



Palmyra Elementary School Newsletter



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701 W. Maple Street
Palmyra, WI 53156

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April 28, 2017

Palmyra-Eagle Area School District

Volume 8



GRANDPARENTS' DAY!

This is a time to recognize your child's grandparents or another important person in your child's life. Your child will get to show off their classroom and what they have accomplished this year, give a tour of the school, participate in a variety of activities, and even visit the Book Fair!



Friday, May 12, 2017
Grades 4K - 3rd 8:00 a.m. to 10:30 a.m.
 or
Grades 4th - 6th 12:00-2:30 p.m.



BOOK FAIR

The Palmyra Elementary Book Fair will be held from Friday, May 5th thru Friday, May 12th. The fair will be open during school hours (8:00-3:00 p.m.) and the evening of Thursday, May 11th during the Art and Music Festival from 6:00-7:00 p.m. On May 11th, come shop at the Book Fair and afterwards go get yourself some ice cream as our Home & School will be holding their Ice Cream Social from 6:00-7:00 p.m.



STAR STUDENTS FOR THE MONTH OF APRIL

Ms. Grabowski's Class
Aiden Sudbrink

Ms. Parker's Class
Dylan-Dean Holcomb

Ms. Kreuziger's Class
Tabitha Galloway

Mrs. Cook's Class
Ava Balgord

Mrs. Bayley's Class
Aubreyana Stillwagon

Mrs. Whelan's Class
Lizzy Bourdo

Mrs. Muth's Class
Ava Schlueter

Mrs. Adsit's Class
Colton Kincaid

Mrs. Taylor's Class
Lijah Laumann

Mrs. Bartkiewicz's Class
Yoselin Soto

Mr. Nate's Class
Dylan Maida

Mr. Knoot's Class
Parker Butler

Ms. Wedell's Class
Dylan Kysely

Mrs. Rossman's Class
Blake Isaacsen

Mrs. Waite's Class
Austin Landess

Mrs. Quella
Alison Pena



May Calendar of Events [Link](#) and Lunch menu [Link](#)

BACKPACK

Spring Allergies

Achoo!!!

Spring sometimes means our body's immune system reacts to plants budding, pollen flying, and grass growing (allergens) in a way that can be kind of annoying—and that might mean that you have allergies.

Sometimes in spring, those allergens cause your body to react in a way that means you start sneezing, your ears and eyes itch, or your nose is runny or stuffy. Sometimes, the symptoms can be worse and even scary—such as trouble breathing, wheezing or redness/hives.

People can develop allergies when they are babies, children, teens or even as adults, and sometimes it is genetic or hereditary.

If you think you have allergies, your doctor may send you to see an allergist, who is someone who specializes in allergies. They can run various tests to pinpoint what you are allergic to.

If diagnosed, your doctor can suggest medicines or nasal sprays that can help with the symptoms, or they may suggest trying to stay away from the allergens that are causing the problems. If the allergies are severe enough, allergy shots may be recommended.

If you think you might have allergies, talk to your doctor!

News: May

School Nurse Month!

Fort HealthCare School nurses are involved in nine community school districts, and provide health services to over 12,000 students. They are active participants in not only school health/wellness, but many other health initiatives in Jefferson County including Community Coalitions and chronic disease management programs.

If you see a school nurse, say **thank you** for their dedication and contributions to student health and school wellness!

Fort HealthCare Speech Kidz

Who: Kids age 3-9

What: Speech Kidz is a speech, language, and social skills summer enrichment program run by UW-Whitewater speech-language pathology graduate students and a certified speech-language pathologist. The classes will include language strategies, art, sensory exploration, movement and songs while children work on speech and language skills, listening and team work.

Where: Fort HealthCare Therapy and Sport Fort Atkinson

When: Session I: June 12-June 29 (Monday-Thursday)

Session II: July 10-July 28 (Monday-Thursday)

90 minute classes-time determined by enrollment

Cost: \$50

Contact: Abbie Krueger, (920) 568-6528



Spring is here!

The sun is shining, the birds are chirping, and it's finally warm enough to be outside playing without a coat!

Try these different ideas for getting exercise during the month of May:



Sports

- Basketball
- Baseball/Softball
- Tennis
- Football



Games

- Tag
- Hopscotch
- Running races
- Hide-and-seek



Playing

- Frisbee
- Biking
- Playing catch
- Going to the park

Remember to aim for at least 60 minutes each day of exercise!

SAVE THE DATE

COMING UP

Fort HealthCare's
Camp 911
(Grades 4-6) will be
June 14 &
August 9.



FortHealthCare.com

NOTICIAS DE



La Primavera llega

Alergias de Primavera

Mochila: Mayo

Achuu!!!
La Primavera a veces significa que nuestro sistema inmunológico va a reaccionar a plantas germinando, polen volando, y pasto creciendo (alérgenos) de una forma que puede ser molesta – y que puede significar que tiene alergias.

A veces en primavera, esos alérgenos causan que su cuerpo reaccione de una manera en la que empieza a estomudar, sus ojos y orejas dan comezón, su nariz tiene congestión o moqueo. A veces estos síntomas pueden ser peores e incluso dar miedo – como tener problemas respirando, estridor o enrojecimiento/lurficaria.

Las personas pueden desarrollar alergias cuando son bebés, niños, adolescentes e incluso adultos, y a veces es genético o hereditario.

Si piensa que tiene alergias, su doctor lo puede mandar a ver a un alergista, que es alguien quien se especializa en alergias. Pueden hacer varias pruebas para determinar a que es alérgico.

Si es diagnosticado, su doctor puede sugerir medicinas o aerosoles nasales que le pueden ayudar con sus síntomas, o pueden sugerirle intentar mantenerse alejado de los alérgenos que están causando el problema. Si los alérgenos son muy severos, inyecciones contra alergia pueden ser recomendadas.

¡Si usted piensa que tiene alergias, hable con su doctor!

Mes de la Enfermería Escolar!

Los Enfermeros Escolares de Fort HealthCare están involucrados en nueve distritos escolares, y proporcionan servicios de salud a más de 12,000 estudiantes. Son participantes activos no solo en la salud/bienestar de la escuela, pero en muchas otras iniciativas de salud en el Condado de Jefferson incluyendo Coaliciones Comunitarias y programas de manejo de enfermedades crónicas.

¡Si ves al enfermero escolar, dile **gracias** por su dedicación y contribución a la salud de los estudiantes y el bienestar de la escuela!

Fort HealthCare Speech Kidz

Quien: Niños entre 3 a 9 años

Que: Speech Kidz es un programa de verano de enriquecimiento en el lenguaje, el habla y las habilidades sociales manejado por estudiantes de postgrado en patología del habla/lenguaje (logopedia) de UW-Whitewater y un patólogo certificado del habla/lenguaje (logopeda). Las clases incluyen estrategias de lenguaje, arte, exploración sensorial, movimiento y canciones mientras los niños trabajan en sus habilidades de lenguaje y del habla, a escuchar y a trabajar en equipo.

Donde: FortHealthCare Therapy and Sport Fort Atkinson

Cuando: Sesión I: 12 de Junio al 29 de Junio (Lunes a Jueves)

Sesión II: 10 de Julio al 28 de Julio (Lunes a Jueves)

Clases de 90 minutos - tiempo determinado conforme a

inscripción

Costo: \$50

Contacto: Abbie Krueger, (920) 568-6528

!El sol brilla, los pájaros cantan, y finalmente es lo suficientemente tibio para jugar afuera sin abrigo!

Intenta estas ideas para ejercitarse durante el mes de Mayo:



Deportes

- Basquetbol
- Béisbol/Softbol
- Tenis
- Futbol



Juegos

- Atrapadas
- Rayuela
- Carreras
- Escondidillas



Actividades

- Disco (Frisbee)
- Atrapar la pelota
- Ciclismo
- Ir al parque

!Recuerde proponerse al menos 60 minutos de ejercicio al día!



Campamento 911 de Fort HealthCare (Grados 4-6) se llevará a cabo el 14 de Junio y el 9 de Agosto.



FortHealthCare.com