





# FROM THE PES COUNSELOR, MRS. HEMMER

I would like to take this opportunity to introduce myself, my name is Beth Hemmer and I am the new elementary School Counselor for Eagle Elementary and Palmyra Elementary. I am so happy to be here and be a part of such a wonderful school and community! I have spent the past month meeting all of the students here and they truly are incredible kids.

PES is a great school, but that doesn't mean that our students won't face challenges while they are here. I would like your children to know that they have an ally, and that there is always an adult at the school who will be on their side.

As a School Counselor, my primary responsibility is to promote the academic, personal, and social development of all students. I look forward to offering support to the students, staff, families and community. I would like the students here to think of my office as a warm and friendly place, where they are always welcome. My office is also a safe haven – a place where they can get help if they feel confused or worried.

### Services Provided

As the Counselor, I have the privilege to work with every single student in the two schools. I plan on working with students at the classroom level, small group level, as well as at the short-term individual counseling level. I will also be meeting with parents, collaborating with teachers and staff, and consulting with community organizations to benefit and meet the needs of all Palmyra-Eagle students.

**CLASSROOM GUIDANCE LESSONS:** These lessons will be presented in the classroom for students in grades 4K-6. Lessons will teach developmentally appropriate, preventative lessons to all children.

**GROUP COUNSELING:** Group counseling is provided for small groups of students experiencing similar concerns. These may include making and keeping friends, anger management, coping with separation/divorce and or loss, and/or improving self-esteem, or other areas as needed. The groups generally range from 4 to 6 students and last for 6 to 8 sessions. The students for these groups can be recommended by parents/guardians or by staff members.

**INDIVIDUAL COUNSELING:** Short term one-on-one counseling support is available to all students in grades 4K to 6. Students may self-refer or be referred to the counselors by teachers/staff and/or parents.

Please feel free to call me, or stop in so that we can meet face to face, if you have any question of concerns. I can be reached by email at [bhemmer@peasd.org](mailto:bhemmer@peasd.org) or by phone at 262-495-7103 EXT.3114. I will be at Palmyra on M, T and TH. and at Eagle Elementary W & F.

I'm excited to be here and I look forward to getting to know you and your child(ren)!



## STAR STUDENTS FOR THE MONTH OF SEPTEMBER

★ Mrs. Cook's Class

★ Jessica Riggs

★ Ms. Kreuziger's Class

★ Sophia Casey

★ Mrs. Bayley's Class

★ Kai Wendt

★ Mrs. Whelan's Class

★ Mila Sockrider

★ Mrs. Adsit's Class

★ Nathan Brodzik

★ Mrs. Taylor's Class

★ Katie Cowsert

★ Mrs. Bartkiewicz's Class

★ Ava Schlueter

★ Mrs. Muth's Class

★ Amber Thayer

★ Mrs. Waite's Class

★ Ryan Brodzik

★ Mr. Knoot's Class

★ Belle Peterson

★ Mrs. Peterson's Class

★ Chris Carlson

★ Mrs. Rossman's Class

★ Brody LeRoy



# BACKPACK News



## Fort HealthCare Frosty Rock



### Staying Active with changing seasons

Going from Summer to Fall can be a little bittersweet—school is back in session, the days are getting shorter, and the temperature is getting lower. It's still important to be active, and to exercise at least 60 minutes a day, and with Fall, there's lots of different opportunities that are fun! Here are some great Fall-ways you can exercise:

- Raking leaves & Jumping in the pile
- Visit a corn maze
- Hiking
- Rock hunting
- Going to a pumpkin patch
- Sports (football, soccer, biking, running)
- Games (tag, hide-and-go-seek)
- Join a Fitness Class

**NEW!**

## Family Fitness Fun

Join Fort HealthCare instructors for a new family-friendly, 4-week class geared towards all ages. Each 45 minute exercise class will be different each week and will offer a drop-in option too! Dates are Tuesdays 10/7-10/31 & 11/7-11/28.

Visit [forthealthcare.com/classes](http://forthealthcare.com/classes) for more details!

### Trick or Treat Safety

Boo! October 31<sup>st</sup> means ghouls and goblins will be out and about looking for loot and candy. These tips and 'tricks' will help keep you safe:

- Always use crosswalks
- Walk on sidewalks or paths
- Carry a flashlight for visibility
- Wear costumes that are fitted to avoid tripping
- Keep your cell phone at home—less distractions
- Use face paint instead of a mask for easier seeing

## PUMPKIN

Pumpkin is a tasty and healthy treat that can be used in many recipes—and for Fall decorating!

Add pumpkin puree to your pancakes, waffles or oatmeal for a sweet breakfast treat, or add pumpkin to soups or salads for a different twist on lunch.

If all else fails, pumpkin seeds are easy to make, tasty and nutritious!



# Noticias de

# MOCHILA

## Manteniéndose activo con el cambio de estación

El ir de verano a otoño puede ser un poco agri dulce - la escuela ya empezó, los días se vuelven mas cortos, y la temperatura esta bajando. El mantenerse activo sigue siendo importante, al igual que ejercitarse al menos 60 minutos al día, y con el otoño, hay muchas oportunidades diferentes que son divertidas! Estas son algunas de las maneras de otoño en las que se pueden ejercitar:

- Barrer hojas y salta en la pila
- Visitar laberintos de maíz
- Caminatas
- Ir a un campo de calabazas
- Deportes (futbol, soccer, ciclismo, correr)
- Juegos (atrapadas, escondidillas)
- Unirse a una clase de gimnasio

### Entrenamiento y Diversión en Familia

**NEW!**

Únase a los instructores de Fort HealthCare en una nueva clase de 4 semanas, para toda la familia, enfocada a todas las edades. Cada clase de ejercicio de 45 minutos será diferente cada semana / y ofrecerá la opción de llegada flexible!

Las fechas son Martes Oct/7-Oct/31 y Nov/7-Nov/28.  
Visita [forthealthcare.com/classes](http://forthealthcare.com/classes) para mas detalles



Fort HealthCare Frosty Rock



¡ El reto de Frosty Rock es una buena forma de pasar tiempo afuera ejercitándose! La carrera del 2017 será la 5ta anual, y será una celebración grande de la comunidad con una Carrera de los Niños de 1 milla por \$5, actividades familiares, y feria de vendedores. ¡ Marque su calendario para el 11 de Noviembre en Fort Atkinson!

[www.forthealthcare.com/frostyrook](http://www.forthealthcare.com/frostyrook)

### Seguridad durante dulce o travesura

¡ Buu! El 31 de Octubre significa que los fantasmas y los duendes saldrán a buscar tesoros y caramelos. Estos consejos y "trucos" los mantendrán a salvo:

- Siempre usen el paso de peatones
- Caminen en las sendas o las aceras
- Lleven una lámpara para visibilidad
- Usen disfraces de talla correcta para que no se tropiecen
- Dejen su celular en casa — menos distracciones
- Usen maquillaje facial en lugar de mascararas para ver mejor.

### Calabaza

La calabaza es un delicioso y saludable bocadillo que puede ser utilizado en muchas recetas — ¡y para decorar en el Otoño!

Agregue puré de calabaza a sus waffles, panqueques, o avena para un delicioso bocadillo de desayuno, o agregue calabaza a sopas y ensaladas para un variación diferente en su almuerzo.

¡ Si todo lo demás falla, las semillas de la calabaza son fáciles de hacer, deliciosas y nutritivas!

