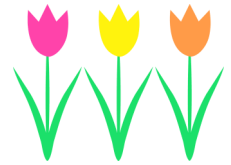


# Purdy Elementary School

## April 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
May 6 Purdy Pride Day May 6 11:50 AM Early Dismissal Day May 11 Big Buddy Day May 11 5:30-7:00 4th Grade Oral History Celebration—Hoard Museum May 12 5:30-6:30 GATE Exploration Exhibition at Barrie Elementary School May 18 8:05—2:30 K-5 ELL Field Trip —Milw. Zoo May 25 4th & 5th Grade District Track Meet—H.S. May 25 Big Buddy Day May 26 9:00—2:20 3rd Grade Field Trip May 30 No School—Memorial Day					1  Purdy Pride Day (Wear Blue and Red)  Report Cards Sent Home  Day 3	2  DARE Fundraiser Rock River Lanes 5:00 PM - To Closing
3	4  Forward Exam Begins—Grades 3-5  Day 4	5  Day 5	6  Day 6	7  4th/5th Spring Concert @ H.S. 6:30 PM <b>POSTPONED</b> <b>Date TBD</b>  Day 7	8  Wildermuth Award for Excellence Nominations Due to Mr. Abbott—M.S.  Day 8	9
10	11  Day 9	12  Day 10	13  Big Buddy Day  Day 1	14  Day 2	15  Purdy Palooza Activities 12:45—2:45 PM  PTO Flower Orders Due Today  Day 3	16
17	18  Day 4	19  Purdy Arts Festival & Volunteer Appreciation Night  PTO Scholastic Book Fair 5:30—7:30 PM  Day 5	20  Purdy PTO Meeting 6:30 PM—IMC  Day 6	21  Board of Education Meeting 6:30 PM—Luther  Day 7	22  Day 8	23
24	25  Day 9	26  Day 10	27  Big Buddy Day  Day 1	28  Fifth Grade DARE Graduation 6:00 PM—H.S.  Day 2	29  Day 3	30



# 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 have been working hard to finish Quarter 3 and look forward to a strong end of the school year.

### HIGHLIGHTS

#### State Superintendent Visit

We were thrilled to welcome Dr. Tony Evers, Wisconsin State Superintendent to Purdy Elementary! Dr. Evers and his team are working on developing communications about how all schools can implement green initiatives in Wisconsin schools. They chose to spotlight Purdy Elementary for the great work Dr. Brietzke began as principal here through creating the Wetland area, beginning the Green Team, and being nationally recognized as a Green Ribbon School. We were honored that Dr. Evers came to talk to many staff and students about how Purdy works to continue to be a Green School. From our Green Team creating educational public service announcements, to the work on the courtyard garden, using Google Classroom to save on paper and working in the Brietzke Wetland, Dr. Evers got to see and be part of it all. He was especially impressed with the work in our new Units of Study which implements literacy learning around themes such as sustainability and how it has been aligned to Common Core. He was very complimentary of the work our staff puts forth and the great learning he saw in our classrooms. We were proud to showcase what we do best... teaching and learning!

#### Site Visit

Purdy was able to host an additional site visit for the Network of Literacy Administrators. This is a co-hort group of administrators and literacy coaches that collaborate together around the Comprehensive Literacy Model. By sharing our challenges and struggles, we strive to put in place the best program possible to increase literacy achievement. It is so powerful to see the Fort Atkinson School District being a model for other districts in Wisconsin!

#### PTO Sal's Pizza Night

This event gives the PTO the opportunity to earn 10% of every in house or take out orders 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.

### COMING UP

#### Artist-in-Residency

This year we will welcome Chesney Snow to Purdy Elementary for a week long residency. Chesney is a professional musician that specializes in the talent of beat boxing. He will be working with the students to talk about how we can use the sound of our voice to tell stories (much like acapella work) and will be tying the residency to our literacy program by showcasing their learning through different genres of writing. We will end our residency with an all school assembly on Friday, May 8th. We are excited to have Chesney here working with our students.

#### Forward Exam

The Forward Exam for grades 3-5 will begin the week of April 4th. 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.

#### Arts Festival/Volunteer Appreciation Night

We hope you are able to join us on Tuesday, April 19th for our annual Purdy Arts Festival/Volunteer Appreciation Night, beginning at 5:30 pm. Additionally, Purdy will be running their Spring Scholastic Book Fair with a promotion of "Buy One Get One Free!" We're excited to share with our learning in the arts area as well as recognize the many people that support the work we do each day!

#### 4th/5th Grade Spring Concert

By now you have received communication about Ms. Kosak being out on an emergency medical leave. As a reminder, the 4th/5th grade spring concert has been postponed on April 7th, but will be rescheduled in May upon Ms. Kosak's return. Date to be determined. Additionally, all Wednesday choir practices have been cancelled.

#### School Board Vote

Elections will be held for the 2 seats opening on the school board. Candidates that are running for positions are Cindy Harrington Ficenec, Sue Hall, Mark Chaney and Jedidiah J. Draeger. Please be sure to vote for this important election on April 5th.

#### School Budget

Proposal for next year's budge 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 an efficient running building.

Sincerely,

Leigh Ann Scheuerell, Principal  
Purdy Elementary School



### **BOX TOP COMPETITION**

The last Box Top competition will start on Monday, April 11th. Information will be coming home soon.

Please keep saving!!

Sally Schwarz  
Box Tops Chairperson



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

Liliana and Lily were selected as Purdy Peace Patrol of the Month for March. On Friday, March 11, 2016 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.



### **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 Mary Burke, Central Office by Friday, April 29th.



### **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.

**Milan**—Milan will be having a "Paint Night" to raise money for the Jefferson County Humane Society and to help the Purdy PTO.

**Jack**—Jack will be organizing "Clay Creation" at the Purdy Arts Festival to help the Purdy PTO.

**Also will be working with Rebecca, a student at Rockwell**— Alison and Rebecca will be selling baked goods to raise money for the Fort Atkinson Chapter of the American Cancer Society.

**Kenzie, Jordan, Rhea and Nevena** - This group will be having a bake sale at Purdy to raise money for the Jefferson County Humane Society.

**Mitch**—Mitch will be having a car wash to raise money for the Purdy Scholarship Fund (Helen Rose Inspire a Dream Scholarship).

**Ryan and Loudon**—Ryan and Loudon will be selling sweets at the Purdy Arts Festival to raise money for the Jefferson County Humane Society.

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! Each of these volunteers is an "Essential Piece of the Puzzle" here at Purdy. The students and staff would like to say "THANKS!" on Tuesday, April 19th at the Purdy Arts Festival.

Please look for the "*Piece of the Puzzle*" bulletin board where volunteers are being recognized with their own puzzle piece. While you are there check to see if you have won a puzzle and please sign up for the flower basket raffle give away.

All volunteers will be contacted prior to the celebration.

Andrea Kratz, Jennifer Soehner & Kris Hofer  
Committee Members



### **2016-2017 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. 5	Labor Day—No Classes
Oct. 28	Full Day-Prof. Development/ Collaboration/Records
Oct. 31	Fall Break
Nov. 23-25	Thanksgiving Break
Dec. 23-Jan. 2	Christmas Recess
Jan. 3	Classes Resume
Jan 20	No School - Records Day
Feb. 17	Early Release Day
Mar. 24	Full Day-Prof. Dev./ Collaboration/Records
Mar. 27-31	Spring Break
April 3	Classes Resume
May 5	Early Release Day
June 8	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 5th

### **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 19th 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! Flower orders with payment are due April 15th.

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 4 from 3:30—4:30 pm and for distribution on May 5th 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, 2016.

Mrs. Brain is giving a free flower basket to the student with the most orders.

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

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. Rob Abbott Middle School by Friday, April 8, 2016.



### **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 29, 2016. Thanks go to the following people for their years of service and dedication.

#### **10 Years**

Katie Stahl

#### **20 Years**

Andrea Kratz

Jennifer Soehner

#### **15 Years**

Pamela Gustin

Debra Kirkeby

Patsy Seisser

Joshua Twedt

Leslie Weaver

#### **35 Years**

Karen Hetts





## **OPEN PTO BOARD POSITIONS FOR 2016-2017**

The Purdy PTO will have a couple board positions open for new volunteers for the 2016-2017 school year. The PTO **President** and **Treasurer** have 5th grade students moving on to the Middle School next year so these positions will have vacancies. Both of these positions require just a little extra time and a passion for helping continue the excellent support and energy our Purdy PTO has demonstrated for many years. The **President** position does not need to be held by one person, but could be shared by a duo to help share the work. The **Treasurer** position requires the ability to add, subtract, write and keep things organized. We would like to get people started thinking about stepping into a new role at our School before the year ends to help make this transition easier and less daunting for any new people. If you have questions and would like to talk more about the responsibilities and time involved, please feel free to contact either Magge Messler at [magsmess@yahoo.com](mailto:magsmess@yahoo.com) or Heather Hartwig at [hhartwig0616@gmail.com](mailto:hhartwig0616@gmail.com).

Thank you in advance for considering these positions. We promise, you won't regret it!



## **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 **Flower Sale** (organize flyers, coordinate with nursery, organize volunteers for distribution) **Book Fair** (help organize volunteers, set up/take down, hang posters) and **5th Grade Breakfast** (a team of parents to coordinate the celebration of 5th graders at the end of the year). Please feel free to contact Maggie at [magsmess@yahoo.com](mailto:magsmess@yahoo.com) if you are interested or want to volunteer!



## **SUMMER SCHOOL 2016**

Preparations for the 2016 summer school session are in full gear. The Summer School Session for elementary students will begin on Tuesday, June 14th, and end on Friday, July 22nd. There will be no summer school on July 4th and July 5th to recognize the 4th of July holiday.

The District is excited to again offer a wide variety of great classes 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 classes 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 the kids get the classes that they desire this summer.

**PRIORITY REGISTRATION will be open Monday, April 18th, through Sunday April 24th. All registrations received during this week are considered equally. 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.

Registration information, including student logins and class lists, will be sent home in student folders the week before PRIORITY REGISTRATION. There will also be a link to request your student's login on the summer school website ([www.fortschools.org/summerschool](http://www.fortschools.org/summerschool)). 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).



### **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 6—April 27**

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 6 sale start date. Please contact Mrs. Gary at garyj@fortschools.org with any questions.

**THREE:** Our next **Orchestra Booster Meeting** will be held on **Tuesday, April 5**, at 6:00 pm in the High School Music Dept.

**FYI:** *This is a CHANGE IN DATE from what is printed on the school calendar.*



### **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>
Matthew	Early Childhood
Naveen	Kindergarten
Evangeline	Third Grade
Geovannie	Fourth Grade

Welcome to Purdy School.



### **NO SCHOOL FOR KINDERGARTEN ON MAY 13, 2016**

Kindergarten parents should note that there is **no school** on **Friday, May 13, 2016**. This will allow the Kindergarten Welcome Program to operate.



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

**2016—2017 REGISTRATION**  
**WEDNESDAY, APRIL 6, 2016**  
**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 Bright  
4K Coordinator  
920-563-7822

Carol Klein  
4K Secretary  
920-563-7817

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



**COME TO THE**  
**PURDY ARTS FESTIVAL ON**  
**APRIL 19th at 5:30 PM**

On Tuesday, **April 19th at 5:30 p.m.**, all Purdy families are invited to attend the annual *Purdy Arts Festival*. Beautiful art will adorn our hallways and 5<sup>th</sup> grade Band 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!

Jessica Zuniga, Art Teacher



## 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

1. Students must be five years old by September 1, 2016, and must reside within the School District of Fort Atkinson to attend Kindergarten Orientation at our schools.
2. Each session is scheduled for 1 ½ hours which includes activities for the child and their parent/guardian to participate in together.
3. 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.
4. 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.
5. 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.
6. If you questions regarding your child's neighborhood school, please contact Mary Burke, Director of Pupil Services, at 563-7804.
7. If you know of a child that is 5K eligible that has not received this letter, please encourage them to call as well.

# 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 13, 2016**

**(Registration Between March 28<sup>th</sup> – April 8<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 March 28<sup>th</sup> and April 8<sup>th</sup>. You can register your child for a session on May 13<sup>th</sup> one of two ways during this registration window:**

1. 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.
2. 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 13<sup>th</sup>!*

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



## NUESTRA MISION

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

### **FACTORES IMPORTANTES**

1. Los estudiantes deben tener cinco años de edad cumplidos el primero de septiembre de 2016, y deben residir dentro del Distrito Escolar de Fort Atkinson para asistir a la orientación de nuestras escuelas.
2. Cada sesión está programada para 1 hora y media que incluye actividades para los niños y sus padres/tutores a para participar juntos.
3. Para aquellos estudiantes que asistirán a una escuela parroquial para Kindergarten el próximo otoño, los padres deben ponerse en contacto con dicha escuela para orientaciones acerca de su proceso de registro. No obstante, nosotros pedimos que usted informe al Distrito Escolar de Fort Atkinson de sus intenciones.
4. Esta orientación no está intencionada para el distrito de estudiantes de Kinder de 4 años. Si usted tiene preguntas acerca de clases para un estudiante de 4 años por favor llame al 563-7817.
5. Porque los números de inscripción y tendencias de inscripción, es extremadamente importante que registre a su niño en la clase de kindergarten el próximo año. Los nombramientos se hicieron el primero que llegada, primero servido.
6. Si tiene preguntas acerca de la escuela que su hijo-a pertenezca, póngase en contacto con Mary Burke, Director de Servicios de la pupila, al 563-7804.
7. Si usted sabe de un niño que es 5K elegibles que no ha recibido esta carta,

# **Día de Bienvenida a Kindergarten**

**Para Padres/Guardianes y su hijo(a) de 5 años.**

Le damos la bienvenida y deseamos que usted y su niño/a se familiarice más con nuestro programa de clase de kindergarten y el.  
Por favor, únase a nosotros para conocer más acerca de nuestra comunidad de aprendizaje en Kindergarten.

**Día de Bienvenida:**

## **Viernes, mayo 13, 2016**

**(Registración entre marzo 28<sup>th</sup> – abril 8<sup>th</sup>)**

A fin de responder mejor a las necesidades de programación de nuestras familias, y para asegurar la oportunidad de conocerlo a usted y a su hijo/a, cada una de nuestras escuelas elementales celebrará tres sesiones de bienvenida:

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

**Registración para nuestros estudiantes de 5K y día de bienvenida se llevara a cabo entre marzo 28 y abril 8. Usted puede registrar a su hijo-a para una sesión en mayo 13, de dos maneras durante la oportunidad de registración:**

1. Registración por internet [www.fortschools.org](http://www.fortschools.org). Habrá un enlace en la página principal para registrar a su hijo en la escuela que le corresponde.
2. Registración por teléfono en la escuela que le corresponde:

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

**Visítenos por internet en [www.fortschools.org](http://www.fortschools.org)**

*Esperamos verlos el día de  
bienvenida a los estudiantes de  
Kindergarten el viernes, mayo 13!*



## 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.

# **Purdy Parent Teacher Organization Meeting Minutes**

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

March 16, 2016

Present at Meeting: Leigh Ann Scheuerell, Maggie Messler, Heather Hartwig, Jackie Flack, Rachel Broadhead, Peter Ready, Roger Thom, Katie McIntyre, Michelle De Mott

Additions/Corrections to February Minutes: None

Treasurer's Report: Checking Balance: \$ 996.11 and Savings Account \$3,713.12

### **OLD BUSINESS**

- School Board Meeting Update—They honored the Purdy winner of the Geography Bee, 5th grade Paige Teubert, discussed the Luther Art Gallery, High School jazz Band, Mrs. Wegner was named as the Kohl Nominee, Roger Thom came to our meeting and told us about the upcoming School Board elections. There are two open spots and four candidates running. Voting will take place on April 5th. Mr. Thom also talked with us about a district-wide survey that will be going out in late April. He wanted to make sure that everyone fills it out and gives their feedback to the district.
- Sal's Night—We raised \$250.00 from our fundraiser at Sal's . We sold 15 \$20.00 Script cards for this event as well.

### **NEW BUSINESS**

- Purdy Palooza—This event will take place on Friday, April 15 from about 12:50—2:50. We already have many business sponsors and businesses who are donating water, food, coupons and prizes. There will also be mascots from various businesses at this event. The students will be divided into groups: K-2, 1-3, and 4-5 from there they will be divided into smaller groups that will have 8-10 children in them. They will travel to various stations with their group. A pledge sheet went out to families so that parents and families can sponsor each student for this event.
- Flower Sale—Order forms went out to families. All orders are due by Friday, April 15th. Delivery of the orders will be Thursday, May 5th from 7:30-8:30 AM and 3:00—5:00 PM. Wednesday, May 4th help is needed to sort the flower order after school.
- Book Fair—The Book Fair will be held on Tuesday, April 19th during the Purdy Arts Festival. It will be open from 5:30—7:00 PM
- Bowling Family Fun Night—We are still determining the date for this event. We are looking at either Friday, April 29th or Friday, May 13th. Once a date is established the event will run from 6:00—9:00 pm. Everyone will have a choice to either bowl or go mini golfing.
- Artist in Residence—This year our Artist in Residence will be Chesney Snow, a beatboxer, actor, singer, producer and writer. He will be coming here from New York. Chesney will be here for an entire week from May 2-6.
- Drafting the 2016-2017 Budget—The meeting for next year's budget will be held on April 18th at 5:30 pm. All are welcome.
- Board/Chairperson Positions 2016-2017 School Year—Positions that need to be filled for next year are: PTO President, Treasurer and Flower Sales Chairperson.

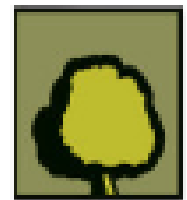
**NEXT MEETING: Wednesday, April 20th, 6:30 PM**



Are you planning  
to send your child  
to **SUMMER  
SCHOOL?**

**PRIORITY  
REGISTRATION**  
**April 18 @ 9AM  
through April 24**

SCHOOL DISTRICT OF



F O R T • A T K I N S O N

**BE SURE YOUR KIDS GET THE CLASSES THEY WANT ...**

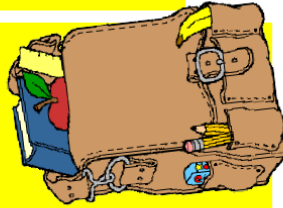
**USE PRIORITY REGISTRATION!**

**REGISTRATION INFORMATION WILL BE SENT HOME IN  
STUDENT FOLDERS ON THURSDAY, APRIL 14**

**QUESTIONS? VISIT OUR WEBSITE @  
[WWW.FORTSCHOOLS.ORG/SUMMERSCHOOL](http://WWW.FORTSCHOOLS.ORG/SUMMERSCHOOL)**



April 2016



# BACKPACK

## News

### April is Stress Management Month

Stress can affect individuals from an early age, and stress-management techniques should be used and practiced daily. Stress symptoms in children include behavior changes, irritability, crying more than normal, sleep changes, and withdrawal from favorite activities. To help alleviate stress, one should include:

#### April is:

- Stress Management Awareness Month
- National Autism Awareness Month
- Primary Immunodeficiency Awareness Month
- Awareness Week:**
- Public Health Week
- April 4-April 10
- Awareness Day:**
- World Health Day
- April 7

#### Set Limits

Trying to fit too much into one's day can be tough to balance, and can leave you feeling overwhelmed. Set limits for the number of afterschool activities and sports, and make sure to allow for plenty of time each day for homework, play and family time.

#### Exercise

Exercise is a wonderful tool for kids and adults alike to combat stress, and to help keep your body healthy. Exercise helps to reduce blood pressure, tension and depression and can leave you feeling positive and more energetic. Aim for 30-60 minutes daily for maximum benefits.

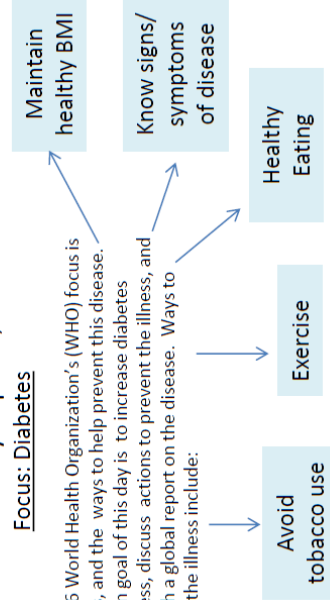
#### Healthy Eating

Eating a balanced and well-rounded diet can help you fight off illnesses, and keep your body healthy. Our body needs various vitamins and nutrients that keep us in check and able to fight stress. Think fruits, vegetables, lean protein and whole grains.

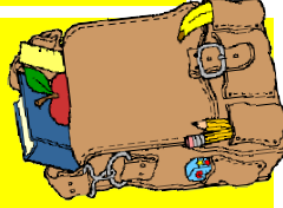
### World Health Day: April 7, 2016

#### Focus: Diabetes

The 2016 World Health Organization's (WHO) focus is diabetes, and the ways to help prevent this disease. The main goal of this day is to increase diabetes awareness, discuss actions to prevent the illness, and to launch a global report on the disease. Ways to prevent the illness include:



April 2016



# NOTICIAS DE

## Mochila

### Abril es el mes del manejo del estrés.

El estrés puede afectar a las personas desde una edad temprana, por eso técnicas para el manejo del estrés deben de ser practicadas diariamente. Los síntomas de estrés en los niños incluyen cambios en comportamiento, irritabilidad, llorar mas de lo usual, cambios en patrones del sueño, y dejar de hacer sus actividades favoritas. Para aliviar el estrés uno debe:

#### Abril es:

- Mes de conciencia sobre el manejo del estrés.
- Mes nacional de conciencia sobre el Autismo
- Mes de conciencia sobre inmunodeficiencia primaria.
- Semana de conciencia:**
- Semana de Salud Pública
- 4 de Abril al 10 de Abril
- Día de conciencia:**
- Día de la salud mundial.
- 7 de Abril

#### Fijar Limites

Tratar de acomodar demasiadas actividades en nuestro día puede ser duro de balancear, y nos puede dejar sintiéndonos agobiados. Fija limites en el número de deportes y actividades después de la escuela, y asegurate de darte tiempo a ti mismo para la tarea, el juego y el tiempo con la familia.

#### Ejercitarse

El ejercicio es una herramienta magnifica, tanto para niños como adultos, para controlar el estrés y para ayudar a mantener nuestros cuerpos saludables. El ejercicio ayuda a reducir la presión sanguínea, la tensión y la depresión, y nos deja sintiéndonos positivos y enérgicos. Trata de ejercitarte por lo menos 30-60 minutos al día para un beneficio máximo.

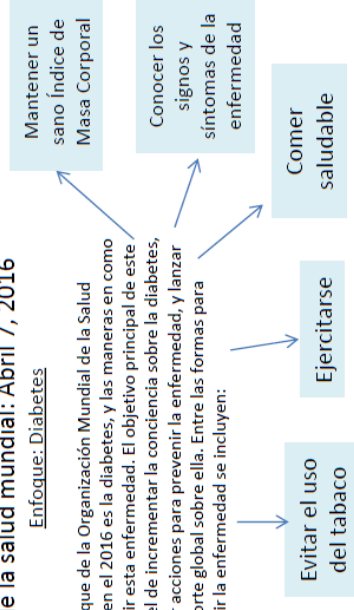
#### Comer Saludable

Comer una dieta completa y balanceada puede ayudarte a luchar contra enfermedades, y a mantener tu cuerpo sano. Nuestros cuerpos necesitan varias vitaminas y nutrientes que nos mantienen en forma y nos ayudan a enfrentar el estrés. Piensa en frutas, vegetales, proteína magra, y granos enteros.

### Día de la salud mundial: Abril 7, 2016


#### Enfoque: Diabetes

El enfoque de la Organización Mundial de la Salud (OMS) en el 2016 es la diabetes, y las maneras en como prevenir esta enfermedad. El objetivo principal de este día es el de incrementar la conciencia sobre la diabetes, discutir acciones para prevenir la enfermedad, y lanzar un reporte global sobre ella. Entre las formas para prevenir la enfermedad se incluyen:



# APRIL 2016

# ELEMENTARY BREAKFAST


Monday	Tuesday	Wednesday	Thursday	Friday
<b>MEAL PRICES</b> K-5-\$2.55 daily, \$12.75 wkly 6-12 -\$2.80 daily; \$14.00 wkly Adults-\$3.75 daily Milk - \$0.35	<b>All grain products are now whole grain!</b> * - May contain pork + - May contain peanuts Skim and 1% Milk served daily <b>Menu Subject to Change</b>	<b>'Like' us on Facebook!</b> <b>"Fort Atkinson School Nutrition Program"</b> <b>Follow us on Twitter!</b> <b>@FortNutrition</b>		1 Whole Grain Donuts OR Cereal & Cheese Stick All meals come with fruit Juice and milk
4 Mini Pancakes OR Cereal & Cheese Stick All meals come with fruit Juice and milk	5 Hot Oatmeal & Muffin OR Cereal & Cheese Stick All meals come with fruit Juice and milk	6 *Jones Sausage and Egg Muffin OR Cereal & Cheese Stick All meals come with fruit Juice and milk	7 <b>INEW!!</b> <b>"Brunchable" Breakfast Box</b> OR Cereal & Cheese Stick All meals come with fruit Juice and milk	8 Whole Grain Donuts OR Cereal & Cheese Stick All meals come with fruit Juice and milk
11 <b>Cheese Stuffed Pretzel</b> OR Cereal & Cheese Stick Raisins All meals come with fruit Juice and milk	12 Apple Frudel OR Cereal & Cheese Stick All meals come with fruit Juice and milk	13 Mini Bagels & Cream Cheese OR Cereal & Cheese Stick All meals come with fruit Juice and milk	14 Hot Oatmeal & Muffin OR Cereal & Cheese Stick All meals come with fruit Juice and milk	15 Whole Grain Donuts OR Cereal & Cheese Stick All meals come with fruit Juice and milk
18 Mini Cinnis OR Cereal & Cheese Stick All meals come with fruit Juice and milk	19 <b>Pancake Wraps</b> OR Cereal & Cheese Stick All meals come with fruit Juice and milk	20 Benefit Bar OR Cereal & Cheese Stick All meals come with fruit Juice and milk	21 *Jones Sausage and Egg Muffin OR Cereal & Cheese Stick All meals come with fruit Juice and milk	22 Whole Grain Donuts OR Cereal & Cheese Stick All meals come with fruit Juice and milk
25 Breakfast Pizza OR Cereal & Cheese Stick All meals come with fruit Juice and milk	26 Banana Bread OR Cereal & Cheese Stick All meals come with fruit Juice and milk	27 <b>French Toast Sticks</b> OR Cereal & Cheese Stick Strawberry Cup All meals come with fruit Juice and milk	28 Yogurt Parfait OR Cereal & Cheese Stick All meals come with fruit Juice and milk	29 Whole Grain Donuts OR Cereal & Cheese Stick All meals come with fruit Juice and milk

FORT ATKINSON STUDENT NUTRITION – FEEDING FORT ATKINSON'S FUTURE

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# APRIL 2016

# ELEMENTARY LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>MEAL PRICES</b> K-5-\$2.55 daily, \$12.75 w/ky 6-12 -\$2.80 daily, \$14.00 w/ky Adults-\$3.75 daily Extra Milk - \$0.35	Like us on Facebook Fort Atkinson School Nutrition Program Follow us on Twitter @FortNutrition	* - May contain pork +- May contain peanuts Skim and 1% Milk served daily Menu Subject to Change	<b>HAPPY APRIL FOOLS DAY!</b> Chicken Giggles & Dinner Roll OR Yogurt & Muffin Smiley Potatoes Fresh Vegetables and Dip Chilled Pineapple Frog Salt Sherbet
<b>4</b> <b>MEATLESS MONDAY</b> Cheese Lasagna Warm Breadstick OR PBJ Uncrustable Grrreat Green Beans Chilled Applesauce	<b>5</b> *Nachos with Meat & Cheese OR Turkey & Cheese Sandwich Cheesy Fiesta Refried Beans Crazy Cool Corn Pineapple Tidbits	<b>6</b> <b>Sack Lunch Day</b> Muffin and Yogurt OR PBJ Uncrustable Fresh Veggies & Ranch Sliced Oranges Chocolate Chip Cookie	<b>7</b> Chicken Nuggets Dinner Roll OR Turkey & Cheese Sandwich Baked French Fries Seasoned WI Blend 100% Fruit Juice Punch	<b>8</b> Mini Corn Dogs OR Yogurt & Scooby Snacks Rockin' Romaine Salad Cherry Tomatoes Sliced Pears
<b>11</b> <b>MEATLESS MONDAY</b> Stuffed Cheese Sticks with Sauce OR PBJ Uncrustable Steamed Broccoli Eye See You Carrots w/Ranch Groovy Grape Juice	<b>12</b> <b>TACO TUESDAY</b> *Soft Shell Tacos OR Turkey & Cheese Sandwich Cheesy Fiesta Refried Beans Crazy Cool Corn 100% Apple Juice Cup	<b>13</b> BBQ Pork Sandwich OR Yogurt & Scooby Snacks Side Winder Fries California Blend Vegetables Sliced Pears Brownie	<b>14</b> Chicken Patty Sandwich OR Turkey Ham & Cheese Mashed Potatoes & Gravy Grrreat Green Beans Chilled Peaches Scooby Snacks	<b>15</b> <b>BRUNCH 4 LUNCH</b> French Toast *Jones Sausage OR Cheese Melt Super Sweet Potato Tots Applesauce Dragon Juice
<b>18</b> <b>MEATLESS MONDAY</b> Cheese Pizza OR PBJ Uncrustable Eye See You Carrots w/Ranch WI Blend Vegetables 100% Orange Juice	<b>19</b> *Nachos with Meat & Cheese OR Turkey & Cheese Sandwich Rockin' Romaine Salad Crazy Cool Corn Brain Boosting Apple Slices	<b>20</b> <b>Breaded Mozzarella Sticks</b> Marinara Sauce OR Cheese Melt Grrreat Green Beans Golden Pineapple Snickerdoodle Cookie	<b>21</b> Teriyaki Chicken Bites OR Turkey & Cheese Sandwich Rice Pilaf Body Building Broccoli Mandarin Oranges Fortune Cookie	<b>22</b> Cheeseburger OR Turkey Ham & Cheese Fresh Roasted Potatoes Bouncy Baked Beans Cold Fighting Craisins
<b>25</b> <b>MEATLESS MONDAY</b> Cheese Quesadilla OR PBJ Uncrustable Grrreat Green Beans Eye See You Carrots w/Ranch Fruit Juice Slushy	<b>26</b> <b>TACO TUESDAY</b> *Soft Shell Tacos OR Turkey & Cheese Sandwich Cheesy Fiesta Refried Beans Crazy Cool Corn 100% Apple Juice Cup	<b>27</b> Corn Dog OR Cheese Melt Baked French Fries Rockin' Romaine Salad Red Pepper Strips George's Favorite: Banana	<b>28</b> <b>Popcorn Chicken</b> OR Turkey & Cheese Sandwich Mashed Potatoes & Gravy WI Blend Vegetables Cold Fighting Craisins	<b>29</b> <b>BRUNCH 4 LUNCH</b> Pancakes & *Jones Sausage OR Yogurt & Scooby Snacks Super Sweet Potato Tots Applesauce Dragon Juice

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