

## Newsletter

January 2020

Palmyra-Eagle Area School District

Volume 1

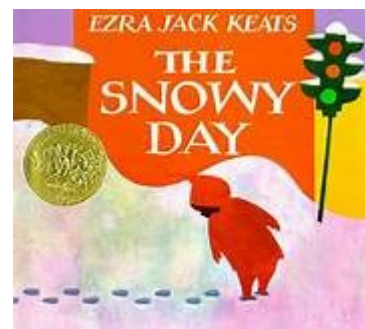
Dear Palmyra Elementary Families,

December has been a very busy month with Winter concerts, Holiday shopping, Makerspace, craft days, Movie days, door decorating contest just to mention a few things. Oh yes, and a bit learning as well! Winter break starts with an early release day on Friday, December 20th, 12:30 PM. School will resume on Thursday, January 2nd, 2020. Palmyra Elementary School Staff would like to wish all our families a Very Merry Christmas and a Happy New Year!

happy holidays

### 5K-3rd grade Winter Concert

Music was based on the book *The Snowy Day*, by Ezra Jack Keats.





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!





4K students had their Winter Concert on December 10th. They performed several songs and had a cookie treat with their families.





4th-6th grades present:  
Our Winter Concert:  
That's Christmas to Me



*Breakfast and Books  
January 14th, 2020  
7:15-7:45  
Palmyra Elementary  
School Library*



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*All are welcome to join us for Breakfast and Books.  
Parents, Sibling, Grandparents and Friends!  
Enjoy a breakfast snack and read a few good books.*

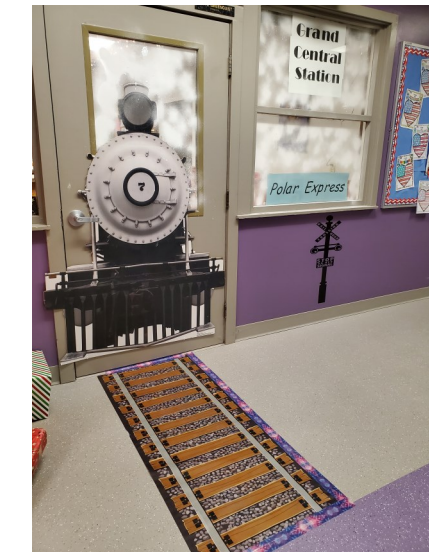


All school door decorating contest. So many GREAT doors.  
All classrooms will receive a popcorn party!





### Door Decorating continued







# January Lunch Menu



Palmyra Eagle Area Schools

Monday

Tuesday

Wednesday

Thursday

Friday

<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>No School</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>WG French Toast Sticks w/Omelet OR Breakfast Pizza Crispy Tater Tots Steamed Carrot Coins, Broccoli Strawberries</p>	<p>8</p> <p>Italian Meatball Sub on WG Bun OR Breaded Chicken Nuggets w/Roll Chicken Flavored Brown Rice Steamed Peas, Corn &amp; Tomato Salad Applesauce</p>	<p>9</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>10</p> <p>Breaded Chicken Patty on Bun OR Fish Sticks with WG Breadstick Spicy Curly Fries Vegetarian Baked Beans, Baby Carrots, Blueberries </p>
<p>13</p> <p>Mini Corn Dogs OR Quesadilla Pizza Baked Potato Wedges Mixed Vegetables, Cucumber Slices Mixed Fruit</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 &amp; 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 Peas, 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(&amp; Squash-HS) Fresh Brocc &amp; Mandarin Oranges</p>
<p>20</p>  <p>No School</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>Gilardi's Cheese Pizza OR Spaghetti &amp; Meatballs w/ WG Roll Salad with Choice of Dressings Cherry Tomatoes, Mixed Veggies Chilled Peaches</p>	<p>23</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>24</p> <p>State Fair Corn Dog  OR *PB&amp;J Uncrustables Campbell's Tomato Soup Fresh Baby Carrots, Green Beans Pasta Salad &amp; 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 Chili Cheese Wrap Spanish Rice, Refried Beans Corn Niblets, Fruit Cocktail</p>	<p>30</p> <p>Beef Ravioli with WG Roll OR Cheese Stuffed Pizza Dippers Spinach Salad w/ Dressings Celery Stix &amp; Baby Carrots Mandarin Oranges </p>	<p>31</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>





# January Fun Facts



Palmyra Eagle Area Schools




Monday

Tuesday

Wednesday

Thursday

Friday

		<p>1</p>  <p>No School</p>	<p>2</p> <p>Americans eat 50 billion hamburgers each year. You can add to your personal total by ordering a burger for lunch today.</p> 	<p>3</p> <p>Tacos are one of the lunch choices for today. The world's biggest taco was made in 2011 and was 246 feet long.</p>
<p>6</p> <p>In 2015 a competitive eater consumed 62 hot dogs in 10 minutes. Today at lunch, you'll only eat one hot dog in 10 minutes.</p> 	<p>7</p> <p>In Great Britain, french toast is sometimes eaten with ketchup. If I were you, I'd put syrup on my french toast today instead.</p>	<p>8</p> <p>The chicken nuggets that we'll serve for lunch today weigh 2 oz each. The biggest chicken nuggets ever made weighed 51 pounds - that's the same as 408 of our chicken nuggets!</p>	<p>9</p> <p>Today we have mini corn dogs on the menu. Do you know why they're called "corn" dogs? It's because the batter on the outside is made with cornmeal.</p>	<p>10</p> <p>You can have fish for lunch today. Here's a random fish fact: The oldest fish that ever lived was a Koi (kind of like a giant goldfish) named Hanako. He lived to be 226 years old.</p>
<p>13</p> <p>Cucumbers are loaded with vitamin C. Do something good for your body and have some cucumber slices with your lunch.</p> 	<p>14</p> <p>Broccoli is one of the vegetable choices for lunch today. Broccoli is known as "the crown jewel of nutrition" because it is rich in vitamins and minerals.</p>	<p>15</p> <p>One of the lunch choices for today is pancakes. Our lunch customers prefer syrup on their pancakes, but in some parts of the world, people use sour cream, ketchup, mustard or peanut butter.</p>	<p>16</p> <p>Baked beans are on the menu today. Did you know that baked beans are good for you? They are low in fat, high in fiber and protein, and contain vitamins and minerals including zinc, iron and potassium.</p>	<p>17</p> <p>Today you can choose Salisbury Steak for lunch. Salisbury Steak was invented by Dr. Salisbury during the Civil War.</p>
<p>20</p>  <p>No School</p>	<p>21</p> <p>Pineapple is the fruit choice today. Did you know that pineapples can regenerate? You can plant pineapple leaves and grow a new pineapple!</p>	<p>22</p> <p>Did you know that every American eats an average of 23 pounds of pizza per year? You can get add to your personal total with cheese pizza for lunch today.</p>	<p>23</p> <p>Did you know that sweet potatoes are good for you? They contain beta carotene, vitamins C,E and B6, and potassium. You can have sweet potato fries with your lunch today!</p>	<p>24</p> <p>Today is National Peanut Butter Day. We're celebrating with peanut butter and jelly Uncrustables for lunch.</p> 
<p>27</p> <p>The popular way to eat mac and cheese in Canada is with ketchup. It's yummy with or without ketchup, and we have it for lunch today.</p>	<p>28</p> <p>A serving of peas contains as much vitamin C as 2 large apples, more fiber than a slice of whole grain bread, and more thiamine than a pint of milk. Who knew there was so much nutrition in a little tiny pea?</p>	<p>29</p> <p>For lunch today we're serving corn that is yellow, but did you know that corn can also be black, blue, purple, red, and white?</p>	<p>30</p> <p>Q: What vegetable might you find in your basement? A: Cellar-y There's celery for lunch today!</p>	<p>31</p> <p>In England, mashed potatoes are simply called "mash". You can have "mash" with your chicken nuggets today.</p>



# Backpack News



January 2020

## Wisconsin Kid Camps

Camps are a great opportunity for kids to meet new friends, increase their confidence and independence, and ultimately have fun. Many camps are designed for kids with various special needs, and are a few listed below that are housed in Wisconsin. A great resource for additional camps can be found at [www.kidscamps.com](http://www.kidscamps.com)

### Asperger's/Autism/ADHD

- Camp Akeela (Appleton)  
Phone: 866-680-4744  
[www.campakeela.com](http://www.campakeela.com)

### Developmental Disability Camps

- Wisconsin Badger Camp (Prairie Du Chien)  
Phone: 608-348-9689  
[www.badgercamp.org](http://www.badgercamp.org)

- Camp Pow Wow (Menomonee Falls)  
Phone: (winter) 262-542-9811

[www.archchangeslives.org/about-camp-pow-wow](http://www.archchangeslives.org/about-camp-pow-wow)

### Diabetes

- Camp Lakota (Rosholt)

Phone: 317-352-9226, ext 6734 or 888-342-2383, ext. 6531

[www.diabetes.org/in-my-community/diabetes-camp/camps/Lakota-1.html](http://www.diabetes.org/in-my-community/diabetes-camp/camps/Lakota-1.html)

### Bereavement

- Camp Hope (Amherst)  
Phone: 715-341-0076

[www.camphopeforkids.org](http://www.camphopeforkids.org)

### Learning/Behavioral Disabilities

- YMCA Camp Glacier Hollow (Amherst Junction)  
Phone: 715-342-2980

[www.glacierhollow.com](http://www.glacierhollow.com)

### Asthma

- Madison Asthma Camp (FREE!) for kids 8-12 with asthma  
Tentative June 11<sup>th</sup> or 12<sup>th</sup> 8:30a-2:30pm UW Madison-School of Pharmacy

Email Val at [valerie.schend@wisc.edu](mailto:valerie.schend@wisc.edu)

[www.uwhealth.org/kids](http://www.uwhealth.org/kids)

## Head Lice

Lice are a very common problem with kids, and while lice do not cause illness or disease, they can be an annoyance and sometimes hard to get rid of in the home.

### Signs of Head Lice

- Seeing lice or eggs (nits) in the hair/scalp
  - Scratching/itching
  - Small red bumps or sores from scratching

### Treatment

Your child's primary care provider can recommend medicated shampoos, creams or lotions to kill the lice—just be sure to follow the product recommendations of use.

You may also be recommended to remove lice and nits (eggs) by hand using a fine-toothed comb.

More information at:

<https://www.cdc.gov/parasites/lice/head/parents.html>

## Healthcare Provider Tip of the Month

From **Heidi Woods**, School Nurse at the Marshall School District:

*“Head lice have been around since pre-historic times, and even mummies have been found with evidence of head lice. The most common way to get lice is by direct head to head contact with someone with lice—because head lice cannot hop, jump or fly. Most importantly, head lice are NOT a sign of poor hygiene”*

## Wellness

In light of the New Year, set a few family resolutions to complete together—family game night, no electronics at the table, or exercising together!



## Free Fitness Opportunities

### Railyard Fitness: January

Cambridge Elementary School  
(802 W. Water St. Cambridge, WI)

January 5, 12, 19, 26\*  
2p-4p

(26<sup>th</sup> from 12p-3p)

### Open Swim: January

Jefferson High School

January 12, 19, 26

2:30p-4:30p



[FortHealthCare.com](http://FortHealthCare.com)





# Noticias de Mochila

Enero 2020



## Campamentos para Niños de Wisconsin

Los campamentos son una gran oportunidad para que los niños conozcan nuevos amigos, aumenten su confianza e independencia y, sobre todo, se diviertan. Muchos campamentos están diseñados para niños con diversas necesidades especiales, y algunos se enumeran a continuación y se encuentran en Wisconsin. Puede encontrar un gran recurso para campamentos adicionales en [www.kidscamps.com](http://www.kidscamps.com)

### Asperger, Autismo, TDAH

- Camp Akeela (Appleton)  
Tel: 866-680-4744  
[www.campakeela.com](http://www.campakeela.com)

### Campamentos de Discapacidad del Desarrollo

- Wisconsin Badger Camp (Prairie Du Chien)  
Tel: 608-348-9689  
[www.badgercamp.org](http://www.badgercamp.org)

- Camp Pow Wow (Menomonee Falls)  
Tel: (invierno) 262-542-9811

[www.archchangeslives.org/about-camp-pow-wow](http://www.archchangeslives.org/about-camp-pow-wow)

### Diabetes

- Camp Lakota (Rosholt)

Tel: 317-352-9226, ext 6734 o 888-342-2383, ext. 6531

[www.diabetes.org/in-my-community/diabetes-camp/camps/Lakota-1.html](http://www.diabetes.org/in-my-community/diabetes-camp/camps/Lakota-1.html)

### Duelo/Luto

- Camp Hope (Amherst)  
Tel: 715-341-0076

[www.camphopeforkids.org](http://www.camphopeforkids.org)

### Discapacidades de Aprendizaje / Comportamiento

- YMCA Camp Glacier Hollow (Amherst Junction)  
Tel: 715-342-2980

[www.glacierhollow.com](http://www.glacierhollow.com)

### Asma

- Madison Asthma Camp (GRATIS!) para niños de 8-12 con asma  
Tentativo Junio 11 o 12 8:30a-2:30pm UW Madison-School of Pharmacy  
Mande un correo electrónico a Val a [valerie.schend@wisc.edu](mailto:valerie.schend@wisc.edu)

[www.uwhealth.org/kids](http://www.uwhealth.org/kids)

## Piojos de la Cabeza

Los piojos son un problema muy común con los niños, y aunque los piojos no causan enfermedades o trastornos, pueden ser una molestia y, a veces, difíciles de eliminar en el hogar.

### Signos de Piojos

- Al ver piojos o huevos (liendres) en el cabello / cuero cabelludo
  - Rascarse / picazón
- Pequeñas protuberancias rojas o llagas por rascarse

### Tratamiento

El proveedor de atención primaria de su hijo puede recomendar champús, cremas o lociones medicinales para matar los piojos, solo asegúrese de seguir las recomendaciones de uso del producto.

También se le puede recomendar que quite los piojos y las liendres (huevos) a mano con un peine de dientes.

Más información en:

<https://www.cdc.gov/parasites/lice/head/parents.html>

## Consejo del Mes del Proveedor de Atención Médica

### De Heidi Woods, Enfermera del Distrito Escolar de Marshall:

*“Los piojos han existido desde tiempos prehistóricos, e incluso se han encontrado momias con evidencia de piojos. La forma más común de contraer piojos es por contacto directo de la cabeza con alguien con piojos, porque los piojos no pueden saltar o volar. Lo más importante es que los piojos NO son un signo de mala higiene.”*

## Rincón del

En este Año Nuevo, establezca algunas resoluciones familiares para completar juntos: noche de juegos familiares, sin dispositivos electrónicos en la mesa o haciendo ejercicio juntos.

Bienestar

## Oportunidades de Ejercicio Gratuitas

### Railyard Fitness: Enero

Cambridge Elementary School  
(802 W. Water St. Cambridge, WI)

Enero 5, 12, 19, 26\*  
2p-4p  
(26 de 12p-3p)

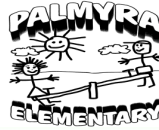
### Natación abierta: Enero

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

Enero 12, 19, 26  
2:30p-4:30p



[FortHealthCare.com](http://FortHealthCare.com)



# Backpack News

# TEENS

January 2020

## New Year's Resolutions

January marks the fresh start of a new year, and is a time that many people start making goals and resolutions about themselves and their health. What are some things you can work on to be the best version of yourself? Try some of these resolutions for 2020:

### Nutrition

- Eat 5 servings of fruits & veggies daily
- Cut out soda and energy drinks for water
- Limit added sugar intake to no more than (6tsp/day (women) & 9tsp/day (men))

### Exercise

- Get 60 minutes a day of exercise
- Try a new form of exercise each month
  - Incorporate daily stretching

### Sleep

- Establish a new pre-sleep routine
  - Read nightly
- Turn off phone/electronics 30 minutes before bed

### Stress

- Take a break from electronics/social media
- Practice meditation/breathing exercising
  - Practice good conflict resolution

### School

- Complete all homework on time
- Sign up for a new club/group/activity
  - Be a friend to all

## Exam Prep

There are things you can do to help lessen the anxiety and worry around your exams, and to help you prepare before and on test day:

### **Be prepared**

Make sure to be paying attention in class, taking notes, and asking questions when you have them.

### **Ask for help**

Ask your teacher for extra help if you are not understanding the material.

### **Take Care of yourself**

Make sure to get enough sleep the night before the test(s), and eat a good breakfast the day of to get your brain moving.

### **Breathe**

Taking a few deep breaths in and out before the test, or if you get stuck during.

### **Expect the Best**

Think positive thoughts about the outcome of the test

## Healthcare Provider Tip of the Month

From Heidi Woods, School Nurse at the Marshall School District:

"Some great ideas that I suggest for New Years Resolutions for teens are:

- Learn something new
- Become a better friend or family member
  - Be a role model
  - Improve your GPA
    - Read for fun
    - Eat slower
- Spend 60 minutes or less per day on social media"

## *Wellness*

Each day is a new opportunity to be the best version of yourself. Take the time to set goals for your day, week and month and see how much you can accomplish!

Corner

## 5 Tips for Studying for Tests

1. Start studying in school
2. Plan your study time
3. Study based on the type of test you're taking
4. Resist the urge to procrastinate
5. Start a study group



[FortHealthCare.com](http://FortHealthCare.com)



# Noticias de Mochila

Enero 2020

Adolescentes

## Resoluciones de Año Nuevo

Enero marca el nuevo comienzo de un nuevo año, y es un momento en que muchas personas comienzan a hacer metas y resoluciones sobre sí mismos y su salud. ¿En qué cosas puedes trabajar para ser la mejor versión de ti mismo? Pruebe algunas de estas resoluciones para 2020:

### Nutrición

- Coma 5 porciones de frutas y verduras al día
- Elimine refrescos y bebidas energéticas a cambio de agua
- Limite el consumo de azúcar añadido a no más de (6 cucharaditas / día (mujeres) y 9 cucharaditas / día (hombres))

### Ejercicio

- Haga 60 minutos de ejercicio al día
- Pruebe una nueva forma de ejercicio cada mes
  - Incorpore estiramientos diarios

### Dormir

- Establezca una nueva rutina previa al sueño
  - Lea todas las noches
- Apague el teléfono / aparatos electrónicos 30 minutos antes de acostarse

### Estrés

- Tómese un descanso de los aparatos electrónicos / redes sociales
  - Practique la meditación / ejercicio de respiración
  - Practique buena resolución de conflictos

### Escuela

- Complete toda la tarea a tiempo
- Regístrese para un nuevo club / grupo / actividad
  - Sea un amigo a todos

## Preparación para Exámenes

Hay cosas que puede hacer para ayudar a disminuir la ansiedad y la preocupación en torno a sus exámenes, y para ayudarlo a prepararse antes y el día del examen:

### Esté preparado

Asegúrese de prestar atención en clase, tomar notas y hacer preguntas cuando las tenga.

### Pida ayuda

Pídale ayuda adicional a su maestro si no comprende el material.

### Cuidese

Asegúrese de dormir lo suficiente la noche anterior a la (s) prueba (s) y coma un buen desayuno el día de la (s) prueba (s) para que su cerebro esté activo.

### Respire

Respire y exhale profundamente algunas veces antes de la prueba, o si se queda atascado durante.

### Espera lo Mejor

Piense positivamente sobre el resultado de la prueba

## Consejo del Mes del Proveedor de Atención Médica

De Heidi Woods, Enfermera del Distrito Escolar de Marshall:

“Algunas ideas geniales que sugiero para Resoluciones de Año Nuevo para adolescentes son:

- Aprenda algo nuevo
- Conviértase en un mejor amigo o familiar
- Sea un ejemplo a seguir
- Mejore su promedio de calificaciones
  - Lea por diversión
  - Coma más lento
- Pase 60 minutos o menos por día en las redes sociales”

## Rincón del

Cada día es una nueva oportunidad para ser la mejor versión de ti mismo. ¡Tómese el tiempo para establecer metas para su día, semana y mes y vea cuánto puede lograr!

Bienestar

## 5 Consejos para Estudiar para las Pruebas

1. Comience a estudiar en la escuela
2. Planifique su tiempo de estudio
3. Estudie basado en el tipo de examen que está tomando
4. Resista el impulso de postergar
5. Comience un grupo de estudio

Fort HealthCare  
FOR HEALTH

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*

*December 20th- Early Release, 12:30 PM  
(lunch served)*

*December 23rd-Jan 1st NO SCHOOL*

*January 2nd- School resumes*

*January 7th- Home and School meeting 3:10*

*January 8th- **BLUE SHIRT DAY***

*January 14th- Breakfast and Books 7:15 AM*

*January 20th- No school- Teacher In-service*

*January 24th- Progress Reports go Home*