









Purdy Elementary School

November 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Daylight Savings Time Ends "Fall Back" 	2 No School Fall Break	3 Day 3	4 Day 4	5 Day 5	6 Report Cards Sent Home W/Students Purdy Pride Day Wear Red and Blue!  Day 6	7
8	9 Veteran's Day and Open House 8:15—Noon Day 7	10 Day 8	11 Day 9	12 Parent/Teacher Conferences PTO Book Fair 3:00—8:00 PM Day 10	13 PTO Book Fair 3:00—3:45 PM Day 1	14
15	16 PTO Book Fair 3:00—3:45 PM Day 2	17 Parent/Teacher Conferences PTO Book Fair 3:00—8:00 PM Day 3	18 Day 4	19 PTO Family Rollerblading Night K-1 5:00-5:45 2-3 6:00-6:45 4-5 7:00-7:45 Day 5	20 Day 6	
22 	23 Day 7	24 Day 8	25 No School Thanksgiving Break	26 No School Thanksgiving Break 	27 No School Thanksgiving Break	28
29	30 Day 9		Future Dates Dec. 5 Breakfast w/Santa Dec. 10 K—3 Holiday Concerts, H. S. Dec. 23-Jan. 1 Winter Break Jan. 4, 2016 Classes Resume Jan. 15 No School-Records Day			



PURDY PANTHERS

PURDY ELEMENTARY SCHOOL NEWSLETTER

November 2015



Dear Parents,

Looking forward to November is always an exciting time. The seasons drastically change, many holidays are celebrated and lots of family time is important! We continue to keep a fast and rigorous pace of learning amidst the busy lives that we live and our students take it all in stride. October left us quicker than it came, but we certainly worked toward many goals:

✓ Our Kindergarten, First and Second graders completed their fall round of PALS testing. The mandated testing allows us to engage students in literacy tasks that will give us detailed information in order to make instructional decisions about students to provide strong literacy instruction at their current level.

✓ Teachers have spent time working with District Literacy Coaches in the planning and implementation of the new Units of Study (UOS) literacy curriculum. Teachers have focused on the sequencing and pacing of lessons that align to common core. Coming up in quarter 2, our overall district theme K-8 is "Relationships" with the following sub themes:

Kindergarten—kindness
First Grade—compassion
Second Grade—cooperation
Third Grade—acceptance
Fourth Grade—conflict resolution
Fifth Grade—collaboration

✓ The annual Monster Mash planning has been well underway and is sure to be a successful event on Thursday, October 29th. The school team did an excellent job of working together and creating a community opportunity through this fun event. We hope to have another great turn out for a night of treats and dancing.

All funds from this event go towards the Dream Scholarship, benefiting a Purdy Panther choosing to move onto post secondary education. Special thank you to: Jeff Jensen, Mike Stricker, Michelle Brown, Keri Hill and Annette Hoyer for their work as committee members. Also thank you to all the volunteers that are signed up to support and help. We couldn't have done it without you!

COMING UP:

✓ Come join us for our annual Veteran's Day Program and Open House on Monday, November 9th. Several honored guests will be present as well as a presentation by guest speaker Master Sergeant Jason Hill. Our students will also be singing a tribute song to all our military personnel. Afterward, join your Purdy student in their classroom for the morning to see what we do best: teach and learn. You're also welcome to stay and join us for a wonderful turkey hot lunch. Be sure to get your reservation to the office by Monday, November 2nd.

✓ Winter Concerts will be here soon. Please be sure December 10th is already noted on your calendar and that Purdy concerts will be held at Fort Atkinson High School.

K—1 Concert at 6:00
2—3 Concert at 6:50

NOTE: 4—5 Grade will NOT be performing during the winter. They will have a separate concert in the spring (April 7 at 6:30) to showcase their high level of learning throughout from a longer span of the school year.

Looking ahead,

Leigh Ann Scheuerell, Principal
Purdy Elementary School
920-563-7822





OPEN HOUSE—MORNING of NOVEMBER 9, 2015

Most parents took the opportunity to visit school in August at Purdy's Back-to-School Night. Now you can return during the day and see instructional lessons! This year's Open House will be held the morning of Monday, Nov. 9th. It starts with a ceremony honoring veterans in the Gym recognizing Veteran's Day.

Afterwards family members can visit their children's classroom and see our students in action. If your child has music, physical education, art or library skills follow along to see those lessons as well!

Want to stay for lunch too? We have a great turkey luncheon planned! Reserve a hot lunch by Monday, November 2nd or just join us with your own lunch.

Hope to see you there.



THE BRAVE

These are the lyrics for the song the students will sing at the Veteran's Day Program.

Thank you for your service.
Because of you we're free.
We remember your valor,
your heart and bravery.

Refrain:

We say thank you for
all you've done.
We celebrate your life.
We recognize your sacrifice
and your service to our country.
Our defenders! The dauntless!
The Brave!

Thank you for your courage.
Today we honor you.
You defended our nation.
You fought to see it through.
(Repeat refrain)



HOMEWORK FOR ABSENTEE CHILDREN

Teachers are more than happy to help your child to keep up with their schoolwork when they have missed a few days of school. Please allow ample time for teachers to get homework together for him/her. A good time to ask is when calling in your child's absence in the morning. The office can prepare a note and pass it on to the teacher, giving the teacher the day to gather the homework. Thank you for your help.



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) small/med.
- underwear (boys & girls) small/med.
- clean hats
- mittens/gloves
- any school spirit wear

We need all sizes for both 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
SATURDAY, DEC. 5th
8:00 – 10:00 AM**

Breakfast with Santa is just around the corner. December 5th will be the morning you won't want to miss! Santa will arrive and the festivities will begin. There will be games and lots of time to visit with Santa. Parents are encouraged to bring their cameras for the event.

Registration forms will be sent home after November 1st. It is very important to get forms back to us as quickly as possible. We need to let Santa and the Elves know how many children, parents and grandparents will be there.

If you have any interest to help out at this event, please contact Rachel Broadhead at 920-568-3858. We will see you there!!!



**UP-TO-DATE WITH
ORCHESTRA**

5th grade orchestra students should be turning in **weekly practice logs**. Please check the back of the log to make sure your child is meeting the minimum practice requirements. Our holiday concert will be here before you know it!

Monday, Dec. 7

Reminder to Parents:

If you want to participate in the **orchestra booster meetings**, the next meeting will be held on Monday, Nov. 23, at 6:00 pm, in the High School Music Pod.

**PARENT-TEACHER
CONFERENCE PRIMER**

Midyear can be a good time to request a meeting with your child's teacher to check on your child's progress and head off any issues. Here's how to get the most out of such a conference, as suggested by Katy Jenkins, founder of the Organizing Tutor, a Mechanicsville, VA-based organizing service.

Start A List—Before setting up the appointment, jot down questions or areas of concern.

Review Your Child's Grades—While overall grades are important, individual scores offer clues to your child's trouble spots. Jenkins say poor test or quiz scores indicate a comprehension or study issue, and zeroes for homework mean that your child probably struggles with organization. "Be a detective," says Jenkins, "It will help you form questions."

Get Your Child's Perspective—Ask your child: What do you think your teacher will bring to my attention during our meeting? "If the teacher says the same thing during your meeting, everyone is on the same page," Jenkins says. "If the teacher says something else, there may be a disconnect".

Let the Teacher Talk First—During the conference, let the teacher take the lead. "She's spending up to seven hours a day with your student. It's important to listen first", Jenkins says.

Address Your Concerns—Go through your list and take notes. Be sure to ask the best way to continue communicating with the teacher after your meeting. "Remember, both of you have the same goal", Jenkins says. "You want your child to succeed".



Ms. Kosak and the Kindergarten - Third Grade students of Purdy School are happy to announce the

**Purdy Winter Concerts
Thursday, December 10, 2015
Fort Atkinson High School**

KINDERGARTEN AND FIRST GRADE

6:00 PM

"Holiday Road Trip" Part 1

SECOND AND THIRD GRADES

6:50 PM

"Holiday Road Trip" Part 2

PLEASE MARK YOUR CALENDARS!!

Since this a co-curricular project, every student is expected to perform unless there is a family emergency that night. Your children work very hard to give their best for you at this program; please try to schedule other events around this opportunity to see the results of their efforts.

We can't wait to see you there!



**FORT ATKINSON REGIONAL
SCIENCE FAIR AT THE HOARD
HISTORICAL MUSEUM
February 20-21, 2016**

All K-5 students are encouraged to enter their school projects in the Regional Science Fair. A separate set of rules will be coming soon. It is a great community-wide activity. Students in grades 3-5 are especially encouraged since they have already done a project that has met the requirements of the Regional Fair. Thank you for your cooperation.



**EARLY CHILDHOOD
SCREENING
Friday,
November 6, 2015**

This screening is for children between the ages of 3 and 5 years that you suspect may have a delay in speech, fine motor, gross motor, pre-academics, social, or cognitive skills.

Location: Purdy Elementary School
719 S. Main Street

Date: Friday, November 6, 2015

Time: : 8:00 AM—12:00 PM

Please go to www.fortschools.org and click on early Childhood Screening link to register for this event. If you have questions you can call the EC/4K Coordinator, Penny Bright, at 920-691-6228.

Professional assisting in the process include:

- Director of Pupil Services/Special Education
- Early Childhood Teachers
- Speech and Language Pathologists
- School Psychologist
- School Health Professionals (for hearing and vision concerns)

**JEFFERSON COUNTY
CHRISTMAS NEIGHBORS PROGRAM**

Jefferson County Christmas Neighbors is a program that wants to ensure all children in our community enjoy gifts and food for the holidays. If this is a program that would benefit your family, please call 920-674-4499 after November 2 between 9:00 AM—4:00 PM to speak with a volunteer and sign up.

This program is for Jefferson County residents only and the family must have a referral or the name of a caseworker to qualify.



GEOGRAPHY AWARENESS

Knowledge of geography concepts and skills can create a solid information base for a number of other subject areas including reading comprehension, current events, science, social studies, (geography is one of the social studies areas), etc.

Parents should note that the School District has geography map proficiency tests for grades 2-5. The test measures how well students know the following geography places: states, major cities, countries, key lines of latitude and longitude, continents and oceans, key landform names, i.e. mountains, rivers, etc. As students proceed through the grades they are expected to learn greater amounts of geography knowledge. Advanced students may take succeeding grade's tests i.e., students in third grade may take a fourth grade test if mastery is demonstrated at the third grade level first. Look for this information to be graded on this year's report card. The test maps are also on the District's webpage for student study at home.

Purdy will also have a Geography Bee in January for interested students. Students in grades 4 and 5 are eligible.



SOUTHERN LAKES ANTHOLOGY CONTEST— ALL SUBMISSIONS FOR SLA ARE DUE TO THE SCHOOL LIBRARY BY NOVEMBER 24TH

SLA is a contest for 3rd—5th grade students. The theme for 2015-2016 is "Anything but Ordinary". Students submit poetry, prose, illustrated writing, cartoons or black/white art. For rules and information, contact your Library Media Specialist, Ms. Daly!!



HOT LUNCH AND MILK MONEY

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



BOX TOP COMPETITION

Our first Box Top challenge ended on October 22nd. There were 6,307 Box Tops collected! The winner was Mrs. Johnson's Kindergarten Class! They collected 766 Box Tops. They will have Mrs. Scheuerell as a guest teacher and a pizza party donated by Dominos. The next competition will be in January. Please be sure to check expiration dates and clip neatly.

Thank you and keep clipping!!

Sally Schwarz, Box Top Coordinator



SCHOOL CANCELLATION START/DISMISS CHANGE

In case of inclement weather and we need to call off school, you will get an AlertNow message to any phone numbers or email accounts registered to this program. In addition we notify these stations in this order. Parents are encouraged to tune in.

1. WFAW/WSJY/LITE PM
2. WSLD
3. WISC—TV—Ch. 3
4. WMTV—NBC—Ch. 15
5. WIBA/WTSS/WMLI/WZEE/
WMAD
6. WKOW 27
7. Weather Watch 12
8. WTKI/WTMJ/Today's TMJ 4
9. Milwaukee Fox 6
10. WOLX, Triple M
11. WBEV, WXRO, WTTN
12. Milwaukee CBS 58

If school is going to be cancelled or delayed, the announcement is on the radio/TV shortly after 6:00 AM and is repeated every 10—15 minutes. **Please do not call the school.**

Make sure a plan is made in advance for your child should school be dismissed early and listen or watch the above stations for news. The safety of our children is our main concern.



PLANNING TO HAVE LUNCH WITH YOUR CHILD?

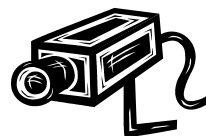
Family members are always welcome to come and have lunch with your child(ren). If you are planning to eat hot lunch, please call the office before **8:30 AM** to reserve a meal. We look forward to seeing you throughout the year.



COLD WEATHER REMINDERS

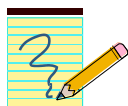
As the weather continues to cool down and winter sets in it is important to dress your child(ren) appropriately. Students will be expected to participate in outdoor recess on most days except when the temperature or wind-chill falls below zero. Outdoor activity provides a very healthy and needed break for our students. Once it snows, children who do not wear boots and snow pants will only be able to play on the blacktop area. So have your child(ren) bundle up. Recess provides a needed break during their busy day.

- Make sure your child wears warm clothes and the proper winter footwear.
- Check for lost clothing items—it seems our Lost & Found grows considerably during the winter months.
- Drive safely in the school zone if you are bringing children to school or picking up children at school. Slippery conditions and poor visibility are frequently present and 15 MPH is the speed limit whenever children are present.



SAFE AND SECURE

The safety and security of students, staff and visitors is an ongoing priority. In recent years Purdy Elementary School has locked all unmonitored exterior doors during the school day, added internal security doors and has also added 24/7 security cameras to the school and playground. Sign notifications have been added to major entrances indicating security cameras are in use and permission to enter is needed once the school day starts. Please be sure you sign into the Main Office when visiting.



HOW PARENTS CAN HELP THEIR CHILD(REN)'S WRITING

Parents can help too. Below are a number of tips that more or less mirror some of the philosophies and techniques used at Purdy.

- **Share your own writing.** Show your child personal, business, and consumer letters you write as well as receive.
- **Organize a chalkboard or bulletin board for written messages for all family members.**
- **Involve your child in family writing activities,** such as making shopping lists, instructions for babysitters, directions for visitors to your house, plans for birthday parties, and notes for school.
- **Have your child write thank-you letters for gifts.**
- **Encourage your child to write and draw cards to send to relatives and friends for birthday and holidays.**
- **Promote letter writing of all kinds,** such as notes to the tooth fairy or pen pals.
- **Suggest special writing projects.** Your child can make yard sale signs, posters for his or her room; or keep a diary, journal, or a vacation notebook.
- **Use the school's writing process when helping your child.** Prewriting activities include brainstorming and webbing ideas. This is followed by a rough draft and lastly by a final copy.

- **Point out a writing error now and then.** Let your child correct it. Be sure not to over criticize. Writing is very developmental and improves gradually.
- **Remember that good writing means more than "correctness."** Focus on the meaning more than the mechanics. Don't overcorrect but do enough to gradually build writing skills and confidence.
- **Be patient.** Writing develops slowly with practice.



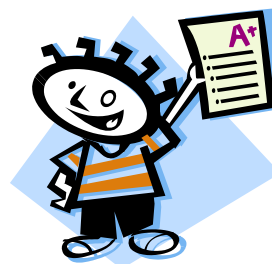
REQUIRED TESTING

In addition to teachers end of unit testing in core curriculum, students are required to take state mandated assessments that vary at each grade level:

K-2 = PALS in fall and spring
Grade 2 = OLSAT in mid January
Grades 3-5 = Smarter Balanced
(replacing WKCE) in spring.

It is a very important job we have to provide as many learning opportunities as we can so our students can showcase their learning on these assessments. Your help making sure your child is rested and fed a good breakfast on test dates is so very important.

Thanks for all you do to ensure this happens.





PURDY SCIENCE FAIR UPDATE February 9, 2016

All students in grades 3-5 are required to enter the Purdy Science Fair. Students in grades 4-5 do individual projects. Students in grade 3 do team projects. Each grade level has a set of requirements that generally follow the Regional rules. Participation in the Fair helps teach District Science Curriculum.

All other students in grades K-2 are encouraged to enter the Purdy Science Fair using Regional Science Fair requirements. Entries can be dropped off at the Regional Fair for judging.

Note: The Purdy Fair is an exhibition showing class projects and not judged as a contest. Participations ribbons are awarded.



PTO FAMILY ROLLERBLADING NIGHT THURSDAY, NOVEMBER 19TH

Join us for our second annual family roller blade night as the Purdy Gym is turned into a roller rink. Kids can show off the skills they've been working on in gym class and parents can have a great time watching or skating. **A parent must be present with their child during skating and a waiver will be collected along with payment at time of entry.**

Thursday, November 19

K-1	5:00—5:45 PM
2-3	6:00—6:45 PM
4-5	7:00—7:45 PM

Slice of Pizza \$2.50
Bottle of Water \$.50
Entry Cost per person over age 5 - \$ 2.00

Bring own blades and helmets if you'd like. A movie will be shown in the multi-purpose room for those siblings waiting for their own time to skate.



FALL BOOK FAIR NOVEMBER 12, 13, 16 & 17 It's Book Fair Time Again!

It's that time of year for the annual PTO sponsored Fall Scholastic Book Fair. As in past years, the Book Fair will be held in conjunction with November Parent-Teacher Conferences. There will be plenty of time to browse and shop before or after your classroom visit.

Dates of the Fair include:

- Nov. 11th Classroom Preview Day
9:00 AM—3:30 PM
- Nov. 12—Conference Day,
3:00—8:00 PM
- Nov. 13—After School Friday,
3:00—3:45 PM
- Nov. 16—After School Monday,
3:00—3:45 PM
- Nov. 17—Conference Day,
3:00—8:00 PM

Please note that the Book Fair is in a new location this year - the IMC/Library Area!

This is a fantastic fundraiser for the school. Sales from the fair do come back to Purdy to help with field trips, classroom supplies and other items needed for the students. There will be special priced books, new releases, award-winning titles and children's classics.

Hope to see you there!

Jill Draeger & Beth Hesselbacher
Chairpersons



September 2015

Dear Special Education Families,

Hello, my name is Denise Poeppel. I am Fort Atkinson School District's Family Engagement Liaison. The Family Engagement Liaison position is a volunteer position. It was created to help families supporting children with special needs. You can contact me if you are looking for information to support your child, have general questions regarding special education, or most importantly, need to talk to someone who has 'been there'.

My husband and I have three sons. We began our parenting journey in the early 80's. Over the years, we have learned a great deal from our experiences. Fort Atkinson's Special Education Program helped us navigate two of our children through school. And....we survived! Our children are healthy, independent, and successful adults. The journey was not always smooth, sometimes not even very fun. But, as you know, it was also some of the most rewarding experiences ever.

If you are a Rockwell Roadrunner, you may also know I am a Special Education Aide at Rockwell Elementary. I support students who are on the Autism Spectrum, or have a cognitive, emotional or learning disability. I am beginning my 13th year with the School District. (My lucky year!)

The past couple of years I have helped run a support group for families who support children on the Autism Spectrum with Connie Swantz. Connie is a friend and former Special Education Teacher. This year we would like to open our group to any family who is supporting a child with special needs. We feel it is important to offer support, education, and insight. Raising children is the most important job we can ever have. Raising children with special needs can make this job more challenging, there is so much more to learn and navigate through. We would like to help where we can.

Please join us at Rockwell Elementary School's IMC, 821 Monroe St., Fort Atkinson, for an hour and a half of support, education, and friendship. We meet the third Tuesday Night, September through May from 6:00 p.m. to 7:30 p.m.

I hope to meet you soon. If you would like to contact me you can reach me by email at: poeppeled@fortschools.org or leave a message for me at Rockwell Elementary; (920) 563-7818.

Denise Poeppel
Family Engagement Liaison

PTO Meeting—IMC
Wednesday, October 21st, 2015

Present at Meeting: Leigh Ann Scheuerell, Maggie Messler, Pam Gustin, Katie McIntyre, Heather Hartwig, Jolyn Baldry, Jessica Mirek, Jill Draeger, Justin Luebke, Susie Belzer, Landon Belzer, Penny Bright, Brian Muth

Additions/Corrections to May Minutes: None

Treasurer's Report: Checking Balance \$2,872.20, Savings \$1,434.25. Spiritwear brought in \$60.40 and we got \$62.00 from Kona Ice.

OLD BUSINESS

- School Board Meeting Update- No specific Purdy updates.
- Spiritwear Update- Jessica Mirek is our Spiritwear chairperson. We will have another order that will be back for Christmas. We cannot extend the due date or accept late orders this time in order to have a quicker turn around. We will have samples for sizes at the Monster Mash.
- Power Dollars- Our last order was about \$4000.00 after the quick classroom competition. This is the easiest way for our PTO to earn money and doesn't cost people any additional money. We will be sending order forms out every 2 weeks. Jackie Flack and Jill Dressler have volunteered to help with some of the marketing for this.

NEW BUSINESS

- Book Fair - Beth Hesselbacher and Jill Dressler are the chairs again. It will be on wheels this year by the IMC. Books will be delivered Friday, Nov. 7th. It will be set up and ready to go on Wednesday, Nov. 11th for teacher and student preview. We will be earning cash from Scholastic this year rather than books. We need more parent volunteers. The sign up will be sent out via Facebook again.
- Conference Night Dinner for teachers- We will purchase chili from the Boy Scouts for that night. We will have families bring side dishes to go along with the chili.
- Halloween Activities- Monster Mash is Thursday, October 29th from 6:00 to 7:30. There will be food to purchase from donations. The Kona Ice truck will be there. There will be a movie in the multipurpose room for people who don't want to dance.
- Breakfast with Santa- Rachel Broadhead is organizing this again. It will be Saturday, December 5th. The Fort Atkinson Fire Department donated all the extra pancake mix from their breakfast. We had discussion about extending the time, but most felt 2 hours is enough time for families to enjoy. There will be a \$0.50 increase this year. Cathy Daly will be designing a new backdrop for pictures with Santa. Flyers will be going home soon. Rachel has secured many donations already.
- Future Family Engagement/ Fundraising Opportunities- Jolyn Baldry is heading this. We will organize a fun run and activity stations. Students can be sponsored as a PTO fundraiser. It will be held on a Friday afternoon in the Spring.
- Whitewater Theater fundraiser- We can sell tickets to a special showings of It's a Wonderful Life in December. We would earn \$1 per ticket. Families could also use scrip cards to buy concessions so we can earn some additional money.
- Rollerblading Night- This will be Thursday, November 19th. Jeff Jensen will DJ. We will sell pizza again. National Honor Society students will volunteer for the event. There will be a movie playing in the multipurpose for students and families when they are not skating.

Next Meeting: Wednesday, November 18th, 6:30 pm



Be sure to "LIKE" Purdy Elementary PTO on Facebook to keep up on all the happenings at Purdy Elementary School .

BEE PREPARED



ARE YOU A GEO-GENIUS?

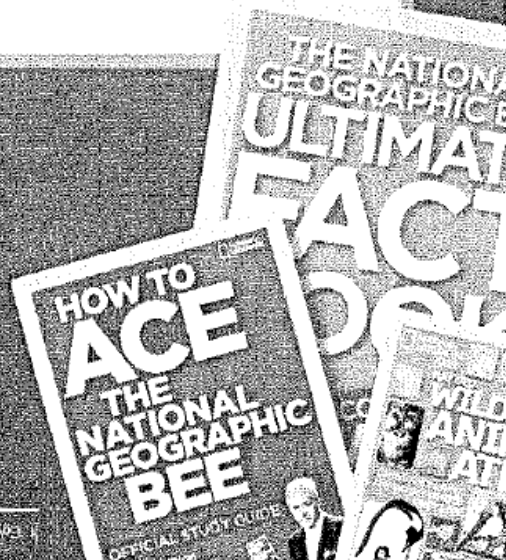
1. Architectural monuments from Arab and Ottoman times can still be seen in Cairo, an ancient city in which country?
2. The Royals play baseball in Kansas City in which state that borders the Mississippi River—Missouri or New Hampshire?
3. An ostrich's eye is bigger than its brain. This bird can be found in the Kalahari and Namib Deserts on which continent?
4. Demi Lovato performed the smash hit "Let It Go" at a concert in Buenos Aires, a capital city located on the Río de la Plata in which South American country?
5. The world's largest swimming pool, in Chile, stretches for half a mile. This pool is located along the Pacific Ocean on which continent?
6. Some tarantulas are blue. The cobalt blue tarantula is native to Myanmar and Thailand on which continent?
7. Alligators are not native to which of the following states—Georgia, Wisconsin, or Alabama?
8. The Fever is a women's basketball team that plays in Indianapolis near the White River in which state—Kentucky or Indiana?
9. Which state does not have a large Asian population—South Dakota, Hawaii, or Washington?
10. Grand Teton National Park and Devil's Tower are physical features located in which state?

» MORE FREE RESOURCES AVAILABLE ONLINE:
NatGeoBee.com



STUDY ON THE GO!

Download the Geo Bee Challenge app at
www.nationalgeographic.com/geobee/apps.
Check out these National Geographic books available
for purchase online at www.shopng.com/geobee.





Jefferson County Health Department

1541 Annex Road
Jefferson, WI 53549
920-674-7275
Fax: 920-674-7477
www.jeffersoncountywi.gov

When to Keep Your Child Home from School or Day Care

Deciding when a child is too sick to go to school or daycare can be a difficult decision for parents to make. When trying to decide, use the guidelines below to help you. This information is not intended as medical advice. It is designed to provide guidelines to be followed until your doctor can be reached for medical advice. Your doctor should be consulted regarding any childhood illnesses.

As a general rule, exclude your child from school if:

- The child does not feel well enough to participate comfortably in activities (extreme tiredness, irritability, persistent crying or coughing).
- The child requires more care than staff can provide without effecting the learning process or the health and safety of the other children
- The illness poses a risk of spread of disease to others (see chart on reverse).

If you have any questions about your child's health and development your best resource is his/her physician. Some schools also have a School Nurse available to as a resource. Your local public health department is a resource for immunization information and free or reduced cost immunizations. If you are uninsured, your child may qualify for health insurance if you qualify for WIC or the free / reduced price hot lunch program; please contact your local department of social services/economic support for more information.

Parent resources:

- Wisconsin Department of Health and Family Services:
<http://dhs.wisconsin.gov/communicable/index.htm>
- Jefferson County Health Department
- American Academy of Pediatrics: www.aap.org

The Following Chart is based on:

Managing Infectious Disease in Childcare and School, American Academy of Pediatrics, 2005
Editors: Susan S. Aronson, MD FAAP and Timothy R. Shope, MD, MPH, FAAP

Symptom	When to exclude	When to return
Cold or Cough <ul style="list-style-type: none">• Runny Nose• Scratchy / irritated throat• Coughing• Sneezing• Watery eyes	If child has a fever with behavior change, looks or acts very ill, severe or uncontrolled cough, rapid or difficulty breathing, wheezing	Once exclusion criteria have been resolved
Diarrhea <ul style="list-style-type: none">• Frequent loose or watery stools compared to child's normal pattern• Abdominal cramps	If child has 2 or more episodes of diarrhea in a 24 hour period, blood or mucus is in the stool, abnormal color of the stool, no urine output in 8 hours, skin or eyes are yellow (jaundice), fever with behavior change, looks or acts very ill	Once child has been diarrhea free for 24 hours, or cleared by a health professional for bloody diarrhea.
Eye Irritation <ul style="list-style-type: none">• Mucus in the eye• Pink color instead of white of eye	If child has bacterial infection (as determined by his/her physician).	Once on medication at least 24 hours.
Fever	Children over four months of age: 101 or above if taken orally (100 under arm and 102 rectally) Children under 4 months of age: a fever of 100 or above if taken under arm and 101 or more if taken rectally	Once fever free for 24 hours and able to participate.
Itching	If child has chickenpox, scabies, impetigo, ringworm or headache they should be excluded If they have pinworm, allergic or irritant reactions and eczema they do not need to be excluded unless it appears infected or the itching interferes with learning.	Once seen and cleared by a health professional, on medication at least 24 hours if indicated. Headlice: Follow policy of school or daycare center. Chicken pox: Pox needs to be dried and scabbed over)
Pain <ul style="list-style-type: none">• Earache• Headache• Mouth Pain• Sore Throat• Stomach Ache	Earache & Headache: If unable to participate or care would decrease staff's ability to teach and care for other children. Mouth Pain or Tooth Ache: If child has mouth sores, tooth pain, drooling or difficulty swallowing. Sore Throat: If child is unable to swallow, has excessive drooling, fever with behavioral changes. Stomachache: If child is uncomfortable, pain lasts more than two hours, has been injured, bloody or black stool, no urine output for 8 hours, diarrhea, vomiting, fever with behavioral changes, looks or acts very ill.	Once pain has resolved, child able to participate. With strep throat your child may return to school after 24 hours on antibiotics.
Rash/Spots (see also itching)	If child has measles, mumps, chickenpox, scabies, impetigo, or ringworm they should be excluded. If they have pinworm, allergic or irritant reactions and eczema they do not need to be excluded unless it appears infected or the itching interferes with learning.	Once seen and cleared by a health professional. On medication as indicated by physician and Local Public Health Department. (Chicken pox: Pox needs to be dried and scabbed over)
Vomiting	Vomiting two or more times in the last 24 hours, recent history of head injury, looks or acts very ill, vomit that appears bloody or green.	Until vomiting resolves for at least 24 hours or a health care provider decides it is not contagious.

From the Nurse Office

Head lice happen, especially on kids. They are not a sign of poor hygiene or how clean your home is. Anyone can get them—doesn't matter how long your hair is or how much you shower.

Fortunately, they don't spread disease and can't live more than two days off our heads. Head lice eggs won't hatch unless they are on hair and they won't infest pets. They spread when kids touch their heads together and sometimes from sharing hair accessories.

Does your kid have head lice? Not everyone gets itchy. Use a nit comb on wet hair and look for bugs the size of a sesame seed or tiny eggs glued to the hair. Check everyone in your household. If you do catch a bug, bring it to the school nurse or compare it with this picture:



If you find head lice:

Use either an over-the-counter OR prescription medication intended for treatment of head lice. *Follow the label directions exactly.*

Wash pillowcases and anything else that had contact with the child's head in the past 48 hrs. *Use a hot dryer. If you can't wash it, leave it in a bag for 2 weeks.*

Re-treat the hair after 7-9 days or according to label directions. *No lice product kills 100% of the eggs, so you have to kill the newly hatched bugs.*

Continue to use the nit comb on wet hair to remove old evidence and check for new head lice-DAILY for at least 2 weeks

It will be important for you to clean all areas of your home where the child has been for the 2 days prior to finding the lice including washing bedding and stuffed animals in hot water, vacuuming car seats, carpets, furniture, etc.

For more information, visit www.cdc.gov/parasites/lice/head/index.html or call the nurse office at 920.563.7805

Stay active this winter on our indoor playground!



RAILYARD FITNESS

free play for kids every Sunday!

Keep your kids active this cold winter with Fort HealthCare's new Railyard Fitness open-gym sessions. The indoor playground will be available each Sunday afternoon and will rotate among communities each month. There is no obligation to pay, however free-will donations will be accepted. Parents must be present to supervise children and are welcome to participate. Drop-in during listed times for some fitness disguised fun!

Jefferson

Jefferson High School
November 1, 8, 15, 22 & 29
2 - 4 p.m.

Lake Mills

Lake Mills Elementary School
February 7, 14, 21 & 28
2 - 4 p.m.

Sullivan

Sullivan Elementary School
December 6 & 13
2-4 p.m.

FORT ATKINSON

Barrie Elementary School
March 6, 13, & 20
2 - 4 p.m.

Cambridge

Cambridge Elementary School
January 3, 10, 17, 24 & 31
2 - 4 p.m.

FortHealthCare.com/Railyard

HAPPY TURKEY DAY!

NOVEMBER 2015

There are many things to be thankful for in November: your health being one of them. As the holiday seasons are quickly approaching, it's easy to indulge in all the goodies. This month's issue of Backpack News will provide tips on healthy living and how to enjoy, but not overindulge on, Thanksgiving dinner.

November is...

American
Diabetes
Month

Great
American
Smokeout
Month

Nov 13: World
Kindness Day

Nov 1, 8, 15, 22, 29:
Railyard for the kids,
2-4pm,
Jefferson
High School



AMERICAN DIABETES MONTH

One in 12 Americans has diabetes. With November being American Diabetes Month there are several ways to become aware about risk factors and encourage others to make a healthy lifestyle change. Diabetes.org provides several ways to [reduce the risk of diabetes](#). To help raise awareness and money for further research, consider participating in one of the many Diabetes walks held throughout the year such as [Step Out](#), which takes place in 95 cities nationwide.

Food of the Month:



CHERRIES! Cherries can complement any good dessert or serve as a healthy snack. Try this healthy spin on a chocolate covered cherry in smoothie form at FamilyFreshMeals.com.

GET VACCINATED!

Vaccinations and handwashing are the two best ways to prevent the flu this season. Visit these resources for more info:

CDC.gov/Flu/Protect/Children.htm

CDC.gov/Flu/About/Season/Flu-Season-2015-2016.htm

Give Thanks!

Take a moment to reflect and be truly thankful for each person and thing you have in your life. Have a wonderful Thanksgiving!

TURKEY TRIMMING



Turkey pounds got you down? Fort HealthCare is offering a Turkey Burn on Thanksgiving day, November 26th at 8:30am at Fort Atkinson High School! Spots fill fast, so register at

FortHealthCare.com/Class/Zumba.

FORTHEALTHCARE.COM

NOVEMBER 2015





ELEMENTARY BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
MEAL PRICES K-5-\$1.50 6-12 -\$1.55 Adults-\$2.00 Milk - \$.35 (included with meal) Skim and 1% Milk served daily.	3 Build Your Own Yogurt Parfait OR Cereal & Cheese Stick All meals come with fruit juice and milk	4 Mini Bagels & Cream Cheese OR Cereal & Cheese Stick All meals come with fruit juice and milk	5 Mini Pancakes OR Cereal & Cheese Stick All meals come with fruit juice and milk	6 Whole Grain Donuts OR Cereal & Cheese Stick All meals come with fruit juice and milk
9 Breakfast Pizza OR Cereal & Cheese Stick All meals come with fruit juice and milk	10 Hot Oatmeal & Muffin OR Cereal & Cheese Stick All meals come with fruit juice and milk	11 Banana Bread OR Cereal & Cheese Stick All meals come with fruit juice and milk	12 Mini Cinnis OR Cereal & Cheese Stick All meals come with fruit juice and milk	13 Whole Grain Donuts OR Cereal & Cheese Stick All meals come with fruit juice and milk
16 Build Your Own Yogurt Parfait OR Cereal & Cheese Stick All meals come with fruit juice and milk	17 Breakfast Pizza OR Cereal & Cheese Stick All meals come with fruit juice and milk	18 Pancake on a Stick OR Cereal & Cheese Stick All meals come with fruit juice and milk	19 Mini Pancakes OR Cereal & Cheese Stick All meals come with fruit juice and milk	20 Whole Grain Donuts OR Cereal & Cheese Stick All meals come with fruit juice and milk
23 Hot Oatmeal & Muffin 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	25 Mini Chocolate Chip Loaf OR Cereal Cheese Stick All meals come with fruit juice and milk	26 Oatmeal Round OR Cereal & Cheese Stick All meals come with fruit juice and milk	27 Whole Grain Donuts OR Cereal & Cheese Stick All meals come with fruit juice and milk
30 WG Apple Frudel OR Cereal & Cheese Stick All meals come with fruit juice and milk			If your family qualifies for free or reduced lunch, they also qualify for free or reduced breakfast! USDA IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER	Menu subject to change *May contain pork We know mornings are hectic. Have your kids eat breakfast at school.

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

NOVEMBER 2015

PURDY LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL 	3 National Sandwich Day! *BBQ Pork Sandwich OR Warm Cheese Melt Potato Smiles Fresh Veggies & Dip Kiwi Strawberry Slushy	4 Garlic Cheese Bread Marinara Sauce OR Ham Sandwich Steamed Local Vegetables Apple Slices Sunset Sip Juice	5 National Nacho Day! *Nachos with Meat & Cheese OR Warm Cheese Melt Refried Beans Golden Corn Sweet Pineapple	6 Chicken Tenders OR Yogurt & Goldfish Couscous Garden Fresh Romaine Red Pepper Strips 100% Grape Juice Cup
9 Purdy Family Dinner Turkey & Gravy Dinner Roll Mashed Potatoes Local Garden Blend Veggies Cranberry Sauce and Apple Slices Harvest Cookie	10 *Hot Dog on WG Bun OR Warm Cheese Melt Sweet Potato Fries Saucy Baked Beans 100% Apple Juice	11 Pasta w/Meat Sauce & Cheese OR Turkey Wrap Garden Fresh Romaine Red Pepper Strips Fresh Mixed Fruit Cup Rice Krispie Treat	12 Chicken Nuggets OR Warm Cheese Melt Cheesy Rice Pilaf Steamed Green Beans Fresh Red Grapes	13 Cheese Quesadilla +PBJ & Cheese Stick Garden Fresh Romaine Red Pepper Strips Golden Peaches
16 Pizza Hut Cheese Pizza +PBJ & Cheese Stick Fresh Veggies & Dip Chunky Pineapple	17 Pancakes and Syrup *Jones Sausage Links OR Warm Cheese Melt Sweet Potato Tots Fresh Banana Wango Mango Juice	18 *Soft Shell Tacos OR Ham Sandwich Refried Beans CA Blend Vegetables Craisins Cinnamon Churro	19 Mashed Potato Chicken Bowl with Popcorn Chicken OR Warm Cheese Melt Mashed Potatoes and Gravy Golden Corn, Dinner Roll Mandarin Oranges	20 Corn Dog on a Stick OR Yogurt & Goldfish Fresh Broccoli Steamed Carrots Fresh Mixed Fruit Cup
23 MEATLESS MONDAY Grilled Cheese +PBJ & Cheese Stick Tomato Soup Seasoned Green Beans Chilled Pears Chocolate Brownie	24 Cheeseburger on a Bun OR Warm Cheese Melt Sweet Potato Fries Saucy Baked Beans 100% Fruit Punch Cup	25 	26 	27 
30 MEATLESS MONDAY Stuffed Cheese Sticks Marinara Sauce +PBJ & Cheese Stick Romaine Salad Cherry Tomatoes & Ranch Golden Peaches			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 Please contact Barb Waara, Student Nutrition Director 920-563-7811 x1161	

FORT ATKINSON STUDENT NUTRITION – PART OF A BALANCED EDUCATION!

This Institution is an equal opportunity provider & employer.