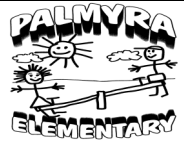




Palmyra Elementary School Newsletter

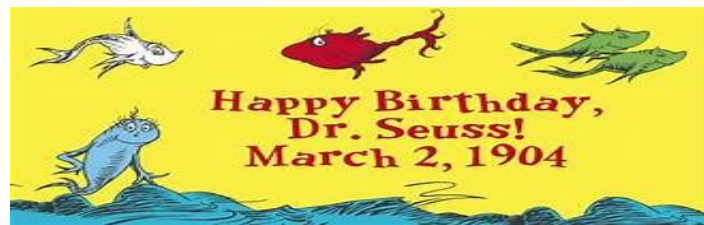


April 2020

Palmyra-Eagle Area School District

Volume 1

Dear Palmyra Elementary Families,
We hope everyone has stayed healthy and spent quality time with family over spring break and the mandatory shut down of school. As we return from break our Spring Concert series, that was to starting April 6th with kindergarten-4th grade, has been **canceled**. We will be off of school for Good Friday, April 10th and there is a teacher in-service day scheduled for Monday, April 13, so enjoy the long Easter weekend! Our 4th grade lock in with the National Honor Society members at the high school on Friday, April 17th may get changed or canceled. Please watch for more information later in the month. As of this newsletter, our 5th and 6th grade Music and Band concert **will be held** at the Middle school gym at 6:30 on April 28th.



All School Read-In during
Dr. Seuss Week





Information on concerts is below and on page 3.

Come support your performer at our Spring Concert:
Hats!

Who: Kindergarten, First, and Second Grade Classes

Where: Palmyra Elementary School Gymnasium

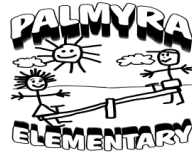
When: Monday
(please have

CANCELED

r than 5:45)

Wear: A bright
blue pants or a skirt. And don't forget a hat!
(no shirts with words, no tall hats or headbands)

Please email Ms. Wrenn at lwrenn@peasd.org for more information or if you have any questions!



You've Won a Golden Ticket to our Spring Concert: Charlie and the Chocolate Factory

Who: Third and Fourth Grade Classes

Where: Palmyra

When: Monday
(please have your performer ready by 6:45)

CANCELED

Wear: A bright, solid-colored shirt with black or dark blue pants or a skirt. (no shirts with words)

Please email Ms. Wrenn at lwrenn@peasd.org for more information or if you have any questions!

Stay Tuned for Our Spring Concert: The Silver Screen!

Who: Palmyra and Eagle 5th and 6th Grade Classes

Where: Palmyra Eagle Middle School Gymnasium

When: Tuesday April 28th, 2020 at 6:30 pm
(please have your performer at PEMS at 4pm)

Wear: Nice white top and black bottoms, with a spring-colored accessory! (no shirts with words, no tall hats or headbands)

***If you are in band, don't forget your instrument!**

Please email Ms. Wrenn at lwrenn@peasd.org for more information or if you have any questions!



Our last session of MAKERSPACE

Is for: 2nd grade

Watch for Information on this event. Due to our current situation this session of MAKERSPACE may be postponed or canceled.

If we determine that this event will happen for 2nd grade, notes will be sent home to confirm membership before 2nd grade class session begins.

We are looking forward to learning with a great group of kids!



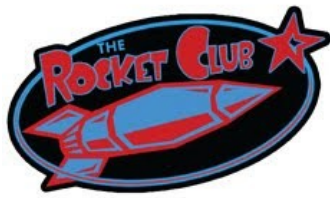
February Students of the Month!

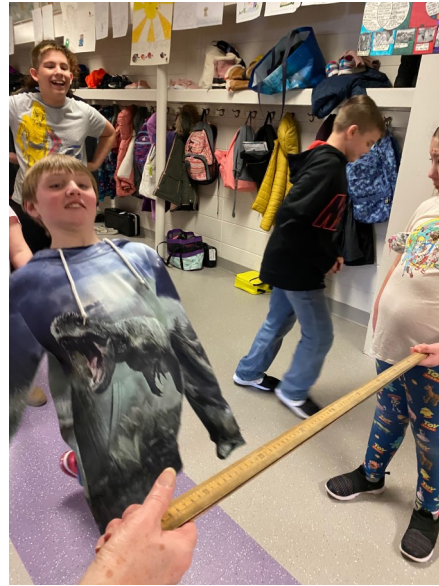
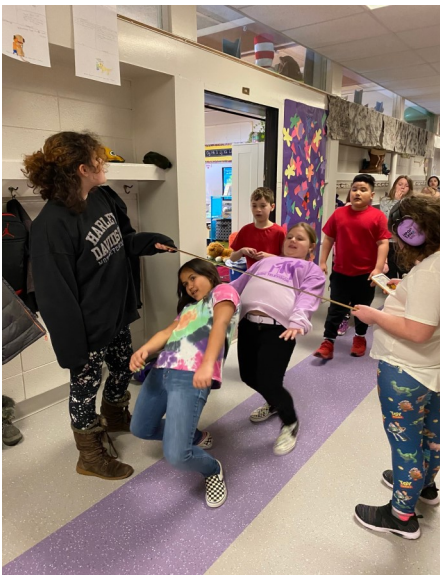


Gavin W, Aranza S, Audriana W, Haley D, Griffin S,
Jessica R, Brooklyn W, Tessa L, Jacob D, Ryan B, Joclyn F,
Maddy A, Edgar A, Gwen R, Carly D, Landyn R, Natalia K,
Kaci B.

Ms. Denali's Rocket Club had a fun introduction to stomp rockets. They will be designing their own stomp rockets next meeting and testing their design and the materials they use.

Watch for information as to if or when Rocket Club will meet again.

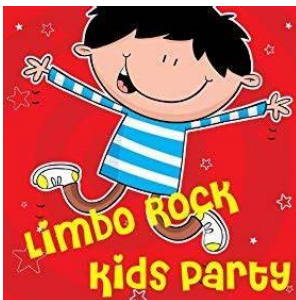




The February PBIS reward was a LIMBO PARTY!

The school body earned hearts for 100 acts of kindness during the month of February. Everyone enjoyed a limbo party around the hallways as their reward!

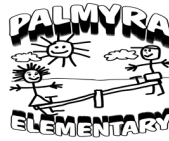
How Low Can You Go?



Breakfast and Books

We had another successful breakfast and books on Tuesday, March 10th! Over 140 people attended and enjoyed a breakfast snack and read some great books. We will have one more event this year. Mark your calendars for May 19th at 7:15 AM!





April Lunch Menu



Palmyra Eagle Area Schools

Monday

Tuesday

Wednesday

Thursday

Friday

<p>Elementary Lunches for April: 20 days x \$2.75=\$55.00</p> <p>MS & HS Lunches for April: 20 days x \$3.00=\$60.00</p>	<p>To the best of our knowledge, items containing peanuts are marked with an *.</p> <p>This institution is an equal opportunity provider.</p> <p>Menu subject to change without notice</p>	<p>1</p> <p>WG French Toast Sticks w/Omelet OR Breakfast Pizza Crispy Tater Tots Steamed Carrot Coins, Broccoli Strawberries </p>	<p>2</p> <p>Grilled Chicken Patty on WG Bun OR Hamburger or Cheeseburger Potato Wedges Steamed Peas, Tomato Slices Cinnamon Applesauce</p>	<p>3</p> <p>Soft Shell Tacos w/ Lettuce, Salsa Tomatoes, Cheese, Sour Cream OR Beef and Bean Burrito Refried Beans, Corn Niblets Diced Pears </p>
<p>6</p> <p>Cheese Stuffed Pizza Dippers OR Hot Dog or Chili Dog on WG Bun Salad with Choice of Dressings Cherry Tomatoes, Ital. Blend Veg. Apricots Halves </p>	<p>7</p> <p>Chicken Nuggets w/ Breadstick OR Sloppy Joe on a Whole Grain Bun Mashed Potatoes with Gravy Acorn Squash, Fresh Cauliflower Mixed Fruit</p>	<p>8</p> <p>Egg, Ham & Cheese on a Bun OR Stuffed Crust Pizza Sweet Potato Fries, Edamame (soy beans), Corn & Tom. Salad Red Delicious Apple </p>	<p>9</p> <p>Gilardi's Cheese Pizza OR Spaghetti & Meatballs w/ WG Roll Salad with Choice of Dressings Cucumber Slices, Mixed Veggies Chilled Pears </p>	<p>10</p> <p> No School</p>
<p>13</p> <p> No School</p>	<p>14</p> <p>Tony's Pepperoni Pizza OR Sweet and Sour Chicken over Brown Rice w/ Whole Grain Roll Salad with Choice of Dressings, Cherry Tomatoes, Fresh Broccoli, Strawberries & Bananas</p>	<p>15</p> <p>WG Pancakes w/ Cheese Omelet OR Grilled Chicken Patty on WG Bun Hashbrowns, Steamed Green Beans Baby Carrots Chilled Pears, Orange Juice</p>	<p>16</p> <p>Pizza Burger on WG Bun OR Chicken Nuggets w/ WG Roll Crispy Tater Tots Baked Beans, Cherry Tomatoes Tropical Fruit Cup</p>	<p>17</p> <p>Salisbury Steak w/ WG Roll OR Breaded Pork Chopette w/ Roll Mashed Potatoes with Gravy WI Blend Veggies(& Squash-HS) Fresh Brocc & Mandarin Oranges </p>
<p>20</p> <p>Breaded Chicken Patty on Bun OR Fish Sticks with WG Breadstick Spicy Curly Fries Vegetarian Baked Beans, Baby Carrots, Blueberries </p>	<p>21</p> <p>Hamburger or Cheeseburger OR BBQ Rib on a Whole Grain Bun Oven Baked French Fries Steamed Peas, Cucumbers Pineapple Tidbits </p>	<p>22</p> <p>Mini Corn Dogs OR Quesadilla Pizza Baked Potato Wedges Carrot Coins, Fresh Broccoli Mixed Fruit</p>	<p>23</p> <p>Beef Ravioli with WG Roll OR Cheese Stuffed Pizza Dippers Spinach Salad w/ Dressings Celery Stix & Baby Carrots Mandarin Oranges </p>	<p>24</p> <p>State Fair Corn Dog OR *PB&J Uncrustables Campbell's Tomato Soup  Fresh Baby Carrots, Green Beans Pasta Salad & Applesauce Cups</p>
<p>27</p> <p>Fish Stix with WG Breadstick OR Breaded Chicken Patty on a Bun Macaroni and Cheese Steamed Green Beans Cucumber Slices, Peaches </p>	<p>28</p> <p>Beef Stroganoff over Whole Grain Pasta w/ WG Breadstick OR Hot Dog on a Whole Grain Bun Steamed Peas, Fresh Cauliflower Pineapple Tidbits</p>	<p>29</p> <p>Chicken Fajitas w/ Lettuce, Salsa, Tomatoes, Cheese, Sour Cream OR Whole Grain Chill Cheese Wrap Spanish Rice, Refried Beans Corn Niblets, Fruit Cocktail</p>	<p>30</p> <p>Creamy Chicken Alfredo over Whole Grain Pasta w/ Breadstick OR Mini Corn Dogs Steamed Broccoli, Three Bean Salad, Baby Carrots & Chilled Pears</p>	<p>All Lunches served with a choice of milk: Skim White, Skim Chocolate or 1% White </p>



April Fun Facts



Palmyra Eagle Area Schools

Monday

Tuesday

Wednesday

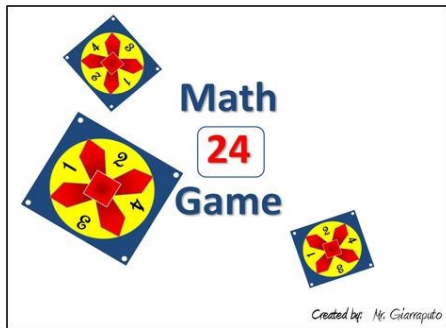
Thursday

Friday

		1 Q: What are two things you can't have for breakfast? A: Lunch and Dinner. But today you can have breakfast for lunch! The choices are French Toast or Breakfast Pizza.	2 The skin of the potato contains important nutrients, such as Iron, Potassium and Magnesium. The potato wedges that we have for lunch today still have the skin on them.	3 April 4th is National Burrito Day. Since we don't have school lunch on Saturdays, we'll celebrate today by having beef and bean burritos as a lunch choice.
6 Lettuce is the second most popular fresh vegetable in the US. Potatoes are the most popular. You can have lettuce as part of your lunch today and then you can have potatoes with your lunch tomorrow.	7 Q: What kind of flower should never be put in a vase? A: Cauliflower You can choose cauliflower as one of your vegetables at lunch today.	8 Sweet potatoes are high in beta carotene, vitamins E and C, iron, potassium and vitamin B6. Try some with your lunch today.	9 Did you know that 93% of Americans have eaten pizza in the last month? You can have some today - cheese pizza is one of the lunch choices.	 No School
 No School	14 Q: What kind of shoes are made from banana peels? A: Slippers! The fruit choice today is strawberries and bananas.	15 A Japanese variety of pancake contains cabbage, I'm pretty sure they don't put syrup on them. Whole Wheat pancakes are a lunch choice today (with syrup).	16 Did you know that Americans eat 50 billion burgers per year? You can add to the total with a pizza burger for lunch today!	17 Broccoli is known as the "Crown of Jewel Nutrition" because it is rich in vitamins and minerals. Try some with your lunch today.
20 Did you know that people have been eating blueberries for more than 13,000 years? They must be delicious-right? Blueberries are the fruit choice for today's lunch.	21 Cucumbers are one of the vegetable choices for today's lunch. Of course they're delicious and good for you, but did you know that sliced cucumber, place on your skin, will make a sunburn feel better?	22 Today we have mini corn dogs on the menu. Did you know that in Australia they call corn dogs "Pluto Pups"?	23 Spinach is a good source of vitamins C and A, and minerals, especially iron. Try some spinach salad with your lunch today.	24 Americans eat more than 10 billion bowls of soup each year. Today we have tomato soup on the menu, but we'll only serve about 150 bowls.
27 Did you know that macaroni and cheese is the most popular cheese recipe in the United States? You can try our mac and cheese recipe at lunch today.	28 Q: When is an apple not an apple? A: When it's a pineapple. Pineapple is the fruit choice for today's lunch.	29 Today you can have refried beans with your lunch. Did you know that refried beans are really only fried once? So we should call them just fried beans, not refried.	Q: What's the worst thing about being an octopus? A: Washing your hands before meals. Don't forget to wash your hands before lunch. You're lucky- you only have two!	

Math 24

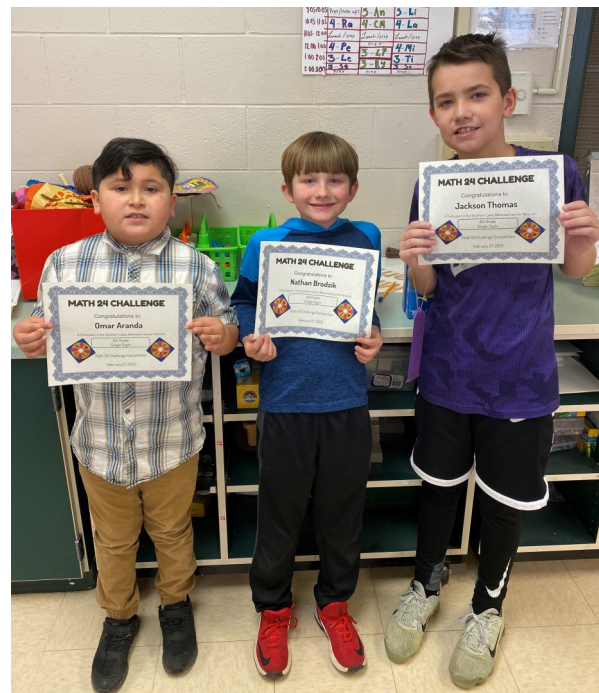
Students from 4th –6th grade participated in the Math 24 Challenge. Students met after school to practice, the top 4 from each grade level went on to compete at Townview Elementary, in Beloit, in the Regional Math 24 Competition. Math 24 is where students compute using addition, subtraction, multiplication and division to make 24 in the quickest way. Congratulations to all our Math 24 competitors!



Sixth grade Math 24 competitors: Alex H., Tylor G., Ryan B., and Jeremiah S.



Fifth grade Math 24 competitors: Ava W., Betsy M., Carly D., and Gabe S.



Fourth grade Math 24 competitors: Omar A., Nathan B., and Jack T.

District Wide Anthology

A total of 10 students from the Palmyra/Eagle Elementary Schools were selected to have their pieces published in our 2019-2020 Southern Lakes Advanced Learners Network Anthology - BENEATH the SURFACE. Students in grades 3-8 were presented with the topic in October of this year. Possible genres to create a piece for were Illustrated Writing, Poetry, Prose, Cartoon and Art. Out of the 5 winners from PES four students from fifth grade had art selected for publication. One student in 6th grade had her poem selected. They will each receive a free copy of the published book at a special reception on May 19 at UW-Whitewater where all of the authors and artists will be recognized for their great work.



Sophia L, Betsy M, Ava P. Carly D and Nyaia L.



Backpack News

Kids

April 2020

Getting along with others

It's a good idea to get along with your parents and siblings because you live with them, and it makes the time together more pleasant, but what about your friends, teachers, and others? You will meet a lot of people in your life, and being able to connect with and learn from them will be something you can always use.

What does "getting along" mean?

"Getting along" means you and your friends, or teachers, or other people around you have a way of communicating that works for both of you, and you are getting what you need from that relationship. Usually, getting along means you and the other person are able to be respectful to one another and polite, while being able to talk to one another and help one another if needed.

What do I do if we (friends, siblings, teachers) don't get along?

Sometimes, things happen between two people, and you have an argument or disagreement, and you don't get along—it's ok! It happens and by handling a situation like this, you are learning about how to get along better and with people who are different from you.

Here are a few steps to take if you aren't getting along, or the problem seems tough to solve:

- *Talk to an adult you trust, such as a parent, teacher or guidance counselor who can help you talk through the situation and offer help.*
- *Give it time. Sometimes disagreements happen and with a little time and breathing room, you have a chance to calm down and talk with one another in a more respectful and calm matter.*
- *If it's been awhile and the situation is not fixed, ask for a get-together with you and the other person and an adult to talk things through and work out a solution.*

Getting along with other people is something that everyone can work on, and you will have all different types of relationships throughout your life—including parents and family, friends, teachers, coworkers/bosses and romantic. By practicing respect, being polite and good communication, you will be able to get along with many different types of people!

Bullying

Bullying is a big problem with many kids, and it can leave them feeling lonely, embarrassed and sad. Here are a few tips to handle bullies:

- Tell an adult or someone you trust (principal, guidance counselor, parent) and let them know what is happening.
- Ignore the bully as much as possible
- Get a buddy—having two is better than one, and make a plan to walk with a friend at recess, class or lunch
- Don't bully back—it could be dangerous and injuries could occur, and it will make the bully feel like they got the reaction out of you that they wanted.

Healthcare Provider Tip of the Month

From **Jessica Hefty & Erin Spear,** School Nurses at Whitewater School District:

"Help your kids come up with "I" statements to describe their feelings. When it comes to standing up for themselves, encourage your kid to take ownership of their feelings rather than blaming or accusing the person they're upset with. "I feel ___ when ___" works better than "You're making me ___"

Wellness

What are some things you could do as a family to 'Go Green' for Earth day? Can you volunteer to clean up trash, or help with a local garden? Maybe switch from plastic bags to reusable totes? Can you plant new trees or plants? Have some fun as a family giving back to the earth!

Corner

Earth Day 2020

Earth Day falls on Wednesday April 22, but that doesn't mean you can't be thinking about ways to be 'green' the entire month!

- Don't litter, and pick up litter on the ground you see
 - Recycle cans, bottles, paper, and books
 - Turn off the water when you brush your teeth
 - Turn off lights when you are not using them
- Unplug chargers for electronics when not in use



FOR HEALTH
FortHealthCare.com



Noticias de Mochila



Abril 2020

Llevarse bien con los demás

Es una buena idea llevarse bien con sus padres y hermanos porque vive con ellos, y hace que el tiempo juntos sea más agradable, pero ¿qué pasa con sus amigos, maestros y otros? Conocerás a muchas personas en tu vida, y ser capaz de conectarte y aprender de ellas será algo que siempre puedes usar.

¿Qué significa "llevarse bien"?

"Llevarse bien" significa que usted y sus amigos, maestros u otras personas a su alrededor tienen una forma de comunicarse que funciona para ambos, y está obteniendo lo que necesita de esa relación. Por lo general, llevarse bien significa que usted y la otra persona pueden ser respetuosos entre sí y ser educados, al tiempo que pueden hablar entre ellos y ayudarse mutuamente si es necesario.

¿Qué hago si nosotros (amigos, hermanos, maestros) no nos llevamos bien?

A veces, las cosas suceden entre dos personas, y usted tiene una discusión o desacuerdo, y ustedes no se llevan bien, ¡está bien! Eso sucede y al manejar una situación como esta, está aprendiendo cómo llevarse mejor y con personas que son diferentes a usted.

Aquí hay algunos pasos a seguir si no se lleva bien o si el problema parece difícil de resolver:

- *Hable con un adulto de su confianza, como un padre, maestro o consejero que pueda ayudarlo a hablar sobre la situación y ofrecerle ayuda.*
- *Dale tiempo. A veces ocurren desacuerdos y con un poco de tiempo y espacio para respirar, tienen la oportunidad de calmarse y pueden hablar entre ellos de una manera más respetuosa y tranquila.*
- *Si ha pasado un tiempo y la situación no está arreglada, solicite una reunión con usted y la otra persona y un adulto para hablar y encontrar una solución.*

Llevarse bien con otras personas es algo en lo que todos pueden trabajar, y tendrá diferentes tipos de relaciones a lo largo de su vida, incluidos padres y familiares, amigos, maestros, compañeros de trabajo / jefes y románticos. Al practicar el respeto, ser cortés y la buena comunicación, ¡podrás llevarte bien con muchos tipos diferentes de personas!

Bullying

(Intimidación/Acoso)

La intimidación es un gran problema para muchos niños, y puede hacer que se sientan solos, avergonzados y tristes. Aquí hay algunos consejos para manejar a los acosadores:

- Cuénteles a un adulto o alguien de su confianza (director, consejero, padre) y hágalos saber lo que está sucediendo.
- Ignora al acosador tanto como sea posible.
- Busque un amigo: entre dos es mejor que uno y haga un plan para caminar con un amigo en el recreo, la clase o el almuerzo.
- No agrede usted al acosador: podría ser peligroso y podrían producirse lesiones, y hará que el acosador sienta que obtuvo la reacción de usted que quería.

Consejo del Mes del Proveedor de Atención Médica

De **Jessica Hefty y Erin Spear**, Enfermeras del Distrito Escolar de Whitewater:

"Ayude a sus hijos a formular declaraciones de 'yo' para describir sus sentimientos. Cuando se trata de defenderse por sí mismos, anime a su hijo a tomar posesión de sus sentimientos en lugar de culpar o acusar a la persona con la que está molesto. "Siento ___ cuando ___" funciona mejor que "Me estás haciendo ___."

Rincón del

¿Cuáles son algunas cosas que podría hacer como familia para "Go Green" (Enverdecer) para el Día de la Tierra?
 ¿Puedes ser voluntario para limpiar la basura o ayudar con un jardín local?
 ¿Quizás cambiar de bolsas de plástico a bolsas reutilizables? ¿Puedes plantar nuevos árboles o plantas? ¡Diviértete en familia devolviendo a la tierra!

Bienestar

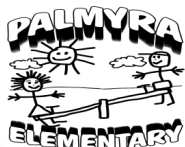
Día de la Tierra 2020

¡El Día de la Tierra cae el miércoles 22 de abril, pero eso no significa que no pueda pensar en formas de ser 'verde' todo el mes!

- No arroje basura, y recoja la basura que vea en el suelo
 - Recicle latas, botellas, papel y libros.
- Apague el agua cuando se cepilla los dientes.
- Apague las luces cuando no las estén usando.
- Desenchufe los cargadores para los aparatos electrónicos cuando no estén en uso.



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Backpack News

April 2020

TEENS

Healthy Dating Relationships

It's normal to be excited when you first start dating someone, but sometimes, we may have 'blindness' that keep you from seeing that your relationship is not as healthy as it should be.

What makes a healthy relationship

Mutual Respect

Respect in a relationship means that each person values the other, and understands the other person's boundaries.

Trust/Honesty

Jealousy is a natural emotion, but, how a person reacts when feeling jealous is what matters. It's hard to have a healthy relationship if you don't trust one another or you are not honest.

Support

Your significant other should be there to support you in bad times in addition to the good times.

Fairness/equality

Relationships should be about give-and-take and should be balanced.

What are the early warning signs of dating violence?

Researchers have identified some early warning signs that a dating relationship may turn violent. If you notice several of these in your relationship or partner, you may need to re-evaluate your dating relationship or seek help. These signs include:

- Excessive jealousy
 - Attempts to isolate you from friends/family
 - Insulting/putting people down that you care about
- Very controlling (telling you what to wear, giving you orders, all decision making)
 - Does not take responsibility for their own actions
 - Has an explosive temper
- Pressures you into sexual activities that you may not be comfortable with
 - Refuses to let you end the relationship

How to get help with dating violence

Dating violence is a serious health concern for many individuals, and it's important to seek help if you believe you are in a violent relationship.

- **National Teen Dating Abuse Helpline: 866-331-9474**
- **National Domestic Violence Hotline: 800-799-7233**
- **National Sexual Assault Hotline: 1-800-656-4673**

Living with a parent who has a substance use problem

If you're living with a parent who has a substance abuse problem, you may be having a tough time. Here are some things to do:

Open up to someone

Talk to a teacher, doctor, counselor or relative, and let them know what you are going through.

Know it's not your fault

The decision to use a substance (alcohol, drugs) is the choice of your parent, not you.

Build good habits

Being able to speak up, say how you feel and show emotion can help you cope and have good relationships in the future.

Find a safe place

If you do not feel safe at home, call the National Domestic Violence Hotline (800-799-7233) or 911 if a family member could be in danger.

Healthcare Provider Tip of the Month

From **Jessica Hefty & Erin Spear**, School Nurses at Whitewater School District:

"You deserve to feel safe and respected in all of your relationships. Reach out to a trusted adult, such as your school nurse, counselor or teacher if you feel scared and they can help you to make a safety plan."

Wellness

Check in with your friends who are dating, or who may be going through a rough time with family. Ask how you can help, or be supportive if things are not going well.

Corner

5 Tips to be prepared for an allergy emergency:

1. If you are prescribed an epinephrine injector (epi-pen), carry it with you at all times
2. Know the signs of a serious reaction
3. If you have a reaction that seems to be anaphylaxis, give yourself the injection right away, and call 911.
4. Store the epi-pen according to the directions and watch the expiration date
5. Know how to use your epi-pen, and practice so you don't forget.



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Noticias de Mochila

Abril 2020

Adolescentes

Relaciones Sanas de Noviazgo/Pareja

Es normal estar emocionado cuando comienzas a salir con alguien, pero a veces, podemos tener "anteojeras" que te impiden ver que tu relación no es tan saludable como debería ser.

¿Qué hace que una relación sea saludable?

Respeto Mutuo

El respeto en una relación significa que cada persona valora a la otra y comprende los límites de la otra persona.

Confianza / Honestidad

Los celos son una emoción natural, pero lo que importa es cómo reacciona una persona cuando se siente celosa. Es difícil tener una relación saludable si no confías el uno en el otro o si no eres honesto.

Apoyo

Su pareja debe estar allí para ayudarlo en los malos momentos además de los buenos.

Equidad / Igualdad

Las relaciones deben ser de dar y recibir, y deben ser equilibrados.

¿Cuáles son las primeras señales de advertencia de violencia en el noviazgo/pareja?

Los investigadores han identificado algunas señales tempranas de advertencia de que una relación de noviazgo/pareja puede volverse violenta. Si observa varios de estos en su relación o pareja, es posible que deba volver a evaluar su relación de noviazgo/pareja o buscar ayuda. Estos signos incluyen:

- Celos excesivos
 - Intentar aislarte de amigos / familiares
 - Insultar / humillar a las personas que te importan
- Ser muy controlador (diciéndole cómo vestirse, dándole órdenes, tomando todas las decisiones)
 - No hacerse responsable de sus propias acciones
 - Tener un temperamento explosivo
- Presionarte a realizar actividades sexuales con las que no te sientas cómodo
 - Negar a dejarte terminar la relación

Cómo obtener ayuda con la violencia en la relación de noviazgo/pareja

La violencia en la relación de noviazgo/pareja es un grave problema de salud para muchas personas, y es importante buscar ayuda si crees que estás en una relación violenta.

- Línea de ayuda nacional contra el abuso de parejas adolescentes: 866-331-9474
 - Línea directa nacional contra la violencia doméstica: 800-799-7233
 - Línea directa nacional contra la agresión sexual: 1-800-656-4673

Vivir con un padre/madre que tiene un problema de consumo de sustancias

Si vives con un padre/madre que tiene un problema de abuso de sustancias, es posible que lo estés pasando mal. Aquí hay algunas cosas que hacer:

Confíe en alguien

Hable con un maestro, médico, consejero o pariente, y hágales saber por lo que está pasando.

Sepa que no es tu culpa

La decisión de usar una sustancia (alcohol, drogas) es la decisión de sus padres, no de usted.

Construya buenos hábitos

Ser capaz de hablar, decir cómo se siente y mostrar emoción puede ayudarlo a sobrellevar y tener buenas relaciones en el futuro.

Encuentre un lugar seguro

Si no se siente seguro en su hogar, llame a la línea directa nacional contra la violencia doméstica (800-799-7233) o al 911 si un miembro de la familia podría estar en peligro.

Consejo del Mes del Proveedor de Atención Médica

De **Jessica Hefty y Erin Spear**, Enfermeras del Distrito Escolar de Whitewater:

"Usted merece sentirse seguro y respetado en todas sus relaciones. Comuníquese con un adulto de confianza, como la enfermera, el consejero o el maestro de su escuela si siente miedo y ellos pueden ayudarlo a hacer un plan de seguridad."

Rincón del

Consulte con sus amigos que están saliendo o que pueden estar pasando por un mal momento con la familia. Pregunte cómo puede ayudar, o sea solidario si las cosas no van bien.

Bienestar

5 consejos para estar preparado para una emergencia de alergia:

1. Si le recetan un inyector de epinefrina (epi-pen), llévalo con usted en todo momento.
2. Conozca los signos de una reacción grave.
3. Si tiene una reacción que parece ser anafilaxia, aplíquese la inyección de inmediato y llame al 911.
4. Guarde el epi-pen de acuerdo con las instrucciones y observe la fecha de vencimiento.
5. Sepa cómo usar su epi-pen y practique para no olvidarse.

Fort HealthCare
FOR HEALTH

FortHealthCare.com

How to contact us:

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Palmyra, WI 53156

Phone: 262-495-7103
Office Extension: 3300
Fax: 262-495-7134



Up Coming Events

- April 6th- Music Concerts K5-4 CANCELED*
- April 7th- Home & School Meeting 3:10, Library*
- April 10th No School- Good Friday*
- April 13th- No School- In-service*
- April 17th- 4th grade lock-in Info coming*
- April 24th- Progress Reports go home*
- April 28th- 6th grade Music Concert 6:30 PEMS*