



October

Viking Elementary Newsletter

October 2023

From the Principal, Mrs. Nina Swanson

Happy October Families!

We have had an amazing start to our school year! I have enjoyed getting to know students and families more this month. It has been great to make connections in the community with some of you as well. Please continue to reach out to me with any questions, ideas, or concerns you have. We are off to a great start!

September brought a busy month of learning expectations, assessments, and getting to know one another! Teachers will communicate how students are doing at our Guardian/Teacher/Student conferences coming up in a few weeks! We will be sending information out regarding signing up for conferences shortly.

We love seeing our students bike or walk to school each morning. Just a reminder to help remind other community members and neighbors to be safe while our students get to school. We have luckily had nice weather this month. Our walking school bus continues in October, we have had a great turnout this month!

October is here and that means our weather will be changing! Please have students come to school ready to go outside in cooler temperatures. Labeling any jackets, hats, mittens, etc. helps tremendously! If students are missing anything please direct them to our lost and found.

Thank you for your continued support in your child's learning. I look forward to continuing our partnership!

Nina Swanson



Click the link below to reference the
Elementary Student Handbook

https://www.holmen.k12.wi.us/cms_files/resources/2023-24%20Elementary%20Family%20Handbook.pdf

WELCOME TO THE NEW STAFF AT VIKING ELEMENTARY FOR THE 2023-2024 SCHOOL YEAR!



Hello Holmen Vikings! My name is Nina Swanson and I am so excited to be joining the Holmen School District as the new principal at Viking Elementary. I cannot wait to work with all of the families, staff and students here at Viking!

I am originally from Sparta, WI and attended Viterbo University after graduating. I was fortunate enough to work at the local Boys and Girls Club while attending college. I loved working with students and helping them feel safe in their community. After earning my B.A. in education, I started teaching fifth grade at Eagle Bluff Elementary in Onalaska, WI. Through my teaching career, I developed a passion for leading my team and being involved in literacy and math committees. I went back to Viterbo to earn my Masters degree in Educational Leadership. In 2021, I got a Principal position at Lemonweir Elementary in Tomah, WI. After two years serving families in Tomah, I am so excited to be serving the community where I live!

My husband Trevor and I live in Holmen with our two daughters, Emree (6) and Isla (3). We love being a part of the Viking community and have enjoyed our first year with Emree in Kindergarten here at Viking Elementary. My husband also works in Holmen at Kunes RV. We welcomed a new puppy, Archie in May, he has kept our family very busy! As a family, we love to be outside walking, exploring new parks, visiting the local pools and watching football in the Fall.

I truly believe that all students can and will learn at high levels. I will continue to serve you all living out my values of communication, integrity, honesty, and working together as a team. When we work together and collaborate, our students will succeed. I will commit to the vision: Belong. Serve. Succeed., by ensuring our students, staff, and families achieve success while here and in the future. Together, we will continue to make Viking Elementary a great place to be.



Hello! My name is Lucy Hubbell and my first day with the district as a Special Ed Educational Assistant was September 11. Previously I worked for the School District of West Salem as an AM 4k paraprofessional. I have a Maine Coon cat named Beau who brings a lot of joy to my house. In my free time I enjoy spending time with friends, knitting, watching movies, and the house projects that come with being a home owner. I'm excited to join Holmen's Viking Nation!



Hello, my name is Ellie Drier and I am excited to be a part of the Viking Elementary Family as a Special Education Assistant! I grew up on a farm in the small area of Sheldon, WI and graduated from the School District of Gilman this last year. Right now I am working towards getting my certification as an Autism Assistant.

When I am not working, I enjoy spending time with my family, hunting, and taking walks in the woods.

WELCOME TO THE NEW STAFF AT VIKING ELEMENTARY FOR THE 2023-2024 SCHOOL YEAR!



Hello, I am Kelli Seyforth, and I have lived in the Holmen community since 2008. I am excited to start a new career at Viking Elementary School as a special education assistant. I have a passion for helping people of all ages and abilities succeed. In 1999, I completed a bachelor's in Health & Human Performance with an emphasis on athletic training at UW-River Falls. I completed a master's in Exercise & Sport Science—Human Performance from UW-La Crosse in 2001. I enjoy spending time with my family, traveling, and volunteering in the community. Some memorable travel experiences have been in Boston, MA; Nagasaki, Japan; and Scotland. I am excited for a great school year!



Hi! I'm Brande Plank, special education teachers assistant. My husband Brian, two boys Wil 14 & Eli 13, and I relocated to the area in July from central Illinois. My husband and boys love to fish tournaments and I love to read and workout. We are all so happy to be a part of the Holmen community!



My name is Sally Manninger. I was born and raised in La Crosse, Wisconsin. I am a recent graduate from St. Olaf College and I majored in Psychology and Religion. I wanted to be a therapist growing up, but now I am considering returning to study early childhood education. Therefore, I thought applying for the position of Education Assistant at Viking would be a great opportunity for me to gather experience working with children. A little bit about myself is that I love Sunflowers, Dolphins and the color Gray. I adopted a kitten this summer named Mipha and I am a coach for UW-L Women's Ultimate Frisbee team.



Hi all! I am Amanda Pikkaraine and I am the new traveling Adapted Physical Education teacher for all of the elementary schools in the School District of Holmen. This past summer I completed my full-time master's program at University of Wisconsin- La Crosse for Physical Education Teaching with an emphasis in Adapted Physical Education. Prior to that I completed my undergrad at Winona State University, and I am originally from central Minnesota. I love finding ways for students of all abilities to access physical activities and teaching them to enjoy it along the way. I look forward to working with a variety of students and families in this district!

SCHOOL COUNSELING NEWSLETTER



September SEL Focus: Emotions/Self-Regulation

This month in Guidance class we have been working on self-regulation skills using the Zones of Regulation. Self-regulation is an important foundational skill that can positively impact your student's ability to be available for learning, form strong relationships, and develop problem solving skills. The Zones framework uses four colors Red, Yellow, Blue, and Green, to help students organize their emotions based on how their body feels, as well as tools or strategies they can use to help their bodies feel better. Some tools or coping skills we have talked about are included below.

Interested in learning more about the Zones or how to utilize them at home as well? <https://hes-extraordinary.com/the-zones-of-regulation>

Mindful Mondays

Each week, students are learning and practicing new mindfulness skills in our Monday Morning Mindfulness videos. If you are interested in practicing with your students at home, the videos are available on the [Viking PBIS youtube channel](#).



CONTACT INFORMATION

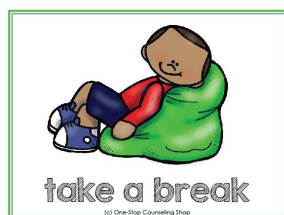
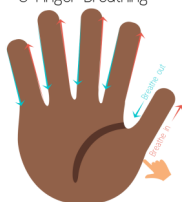
EMAIL:

Email: dumcou@holmen.k12.wi.us

Phone: 608-526-3316 x4454

Tools/Coping Skills

5 Finger Breathing



Read a book



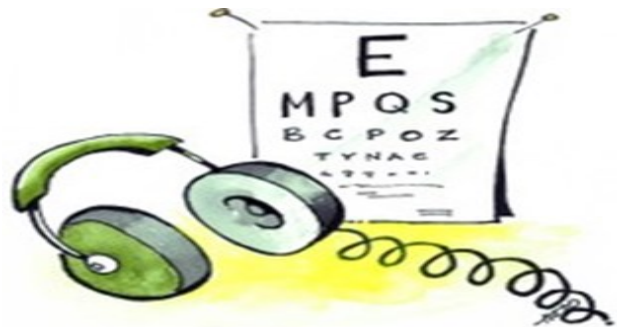
Write or Draw

From the Health Office

Nurse: Emily Hanes BSN, RN



Hearing and Vision Screenings: Hearing screenings will be done for kindergarten and 1st grade students this fall. Vision screenings will be done for 4K, kindergarten, 1st, 3rd, and 5th graders. We hope to have the Lion's Club return again this year to help complete the vision screenings. Vision and/or hearing problems can affect a student's educational success and their ability to learn. Parents/guardians or teachers may request screenings for any student at any time during the school year if concerns arise. If you have questions about your child's vision and/or hearing, please contact the health office.



Prescription and Over-the Counter Medications: Medicines such as cough drops, pain relievers, and other over-the-counter remedies to be administered at school require the completion of a School Medication/Treatment Form by a parent/guardian before the medications can be administered. A parent must sign the form, and if it is a prescription, the doctor must sign it as well. Forms may be obtained from the health office, the district webpage, or from your healthcare provider. All medications must be in the original container and labeled with the child's name. **ALL** medications must be brought to the health office by an adult, they can not be transported with students.

SCHOOL COUNSELING NEWSLETTER

Dear Parents/Guardians,

It's the end of September and things have been rolling along here at school. It has been so wonderful seeing students again and meeting our new students for the first time. As students continue to adjust to new schedules, interacting/making friends, and the extended periods of learning we want to work with you to support their needs. If your student(s) is having a tough time, please do not hesitate to reach out for support. As Mrs. Dummer, our School Counselor is out on maternity leave, please contact Lisa Hesch, our School Psychologist or our Principal, Mrs. Swanson in her absence.

September SEL Focus: Emotions/Self-Regulation

This month in Counseling Class we have been working on self-regulation using the Zones of Regulation framework. Self-regulation is an important foundational skill that can positively impact your student's ability to be available for learning, form strong relationships, and develop problem solving skills. The Zones framework uses four colors Red, Yellow, Blue, and Green, to help students organize their emotions based on how their body feels, as well as tools or strategies they can use to help their bodies feel better. Some tools or coping skills we have talked about are included below.

Interested in learning more about the Zones or how to utilize them at home as well? Here is an article that further explains it.

<https://hes-extraordinary.com/the-zones-of-regulation>

Mindfulness Practice

Each week, students are learning and practicing new mindfulness techniques to help themselves regulate their emotions. If you are interested in practicing with your students at home, check out these mindful videos.

[Mrs. Dummer Mindfulness Brain Breaks](#)



CONTACT INFORMATION

EMAIL:

dumcou@holmen.k12.wi.us

School: 608-526-3316 ext 4454

Google Voice # 920-376-5260

Tools/Coping Skills

5 Finger Breathing



take a break



TALK TO A TRUSTED ADULT



Read a book



Write or Draw

SCHOOL COUNSELING NEWSLETTER

IS IT BULLYING?

Not everything that's mean is actually bullying. Use the chart below to understand the difference between bullying, conflict, and a mean moment.

MEAN MOMENT

- One Time
- Hurtful
- On Purpose
- One Sided

CONFLICT

- Occasionally
- Hurtful
- On Purpose
- Both parties involved

BULLYING

- Repeatedly
- Hurtful
- On Purpose
- One Sided

Conflict Resolution Tips

Did you determined that your child is having a conflict/problem with a friend or other student at school but are not sure how to help? Review the list of strategies on the right. These problem solving strategies are directly taught to students at school to handle little conflicts and problems that pop up. Have your student tell you what they have tried already, practice using some of the strategies at home, and encourage them to solve the problem themselves. If they have tried and the problem persists, please reach out so we can help.

-Mrs. Dummer

Conflict Vs. Bullying

October is National Bullying Prevention month. During Classroom Counseling times we will be learning about what bullying is/what it is not, how to prevent it, what to do if it happens to us, and what to do to help others. This is a tricky subject to discuss and build understanding around because students have heard and been exposed to many ideas of what bullying is. Having a common language between home and school will increase their understanding and help them know what to do in different situations. Please join us in helping students determine the difference between conflicts and bullying by using the chart to the left.

CONFLICT RESOLUTION MAP



1. GET Calm FIRST

Some Ways to Get Calm:

- Do A Breathing Exercise Like Hot Cocoa
- Get a Drink of Water
- Count to 20
- Place Hands Over Your Heart & Belly and Breathe

2. FIGURE OUT IF THIS IS A small problem OR BIG PROBLEM



3. TRY A PEACEFUL PROBLEM SOLVING TRICK

like the ones listed below...

- Find a **WIN-WIN SOLUTION**
- Flip a Coin or Do **ROCK-PAPER-SCISSORS**
- Ignore what's Annoying You
- TALK IT OUT and Use **I-MESSAGES**
I felt _____ when _____ I would like _____
- DO SOMETHING ELSE
- Say Words that Mean **NO**
- Also Make Sure To:
 - Listen to each other.
 - Put yourself in the other person's shoes.
- Share or **Take Turns**
- APOLOGIZE**
I was wrong when I ____ I am really sorry. I will try to make it better by ____ I hope you can forgive me.

Parent/Teacher Conferences for Viking Elementary will be held on:

**Tuesday, October 24th
Thursday, October 26th and
Monday, October 30th (option night)**

Information to sign up for conferences will be emailed out soon and will be available on our website >Parents >Conference Scheduling. We will be using Pick-A-Time to schedule conferences again this year. You will receive a letter with instructions soon.

Please make every effort to attend on the date and time you scheduled.

**PICTURE RETAKE DAY IS
OCTOBER 3RD**

You can order pictures at
<https://shop.jostenspix.com/login>
with your Event Code: **FE117423**

If you did not have your child's picture taken before school, or if you were not pleased with the pictures that were taken in August, they can be taken on retake day. You will get an email when retake pictures are ready for ordering.

Please direct questions to the office at 526-3316



School Bus Safety Week—October 16-20, 2023

The School District of Holmen Transportation Services share in the pride of providing a service that benefits the children of the communities that we serve. Safety is a year-round priority for school transportation. At this time of year, we are reviewing bus expectations and safety with our students.

Drivers will be conducting emergency evacuations of school buses. These drills are practiced once in the fall and again in the spring to help keep students familiar with the proper use of safety exits and how to respond safely in an emergency. Drills take place on morning routes as children proceed to school. Buses practice these safety procedures in parking lots and other designated areas. Students are generally interested in the drills and take the process seriously, but we encourage you to let us know if you or your student have any questions.

While at school, your students may also spend time learning about PBIS and safety on the bus. A bus and driver will be provided so students will be able to practice how to board safely, how to sit, and how to socialize quietly and safely with their friends. This is a great opportunity for your students to build their bus riding skills and ask questions!

Families may receive a phone call from a driver or EA if they have concerns about a student's behavior. We understand many students may need additional coaching or explanation than we are able to provide while on route, and we appreciate your support to help us clarify expectations. By doing so, you and your family are helping your students have a safe bus ride home.

Parents and community members also play a very important role in bus safety, as they comprise the driving public that shares the road with the yellow bus. Please be cautious when you see a bus and be ready to "ALWAYS STOP WHEN RED LIGHTS ARE FLASHING."

Please select transportation from one location to school and one location from school. The morning and afternoon location may be different. Most importantly, we strive for the bus ride to be consistent each day so the students and families know where the student will be before and after school. In previous years, there has been more than one occasion where a young child has been confused as to which bus to ride home or which house to get off at. Frantic searches have taken place which included contacting the sheriff's department to find missing children. Obviously, this has resulted in excessive worry by parents and transportation personnel, which we try to avoid. Additionally, we will not allow students to ride buses other than those to which they are assigned. This includes after school activities (i.e. having friends over, Scouts, or birthday parties). The safest ride occurs when the regular riders are the only ones on the bus. If you require a changing schedule, we suggest picking your child up at school or daycare on these days. That keeps your child safe, which is our number one priority.



Music News **Mrs. Waldron**

Music Class Sharing Days

Each month, students in grades 2-5 can showcase their musical talents in class. This provides them with an opportunity to practice performing in front of their peers while also teaching the class how to be attentive and respectful listeners. Students have previously demonstrated their skills through singing, dancing, or playing various instruments such as the piano or recorder. Some students have even creatively incorporated music into activities like karate, gymnastics, or soccer, as long as it remains related to music class. I emphasize the importance of selecting school-appropriate songs, and the children usually have a good understanding of what that entails. However, at times, they may need guidance in choosing suitable songs. I encourage parents to discuss their child's song choices with them, offer support, and help them find an appropriate piece to share with the class. I am very excited to see what these amazing kids share this year!

Viking Elementary **Concerts** **2023-2024**

Fourth Grade 11/30/23

Second Grade 12/5/23

Third Grade 3/7/24

First Grade 3/12/24

Kindergarten 4/25/24

Fifth Grade 4/30/24

All
Concerts
start at 6
PM

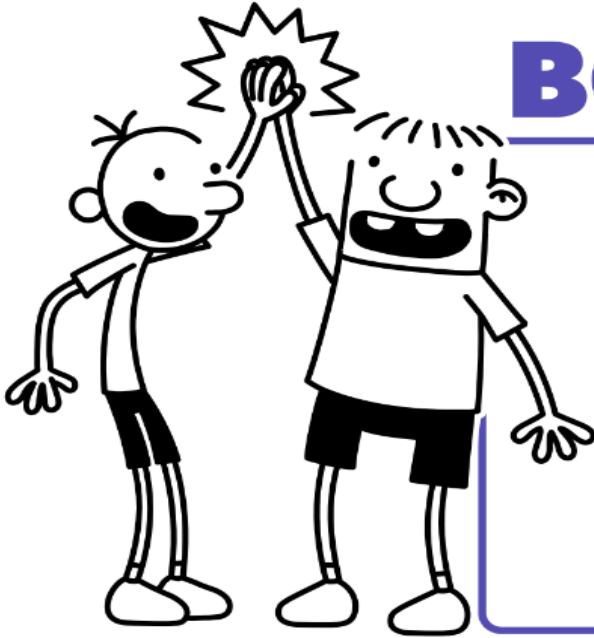


Calling all Fifth Grade Students who love to sing! It's time to hop on the Viking Express. Parents, a permission slip and t-shirt order form were sent home with all fifth grade students on Monday. Please return by Tuesday, 10/3, the date of our first rehearsal, with payment for a t-shirt. The choir rehearses from 8:10-8:40 on Tuesdays. If you have any questions please email me!

walbet@holmen.k12.wi.us

 SCHOLASTIC

BOOK FAIRS



Dates/Times/Place

October 23rd 7:45am - 4:00pm
October 24th 7:45am - 6:00pm
October 25th 7:45am - 4:00pm
October 26th 7:45am - 6:00pm
October 27th 7:45am - 4:00pm
in the Viking LMC


(Parent shopping before and after school only.)
More information to come.

ALL PURCHASES BENEFIT OUR SCHOOL

Permission to reproduce this item is granted by Scholastic Book Fairs®

©2021 Scholastic Inc. All rights reserved. 2215800 F21 - 2287455
™ and © 2007-2021, Wimpy Kid, Inc.

You're Invited to a



VIKING PTO MEETING

Tuesday, October 10th at 6:30pm

Join us in person or via ZOOM to learn about Viking Elementary activities, events, fundraisers and much more!

Where: 2nd Floor Library
Child Care Provided
6:30pm - 7:30pm

Find us on Facebook
Viking Elementary PTO- Holmen, WI

Questions: Email
vikingptopresident@gmail.com

JOIN US



National School Lunch Week

October 9th-13th

Our theme is Level Up, and we will have fun giveaways and prizes. We will also celebrate with dress up days: that week.

Monday: Decades Day (any era)

Tuesday: Mismatch Day

Wednesday: Favorite Game Character

Thursday: Beach Day

Friday: Marvel vs. D. C. Comics

Also, October 11th is Apple Crunch





Apples are the Harvest of the Month!

Add apples to your favorite family meals:

- Mix apple chunks into your hot cereal.
- Pair apple slices with cheese.
- Add thin apple slices to chicken salad or peanut butter sandwich.

Make meals and memories together. It's a lesson kids will use for life.

Select – Choose firm apples with smooth and shiny skin.

Store – Refrigerate in a plastic bag for up to 3 weeks.

Prepare – Eat whole or sliced. Leave on the skin for extra nutrients!

Did you know?

There are over 7,500 varieties of apples grown across the world. Some Wisconsin favorites include Gala, McIntosh, Golden Delicious, Honey Crisp, and Cortland.



Nutritious, Delicious, Wisconsin!
#WithHarvestoftheMonth

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs.

Recipe of the month

Fruit Salsa with Cinnamon Chips Serves 8

Fruit Salsa Ingredients:

- 1 apple, cored & chopped into small pieces.
- 1 cup fresh strawberries (chopped) or 1 (10 oz.) pkg. frozen (or any fruit will work)
- 2 kiwi, peeled & chopped
- ½ cup crushed pineapple, drained

Directions:

Combine all chopped fruit, chill.

Cinnamon Chips Ingredients:

- 8 (8 inch) whole wheat flour tortillas
- 1 tsp cinnamon mixed with 1/2 cup sugar
- Pan spray

Directions:

Spray tortillas slightly with pan spray. Sprinkle with cinnamon/sugar mixture. Cut each tortilla into eight wedges and place on a baking sheet. Bake 350° for 6 min or until crisp. Cool on a rack & store in airtight container. If stored, correctly, chips can be made at least one week in advance. Dip chips in salsa and eat.

Note: Air fryer method: Set for 350° Layer chips in single layer. Cook 7-9 minutes until lightly browned and crisp turning halfway.

Per serving: 225 calories, 5g fat, 3.5g protein, 42g carbohydrate, 5g fiber, 151mg sodium

Source: laxf2s.org



Coulee Region Farm to School is a partnership between UW-Madison Division of Extension, LaCrosse County Health Department, Mayo Clinic Health System-Franciscan Healthcare, Gunderson Health System, and the School Districts of Bangor, LaCrescent-Hokah, Holmen, LaCrosse, Onalaska, and West Salem.

ARE YOU INTERESTED IN EARNING SOME
EXTRA CASH WITHOUT A COMMITMENT?

WE NEED YOUR HELP

- ONLY WORK WHEN YOU'RE ABLE
- NEVER HAVE TO REQUEST VACATION
- NO PREVIOUS EXPERIENCE REQUIRED
- WE PROVIDE IN-HOUSE TRAINING
- HAS THE POTENTIAL TO LEAD TO A REGULAR POSITION WITH OUR TEAM

Sub Bus Driver	\$21.00 per hour
Sub Van Driver	\$16.80 per hour
Sub Custodian	\$16.30 per hour
Sub Nutrition Cook	\$15.00 per hour



APPLY VIA WECAN TODAY - OR -
CALL 608-526-6610 TO LEARN MORE!