this money goes directly to Purdy Elementary to help support programs like Artist in Residence. We have three more Market Day pickups this school year. The next one is **Thursday, April 16th**-new date and time because of Spring Break, then May 6th and June 3rd. Please continue to support Purdy Elementary through your Market Day purchases. Check out Market Day online and their new fresh produce options at [www.marketday.com](http://www.marketday.com) and place your order by using the Purdy account number of 13236.

Thank you.

Mrs. Vaillancourt  
Chairperson



## **SAFETY/PEACE PATROL OF THE MONTH**

Triston Hanson and Brandon Samuel were selected as Purdy Peace Patrol of the Month for March. On Friday, March 20, 2015 these two students were treated to lunch at Culver's along with other Safety Patrol Members from other schools.



## **SUMMER SCHOOL UPDATES**

Purdy will once again be used as a Summer School site this year. Grades 3-5 will be offered here. Luther Elementary will hold Summer School for grades K-2. Look for more information coming soon.



## **MINI-GRANT AWARDED TO PURDY STUDENTS**

### **Mini-Grants Awarded to Purdy Students**

Congratulations to the following students on being awarded a Mini Grant this year! The Mini Grant program supports students who see a need in their schools or communities and work to supply whatever is required to meet that need.

**Citlalli Torres, Lexi Cox, Cheyenne Coy, Liliana Reyes-Ehrke:** They will be having a bake sale to raise money to buy toys for children who must stay at the Fort Hospital.

**Hana Grossman, Melia Schueller, Alex Dewing, Christian Wagie, Makayla Wagie:** This group will be organizing a talent show to raise money for the Jefferson County Humane Society and the Fort Food Pantry.

**Elee Sharp and Jessica Sharp:** They will be building elevated beds for the cats at the Jefferson County Humane Society.

**Jack Opperman:** Jack will be making and selling lunches to raise money for the Alzheimer's Association.

**Justin Walden, Keegan Luebke, Robert Wildenauer, Ben Stricker, James Enright, Owen Blackwell, Noah Baldry and Keegan Hill:** This group will be organizing a run to benefit the Jefferson County Humane Society.

**Lupe Begovatz and Brooklynn Christiansen:** They will be holding a bake sale to buy books for "Project Read to Me", which gives books to babies born at the Fort Hospital.

Congratulations to all these students! Great job!



### **THANKS VOLUNTEERS**

Each year hundreds of volunteers help make Purdy Elementary School the best that it can be! We are so grateful for their dedication and eagerness to help. The students and staff would like to say "THANKS!" on Tuesday, April 21st at the Purdy Arts Festival.

Please look for the "Whooo Makes a Difference" bulletin board with all volunteers being recognized with an owl sitting on a branch. Be sure to stop by and sign up for the Purdy Spirit Hanging Flower Basket giveaway also. We will be giving away three baskets—you must sign up that night to win!

All volunteers will be contacted prior to the celebration.

Mary Lynn Vaillancourt, Heidi Wegner and Andrea Kratz  
Co-Chairpersons



### **2015-2016 SCHOOL CALENDAR**

Below is the official calendar for next year. The following is a list of important dates subject to minor changes:

Sept. 1	First Day of School
Sept. 7	Labor Day—No Classes
Oct. 30	Fall Break
Nov. 2	Full Day-Prof. Development/ Collaboration/Records
Nov. 25-27	Thanksgiving Break
Dec. 23-Jan. 3	Christmas Recess
Jan. 4	Classes Resume
Jan 15	No School - Records Day
Feb. 19	Early Release Day
Mar. 18	Full Day-Prof. Dev./ Collaboration/Records
Mar. 21-25	Spring Break
Mar. 28	Classes Resume
May 6	Early Release Day
June 7	Noon Dismissal—Last Day of Classes



### **MIDDLE SCHOOL INFORMATION**

By now a lot of information about Middle School has been provided to parents and 5<sup>th</sup> graders. Parents should also be getting the Middle School parent newsletter as well. Middle School staff can answer parents' remaining questions about 6<sup>th</sup> grade. Please contact the school at 563-7833.

# VOTE

## APRIL 7th

### **SCHOOL BOARD MEMEBERS**

New Voter?  
Need an Absentee Ballot?

Go to:  
<https://myvote.wi.gov/>



### **PTO SCHOLASTIC BOOK FAIR**

The PTO Spring Book Fair is coming! The Book Fair is set for April 21st at the Arts Festival. More information will come home after Spring Break.



### **PTO FLOWER SALE**

Love flowers? Want to help your child's school? The Flower Sale is in full swing! Keep those orders coming in! Order forms were sent home recently. If you need another order form, stop by the Purdy Office. Flower orders and money are due April 10th.

Choose from a wide variety of beautiful hanging baskets, pots or flats of annuals at a great price...just in time for Mother's Day!

We also need your help with unloading the Bennett's Greenhouse flower truck and organizing orders on May 6 from 3:30—4:30 pm and for distribution on May 7th from 7:30—8:30 AM and 3:00—5:00 pm. Please email Patty Brain at [brainp@fortschools.org](mailto:brainp@fortschools.org) if you are able to help.

Available in flats will be petunias, impatiens, and coleus, plus new selections this year, begonias and snapdragons. Pots offered are dahlias and osteospermum (a daisy-like plant). Basket flowers will include Calibrachoa, Petunias, Geraniums, Impatiens, and a Purdy Spirit Basket.

Also available, will be a coupon for a flower basket of your choice at Bennett's Greenhouse good till July 1, 2015.

Thank you for supporting this fundraiser. "Please visit the Purdy School website or PTO Facebook page to see pictures of all these beautiful plants!"

Co-Chairpersons  
Patty Brain and Michelle De Mott



### **WILDERMUTH "TEACHER OF THE YEAR" NOMINATIONS**

Would you like to name a Purdy staff member for the highest honor awarded to School District educators? The Wildermuth Award for Excellence in Education (Teacher of the Year) nomination forms are available in the office. Parents may nominate an educator by completing the form and returning it to Purdy School or Mr. Paul Christiansen, Middle School by Friday, April 10, 2015.



### **SCHOOL DISTRICT EMPLOYEES RECOGNIZED FOR YEARS OF SERVICE**

The following staff from Purdy Elementary School were honored with a reception at the High School IMC on Tuesday, March 24, 2015. Thanks go to the following people for their years of service and dedication.

#### **15 Years**

Janet Dickinson  
Jacki Foelker  
Kris Hofer  
Leigh Ann Scheuerell  
Susan Sullivan

#### **20 Years**

Ruth Gavin





### **LOOKING FOR VOLUNTEERS TO JOIN OUR PTO NEXT YEAR!**

We have a number of open chairperson positions that can be managed by individuals or teams of individuals to help continue to make Purdy the wonderful school that it has become. All of these open positions require a limited amount of time and can be flexible around your schedule. Find a friend and work together to help lighten the responsibility! We are specifically in need of an individual/team to help coordinate **Teacher Appreciation Luncheons** (2 meals—fall and spring conferences and an end of the year luncheon end of May /early June), **Roller Blade Family Night Chairperson** (coordinate volunteers, make arrangements with Rocky's Pizza, hang up flyers) and a team of people who would be willing to coordinate our **Purdy Power Dollars/ Scrip Program**. This team of people would help coordinate marketing efforts, order gift cards, distribute gift cards and increase knowledge of this easy fundraising program. Any questions, please feel free to contact Maggie Messler at 920-728-0383 or magsmess@yahoo.com.



### **SUPPORT STAFF AWARD FOR EXCELLENCE IN EDUCATION**

If you would like to nominate a Purdy Support Staff for Excellence in Education please stop by the office for a nomination form. All nominations are due to Purdy Elementary School by Thursday, April 30th.



### **PTO OPEN BOARD POSITION**

We are looking for someone to take over the position of **Treasurer** for the 2015-2016 school year. Heather Hartwig has decided to step down after many years of service but would be willing to help ease the transition for the new person next year. This is not an overly time consuming position and would be great for either a stay-at-home or working parent. If you are interested in learning more about the responsibilities of this position, please feel free to contact Heather at shhartwig@charter.net.



### **SUMMER SCHOOL 2015**

Preparations for the 2015 summer school session are in full gear. The dates are June 15-July 22 (Elementary & Middle School) and June 16-July 31 (High School Make-Up). There will be no summer school on July 2 & 3 for the holiday.

Registration begins Monday, April 27. More information will become available closer to registration. If you have any questions, please call the Summer School Office at 563-7801.



### **ORCHESTRA GERANIUM SALE!**

All current orchestra students are participating in the annual geranium sale fundraiser this year, sponsored by Blodgett's Garden Center

**The Sale Dates are April 8—April 29**

Students are responsible for selling coupons redeemable for geraniums from Blodgett's Garden Center. After interested buyers have paid for their coupons, they go to Blodgett's and redeem them for 4 ½ inch potted geraniums in various colors.

Find an orchestra student and buy some geraniums!

**THINK SPRING!**

### **PARENTS OF ORCHESTRA STUDENTS**

Reminders for the Month of April:

ONE: Orchestra students receive a grade from me this quarter. All students should continue turning in **weekly practice logs** and practicing regularly at home. Please check the back of the log to make sure your child is meeting the minimum practice requirements.

TWO: It's Geranium Sale Time! All orchestra students receive information about the sale prior to the April 8 sale start date. Please contact Mrs. Gary at [garyj@fortschools.org](mailto:garyj@fortschools.org) with any questions.

THREE: Our next **Orchestra Booster Meeting** will be held on Monday, April 6, at 6:00 pm in the High School Music Dept.



### **STUDENT AND FAMILY INFORMATION IS AVAILABLE FOR RELEASE TO CERTAIN PARTIES**

Periodically parents inquire about the release of a phone number, address or parent name to those that might need to know. This is permissible and does not violate any privacy laws. Purdy Elementary School only releases information to families within the school and only if such information has not been noted as confidential. Most typically such requests are for birthday parties. The school does not release such information to commercial companies nor does it release non-listed or non-published numbers without prior approval.

Each year the District posts an announcement regarding the release of school directory data. If no objections are raised to the potential release of information to responsible parties then the school can release it. Questions? Call the Purdy office.



### **WELCOME NEW STUDENTS**

<u>Student Name</u>	<u>Grade</u>
Olivia Nelson	Early Childhood

Welcome to Purdy School.



### **NO SCHOOL FOR KINDERGARTEN ON MAY 15, 2015**

Kindergarten parents should note that there is **no school** on **Friday, May 15, 2015**. This will allow the Kindergarten Welcome Program to operate.



**4 YEAR OLD**  
**KINDERGARTEN**  
**REGISTRATION**

**2015—2016 REGISTRATION**  
**WEDNESDAY, APRIL 8, 2015**  
**LUTHER ELEMENTARY SCHOOL**  
**205 PARK STREET**  
**10:30 AM—6:00 PM**

No appointment is necessary, but it is important that you attend. We expect the process to take no longer than 15 minutes.

Registration day is a very important part of the enrollment process for 4 year old kindergarten. You will be asked to turn in the completed enrollment forms that were mailed out to you in March. You will also find out which 4K site your child will attend for the 2015-2016 school year.

Please bring the following items with you to the 4K Registration Day on April 8th:

- ♦ Completed enrollment form
- ♦ Completed medical forms
- ♦ Birth Certificate (needed to verify birth date but will not retain a copy)
- ♦ Registration Fee: \$15.00, cash or check made payable to **School District of Fort Atkinson**

We look forward to seeing you at the **Fort 4K Registration Day**. Please feel free to contact us if you have any questions.

Penny Kukla  
4K Coordinator  
920-563-7822

Carol Klein  
4K Secretary  
920-563-7817

Or you can e-mail us at:  
[kuklap@fortschools.org](mailto:kuklap@fortschools.org)  
[kleinc@fortschools.org](mailto:kleinc@fortschools.org)



**COME TO THE**  
**PURDY ARTS FESTIVAL ON**  
**APRIL 21st at 6:30 PM**

On Tuesday, **April 21<sup>st</sup> at 6:30 p.m.**, all Purdy families are invited to attend the annual *Purdy Arts Festival*. Beautiful art will adorn our hallways and 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> grade students will perform music on the multi-purpose room stage. Students and parents will also have photo opportunities with the interactive art that will be hung around the school.

This *Arts Festival* is the kickoff for our annual art show which will remain on display until the middle of May. It is the time to see and hear what our students have been learning in Art and Music. All students in grades kindergarten through fifth grade have chosen what they feel are their best works of art to share with you. Please enjoy the colorful space as you walk through the hallways.

On the stage in the multi-purpose room you will hear a variety of musical performances throughout the night. Please remember to respect our student musicians and refrain from talking during the performance. The night festivities are scheduled to end at 7:30. More information will be available as the event nears. We look forward to seeing you then!



## SCHOOL DISTRICT OF



FORT • ATKINSON

### OUR MISSION

*The School District of Fort Atkinson is committed to delivering the quality opportunities and services each student needs to achieve his or her academic and personal potential.*

### IMPORTANT FACTS

Students must be five years old by September 1, 2015, and must reside within the School District of Fort Atkinson to attend Kindergarten Orientation at our schools.

Each session is scheduled for 1 ½ hours which includes activities for the child and their parent/guardian to participate in together.

For those students who will be attending kindergarten at a parochial school next fall, parents should contact that school for direction concerning their registration process. However, we do ask that you inform the School District of Fort Atkinson of your intentions.

This orientation is not intended for the district's 4 year old kindergarten. If you have questions regarding 4 year old kindergarten please call 563-7817.

Because of enrollment numbers and enrollment trends, it is **extremely important** that you register your child in next year's kindergarten class. Appointments will be made on a **first-come, first-served** basis.

# KINDERGARTEN WELCOME DAY

**For Parents/Guardians & their 5 Year Old**

We welcome you and want you and your child to become more familiar with our 5 year old kindergarten classroom and program.

Please join us in learning more about our learning community at Kindergarten Welcome Day on:

## Friday, May 15, 2015

**(Registration Between April 6<sup>th</sup> – April 16<sup>th</sup>)**

To best meet the scheduling needs of our families as well as to assure we have opportunity to get to know you and your child, each of our elementary schools will hold three welcome sessions:

Session 1	Session 2	Session 3
<b>8:00 AM</b>	<b>9:45 AM</b>	<b>12:00 PM</b>

**Registration for our 5K Welcome Day will take place between April 6<sup>th</sup> and April 16<sup>th</sup>. You can register your child for a session on May 15<sup>th</sup> one of two ways during this registration window:**

Register Online at [www.fortschools.org](http://www.fortschools.org). There will be a link on the main page to register your child at their neighborhood school.

Register by phone at your child's neighborhood school:

Barrie Elementary	563-7817
Luther Elementary	563-7828
Purdy Elementary	563-7822
Rockwell Elementary	563-7818

*We look forward to seeing you at Kindergarten Welcome Day on Friday, May 15<sup>th</sup>!*

**Visit us online at [www.fortschools.org](http://www.fortschools.org)**

SCHOOL DISTRICT OF



FORT • ATKINSON

## NUESTRA MISION

*El Distrito Escolar de Fort Atkinson está comprometido a proporcionar las oportunidades y servicios de calidad que cada estudiante necesita para alcanzar su potencial académica y personal.*

## DATOS IMPORTANTES

Los estudiantes deben tener 5 años cumplidos a más tardar el 1 de septiembre del 2015, y deben residir dentro del Distrito Escolar de Fort Atkinson para asistir a la orientación de kindergarten en las escuelas.

Cada sesión está programada por una hora y media, que incluye tanto un programa para los padres y estudiantes.

Para aquellos estudiantes que sin duda van a asistir a una escuela parroquial el próximo otoño, los padres deben comunicarse con esa escuela para darles información con respecto a su proceso de registro. Sin embargo, le pedimos que usted informe al distrito escolar de Fort Atkinson de sus intenciones.

Esta orientación no está programada para el programa preescolar de cuatro años del distrito. Si usted tiene preguntas con respecto al programa preescolar de 4 años del distrito por favor llame al 563-7817.

Debido a los números de registros y tendencias de registro, es **sumamente importante** que llame para reservar un lugar para su hijo en la clase de kinder de 5 años el próximo año. Las citas deben ser hechas por teléfono y los que hablan primero tendrán más oportunidades de escoger la sesión que quieren asistir.

Si tiene preguntas acerca de cual escuela va asistir su hijo, póngase en contacto con Mary Burke, Directora de Servicios Estudiantiles, al 563-7804.

Si usted sabe de un niño que es elegible para 5K que no ha recibido esta carta, por favor

# DIA DE BIEVENIDA A KINDER

**Para Padres/Guardianes y sus Hijos de 5 Años**

Le damos la bienvenida y deseamos que usted y su niño se familiarice con nuestra clase de kinder de 5 años y el programa.

Por favor, únase a nosotros para aprender más acerca de nuestra comunidad de aprendizaje en el Día de Bienvenida a Kinder:

## Viernes, 15 de mayo 2015

(Registro Entre el 6-16 de Abril)

Para satisfacer las necesidades de programación de nuestras familias y también para asegurar que vamos a tener la oportunidad de conocer a usted y a su hijo, cada una de nuestras escuelas primarias tendrá tres sesiones de orientaciones de kinder:

Sesión 1	Sesión 2	Sesión 3
8:00 AM	9:45 AM	12:00 PM

**La registración para nuestro Día de Bienvenida a 5K se llevará a cabo entre el 6 de abril y 16 de abril. Usted puede inscribir a su hijo para una sesión el 15 de mayo de dos maneras durante esta ventana de registro:**

1. Inscribise por Internet en [www.fortschools.org](http://www.fortschools.org). Habrá un enlace en la página principal para inscribir a su hijo en la escuela de su vecindario. Regístrese por teléfono a la escuela del vecindario de su niño:

Primaria Barrie 563-7817  
Primaria Luther 568-4465  
Primaria Purdy 563-7822  
Primaria Rockwell 563-7818

*¡Esperamos verlos en el Día de Bienvenida a Kinder el Viernes, 16 de mayo!*

Visítenos en el Internet [www.fortschools.org](http://www.fortschools.org)

# **Purdy Parent Teacher Organization Meeting Minutes**

## **Instructional Materials Center (IMC)**

March 17, 2015

Present at Meeting: Katie McIntyre, Mary Lynn Vaillancourt, Maggie Messler, Beth Heselbacher, Heather Hartwig, Jessica Mirek, Peter Ready, Leigh Ann Scheuerell, Jeff Scheuerell

Additions/Corrections to February Minutes: None

Treasurer's Report: Checking Account Balance \$1,726.67, Savings Account Balance \$3,490.55

### **OLD BUSINESS**

**School Board Meeting Update:** Leigh Ann presented information on the last school board meeting. They discussed greatly the budget and refinancing debt. The calendar for 2015-2016 school year was approved and is available online. They accepted the retirement of John Ottow, Technology administrator. They also approved the creation of a human resources director as 80% of the budget is salary-based and this would allow more uniform procedure across the district. Purdy was present to spotlight technology. They showcased Apple TV and Pebble Go.

**Roller Blade Family Night:** Maggie reported that the night was a big success. Over 100 people turned out and a profit of \$240.50 was taken in between admission and concessions. Thanks were given to National Honor Society high schoolers for their willingness to volunteer. Decision was made to make this an annual event.

**Spiritwear-** Jessica reported that we did not take in as many orders as the first round, but we did well. Jessica is still in the process of tallying the orders. Jessica will get the checks to Heather for processing so there isn't a delay in cashing checks. Discussion surrounding how to plan for next year developed the idea of handing out order forms at Kindergarten registration and then placing a pre-order to have t-shirts also available for purchase at registration. Jessica will also order a few samples to have available at kindergarten registration and in August.

**Market Day Update:** Dessert sale was not a huge hit so only a 15% profit was attained. \$300 profit for the month between dessert and food sales. MaryLynn advised that Market Day is changing things and Mary Lynn now will be responsible for accepting payments. Discussion surrounding cash payments and whether we needed to keep a cash box or ask families either to pay online in advance, bring a check or exact change. Mary Lynn will ask current cash customers if it would be a problem to pay with check at next pick up.

**Flower Sale-** Order forms have gone home and have been shared online on both PTO and Purdy Facebook pages. Orders are due April 10.

**Book Fair:** Beth reported that 4 metal cases full of books and 2 empty cases will be delivered in preparation for the sale the Friday before the Arts Festival. The empty cases can be filled with books and should eliminate the need for extra tables. Book fair will be set up in the hallway outside the IMC. Rachel is coordinating volunteers from UW-Whitewater to help work the sale.

**Sal's Fundraiser:** 10% of all sales will be given to Purdy tomorrow night! Joe from Sal's requested that Purdy have a table to thank some of the people for coming in and we've been given permission to sell Scrip at the table for extra profit. Maggie will be there from 5-7 to sell whatever scrip we have in stock. Leigh Ann will also send out a reminder text and e-mail about the event tomorrow.

**Artist in Residence:** Leigh Ann reported that Brent Daniels is currently working with our students today and tomorrow using technology to compose music. He worked with 2<sup>nd</sup>-5<sup>th</sup> grade today and will be working with the younger grades tomorrow. All of their compositions will then be shared at an assembly at 2 p.m. The kids have been very excited and interested in being able to do this at home. Mr. Daniels advised that they can do a lot of what he was doing with them on different apps such as Garage Band.

**Parent Survey/Volunteer Recruitment:** Maggie sent around a couple different surveys found online used by other schools to poll for information to increase participation and involvement. Discussion produced suggestion of having classes "sponsor" different events so families don't feel like they have to volunteer for everything and it's a limited commitment. Maggie will create survey based on sample liked by the attendees and send home after spring break. Incentives for classrooms may be given for high return of surveys, such as extra recess time or PJ day.

**Budget for 2015-2016 drafting meeting:** Meeting date for anyone who wants to help draft the budget for next school year is Monday, April 6 at 4:30 in the conference room outside the office.

**Board/Chairperson Positions Available for 2015-2016:** Availability for positions will be posted in newsletter. Heather is stepping down as Treasurer but will be available to help the new person next year through the transition.

**Other:** Cynthia Ficenec, a parent from Luther, came to tell about herself as she is running for one of 2 open school board positions.

**Next Meeting: April 14, 2015 at 6:30 p.m.**



## Simple Swaps

By Vicki Wright

Does eating oatmeal help lower your cholesterol level? Isn't oatmeal something we use to eat

as kids for breakfast and then we graduated to a quick doughnut or sweet roll as we race out the door to work? That doughnut or sweet roll may just be part of the problem when it comes to a high cholesterol count. The Mayo Clinic sites oatmeal and oat bran as being the number one way to naturally reduce cholesterol.

If oatmeal is beneficial, how does it work? It is thought that the oat fibers in oatmeal mix with cholesterol in the small intestine, then bind to the cholesterol and carry it out of the body instead of allowing it to enter the blood stream. To our benefit oatmeal is most effective in lowering LDL or "bad" cholesterol levels.

Start by having a bowl of cooked oatmeal, not the instant packets, every day. Enhance variety by adding fresh or frozen blueberries, raspberries, blackberries, dried cranberries, raisins, or any other variety of fruit. A sprinkle of cinnamon on the top eliminates the need for sugar. Remember, use fat-free or 1 % milk to keep the fat content down. You are not limited to eating cooked oatmeal for breakfast. Cold oat cereal can also be substituted for variety. There are also many high-oat, low-sugar containing recipes online for cookies, muffins, cakes and bars.

Over the years, the many benefits of eating oatmeal have been proven by research. Pick up a box of oatmeal at the store and notice the heart healthy distinction label which means it is approved by the US Food and Drug Administration. Make the simple swap at breakfast from a doughnut to a warm bowl of oatmeal. . your heart will thank you for it!



## Simple Swaps

By Vicki Wright

### The Good, the Bad and the Ugly Fat

Monounsaturated, polyunsaturated, omega-3 fatty acids, saturated fat, trans fat, what do these adjectives mean? For years, we've heard that fat is bad and that "fat free" is the healthier route, when in fact, it may be just the opposite.

One advantage of fat is that it helps you feel fuller and eat less over time. It is also crucial to protecting your organs and building cells. According to the Harvard School of Medicine, it is all about the quality of the fat.

A simple way to identify bad and ugly fats is that they are solid at room temperature. So, vegetable shortening, lard, butter, coconut oil are all saturated fats and considered "bad fats". Most people like butter, so the key is to use butter in moderation on your food and cook with olive or canola oil.

As recommended by the Mayo Clinic, you can make a few of simple swaps in your diet:




- Use plant-based oils such as olive oil when frying and canola oil when baking.
- Have one serving of omega-3 fats every day. Mega-3s are found in salmon, tuna, walnuts, canola oil, and flaxseed oil.
- Reduce the consumption of fatty red meat which is high in saturated fats. Choose lean cuts and then consume them in moderation once or twice per week. Chicken and fish are good substitutes.
- Add avocado slices, cucumber and lettuce to sandwiches instead of cheese.

When attempting to remove fat from your diet, watch out for the processed foods which are advertised as low fat or fat free because these foods may just be replacing the fat with sugar. Make the simple swap and go natural with fruits, vegetables, whole grains and use healthy fats such as olive or canola oil when cooking.



# APRIL 2015

# ELEMENTARY BREAKFAST




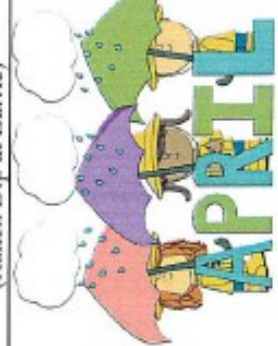
Monday	Tuesday	Wednesday	Thursday	Friday
<b>MEAL PRICES</b> K-5-\$1.40 6-12-\$1.45 Adults-\$1.80 Milk - \$0.35 (included with meal) Skim and 1% Milk served daily. Menu subject to change *May contain pork	If your family qualifies for free or reduced lunch, they also qualify for free or reduced breakfast! USDA IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER	SPRING BREAK 	SPRING BREAK 	SPRING BREAK 
6 WG Poptarts OR Cereal & Cheese Stick All meals come with fruit juice and milk	7 Hot Oatmeal & Muffin OR Cereal & Cheese Stick All meals come with fruit juice and milk	8 Bagel & Cream Cheese OR Cereal & Cheese Stick All meals come with fruit juice and milk	9 Mini Cinnis OR Cereal & Cheese Stick All meals come with fruit juice and milk	10 Pancake on a Stick OR Cereal & Cheese Stick All meals come with fruit juice and milk
13 Build Your Own Yogurt Parfait OR Cereal & Cheese Stick All meals come with fruit juice and milk	14 <b>HAPPY ST. PATTY'S DAY!</b> Breakfast Pizza OR Cereal & Cheese Stick All meals come with fruit juice and milk	15 Banana Bread OR Cereal & Cheese Stick All meals come with fruit juice and milk	16 WG Poptarts OR Cereal & Cheese Stick All meals come with fruit juice and milk	17 Oatmeal Round OR Cereal & Cheese Stick All meals come with fruit juice and milk
20 Hot Oatmeal & Muffin OR Cereal & Cheese Stick All meals come with fruit juice and milk	21 Mini Cinnis OR Cereal & Cheese Stick All meals come with fruit juice and milk	22 Pancake on a Stick OR Cereal & Cheese Stick All meals come with fruit juice and milk	23 Bagel & Cream Cheese OR Cereal & Cheese Stick All meals come with fruit juice and milk	24 Z Breakfast Bread OR Cereal & Cheese Stick All meals come with fruit juice and milk
27 Egg & Cheese Sandwich OR Cereal & Cheese Stick All meals come with fruit juice and milk	28 Oatmeal Round with Icing OR Cereal & Cheese Stick All meals come with fruit juice and milk	29 Mini Pancakes with Syrup OR Cereal & Cheese Stick All meals come with fruit juice and milk	30 Breakfast Bagel OR Cereal & Cheese Stick All meals come with fruit juice and milk	

WE THINK BREAKFAST BECAUSE YOUR KIDS CAN'T THINK WITHOUT IT!



# APRIL 2015

# ELEMENTARY LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
<b>MEAL PRICES</b> K-5-\$2.50 daily; \$11.75 wkly 6-12 -\$2.75 daily; \$12.75 wkly Adults-\$3.25 daily Milk - \$0.35	<b>THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER &amp; EMPLOYER</b> * - May contain peanuts + - May contain peanuts Skim and 1% Milk served daily Menu Subject to Change	<b>1 - APRIL FOOL'S DAY</b> <b>JOKER</b> 	Spring Break 	Spring Break 
<b>6</b> <b>MEATLESS MONDAY</b> Cheese Ravioli Warm Breadstick OR +PBJ & Cheese Stick Steamed Green Beans Fresh Carrot Sticks Sliced Apples	<b>7</b> Orange Chicken OR Ham Sandwich Oriental Rice Pilaf Steamed Peas & Carrots Mandarin Oranges Fortune Cookie	<b>8</b> *Nachos with Meat & Cheese OR Turkey Wrap Refried Beans Steamed Corn Applesauce	<b>9</b> Chicken Nuggets OR Warm Cheese Melt Cheesy Rice Pilaf Garden Fresh Salad with Grape Tomatoes 100% Apple Juice Cup	<b>10</b> Grilled Cheese OR +PBJ & Cheese Stick McCain Garlic Fries Fresh Veggies & Dip Fresh Banana
<b>13</b> <b>MEATLESS MONDAY</b> Cheese Pizza Boat OR +PBJ & Cheese Stick Broccoli Trees & Ranch 100% Wango Mango Cup Pineapple Chunks	<b>14</b> Flame Broiled Cheeseburger OR Ham Sandwich Baked Sweet Potato Fries Baked Beans 100% Orange Juice Cup	<b>15</b> Pasta & Meat Sauce Shredded Cheese Breadstick OR Turkey Wrap Green Beans Chilled Peas	<b>16</b> Popcorn Chicken Dinner Roll OR Warm Cheese Melt Mashed Potatoes & Gravy Steamed Corn Orange Slices	<b>17</b> Cheese Quesadilla OR +PBJ & Cheese Stick Tossed Salad WI Blend Veggies Fruit Juice Slushy
<b>20</b> <b>MEATLESS MONDAY</b> Stuffed Cheese Sticks Marinara Sauce OR +PBJ & Cheese Stick Steamed Broccoli Dragon Punch Applesauce	<b>21</b> Mini Corn Dogs OR Ham Sandwich Sweet Potato Waffle Fries Baked Beans CRAISINS	<b>22</b> *Soft Shell Tacos OR Turkey Wrap Refried Beans Steamy Golden Corn Mandarin Oranges	<b>23</b> Chicken Sandwich OR Warm Cheese Melt McCain French Fries Tossed Salad 100% Grape Juice Cup	<b>24</b> Scrambled Eggs *Jones Sausage Links OR +PBJ & Cheese Stick Sweet Potato Puffs Celery Sticks & Peanut Butter Chilled Peaches (Ranch Dip at Barrie)
<b>27</b> <b>MEATLESS MONDAY</b> Cheese Pizza OR +PBJ & Cheese Stick Tossed Salad Red Pepper Slices Sliced Peas Fruit Juice Slushy	<b>28</b> Flame Broiled Cheeseburger OR Ham Sandwich Baked Sweet Potato Fries Baked Beans 100% Fruit Punch	<b>29</b> Chicken Tenders Dinner Roll OR Warm Cheese Melt Tater Tots CA Blend Vegetables Orange Slices	<b>30</b> *Hot Dog on a WG Bun OR Turkey Wrap Baked Beans McCain French Fries Craisins	

FORT ATKINSON STUDENT NUTRITION – PART OF A BALANCED EDUCATION!