

December 2011 Newsletter Lone Rock Elementary

222 W. Pearl St.
Lone Rock, WI 53556

Mr. Jaime Hegland—Principal
Mrs. Kathy Rossing—A.B.C.

**Happy Holidays & Best Wishes in 2012 from
the students and staff of Lone Rock Elementary!**

Music Program & Bake Sale!

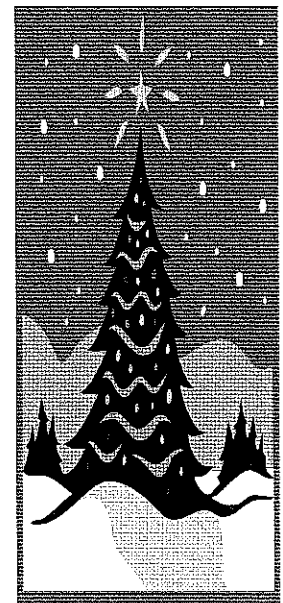
The Lone Rock Elementary music concert will be held on December 8th at 1:00. If you would like to donate items for the bake sale please do so after school on the 7th or the morning of the 8th. The bake sale will be held before and after the music concert. All profit from the bake sale will go to the Lone Rock Elementary PTO.

UPDATE YOUR EMERGENCY SHEET

Is your child's Emergency Contact sheet updated? Cold weather is creeping up on us along with winter-time illness, please be sure your contact numbers and e-mail is up to date so we can reach parents with changes to your child's day. Any updates can be made via phone call or feel free to stop in.

REMINDER

Again this year we are asking you to encourage your students to dress appropriately for the winter weather. Unless the temperature or wind chill is 0 degrees or lower, we do take the children outside. Hats, mittens, snow pants, boots, and coats are required everyday.



Please remember if your child is not going to be attending school due to illness or personal reasons you need to call the school at 583-2091 to let us know. If your child is going to miss school due to an appointment remember to bring back an excuse and the absence will be excused.



Kindergarten Registration:

If your child/children will be 5 on or before September 5th please call the school to register them for Kindergarten next year. Help us spread the word to friends and neighbors, we don't want to miss anyone!

VISIT YOUR LOCAL LIBRARY!

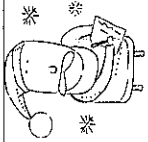
Lone Rock
583-2034
Tue-Thur 11:00-7:00
Friday 9:00-5:00

Spring Green 588-2276
Monday 10:00-8:00
Tuesday 12:30-8:00
Wednesday 10:00-8:00
Thursday 12:30-8:00
Friday 9:00-5:30
Saturday 9:00-1:00

Plain
546-4201
Mon—Thurs 1:00-7:30
Friday 9:00-5:00
Saturday 9:00-1:00

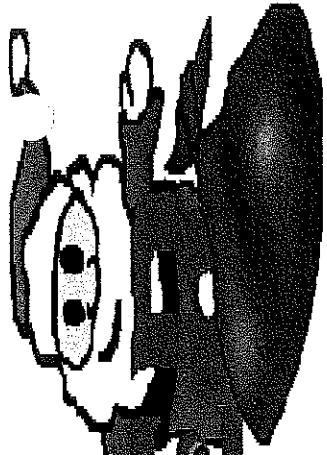


December 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 4	5	6	7 2-HR Delay	8 PASS 3:30 Music Program & Bake Sale 1:00	9	10 Santa at LR Masonic Lodge 10 - 12
11	12	13	14	15	16	17
18	19	20	21	22 PASS 3:30	23 No School	24
25	26 No School	27 No School	28 No School	29 No School	31 No School	31

www.FreePrintable.net

Looking Ahead: January 2nd No School
 January 3 - Monday Schedule
 January 20th End of 2nd Quarter
 January 23 No School



DECEMBER

Breakfast Menu

- Mon....Rice Krispy Cereal Bar(c-25g)
- Tues....Scrambled Eggs(c-2g)
- Wed....Breakfast Pizza(c-23g)
- Thur....Choc.Chip Pancakes(c-23.75g)
- Fri....Mini Cinnis/Yogurt(c-40g/20g)
- Second choice daily..Cereal Bowl
- Comes w/Toast, Fruit, Milk/Juice

Second choice daily at Elementary/Schools
Peanut and Tree Nut Free Sandwich

SunWise Sandwich(c-33g)
(Sunflower Spread and Grape Jelly)

Go Nuts for No Nuts!!!!
Whole Wheat Bread—No Trans Fats!!

A visit to the Food Bar with Lunch!!
Fresh and Canned Fruit Choice
Crispy Dinner Salad w/Spinach
Fresh Vegetable Choice
Sliced Whole Grain Bread (c-13g)

Lunch Meal Prices:

\$2.50 Students \$3.50 Adults
Lunch and Food Bar included
Milk Choices 1%, Skim, FF Choc.

Free and Reduced-Meal Forms
can be obtained from all building
offices at any time throughout the
school year.

For additional information
Contact: Cynthia J.Eby FSD
ceby@rvschools.org
1-608-588-2556 ext.112

Monday	Tuesday	Wednesday	Thursday	Friday	Sa
28 Turkey Mini Corn dogs(c-26.87g) Tasty Baked Beans(c-29g)	29 WG Stuffed Pizza Slice(c-42g) Corn Niblets(c-25.33g)	30 Soft Shell Taco (c-14.80g) Lettuce, Tomato, Cheese Refried Beans w/Cheese(c-15g)	1 Beef Ravioli(c-27g) Snappy Green Beans(c-8g) W/G Breadstick(c-16g) Frz. Yogurt Cup(c-17g)	2 Diced Chicken and Gravy over Mashed Potatoes(c-3.20g) WG Dinner Roll(c-20g)	3
5 Bosco Cheese Dunkers(c-54g) w/Sauce California Blend Mixed Vegetables(c-6.67g)	6 Hamburger/Cheeseburgers on a WG Bun(c-33.58g) Baked Potato Smiles(c-32g)	7 Popcorn Chicken Bites Roasted Red Potatoes(c-17.33g) WG Dinner Roll(c-20g) Late Start Day!!!	8 Star Fish Nuggets(c-21.33g) Mac and Cheese(c- Snappy Green Beans(c-8g)	9 Baked Chicken Patty on a WW Bun(c-41.80g) Corn Niblets(c-25.33g)	10
12 School Made Chicken Noodle Soup(c-12.21g) SunWise Sandwich(c-33g) 100% Fruit Slushie(c-20g)	13 Baked WG Chicken Tenders(c-18g) Au gratin Potatoes(c-18g)	14 Hotdog Tasty Baked Beans(c-29g) Harvest Cheddar Chips(c-19g)	15 WG Stuffed Pizza Slice(c-42g) Cheesy Broccoli Spears(c-37g)	16 French Toast Sticks(c-33.21g) Hash Brown Stick(c-14g) Cottage Cheese(c-	17
19 Toasted Cheese Sandwich on WG Bread(c-30g) Healthy Request Tomato Soup(c-17g) Cheddar Fish Crackers(c-	20 Spaghetti w/Meat Sauce Snappy Green Beans(c-8g) W/G Breadstick(c-16g)	21 Baked Chicken Nuggets(c-7.80g) Mashed Potatoes w/Gravy(c-17g) WG Dinner Roll(c-20g)	22 Hamburger/Cheeseburgers on a WG Bun(c-33.58g) Baked Potato Smiles(c-32g)	23 Winter Break!!! No School!!! Back on January 3rd, 2012	24
26	27	28	29	30	



Helpful Programs in Sauk County

BadgerCare+ (Health Insurance)*

Health insurance coverage for:

- All children (birth to age 19) regardless of income
- Pregnant women with family income up to Category G (see table)
- Parents and relatives who care for a child with family income up to Category E
- Parents whose children are in foster care with family income up to Category E
- Farmers and self-employed parents with family income (minus depreciation) up to Category E
- Young adults (ages 18-20) who are leaving foster care regardless of income

Contact the Sauk County Department of Human Services at: (608) 355-4200 or apply at: access.wi.gov.

BadgerCare+ Express Enrollment*

Children younger than age 1 who have a family income up to Category G, children 1 through 5 up to Category D, children 6 through 18 up to Category C, and pregnant women up to Category G can get immediate, short-term coverage. To get longer-term coverage, a full application must be completed.

Visit www.badgercareplus.org/gethelp.htm for a list of providers who may be able to help you.

BadgerCare+ Core Plan for Childless Adults

Visit <http://www.dhs.wisconsin.gov/badgercareplus/core/> or call (800) 291-2002 for current information on BadgerCare+.

***Note:** All BadgerCare+ programs are for U.S. citizens or lawfully present immigrants. Access to other health insurance may impact eligibility. There may be deductibles, premiums and copayments.

Wisconsin Home Energy Assistance (WHEAP)

WHEAP pays a portion of household energy bills.

Call 1-866-HEATWIS (432-8947) or select the "Where to Apply" tab at www.homeenergyplus.wi.gov to find your local energy assistance agency and to view the family income guidelines for a heating season.

FoodShare (Food Stamps)

A Wisconsin QUEST card is issued when you qualify for FoodShare, which can be used to buy groceries at stores and Farmers' Markets that display a Quest sign. FoodShare helps families and individuals with limited income up to Category B. Estimate if you are eligible or apply online at access.wi.gov.

Contact the Sauk County Department of Human Services at: (608) 355-4200 or apply at: access.wi.gov.

Women, Infants and Children (WIC)

WIC provides healthy food and referrals to health care. This program is for pregnant women and new mothers and infants and children up to age 5. You and your children may qualify with family income up to Category D. (Qualifying income levels change for WIC every July 1.)

Contact the Sauk County Public Health Department at: (608) 355-3290.

Wisconsin Shares (Childcare)

Pays for some childcare costs for families with limited incomes. You may qualify if you have a child under 13 or a child with special needs under 18. You need to be either working, in school or in job training. Your family income may be up to Category D.

Contact the Sauk County Department of Human Services at: (608) 355-4200.

Wisconsin Works (W-2)

This is a cash assistance program for people who have children under age 19 living in the home and for people who have lost their job but do not qualify for Unemployment Insurance. You may qualify with family income up to Category A.

Contact the Sauk County Department of Human Services at: (715) 682-7004.

Free/Reduced Price Lunch

Most schools have this program for children. Provides free or reduced price meals. Your children may qualify for free meals with family income up to Category B. Children may qualify for reduced meals with family income up to Category D.

Contact your local School District office.

Monthly Family Income Levels

These numbers were published in 2011.

Group Size**	Category A 100% FPL*	Category B 130% FPL*	Category C 150% FPL*	Category D 185% FPL*	Category E 200% FPL*	Category F 300% FPL*
1	\$ 908	\$ 1,180	\$ 1,361	\$ 1,679	\$ 1,815	\$ 2,723
2	\$ 1,226	\$ 1,594	\$ 1,839	\$ 2,268	\$ 2,452	\$ 3,678
3	\$ 1,544	\$ 2,007	\$ 2,316	\$ 2,857	\$ 3,088	\$ 4,633
4	\$ 1,863	\$ 2,421	\$ 2,794	\$ 3,446	\$ 3,725	\$ 5,588
5	\$ 2,181	\$ 2,835	\$ 3,271	\$ 4,035	\$ 4,362	\$ 6,543
6	\$ 2,499	\$ 3,249	\$ 3,749	\$ 4,623	\$ 4,998	\$ 7,498

*FPL: Federal Poverty Level. This level is determined by the U.S. Department of Health and Human Services. Federal Poverty Levels for all family sizes can be found at dhs.wisconsin.gov/medicaid/fpl/fpl.htm

**Group Size: Includes adults, children and infants

Programas Útiles del Condado de Sauk

BadgerCare+ (Seguro médico)*

Seguro médico para:

- Todos los niños (menores de 19 años) sin importar el nivel de ingreso
- Mujeres embarazadas con ingreso familiar hasta la Categoría F. (consulte el cuadro)
- Padres y familiares que atienden al/a niño/a con un ingreso familiar hasta la Categoría E
- Padres con niños en "foster care" (cuidado de crianza temporal) con un ingreso familiar hasta la Categoría E
- Agricultores y padres con empleo independiente con un ingreso familiar (menos devaluación) hasta la Categoría E
- Jóvenes (entre 18 y 20 años) que están saliendo "foster care" (cuidado de crianza temporal) sin importar el nivel de ingreso

Llame al Departamento de Servicios Humanos del Condado de Sauk al: (608) 355-4200 o solicite por internet al: access.wi.gov.

BadgerCare+ Express Enrollment*

Los niños menor de 1 año con un ingreso familiar hasta la Categoría F, niños entre 1 y 5 años hasta la Categoría D, niños entre 6 y 18 años hasta la Categoría C, y mujeres embarazadas hasta la Categoría F pueden recibir la cobertura inmediata, a corto plazo. Para recibir seguro médico con cobertura a largo plazo, tiene que llenar una solicitud de BadgerCare+. Visite www.badgercareplus.org/gethelp.htm para una lista de proveedores que posiblemente puedan ayudarle.

BadgerCare+ Core Plan Para Adultos Sin Niños

Solicite por internet al

<http://www.dhs.wisconsin.gov/badgercareplus/core/> o llame a

(800) 291-2002 para información actual de BadgerCare+.

***NOTA:** Todos los programas de BadgerCare+ son para ciudadanos de los EEUU o para residentes legales. El acceso a otros seguros médicos podría afectar su elegibilidad. Es posible que hayan deducibles, primas y copagos.

Wisconsin Home Energy Assistance (WHEAP):

La Asistencia de Energía en la casa

WHEAP paga un parte de las cuentas de energía del hogar. Los siguientes recursos están en inglés solamente. Llame a (866) 432-8947 o escoja la ceja que dice "Where to Apply" a www.homeenergyplus.wi.gov para encontrar su agencia de asistencia de energía local y para ver las guías del ingreso familiar para una temporada de calefacción.

FoodShare (vales de comida)

Una tarjeta de Wisconsin QUEST le es dada cuando usted califica por FoodShare (vales de comida), usted puede utilizarla para comprar comida en tiendas y mercados de agricultores que tengan un letrero que dice QUEST. FoodShare ayuda familias y individuos con ingreso limitados hasta la Categoría B. Estima si usted está elegible o aplica en línea al sitio web access.wi.gov. Llame al Departamento de Servicios Humanos del Condado de Sauk al: (608) 355-4200 o solicite por Internet al: access.wi.gov.

WIC (Programa para Mujeres, Bebés y Niños)

WIC proporciona la comida sana y las referencias a servicios médicos. Este programa es para las mujeres embarazadas, las nuevas madres, y los niños hasta la edad de 5 años. Usted y sus niños pueden calificar con un ingreso familiar hasta la Categoría D. (Niveles de ingreso calificados cambian por WIC cada 1 de Julio.) Llame al Departamento de Salud Pública del Condado de Sauk al: (608) 355-3290.

Wisconsin Shares (Programa subsidiado para cuidado de menores)

Paga para los gastos del cuidado de niños para las familias con ingreso limitados. Usted puede calificar si usted tiene un niño menor de 13 años o un niño con necesidades especiales menor de 18 años. Usted necesita estar trabajando, estar asistiendo a la escuela, o estar inscrito en un programa de entrenamiento para empleo. Puede calificar con un ingreso familiar hasta la Categoría D. Llame al Departamento de Servicios Humanos del Condado de Sauk al: (608) 355-4200.

Wisconsin Works (W-2)

Este programa es un programa para las asistencia en efectivo para la gente que tiene niños menos de 19 años que viven en la casa y para la gente que han perdido su trabajo pero no califica para el Seguro de Desempleo. Usted puede calificar con un ingreso familiar hasta la Categoría A. Llame al Departamento de Servicios Humanos del Condado de Sauk al: (608) 355-4200.

Programa de alimentación escolar gratis o a precio reducido

La mayoría de las escuelas tienen este programa para los niños. Proporciona comida gratis o a precio reducido en las escuelas. Sus niños pueden calificar para comidas gratis con un ingreso familiar hasta la Categoría B. Además, niños pueden calificar para comidas a precio reducido con un ingreso familiar hasta la Categoría D. Comuníquese con la oficina de su distrito escolar.

Niveles del ingreso familiar mensual

Estos números son para el año 2011

Tamaño de familias**	Categoría A 100% FPL*	Categoría B 130% FPL*	Categoría C 150% FPL*	Categoría D 185% FPL*	Categoría E 200% FPL*	Categoría F 300% FPL*
1	\$ 908	\$ 1,180	\$ 1,361	\$ 1,679	\$ 1,815	\$ 2,723
2	\$ 1,226	\$ 1,594	\$ 1,839	\$ 2,268	\$ 2,452	\$ 3,678
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6	\$ 2,499	\$ 3,249	\$ 3,749	\$ 4,623	\$ 4,998	\$ 7,498

*FPL: Federal Poverty Level (Nivel de Pobreza Federal). Este nivel está decidido por el Departamento de Salud y Servicios Humanos de los Estados Unidos. Puede encontrar los Niveles de Pobreza Federal por todos los tamaños de familias en: dhs.wisconsin.gov/medicaid/fpl/fpl.htm.

** Tamaño de familias: Incluye adultos, niños, y bebés.