

Rockwell Elementary School Newsletter



DECEMBER-2024

Welcome Message

Warm Greetings!

As the season begins to change and the atmosphere turns more winter-like, a hot topic of conversation here at school is the weather. In this newsletter you find information regarding guidelines we follow during outdoor recess with regards to allowing students in the snow. We also follow the district policy of only allowing students to go out for recess when the air temperature or wind chill is above 0 degrees.

Thank you for ensuring your student has the appropriate winter apparel to allow them to have the best experience possible on the Rockwell playground each day. Please do not hesitate to contact the Main Office if you are in need of winter apparel (snowpants, gloves, boots, and/or hats) for your child. Likewise, as you are having your child try on their snow gear from last year, if you are finding it is still in good condition, but your child has outgrown it, consider donating it to the Rockwell Main Office.

In December, not only does the ground turn white with snow but many feel the desire to give to others. If you are considering having your student bring a gift for their teacher, please consider grabbing an ornament from our "Holiday Wish Tree" in the main lobby. Many staff have indicated items that they would love to add to their classrooms. We'll have these wish list items on our Facebook page soon, as well.

Thank you for all of the support you provide our students every day. It is only with your partnership that we are able to provide the highest quality of instruction possible for each student. I look forward to celebrating this winter season with all of you and am excited to see all of our students perform in their Winter Concerts on Tuesday, December 10th.

Best Wishes,
Ms. Walden



Jennifer Walden

Rockwell Elementary School Principal
School District of Fort Atkinson



920.563.7818
FortSchools.org

Rockwell Elementary School
821 Monroe Street, Fort Atkinson WI

"Achieving distinction in all we do"



fortschools.org

One Team, One District, One Community

Fort Atkinson High School | Fort Atkinson Middle School
Barrie Elementary | Luther Elementary | Purdy Elementary | Rockwell Elementary



The School District of Fort Atkinson Board does not discriminate on the basis of race, color, religion, national origin, ancestry, creed, pregnancy, marital status, parental status, sexual orientation, sex (including transgender status, change of sex or gender identity), or physical, mental, emotional, or learning disability ("Protected Classes") in any of its student programs and activities.



● Calendar of Events: December ●

We hope you can join us!

December 3rd: Dine-Out Night at McDonalds 4-7pm
PTO Meeting, 6pm at **McDonalds!**

December 6th: Spirit Day

December 10th: Holiday Concerts, High School, K-2 at 6:00pm, 3-5 at 7:00pm
Rehearsal: K-2 12:45pm, 3-5 1:30

December 16th: Orchestra Rehearsal, 11:40am-1:00pm

December 17th: Student Council Meeting, 3:05pm-3:30pm

December 18th: December Birthday Lunch
Band Rehearsal, 11:40pm-1:00pm

December 19th: Band and Orchestra Concert, 6:00pm, High School

December 20th: Safety Patrol Lunch at Culvers

December 23rd-January 1st: Winter Break



PTO News

November kept the PTO busy with coordinating our Poinsettia Fundraiser and creating the photo booth at our Family Meal. We were able to sponsor the school field trip to the Cinderella Musical at the High School, as well.

Our Quarter 2 Dine-Out night will take place on Tuesday, December 3rd at McDonalds. A percentage of all sales from 4-7pm will be donated back to Rockwell. We are looking for a few parent volunteers to help deliver trays that evening! You'll be working beside some familiar Rockwell Faces. **Our December PTO meeting will also be held at McDonalds, so be sure to join us at 6pm!**

The PTO Teacher Gift Tree is set up in the front of the school. Teachers will be sharing their wish lists via QR codes that we will share on Facebook very soon! These are simply ideas for those who are inclined to purchase a gift.

We will be discussing future events at our next meeting; Rollerblading, Bingo, the Talent Show and more! Please consider joining us at **McDonalds on December 3rd** to learn more about how you can get involved in making our school a great place! If you would like to get in touch with the PTO for any reason, please feel free to email us at rockwellpto@fortschools.org. See you on December 3rd!

'Tis the Season for Music

Rockwell Elementary's winter concerts are coming up! They will be held on Tuesday, December 10th at the Fort Atkinson High School. The K-2 concert will be at 6pm, and the 3-5 concert will be at 7pm. We ask that all students line up with their classroom teacher in the High School Commons 15 minutes before showtime. Students are encouraged to dress in their holiday best!

Family members who are not able to attend the evening concerts are welcome to attend the dress rehearsals. These will also be held on December 10th at the High School; K-2 at 12:45 and 3-5 at 1:30

Your child's attendance at the concert is important to the whole school. Every student is important and special to our program.



We have worked very hard to prepare this gift of music for our families and friends, and look forward to seeing you at the concert! If you ordered a poinsettia, be sure to pick it up at the conclusion of your child's evening concert.



Lost and Found



The Lost and Found is located outside of Mrs. Wohlbedacht's office. If your child has misplaced anything, they should check here! Items with your child's name in them will be returned, but if there is no name, we cannot find their rightful owner! Valuable items such as glasses, jewelry, keys, or toys are held in the office for a short period of time. If you are missing any of these types of items, please let us know and we can look for you! Items in the Lost and Found are packed up and donated throughout the school year, so be sure to stop in and check for any missing items!

Please Be Prepared

Thank you to everyone who has kept an extra set of clothing in your child's backpack for "just in case" situations. From spills, art class mishaps to accidents, there are many reasons your child may need to change their clothes while at school. The office does have some clothing available, but it is impossible to have every size available at all times. If your child does borrow clothes from the office, we kindly ask that you wash and return them, so we may continue to provide them to anyone who may need them.





Southern Lakes Anthology

Students have been hearing about Southern Lakes Anthology on announcements and in many classrooms! The deadline for submissions is December 11, 2024.

What is the Southern Lakes Anthology Project?

The Southern Lakes Anthology (SLA) Project is sponsored by the Southern Lakes Advanced Learners Network. The purpose of SLA is to provide an opportunity for talented writers, artists, and cartoonists to publish original work based on a common theme. The theme for this year's anthology is **"The Power of..."**

Who can submit work?

School District of Fort Atkinson students in Grades 3 through 8 may submit pieces for judging.

Why should students consider submitting their work?

The SLA provides an authentic audience for young writers and artists. The top submissions from Fort Atkinson are published in a local anthology and also sent to regional judging. If selected at the regional level, the pieces are published in a book along with works by other students from southeastern Wisconsin. Published students are invited to a recognition ceremony in May where they receive a free copy of the book.

How are the pieces chosen?

Pieces must communicate a message based on the year's theme. Art, cartoons, and illustrations (in illustrated writing) are also judged on originality, neatness, space, and composition. Artwork should have strong black and white contrast (black pen or marker carefully used over very light pencil works great!). Stories and poetry are judged on relevance to the theme, clarity of ideas, organization, sentence fluency, word choice, conventions, and voice.

Specific rules and guidelines regarding page limits, font size, and margin widths, as well as templates for art/illustration pieces, are available from teachers and library aides.

Questions? Please contact Nancy Leisgang, Gifted and Talented Education Program Assistant, at leisgangn@fortschools.org or 563-7833, ext. 8371.



Band & Orchestra News

The first formal fifth grade band and orchestra concert is **Thursday, December 19th!** The concert will begin promptly at **6pm at the Fort Atkinson High School Auditorium. Students need to arrive between 5:30-5:40 and meet in the music pod.** Band students will meet in the band room and orchestra students in the orchestra room. Please wear your new t-shirt for the concert and black pants, if possible. *This concert is separate from the winter sing and only involves band and orchestra students.*



Give Back to Rockwell

- Amazon Smiles - Designate Rockwell PTO as your charity of choice!
- Box Tops - Download the app and start scanning your receipts
- PTO Sponsors - 3 Levels of Sponsorship. Sponsors receive free entrance to PTO events, a free concession item, and half off 1 piece of Spirit Wear!



Helpful Contact Information

Follow us on Facebook!

<https://www.facebook.com/FortRockwellPTO>

Rockwell Elementary PTO

<https://www.facebook.com/sdfort>

School District of Fort Atkinson

Check out these Websites:

<https://www.fortschools.org/Domain/273>

Rockwell Elementary School

<https://www.fortschools.org>

School District of Fort Atkinson

<https://www.myschoolmenus.com/instance/783/district/779>

My School Menu



Main Office

Mrs. Radloff, Administrative Assistant

920-563-7818

guthradloffh@fortschools.org

Ms. Walden, Principal

920-563-7818

waldenj@fortschools.org

Office Hours 7:15-3:45 M-F

Lunch Times & Prices

Lunch schedule:

Kindergarten - 11:15

First - 11:35

Second - 11:30

Third- 11:00

Fourth- 11:55

Fifth- 12:00

School Meals:

Cost for breakfast*:

\$1.70 full price

30¢ reduced

Cost for lunch*:

\$3.15 full price

45¢ reduced

45¢ A la Cart Milk

**Free for those who qualify*



Attendance

Something to think about: Over one school year

98% attendance = about 4 days absent from school

95% attendance = about 10 days absent from school

90% attendance = over 3 weeks (15 days) absent from school

85% attendance = about 5 weeks (25 days) absent from school

80% attendance = over 6 weeks (30 days) absent from school

What would happen if, as an employee, you missed 5 weeks of work?

++ Absences add up quickly ++

So make every day count by coming to school and being to class on time.

We recognize there are times when students are not able to attend because they are ill or showing symptoms of illness and it is best for them to stay home. If that is the case, please be sure to contact the attendance office. But as long as your child is healthy, we believe it is important for them to be at school.

Call the school attendance office every day your child is absent.

Thanks for helping reinforce positive school attendance.

BACKPACK NEWS KIDS

This Winter!

Winter is here! That means cozy days, holiday fun, and maybe even snow! But did you know it's extra important to take care of yourself in the colder months? Here are some tips to keep your body and mind strong:

•**Move Your Body:** Even if it's cold outside, try to stay active! Bundle up and play in the snow, go for a walk, or make up a fun dance inside. Moving keeps you healthy and full of energy!

•**Eat Healthy Foods:** Fill your plate with yummy fruits, vegetables, and proteins like chicken, eggs, or beans. These foods help your body fight off colds and the flu. Don't forget to drink lots of water, even in the winter!

•**Sleep is Superpower Time:** Kids ages 6–12 need 9–12 hours of sleep every night. Make sure to rest up so your body and brain can feel their best!

•Stay Connected:

•Spend time with family and friends. Play games, bake cookies, or just talk. Being with people you love makes your heart happy.

National Cocoa Day: Dec. 13th

Do you love hot chocolate? Then National Cocoa Day is for you! Cocoa isn't just delicious; it's also full of antioxidants that are good for your heart and can boost your mood. Here's a fun way to make your cocoa extra special:

- Use warm milk (regular, almond, or oat milk) and add dark cocoa powder.
- Sprinkle a little cinnamon on top for extra flavor.
- Skip the whipped cream for a healthier treat!

From Toni Zastrow, School Nurse of Lake Mills School District:

Winter break is a time to relax, but it's important to keep your body in sync. Maintain healthy habits by getting enough sleep (9–12 hours for kids 6–12, 8–10 hours for teens), staying active, and eating a balanced diet rich in whole foods like fruits, vegetables, protein, and dairy while limiting processed foods. Outdoor exercise boosts energy, provides vitamin D, and improves mood. Socializing with friends and family enhances well-being and reduces feelings of depression.

The holiday season can be exciting but also overwhelming for kids. Help them stay calm and happy by keeping a consistent routine, including regular bedtimes and mealtimes. Encourage breaks from holiday activities with quiet moments for reading, drawing, or just relaxing. Most importantly, focus on creating meaningful family moments rather than striving for perfection—kids cherish time spent together more than anything else!

Relaxation 101

The holidays are full of fun and excitement, but sometimes all the activities, shopping, and events can feel a little overwhelming. Don't worry—there are plenty of ways to stay calm and enjoy this special time of year!

•**Take Breaks When You Need Them:** If things feel too busy, step away for a few minutes. Find a quiet spot, take deep breaths, or listen to calming music. Even just a short break can

help you feel better.

•**Make a Holiday Plan:** Work with your family to plan what needs to get done and what fun things you want to do. Knowing what's coming can help you feel more organized and less stressed.

•**Try Creative Activities:** Drawing, making crafts, or even decorating cookies can help you relax. Why not make a holiday card for someone you love or create a snowman out of paper? Fun projects keep your hands

busy and your mind happy!

•**Stay Active:** Movement is a great way to lower stress. Try doing some stretching, a little yoga, or even dancing to your favorite holiday music. Staying active can make you feel calmer and more focused.

•**Be Kind to Yourself:** Remember, it's okay if everything doesn't go perfectly. Focus on the moments that make you smile, like spending time with family or enjoying your favorite holiday treat.

Taking time to rest and recharge will help you enjoy the holidays even more. Remember, the holidays are about having fun, being with people you care about, and making memories—not about being perfect!