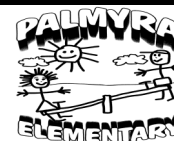




# Palmyra Elementary School Newsletter



February 2020

Palmyra-Eagle Area School District

Volume 1

Dear Palmyra Elementary Families,  
It's hard to believe our school year is almost half over. With all the implied changes that are heading our way, we continue to go about teaching our students and moving forward with their education in a "business as usual" way. Craft club and Makerspace (4th grade) activities continued during the month of January keeping our young minds interested in being creative and using their hands to make things. Geography bee and Spelling bee finals were held in January as well. Winners will move on to the next level of competition. See articles on pages 3 & 4 regarding Spelling bee and Geography bee.

## ♥ Happy Valentines Day ♥

The third graders watched the movie "The Polar Express." They wore their pajamas, slippers and bathrobes just like in the book. They also had tickets to give to the conductor, homemade hot chocolate, popcorn and a silver bell to remember their "Polar Express" adventure!





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 will 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 5th-November 26th

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!



## Spelling Bee

On Friday, January 17th, Palmyra Elementary recognized its top spellers during our annual Spelling Bee. Each class in third through sixth grade held classroom competitions and sent two top spellers to participate in the schoolwide competition. In all, twelve students competed in the Palmyra Elementary Spelling Bee. Our competitors were: Michael H. and Ava B. (3rd grade); Aubreyana S. and Evelyne B. (4th grade - Butchart); Jack T. and Natalia K. (4th grade - King); Dane T. and Ava P. (5th grade); and Bri C., Ashton D., Harmony G. and JJ T. (6th grade - Keith/ Rossman).

After eleven rounds, a winner emerged. Sixth grader, Harmony G. earned the first place position and will represent our school at the Regional Spelling Bee in Whitewater on January 29th. In second place was Ava B., a third grader, who will compete at Whitewater if Harmony is unable to attend. Finally, our third place winner was fourth grader Evelyn B.

All participants should be congratulated for exceptional sportsmanship and outstanding effort. All competitors will be honored at our next PBIS assembly.



First Place: Harmony G. 6th grade  
Runners up: Ava B. 3rd grade and Evelyne B  
4th grade.

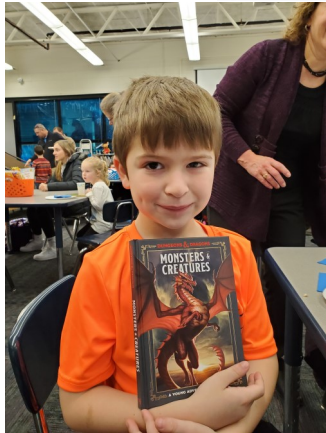
## Geography Bee

Geography bee was in the school Library on January 21st. There were 5 contestants from 3 grade levels. After several rounds of questions, our two 6th graders remained. In the end, JJ T. took first place and Jerimiah S. was the runner up.  
**GREAT JOB EVERYONE!**





*Breakfast and Books was held on January 14th. Once again we had a great turn out. Children and friends enjoyed a morning snack and a lot of good books! Each child got to pick a book to keep!*



*All are welcome to join us for Breakfast and Books. Parents, Sibling, Grandparents and Friends! Our next Breakfast and Books will be March 10th at 7:15 AM.*



Mrs. Bartkiewicz's 4K class at PES has a new "Dramatic Play" area. Our veterinarian area is now the Kinder-Pizzeria! We have full pies, slices, and salads that we are serving up! We are having fun serving up smiles too!

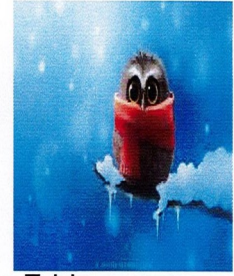




Slaw, Rain Cap, Dogs  
 OR  
 PB&J Uncrustables  
 Cream of Potato Soup  
 Fresh Baby Carrots, Green Beans  
 Pasta Salad & Applesauce Cups

# February Lunch Menu

Palmyra Eagle Area Schools



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Grilled Chicken Patty on WG Bun                      OR                      Hamburger or Cheeseburger                      Potato Wedges                      Steamed Peas, Tomato Slices                      Cinnamon Applesauce</p>	<p>4</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>5</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>6</p> <p>WG French Toast Sticks w/Omelet                      OR                      Breakfast Pizza                      Crispy Tater Tots                      Steamed Carrot Coins, Broccoli                      Strawberries</p>	<p>7</p> <p>BBQ Meatball Sub on WG Bun                      OR                      Breaded Chicken Nuggets w/Roll                      Chicken Flavored Brown Rice                      Green Beans, Corn &amp; Tomato Salad                      Apple Slices</p>
<p>10</p> <p>Creamy Chicken Alfredo over WG                      Pasta w/ Breadstick                      OR                      Mini Corn Dogs                      Steamed Broccoli, Three Bean                      Salad, Fresh Cauliflower                      Chilled Peaches</p>	<p>11</p> <p>Breaded Chicken Patty on Bun                      OR                      Fish Sticks with WG Breadstick                      Spicy Curly Fries                      Vegetarian Baked Beans,                      Baby Carrots, Blueberries </p>	<p>12</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 &amp; Bananas </p>	<p>13</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>14</p> <p>Mini Corn Dogs                      OR                      Quesadilla Pizza                      Baked Potato Wedges                      Mixed Vegetables, Cucumber Slices                      Mixed Fruit </p>
<p>17</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>18</p> <p>Bag Lunch:                      *PB&amp;J Uncrustables                      Cheese Stick                      Fresh Baby Carrots, Chips                      Applesauce Cups, dessert</p>	<p>19</p> <p>Hamburger or Cheeseburger                      OR                      BBQ Rib on a Whole Grain Bun                      Oven Baked French Fries                      Steamed Peas, Cucumbers                      Pineapple Tidbits</p>	<p>20</p> <p>Chicken Fajitas w/ Lettuce, Salsa,                      Tomatoes, Cheese, Sour Cream                      OR                      Whole Grain Chili Cheese Wrap                      Spanish Rice, Refried Beans                      Corn Niblets, Fruit Cocktail</p>	<p>21</p> <p>Salisbury Steak w/ WG Roll OR                      Breaded Pork Chopette w/ Roll                      Mashed Potatoes with Gravy                      WI Blend Veggies(&amp; Squash-HS)                      Fresh Brocc &amp; Mandarin Oranges</p>
<p>24</p> <p>                      No School</p>	<p>25</p> <p>Beef Stroganoff over Whole Grain                      Pasta w/ WG Breadstick                      OR                      Hot Dog on a Whole Grain Bun                      Steamed Peas, Fresh Cauliflower                      Diced Pears</p>	<p>26</p> <p>Gilardi's Cheese Pizza                      OR                      Spaghetti &amp; Meatballs w/ WG Roll                      Salad with Choice of Dressings                      Cherry Tomatoes, Mixed Veggies                      Chilled Peaches</p>	<p>27</p> <p>Egg, Ham &amp; Cheese on a Bun                      OR                      Stuffed Crust Pizza                      Sweet Potato Fries, Edamame                      (soy beans), Corn &amp; Tom. Salad                      Red Delicious Apple </p>	<p>28</p> <p>Chicken Nuggets w/Roll                      OR                      Sloppy Joe on a Whole Grain Bun                      Mashed Potatoes with Gravy                      Acorn Squash, Fresh Broccoli                      Mixed Fruit</p>
<p>Menu subject to change without notice</p>	<p>Elementary Lunches for February:                      19 days x \$2.75=\$52.25                       MS &amp; HS Lunches for January:                      19 days x \$3.00=\$57.00</p>	<p>All lunches served with a choice of                      milk: Skim White, Skim Choc., or 1%                      White </p>	<p>To the best of our knowledge, items                      containing peanuts are marked with                      an *.                       This institution is an equal opportunity                      provider.</p>	<p></p>



# February Fun Facts



Palmyra Eagle Area Schools









Monday

Tuesday

Wednesday

Thursday

Friday

<p>3</p> <p>In October 1995, the potato became the first vegetable to be grown in space. The potatoes for lunch today weren't grown in space, but they were grown in Wisconsin!</p>	<p>4</p> <p>Did you know that Americans eat over 4 billion tacos each year? You can add to your personal total with soft shell tacos for lunch today.</p>	<p>5</p> <p>The yellow-orange color makes apricots a good source of vitamin A and carotenes. Make a healthy choice and include some apricots in your lunch today.</p> 	<p>6</p> <p>February is National Breakfast Month. We're celebrating by having breakfast for lunch today. You can order French Toast sticks or Breakfast Pizza.</p>	<p>7</p> <p>Pretty much all tomato varieties are red although other colors are possible including green, yellow, orange, pink, black, brown, white and purple. There are red tomatoes in the corn and tomato salad today.</p>
<p>10</p> <p>Broccoli is a good source of vitamin K (for your blood) and vitamin A (for your eyes and skin). Have some with your lunch today.</p>	<p>11</p> <p>One of the vegetable choices for your lunch today is carrots. Carrots are rich in many vitamins and minerals. They are best known for being an excellent source of beta-carotene.</p> 	<p>12</p> <p>Q: What is a horse's favorite fruit? A: Straw-berries. Get it? "Straw" Berries. Strawberries are on the menu today..</p> 	<p>13</p> <p>A healthy chicken lays about 265 eggs each year. You can enjoy some of those eggs with your lunch today by choosing an omelet</p>	<p>14</p> <p>Cucumbers can be 20 degrees cooler on the inside than the outside temperature. That's where the saying "Cool as a cucumber" comes from. Cucumbers are on the menu today.</p> 
<p>17</p> <p>Q: What do you get if a cow is in an earthquake? A: A milkshake! Be sure to have some milk with your lunch today.</p>	<p>18</p> <p>Astronaut John Glenn (The first American to orbit the Earth), carried applesauce in squeezable tubes on his initial space flight. You can be just like an astronaut and eat applesauce with your lunch.</p> 	<p>19</p> <p>Pineapple is the fruit choice for today. Did you know that pineapples can weigh up to 20 pounds.</p>	<p>20</p> <p>Did you know that an ear or cob of corn is actually part of the flower and An individual kernel is the seed? Corn is one of the vegetable choices for lunch today.</p>	<p>21</p> <p>If you're having hot lunch today, you're joining a lot of other children who are having school lunch. Each school day more than 31 million children eat school lunch.</p>
<p>24</p>  <p>No School</p>	<p>25</p> <p>Try to include some cauliflower in your lunch today, because cauliflower is a good source of vitamin C.</p>	<p>26</p> <p>Did you know that there are flowers on the menu today? Well, sort of. Salad is one of the vegetable choices to go with your lunch today, and lettuce is a member of the sunflower family.</p>	<p>27</p> <p>February is also Sweet potato Month. You can celebrate by choosing sweet potato fries with your lunch.</p> 	<p>28</p> <p>Chicken Nuggets were invented in 1950 by a university professor named Robert Baker. Chicken Nuggets are Palmyra-Eagles's most popular lunch choice, so I'm glad he thought of it.</p>
				





# Backpack News

Kids

February 2020

## Heart Health Month

February is known as National Heart Month, and when you think about it, your heart is pretty important! Without your heart, you wouldn't have blood moving throughout your body, and that would mean no more running, jumping, playing or being alive!

### Parts of the Heart

The heart is made up of four different blood-filled areas, and each area is called a chamber. There are 2 chambers on the top, and they are called the "ATRIA" (Atrium if talking about one) and the 2 chambers on the bottom are called "VENTRICLES". These chambers work together to fill with blood (atria) and pump blood out of the heart (ventricles) to the rest of the body.

### Keep your Heart Happy

It's important to take care of your heart, and keep it in good shape. Here are a few things you can do to keep your heart happy:

### Nutrition

What you eat makes a big difference on how you feel, and how healthy your heart is. Fruits and vegetables have a lot of vitamins and nutrients that are good for your body, and lean proteins (like chicken, fish and beans) will keep your muscles and your heart strong. Sweet and salty foods should be limited and are "sometimes" foods.

### Physical Activity

Because your heart is a muscle, you want to keep it strong by exercising every day. Try to be active each day for at least 30 minutes, but 60 minutes would be even better! Also, remember to limit watching tv, playing on your computer, and playing video games—it may be fun, but it doesn't do much to keep your heart, bones and muscles strong!

### Avoid Tobacco/Nicotine/Vaping

Tobacco and smoking stinks! Smoking and vaping not only hurts your heart, but it also is bad for your lungs, blood and your other organs. Say no to tobacco!

## Hands-Only CPR

CPR stands for "CardioPulmonary Resuscitation" and is used when someone collapses and their heart stops. While there are classes to learn about CPR in depth, "Hands-Only CPR" is a great resource for the general public, and is easy to learn.

If you see someone collapse, or come upon someone who has collapsed, the two steps are:

1. Call 911
2. Push Hard and Fast in the center of the chest

For more information, visit [www.heart.org](http://www.heart.org) and search "Hands Only CPR"

## Healthcare Provider Tip of the Month

From **Toni Zastrow**,  
School Nurse at the Lake Mills School District:

*"After a long day at school, your tummy may be telling you that you are hungry. Try one of these heart healthy snack options that Heart.org suggests:*

- Swap out sugary beverages with fat free or 1% milk, 100% juice, low sodium vegetable juice or water
- Instead of chips and crackers, try veggies, low fat yogurt, unsalted sunflower seeds, or low fat cheese sticks
  - Switch out sweets for fresh/dried/canned fruit or sugar free ice pops"

## Wellness

Instead of giving candy for Valentine's day, what about doing little toys, stickers, pencils, cards, lip balm, play doh, or trinkets? It will still be a fun celebration and something a little healthier!

Corner

## Free Fitness Opportunities

### Railyard Fitness: February

Lake Mills Elementary School  
(155 E. Pine St. Lake Mills, WI)

February 2, 9\*, 16, 23

2p-4p

\*1p-4p

### Open Swim: February

Jefferson High School  
(700 West Milwaukee St. Jefferson, WI)

February 2, 9, 16, 23

2:30pm-4:30pm

Fort HealthCare  
FOR HEALTH  
[FortHealthCare.com](http://FortHealthCare.com)



# Noticias de Mochila

Febrero 2020

niños

## Mes de la Salud del Corazón

Febrero es conocido como el Mes Nacional del Corazón, y cuando lo piensas, ¡tu corazón es muy importante! Sin tu corazón, no tendrías sangre circulando por todo tu cuerpo, ¡y eso significaría no más correr, saltar, jugar o estar vivo!

### Partes del Corazón

El corazón está formado por cuatro áreas diferentes llenas de sangre, y cada área se llama una cámara. Hay 2 cámaras en la parte superior, y se llaman "AURÍCULAS" y las 2 cámaras en la parte inferior se llaman "VENTRÍCULOS". Estas cámaras trabajan juntas para llenarse de sangre (aurículas) y bombear sangre del corazón (ventrículos) al resto del cuerpo.

### Manténgase su Corazón Feliz

Es importante cuidar de su corazón y mantenerlo en buena forma. Aquí hay algunas cosas que puede hacer para mantener feliz a su corazón:

### Nutrición

Lo que come hace una gran diferencia en cómo se siente y qué tan saludable es su corazón. Las frutas y verduras tienen muchas vitaminas y nutrientes que son buenos para su cuerpo, y las proteínas magras (como pollo, pescado y frijoles) mantendrán fuertes sus músculos y su corazón. Los alimentos dulces y salados deben ser limitados y son alimentos para consumirse "de vez en cuando".

### Actividad Física

Debido a que su corazón es un músculo, usted querrá mantenerlo fuerte haciendo ejercicio todos los días. Trate de mantenerse activo todos los días durante al menos 30 minutos, ¡pero 60 minutos sería aún mejor! Además, recuerde limitar ver televisión, jugar en su computadora y jugar videojuegos; puede ser divertido, ¡pero no hace mucho para mantener fuerte a su corazón, huesos y músculos!

### Evite el Tabaco / Nicotina / Vapeo (Cigarrillos Electrónicos)

¡El tabaco y fumar apestan! Fumar y vapear no solo lastima su corazón, sino que también es malo para sus pulmones, sangre y otros órganos. ¡Di no al tabaco!

## RCP Con Sólo las Manos

RCP significa "Reanimación CardioPulmonar" y se usa cuando alguien colapsa y su corazón se detiene. Si bien hay clases para aprender sobre la RCP en profundidad, la "RCP con sólo las manos" es un gran recurso para el público en general y es fácil de aprender.

Si ve a alguien colapsar, o se encuentra con alguien que se ha derrumbado, los dos pasos son:

1. Llame al 911
2. Empuje Duro y Rápido en el centro del pecho

Para más información visite [www.heart.org](http://www.heart.org) y busque "Hands Only CPR" (RCP Con Sólo las Manos)

## Consejo del Mes del Proveedor de Atención Médica

De Toni Zastrow,  
Enfermera del Distrito Escolar de Lake Mills:

*"Después de un largo día en la escuela, su barriga puede estar diciéndole que tiene hambre.*

*Pruebe una de estas opciones de refrigerios saludables para el corazón que Heart.org sugiere:*

- Cambie las bebidas azucaradas por leche descremada o de 1%, jugo de 100%, jugo de vegetales bajo en sodio o agua
- En lugar de papas fritas y galletas saladas, pruebe verduras, yogurt bajo en grasa, semillas de girasol sin sal o palitos de queso bajos en grasa.
- Cambie los dulces por fruta fresca / seca / enlatada o paletas de hielo sin azúcar"

## Rincón del

En lugar de regalar dulces para el día de San Valentín, ¿qué tal hacer pequeños juguetes, calcomanías, lápices, tarjetas, bálsamo labial, plastilina o baratijas? ¡Seguirá siendo una celebración divertida y algo un poco más saludable!

Bienestar

## Oportunidades de Ejercicio Gratuitas

### Railyard Fitness: Febrero

Lake Mills Elementary School  
(155 E. Pine St. Lake Mills, WI)

Febrero 2, 9\*, 16, 23

2p-4p

\*1p-4p

### Natación abierta: Febrero

Jefferson High School  
(700 West Milwaukee St. Jefferson, WI)

Febrero 2, 9, 16, 23

2:30pm-4:30pm

Fort  
HealthCare  
FOR HEALTH  
[FortHealthCare.com](http://FortHealthCare.com)

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*

*February 14th*



*February 24th- No School- Teacher In-service day*

*March 6th- End of 2nd Tri-mester*

*March 13th- Report cards go home.*

*March 16th & 17th- Parent teacher conferences*

*March 23rd-27th- No School- Spring Break*

*March 30th- School resumes*