

Back to School



Dear Palmyra Elementary Families,

Reminder of entry door changes. Door number 1 will be open every morning from 7:30-7:45 for students to come in the building to line up by grade level. At 8:00 AM parents and visitors should use door number 8 at the front of our building to enter and check-in at the office. Door number 1 will again be open at 2:55 PM for dismissal. We are aware this is very different from past years, but it is a change to help keep our students and staff safe during the school day.

DROPPING STUDENTS OFF

Students may arrive at school at 7:30 in the morning. Drop offs before this time cannot be allowed since there is no one available to insure the safety of the children.

Also, if you are coming into the building in the morning or after school we ask that you park in our parking lot, not in our designated drop off areas. The designated drop off area is only to drop off and pick-up students not parking spots. A staff member is assigned to assist students before and after school to ensure student safety as well. Thank you for your understanding in this matter. Our number one goal is the safety of our students.



4K Students getting acquainted with the playground during the first week of school!

STEAM LAB



Ms. Butchart's 4th grade class started the year off by doing a STEAM Lab challenge



Mrs. Muth is happy to be offering Maker Space Club again this year at Palmyra Elementary School. Makerspace is the 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 will 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

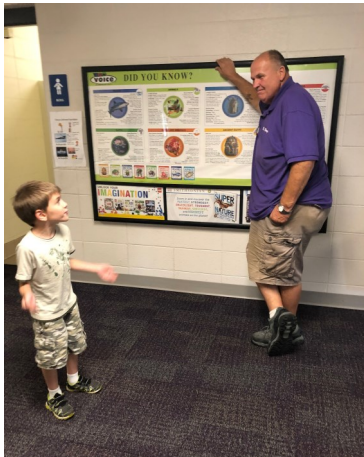
3rd Grade: February 4-February 25th

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!

More First Day of School Pictures!



SAVE THE DATE HOME AND SCHOOL FUND RAISER STARTS SEPTEMBER 17TH AND RUNS THROUGH OCTOBER 1ST

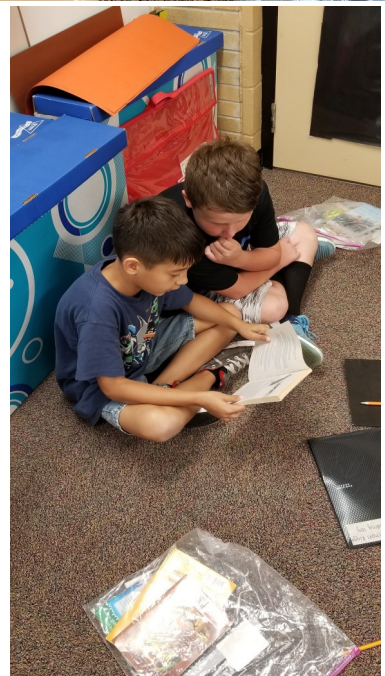
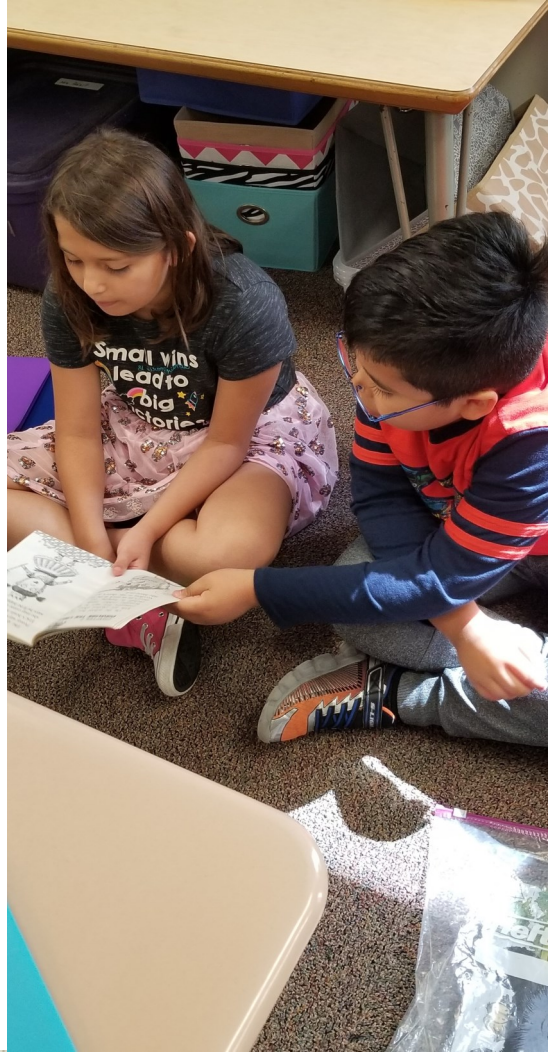


Hansen Food's will be our organizer. Students will be selling frozen foods, gifts and gift wrappings. Money raised will be used to fund field trips for the 2019/2020 school year!

PES Students participated in our annual PBIS stations.. Traditionally, the 6th graders set up the stations to teach the lower grades about the rules and behavior expectations of Palmyra Elementary School. Students rotated through the stations and listened and learned from the 6th graders. On Thursday, September 12th an all school assembly was held in the gym to culminate what they had learned. Students at Palmyra Elementary are ready to be **SAFE, RESPONSIBLE and RESPECTFUL!**



Mrs. Adsit's 3rd graders doing partner reading during class.



Illness Prevention

As the weather turns cooler, it's usually the start of cold and flu season. Nobody likes to be sick, and there are different ways that you can prevent getting colds or the flu.

Flu shots are your best defense against the influenza (flu) virus, and is recommended for all people ages 6 months and older by the Center for Disease Control & Prevention (CDC). It's a great idea to get the shot before "flu season" (October), and you can find the list of free flu vaccine school clinics below.

Other ways you can prevent illness or the spread of illness include:

Washing your hands often

Use warm water, and lather your hands with soap and scrub, scrub, scrub for 15-20 seconds (or about as long as it takes to sing "Happy Birthday" twice). Rinse your hands and dry well.

Keep sneezes/coughs to yourself

Use a tissue or your elbow instead of your hand to 'stop' a cough or sneeze.

Keep hands out of your eyes, nose and mouth

Germs can be transferred from our hands to inside of us through touching our eyes, nose and mouth. Remember to wash your hands often and keep hands away from these parts of your body.

Free Flu Vaccine School Clinics

School	Address	Date	Time
Waterloo Elem. School	785 Monroe St.	Wednesday October 9	4p-6p
Lake Mills Middle School	318 College St.	Thursday October 17	4p-6p
Palmyra Elem. School	701 Maple St.	Tuesday October 22	4p-6p
Fort Atkinson Middle School	310 S. 4 th St. E	Tuesday November 5	4:30p-6:30p
Cambridge Nikolay Middle School	211 South St,	Thursday November 7	4:30p-6:30p
Jefferson West Elem. School	900 W. Milwaukee St.	Wednesday November 13	3:30p-5:30p

When to Keep Kids Home from School

Kids should be kept home from school and away from crowds until they are feeling better, and have been *symptom free for at least 24 hours; fever free without the use of medicine such as Tylenol or Motrin; and if prescribed, on antibiotics for at least 24 hours.*

Symptoms that can indicate illness or influenza include:

- **Fever (greater than 100.5°)**
 - Cough
 - Sore Throat
 - Body Aches
 - Headache
 - Tiredness
 - Diarrhea
 - Vomiting

If you have questions about symptoms, talk to your child's Healthcare Provider and if they should be seen or not.

School Nurse Tip of the Month

From Jennifer Kawleski, Fort Atkinson School District Nurse:

"An estimated 60 million days of school are missed each year due to the common cold. 80% of all infections are transmitted by hands! Every 15 seconds spent washing hands removes 10 times more bacteria, MAKE YOUR HANDS CLEAN, NOT CONTAGIOUS!"

Wellness

Vitamin C is known for keeping the body healthy and fighting illnesses. Lots of fruits & vegetables, such as oranges, strawberries, broccoli, kiwi, sweet red peppers and tomatoes are high in this vitamin—make sure to include some on your plate today!

Corner

Flu Shots

The flu shot can help to prevent your child(ren) from being infected from the flu virus, but it also helps to prevent the spread of the virus to individuals who are more susceptible to illness, or have a harder time fighting germs and illnesses.

Talk to your child's Healthcare Provider about any questions you have on the flu shot.

Prevencción de Enfermedades

A medida que el clima se pone más frío, generalmente es el comienzo de la temporada de resfriados e influenza (gripe). A nadie le gusta estar enfermo, y hay diferentes maneras de prevenir el resfriado o la gripe.

Las **vacunas contra la gripe** son su mejor defensa contra el virus de la influenza (gripe) y el Centro para el Control y la Prevención de Enfermedades (CDC, por sus siglas en inglés) recomienda el uso para todas las personas de 6 meses de edad en adelante. Es una gran idea vacunarse antes de la "temporada de gripe" (octubre), y puede encontrar la lista de clínicas escolares de vacunas gratuitas contra la gripe a continuación.

Otras formas en que puede prevenir la enfermedad o la propagación de la enfermedad incluyen:

Lavarse las manos con frecuencia

Use agua tibia y enjabone sus manos con jabón y frótelas, frótelas, frótelas durante 15-20 segundos (o el tiempo que sea necesario para cantar "Feliz Cumpleaños" dos veces). Enjuague sus manos y seque bien.

Mantenga sus estornudos / tos alejados de otros

Use un pañuelo desechable o el codo en lugar de la mano para "detener" la tos o estornudar.

Mantenga las manos fuera de los ojos, la nariz y la boca

Los gérmenes se pueden transferir de nuestras manos a nuestro interior al tocar nuestros ojos, nariz y boca. Recuerde lavarse las manos con frecuencia y mantener las manos alejadas de estas partes de su cuerpo.

Clinicas Escolares de Vacunas Gratuitas Contra la Gripe

Escuela	Dirección	Fecha	Hora
Waterloo Elem. School	785 Monroe St.	Miércoles 9 de Octubre	4p-6p
Lake Mills Middle School	318 College St.	Jueves 17 de Octubre	4p-6p
Palmyra Elem. School	701 Maple St.	Martes 22 de Octubre	4p-6p
Fort Atkinson Middle School	310 S. 4 th St. E	Martes 5 de Noviembre	4:30p-6:30p
Cambridge Nikolay Middle School	211 South St.	Jueves 7 de Noviembre	4:30p-6:30p
Jefferson West Elem. School	900 W. Milwaukee St.	Miércoles 13 de Noviembre	3:30p-5:30p

Cuándo Mantener a los Niños en Casa y Alejados de la Escuela

Los niños deben mantenerse en casa alejados de la escuela y alejados de las multitudes hasta que se sientan mejor y **no hayan tenido síntomas durante al menos 24 horas; sin fiebre sin el uso de medicamentos como Tylenol o Motrin; y si se prescribe, con antibióticos durante al menos 24 horas.**

Los síntomas que pueden indicar enfermedad o influenza (gripe) incluyen:

- Fiebre (mayor de 100.5°)
 - Tos
 - Dolor de Garganta
 - Dolor de Cuerpo
 - Dolor de Cabeza
 - Cansancio
 - Diarrea
 - Vómitos

Si tiene preguntas sobre los síntomas, hable con el Proveedor de Atención Médica de su hijo y pregunte si debe verlos o no.

Consejo del Mes de la Enfermera de la Escuela

De Jennifer Kawleski, Enfermera del Distrito Escolar de Fort Atkinson:

"Se calcula que se pierden 60 millones de días de escuela cada año debido al resfriado común. ¡El 80% de todas las infecciones se transmiten por las manos!

Cada 15 segundos dedicados a lavarse las manos elimina 10 veces más bacterias, ¡HAZ QUE TUS MANOS ESTÉN LIMPIAS, NO CONTAGIOSAS!"

Rincón del Bienestar

La vitamina C es reconocida por mantener el cuerpo sano y combatir enfermedades.

Muchas frutas y verduras, como las naranjas, las fresas, el brócoli, el kiwi, los pimientos rojos y los tomates contienen altos niveles de esta vitamina, ¡asegúrese de incluir algunas en su plato hoy!

Vacunas Contra la Gripe

La vacuna contra la gripe puede ayudar a evitar que su (s) hijo (s) se infecten por el virus de la gripe, pero también ayuda a prevenir la propagación del virus a las personas que son más susceptibles a la enfermedad o que tienen más dificultades para combatir los gérmenes y las enfermedades.

Hable con el proveedor de atención médica de su hijo sobre cualquier pregunta que tenga sobre la vacuna contra la gripe.

October 2019

Illness Prevention

As the weather turns cooler, it's usually the start of cold and flu season. Nobody likes to be sick, and there are different ways that you can prevent getting colds or the flu.

Flu shots are your best defense against the influenza (flu) virus, and is recommended for all people ages 6 months and older by the Center for Disease Control & Prevention (CDC). It's a great idea to get the shot before "flu season", which typically begins around October.

The flu shot can help to prevent you from being infected from the flu virus, but it also helps to prevent the spread of the virus to individuals who are more susceptible to illness, or have a harder time fighting germs and illnesses.

Talk to your Healthcare Provider about any questions you have on the flu shot.

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School Nurse

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Wellness

Vitamin C is known for keeping the body healthy and fighting illnesses. Lots of fruits & vegetables (aim for 5 servings a day!), such as oranges, strawberries, broccoli, kiwi, sweet red peppers and tomatoes are high in this vitamin—make sure to include some on your plate today!

5 Ways to Get Your "5 A Day"

1. Eat a fruit with breakfast first thing in the morning
2. Get extra energy from fruits/veggie snacks
3. Double up on fruit and veggies at lunch or at dinner
4. Use fruit and vegetables as ingredients, such as carrots in marinara sauce or applesauce in baked goods
5. Try a new fruit, vegetable or recipe each week

Sign up for the Fort HealthCare Frosty Rock 5k or 12k on Saturday November 9th!

FortHealthCare.com

Prevención de Enfermedades

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Rincón del

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Bienestar

5 Maneras de Obtener Sus "5 al Día"

1. Coma una fruta con el desayuno a primera hora de la mañana
2. Obtenga energía extra de frutas / verduras en las meriendas
3. Coma porción doble de frutas y verduras en el almuerzo o en la cena
4. Use frutas y verduras como ingredientes, por ejemplo, zanahorias en salsa marinara o puré de manzana en productos homeados
5. Pruebe una nueva fruta, verdura o receta cada semana

¡Inscríbese en el Fort HealthCare Frosty Rock 5k o 12k el sábado 9 de noviembre!

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

SEPTEMBER:

Home and School Fund Raiser Kick-off started September 10th

OCTOBER:

Home and School fund raiser ends October 1st

Picture RETAKE day October 10th

MONSTER MASH will be October 11th from 5-8 PM

Parent Teacher Conferences are scheduled for October 21st and 22nd.