

Spring Green Elementary November 2011 Newsletter

830 W DALEY ST SPRING GREEN WI 53588 PH: 608-588-2559 WWW.RV.SCHOOLS.ORG PRINCIPAL: MR. JAIME C. HEGLAND

PARENT TEACHER CONFERENCES NOV. 8 AND 11

Please make every effort to keep your **scheduled** conference date and arrive on time to the appointment. These meetings are scheduled in 15 minute intervals with no time between. If you arrive late, your time with the teacher will be cut short. Because of limited time schedule, separated/divorced parents of children will be scheduled to one shared conference time. If a conflict develops, please contact the office.

Report Cards will be sent home with your child on Monday, November 7. This will allow you to view prior to conferences. Please remember to return the envelope so that it can be used again for future report cards. Thank you.

BRRRR! TIME FOR COATS, HATS, GLOVES...



Colder weather is fast approaching. Please be sure your child is dressed appropriately for the weather. **LABEL ALL OF YOUR CHILD'S OUTERWEAR.** We cannot stress the importance of this. So many children have the same or similar items. This also helps so that these items don't end up in the lost-and-found. **If you are in need of warm winter clothing for your child(ren), please contact Lynn Breunig at Plain Elementary, 546-2228.**

We already have quite a collection in lost and found. It is being announced daily for students to check, but the coats/jackets/sweatshirts remain.



REMINDER NO SCHOOL ON THESE DATES

Friday, November 4
Teacher Inservice/Wkshp

Fri. November 11
Parent – Teacher Conferences

Wed. November 23
Thanksgiving Vacation

Thurs. November 24
Thanksgiving Vacation

Fri. November 25
Thanksgiving Vacation

Notice that we have 3 days off for the Thanksgiving break this year.

**Book Fair—
Week of November 6
Look on calendar for times!**

GET YOUR HISTORIC CALENDAR OF SPRING GREEN

Fifth grade students have created a 2012 calendar describing the history of the River Valley Schools dating back to the late 1800's. Proceeds from the sale will be used to help fund their overnight trip to Bethel Horizons. Calendars cost \$10.00. The sale began October 26th and ends November 30th.

Cold, snowy days are heading our way. Severe weather sometimes forces school closings or delays. If the weather is looking questionable, please find a local radio or television station to see if our District has a closing or delay. Stations broadcasting River Valley information are listed below in no particular order of importance. If these stations have a website, most often times, the closing or delay is also listed. **Alerts will also be sent out using our automated Skylert system to your phone or to your e-mail. You are able to manage how you receive these messages when are logged in to Skyward Family Access.**


WRCO – Richland Center – 100.9 FM or 1450 AM
WRDB – Reedsburg – 104.9FM/102.9FM or 400AM
WOLX – Madison – 94.9 FM
WDMP – Dodgeville – 99.3 FM or 810 AM
WMLI – Sauk City – 96.3 FM
WTSO – Madison – 1070 AM
Z104 – Madison – 104.1 FM
WPVL – Platteville – 107.1 FM
WMGN – Magic 98 – 98.0 FM
WTDY – Baraboo – 1480 AM
WMMM – Madison – 105.5 FM
WTDY105 – Madison – 105.1 FM

WISC-TV – Ch 3 WMTV – TV – Ch 15
WKOW-TV – Channel 27

At the beginning of the school year, you indicated on your child's emergency card what they are to do in the event school is released early. We will follow these instructions. If you have any questions regarding what you marked or changes to the plan....please do not hesitate to call and check. Thank you. It is as important to us as it is to you that your child make it home safely, we want to be sure we have the correct and current instructions.

November 2011

Sun Mon Tue Wed Thu Fri Sat

		1	2	3 Specials run on a "Friday" schedule today	4 No School Inservice/Workshop End of 1st Qtr	5  Turn clocks BACK one-hour before going to bed tonight
6 BOOK FAIR ALL WEEK See hours below →	7 Gr 5 WKCE Testing Report Cards sent home 2nd Qtr begins	8 Gr 5 WKCE Testing PTC's Evening	9 Gr 5 WKCE Testing	10 Gr 5 WKCE Testing Veteran's Day Program 10:30	11 NO SCHOOL PTC's—a.m. only Veteran's Day	12
13	14 Gr 4 WKCE Testing	15 Gr 4 WKCE Testing Naturalist from Aldo Leopold Nature Ctr visit to grades K-1-2	16 Gr 4 WKCE Testing	17 Gr 4 WKCE Testing	18	19
20	21	22 Kettner & Weiss Kg Thanksgiving Program Haas & Ferguson 3rd grade to Madison Symphony Orchestra	23 No School Thanksgiving Break	24 No School Thanksgiving Day	25 No School Thanksgiving Break	26
27	28	29	30 5th gr Calendar Sale Ends			

Fall Book Fair Hours - November 7 – 11, 2011—SGE Library

Monday: 2:45pm – 4:00pm
 Tuesday: 2:45pm – 8:00pm
 Wednesday: 2:45pm – 4:00pm
 Thursday: 2:45pm – 4:00pm
 Friday: 8:00am – NOON

Looking Ahead:

**SGE's Holiday Program -
 Dec. 12 @ 1:00 - High School**



NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
<p>21 Turkey Mini Corndogs(c-26.87g) Baked Beans(c-29g)</p>	<p>1 Stuffed Crust Pizza Slice(c-42g) Corn Niblets(c-25.33g)</p>	<p>2 Soft Shell Taco(c-14.80g) Lettuce, Tomato, Cheese Refined Beans w/Cheese(c-15g)</p>	<p>3 Beef Ravioli(c-27g) Snappy Green Beans(c-8g) WG Breakfast(c-15g) FRZ. Yogurt Cup(c-17g)</p>	<p>4 Teacher's Inservice Day! No School!!!</p>
<p>7 Hamburger/Cheeseburger on a WG Bun(c-33.50g) Baked Potato Smiles(c-32g)</p>	<p>8 Bosco Cheese Dunkers(c-54g) w/Pizza Sauce California Blend Vegetables(c-6.67g)</p>	<p>9 Baked Chicken Sandwich on a WG Bun(c-41.80g) Baked Potato w/toppings(c-21.15g)</p>	<p>10 Star Fish Nuggets(c-21.33g) Creamy Coleslaw(c-9.04g) Black Beans and Corn(c-16.72g)</p>	<p>11 Parent/Teacher's Conferences No School!!!</p>
<p>14 Stuffed Crust Pizza Slice(c-42g) Corn Niblets(c-25.33g) Mini Rice Krispy Treat(c-34g)</p>	<p>15 All Beef Hotdog on a WG Bun(c-50g) Cheesy Broccoli Spears(c-37g)</p>	<p>16 Baked Chicken Nuggets(c-7.80g) Mashed Potatoes w/Gravy(c-17g) WG Dinner Roll(c-20g)</p>	<p>17 Cheese Quesadilla(c-36g) w/Salsa and Sour Cream Black Beans and Corn(c-16.72g)</p>	<p>18 WG French Toast Sticks(c-33.21g) Baked Hash Brown Stick(c-14g) Th's Yogurt Cup(c-20g)</p>
<p>21 Toasted Cheese Sandwich on WG Bread(c-30g) Hearty Request Tomato Soup(c-17g) Fish Crackers(c-)</p>	<p>22 Baked Chicken Tenders WG(c-18g) Cheesy Au gratin Potatoes(c-18g)</p>	<p>23 Thanksgiving Vacation!!!</p>	<p>24 Thanksgiving Vacation!!!</p>	<p>25 Thanksgiving Vacation!!!</p>
<p>25 Turkey Mini Corndogs(c-26.87g) Baked Beans(c-29g)</p>	<p>26 Stuffed Crust Pizza Slice(c-42g) Corn Niblets(c-25.33g)</p>	<p>30 Soft Shell Taco(c-14.80g) Lettuce, Tomato, Cheese Refined Beans w/Cheese(c-15g)</p>	<p>1 Beef Ravioli(c-27g) Snappy Green Beans(c-8g) WG Breakfast(c-15g) FRZ. Yogurt Cup(c-17g)</p>	<p>2 Diced Chicken and Gravy(c-3.20g) over Mashed Potatoes WG Dinner Roll(c-20g)</p>

Second choice daily at Elementary Schools:
Parent and Teacher's Choice: Sandwiches
SunWise Sandwich(c-33g)
Sunflower Spread and Sesame Jelly
Go Nuts for Me Nuts!!!
Whole Wheat Bread—No Trans Fats!

Lunch Meal Prices:
\$2.50 Students \$3.50 Adults
Lunch and Food Bar included!
Milk Choices 1% Skim, FF CHOIC.
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)

Breakfast Menu:
Mon... Rice Krispy Cereal Bar(c-26g)
Tues... Scrambled Eggs(c-20g)
Wed... Breakfast Pzizz(c-23g)
Thur... Omelette Pancakes(c-23.75g)
Fri... Mini Corn Dogs(c-40g/20g)
Second choice daily: Cereal Bowl
Comest w/rais, Fruit, Milk/Lyons
Menu is subject to change without notice



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
caby@rwschools.org
1-800-588-2556 ext 1112



River Valley School District

Tara Anding, District Nurse

660 West Daley, Spring Green, WI 53588

Phone: 608-588-2556 email: tanding@rvschools.org

Knowing When to Keep a Sick Child Home from School

As a parent, there are times when you may be unsure whether or not to send your child to school. School attendance is very important, but keep in mind that school may not be the best place for your child when he/she is ill, for a couple of reasons:

1. Illnesses can be passed easily to others, in a classroom setting
2. Learning is more difficult when a child is not feeling well

Please be aware of signs and symptoms of illness, and keep your child home if he/she has the following:

- ◆ Temperature equal to or higher than 100.5 degrees (before taking medication such as Tylenol or Ibuprofen). The child should be without fever for 24 hours, prior to returning to school.
- ◆ Vomiting or Diarrhea in the past 24 hours
- ◆ Persistent or severe sore throat
- ◆ Rash with a fever, until fever subsides and a health care provider has determined the rash is not a contagious disease
- ◆ Symptoms of a contagious illness such as chicken pox, mumps, pertussis (whooping cough). May return as directed after evaluation by a healthcare provider.
- ◆ Chickenpox: All lesions must be crusted or scabbed over. No draining lesions can be present
- ◆ Constant cough or complaints of difficulty breathing or rapid breathing
- ◆ Mouth sores with drooling, unless the child's health care provider states the child is not infectious

REMINDER: If your child has been prescribed an antibiotic for a contagious illness (i.e. strep throat or impetigo), he/she should be on the prescribed medication, and fever free, for 24 hours prior to returning to school.

HAND WASHING IS THE # 1 WAY TO PREVENT THE SPREAD OF GERMS.

Please don't hesitate to call with any questions regarding the health of your child.

Tara Anding, District Nurse

Nutrition Nuggets

Food and Fitness for a Healthy Child

November



BEST BITES

Word play

Help your child think about healthy foods with this activity. Have her write her name vertically on a piece of paper. Then, ask her to write one nutritious food for each letter of her name. For example, Stacy might write: Squash, Tuna, Apple, Chicken, Yucca. *Idea:* Join in, and write healthy foods that spell your name, too.

DID YOU KNOW?

The average student eats a third to a half of his daily food intake at school. Encourage your youngster to make good choices in the cafeteria by sticking with healthy entrees, vegetables, fruit, and fat-free milk. *Tip:* Each day, ask him what he ate in school, and give him a high five for each nutritious item.

My own sport



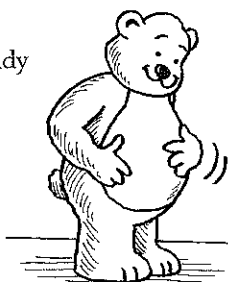
Suggest that your child create and play a new sport. Ask her to give it a name and write a description that tells

what equipment players use (ball, puck) and explains the rules. *Hint:* She might combine two sports or rewrite rules for an existing game. Then, she can try out her new game with family or friends.

Just for fun

Q: What do teddy bears have in common with turkey?

A: Stuffing!



District Nurse, River Valley School District

Read the label

While your child is young, get him in the habit of reading food labels. He'll learn more about nutrition—and he'll see that healthy food decisions are in his hands! Here are a few suggestions.

Show the way. Let your youngster see you using nutrition labels when you shop. Pick up several varieties of the same food (ketchup, whole-wheat bread), and compare the facts aloud. *Example:* "This ketchup has 190 milligrams of sodium in a tablespoon, and this one has zero," or "This bread has 2 grams of fiber per slice, and this one has less than one." As he gets comfortable with the information, have him read the labels and suggest which one to buy.

Scavenger hunt. Give your child a list of questions, and send him on a food-label hunt at home. *Examples:* How many pretzels are in one serving? How



much sugar is in a serving of vanilla ice cream? He'll learn how the labels are organized and get used to scanning them for the information he needs.

Design labels. Pretend that there's a contest for creating a new food label. Have your youngster take out a favorite food such as cereal or peanut butter. Using construction paper and crayons, he can design a new label and include nutrition facts on it. Writing the nutrients will help him remember them for the future. 🍌

Dance party

Dancing is a great way for families to be active *and* enjoy time together. Get your family moving with these ideas:

- During family gatherings, have someone from each generation teach a dance move. Grandpa might demonstrate the twist, while you show disco dances and your youngster does hip-hop moves.
- Borrow library CDs of family dance classics, and do the Hokey Pokey, Chicken Dance, or Macarena.
- Make up your own dances. Put on the radio, and dance along to different kinds of music such as jazz or rock.
- Check your community center for square dance, folk dance, or swing dance nights. 🍌



Young chefs

Many young children love to cook. If you get your child involved in the kitchen, you'll gain a helper, and she'll learn skills she can use for a lifetime. Plus, when she helps prepare healthy food, she'll be more likely to eat it at mealtime.

- While you're in the kitchen together, discuss healthy food choices. You might mention why you chose a certain ingredient. ("To



make the creamed onions healthier, I'm using fat-free milk instead of heavy cream. They will taste just as good!") Your youngster will learn healthier ways to cook—and also realize that she can improvise and make her own choices.

- Have her taste the food as she cooks. For example, as she's stirring cooled spaghetti sauce, she can sample a spoonful and decide if it needs more seasoning. Encourage her to use healthy herbs and spices (oregano, basil, pepper) rather than adding extra salt.

Tip: Cooking with your child will be more pleasant if you have her join in the cleanup, too. Help her get in the habit of cleaning up as you go so there isn't a big mess at the end. •

ACTIVITY CORNER

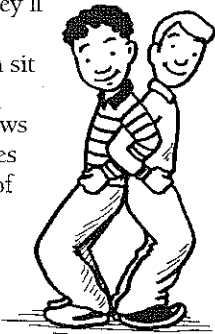
Partner exercises



Exercising with a partner can be fun! When your youngster has a friend over, suggest ideas like these:

- Tell them they're going to be a human seesaw. Have them stand arm's length apart, facing each other and holding hands. One stays standing while the other crouches down. Then, they keep switching: up, down, up, down.

- For this activity, they'll need to cooperate to stand up! Have them sit on the floor back-to-back, with their elbows linked and their knees bent. On the count of three, they try to stand up. For a bigger challenge, they can add a third friend and try again.



- This time, have them sit facing each other. Keeping their knees bent, they should lift their legs in the air and put the soles of their feet together. Have them "bicycle"—move in a circle, alternating bent and straight legs. Call "switch," and they can reverse their circle. •

Q & A Managing diabetes

Q: My daughter Kelsey has been diagnosed with diabetes. How can we help her manage at school and home?

A: A dietitian can help you and your child work out an eating plan for school, home, and outings. The good news is that Kelsey doesn't need any special foods—she just needs a healthy diet. Consider having your whole family eat the same way as Kelsey. That will make things easier on her, and it means that everyone will be eating nutritiously.

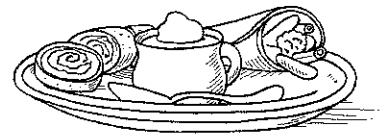
Also, be sure to let everyone possible know about her diagnosis. And let your child know you're telling them so they can help her if needed. You can send a note or an e-mail to her teacher, school nurse, principal, bus driver, cafeteria manager, coaches, after-school program leaders, and friends' parents. You'll want to alert them if your daughter needs to eat at certain times or stay away from certain foods. And be sure to give them warning signs to watch for that would show her blood glucose levels are dropping or spiking. •



IN THE KITCHEN

Thanksgiving fun

Here are a few healthy twists on Thanksgiving favorites that your children are sure to enjoy.



Cornucopia salad. Roll small tortillas into a cone shape, with a point on one end and an opening on the other. Stuff your "cornucopias" with bite-sized vegetables like baby carrots, green beans, and cauliflower pieces. Top with a spoonful of cranberry sauce, and eat like an ice cream cone.

Jarlsberg cheese, and sprinkle on dried cranberries. Fold in the side edges, roll up tightly, and cut crosswise into four pieces.

Turkey pinwheels. Spread honey mustard on a whole-wheat wrap. Layer fresh spinach leaves, sliced turkey, and

Pumpkin-pie cup. Fill a small mug with canned pumpkin, and stir in ¼ tsp. pumpkin pie spice. Add a little marshmallow creme or fat-free whipped topping. Eat with a spoon, or spread on graham crackers. •

OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

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Nutrition Nuggets is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.
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Home & School CONNECTION[®]

Working Together for School Success

November

Spring Green Elementary
Mr. Hegland, Principal



SHORT NOTES

Ticket, please!

If you want to limit your child's TV time, try this idea. Every week, give her seven slips of paper. Each is good for an hour of television. Remind her to plan ahead. For example, if she wants to watch a two-hour movie on Saturday, she'll need to save an extra ticket during the week.

DID YOU KNOW?

Being less stressed can improve your youngster's memory and concentration—and even keep him healthier. Explain how you relax, perhaps by reading, walking, or listening to music. Your child can experiment with those ideas or come up with his own, such as shooting baskets or drawing.

Thanksgiving craft

Let your youngster help prepare for holiday entertaining by making pot-pouri for your house. Have her paint paper cups and fill them with small, torn pieces of tissue paper. Then, she can sprinkle them lightly with water and add a dash of cinnamon or pumpkin pie spice. She'll feel proud when guests admire her creations!

Worth quoting

"Good character, like good soup, is usually homemade." *Anonymous*

JUST FOR FUN

Q: What do you get when you cross a porcupine with a balloon?

A: POP!



Respectfully yours

Teaching your child to speak and act respectfully is one of the most important things parents can do. Here are suggestions that will help you raise a youngster who makes others feel respected—and earns their respect in return.

Behave respectfully.

Together, create family rules that contain the word "respect." *Examples:* "Respect others by keeping your hands and feet to yourself." "Respect property by putting clothes and toys away." Have your child draw a picture for each rule.

Speak respectfully. Ask your youngster to rephrase requests that aren't respectful. If he shouts, "I want a snack!" you might say, "I'll listen when you ask nicely." And since he will follow your lead, talk to him the same way you'd like him to address you. Instead



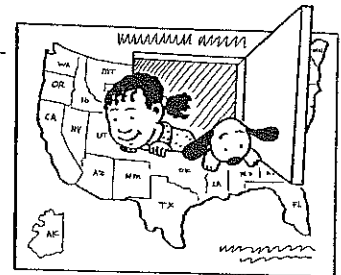
of saying, "You're in the way," say, "Excuse me, please."

Disagree respectfully. Teach your child to share his opinion politely. For example, show him how you respect his choice of ice cream flavor while explaining your own: "Chocolate chip is yummy. But I like strawberry because it's fruity." Remind him that he won't always agree with people—sometimes it's okay to "agree to disagree." ♥

World traveler

Which states border yours? What is the capital of Egypt? Your youngster will get to know her world better with these geography activities:

- Help your child memorize states' locations so she can find them on a map. Look at a U.S. map, and take turns secretly choosing a state. Give clues until other players guess it: "This state borders Mexico and the Pacific Ocean." *Answer:* California.
- Show your youngster landmarks and cities around the world with Google Earth (<http://earth.google.com>). She might type in "Egypt" to see Cairo and the pyramids or "France" to see Paris and the Eiffel Tower.
- Encourage your child to borrow geography books from the library. She can learn more about each state in Laurie Keller's *The Scrambled States of America*. Or she might read *Around the World with Phineas Frog* (Paul Adthead) and use clues on each page to figure out where the characters are. ♥



Everyday math

Add a little math to daily activities. You'll build your youngster's number skills and show her that counting and arithmetic are part of everyday life.

Numbers

Hunt for numbers during outings so your child can see all the ways they're used. Work as a team to find every number from 1 to 100, and check them off on a tally sheet as you go. In the grocery store, look on aisle signs and price stickers. At a football game, read numbers on players' jerseys and the scoreboard. Can your family find all 100 in a day?



Counters

Serve raisins for a snack. Give each family member a handful, and ask everyone to estimate and then count the number they have. Let your youngster add them all up—how many raisins does your family have altogether?

Facts

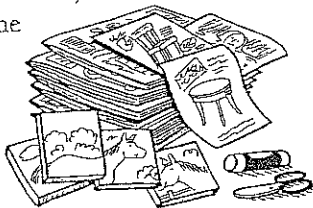
Show your child real reasons to learn multiplication by using facts throughout the day. If you have one bathroom, 4 people in your family need to shower, and each gets 10 minutes, you'll need 40 minutes for everyone to have a turn ($4 \times 10 = 40$ minutes). If you play mini golf and it costs \$5 per person, that's \$20 ($4 \times \$5 = \20). ♥

ACTIVITY CORNER

Magazine learning

Turn old magazines into new learning tools. Here are two ideas:

1. Your youngster can practice grouping objects by choosing a theme and cutting out related photos from magazines. If the category is furniture, for example, he would group them into couches, tables, and beds. Then, have him make smaller groups (say, according to room or color).



2. A two-sided jigsaw puzzle will stretch your child's logical thinking. Have him tear out two full-page pictures or ads from a magazine. Then, cut off the front panel from a cereal box. Let him glue one picture on each side of the panel and cut the panel into pieces (12 for younger children, 24 for older ones). To put his puzzle together, he will first need to figure out which picture each piece goes with. ♥

PARENT TO PARENT

Be in charge

While searching for a job recently, I saw many positions that required strong leadership skills. Knowing what an important quality this is for the workplace, I started thinking about ways I could let my daughter practice being a leader.

I decided to put Eila in charge of our family garage sale. After telling her what tasks needed to be done, I asked her to give one to each person. I explained that good leaders think about people's strengths when they divide up responsibilities.

Eila asked me to write the garage sale ad, since I had put advertisements in the newspaper before. Her dad is a store manager, so she asked him to price the items. And she decided to make posters to hang in our neighborhood because she loves art.

Our sale was very successful. We sold many things we didn't need anymore—and our daughter got hands-on experience being a leader. ♥



Q & A

Conferences count

Q: I volunteer weekly in my son Micah's classroom, so I see how he's doing in school. Do I still need to go to the parent-teacher conference?

A: By helping out at school, you're showing your son that you care about his education. Attending a conference is a different—and important—way to connect with the teacher.

At your conference, you will get one-on-one time with the teacher to talk just about

Micah—something that won't happen while you're reading with students or making copies. She may show you examples of his work and provide suggestions for ways you can help him at home, such as making vocabulary flash cards or listening to him read.

And you can give her information that may help her teach your son. For example, you might mention his hobbies or discuss problems he had with a project. ♥



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To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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