



Purdy Elementary School

January 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 
3	4 Classes Resume Welcome Back!	5	6 Big Buddy Day	7	8 	9
	Day 6	Day 7	Day 8	Day 9	Day 10	
10 	11	12 Geography Bee Final—IMC 12:45 PM	13 Group/Class/New Student Picture Day	14	15 No School Records Day	16 
	Day 1	Day 2	Day 3	Day 4		
17	18 Testing Window 2nd Grade OLSAT 1/18-22/2015	19	20 Big Buddy Day PTO Meeting—IMC 6:30 PM	21 Board of Education Meeting—Luther 6:30 PM	22	23
	Day 5	Day 6	Day 7	Day 8	Day 9	
24	25	26	27 Career Night— Grades 4 & 5 3:00-5:30 PM	28	29 Report Cards Sent Home	30
	Day 10	Day 1	Day 2	Day 3	Day 4	
31				Future Dates Feb. 4 Parent/Teacher Conferences Feb. 9 Parent/Teacher Conferences. Feb. 9 Purdy School Science Fair Feb/ 17 Purdy PTO Meeting—6:30 PM—IMC Feb. 19 11:50 AM Early Dismissal Feb. 20 F.A. Regional Science Fair Feb. 21 5th Grade POP5 Concert—1:00 PM		



PURDY PANTHERS PURDY ELEMENTARY SCHOOL NEWSLETTER



January 2015



December is always an energetic month filled with some of our biggest events of the year. Ultimately, it's a great time to pull together these different groups, including our community members, to showcase a variety of learning moments and opportunities. Some highlights include:

- ♦ PTO's Breakfast with Santa (see included information)
- ♦ Our Winter Concert Series (see included information)
- ♦ Community service projects with the Fort Atkinson Food Pantry and Jefferson County Humane Society

Breakfast with Santa had another successful year. The incredible outpouring of support from local businesses was amazing. Please be sure to note the included information for a list of these generous donors! Many thanks to Rachel Broadhead for chairing this event.

Our Winter Concert Series produced another successful showcase of student talent. We changed the format to showcase our Kindergarten/First grade performers and our Second/Third grade performers. The Fourth/Fifth grade will present a spring showcase. We received a lot of positive feedback on this new structure. Special thanks to Ms. Kosak for all her hard work preparing our students.



Community service projects continue to warm my heart. To see children making real-life learning connections to being helpers in the community, helps us teach them how to be responsible citizens of the future.

Regardless of the event, there certainly are many life lessons and connection opportunities for all.

Don't forget to plan ahead for the Science Fair! Winter break is the perfect opportunity to think about a topic and work on science fair projects. We know they take a lot of support from home, so please know we send HUGE THANKS in advance for this help! Science fair projects teach students how to think and use the information they learn both at home and at school. The time invested is well worth it! We will showcase all projects here at Purdy during February conferences time. If you need another handout about the Science Fair, the main office has extra copies or go to www.fasciencefair.org

I hope you are able to take a few moments out of the rush of this season to give extra love and attention to your children. They feel the stress of this jam packed time, just as we do as adults. Your reassurance and love makes a huge difference! Your child(ren) have all worked so hard at school and we are excited for them to return refreshed and energized for more learning. I hope you enjoy all of your holiday celebrations and wish you a very Happy New Year.

Leigh Ann Scheuerell, Principal
Purdy Elementary



SCIENCE FAIR ENTRIES **DUE JANUARY 30, 2016**

It's time for the annual Science Fair. Join in the fun, imagination, creation and discovery of SCIENCE!!! Take part in the 2016 Fort Atkinson Science Fair. The Fair will be held at the Hoard's Museum on February 19-23. The key to making it a positive learning experience is to start early. Winter break is a great time to sit down and discuss questions and problems that have some scientific basis for your project. Ideas can be found in the Purdy IMC, Dwight Foster Public Library or on the Internet. Science Fair booklets are available through Dwight Foster Public Library or the Purdy School office.

Some additional topics might include:

- ♦ Electricity, magnets, etc.
- ♦ Studying brand preferences, advertising, etc.
- ♦ Collecting water, air samples at various times, locations, etc.
- ♦ Studying human or animal behavior or traits, i.e. left or right-handedness, eye color.
- ♦ Determining which consumer products really are most effective.
- ♦ Growing plants by varying light, water, soil, and nutrients.
- ♦ Analyzing snow content.

All fourth and fifth grade students do a project for their science classes and school science fair. The regional Science Fair is a great chance to get more mileage out of their projects. Therefore, all fourth and fifth graders are encouraged to enter the Fort Atkinson Science Fair.

Make sure that any project is designed to answer a question. Some of the best ideas come from around the house! Examples: Which brand of popcorn pops up the best? How would you measure this? How would you do the same to determine which battery lasts the longest? Which brand of paper toweling works the best – is strongest or most absorbent? Does music have an effect on plant growth? Does fertilizer really help plants grow? Does fertilizer turn pond water green? Under what conditions?

Keep the project simple and follow the directions in the Science Fair guide that will be sent home soon. Questions? Ask your child's teacher or Leigh Ann Scheuerell, Principal.

To help, the school offers a nice, functional yet inexpensive trifold mounting board for **\$3.00**. These are available first come first serve. Nasco also offers similar boards as well.

Note: Purdy Elementary School will have its Science Fair on Tuesday, February 9th which coincides with one of Purdy's Parent Teacher Conference Nights.



PARKING LOT

Please remember to park in the parking lot stalls if you come inside to pick up your child(ren). Do not leave your car unattended in the drive through. It stops the flow of traffic.

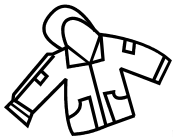
Thank you for your cooperation.



MID-YEAR CHECK LIST

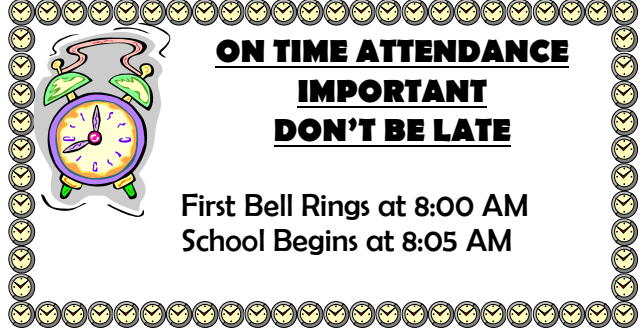
Parents please check with your child to see how he/she is doing in these areas.

- ✓ Math Facts – practice every day.
- ✓ Read – ensure your child reads at least 10 – 20 minutes daily. Most grades require “take home” books to be read each day.
- ✓ Homework habits – has a regular time to study and/or does so when asked. Also goes to bed early and wakes up ready to learn. Seems to miss assignments? Ask about an assignment notebook or a homework folder. Most classes use one or both.
- ✓ School supplies – many supplies need to be replenished by mid-year.
- ✓ Writing – write sentences, stories, and letters just for practice or for family and friends.
- ✓ Daily Folder – Finishing the day on green or above is great. If not try again the next day.



LOST AND FOUND TO BE DONATED

Parents, help ensure your child brings home all the clothes that have been brought to school. We have quite a bit of unclaimed items. Teachers have been instructed to have their students inspect their coat rack areas prior to leaving for winter break. Unclaimed items will be collected to the Lost and Found area by Exit 5. **The school will be open from 7:30 AM to 2:30 PM on Monday, December 28th and Tuesday, December 29th for pick up of lost items.** All remaining items will be turned over to a local charity.



ON TIME ATTENDANCE IMPORTANT DON'T BE LATE

First Bell Rings at 8:00 AM
School Begins at 8:05 AM



WARM COATS STILL AVAILABLE

A local charity has provided new winter coats for boys and girls. A variety of sizes are available for families in need of financial assistance. Even with staff looking for needs there still are coats available. Interested? Stop by or call the office for details.

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THANKS FOR WAITING PARENTS!

Purdy parents have done a great job waiting for their children in waiting areas in front of the building as well as waiting for the security doors to open just before classes start/dismiss. These areas are conducive for waiting parents and eliminate the distractions associated with parents waiting outside classroom doors or children entering hallways unsupervised. Thank-you for your cooperation!

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NEW ADDRESS OR PHONE NUMBER?

Please inform the office if you have moved, changed phone numbers or employment. This information is useful in case your child is sick, school closings and for school mailings.

2016-2017 4K REGISTRATION

Registration for the School District of Fort Atkinson 4 Year Old Kindergarten (**4K**) opens on Monday, January 4th, 2016. Children that will be 4 years old before September 1, 2016 are eligible for 4K.

The 4K Registration Forms are available in all of the Elementary School Offices, the Dwight Foster Public Library, and all of the 4K sites; Purdy Elementary ,Kids Konnection, Fort Atkinson Preschool and Day Care, Parents Cooperative Preschool, St. Joseph's Catholic School, Head Start at Purdy and Hebron Locations. The registration form can also be downloaded at www.fortschools.org/4k.

Forms should be completely filled out and returned to: Barrie Elementary School, Attn: 4K, 1000 Harriette Street , Fort Atkinson, WI 53538

The Deadline to return 4K Registration Form is Friday, March 4, 2016.

The next step in the enrollment process will be the Fort 4K Registration Day. This will take place **Wednesday, April 6th from 10:30 am - 6:00 pm at Luther Elementary School located at 205 Park Street.** There will be a \$15.00 registration fee, cash, or check made payable to **School District of Fort Atkinson.** No appointment is needed, but it is important that you attend. The process should take no longer than 15 minutes. Additional 4K registration information will be forthcoming.

Please direct any questions to 4K Secretary, Carol Klein at 920-563-7817 or **email to: kleinc@fortschools.org.**



WELCOME NEW STUDENTS

The following students are new to Purdy School. Welcome to a great place to learn.

- ♦ Dylan Knox Early Childhood
- ♦ Aubrey Tylock Early Childhood
- ♦ Elijah Lowery First Grade

School enrollment, not including the 4K program is 342.



BOX TOP CLASSROOM CHALLENGE

\$629.40 Raised So Far!!!!!!

The second competition is January 11 to January 21. Please keep saving your Box Tops.

Sally Schwarz, Box Top Chairperson

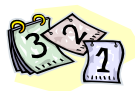


PTO HOLIDAY CONCERT RAFFLE

PTO held a "Concert Seat Raffle" for the December 10th Concerts. Winners names were drawn at Breakfast with Santa. The winners were:

- ♦ K-1: Sophia Evenson's Family and Lillian Webb's Family
- ♦ 2-3 Lydia Courtier's Family and Joely Mack's Family

Your PTO raised \$ **148.00. Thank you** to everyone who participated.



SCHOOL RESUMES JANUARY 4, 2016

Parents will want to note that winter break is from December 23 through January 3rd. School resumes Monday, January 4, 2016!!



MUSIC MESSAGE FROM **MS. KOŠAK**

Hello, Students and Families!

It was a fun-filled evening December 10th, K-1st grades and 2nd-3rd grades had their annual winter programs. Both groups did a fabulous job—lines were memorized, songs learned, and movement down pat. Really, I am so pleased with the way the students presented what they have learned in music.

I want to send one final thank you to everyone who made it possible for the night to be so enjoyable. Things ran so smoothly!

If I left anyone out on the back of the program, please know, it is purely accidental, and that you, too, are very much appreciated.

We will get to see 4th and 5th graders in performance on Thursday, April 7th at 6:30 P.M. at the High School Auditorium. Please mark your calendars, if you have not already done so.

I wish each of you a peaceful, joyful winter break.



CONSIDER ATTENDING: **SUPERINTENDENT'S PAR-** **ENT** **ADVISORY MEETING**

You are invited to attend Superintendent's Parent Advisory meetings hosted by Dr. Jeff Zaspel on the second Wednesday of each month. Meetings are held at the Luther Administration Building in Conference Room A (upstairs) from 4:00—5:00 p.m. This one hour meeting is a great way to receive answers to your questions and to share your ideas and opinions. Meeting topics are requested by parents and future topics include:

- District Assessments: Proctoring of A Standardized Testing
- Technology: New Director, "Bryte Bytes" Technology Survey, One to One Device
- Student Behavior/Expectations/Discipline
- Response to Intervention
- Co-Teaching: Special Education in the Regular Classroom

Please consider joining us for a Superintendent's Parent Advisory meeting during the school year. Your input and ideas are very important and valued. Hope to see you at one or all of these upcoming meetings: January 13, February 10, March 9, April 13 and May 11.



CLOTHING DONATIONS **FOR THE OFFICE**

The Purdy School Office is looking for gently used clothing items to be used for those occasional mishaps that occur.

Items that would be most useful are:

- Sweatpants (Boy & Girls)
- Underwear (Boys & Girls)
- Socks (Boys & Girls)
- ♦ Mittens/Gloves

We need all sizes for boys and girls. Our storage space is limited. Please don't clean your closets, but a few items will be greatly appreciated.



BREAKFAST WITH SANTA

Purdy families kept Santa VERY busy at our annual Breakfast with Santa! He listened to many children's requests and took their letters. We appreciate Santa making the time every year to come to our event. Thank you to the over 300 people who attended and enjoyed a delicious breakfast, played games, did crafts and visited with Santa.

THANKS to all of you who decorated, served food, supervised activities, cleaned up and did whatever was needed to make this event possible for our children. It is impressive what our Purdy families, teachers and staff do to make special events like this happen. Also, thank you to the volunteers from Fort High School and the National Honor Society as well as the UW-Whitewater Future Teachers Student Organization that helped at the event.

Much appreciation goes out to the Purdy office, custodial and kitchen staffs. They play such an important role behind the scenes daily and for events like Breakfast with Santa.

Finally, our Fort community made many of the donations making this event more affordable for our families. Members of the Fort Atkinson Kiwanis made the pancakes and Jones Dairy donated this delicious sausage. Other businesses that played a part included Beauty and the Bean, Culver's, Festival Foods, Fort Fire Department, Jimmy John's, Jones Dairy Farm, Kerry Inc., Kwik Trip, McDonald's, Nasco Arts and Crafts, Pick-N-Save, Prairie Farms, Premier Bank, Sam's Club, Shopko, Target, Walgreens Drug Store, Walmart of Jefferson, and Walmart of Whitewater. Please show your thanks by supporting these businesses that so generously donated to our school.

Have a Happy New Year!

Rachel Broadhead
Chairperson



BAND & ORCHESTRA PARENTS



Now that you've had a chance to see and hear more about what band and orchestra is all about, consider attending a Booster Meeting!!

The Booster Meetings are brief and we discuss fundraisers and ways to improve what we already do.

We only meet a handful of times a year, for about an hour each time.

These meetings are important for the maintenance of our programs, but we need your input!!



ORCHESTRA BOOSTERS MEETING:

Monday, January 18, 2016
6:00 pm – High School Orchestra Room

BAND BOOSTERS MEETING:

Wednesday, January 13, 2016
6:00 pm – High School Band Room

We hope to see you there!



HAVE A FEW MINUTES WAITING FOR YOUR CHILD(REN)?

The IMC has a small parent library with books about relevant topics for parents including ADHD, learning disabilities, promoting study skills and work habits, good behavior etc. Most of the books have been acquired with PTO funds. Check it out! Just check into the school office for access to the parent library.



DISTRICT DARE PROGRAM AND WAYS TO DISCOURAGE ALCOHOL & DRUG USAGE

Elementary schools will start DARE instruction in early **February 8, 2016**. Officer Hefty, a Fort Atkinson police officer, will teach the program once a week for nine weeks.

Parents of DARE students are expected to have follow-up discussions with students about drug and alcohol usage. Research conclusively shows that parents that openly and regularly discuss these matters have children that are less likely to use or abuse alcohol and drugs. Take the time to talk to your children about drugs and alcohol.

Mark your calendars: **DARE** graduation is **April 25th** at Fort Atkinson High School Auditorium.



SOUTHERN LAKES ANTHOLOGY

The Whitewater area Talented and Gifted Network sponsors an annual competition for artists and authors. Students enter work in five categories: Poetry, Prose, Art, Cartoons, and Illustrated Writing. This year's theme was "Expressions". Twenty-four entries were selected from 3rd–8th grade students to be included in our local Fort Atkinson Student Anthology and to be judged for inclusion in the regional southern Lakes Anthology.

Congratulations to:
Carla Hernandez-Fercano—Art Work

Michael Schwarz and Gabe Staude—
Collaborated on an Illustrated Writing Piece.

Their work was selected for the 2016 Fort Atkinson Student Anthology.

Ms. Daly
IMC Director



GEOGRAPHY BEE CONTESTANTS

56 students recently participated in taking a tough qualifying test that was open to all 4th and 5th graders. Congratulations to the following students who have qualified for the Purdy School Geography Bee.

Ms. Bachhuber: Chance Leisgang

Mr. Springstroh: Christian Lehmann

Ms. Stevens Roman Hagemeister

Mrs. Hahn: Louden Goutcher
Aiden Janacek
Michael Siarkiewicz
Marcus Turley

Ms. Lins: Jackson Siekiewitz
Paige Teubert

Mr. Twedt: Colton Rosenow

The Geography Bee will be held on Tuesday, January 12, 2016 at 12:45 PM in the IMC.

Congratulations and good luck to all contestants!

HEAD LICE

We have been seeing a few cases of head lice in our schools.

Please check your child(ren) for head lice several times a month.

Questions? Call the school nurse office at 563-7805.

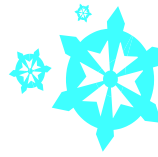
Sara Noeske, RN, School District of F.A. Nurse



OPEN ENROLLMENT
FEBRUARY 1 – APRIL 29,
AT 4:00 PM

Parents that are presently living outside the School District of Fort Atkinson or that may move out before next school year and wish to have their child(ren) attend Purdy or a school in the Fort School District are required to apply for Open Enrollment to continue to attend at Purdy next year.

Parents need to file paperwork with the Superintendent's Office from February 1st to April 29, 2016 at 4:00 PM. Parents may apply in one of two ways: On-line at <https://www2.dpi.state.wi.us/OpenEnrollApp> or by contacting Debbie Kopps, Assistant to the Superintendent at 563-7807, for paper applications. The process is very simple and painless. Also, if one is currently living outside the School District and wishes to begin their child in the Fort Atkinson School District, this procedure needs to be used. Have a friend that needs this information? Please pass it along. Each year we welcome many new families to the District and Purdy Elementary School this way.



WINTER WEATHER
AWARENESS

All students are expected to go outside for recess. Unless the weather is too cold (below 0° F with the wind-chill), snowing heavily or it's raining, students play outdoors. Proper clothing makes all the difference between an enjoyable recess and one in which the school bell doesn't ring soon enough. Students need to dress warmly, wear hats, mittens or gloves, warm coats, snow pants, and boots. Students without boots can get wet feet that stay wet well after recess. Further, there are times when students without boots or snow pants are restricted to blacktop and sidewalk areas. If parents send proper clothing, Purdy staff will work hard to make sure it is worn. Students are also encouraged to keep a dry change of clothes in their backpack for emergencies.

Below is a list of stations to listen to or watch for school closings.

WFAW/WSJY/WKCH
 WSLD
 WISC-TV-Ch. 3
 WMTV-Ch. 15
 WIBA/WTSS/WMLI/WZEE/WMAZ
 Today's TMJ4/WKTI/WTMJ
 The Weather Channel



BLACKBOARD CONNECT
CALLS/EMAILS

The School and District have been using Blackboard Connect to provide automated calls and emails to all who have signed up. The system can call every Purdy parent in under a minute! If you have not gotten a call/emails or wish to now get alerts regarding snow days, special announcements, emergencies, etc., please call the office to get added to the call list.



SAFETY/PEACE PATROL OF
THE MONTH

The following students were selected as Safety/Peace Patrol of the month and were treated to lunch at McDonald's on Friday, December 18, 2015.

- ♦ **Alexandria Cox**
- ♦ **Jesse Hedrick**

ORIENTATION/REGISTRATION FOR
2016-2017 SCHOOL YEAR
CURRENT 5TH GRADERS

The orientation/registration process of preparing 5th graders for the transition from elementary school to Ft. Atkinson Middle School begins the week of February 22nd. Mrs. Temperly, school guidance counselor, coordinates orientation/registration activities for 5th graders. Please review the dates and activities information for 5th graders.

WEEK of FEBRUARY 22ND

Mrs. Temperly visits 5th grade classrooms to distribute registration materials and discuss the middle school. Registration materials are to be sent home.

FEBRUARY 29TH

A parent/guardian orientation meeting will be held at 6:30 P.M. in Ft. Atkinson Middle School to share information. **This program is for parents/guardians only.**

MARCH 4TH

Registration sheet must be returned to the 5th grade homeroom teacher by this date.

APRIL

6th graders visit 5th grade classrooms to make panel presentations about life as a middle school student.

MAY

5th graders visit the Ft. Atkinson Middle School. This will be an opportunity for 5th graders to meet 6th grade core curriculum teachers and tour the building.

AUGUST

The new class of 6th graders visits the middle school with their parents/guardians for an evening program. There is an opportunity to walk around the building and learn how to start the year on a positive foot.

SEPTEMBER

The first day of the school year will be only for our new 6th graders. We will have a variety of fun orientation activities to help new students connect with adults in the building prior to the 7th and 8th graders joining us on the second day.



GIVING
FOR THE
HOLIDAYS



Purdy School classes picked the Food Pantry and Jefferson County Humane Society.

Mrs. Kratz's Kindergarten class, First, Second, Fourth and Fifth grades collected and delivered their items to the Fort Atkinson Food Pantry.

Third Grade classes collected money and items for the Jefferson County Humane Society.

Thank you for donating items to these two organizations.

HOT LUNCH MONEY

Just a reminder for parents to please put lunch money in an envelope with child's name, grade, homeroom teacher and amount enclosed.

Also, please keep money in your child's account at all times.

Breakfast	\$ 1.50
Lunch	\$ 2.55

Thank you for your cooperation.

January 2016



BACKPACK



News

New Year, New Healthy Life Style

Use these simple tips to incorporate more health in your family's diet!

Railyard
Cambridge Elementary
802 W. Water Street
Jan. 3, 10, 17, 24, 31
2p-4p

January 18-24 is
Healthy Weight Week!
[www.healthweightnet
work.com](http://www.healthweightnetwork.com)

January 22nd is
Women's Healthy
Weight Day

Cervical Health
Awareness Month
www.nccc-online.org

National Blood Donor
Month
www.redcross.org

MAKE LONG TERM HEALTH CHANGES. *Make your New Years Resolution all about having a healthy weight!*

DON'T DIET!

- Diets are fads and the results usually don't last.
- Diets add stress, which is something healthy people don't need.
- Diets can lead to eating disorders.

JUST BECAUSE IT'S COLD OUTSIDE DOESN'T MEAN YOU CAN'T HAVE FUN!

- If you are going to go outside, make sure you are dressed for the weather.
- Wear hats, gloves, scarfs, boots, snow pants, and appropriate coat if you are going to be playing in the snow.
- Layers are also a good idea to make sure you are comfortable and appropriately dressed.
- When you get too cold, go inside and warm up with some hot chocolate and a good book!

New Movin' and Losin' Families Class and Location

Looking for a family fitness program that is fun and effective? Check out the **Movin' and Losin' Families** program through Fort HealthCare!

Fort Atkinson: Tuesday Jan 19 - Mar 22
Lake Mills: Tuesday Jan 26 - Mar 15
*Limited to 40 participants

[Check it out at FortHealthCare.com](http://FortHealthCare.com)

Resolution Ideas For the New Year

CUT DOWN ON SUGAR– This means cutting down on candy, soda, and juice.

EAT MORE FRUITS AND VEGGIES – 50% of your plate should be fruits and vegetables. Fruits also make great on the go snacks!

BE MORE ACTIVE– Go out on a walk, ride your bike, walk the dog. Simple things like this are an easy way to get more physical activity in!

STAY HYDRATED – Drink at least 6-8 cups of water per day. Try to replace sugar-sweetened beverages with water!

GET A BETTER NIGHTS SLEEP – Getting enough sleep ensures that you will be well rested and ready to take on the day. Not getting enough sleep can lead you to be crabby and make the day go by slowly.

WATCH LESS T.V. AND READ MORE– Not only should you have a healthy weight, but you should also have a healthy brain. Reading is like getting exercise for your brain!



 **Fort
HealthCare**
FOR HEALTH
FortHealthCare.com

Enero 2016



Noticias para la MOCHILA

¡Año nuevo, nuevo estilo de vida saludable!

Usa estos consejos para incorporar más salud en la dieta de su familia:

¡Tomar buenas decisiones hoy para una mañana más saludable!

Alimento del Mes: Calabaza

El 18-24 de Enero es la
Semana de Peso
Saludable!

[www.healthyweightnet
work.com](http://www.healthyweightnetwork.com)

El 22 de Enero es el Día
de Peso Saludable de la
Mujer!

**Mes de
Concientización Sobre
Salud Cervical**

www.nccc-online.com

**Mes del Donante de
Sangre Nacional**

www.redcross.com

HACER LARGO PLAZO CAMBIOS DE SALUD, NO DIETA!

- Las dietas son modas pasajeras y los resultados generalmente no duran.
- Dietas añaden estrés, que es algo que no necesitan personas sanas.
- Las dietas pueden llevar a trastornos de la alimentación.

EL EXTERIOR FRÍO NO SIGNIFICAN QUE NO PUEDES DIVERTIRSE!

- Si vas a salir en el frío, asegúrese de que estés vestido para el temperatura y clima.
- Usar sombreros, guantes, bufandas, botas, pantalones de nieve y abrigo apropiado si vas estar jugando en la nieve.
- Las capas también son una buena idea para asegurarse de que estés cómodo y adecuadamente vestido.
- Cuando te de mucho frío, entra y calentarte con un poco de chocolate caliente y un buen libro!

Nuevas Clases y Localización de Mover y Perder para Familias!

Estas buscando un programa de acondicionamiento físico que es divertido y efectivo? El programa de Mover y Perder es el perfecto programa!

Fort Atkinson: Martes Enero 19 -
Marzo 22

Lake Mills: Martes Enero 26 - Marzo
15

*Limite de 40 participantes

[Visita FortHealthCare.com](http://VisitaFortHealthCare.com)

Ideas para Resoluciones para el Año Nuevo

REDUCIR LA AZUCAR DEL DIETA-
Comer menos dulces y beber menos
jugo y soda.

**COMER MÁS FRUTAS Y
VERDURAS-** 50% de su plato debe
ser frutas y verduras. Frutas también
hacen buenas botanas.

HAZ MAS EJERCICIO- Ir en un
paseo, andar en bicicleta, pasear a la
mascota. Cosas sencillas como estas
son unas maneras fácil de hacer más
ejercicio!

BEBER MAS AGUA- Beber a lo
menos 6-8 vasos de agua al día. Trate
de reemplazar bebidas azucaradas por
agua!

DORMIR MEJOR EN LA NOCHE-
Dormir lo suficiente se asegura de que
estés descansado y listo para tomar el
día. No dormir lo suficiente puede
hacer el día mas largo e ir poco a
poco.

**VER MENOS TELEVISIÓN Y LEER
MÁS-** no solo debes tener un peso
saludable, pero también debes tener
un cerebro sano. Leer es como hacer
ejercicio para tu cerebro!



JANUARY 2016

ELEMENTARY BREAKFAST



Monday	Tuesday	Wednesday	Thursday	Friday
MEAL PRICES K-5-\$1.50 6-12-\$1.55 Adults-\$2.00 Milk - \$.035 (included with meal) Skim and 1% Milk served daily.	All grain products are now whole grain! * - May contain pork + - May contain peanuts Skim and 2% Milk served daily Menu Subject to Change	Check out our Facebook Page at Fort Atkinson School Nutrition Program	Follow us on Twitter @FortNutrition Please contact Barb Waara, Student Nutrition Director 920-563-7811 x1161 with any questions.	
4 Breakfast Pizza 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 Banana Bread OR Cereal & Cheese Stick All meals come with fruit juice and milk	7 *Jones Sausage & Egg Muffin 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 Build Your Own Yogurt Parfait OR Cereal & Cheese Stick All meals come with fruit juice and milk	12 Z Breakfast Bread OR Cereal & Cheese Stick All meals come with fruit juice and milk	13 WG Apple Frudel OR Cereal & Cheese Stick All meals come with fruit juice and milk	14 Mini Cinnis OR Cereal & Cheese Stick All meals come with fruit juice and milk	15 No School
18 Hot Oatmeal & Muffin OR Cereal & Cheese Stick All meals come with fruit juice and milk	19 Breakfast Pizza OR Cereal & Cheese Stick All meals come with fruit juice and milk	20 Mini Bagels & Cream Cheese OR Cereal & Cheese Stick All meals come with fruit juice and milk	21 Mini Pancakes 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 Benefit Bar OR Cereal & Cheese Stick All meals come with fruit juice and milk	26 Build Your Own Yogurt Parfait OR Cereal & Cheese Stick All meals come with fruit juice and milk	27 Apple Frudel OR Cereal & Cheese Stick All meals come with fruit juice and milk	28 *Jones Sausage & Egg Muffin 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

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

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JANUARY 2016

ELEMENTARY LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
MEAL PRICES K-5-\$2.55 daily, \$12.75 wkly 6-12 -\$2.80 daily; \$14.00 wkly Adults-\$3.75 daily Milk - \$0.35	All grain products are now whole grain! * - May contain pork + - May contain peanuts Skim and 2% Milk served daily Menu Subject to Change	Check out our Facebook Page at Fort Atkinson School Nutrition Program	Follow us on Twitter @FortNutrition Please contact Barb Waara, Student Nutrition Director 920-563-7811 x1161 with any questions.	
MEATLESS MONDAY Stuffed Cheese Sticks OR +PBJ Uncrustable Sweet Potato Fries Strawberries 100% Grape Juice	***TACO TUESDAY** *Soft Shell Tacos OR Turkey & Cheese Sandwich Refried Beans Seasoned Corn Pineapple Tidbits	NATIONAL BEAN DAY Pasta, Meat Sauce, Cheese Garlic Breadstick Or Cheese Melt Green Beans Sliced Pears, Sunset Sip Juice	Orange Chicken OR Ham & Cheese Sandwich Rice Pilaf Steamed Broccoli Mandarin Oranges Fortune Cookie	**FAST FOOD FRIDAY** Cheese Pizza OR Yogurt & Scooby Snacks Romaine Salad Red Peppers Strips Fruit Juice Slusly
NATIONAL MILK DAY Cheese Quesadilla OR +PBJ Uncrustable Romaine Salad Green Pepper Strips Fruit Punch Brownie	Cheeseburger OR Turkey & Cheese Sandwich Fresh Roasted Potatoes Carrots & Ranch Craisins	**BRUNCH 4 LUNCH** Pancakes & *Jones Sausage OR Cheese Melt Sweet Potato Tots Applesauce Dragon Juice	Crispy Chicken Sandwich OR Ham & Cheese Sandwich Baked Beans French Fries Fresh Grapes	NO SCHOOL 
MARTIN LUTHER KING DAY Cheese Pizza OR +PBJ Uncrustable California Veggie Blend Celery Sticks & Ranch Mixed Fruit Cup	NATIONAL POPCORN DAY Popcorn Chicken OR Turkey & Cheese Sandwich Rice Pilaf Baked Beans Fresh Kiwi 100% Apple Juice	*BBQ Pork Sandwich OR Cheese Melt French Fries Green Beans Red Grapes Rice Krispie Treat	Chicken Tenders Dinner Roll OR Ham & Cheese Sandwich Fresh Broccoli Trees Chilled Pears Wango Mango Juice	**FAST FOOD FRIDAY** Mini Corn Dogs OR Yogurt & Scooby Snacks Romaine Salad Grape Tomatoes Sliced Peaches
MEATLESS MONDAY Muffin, Yogurt & String Cheese OR +PBJ Uncrustable Fresh Veggies & Dip Fresh Apple Slices 100% Orange Juice Cup	***TACO TUESDAY** *Nachos with Cheese & Meat OR Turkey & Cheese Sandwich Refried Beans Steamed Corn Apple Gingerbread Square	Ham & Cheese Baked Potato Garlicky Breadstick OR Cheese Melt Steamed Broccoli Mixed Fruit Cup	Chicken Nuggets OR Ham & Cheese Sandwich Seasoned Couscous Baby Carrots & Dip Chilled Pineapple	**FAST FOOD FRIDAY** Hot Dog on WG Bun OR Yogurt & Scooby Snacks Sweet Potato Fries Romaine Salad Craisins

FORT ATKINSON STUDENT NUTRITION – FEEDING FORT ATKINSON'S FUTURE

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