

Newsletter

December 2019

Palmyra-Eagle Area School District

Volume 1

Dear Palmyra Elementary Families,

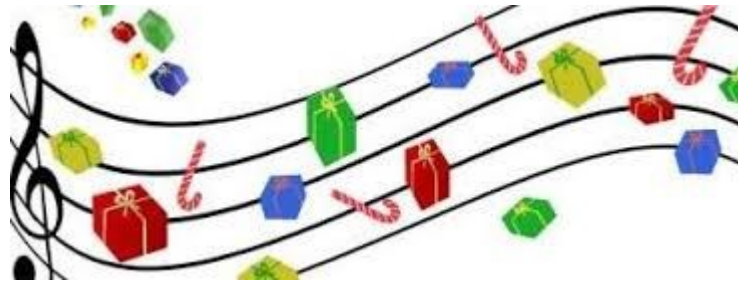
Time sure flies when you're having fun! It's hard to believe we are all the way through October and most of November already. Reminder Thanksgiving break is Wednesday, November 27- Friday, November 29th. The Monday we come back, December 2nd, will be our first of two Holiday Concerts starting with Kindergarten-3rd grade at 6:30 PM. The 4th -6th grade concert will be the following Monday, December 9th also at 6:30 PM. We hope you are all receiving your "Connect 5" emails that have more details about these events. We look forward to spending these evenings with our students and families and enjoying the wonderful music that they have prepared. Also, the Holiday Gift Shop will be open during both of these events.

Let it Snow

Palmyra Elementary Honors Veterans

Monday, November 11th was a special day at PES. In honor of Veterans day, we held an all school assembly which was open to the public. Many community members were in attendance despite the crazy early November snow storm. We would like to thank the Palmyra American Legion, Scout Troop 14, Mr. Randy Martinsen, Sue Goeb, Jim Niest and the 4th grade class for their participation during the assembly.





Holiday Concerts:

Kindergarten through Third Grade: Monday December 2nd at
6:30 pm, Palmyra Elementary gym

Fourth-Sixth Grade Concert with Band: Monday December 9th at
6:30 pm, Palmyra Elementary gym



Spring Concerts:

Kindergarten-Fourth Grade: Monday April 6th (K-2 at 6 pm
and 3-4 at 7pm), Palmyra Elementary gym

Fifth-Sixth Grade Combined Concert with Band: Tuesday April 28th
at 6:30 pm, PEMS north gym

Home & School will once again sponsor a Holiday Gift Shop, December 2nd - December 9th. The shop will be open during school hours and during both of the Holiday concerts on Dec 2nd and Dec 9th. Students will be able to shop in small groups for their family and friends. Information packets will be going home with students prior to the event in December!



THE HOLIDAY GIFT SHOP
...is coming to our school

DATE: Dec 2- Dec 9
TIME: During school hours
PLACE: Conference room

Get that Special Gift for Everyone on your List

FUN SERVICES

THE HOLIDAY GIFT SHOP

QR code: Scanning this QR code will take you to the event page on the school website.

First Snow Fun!





Mrs. Muth is happy to offer Makerspace Club again this year at Palmyra Elementary School. Makerspace is an opportunity for students to experiment with science and technology in order to create models of different types of building and materials. Students will also use math and art concepts.

Maker Space class is offered at Powers Memorial Library on Tuesdays from 3:30-5pm. Students meet in Mrs. Muth's classroom, Room 123 after school on scheduled dates and walk to the library as a group. The school van will be used for transportation, in case of inclement weather. Students need to be picked up by parents or guardians at 5:00pm at the library.

Each grade level (2-6) will participate in a 4 week session during the school year with a limit of 10 students per session. Parents will need to sign and return the permission slip to ensure a spot for their child in their grade level class session.

6th Grade: September 24- October 15th

5th Grade: November 12th-December 5th

4th Grade: January 7-January 28th

3rd Grade: February 4-February 25th

2nd Grade: April 7-April 28th

Notes will be sent home to confirm membership before each class session begins. Looking forward to learning with a great group of kids!



Mrs. Lindbloom Runs in Disney's Two Course Challenge

Palmyra Elementary School Instructional Assistant, Mrs Lindbloom, recently went to Disney World in Florida to compete in several races. She has been training for a year for the 5K, 10K and half marathon. Congratulations Mrs. Lindbloom on your achievements! PES students and staff are very proud of you!



Breakfast and Books

Breakfast and Books was held on November 12th in the library. Over 100 people attended. Students brought their parents, grandparents, siblings and friends. Everyone shared books and a breakfast type snack before school started. The event was so successful, another breakfast and books is already being planned!





December Lunch Menu



Palmyra Eagle Area Schools









Monday	Tuesday	Wednesday	Thursday	Friday
2 Egg, Ham & Cheese on a Bun OR Stuffed Crust Pizza Sweet Potato Fries, Edamame (soy beans), Corn & Tom. Salad Red Delicious Apple	3 Beef Stroganoff over Whole Grain Pasta w/WG Breadstick OR Hot Dog on a Whole Grain Bun Steamed Peas, Fresh Cauliflower Pineapple Tidbits	4 BBQ Meatball Sub on WG Bun OR Breaded Chicken Nuggets w/Roll Chicken Flavored Brown Rice Green Beans, Fresh Broccoli Chilled Peaches	5 Grilled Chicken Patty on WG Bun OR Hamburger or Cheeseburger Potato Wedges Steamed Broccoli, Tomato Slices Cinnamon Applesauce	6 Soft Shell Tacos w/Lettuce, Salsa, Tomatoes, Cheese, Sour Cream OR Beef and Bean Burrito Refried Beans, Corn Niblets Diced Pears
9 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	10 Creamy Chicken Alfredo over WG Pasta w/Breadstick OR Mini Corn Dogs Steamed Broccoli, Three Bean Salad, Fresh Cauliflower Chilled Peaches	11 Breaded Chicken Patty on Bun OR Fish Sticks with WG Breadstick Spicy Curly Fries Vegetarian Baked Beans, Baby Carrots, Blueberries	12 Chicken Nuggets w/Breadstick OR Sloppy Joe on a Whole Grain Bun Mashed Potatoes with Gravy Acorn Squash, Fresh Broccoli Mixed Fruit	13 Mini Corn Dogs OR Quesadilla Pizza Baked Potato Wedges Mixed Vegetables, Cucumber Slices Cinn. Apple Slices
16 WG Mini Waffles with Omelet OR Breakfast Pizza Hashbrown Patty Steamed Carrots, Cucumbers Fruit Cocktail	17 Salisbury Steak w/WG Roll OR Breaded Pork Chopette w/Roll Mashed Potatoes with Gravy WI Blend Veggies(& Squash-HS) Fresh Brocc & Mandarin Oranges	18 Hamburger or Cheeseburger OR BBQ Rib on a Whole Grain Bun Oven Baked French Fries Steamed Peas, Fresh Cauliflower Pineapple Tidbits	19 Chicken Fajitas w/Lettuce, Salsa, Tomatoes, Cheese, Sour Cream OR Whole Grain Chili Cheese Wrap Spanish Rice, Refried Beans Corn Niblets, Mixed Fruit	20 State Fair Corn Dog OR *PB&J Uncrustables Campbell's Chicken Noodle Soup Baby Carrots, Green Beans Pasta Salad & Applesauce
23 Winter Break Starts				27
30	31	Elementary Lunches for September: 15 days x \$2.75=\$41.25 MS & HS Lunches for September: 15 days x \$3.00=\$45.00	To the best of our knowledge, items containing peanuts are marked with an *. This institution is an equal opportunity provider.	All Lunches served with a choice of milk: Skim White, Skim Chocolate or 1% White Menu subject to change without notice.



December Fun Facts



Palmyra Eagle Area Schools

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>The fruit choice for lunch today is a Red Delicious apple.</p> <p>Did you know that there are 7,000 different types of apples in the world?</p> 	<p>3</p> <p>Pineapple is the fruit choice at lunch today.</p> <p>Did you know that pineapples are berries, just like strawberries and blueberries?</p>	<p>4</p> <p>Did you know that the part of the broccoli that you eat is actually baby flowers that haven't opened yet? Once the flowers open, the broccoli tastes bitter.</p> <p>Try some baby flowers with you lunch today.</p> 	<p>5</p> <p>Leaving the potato skin on French Fries actually leaves in important vitamins.</p> <p>Today's potato wedges have their skin still on.</p>	<p>6</p> <p>December is National Pear Month. Let's celebrate by having diced pears with our lunch.</p> 
<p>9</p> <p>Tomatoes are a good source of vitamins A and C, so be sure to have some cherry tomatoes with your lunch today.</p>	<p>10</p> <p>What do you get when you cross a dog and a daisy? A collie-flower!</p> <p>Have some cauliflower with your lunch today - the vegetable, not the dog.</p> 	<p>11</p> <p>The baby carrots at lunch today will be orange, but did you know that carrots can also be purple, red white and yellow?</p>	<p>12</p> <p>Chicken Nuggets are on the menu today.</p> <p>Did you know that chickens can run 9 miles per hour?</p>	<p>13</p> <p>Cucumbers are on the menu today.</p> <p>Did you know that cucumbers are 95% water?</p> 
<p>16</p> <p>What happens when you tell an egg a joke? It cracks up!</p> <p>Omelets for lunch today.</p> 	<p>17</p> <p>Did you know that butterfly's taste buds are in their feet?</p> <p>We'd all look pretty funny eating our mashed potatoes today with our feet!</p>	<p>18</p> <p>Americans eat 13 billion hamburgers Every year - enough to circle the earth 32 times.</p> <p>You can add to your yearly total at lunch today.</p>	<p>19</p> <p>Did you know that an ear of cob of corn is actually part of the flower and each individual kernel is the seed?</p> <p>There's corn for lunch today!</p> 	<p>20</p> <p>The most popular variety of soup in the US is chicken noodle.</p> <p>We just happen to have chicken noodle soup for lunch today.</p>
<p>23</p> <p>Winter Break Starts</p>	<p>24</p>			<p>26</p>
<p>30</p>	<p>31</p>			



Backpack News



December 2019

Winter Sport Safety

Winter in Wisconsin is full of activities that will keep kids busy, and having fun. It's also important to remember safety to avoid injuries, and prevent being sidelined while other kids play in the snow.

Staying Warm

By wearing the right gear when playing in the cold and snow, kids can spend more time having fun outside and being comfortable. By incorporating different layers of clothing, warm socks, boots, snow pants, hats, scarves and waterproof gloves/mittens, the risk of cold-related illnesses and frostbite are decreased, which means more time for fun! Remember to also have this gear for playing outside at recess too!

Sledding

Sledding is a great winter activity, but has a few safety reminders to go with:

- Kids should only use sleds that are free of sharp/jagged edges or parts.
- Pick hills that are designated for sledding, and an area that is free of trees, bushes, buildings, rocks, roads, cars, and other obstacles.
- If kids/siblings are sledding together, be aware of the weight limit on the sleds
- Kids should never ride on a sled that is being pulled by a car, truck or snowmobile

Skating

Ice skating or playing hockey is a great way for kids to get some exercise, and should ONLY be done on approved ice. It's also important to make sure ice skates fit your kids properly, and are snug but not too tight. Other tips for skating include:

- If playing hockey, make sure the proper padding and helmets are worn
 - Encourage kids to skate in the same direction as others
- Make sure kids don't skate or play with candy or gum in their mouths

Ice Fishing

Ice fishing is a great Wisconsin pastime, but there are a few important safety tips to remember:

- Ice near the shore can be weaker than ice that is farther out
- Ice formed over flowing water and currents is often dangerous
- Recommended ice thickness for activities on foot is 4"; 5" for an ATV or snowmobile; and 8"-12" for a car/small pickup

Protecting your Hearing

Did you know that the ear is made up of 3 different sections that work together to collect sounds, and send them to the brain? It's important for kids to keep their ears healthy and protected:

• Keep Objects Out

Don't stick things into the ear, such as cotton swabs or fingernails, because this can scratch the ear canal, push earwax deeper, and even rupture the eardrum.

• Watching loud sounds

Keep the volume at an appropriate level on video games, TV, and portable music devices. Wear hearing protection (earplugs, headphones, etc.) if you'll be around loud noises, such as a concert, car race or machinery, like shop tools and tractors.

Hearing damage happens slowly, but it doesn't take long for a problem to come up.

Fort HealthCare Provider Tip of the Month

From Lisa Koeppel, School Nurse at the Deerfield School District:

"Ice skating, sledding, cross-country skiing, snowboarding or shoveling snow are great ways to keep active during the winter. These activities are also a great way to give your heart a workout."

Wellness

Cold and flu season is here! Cover your nose and mouth with a tissue or sleeve if you need to cough or sneeze, and remember to wash your hands often!



Fort HealthCare Love Lights Tree Lighting Ceremony

Stop by the Fort Memorial Hospital on Tuesday December 3rd at 6:30pm for the annual tree lighting ceremony to celebrate the Love Lights campaign.

Special music, refreshments and a visit from Santa will be provided at this family-friendly event.

All are welcome to attend.

FortHealthCare.com



Noticias de Mochila

Diciembre 2018



Seguridad en los Deportes del Invierno

El invierno en Wisconsin está lleno de actividades que mantendrán a los niños ocupados y divirtiéndose. También es importante recordar la seguridad para evitar lesiones y evitar ser marginalizado mientras otros niños juegan en la nieve.

Mantenerse Caliente

Al usar el equipo adecuado cuando juega en el frío y en la nieve, puede pasar más tiempo divirtiéndose al aire libre y sentirse cómodo. Al incorporar diferentes capas de ropa, calcetines cálidos, sombreros, bufandas y guantes, se reduce el riesgo de enfermedades relacionadas con el frío y la congelación, lo que significa más tiempo para divertirse.

Trineo

El trineo es una gran actividad de invierno, pero tiene algunos recordatorios de seguridad para acompañarlo:

- Los niños solo deben usar trineos que no tengan bordes afilados o dentados o partes rotas.
- Elija las colinas designadas para trineos y un área libre de árboles, arbustos, edificios, rocas, carreteras, automóviles y otros obstáculos.
- Si los niños / hermanos andan en trineo juntos, tenga en cuenta el límite de peso en los trineos.
- Los niños nunca deben viajar en un trineo tirado por un automóvil, camión o motonieve.

Patinaje sobre Hielo

Patinar sobre hielo o jugar al hockey es una excelente manera para que los niños hagan algo de ejercicio, y SOLAMENTE se debe hacer sobre hielo aprobado. También es importante asegurarse de que los patines de hielo le quepan adecuadamente a sus hijos y que estén ajustados pero no demasiado apretados. Otros consejos para patinar incluyen:

- Si juega al hockey, asegúrese de usar los protectores y los cascos adecuados.
 - Anime a los niños a patinar en la misma dirección que otros.
- Asegúrate de que los niños no patinen o jueguen con caramelos o chicles en la boca.

Esquí/ Snowboard

Cuando se esquía o se practica el snowboard, los esquís, tablas, gafas y cascos ajustados correctamente son importantes para garantizar la seguridad y el movimiento cómodo. Puede ser una buena idea que su hijo tome algunas lecciones antes de ir a las pistas para aprender la forma y las habilidades adecuadas, como girar y detenerse.

Seguridad en el Internet

Con más y más niños teniendo teléfonos celulares, tabletas y otros dispositivos, es importante hablar sobre la seguridad en línea y las formas de protegerse cuando navega por la red.

• Proteja sus Contraseñas

El robo de identidad es una preocupación cada vez mayor, y las contraseñas deben protegerse y no revelarse a nadie. Evite los sitios cuestionables y configure los parámetros en su computadora.

• Intimidación/Acoso en el Internet

El acoso en línea se está volviendo más común, y es cruel e hiriente. El hostigamiento en cualquier forma debe ser reportado a un padre, maestro / escuela o a las autoridades si está sucediendo.

Siempre Reporte si Observa Comportamiento Extraño en el Internet.

Algunos sitios permiten a las personas hacer "amigos" con personas que conocen, pero a veces puede ser con personas que no conocen. Nunca acepte reunirse con un amigo del Internet o divulgar información personal sobre usted o sobre su familia. Siempre informe a un padre, maestro o a las autoridades sobre las solicitudes extrañas.

Consejo del Mes del Proveedor de Servicios de Salud de Fort HealthCare

De Miranda DeThier, Asistente Certificado para Ejercer la Medicina (PA, por sus siglas en inglés) en el Jefferson Clinic :

"Senderismo/ir de excursión con o sin raquetas de nieve es una excelente manera de estar activo en el invierno; Tu corazón consigue un gran ejercicio como resultado de las caminatas por la nieve. Es divertido ver los parques y senderos locales cubiertos de nieve y buscar evidencias de huellas de animales en el camino."

Rincón del Bienestar
 ¡La temporada de la gripe y del resfrío está aquí! Cúbrase la nariz y la boca con un pañuelo o una manga si necesita toser o estornudar, y recuerde lavarse las manos con frecuencia.

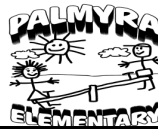
Fort HealthCare Love Lights (Luces de Amor) Ceremonia de Iluminación del Árbol

Pase por el Fort Memorial Hospital el martes 4 de diciembre a las 6:30 pm para la ceremonia anual de iluminación del árbol para celebrar la campaña Love Lights.

Música especial, refrigerios y una visita de Santa se brindarán en este evento familiar.

Todos son bienvenidos para asistir.

FortHealthCare.com



Backpack News

TEENS

December 2019

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Healthcare Provider Tip of the Month

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Wellness

Although it's cold out, being outside for a short amount of time can help improve your mood, cure cabin fever, and give you a little rejuvenation!

Corner

5 Ways to Fight the Flu

1. Get the flu vaccine
2. Wash your hands often
3. Keep your distance if someone is sick
4. Cough or sneeze into a tissue or your elbow
5. Stay home if you have the flu

Seguridad en los Deportes del Invierno

El invierno en Wisconsin está lleno de actividades que lo mantendrá ocupado y divertido. También es importante recordar la seguridad para evitar lesiones y evitar ser marginalizado mientras otros niños juegan en la nieve.

Mantenerse Caliente

Al usar el equipo adecuado cuando juega en el frío y la nieve, puede pasar más tiempo divirtiéndose al aire libre y sentirse cómodo. Al incorporar diferentes capas de ropa, calcetines cálidos, sombreros, bufandas y guantes, se reduce el riesgo de enfermedades relacionadas con el frío y la congelación, lo que significa más tiempo para divertirse.

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- Utilice únicamente trineos que no tengan bordes afilados o dentados o piezas rotas.
- Elija las colinas designadas para trineos y un área libre de árboles, arbustos, edificios, rocas, carreteras, automóviles y otros obstáculos.
- Si anda en trineo con amigos, tenga en cuenta el límite de peso de los trineos.
- Nunca viaje en un trineo que esté tirado por un automóvil, camión/camioneta o moto nieve.

Patínaje sobre Hielo

Patinar sobre hielo o jugar al hockey es una excelente manera de hacer ejercicio, y SÓLO debe hacerse sobre hielo aprobado. También es importante asegurarse de que los patines de hielo le quepan correctamente y que estén ajustados pero no demasiado apretados. Otros consejos para patinar incluyen:

- Si juega al hockey, asegúrese de usar los protectores y los cascos adecuados.
 - Patina en la misma dirección que los demás.
 - No patines ni juegues con caramelos o chicles en la boca.

Esquí / Snowboard

Cuando se esquía o se practica el snowboard, los esquís, tablas, gafas y cascos ajustados correctamente son importantes para garantizar la seguridad y el movimiento cómodo. Puede ser una buena idea tomar algunas lecciones antes de llegar a las pistas para aprender la forma y las habilidades adecuadas, como girar y detenerse.

Usando Auriculares de Manera Correcta

La pérdida de audición por los auriculares es un ejemplo de una condición llamada pérdida de audición inducida por ruido (NIHL, por sus siglas en inglés) y, lamentablemente, el daño es irreversible.

Es importante consultar a su proveedor de atención médica si comienza a tener signos de pérdida de audición, como:

- *Pitido, zumbido, rugido después de escuchar un fuerte ruido*
- *Silenciamiento o distorsión de los sonidos.*

La buena noticia es que NIHL se puede prevenir, y hay algunos consejos para mantener su audición controlada:

- *Escuche música/películas/ videojuegos a no más del 60% del volumen máximo*
- *Limite a 60 minutos la cantidad de tiempo que pasa con los auriculares*
- *Los auriculares con cancelación de ruido pueden ayudarlo a bloquear otros ruidos, lo que significa que no tiene que subir el volumen tanto*

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Bienestar

Tecnología: 4 Maneras de Reiniciar/Recomponerse Antes de Acostarse

1. Cierre la sesión de aplicaciones de mensajería, redes sociales y correo electrónico.
2. Apague su teléfono o configúrelo en "No molestar" por la noche.
3. Retire su teléfono o tableta de su habitación por completo.
4. Tómese el tiempo suficiente antes de acostarse para desconectarse de la tecnología y relajarse.

How to contact us:

Palmyra Elementary School
701 Maple Street
Palmyra, WI 53156

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



Up Coming Events

- December 2nd- K-3 Music Concert 6:30 PM*
- December 2nd-9th- Holiday Gift Shop*
- December 3rd- Home & School Meeting*
- December 4th- **BLUE SHIRT DAY***
- December 6th- Report cards go home*
- December 9th- 4-6 Music Concert 6:30 PM*
- December 20th- Early Release, 12:30 PM
(lunch served)*
- December 23rd-Jan 1st NO SCHOOL*