



2020 Prairie View Elementary News

PRINCIPAL PATRICE'S PONDERINGS:

❄️ **Happy New Year!** I hope you all had a peaceful, relaxing winter break with family and friends. The end of the second quarter is January 17; report cards will be sent home the end of January.

❄️ **Winter Weather is here!** We would like to remind you that students will go outside daily when the temperatures/conditions permit. Please make sure your child is dressed appropriate for the weather with mittens, a hat, a scarf, appropriate coat, boots and snow pants on cold winter days. Students will go outside when the temperature is +1 degrees or above. Students will stay indoors when the temperature is below 0 degrees, or when the wind chill is 0 degrees or below.

-Dr. Tronstad

Prairie View Elementary-A Learning community committed to achieving excellence.



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DATES TO REMEMBER

January 8: Early Release
(students are released at 1:40pm)

January 13: Semester Milk Form Due

January 13: PTO Meeting 6:30 PM

January 20: NO SCHOOL

January 30: Barnes & Noble Book Fair

SNOW DAYS AND EARLY DISMISSAL NOTIFICATION

Announcements regarding closing or late start of school due to weather conditions will be made frequently via the following Radio stations:

Radio Stations:		
WQCC-FM	CC 106.03	106.3 FM
WLXR-FM	Magic 105	104.9 FM
WLFN-AM	AM 1490	1490 AM
WKBH-FM	Classic Radio	100.1 FM
WKBH-AM	Relevant Radio	1570 AM
WFBZ-FM	ESPN	105.5 FM
KQEG-FM	The Eagle	102.7 FM
WIZM-FM/AM	Z-93	93.3 FM/1410 AM
WKTY	Sports Radio	580 AM
WRQT	The Rock	95.7 FM
WCOW-FM	Cow 97	97.1 FM
Television Stations:		
	WKBT TV Channel 8	
	WXOW TV Channel 19	



Happy New Year!!

It's hard to believe that 2020 is here already, but I'm sure it will be another wonderful year at Prairie View. In Guidance class this month, we will be exploring diversity, uniqueness, and how diversity enriches and strengthens our school community.

In other news, our PV PBIS team has been participating in PBIS Tier 2 training and the team will begin to roll out Tier 2 interventions, beginning with PV PALS. PV PALS will be a check in/check out system that will help us meet the needs of our students by fostering additional positive relationships within the building and by goal setting.

If I can be of any assistance to you and yours, or if you would like additional information about PBIS Tier 2, please do not hesitate to contact me at eikbre@holmen.k12.wi.us or call at (608) 526-1600.

FROM THE ART ROOM

The Pump House Regional Art Center in La Crosse is currently having an art show featuring students from the four elementary schools in Holmen. The art teachers will be hosting a reception for the artists on Wednesday, December 11th (ER day) from 3:30-6:00 p.m. All are welcome. The show runs through January 6th, 2020.

Congratulations to the following Prairie View students who have artwork on display: Ava Mueller, Clara Nelson, Oliver Dzieweczynski, Kenzie Bornitz, Carson Dolesy, Jase Arneson, Ella Janke, Peter Waller, Morgan Hansen, Arianna Powell, Armani de la Rosa, Sophia Glaus, Maya Armstrong, Rylee Hoehn, Aspen Balow, Corey DeRuyter, Ellie Hoehn, Gaby Bellacero, Drew Hendrikson, Alex Jerome, Lahna Bloyer, Eden Cain, Paige Downing, Gabe Schlegel, Toby Powell, Harley Kleinsmith, Parker Dobkoski, Torin Houston, Zachary Lamb, Samantha Osgood, Taylor Irons, Carter Arneson, and Serena Baumgarn.

We have so many students that do amazing work at Prairie View!

Is it a sore throat or strep throat?

Many things can cause that unpleasant, scratchy, and sometimes painful condition known as a sore throat. Viruses, bacteria, allergens, environmental irritants (such as cigarette smoke), and chronic postnasal drip can all cause a sore throat. While many sore throats will get better without treatment, some throat infections—including strep throat—may need antibiotic treatment. Cough, runny nose, hoarseness (changes in your voice that makes it sound breathy, raspy, or strained), and conjunctivitis (also called pink eye) are not symptoms of strep throat and suggest that a virus is the cause of the illness.

Common strep throat signs & symptoms:

- Sore throat, usually starts quickly and can cause pain when swallowing
- A fever
- Red and swollen tonsils, sometimes with white patches or streaks of pus
- Tiny, red spots (petechiae) on the roof of the mouth (the soft or hard palate)
- Swollen lymph nodes in the front of the neck

Other symptoms: headache, stomach pain, nausea, or vomiting. Someone with strep throat may also have a rash known as scarlet fever.

Treatment:

A strep test is needed to tell if you have strep throat; just looking at your throat is not enough to make a diagnosis. If the test is positive, your healthcare professional can prescribe antibiotics. Do not stop taking the antibiotics if you start feeling better. **It is important to finish the entire prescription of antibiotics.** Stay home from work or school until you have been on antibiotics for 24 hours and do not have a fever.

Prevention:

The best way to keep from getting strep throat is to wash your hands often and avoid sharing eating utensils, like forks or cups. Cover your cough/sneeze.

Information obtained from <https://www.cdc.gov>

Don't forget to check Virtual Backpack for educational opportunities, activities, and events available in our area. The link to Virtual Backpack is located on the front page of the Prairie View Elementary website, or [click here](#).

Some upcoming events include: LEGO Bricks at the Library, VYSA Winter Wednesdays and Cake Decorating classes.



PRAIRIE VIEW ELEMENTARY PTO

We are still in need of volunteers to help with some very easy fundraisers! If interested, please reach out to us.

THANK YOU to all who volunteered and made Kids Night Out a Huge Success!

Please join us to learn more at our next meeting, January 13, 2020 at 6:30 pm in the Prairie View LMC. Child watch will be available. All parents/guardians and staff are invited to attend. We are always in need of volunteers, as many hands make light work!

Check us out on:

facebook

Prairie View
Elementary PTO
– Holmen, WI

OR

On our website
by [clicking here](#)

Semester Milk

Due January 13, 2020

All students K-5 may participate in a milk break program. Please complete the Semester Milk form on page 10 and return it with payment to Prairie View (it will also be sent home with your child). To allow us to order milk, every student needs a signed and completed form regardless of them participating or not. If you have any questions regarding the milk program, please contact the Food Service Office (526-1325).



Harvest of the Month

As part of the School District's Farm to School program different fruits and vegetables are featured monthly in our schools. Students learn about the fruits and vegetables along with having them served in the cafeteria. You can see learn more about the featured item, where it came from (which farm), and a variety of recipes and nutritional information about the Harvest of the Month. [Click here](#) to be connected to the webpage.

January Harvest of the month is [BLUEBERRIES!](#)

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Harvest of the Month



January



Blueberries



Pick:

- Choose blueberries that are plump, dry, firm and have a dusty blue color.
- Avoid soft, mushy or moldy berries.

Store:

- Store fresh berries unwashed in a non-air tight container in the refrigerator for 5-7 days.
- Promptly remove soft berries from container to reduce spoilage.

Prepare:

- Rinse under cold water, just before consumption.

Nutrition Info

Blueberries provide vitamins C & E, manganese and fiber.

½ cup of blueberries has only 40 calories.

Fun Facts

Blueberries were once called “star berries” because the five points of blueberry blossoms make a star shape!

The U.S. grows and supplies about half of the world’s blueberries.

The blueberry is the second most popular berry in the U.S., second only to the strawberry.

Uses

Add fresh or frozen blueberries to homemade whole grain pancakes, waffles and muffins.

Top your favorite cereal or oatmeal with a handful of fresh or frozen berries.

Make fresh fruit kabobs by stacking blueberries, kiwi and strawberries on toothpicks. Enjoy as is or dip in yogurt!

Blueberries are an easy fruit to freeze. Simply place clean, dry berries in a single layer on a cookie sheet and freeze. Once frozen, place in a sealed plastic bag and use within 12 months.

Suggested Blueberry Inspired Books

Blueberries for Sal by Robert McCloskey

Blueberry Mouse by Alice Low

Blueberry Girl by Neil Gaiman

Harvest of the Month

Nutrition Facts

6 servings per container
Serving size (143g)

Amount per serving
Calories 130

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	7%
Total Sugars 11g	
Includes 3g Added Sugars	6%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 0mg	0%
Potassium 46mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Refreshing Corn and Blueberry Salad

serves 6

Ingredients:

- 2 cups frozen sweet corn
- 1 cup blueberries
- 1 medium cucumber, diced
- 1/4 cup diced red onion
- 1/4 cup fresh cilantro, chopped
- 1 jalapeno pepper seeded and finely chopped
- 2 Tbsp. lime Juice
- 2 Tbsp. olive oil
- 1 Tbsp. honey
- 1/2 tsp. ground cumin
- 1/2 tsp. salt

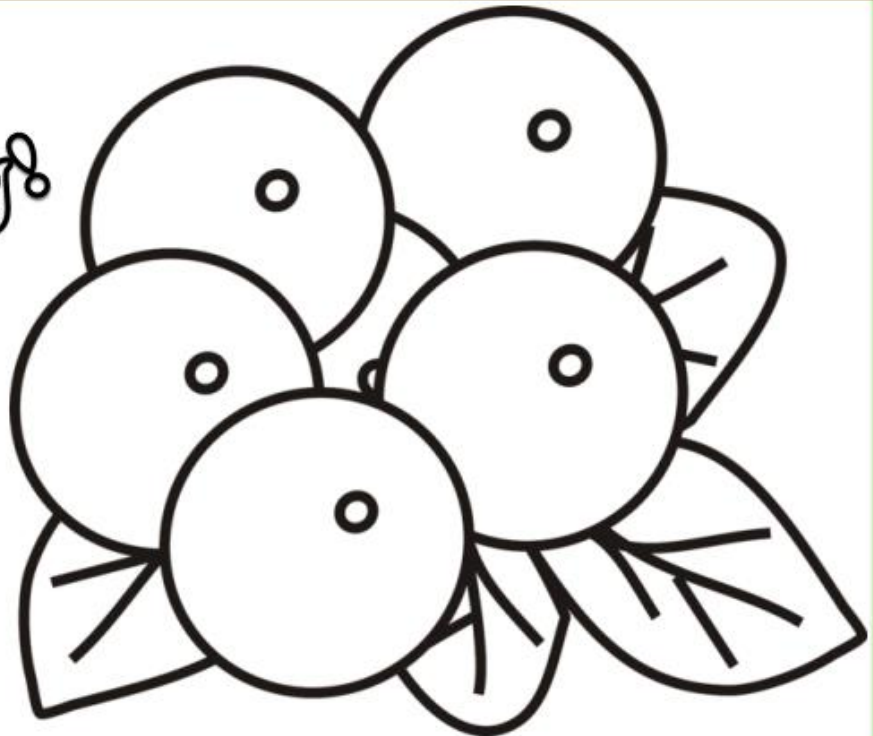
Directions:

Combine corn, blueberries, cucumber, red onion, cilantro, and jalapeno in a bowl. Mix together dressing ingredients, pour over salad, toss and chill for 30 minutes. Serve over grilled chicken or fish or as a topping for your favorite tacos.

For more information on Farm2School visit:

www.laxf2s.org

Color a
Blueberry!



GUNDERSEN
HEALTH SYSTEM®

Coulee Region Farm2School is a partnership between La Crosse County Health Department, Mayo Clinic Health System – Franciscan Healthcare, Gundersen Health System, and the School Districts of Bangor, Holmen, La Crescent-Hokah, La Crosse, Onalaska, and West Salem.

 **MAYO CLINIC**
HEALTH SYSTEM

Home & School

Working Together for School Success CONNECTION®

January 2020

Prairie View Elementary, Holmen WI

Brett Eiken, School Counselor

SHORT NOTES

Snow day plan

Make sure you have a plan in place for weather-related school closings and delays. You might ask a coworker to swap shifts or see if you could telework when school is canceled. If you can't get home in time for an early closing, find a relative or neighbor to pick up your child from school or meet him at the bus stop.

What's that sound?

Play this game to sharpen your youngster's listening skills. Have her close her eyes while you make a noise. Can she identify the jingle of the dog's leash or the "pop" of the toaster? Trade roles, and let her create a sound for you to figure out.

Support for grandfamilies

If you're raising a grandchild, ask the school counselor about "grandfamily" support groups. You'll meet other grandparents to swap advice and discuss the joys and challenges of parenting the second time around. Some may even offer grandparent-grandchild activities where your youngster can meet other kids with families like his.

Worth quoting

"If you see a friend without a smile, give him one of yours." *Proverb*

JUST FOR FUN

Q: Why do you do homework with a pencil?



A: Because a pencil can't do homework all by itself.



Goal setting: A recipe for success

Reaching a goal involves more than just hoping and dreaming. Here's how your child can practice setting, tracking, and achieving goals—skills that will serve her well now and in the future.

Be specific

What would your youngster like to accomplish? Maybe she wants to earn higher grades or become a better gymnast. Suggest that she narrow down the goal so it's more targeted. Her goal might be "I will turn in all of my assignments on time" or "I will move up one level in gymnastics this year."

Map it out

Breaking a goal into small steps makes it feel more manageable. Your child could draw a winding road on paper, add lines to divide it into segments, and write a step in each one.

Examples: "Put my planner in my



backpack when school ends" or "Do my beam routine five times in a row without falling off." She can color each step as she completes it.

Check in

Support your child in sticking to her plan. Say she falls behind on a long-term project. Together, look at her planner and find slots of time where she can catch up. Or if she has to miss gymnastics class one day, offer ways to practice at home like using a strip of duct tape as a balance beam. ♥

Parent helpers

School volunteer opportunities come in all shapes and sizes to fit anyone's schedule. Consider these ways you might help your youngster's school.

● **Contribute supplies.** Offer to save recyclables to use in the classroom. Ask the teacher what he needs—perhaps plastic bottle caps for math games or baby-food jars for snow globes. *Note:* If you have clothes your child has outgrown, find out whether the school nurse could use them.

● **Share a talent.** See if you can help with an after-school or evening activity. Love music? Maybe you could tune students' instruments before a concert. If you're a runner, you might help coach a running club. Or if you enjoy arts and crafts, volunteer to make scenery or sew costumes for a play. ♥



Screen-free play

Studies show that kids who spend less time in front of screens tend to be healthier and earn higher test scores. Encourage your youngster to enjoy “unplugged” play with these ideas.

Nature time. Electronics don't grow on trees—so going outside to play is one of the easiest ways to avoid screen time. You and your child can bundle up and go for a walk or throw a football around. You'll both enjoy being outdoors and spending special time together.



A screen-free corner.

Create a spot for your youngster to store his favorite non-electronic items like jigsaw puzzles, board games, and play dough. He could put them on shelves or in bins and hang up a sign that says “Screen-free zone.”

He'll have an inviting place to exercise his brain without technology.♥

ACTIVITY CORNER

A dancing snake

Air currents make a paper “snake” wiggle and dance with this simple science experiment.

Materials: crayons, paper plate, scissors, yarn, lamp



Have your youngster use a crayon to draw a spiral on the paper plate. She can decorate the snake with patterns, then cut it out. Poke a small hole in the snake's head, and tie on a piece of yarn.

Turn on the lamp, and let your child hold her snake by the yarn at least 1 foot above (not touching) the warm light-bulb. Her snake will dance and spin.

What's going on? As warm air created by the lamp rises, cooler air moves in to replace it. This constant motion creates air currents that move the snake around.♥

OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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Write organized reports

This three-step strategy will set your youngster up to write a clear, well-organized report.

1. Choose your topic

Say your child is supposed to write about an animal. The process will be more fun if she picks an animal she finds interesting—and her enthusiasm is likely to come through in her writing.

2. Brainstorm questions

What does your youngster want to know about her topic? If she chose penguins, she might decide to research what they eat or how many eggs they lay at a time. She could write each question on a separate index card.

3. Collect facts

Your child can read about penguins in library books and online. As she researches, she should fill each card with facts. She might write information about a penguin's diet on one card and offspring on another. *Tip:* She can use each card to write one paragraph in her report.♥



Keep an eye out for bullying

Q: My son has been coming home from school with bruises. He keeps saying he fell at recess, but I worry he's being bullied. What should I do?

A: Start by talking to his teacher. Tell her what you've noticed, and ask if she's aware of any recess accidents. If she isn't, let her know you're concerned about bullying, and ask her to keep an eye out.

Then, ask your son if he has ever felt unsafe in school or if he has seen anyone being hurt or being teased repeatedly.

Also, explain that he should always get adult help right away if anyone is hurting him or someone else. After all, bullying isn't a problem he's expected to handle alone, and it can get worse if adults don't step in.

Once you get the ball rolling, he might open up. If he admits to being bullied, meet with the teacher to make a plan for putting an end to it. And if he doesn't, the teacher will be aware of the situation and can alert you if she observes bullying.♥

