



GRANDFRIENDS DAY!

Over 200 grandfriends attended Palmyra Elementary on May 3rd. Grandfriends and their student(s) were given special BINGO cards to complete during their visit. The spaces required the participants to explore the school and show off some of the amazing features of PES: including the STEAM lab, courtyard, Ozobots and Book Fair. They also enjoyed light refreshments and games in the classrooms. A great time was had by all. This is one of the students' favorite days of the year!



love

colorsonmiss.com



GRANDFRIENDS ARE THE BEST KIND OF FRIENDS!



AG ADVENTURE DAY AT PES!

On Friday, May 24th some of our middle and high school Agriculture students held an Agriculture Adventure Day. Unfortunately, the weather did not cooperate so only our 4-6 graders were able to attend. There were different stations the students were able to visit: wildlife, agriculture careers, chickens, goats, horses, byproducts, tractors, cows and trail mix making. The volunteers are either currently enrolled in an agriculture class or are active members of the Palmyra-Eagle FFA. They did an excellent job leading the students around or running one of the booths. A fun time was had by all staff and students. We hope to have them come back next year in hopes of good weather!



ART AND MUSIC FESTIVAL



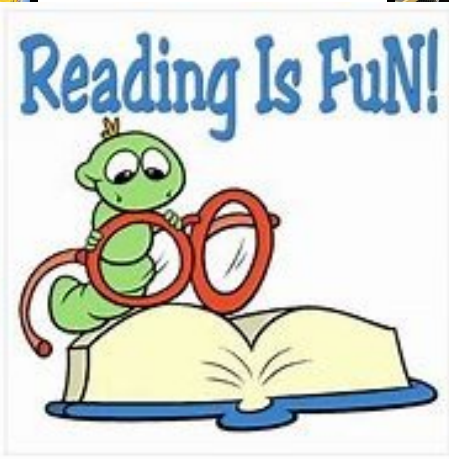
Thank you to Mrs. Dobberstein, Miss Pfaff and all of our talented students for putting on an amazing display of art and music at the Art and Music Festival. Thank you also to our Home & School for providing yummy ice cream to all the attendees.

BOOK FAIR

Thank you to all Parents, Grandparents and Students for making this year's Spring Book Fair a HUGE success!

At PES we sold \$5,723 worth of materials giving us a profit of \$2,564. \$500 of that went back to the students in books they purchased from the fair with their earned reading coupons for reading minutes and prizes they won for spinning the wheel. The reading minute challenge was also a huge success. Over-all students read a total of 19,339 minutes! This earned them coupons to spend at the fair. Mr. Knoot's class had the most minutes read of 4483 which earned their classroom \$200.00 worth of books for their classroom library! Both the Art and Music Festival and Grandparents day helped boost our profits. Remaining profits will go towards a reading activity next school year for the students.

Thank you again and Happy Reading



STAR STUDENTS FOR THE MONTH OF MAY!

Mrs. Bartkiewicz's Class
Camden Kincaid

Miss Kreuziger's Class
Justin Brodzik

Mrs. Bayley's Class
Jack Peterson

Mrs. Taylor's Class
William Tucker

Mrs. Adsit's Class
Landyn Riggs

Miss Dankmeyer's Class
Caleb Tenant

Mrs. Muth's Class
Veda Rutkowski

Mr. Knoot's Class
J.J. Thomas

Miss Wedel's Class
Wyatt Radl

Mrs. Peterson's Class
Noah Tenant

Mrs. Rossman's Class
Zeth Kokan

Mrs. Dobberstein (Art)
Patrick Plotz

Mr. Davey's (Phy. Ed.)
Evelynne Miller

Miss Pfaff (Band)
Amber Thayer

Miss Mickelson (Music)
Dominic Mandelin



**PALMYRA ELEMENTARY SCHOOL
2019-2020 SCHOOL SUPPLY LIST**

FOUR-YEAR-OLD KINDERGARTEN

- c 2 glue sticks
- c 1 large pink eraser*
- c 2 box of 24 small **Crayola** crayons (NOT WASHABLE, SCENTED OR SPARKLE KIND)
- c 4 #2 pencils, please sharpen
- c 1 pair of scissors (Fiskars work the best)*
- c 1 package washable markers (wide, please get 8 **classic** colors – Crayola work the best)
- c 1 set of watercolor paints
- c 1 3 ring binder – 2 inch (prefer white/clear cover)*
- c 2 plastic pocket folders – bottom *
- c 1 large backpack*
- c 1 pack of napkins (300 ct.)
- c 1 box Kleenex
- c 1 box quart ziploc bags (**A-M last Name**)
- c 1 box gallon Ziploc bags (**N-Z last Name**)
- c 1 container of Clorox/Lysol wipes
- c Headphones to be kept at school
- c 1 pair of tennis shoes to be kept at school
- c **EXTRA CHANGE OF CLOTHES TO BE KEPT IN BACKPACK***

KINDERGARTEN

- c 12 glue sticks (not liquid kind) – Elmers or Avery
 - c 4 Three prong plastic folders *
 - c 1 3-hole binder pencil pouch with metal zipper*
 - c 1 large pink eraser *
 - c 1 package post-it-notes
 - c 1 box of 24 small **Crayola** crayons (NOT WASHABLE, SCENTED OR SPARKLE KIND)
 - c 12 #2 pencils, **please sharpen**
 - c 1 scissors (Fiskars work the best) *
 - c 1 package 4 dry erase markers (black only)
 - c 1 large backpack *
 - c 1 1/2" 3-ring binder *
 - c 1 large box of Kleenex (200 ct.)
 - c 1 package of napkins (300 ct.)
 - c 1 paint shirt (on old **oversized adult** shirt works) *
 - c 3 plastic pocket folders (pockets on bottom) *
 - c 1 container antibacterial wipes
 - c 1 box Ziploc sandwich size bags
 - c Headphones (to be kept at school) *
- PLEASE LABEL * ITEMS**

GRADE 1

- c 24 #2 **sharpened** pencils
 - c 1 package colored pencils *
 - c 1 pencil pouch w/metal zipper (**see through front**)
 - c 2 large pink erasers
 - c 2 boxes of Crayola crayons (box of 24)
 - c 1 pair scissors *
 - c 8 glue sticks
 - c 2 large boxes of Kleenex
 - c 4-3-prong plastic folders with **bottom pockets (1 red, 1 blue, 1 yellow, 1 green) ***
 - c 1 school box (8.5"X5")
 - c 1 pair of gym shoes (if not wearing them)
 - c 1 spiral notebook (**1 red**) *
 - c 2 packages 3x3 post-it-notes
 - c 1 backpack or book bag *
 - c 1 4-pack black dry erase markers
- First letter of last name please bring specific size:**
- c A-1 1 package of napkins
 - c J-Z 1 box sandwich size, Ziploc bags
 - c 1 painting shirt (w/short sleeves – No aprons)*
- *PLEASE LABEL * ITEMS WITH YOUR CHILD'S NAME***

GRADE 2

- c 48 #2 sharpened pencils (no mechanical)
- c 3 large erasers
- c 1 package pencil top erasers
- c 1 package of 8 washable markers)*
- c 1 package colored pencils*
- c 1 package of 4-6 multicolored ink pens
- c 6 pack of post-it-notes (3x3)
- c 1 Ruler (with metric & standard)
- c 1 art box (8X13)
- c 1 package of 2-4 dry erase markers*
- c 1 whiteboard eraser
- c 5 glue sticks
- c 1 pair pointed scissors*
- c 2 composition notebooks
- c 3 spiral notebooks (70ct: **Wide lined**)
- c 4 folders*
- c 2 plastic 3 prongs in center* for reading logs
- c 1 backpack or bookbag*
- c Headphones (to be kept at school)
- c Gym shoes
- c 2 large boxes of Kleenex

GRADE 3

- c 1 box sandwich size Ziploc Bags – (**A-G last name**)
 - c 1 box 2 gallon size Ziploc Bags - (**H - N last name**)
 - c 1 box gallon size Ziploc Bags – (**O-S last name**)
 - c 1 box quart size Ziploc Bags - (**T-Z last name**)
- PLEASE LABEL * ITEMS WITH CHILD'S INITIALS**
- c 36 #2 **sharpened** pencils (no mechanical)
 - c 2 boxes sharpened colored pencils
 - c 2-3-Prong Plastic Folders * (reading)(spelling)
 - c 6 glue sticks
 - c 1 pair Fiskars student size pointed scissors
 - c 2 box of crayons (box of 24)
 - c 6 pink pencil eraser
 - c 1 ruler (metric and standard)
 - c 2 large boxes of Kleenex
 - c Headphones (to be kept at school)
 - c 3 thin dry erase markers (**black**)*
 - c 6 packs of 3 X 3 post-it notes (multi-color)*
 - c 1 whiteboard eraser
 - c 1 small bottle whiteboard cleaner
 - c 6 folders with **bottom pockets (1 orange, 1 red, 1 blue, 1 green, 1 yellow, 1 purple)**
 - c 4 wide lined spiral notebooks (1 red, 1 blue, 1 yellow, 1 green)
 - c 1 pair of gym shoes
 - c 1 backpack
 - c 1 medium size art box (8x13)
 - c 1 zipper pencil pouch with 3 holes
 - c 1 composition notebook
 - c 1 art sketchbook for the classroom
 - c 1 container of Lysol wipes
 - c 1 box 2-gallon ziploc bags- (**M-Z last name**)
 - c 1 box quart size ziploc bag--(**A-L last name**)
- NO TRAPPER KEEPERS**
- *PLEASE LABEL EVERYTHING WITH YOUR CHILD'S NAME EXCEPT PENCILS***

GRADE 4

- c 1 pack loose-leaf paper (not spiral)
- c 2 composition notebooks
- c 5 spiral notebook(wide rule)
- c 7 folders---solid colors to match with notebooks
- c 2 boxes of Kleenex
- c Headphones (to be kept at school)





- c 20 #2 pencils
- c 2 pink pearl erasers
- c 2 red pens
- c 3 highlighters (different colors)
- c 1 ruler (metric and standard)
- c 12 glue sticks
- c 1 pair Fiskars scissors
- c 1 pack of 4 dry erase markers
- c 1 box colored pencils
- c 1 box crayons (box of 24)
- c 1 package of markers (12 pack)
- c 4 packs post-it notes (sticky notes)
- c 1 protractor-clear
- c 1 art box (6X8 or smaller) - **small size**
- c 1 box sandwich Ziploc Bags (**last name A-M**)
- c 1 box of gallon Ziploc bags (**last name N-Z**)
- c Gym shoes
- c 1 backpack

PLEASE LABEL EVERYTHING WITH YOUR CHILD'S NAME

GRADE 5

- c 3 pkgs #2 sharpened pencils
- c 2 red pens
- c 8 dry erase markers
- c 1 dry erase eraser
- c 1 package loose leaf paper
- c 2 packages of lined 3X5 note cards
- c 3 single subject spiral notebooks (wide lined)
- c 2 composition notebooks
- c 5 folders with **bottom pockets**
- c 1 ruler with standard and metric
- c 2 large pink erasers
- c 2 rolls scotch tape
- c 2 highlighters
- c 4 big packages Post-Its
- c 1 small art box
- c 2 black sharpies
- c 1 box of colored pencils
- c 1 pair scissors
- c 2 glue sticks
- c 1 box markers
- c 1 hand sharpener
- c 1 simple calculator
- c 2 boxes large Kleenex
- c Headphones or earbuds to stay at school
- c Gym shoes
- c Music - 1 Orange Folder

(NO TRAPPER KEEPERS)

GRADE 6

- c 3 single subject spiral notebooks (wide lined) (1 **yellow, 1 green, 1 purple**)
- c 1 package loose leaf notebook paper (wide lined)
- c 3 composition notebooks (1 **black, 1 red, 1 blue**)
- c 1 package highlighters (assorted colors)
- c 1 box of scotch tape
- c 3 packs of post-it notes
- c 6 folders with **bottom pockets** (1 **yellow, 1 green, 1 purple, 1 black, 1 red, 1 blue**)
- c 1 plastic folder with prongs
- c 1 package dry erase markers
- c 3 packages #2 pencils
- c 1 large pink pearl eraser
- c 1 package blue or black pens
- c 1 box colored pencils
- c 1 box crayons (box of 24)
- c 1 1" 3-ring binder with pockets
- c 1 package markers
- c 1 ruler (metric and standard)
- c 1 pair scissors
- c 1 bottle glue
- c Headphones (to be kept at school)
- c 3 glue sticks
- c 1 box of Kleenex
- c 2 package 3X5 note cards
- c 1 box of quart Ziploc bags (**last name A-M**)
- c 1 box of gallon Ziploc bags (**last name N-Z**)
- c Gym shoes
- c Music - 1 folder (any style)



Backpack News

Kids

June 2019

Well-Child Visits

When you think about the times you go and visit your Primary Care Provider (pediatrician, doctor, family nurse practitioner, etc.), you may think about the last time you were sick or had a health problem.

The summer months are a great opportunity for a Well-Child Visit to your child's Primary Care Provider, or to set up an appointment for the upcoming school year.

It's also very important for children, teens, and young adults to visit their Primary Care Provider yearly (*between 3 years and 21 years old*) in order to complete a 'schedule' of recommended screenings and assessments as set by the American Academy of Pediatrics (AAP).

In addition to the screenings and the assessments, the benefits of Well-Child Visits include:

- **Prevention**

Patients can receive scheduled immunizations, based on a child's/teen's age.

- **Tracking Growth and Development**

See how much your child/teen has grown since their last visit, and you are able to discuss different milestones, social behaviors and learning.

- **Raising Concerns**

Well Child Visits are a great opportunity for you to bring up concerns to your child/teen's Primary Care Provider. These concerns may include nutrition, exercise, behavior, sleep or getting along with other family members.

- **Team Approach**

Having regular and yearly visits creates rapport and a strong and trustworthy relation between the child/teen, parent and provider.

Many insurance companies provide Well-Child Visits at no cost, but it's always important to double-check with your insurer .

More information can be found by contacting your child's Primary Care Provider, or visiting www.healthychildren.org

Immunizations

On-time vaccination throughout childhood is important because it provides an immunity before children are exposed to various diseases. The Center for Disease Control (CDC) and American Academy of Pediatrics (AAP) have set up a vaccination schedule, and schools require a certificate of completion in order to enroll your child in school.

Pre-School and Elementary School (3-10 years) Recommended Vaccines:

- Chickenpox (Varicella) 4-6 yrs
- Diphtheria, tetanus, pertussis (DTaP) 4-6 yrs.
- Measles, mumps, rubella (MMR) 4-6 yrs.
 - Polio (IPV) 4-6 yrs.
 - Flu vaccine (yearly)

Healthcare Provider Tip of the Month

By: Fawn Bingham, MSN, FNP-BC, at Internal Medicine and Pediatrics Fort Atkinson

"It is important to come to yearly well child exams to ensure you are up to date on all of your immunizations, ensure you are reaching your developmental milestones, see how much you are growing and changing over the last year, and discuss important information regarding your health! This is also a time for you and your parents to create a relationship with your primary care provider! We want to make sure that you can be the healthiest you can be so make your well child appointment today!"

Wellness

Summer means a lot of fun in the sun! Make a list of plans/goals for you and your family to complete this summer—ideas include going to the pool/beach, having a picnic, looking at stars and finding a new bike or hiking trail!

Corrier

Camp 911

Camp 911 is a one-day safety & wellness day for kids going into 4th-6th grade happening on: June 12 and August 14th.

More information can be found at www.forthhealthcare.com/classes under "Health Information"

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Noticias de Mochila

niños

Junio 2019

Visitas de Niño Sano

Cuando piensa en las ocasiones en que visita a su Proveedor de Atención Primaria (pediatra, médico, enfermero de familia, etc.), puede pensar en la última vez que estuvo enfermo o tuvo un problema de salud.

Los meses de verano son una gran oportunidad para una visita de la salud del niño, o para programar una cita para el próximo año escolar.

También es muy importante que los niños, adolescentes y adultos jóvenes visiten a su Proveedor de Atención Primaria cada año (entre los 3 y los 21 años de edad) para completar un "programa" de exámenes de detección y evaluaciones recomendadas según lo establecido por la Academia Americana de Pediatría (AAP).

Además de los exámenes de detección y las evaluaciones, los beneficios de las Visitas de Niño Sano incluyen:

- **Prevención**

Los pacientes pueden recibir inmunizaciones programadas, según la edad de un niño / adolescente.

- **Seguimiento del Crecimiento y Desarrollo**

Vea cuánto ha crecido su niño / adolescente desde su última visita y puede hablar sobre diferentes metas logradas, comportamientos sociales y aprendizaje.

- **Plantear Preocupaciones**

Las Visitas de Niño Sano son una gran oportunidad para que usted comunique sus inquietudes al Proveedor de Cuidado Primario de su niño / adolescente. Estas preocupaciones pueden incluir nutrición, ejercicio, comportamiento, dormir o llevarse bien con otros miembros de la familia.

- **Enfoque de Equipo**

Tener visitas regulares y anuales crea una buena relación y una relación sólida y confiable entre el niño / adolescente, el padre y el proveedor.

Muchas compañías de seguros brindan visitas de bienestar sin costo para niños, pero siempre es importante verificar con su aseguradora.

Puede encontrar más información contactando al Proveedor de Cuidado Primario de su hijo, o visitando www.healthychildren.org

Inmunizaciones

La vacunación a tiempo durante la infancia es importante porque proporciona una inmunidad antes de que los niños estén expuestos a diversas enfermedades. El Centro para el Control de Enfermedades (CDC, por sus siglas en inglés) y la Academia Americana de Pediatría (AAP) han establecido un calendario de vacunación y las escuelas requieren un certificado de finalización para inscribir a su hijo en la escuela.

Vacunas Recomendadas para Preescolar y Escuela Primaria (3-10 años):

- Varicella 4-6 yrs
- Difteria, tétanos, tos ferina (DTaP) 4-6 yrs.
- Sarampión, paperas, rubéola (MMR, por sus siglas en inglés) 4-6 yrs.
 - Polio (IPV) 4-6 yrs.
- Vacuna contra la gripe (anual)

Consejo del Mes del Proveedor de Atención Médica

Por: **Fawn Bingham, MSN, FNP-BC, en Medicina Interna y Pediatría de Fort Atkinson**

"Es importante ir a los exámenes anuales de bienestar para asegurarse de que está al día con todas sus vacunas, asegurarse de que está alcanzando sus metas de desarrollo, ver cuánto está creciendo y cambiando durante el último año y discutir información importante sobre ¡tu salud! ¡Este es también un momento para que usted y sus padres creen una relación con su proveedor de atención primaria! Queremos asegurarnos de que pueda estar lo más sano que pueda, ¡así que haga su cita para un niño sano hoy mismo!"

Rincón del

¡El verano significa mucha diversión bajo el sol! Haga una lista de planes/ metas para que usted y su familia completen este verano—¡Las ideas incluyen ir a la piscina / playa, hacer un picnic, mirar las estrellas y encontrar una nueva bicicleta o una ruta de senderismo!

Bienestar

Campamento de 911

El Campamento de 911 es un día de seguridad y bienestar que dura un día, para los niños que van a los grados 4^º a 6^º y se presentan en: **junio 12 y agosto 14.**

Puede encontrar más información en www.forthhealthcare.com/classes en "Información de salud"

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Backpack News

TEENS

June 2019

Well-Child Visits/Sports Physicals

When you think about the times you go and visit your Primary Care Provider (pediatrician, doctor, family nurse practitioner, etc.), you may think about the last time you were sick or had a health problem.

The summer months are a great opportunity for a Well-Child Visit and/or your sports physical to your Primary Care Provider, or to set up an appointment for the upcoming school year.

It's also very important for children, teens, and young adults to visit their Primary Care Provider yearly (*between 3 years and 21 years old*) in order to complete a 'schedule' of recommended screenings and assessments as set by the American Academy of Pediatrics (AAP).

In addition to the screenings and the assessments, the benefits of Well-Child Visits include:

- **Prevention**

Patients can receive scheduled immunizations, based on a child's/teen's age.

- **Tracking Growth and Development**

See how much your child/teen has grown since their last visit, and you are able to discuss different milestones, social behaviors and learning.

- **Raising Concerns**

Well Child Visits are a great opportunity for you to bring up concerns to your child/teen's Primary Care Provider. These concerns may include nutrition, exercise, behavior, sleep or getting along with other family members.

- **Team Approach**

Having regular and yearly visits creates rapport and a strong and trustworthy relation between the child/teen, parent and provider.

Many insurance companies provide Well-Child Visits at no cost, but it's always important to double-check with your insurer .

Bike Safety

Summer means nicer weather, and opportunities to be walking and biking. Follow these tips for bike safety:

- **Wear a Helmet**

Wear it every time and make sure it fits snugly under your chin.

- **Wear safe clothes**

Bright clothes make you visible to other bikers and cars.

- **Rules of the Road**

Stop at all stop signs and obey traffic lights

Always ride in the same direction as cars do

Use bike lanes when available

Don't ride too close to parked cars

If you're in a group, ride single file

Healthcare Provider Tip of the Month

By: Fawn Bingham, MSN, FNP-BC, at Internal Medicine and Pediatrics Fort Atkinson

"It is important to come to yearly well child exams to ensure you are up to date on all of your immunizations, ensure you are reaching your developmental milestones, see how much you are growing and changing over the last year, and discuss important information regarding your health! This is also a time for you and your parents to create a relationship with your primary care provider! We want to make sure that you can be the healthiest you can be so make your well child appointment today!"

Wellness

Summer means a lot of fun in the sun! Make a list of plans/goals for you and your family to complete this summer—try visiting the beach/pool, chasing fireflies and stargazing, and having a picnic with family/friends!

Corner

5 ways to beat summer weight gain

1. Make goals (think volunteering, working, finding a new hobby or even trying new recipes)
2. Stick to a schedule
3. Stay busy—exercise, hang out with friends and limit screen time
4. Beat the heat with finding fun things to do inside if it's too warm, or plan ahead with sunscreen, water and appropriate clothing
5. Make good MyPlate choices at BBQs and potlucks

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Noticias de Mochila

Adolescentes

Junio 2019

Visitas de Niño Sano / Exámenes Físicos para Deportes

Cuando piensa en las ocasiones en que visita a su Proveedor de Atención Primaria (pediatra, médico, enfermero de familia, etc.), puede pensar en la última vez que estuvo enfermo o tuvo un problema de salud.

Los meses de verano son una gran oportunidad para una visita de la salud del niño y / o de su examen físico para los deportes con su proveedor de atención primaria, o para programar una cita para el próximo año escolar.

También es muy importante que los niños, adolescentes y adultos jóvenes visiten a su Proveedor de Atención Primaria cada año (entre los 3 y los 21 años de edad) para completar un "programa" de exámenes de detección y evaluaciones recomendadas según lo establecido por la Academia Americana de Pediatría (AAP).

Además de los exámenes de detección y las evaluaciones, los beneficios de las Visitas de Niño Sano incluyen:

- **Prevención**

Los pacientes pueden recibir inmunizaciones programadas, según la edad de un niño / adolescente.

- **Seguimiento del Crecimiento y Desarrollo**

Vea cuánto ha crecido su niño / adolescente desde su última visita y puede hablar sobre diferentes metas logradas, comportamientos sociales y aprendizaje.

- **Plantear Preocupaciones**

Las Visitas de Niño Sano son una gran oportunidad para que usted comunique sus inquietudes al Proveedor de Cuidado Primario de su niño / adolescente. Estas preocupaciones pueden incluir nutrición, ejercicio, comportamiento, dormir o llevarse bien con otros miembros de la familia.

- **Enfoque de Equipo**

Tener visitas regulares y anuales crea una buena relación y una relación sólida y confiable entre el niño / adolescente, el padre y el proveedor.

Muchas compañías de seguros brindan visitas de bienestar sin costo para niños, pero siempre es importante verificar con su aseguradora.

Seguridad en Bicicleta

El verano significa mejor clima y oportunidades para caminar y andar en bicicleta. Siga estos consejos para la seguridad en bicicleta:

- **Usa un Casco**

Úselo todo el tiempo y asegúrese de que se acomode debajo de su mentón.

- **Use ropa segura**

La ropa brillante o de colores vivos hacen que sea visible por otros ciclistas y coches.

- **Reglas de la Carretera**

Deténgase en todas las señales de alto y obedezca las semáforos.

Vaya siempre en la misma dirección que los coches

Use carriles para bicicletas cuando estén disponibles

No vaya demasiado cerca de los autos estacionados.

Si está en un grupo, ande en fila

Consejo del Mes del Proveedor de Atención Médica

Por: Fawn Bingham, MSN, FNP-BC, en Medicina Interna y Pediatría de Fort Atkinson

"Es importante ir a los exámenes anuales de bienestar para asegurarse de que está al día con todas sus vacunas, asegurarse de que está alcanzando sus metas de desarrollo, ver cuánto está creciendo y cambiando durante el último año y discutir información importante sobre su salud! ¡Este es también un momento para que usted y sus padres creen una relación con su proveedor de atención primaria! Queremos asegurarnos de que pueda estar lo más sano que pueda, ¡así que haga su cita para un niño sano hoy mismo!"

Rincón del

¡El verano significa mucha diversión bajo el sol! Haga una lista de planes / metas para que usted y su familia completen este verano: ¡intente ir a la piscina/playa, perseguir luciérnagas, observar las estrellas, y hacer un picnic con familiares / amigos!

Bienestar

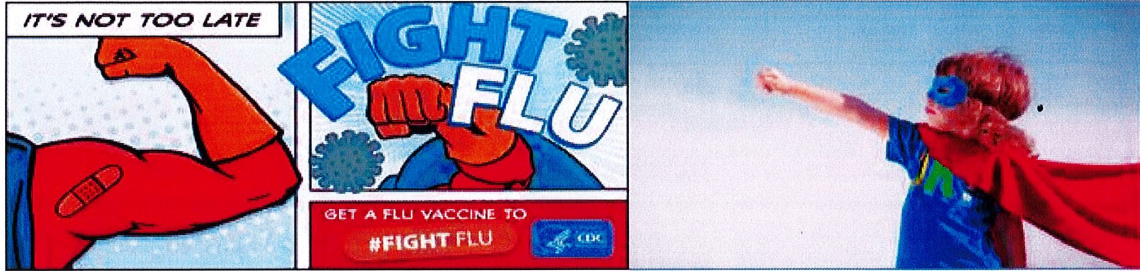
5 maneras de vencer el aumento de peso de verano

1. Haga metas (piense en ser voluntario, trabajar, encontrar un nuevo pasatiempo o incluso probar nuevas recetas)
2. Cumplir con un horario
3. Mantente ocupado: haz ejercicio, pasa tiempo con tus amigos y limita el tiempo de pantalla
4. Combata el calor encontrando cosas divertidas para hacer adentro si hace demasiado calor, o planea con anticipación con protector solar, agua y ropa apropiada
5. Hacer buenas elecciones de MyPlate en las barbacoas y en las comidas tipo "potluck"

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Be a Superhero, Get your flu



2019 School Vaccine Clinics Offering FREE Influenza Vaccine for School-Age Children

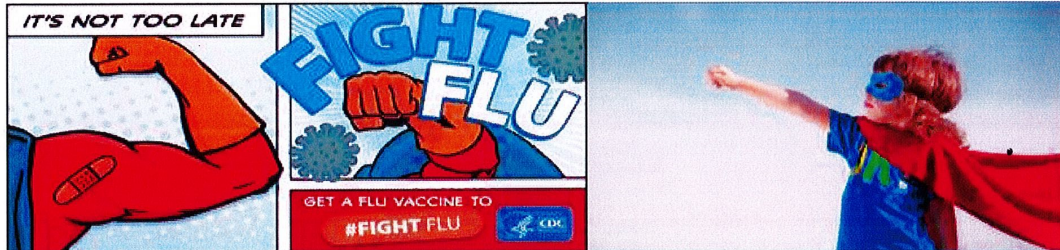
Provided by the Jefferson County Health Department

- ❖ Free seasonal influenza vaccine for school-age kids with or without insurance, available on a first-come, first-serve basis
- ❖ No appointments needed
- ❖ A parent or legal guardian must accompany anyone under the age of 18 to sign permission
- ❖ If a child has active Medical Assistance or no insurance, they may go to the Jefferson County Health Department during open clinic hours on Monday, Tuesday, or Friday from 8:00am-4:00pm for any other vaccines (including school-required vaccines)

School	Room	Address	Date	Time
Waterloo Elementary School	Cafeteria	785 N. Monroe St., Waterloo	Wed., Oct. 9	4:00 – 6:00pm
Lake Mills Middle School	Library (2 nd Floor)	318 College Street, Lake Mills	Thurs., Oct. 17	4:00 – 6:00pm
Palmyra Elementary School	Cafeteria	701 Maple St., Palmyra	Tues., Oct. 22	4:00 – 6:00pm
Fort Atkinson Middle School	TBD	310 S. 4 th St. E., Fort Atkinson	Tues., Nov. 5	4:30 – 6:30pm
Cambridge Nikolay Middle School	Lighthouse Room	211 South St., Cambridge	Thurs., Nov. 7	4:30 – 6:30pm
Jefferson West Elementary School	Cafeteria	900 W. Milwaukee St., Jefferson	Wed., Nov. 13	3:30 – 5:30pm

Please call the Jefferson County Health Department if you have any questions or for more information: (920) 674-7275.

Para español: (920) 674-7213 (deja un mensaje)



Clínicas de Vacunación Escolar 2019
Oferta de Vacuna contra la Influenza GRATUITA para
Niños de Edad Escolar
Proporcionadas por el Departamento de Salud del Condado de
Jefferson

- ❖ Vacunación contra la influenza estacional para niños de edad escolar con o sin seguro médico, disponible por orden de llegada
- ❖ No se requiere cita
- ❖ Un padre o tutor legal debe acompañarle a cualquier menor de edad para firmar el permiso
- ❖ Si un niño tiene Asistencia Médica activa o no tiene seguro médico, puede acudir al Departamento de Salud del Condado de Jefferson durante el horario de la clínica los lunes, martes o viernes de 8:00am-4:00pm para cualquier vacuna requerida por la escuela.

Escuela	Cuarto	Dirección	Fecha	Horario
Escuela Primaria de Waterloo	Cafeteria	785 N. Monroe St., Waterloo	Miércoles, Oct. 9	4:00 – 6:00pm
Escuela Secundaria de Lake Mills	Library (2 nd Floor)	318 College Street, Lake Mills	Jueves, Oct. 17	4:00 – 6:00pm
Escuela Primaria de Palmyra	Cafeteria	701 Maple St., Palmyra	Martes, Oct. 22	4:00 – 6:00pm
Escuela Secundaria de Fort Atkinson	TBD	310 S. 4 th St. E., Fort Atkinson	Martes, Nov. 5	4:30 – 6:30pm
Escuela Secundaria de Cambridge Nikolay	Lighthouse Room	211 South St., Cambridge	Jueves, Nov. 7	4:30 – 6:30pm
Escuela Primaria West de Jefferson	Cafeteria	900 W. Milwaukee St., Jefferson	Miércoles, Nov. 13	3:30 – 5:30pm

Por favor llame al Departamento de Salud del Condado de Jefferson si tiene alguna pregunta o para más información: (920) 674-7275.
Para español: (920) 674-7213 (deja un mensaje)



Register your child for this one-day, fun, and interactive training program focusing on teaching safety and prevention techniques as well as health & wellness to children entering Grades 4-6 in the upcoming 2019-20 school year.

This program gives children the knowledge, skills, and confidence to protect themselves, react safely in emergency situations and increase awareness of stress relief, health and wellness.

FortHealthCare.com/Camp911

Limited to 70 participants per session. Registrations are based on a first-come, first-served basis. Beverages, lunch & snacks will be provided.

For more information or to register online, visit FortHealthCare.com/Camp911 or call (920) 568-5475.

Sign up for:
**June 12th
or August 14th**
**\$35.00 per
Camper**



Events take place at:
Fort Memorial Hospital
611 Sherman Avenue East
Fort Atkinson, WI 53538

Thank you to our
community partners,
sponsors & event
speakers!