

Palmyra Elementary School Newsletter



INSIDE

701 W. Maple Street
Palmyra, WI 53156

School News.....2

September 30, 2018

Palmyra-Eagle Area School District

Volume 1

SCHOOL YEAR GOT OFF TO A GREAT START!

Dear Palmyra Elementary Families,

Welcome back to school! We have had a great start to the new school year and it was so nice to see the students excited about coming back to school. We look forward to working with you and your children. Our excellent faculty and support staff are here to provide your children with a great educational experience. Please call me if you have any questions, comments, or concerns at 495-7103 ext. 3301. We would like to welcome all our new staff to PES!



Left to Right

- Mrs. Smith—Special Education Teacher**
- Miss Wedel—Fifth Grade Teacher**
- Mrs. Morgan—Reading Specialist**
- Mrs. Dobberstein— Art Teacher**
- Mrs. Jones—Title I**
- Mrs. Sockrider—Psychologist**
- Miss Dankmeyer—Third Grade Teacher**



DROPPING STUDENTS OFF

Students may arrive at school at 7:30 in the morning. Drop offs before this time cannot be allowed since there is no one available to insure the safety of the children.

Also, if you are coming into the building in the morning or after school we ask that you park in our parking lot, not in our designated drop off areas. The designated drop off area is only to drop off and pick-up students not parking spots. A staff member is assigned to assist students before and after school to ensure student safety as well. Thank you for your understanding in this matter. Our number one goal is the safety of our students.

ENTERING THE BUILDING

When picking up your children after school we would like to ask that you have a meeting place for them outside or, if you want to meet them in the building, we ask that you meet them by our main entrance (door 1). If you plan on going to a classroom, please check in the office and get a visitors pass after entering the building. This will make it easier to monitor who is in our building and makes it safer for our staff and students during the school day.

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

"Buddy Bench" at PES

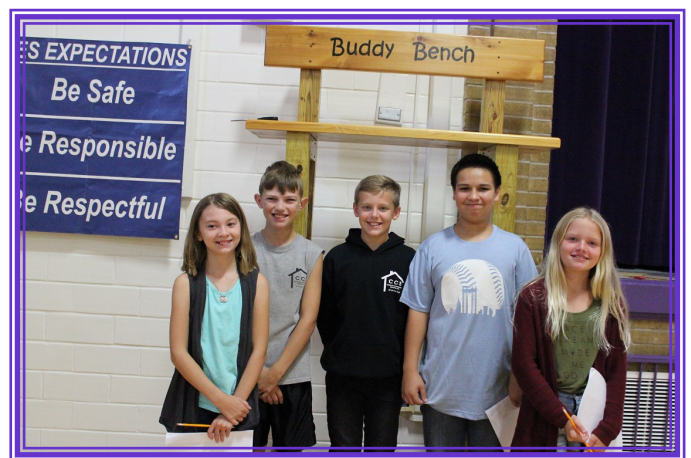
No one should ever feel alone or left out at recess. So to help make sure this never happens at Palmyra Elementary we are adding a "[Buddy Bench](#)" to our playground.

The idea of the "Buddy Bench" is simple: if a student is feeling left out or sad and has no one to play with, they sit on the "Buddy Bench." This is a cue that the child needs someone to play with and hopefully other students will go over and invite the child to play.

Strategies to use before going out to recess and for the "Buddy Bench"...

- Before you sit on the Buddy Bench, think of something you would like to do.
- Ask someone to play with you. - Use your words.
- The Buddy Bench isn't for socializing.
- Only sit there if you can't find anyone to play with.
- While you're sitting on the bench, look around for a game you can join.
- If you see something you want to do or a friend you want to talk to, get off the bench!
- If 2 kids are sitting on the bench, turn and ask that person to play with you.
- If you're sitting on the bench, play with the first classmate who invites you.
- Keep playing with your new friends!

The Buddy Bench was made possible by the generous donations and time of Complete Contracting Services and Dave Halbrecker. Thank you so much!





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 elementary School Counselor for Palmyra Elementary and Eagle Elementary. I am so happy to be here and be a part of such a wonderful school and community!

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 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. Bartkiewicz's Class

Noah Gutierrez

Miss Kreuziger's Class

Jessica Riggs

Mrs. Bayley's Class

Maya Feiker

Mrs. Taylor's Class

Lily Vian

Mrs. Dankmeyer's Class

Kazmira Jaksic

Mrs. Adsit's Class

Gavin Wells

Mrs. Muth's Class

Marley Feiker

Mr. Knoot's Class

Jeremiah Schmid

Miss Wedel's Class

Alexander Harbison

Mrs. Peterson's Class

Brooke Klug

Mrs. Rossman's Class

Xavier Mishler

Miss Pfaff—Band

Belle Peterson

Mrs. Mickelson—Music

Tylor Groth

Mrs. Dobberstein—Art

Max Thiemer

Mr. Davey—Phy. Ed.

Alayna Calvin-Salmela



1st Day of School



OPEN HOUSE!

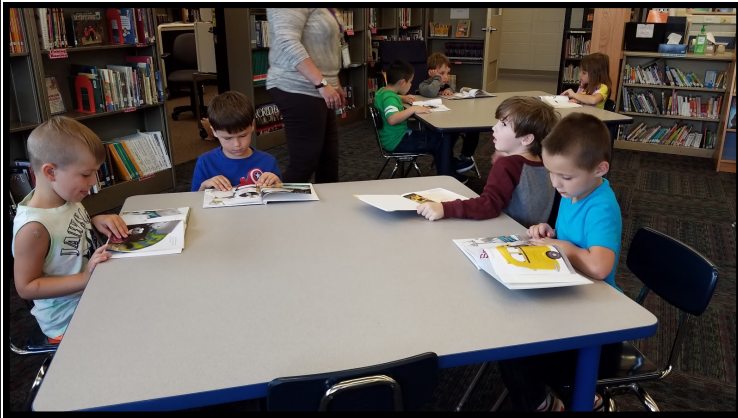


Thank you Home & School for providing ice cream and cookies for Open House!





WE LEARNED THE PBIS RULES: BE RESPONSIBLE, BE RESPECTFUL AND BE SAFE



BE RESPONSIBLE!



BE RESPECTFUL!

BE SAFE!



Backpack News

Kids

October 2018

When to keep kids home from school

Achoo!! This time of year is when it seems kids and adults start to pick up more illnesses or influenza (the flu). While it can be hard to have your child(ren) miss school, it's important to allow them the chance to feel better, and to help prevent the spread of illnesses and germs.

Kids should be kept home from school and away from crowds until they are feeling better, and have been **symptom free for at least 24 hours; fever free without the use of medicine such as Tylenol or Motrin; and if prescribed, on antibiotics for at least 24 hours.**

Symptoms that can indicate illness or influenza include:

- **Fever (greater than 100.5°)**
 - Cough
 - Sore Throat
 - Body Aches
 - Headache
 - Tiredness
 - Diarrhea
 - Vomiting

If your child does become ill, whether from the flu or another illness, help prevent the spread of illness by washing hands often, and encouraging them to cough and sneeze into a tissue or their elbow, and not on their hands. Encourage rest and to drink plenty of fluids to stay hydrated.

If you have questions about symptoms, talk to your child's Healthcare Provider and if they should be seen or not.

Free Flu Vaccine School Clinics

School	Address	Date	Time
Waterloo Elem. School	785 Monroe St.	Tuesday October 16	4p-7p
Johnson Creek Elem. School	305 Milwaukee St.	Thursday October 18	3:30p-6:30p
Palmyra Elem. School	701 Maple St.	Tuesday October 23	4p-7p
Cambridge Nikolay Middle School	211 South St.	Thursday November 8	4:30p-7p
Fort Atkinson Middle School	310 S. 4 th St. E	Thursday November 8	4:30p-7p
Jefferson West Elem. School	900 W. Milwaukee St.	Wednesday November 14	3:30p-5:30p
Lake Mills High School	615 Catlin Dr.	Thursday November 15	4p-7p

Flu Shots

Flu shots are your best defense against the influenza (flu) virus, and is recommended for all people ages 6 months and older by the Center for Disease Control & Prevention (CDC). It's a great idea to get the shot before "flu season", which typically begins around October.

The flu shot can help to prevent your child(ren) from being infected from the flu virus, but it also helps to prevent the spread of the virus to individuals who are more susceptible to illness, or have a harder time fighting germs and illnesses.

Talk to your child's Healthcare Provider about any questions you have on the flu shot.

Healthcare Provider Tip of the Month

From Laurie Runte, Nurse Practitioner at Lake Mills Family Practice:

"Eating breakfast daily kick starts your brain and is good for your overall health. It gives you energy and helps you concentrate and focus in school and helps your memory too. Students and their parents who eat a nutritious breakfast usually have a healthier lifestyle."

Wellness

Handwashing is one of the easiest ways to prevent the spread of disease and germs, and should be done often. Use warm water, and lather your hands with soap for at least 15 seconds before rinsing. Don't forget your nails, wrist and between fingers!



New this month!

Pediatric health services are coming to Johnson Creek! Dr. Sweeney, Heidi Jennrich (APNP) and Lauren Mayer (APNP) will have office hours at the Fort HealthCare Johnson Creek location starting on October 1st!



Backpack News

TEENS

October 2018

When to Stay Home from School

Achoo!! This time of year is when it seems like everyone is getting sick with colds or influenza (the flu). While it can be hard to miss school and sports, it's important to give yourself the chance to feel better, and to help prevent the spread of illnesses and germs.

If you have any of the following combination of symptoms, it's best to stay home, give your body rest, and drink plenty of fluids:

- **Fever (greater than 100.5°)**
 - Cough
 - Sore Throat
 - Body Aches
 - Headache
 - Tiredness
 - Diarrhea
 - Vomiting

Some illnesses pass quickly, and others take longer for you to feel better. To avoid spreading the sickness you had, it's best to return to school when you have been:

- *Symptom free for at least 24 hours*
- *Fever free without the use of medicine such as Tylenol or Ibuprofen (If Prescribed) On antibiotics for at least 24 hours*

If you do become ill, whether from a cold, the flu, or another illness, help prevent the spread of illness by washing you hands often, and coughing and sneezing into a tissue or their elbow, and not in your hands.

If you have questions about symptoms, or if you need a prescription, talk to your parents about contacting your Healthcare Provider.

Getting your Flu Shot

Flu shots are your best defense against the influenza (flu) virus, and is recommended for all people ages 6 months and older by the Center for Disease Control & Prevention (CDC). It's a great idea to get the shot before "flu season", which typically begins around October.

The flu shot can help to prevent you from being infected from the flu virus, but it also helps to prevent the spread of the virus to individuals who are more susceptible to illness, or have a harder time fighting germs and illnesses.

Talk to your Healthcare Provider about any questions you have on the flu shot.

Healthcare Provider Tip of the Month

From Laurie Runte, Nurse Practitioner at Lake Mills Family Practice:

"We all have times when we are anxious, feel nervous or are stressed. These are normal feelings, but sometimes they can be overwhelming and cause us to not be able to do the things we normally want to do. When worry or anxiety feel extreme, causing you to not be able to do the things you usually or normally would do, let a trusted adult know so that they can help you find a health professional that can help you."

Wellness

Handwashing is one of the easiest ways to prevent the spread of disease and germs, and should be done often. Use warm water, and lather your hands with soap for at least 15 seconds before rinsing. Don't forget your nails, wrist and between fingers!

Corner

5 Tips to Deal with Anxiety

1. Become a relaxation expert
2. Get enough sleep, exercise and nourishment
3. Connect with others
4. Connect with nature
5. Pay attention to the good things

Sign up for the Fort HealthCare Frosty Rock 5k or 12k on Saturday November 10th!

FortHealthCare.com



Noticias de Mochila



Octubre 2018

Cuando los niños deben faltar a la escuela

Achoo!! En esta época del año, parece que los niños y los adultos comienzan a contraer más enfermedades o gripe (la influenza). Si bien puede ser difícil que su hijo (a) falte a la escuela, es importante permitirles la oportunidad de sentirse mejor y ayudar a prevenir la propagación de enfermedades y gérmenes.

Los niños deben mantenerse en la casa y fuera de la escuela y lejos de las multitudes hasta que se sientan mejor, y han estado libres de síntomas durante al menos 24 horas; sin fiebre sin el uso de medicamentos como Tylenol o Motrin; y si prescrito, tomando antibióticos durante al menos 24 horas.

Los síntomas que pueden indicar enfermedad o influenza incluyen:

- Fiebre (mayor que 100.5°)
 - Tos
 - Dolor de garganta
 - Dolor de cuerpo
 - Dolor de cabeza
- Cansancio
- Diarrea
- Vómitos

Si su hijo se enferma, ya sea por la gripe u otra enfermedad, ayude a prevenir la propagación de la enfermedad lavándose las manos con frecuencia y motivándoles a toser y estornudar en un pañuelo desechable o en el codo, y no en sus manos. Animelos a descansar y a beber muchos líquidos para mantenerse hidratado.

Si tiene preguntas sobre los síntomas, hable con el proveedor de atención médica de su hijo para determinar si deben ser examinados o no.

Clinicas Gratuitas Escolares de Vacuna Contra la Gripe

Escuela	Dirección	Fecha	Hora
Waterloo Elem. School	785 Monroe St.	Martes 16 de octubre	4p-7p
Johnson Creek Elem. School	305 Milwaukee St.	Jueves 18 de octubre	3:30p-6:30p
Palmyra Elem. School	701 Maple St.	Martes 23 de octubre	4p-7p
Cambridge Nikolay Middle School	211 South St.	Jueves 8 de noviembre	4:30p-7p
Fort Atkinson Middle School	310 S. 4 th St. E	Jueves 8 de noviembre	4:30p-7p
Jefferson West Elem. School	900 W. Milwaukee St.	Miércoles 14 de noviembre	3:30p-5:30p
Lake Mills High School	615 Catlin Dr.	Jueves 15 de noviembre	4p-7p

Vacunas Contra la Gripe

Las vacunas contra la gripe son su mejor defensa contra el virus de la influenza (gripe) y el Centro para el Control y la Prevención de Enfermedades (CDC, por sus siglas en inglés) lo recomienda para todas las personas de 6 meses en adelante. Es una buena idea tomar la vacuna antes de la "temporada de la gripe", que generalmente comienza alrededor de octubre.

La vacuna contra la gripe puede ayudar a prevenir que su hijo(s) sea infectado por el virus de la gripe, pero también ayuda a prevenir la propagación del virus a las personas que son más susceptibles a la enfermedad o tienen más dificultades para combatir los gérmenes y enfermedades.

Hable con el proveedor de atención médica de su hijo sobre cualquier pregunta que tenga sobre la vacuna contra la gripe.

Consejo del Mes del Proveedor de Servicios de Salud

De Laurie Runte, Enfermera Profesional en Lake Mills Family Practice:

"Comer el desayuno todos los días ayuda arrancar rápidamente a su cerebro y es bueno para su salud en general. Le da energía y le ayuda a concentrarse y a enfocarse en la escuela y también le ayuda con su memoria. Los estudiantes y sus padres que comen un desayuno nutritivo suelen tener un estilo de vida más saludable."

Rincón del

El lavado de las manos es una de las maneras más fáciles de prevenir la propagación de enfermedades y gérmenes, y se debe hacer con frecuencia. Use agua tibia y enjabone sus manos con jabón durante al menos 15 segundos antes de enjuagar. ¡No olvides tus uñas, muñeca y entre los dedos!



¡Nuevo este mes!

¡Los servicios de salud pediátrica están llegando a Johnson Creek! ¡El Dr. Sweeney, Heidi Jennrich (APNP) y Lauren Mayer (APNP) tendrán horas de oficina en la ubicación de Fort HealthCare Johnson Creek a partir del 1 de octubre!



Noticias de Mochila

Adolescentes

Octubre 2018

Cuándo Quedarse en Casa de la Escuela

Achoo!! En esta época del año, parece que todos se están enfermado de resfríos o de la influenza (la gripe). Si bien puede ser difícil perderse la escuela y los deportes, es importante darse la oportunidad de sentirse mejor y ayudar a prevenir la propagación de enfermedades y gérmenes.

Si tiene alguna de las siguientes combinaciones de síntomas, lo mejor es quedarse en casa, descansar al cuerpo y tomar muchos líquidos:

- **Fiebre (más que 100.5°)**
 - Toz
- Dolor de garganta
- Dolor de cuerpo
- Dolor de cabeza
 - Cansancio
 - Diarrea
 - Vómitos

Algunas enfermedades pasan rápidamente y otras tardan más en sentirse mejor. Para evitar propagar la enfermedad que tenía, lo mejor es regresar a la escuela cuando haya estado:

- Sin síntomas durante al menos 24 horas
- Sin fiebre sin el uso de medicamentos como Tylenol o Ibuprofeno
- (Si está recetado) Tomando antibióticos durante al menos 24 horas

Si se enferma, ya sea por resfriado, gripe u otra enfermedad, ayude a prevenir la propagación de enfermedades lavándose las manos con frecuencia y tosiendo y estornudando en un pañuelo desechable o en el codo, y no en las manos.

Si tiene preguntas sobre los síntomas o si necesita una receta, hable con sus padres sobre cómo comunicarse con su proveedor de atención médica.

Obteniendo su Vacuna contra la Gripe

Las vacunas contra la gripe son su mejor defensa contra el virus de la influenza (gripe) y el Centro para el Control y la Prevención de Enfermedades (CDC, por sus siglas en inglés) lo recomienda para todas las personas de 6 meses en adelante. Es una buena idea tomar la vacuna antes de la "temporada de gripe", que generalmente comienza alrededor de octubre.

La vacuna contra la gripe puede ayudar a prevenir que se infecte con el virus de la gripe, pero también ayuda a prevenir la propagación del virus a las personas que son más susceptibles a la enfermedad, o tienen más dificultades para combatir los gérmenes y las enfermedades.

Hable con su proveedor de atención médica sobre cualquier pregunta que tenga sobre la vacuna contra la gripe.

Consejo del Mes del Proveedor de Servicios de Salud

De Laurie Runte, Enfermera Profesional en Lake Mills Family Practice:

"Todos tenemos momentos en los que estamos ansiosos, nerviosos o estresados". Estos son sentimientos normales, pero a veces pueden ser abrumadores y hacer que no podamos hacer las cosas que normalmente queremos hacer. Cuando la preocupación o la ansiedad se vuelvan extremas, haciendo que no pueda hacer las cosas que generalmente o normalmente haría, informe a un adulto de confianza para que lo ayuden a encontrar un profesional de la salud que pueda ayudarlo".

Rincón del

El lavado de manos es una de las maneras más fáciles de prevenir la propagación de enfermedades y gérmenes y se debe hacer con frecuencia. Use agua tibia y enjabone sus manos con jabón durante al menos 15 segundos antes de enjuagar. ¡No olvides tus uñas, muñecas y entre los dedos!

Bienestar

5 Consejos para Lidar con la Ansiedad

1. Conviértase en un experto en la relajación
2. Duerma lo suficiente, haz ejercicio y aliméntese
3. Conéctese con otros
4. Conéctese con la naturaleza
5. Preste atención a las cosas buenas

¡Inscríbase en Fort HealthCare Frosty Rock 5k o 12k el sábado 10 de noviembre!