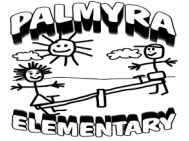




# Palmyra Elementary School Newsletter



March 2020

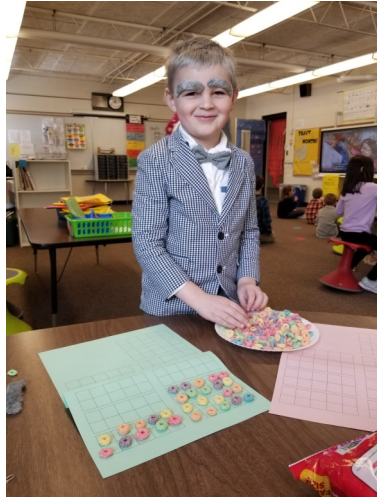
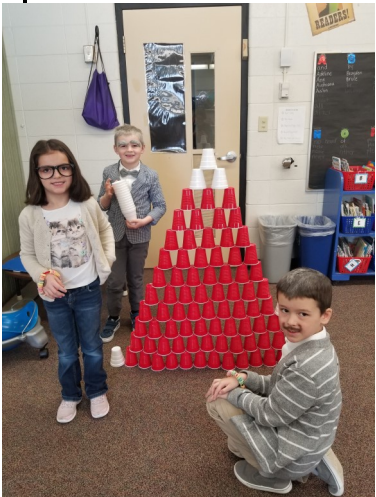
Palmyra-Eagle Area School District

Volume 1

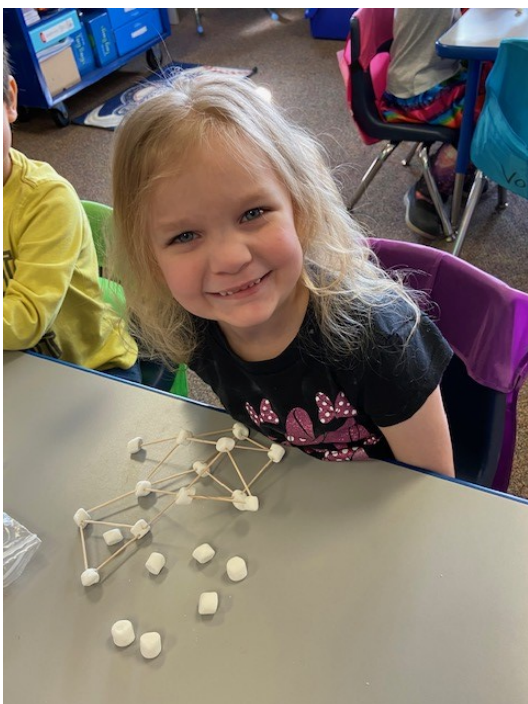
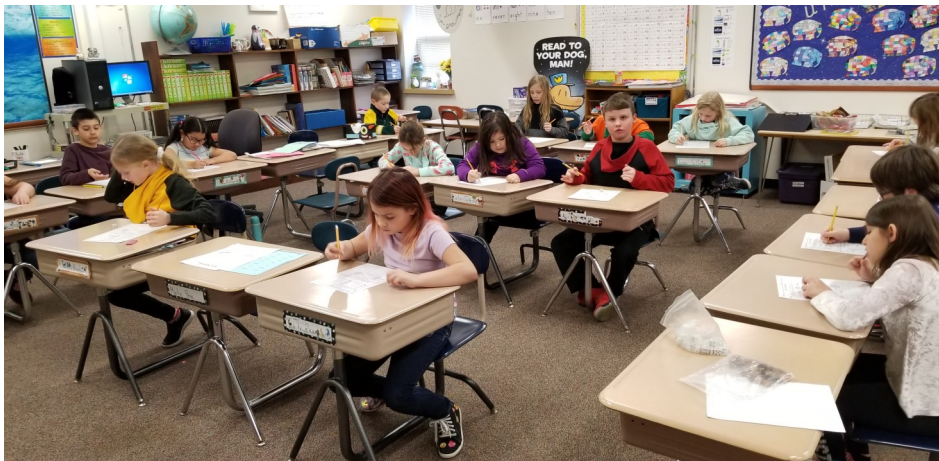
Dear Palmyra Elementary Families,  
March has arrived, will it come in as a lion and go out as a lamb? Time will tell but one thing is for sure spring is right around the corner! You will see how your student is doing with the distribution of report cards on March 13th. You will also be able to connect with your students teacher during conferences March 16th and 17th. We hope everyone has a relaxed and fun Spring Break during the week of March 23rd-27th. School will resume Monday, March 30th.



## PES Celebrates 100 Days of School



# More 100 Day Celebration Fun!



# MAKERSPACE

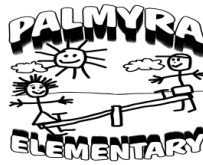
There will be no MAKERSPACE during the month of March. Makerspace will resume with the last session of students in April.

2nd Grade: April 7-April 28th

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!





Spring Break

**NO SCHOOL**  
**March 23rd-27th**

School Resumes  
Monday, March 30th

## Student Council Gives Donation

Members of the PES Student Council recently presented a check for \$350.00 to the Healthy Community Network of Palmyra. Funds will be used to help purchase a weekly snack that the network provides to the entire school every Monday.

Pictured are several members of the Student Council, Advisor; Mrs. Adsit and Angela Villela of the Healthy Community Network



## January Students of the Month!

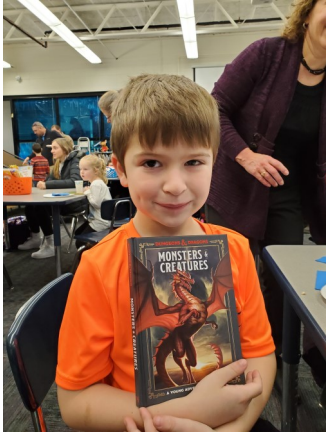


Martin P., Wyatt R., Tylor G., Johnny B., Jacob D., Aubrie P., Aiden A., Maddy A., Julian K., Hunter H., Wyatt W., Evelyn B., Jaxon K., Kiera D., Braydon B.

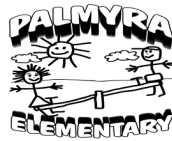
Missing from photo: Memo A., Michael R. and Thomas O.



*Breakfast and Books  
will be held on March 10th  
at 7:15 AM in the library.  
Parents, Siblings, Grand-  
parents and Friends are  
welcome to join us for a  
breakfast snack and lots  
of reading!*

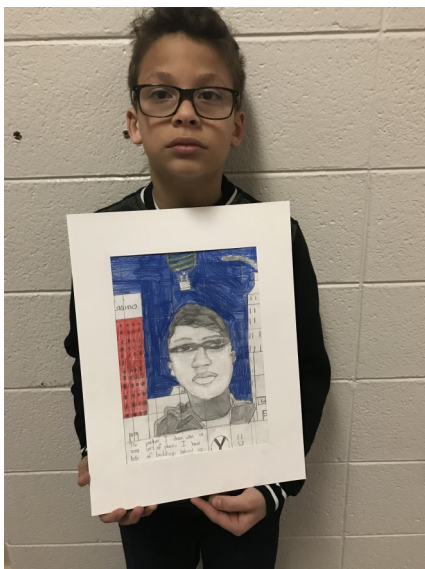
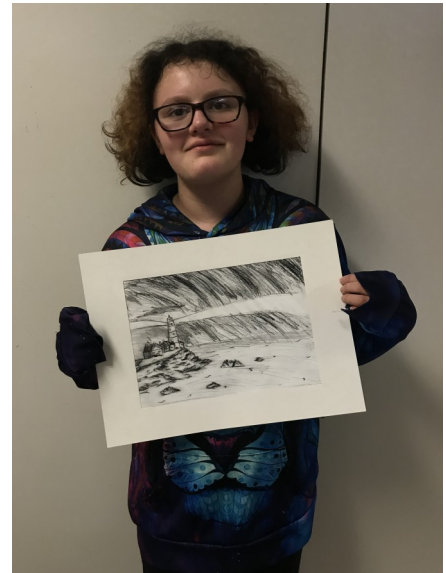


*Happy Reading !*



Four students from Palmyra Elementary had their artwork on display at the regional Youth Art Month Exhibit. The opening reception and award ceremony took place on February 14th, at the Sharon Lynne Wilson Center for the Arts. The students' work will join art from 8 other counties. From these four works, 2 pieces will go on display at the State Capitol on March 6th. Our PEASD family is encouraged to come out and show our Panther Pride. Way to go Kiera, Nyaia, Tyler and Thomas!

Side note: Thomas and Kiera's art work will move on to the State Capitol on March 6th! Congratulations!



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# March Lunch Menu



Palmyra Eagle Area Schools

Monday

Tuesday

Wednesday

Thursday

Friday

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Grilled Chicken Patty on WG Bun OR Hamburger or Cheeseburger Crispy Tater Tots Steamed Broccoli, Tomato Slices Cinnamon Apple Slices</p>	<p>3</p> <p>Beef Ravioli with WG Roll OR Cheese Stuffed Pizza Dippers Spinach Salad w/ Dressings Celery Sticks &amp; Baby Carrots Pineapple Tidbits </p>	<p>4</p> <p>Chicken Fajitas w/ Lettuce, Salsa, Tomatoes, Cheese, Sour Cream OR Whole Grain Chili Cheese Wrap Spanish Rice, Refried Beans Corn Niblets, Strawberries</p>	<p>5</p> <p>State Fair Corn Dog OR *PB&amp;J Uncrustables Chicken Noodle Soup Fresh Baby Carrots, Green Beans Pasta Salad &amp; Applesauce Cups</p>	<p>6</p> <p>WG Mini Waffles with Omelet OR Breakfast Pizza  Potato Smiles Steamed Peas, Fresh Broccoli Diced Peaches</p>
<p>9</p> <p>Hamburger or Cheeseburger OR BBQ Rib on a Whole Grain Bun Oven Baked French Fries Steamed Green Beans, Fresh Baby Carrots, Pineapple Tidbits </p>	<p>10</p> <p>Mini Corn Dogs OR Quesadilla Pizza Baked Potato Wedges Steamed Peas, Cucumber Slices Mixed Fruit</p>	<p>11</p> <p>Tony's Pepperoni Pizza OR Sweet and Sour Chicken over Brown Rice, Salad with Choice of Dressings, Cherry Tomatoes, Fresh Cauliflower, Strawberries &amp; Bananas</p>	<p>12</p> <p>Soft Shell Tacos w/ Lettuce, Salsa, Tomatoes, Cheese, Sour Cream OR Beef and Bean Burrito Refried Beans, Corn Niblets Diced Peas </p>	<p>13</p> <p>Chicken Nuggets w/ Breadstick OR Sloppy Joe on a WG Bun Mashed Potatoes with Gravy Acorn Squash, Fresh Broccoli Chilled Peaches</p>
<p>16</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. Diced Apricots</p>	<p>17</p> <p>Breaded Chicken Patty on Bun OR Fish Sticks with WG Breadstick Spicy Curly Fries Vegetarian Baked Beans Baby Carrots, Blueberries </p>	<p>18</p> <p>Salisbury Steak w/ WG Roll OR Breaded Pork Chopette w/ Roll Mashed Potatoes with Gravy WI Blend Veggies (&amp; Squash)-HS Fresh Cauliflower, Mandarin Oranges</p>	<p>19</p> <p>WG French Toast Sticks w/ Omelet OR Breakfast Pizza Crispy Tater Tots Steamed Carrot Coins, Broccoli Fruit Cocktail </p>	<p>20</p> <p>Gilardi's Cheese Pizza OR Spaghetti &amp; Meatballs w/ WG Roll Salad with Choice of Dressings *Celery w/ PB, Mixed Veggies Chilled Pears</p>
<p>23</p> 	<p>24</p>	<p>25</p> <p style="text-align: center;"><b>Spring Break</b></p>	<p>26</p>	<p>27</p> 
<p>30</p> <p>Pizza Burger on Whole Grain Bun OR Chicken Nuggets with WG Roll Crispy Tater Tots Baked Beans, Cherry Tomatoes Tropical Fruit Cup</p>	<p>31</p> <p>Creamy Chicken Alfredo over Whole Grain Pasta w/ Breadstick OR Mini Corn Dogs Steamed Broccoli, Three Bean Salad, Caulif. &amp; Chilled Peaches</p>	<p>All Lunches served with a choice of milk: Skim White, Skim Chocolate or 1% White  Menu subject to change without notice.</p>	<p>To the best of our knowledge, items containing peanuts are marked with an *. This institution is an equal opportunity provider</p>	<p>Elementary Lunches for March:: 17 days x \$2.75=46.75 MS &amp; HS Lunches for March: 17 days x \$3.00=\$51.00</p>



# March Fun Facts



Palmyra Eagle Area Schools

Monday

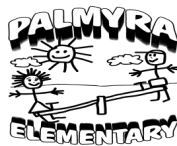
Tuesday

Wednesday

Thursday

Friday

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>We have steamed broccoli on the menu today. Did you know that broccoli has been grown for over 2,000 years and was a favorite vegetable of the Romans?</p>	<p>3</p> <p>Pineapple is an excellent source of vitamin C. Have some with your lunch today.</p>	<p>4</p> <p>March 4th is designated as "Fun Facts" Day. So my fun fact for today is that it's Fun Fact Day!</p>	<p>5</p> <p>March is National Peanut Month. Let's celebrate by having peanut butter and jelly Uncrustables for lunch.</p>	<p>6</p> <p>The average American eats 124 pounds of potatoes each year. You can add to your personal total with Potato Smiles for lunch.</p>
<p>9</p> <p>We have fresh baby carrots for one of the vegetable choices at lunch today. Carrots are a "root vegetable" which means that the part you eat grows under the ground.</p>	<p>10</p> <p>We have cucumbers on the menu today. Did you know that it takes 10-20 bee visits per flower to produce one cucumber?</p>	<p>11</p> <p>Cauliflower is a good source of vitamin C Do something good for your body today and have some cauliflower with your lunch.</p>	<p>12</p> <p>There are over 3000 varieties of Pear grown worldwide. The pears that we're serving for lunch today are "Bartlett" Pears.</p>	<p>13</p> <p>It is recommended that you eat five servings of fruit or vegetables each day. If you take all of the fruit and vegetables offered at lunch today, you'll already have eaten four!</p>
<p>16</p> <p>Apricots are a good source of vitamins A and C. Vitamin A promotes eye and skin health, while vitamin C helps boost your immune system. Be sure to take some apricots with your lunch!</p>	<p>17</p> <p>One of the lunch choices today is fish. Here's an interesting fact about fish: Fish do not have eyelids.</p>	<p>18</p> <p>Mashed potatoes are on the menu today. Did you know that potatoes are grown in every state in the US?</p>	<p>19</p> <p>Did you know that carrots come in many colors besides orange - such as purple, red, white, and yellow. We tried serving "rainbow carrots" once and the kids just picked out the orange ones - even the high school kids. Now we just serve orange ones.</p>	<p>20</p> <p>There are more than 2000 varieties of cheese available worldwide. Mozzarella is the favorite around the world and eaten the most. Mozzarella cheese is on the cheese pizza today.</p>
<p>23</p>	<p>24</p>	<p>25</p> <p style="text-align: center; font-size: 2em;">Spring Break</p>	<p>26</p>	<p>27</p>
<p>30</p> <p>Americans eat 70 million pounds of Tater Tots every year. For lunch today, we made 75 pounds.</p>	<p>31</p> <p>Did you know that there are over 3,500 different uses for corn products? One use is the ground-up corn, called cornmeal, that is used to make the mini corn dogs for today's lunch.</p>			



# Backpack News

Kids

March 2020

## Bike Safety & Helmets

Bike riding is a lot of fun, and is a great way to get exercise with the entire family, but it is still important to follow a few safety guidelines to prevent accidents the best that you can.

### Wearing a Helmet

Wearing a helmet while biking can help to protect your child's face, head and brain if you were to fall. Some general guidelines with bike helmets include:

- *Make sure your child's bike helmet fits well, and they wear it the correct way. Make sure it covers the forehead and the straps are always fastened while wearing it.*
  - *Don't wear a hat under your helmet*
- *Take care of helmets and don't throw it around. If a fall happens while biking, make sure the helmet is replaced because it may not protect your child as well in another fall/accident.*

### Bike Gear

- Wearing bright clothes and putting reflectors on a bike can help you stay safe and allow other drivers and bikers to see you.
- Wear the right shoes that will help you grip the pedals. Never ride barefoot!
- Watch for loose pant legs, backpack straps and shoelaces that could be caught in bike chains

### Road Rules

- Use bike lanes whenever you can and travel in the same direction as cars do. Also, don't ride too close to parked cars—someone may open their door suddenly
- Always stop and check for traffic in both directions when leaving your driveway, alleys, curbs or traffic lights. Always use crosswalks, too!
  - Ride single-file on the streets

## Car Seat Safety

Every state in the United States requires that an infant or small child be restrained with a couple of highlights:

- Choose a car seat with a label that states that it meets or exceeds Federal Motor Vehicle Safety Standard 213, and best fits your child's weight, size, and age.
- Forward-facing car seats are designed to protect children from 20-80 pounds, depending on the model. All kids who have outgrown the rear-facing height or weight limit for their car seat should use a forward-facing car seat with a full harness for as long as possible.

*Jefferson County has car seat technicians and can be reached at 920-674-7465 for additional information.*

## Healthcare Provider Tip of the Month

From Lynn Zaspel,  
School Nurse at the  
School District of Jefferson:

*"The risk of head injury while biking can be reduced by 45% if a helmet is worn. Bike helmets aren't just for kids. Parents should set a good example and wear a helmet too!"*

*When used correctly, car seats can reduce the risk of death by 71%! Be sure to install the car seat correctly. You can check the owner's manual for instructions."*

## *Wellness*

March is National Nutrition Month! Pick a new recipe to try each week and get the whole family involved, starting with grocery shopping, to prepping/cutting, to cooking and eating! Yum!

Corner

## Fitness Opportunities

**Open Swim: March**  
Jefferson High School  
(700 West Milwaukee St. Jeff., WI)

**March 1, 8, 22, 29**  
**2:30pm-4:30pm**  
**FREE!**

**Railyard Fitness: March**  
Whitewater Armory Gym  
(146 W. North Street  
Whitewater, WI)  
**March 1, 8, 15, 22, 29**  
**2p-4p**  
**FREE!**

**Open Swim: March**  
Waterloo High School  
(865 N. Monroe St. Waterloo, WI)  
**Tues, Thurs, Sat, Sun**  
**Time varies**  
Call 920-478-3633



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



# Noticias de Mochila



Marzo 2020

## Seguridad en la Bicicleta y el uso de Cascos

Montar en bicicleta es muy divertido y es una excelente manera de hacer ejercicio con toda la familia, pero aún es importante seguir algunas pautas de seguridad para evitar accidentes lo mejor que pueda.

### Usar un Casco

Usar un casco mientras anda en bicicleta puede ayudar a proteger la cara, la cabeza y el cerebro de su hijo si se cayera. Algunas pautas generales con cascos para bicicleta incluyen:

- *Asegúrese de que el casco de bicicleta de su hijo le quede bien y que lo use de la manera correcta. Asegúrese de que cubra la frente y que las correas estén siempre abrochadas mientras las usa.*
  - *No use un sombrero debajo del casco*
- *Cuide de los cascos y no los tires. Si ocurre una caída mientras anda en bicicleta, asegúrese de reemplazar el casco porque puede que no proteja a su hijo también en otra caída / accidente.*

### Equipo de Bicicleta

- Usar ropa brillante y poner reflectores en una bicicleta puede ayudarlo a mantenerse seguro y permitir que otros conductores y ciclistas lo vean.
  - Use los zapatos adecuados que lo ayudarán a agarrar los pedales. ¡Nunca ande en bicicleta descalzo!
- Esté atento a las piernas sueltas de los pantalones, las correas de la mochila y los cordones de los zapatos que podrían engancharse en las cadenas de la bicicleta.

### Las Reglas del Camino

- Use carriles para bicicletas siempre que pueda y viaje en la misma dirección que los autos. Además, no conduzca demasiado cerca de automóviles estacionados; alguien puede abrir la puerta de repente.
- Siempre pare y observe el tráfico en ambas direcciones al salir de su calzada, callejones, bordillos o semáforos. ¡Siempre use los cruces peatonales también!
- Montar en una sola fila en las calles.

## Seguridad del Asiento del Automóvil

Todos los estados de los Estados Unidos requieren que se sujete a un bebé o niño pequeño con un par de puntos destacados:

- Elija un asiento para el automóvil con una etiqueta que indique que cumple o excede el Estándar Federal de Seguridad de Vehículos Motorizados 213, y que se adapta mejor al peso, tamaño y edad de su hijo.
- Los asientos para el automóvil orientados hacia adelante están diseñados para proteger a los niños de 20 a 80 libras, según el modelo. Todos los niños que han superado el límite de altura o peso orientado hacia atrás para su asiento para el automóvil deben usar un asiento para el automóvil orientado hacia adelante con un arnés completo durante el mayor tiempo posible.

*El condado de Jefferson tiene disponibles técnicos de asientos para automóviles y usted puede comunicarse con ellos al 920-674-7465 para obtener información adicional.*

## Consejo del Mes del Proveedor de Atención Médica

De Lynn Zaspel  
Enfermera del Distrito Escolar de Jefferson:

*“El riesgo de lesiones en la cabeza mientras se monta en bicicleta se puede reducir en un 45% si se usa un casco. Los cascos de bicicleta no son solo para niños. ¡Los padres deben dar un buen ejemplo y usar un casco también!*

*¡Cuando se usan correctamente, los asientos de seguridad pueden reducir el riesgo de muerte en un 71%! Asegúrese de instalar el asiento del automóvil correctamente. Puede consultar el manual del propietario para obtener instrucciones.”*

## Rincón del Bienestar

¡Marzo es el mes nacional de la nutrición! ¡Elija una nueva receta para probar cada semana e involucre a toda la familia, comenzando con la compra de comestibles, preparando / cortando, cocinando y comiendo! Que rico!

## Oportunidades de Ejercicio

Natación Abierta: Marzo

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

Railyard Fitness: Marzo  
Whitewater Armory Gym  
(146 W. North Street  
Whitewater, WI)

Marzo 1, 8, 15, 22, 29  
2p-4p  
¡GRATIS!

Marzo 1, 8, 22, 29  
2:30pm-4:30pm  
¡GRATIS!

Natación Abierta: Marzo

Waterloo High School  
(865 N. Monroe St. Waterloo, WI)

Martes, Jueves,  
Sábado, Domingo  
Horas Varían

Llame al 920-478-3633



# Backpack News

TEENS

March 2020

## Driving Safety

Getting your driver's license is exciting, and means a little bit of freedom! There are a few 'rules of the road' to remember that will help to reduce the risk of accidents, conflicts with parents and other problems.

### Distractions/Texting

Anytime you get behind the wheel of a vehicle, you should be alert and make sure you eliminate any factors that may distract you and could potential cause an accident. Distractions in the car that should be avoided are talking/texting on the phone, eating, putting on makeup, listening to loud music or even driving with friends. Remember, new drivers have restrictions for how many people they can have in their car, and that should be followed and obeyed at all times.

### Be aware of surroundings

It's important to be aware of your surroundings when driving, such as:

- *Maintaining a safe following distance*
- *Watching for crosswalks, traffic lights and stop signs*
  - *Checking your mirrors frequently*
  - *Anticipate hazards before they develop*
- *Watch weather and don't drive in poor conditions*

### Speeding

Speeding can be a temptation, but can lead to deadly crashes, costly tickets and insurance, loss of points on your license, and revoked driving privileges—it's not worth it.

### Seatbelts

Seatbelts can be a life-saving device in the case of an accident, and should be worn anytime you are in the vehicle.

### Driving under the Influence

Driving under the influence of alcohol or drugs, or getting in the car with someone who is, can be a fatal mistake. Contact your parents, a friend or someone you trust if you need a ride and potentially save a life.

## Bad Weather Driving

The best strategy for driving in bad weather is to avoid it. If you have to go out, follow these safe driving tips:

- Make sure your headlights are on
- Increase your following distance
- Slow down—braking takes longer on slick roads. The slower you go, the easier it will be to recognize potential hazards
- Make sure your car is prepared for conditions (check your battery, washer fluid, tires, headlights, etc.)
- Use caution near intersections
  - Stay in one lane as much as possible and avoid frequent lane changes
- Keep 2 hands on the wheel, and 2 eyes on the road at all times

## School Nurse Tip of the Month

From Lynn Zaspel,  
School Nurse at the  
School District of Jefferson:

*"A statistic from 2017 showed that among drivers age 15-20 who died in motor vehicle crashes, half were not wearing a seatbelt. Don't become a statistic, buckle up!"*

## *Wellness*

March is National Nutrition Month! Think about the ways you can improve your nutrition—can you add more fruits and veggies? Eat healthier snacks after school? Pack your lunch daily? Make the changes today for the best version of YOU!

Corner

### 5 Tips for avoiding sun damage

1. Wear sunscreen of at least SPF 30 daily when outside
2. Reapply sunscreen every 1.5-2 hours and especially after sweating and swimming
3. Take frequent breaks during the strongest sun's rays—which are between 10a and 4p.
4. Wear a hat and sunglasses to protect yourself from sun damage
5. Indoor tanning can cause skin damage and problems for the future, so opt for a spray tan



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



# Noticias de Mochila

Marzo 2020

Adolescentes

## Seguridad al Conducir

Obtener su licencia de conducir es emocionante y significa un poco de libertad! Hay algunas "reglas de tránsito" para recordar que ayudarán a reducir el riesgo de accidentes, conflictos con los padres y otros problemas.

### Distracciones / Mensajes de Texto

Cada vez que se ponga al volante de un vehículo, debe estar alerta y asegurarse de eliminar cualquier factor que pueda distraerlo y que podría causar un accidente. Las distracciones en el automóvil que deben evitarse son hablar / enviar mensajes de texto por teléfono, comer, maquillarse, escuchar música a todo volumen o incluso conducir con amigos. Recuerde, los nuevos conductores tienen restricciones sobre cuántas personas pueden tener en su automóvil, y eso debe ser seguido y obedecido en todo momento.

### Sea consciente de su entorno

Es importante estar atento a su entorno al conducir, como:

- Mantenga una distancia de seguimiento segura
- Vigile los cruces peatonales, semáforos y señales de alto
  - Revise sus espejos con frecuencia
- Anticípese a los peligros antes de que se desarrollen.
- Mire el clima y no conduzca en malas condiciones

### Exceso de velocidad

El exceso de velocidad puede ser una tentación, pero puede provocar accidentes mortales, multas y seguros costosos, pérdida de puntos en su licencia y revocación de los privilegios de conducir; no vale la pena.

### Los cinturones de seguridad

Los cinturones de seguridad pueden ser un dispositivo que salva vidas en caso de accidente, y deben usarse siempre que esté en el vehículo.

### Conducir bajo la influencia

Conducir bajo la influencia del alcohol o las drogas, o subirse al automóvil con alguien que lo esté, puede ser un error fatal. Póngase en contacto con sus padres, un amigo o alguien de confianza si necesita transporte y potencialmente salvar una vida.

## Conducir en Mal Clima

La mejor estrategia para conducir durante el mal clima es evitarlo. Si tiene que salir, siga estos consejos de manejo seguro:

- Asegúrese de que sus faros estén encendidos
- Aumente su distancia de seguimiento
- Reduzca la velocidad: el frenado tarda más en carreteras resbaladizas. Cuanto más lento vaya, más fácil será reconocer los peligros potenciales.
- Asegúrese de que su automóvil esté preparado para las condiciones (revise la batería, el líquido de lavado, las llantas, los faros, etc.)
- Tenga precaución cerca de las intersecciones.
- Permanezca en un carril lo más posible y evite los cambios frecuentes de carril.
- Mantenga 2 manos en el volante y 2 ojos en la carretera en todo momento

## Consejo del Mes del Proveedor de Atención Médica

De Lynn Zaspel  
Enfermera del Distrito Escolar de Jefferson:

*"Una estadística de 2017 mostró que entre los conductores de entre 15 y 20 años que murieron en accidentes automovilísticos, la mitad no llevaba puesto el cinturón de seguridad. ¡No te conviertas en una estadística, abróchate el cinturón!"*

## Rincón del Bienestar

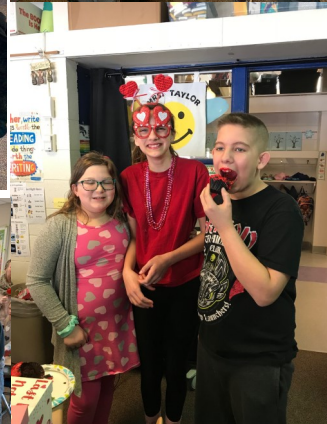
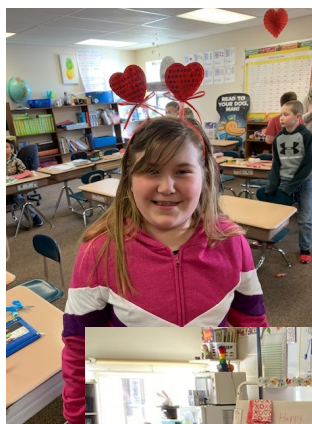
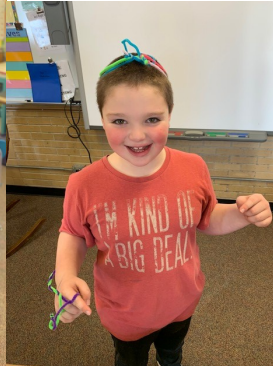
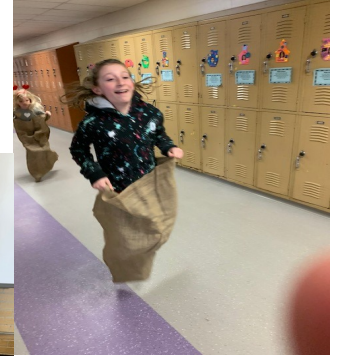
¡Marzo es el mes nacional de la nutrición! Piense en las formas en que puede mejorar su nutrición: ¿puede agregar más frutas y verduras? ¿Comer bocadillos saludables después de la escuela? ¿Empacar su almuerzo todos los días? ¡Haga los cambios hoy para conseguir la mejor versión de ti!

## 5 Consejos para evitar el daño solar

1. Use protector solar de al menos SPF 30 diariamente cuando esté afuera
2. Vuelva a aplicar protector solar cada 1.5-2 horas y especialmente después de sudar y nadar
3. Tome descansos frecuentes durante los rayos más fuertes del sol, que son más fuertes entre 10a y 4p.
4. Use sombrero y gafas de sol para protegerse del daño solar
5. El bronceado artificial sin el sol puede causar daños en la piel y problemas en el futuro, así que opte por un bronceador en aerosol

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

# Valentine's Day Party Fun!



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### *Up Coming Events*

- March 6th- End of 2nd Tri-mester*
- March 7th- Kettle Moraine Reading Contest*
- March 10th- Breakfast and Books 7:15 AM*
- March 13th- Report cards go home.*
- March 16th & 17th- Parent teacher conferences*
- March 23rd-27th- No School- Spring Break*
- March 30th- School resumes*
- April 6th- Music Concerts K-2 6:00 Pm, 3-4 7:00 PM*
- April 10th No School- Good Friday*
- April 13th- No School- In-service*
- April 28th- 6th grade Music Concert 6:30 PEEMS*