



## Prairie View Elementary News

### PRINCIPAL PATRICE'S PONDERINGS....from Prairie View



**Halloween Parade-** The Prairie View Halloween Parade will be on Thursday, October 31<sup>st</sup> at 2:00 pm. Family, friends, and community members are welcome to attend. The children will parade through the cafeteria where you can take photos and enjoy the variety of costumes.



**Halloween Costumes-** If your child chooses to wear a Halloween Costume, please make sure it is appropriate for school and easy for them to put on themselves. As a reminder, the Holmen School District has a policy regarding weapons and weapon look-alikes. Please make sure that your child's costume does not include toy guns, knives, axes, cleavers, swords, or other similar items. We also discourage the use of violent "blood and guts" type of costumes. Please help us keep the fun in our Halloween Celebration by using your best judgment when choosing your child's costume.



**Classroom Volunteers-** As a reminder, before you volunteer in a classroom, you must be an approved volunteer in the district. This includes volunteering for classroom celebrations, field trips, assist with students in the classroom etc. To verify you are an approved volunteer go to the School District of Holmen website, Community Partners tab, volunteers or [click here](#). You can search for your name to see if you are a district approved volunteer.

*--Dr. Tronstad*

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

School District of Holmen  
1201 Newport Lane, Holmen, WI 54636

**DR. PATRICE TRONSTAD,  
PRINCIPAL**

E-MAIL [tropat@holmen.k12.wi.us](mailto:tropat@holmen.k12.wi.us)  
VOICE (608) 526-1600 FAX (608) 526-1695  
WEB SITE [www.holmen.k12.wi.us](http://www.holmen.k12.wi.us)

## DATES TO REMEMBER

**October 4** – Homecoming  
Parade and Pork Feed

**Sept. 30 – Oct. 25** – Guess the  
weight of the Pumpkin

**October 9** – **EARLY RELEASE**  
**(1:40pm)**

**October 14** – PTO Meeting 4PM

**October 15** – National Take  
Your Parent to Lunch Day

**October 17**– Picture Retake Day

**October 18** – Pick-A-Time  
Parent/Teacher Conference  
Scheduling opens

**October 28**– Pick-A-Time  
Parent/Teacher Conference  
Scheduling closes

**October 31**– PV Halloween  
Parade at 2pm

# CONFERENCE SCHEDULING

Parent/teacher conferences will be held

**Tuesday, November 5, 2019**

and

**Thursday, November 7, 2019**

**from 4:00-8:00 p.m. each day**

You will sign up via Pick-A-Time, which is an online system to schedule your child's conference date and time. The link will be on the Prairie View website, parents, Pick-A-Time. Additional information and details regarding sign-up will come home soon!

Pick-A-Time will be available October 18, 12:00 a.m. and it will close on October 28 at 11:59 p.m.

Please contact your child's teacher with any questions or assistance.

## Picture Retake Day is October 17.

Retakes are for students who did not have their picture taken at Registration. Picture order forms will be sent home with students who did not have their picture taken. If you were not pleased with the photo taken in August and want a re-take, you must return the entire picture packet with your child on October 17.

## Family Resources

At Prairie View we strive for all students to be safe, respectful, and responsible. We know that students and families need basic necessities in order for children to be ready to listen and learn at school. If your family is looking for resources offered in our area, a pamphlet has been created for you! On the Prairie View Website, under the Parents-Home & School Connection tab, you will find local resources you may access: medical, dental, vision, food, transportation, clothing, salon services, and outreach.

We hope you find this helpful!

Greetings, Prairie View families!  
Another year of learning and wonderful music is upon us.

All Prairie View students participate in a music program throughout the year. Each student is very involved in making the concert a success. Please note the date and time of your child's program. All concerts are held in the PV Cafetorium.



Kindergarten	Friday, March 20, 2020	2:15 p.m.
First Grade	Friday, December 13, 2019	2:15 p.m.
Second Grade	Thursday, March 5, 2020	6:00 p.m.
Third Grade	Thursday, December 5, 2019	6:00 p.m.
Fourth Grade	Thursday, April 16, 2020	6:00 p.m.
Fifth Grade	Thursday, April 16, 2020	7:00 p.m.

From Mrs. Wink's Art Room

We are off to a great start in Art class. I am enjoying getting to know all of my new Kindergarteners and students new to Prairie View. This year I am teaching grades K,1,3,4 and 5. In 5th grade, students are working on dream house drawings. 4th graders are finishing up some fascinating symmetrical creature drawings, and are working on 3D clay masks. 3rd graders have been busy at work with some "All About Me" hand drawings / collages, and now are working on abstract paintings. 1st graders recently finished "Super Reading Hero" self portrait drawings and are now painting graffiti style names. Kindergarteners have started with the basics; line and shape drawings. It will be fun to see them grow and develop in the months to come.

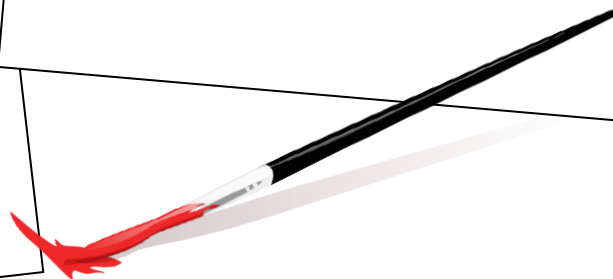
Also I have had wonderful help in grades 3-5 in creating all of the decorations / banners for the Homecoming Float. Look for our Prairie View Float in the Homecoming Parade on October 4th.

I'm looking forward to seeing the students with their families on parent teacher conference nights coming up soon! Mrs. Wink, Art Teacher



The school year has been off to a great start! The second graders have been learning about the traditions of story cloths in the Hmong culture. They are currently creating their own story cloths in celebration of the Hmong New Year. Please stop in and say hi during parent/teacher conferences and take a look at what we have been creating! I will be at Prairie View on Thursday November 7th from 5:00 p.m. to 7:00 p.m.

~Mrs. Katie Breidel,  
Traveling Art Teacher



## COUNSELOR CONNECTION – MR. EIKEN

It has been a great start to the 2019-20 school year here at Prairie View! Hoping everyone had a wonderful summer--it is amazing to see how much of a difference ten weeks can make! A lot of growing done this summer! This month in Guidance, we have gotten reacquainted, discussed classroom expectations, and explored why it is so important for everyone to feel safe in a bully-free environment. Grades 1-4 had a "recess rodeo" in which the playground rules for each area or activity were explained and the students were given a chance to practice these rules. The playground expectations are posted in the windows of the doors in each wing if you or your student would like a refresher or feel free to call or email me and I can get you a copy. If I can be of service to you or yours, please feel free to give me a call or email at [eikbre@holmen.k12.wi.us](mailto:eikbre@holmen.k12.wi.us) or (608) 526-1600 ext. 1610.

## 2019-2020 Student Council representatives

Mrs. Sanchez- Whitney Stuhr

Mr. Sime- Kloe Gunderson

Mrs. Pickett- Marley Roth

Mrs. Vergin - Allison Anibas

Mr. Davis- Kaylee Goodenough

Mrs. Casey- Brennan Lawrence

Mrs. Kinsman- Evie Layland

Mrs. Abbott- Hailey Hansen & Mason Miles

Ms. Aspenson- Eli Buchholtz & Elise Malak

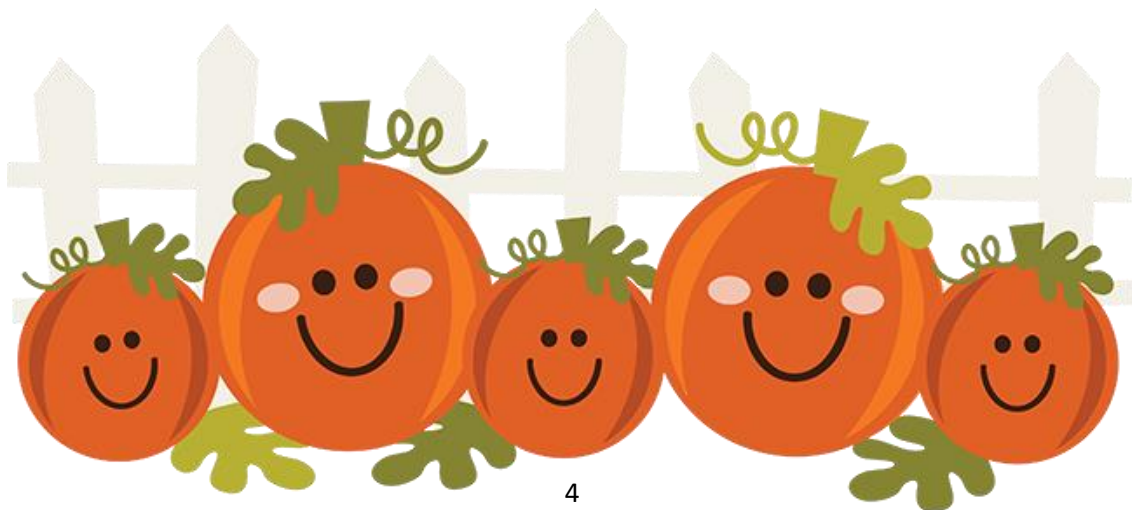
Mrs. Fiegen- Hannah Toso, Logan Kelm & Seth Russell

### Guess the Weight of the Pumpkin!

Student Council is having a Guess the Weight of the Pumpkin contest in October.

Details were sent home with students and are available on page 5 of this newsletter.

Money collected will be donated to the Children's Miracle Network and food collected will go to local food pantries here in Holmen.





# Guess the Weight of the Pumpkin

## How much do you think the pumpkins weigh?



From Tuesday, October 1st through Friday, October 25th, the Student Council is having the Guess the Weight of the Pumpkins contest. Prairie View students will have the opportunity to guess the weight of our large pumpkins, which are displayed in front of the office. Each week students can **bring a food donation** or students may pay 25 cents for a guess at the large pumpkin.

We have decided to change things up this year and collect a certain thing each week. The Student Council will graph our collection each day by the office for everyone to see our progress.

Week one: September 30 - October 4 we will be collecting peanut butter and canned meat.

Week two: October 7 - October 11 we will be collecting canned goods.

Week three: October 14 - October 18 we will be collecting paper goods.

Week four: October 21 -25 we will be collecting cereal.

The student who guesses the correct weight or comes closest will win. The pumpkin will be delivered to the winner's home on Friday, October 25th.

The food collected will be donated to local food pantries here in Holmen and the money collected will be donated to Children's Miracle Network. We look forward to collecting guesses starting next Tuesday!



Prairie View Elementary © School District of Holmen



PTO meetings will take place in the Prairie View LMC on the **second Monday of each month**. In an effort to accommodate different schedules of parents/teachers the times of the meetings will alternate between 4:00PM (even months) and 6:30PM (odd months). Meetings are 1 hour in length. For your convenience, PTO attempts to have child watch for each meeting. We will let you know before the meetings via eblast if child watch happens to ever be unavailable. We hope to see you there!

### **NEW Executive Board Members for 2019-20:**

#### **Co-Chairs:**

Anouk Goreta- Anouk has a 3rd grader and 5th grader at Prairie View.

Natalie Heidlage- Natalie has a 4th grader at Prairie View and is also the School Nurse.

#### **Secretary:**

Brittany McIlquham- Brittany has a 1st and 3rd grader at Prairie View.

#### **Treasurer:**

Naomi Bjergum- Naomi has a 2nd grader and a 4th grader at Prairie View and is also a 4k teacher for the district.

### **FYI Box Tops for Education:**

You no longer have to clip your box tops and send them in. You can simply download the "Box Tops for Education" app on your device, scan your receipt within 14 days of purchase and list Prairie View Elementary as your school. Prairie View will automatically be credited. You can still send in your clipped box tops if you choose to!

### **PTO is looking for involvement in the following PTO committees:**

#### **- 5<sup>th</sup> Grade Bash:**

**Objective:** Collaborate as a group with the other Holmen elementary schools to support this event for the 5th graders.

**Time Commitment:** Attend meetings as set by sponsoring school. One evening in May/chaperone event.

#### **- Dining Night Out:**

**Objective:** Organize/advertise with local restaurants on ways to raise money for our school & enjoy time out with family.

**Time Commitment:** Advertise and then greet (or organize volunteers when needed) at the event.

Email: [holmenprairieviewpto@gmail.com](mailto:holmenprairieviewpto@gmail.com) if interested!



### **SAVE THE DATES!**

**Kids Night Out** on December 6th 6:00PM to 7:30PM

**Family Fun Fest** on March 12th 4:30PM to 7:00PM

**Barnes and Noble Book Fair** on January 30th 4:30PM to 7:00PM.

### **PTO Contact Info:**

**PTO Email:** [holmenprairieviewpto@gmail.com](mailto:holmenprairieviewpto@gmail.com)

**Facebook Page:** Prairie View Elementary PTO – Holmen, WI



## From the Health Office:

**Hearing and Vision Screenings:** Hearing and vision screenings will be done for kindergarten and 1<sup>st</sup> grade students this Fall. 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 requires 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 or 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.

**Dental Care at School:** Bridging Brighter Smiles will hold a dental clinics at Prairie View throughout the year. Sign up online at: <http://enrollment.bbsmiles.org/>

Professional Dental Services Provided Right at School Include:

Oral Screenings

Cleanings

Fluoride Varnish Applications

Dental Sealants

Dental Health Education

Referral Assistance

Forward Health (BadgerCare) Card Accepted!

*(Other Private Dental Insurances Not Accepted)*

Not sure if your child is enrolled, or due for care? Simply call Bridging Brighter Smiles at 262-896-9891, or email [coordinator@bbsmiles.org](mailto:coordinator@bbsmiles.org).

### Random Act of Kindness

At Prairie View Elementary, we have a fund established to help out families in need of financial assistance for school supplies, field trips, shoes, clothing, etc. Please feel free to request Random Acts of Kindness help. You may contact Dr. Tronstad at any time by calling the Prairie View Office at 608-526-1600

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.

#### Some upcoming events include:

Pork Feed for Education, Youth Sports Safety Symposium, Library Mini Reading Program, Holmen Viking Wrestling Club, HoCo Luau for Littles, and more!



At this year's **Pork Feed for Education**, please help **Holmen's Hope Backpack Program** to...

## **FEED THE PIG!**

HERE ARE THE MOST NEEDED ITEMS:

### **MIRCROWAVEABLE**

.....  
**MAC & CHEESE**

**TOMATO SOUP**

**CUP OF NOODLES**

**RAVIOLI CUPS**

**OATMEAL PACKETS**

**CHICKEN NOODLE SOUP**

### **DRY GOODS**

.....  
**CRACKERS W/CHEESE**

**POP TARTS**

**GRANOLA BARS**

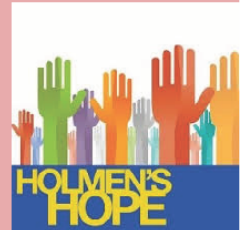
**BREAKFAST BARS**

**CRACKERS W/ PB**

**FRUIT CUPS**



**FEED THE PIG!**  
**FRIDAY, OCT 4TH 2019**  
**4:30PM-HALFTIME**



Look for the **WOODEN PINK PIG** just outside of Empire Stadium...then...**FEED IT!**

Each Friday, backpacks of food are delivered to **Evergreen Elem, Prairie View Elem, Sand Lake Elem, Viking Elem and Holmen Middle School**. The food is provided through direct donations of goods, as well as monetary donations from individuals, organizations and businesses in this fantastic community. We are **#BetterTogether**

**THANK YOU FOR YOUR GENEROSITY!**



# Library Learning

Thank you for stopping into the LMC during the Open House to introduce yourselves. It is always a pleasure to meet our families.

## Book Check Out

- Kindergarten is currently in training on how to browse for a book and how to take care of it. Soon students will be able to check out one book that will remain at school. I'm hoping by Halloween the kindergarteners will finally be able to take a book home. Once check-out begins it will occur each LMC visit.
- First graders have a restricted area from which book selections can be made. Each student may check out 1 book. First grade students are able to check out each visit to the LMC.
- Second - fifth graders may have 2 books. If a student needs a book for a class project a third book may be checked out. Check out will occur every other LMC time.
- All students using our LMC and Book Room books are responsible and liable for any damage done to the books while in their possession. We encourage students to inspect the book before checking it out, but if your child comes home and notices that a book was damaged prior to check out please send a Dojo or email message to me. [zurpeg@holmen.k12.wi.us](mailto:zurpeg@holmen.k12.wi.us) If the book is in need of minor repairs and can remain in circulation a \$5.00 fine will be assessed to cover the cost of mending supplies. The entire cost of the book will be assessed to books that must be removed from circulation. This was stated in the permission slip that was signed at the beginning of the year. I recommend keeping LMC books in a plastic bag and in a separate area from water bottles while in the backpack.

Other news in the LMC:

- **Recycling Club**- Our 5th graders will be collecting the recycling boxes in each classroom or office to promote paper recycling. In addition we are continuing to collect non functioning markers of any type - not just Crayola. Feel free to send any markers from home with your child to add to our collection box in the LMC.
- **Battle of the Books** - Interested students in 4th - 5th grades have signed up and have started reading books from the [Battle of the Books list](#).

- **Computer/ Chromebook Use-** Students in grades 2 - 5 have practiced signing onto the computers using their specific logins and passwords. The username/login follows this format: the first 3 letters of the last name then the first 3 letters of the first name followed by the student's graduation year @students.holmen.k12.wi.us. The password is pride followed by the student's 4 or 5 digit lunch number. If I am a third grader named Gary Paulsen it would be **paugar29@students.holmen.k12.wi.us** and his password might be **pride1234**. Each time your child uses a computer at school or accesses his Google account he/she will be expected to use this login. Please assist us by having your child practice spelling the word pride and by memorizing his/her lunch number - even if school lunch is never taken. Students will be reviewing the Acceptable Use Policy in early October.



The Scholastic Book Fair will take place during conference nights on November 5th and 7th from 4:00 - 7:30 PM. We will also be open for a limited time on the Optional Conference Day, November 4th. Be aware that due to state mandates we will now be charging tax on all purchases. You will have the option to round up your purchase to donate to All For Books, a simple way for us to raise funds during the Book Fair to purchase much-needed books for our school. Last year we donated the money raised to the Family Literacy Night committee. Students will be allowed to window shop during their LMC times. Purchasing of items may occur on conference nights and online. More information will be coming home soon about the book fair. Don't forget to tell your child's relatives, especially the grandmas and grandpas. Books make fantastic gifts. Thank you for supporting our LMC by attending our book fair!



### **Crayola ColorCycle**

Crayola and schools across North America are banding together to help kids understand the importance of their role in protecting the environment. That's why we launched Crayola ColorCycle. Through this initiative, students in K-12 schools across the continental United States and parts of Canada can collect and repurpose used Crayola markers.

ColorCycle is also a great opportunity for teachers and their students to explore eco-friendly practices. Specially developed standards-based lesson plans are available to enrich instruction and promote lively class discussions.

# Harvest of the Month



October



Apples



## Pick:

- Choose apples that are firm with no bruises or soft spots.
- Color may vary depending on variety - it is not an indicator of ripeness.
- Depending on variety, apples can be sweet, tart or in between!

## Store:

- Apples can be stored at room temperature for a few days or in a plastic bag in the refrigerator for a few weeks.

## Prepare:

- Wash before eating; for the best nutritional value leave the skin on!
- To prevent browning, dip sliced apples in a mixture of lemon juice and water.

## Nutrition Info

One medium apple has 95 calories and provides vitamin C, potassium and fiber.

## Fun Facts

La Crescent, Minnesota is the Apple Capital of the USA!

It takes about 36 apples to make one gallon of apple cider and about two pounds of apples to make one apple pie!

Did you know that Thursday, October 10<sup>th</sup> is the Great Lakes Great Apple Crunch? Schools, preschools, daycares, hospitals, worksites and other organizations across Minnesota, Wisconsin, Illinois, Indiana, Michigan and Ohio will be celebrating National Farm to School Month by crunching into locally grown apples on this day! For more info visit: <https://www.cias.wisc.edu/applecrunch/>

## Uses

Make a peanut butter and apple sandwich! Cut thin apple slices, spread with peanut or other nut or seed butter and top with another apple slice!

Sliced apples can also be added to other sandwiches & wraps. Try granny smith apple slices on a grilled cheese sandwich!

Make your own apple dipping bar. Apple dips can include peanut butter, yogurt, caramel, a pumpkin spice mix, and fruit dip; be creative!

## Family Friendly Activity

Plan a weekend visit to a local apple orchard and pick your own apples.

Set up an apple taste test. Try a variety of apples such as Gala, Pink Lady, Granny Smith, and Honey Crisp. Which apple has the best flavor? Some local apple vendors may offer taste tests in store!



**SCHOOL LUNCH**  
what's on your playlist?

## National School Lunch Week

October 14-18, 2019



Parents: Did you know?

Today's school lunches meet strict nutrition standards, including limits on calories, sodium and unhealthy fats.

**30 MILLION** students enjoy healthy lunches every school day.

3/4 cup of vegetables with every lunch



1 cup of 1% or fat-free milk



1/2 cup serving of fruit daily



Entrées include whole grains & lean protein



Read School Meal Success Stories here: [TrayTalk.org](http://TrayTalk.org)

Follow us on social media: #NSLW19 • #LunchPlaylist • #SchoolLunch






SchoolNutrition.org
@SchoolNutritionAssoc
Facebook.com/TrayTalk
@SchoolLunch


# National Take Your Parents to LUNCH DAY



We hope you are able to eat lunch with your child(ren) on **October 15<sup>th</sup>** and work with your child to help them choose a healthy lunch.

Your lunch choice and payment should be sent in by **October 7**. The **RSVP** form was sent home with your child and is also available in this newsletter.

For your convenience, the breakfast and lunch menu are available as a quick link on our website or [click here](#). You can print the menu or click on the menu for a visual picture and description of the lunch choice for your child.



1 portion	Serving Size
300	Calories
3 g	Fat
0.5 g	Saturated Fat
40 mg	Cholesterol
200 mg	Sodium
52 g	Total Carbs
1 g	Fiber
16 g	Protein
0.7 mg	Iron

Show Special Diets Info

**Sweet & Sour Chicken**

This traditional Asian dish combines a zesty sweet and sour sauce with juicy chicken to make your student's taste buds tingle. Served on a bed of whole grain rice, it becomes a healthy, flavorful dish. NOTE: Students have to option to choose between 1/2 cup or 1 cup of Rice. The Carb count listed is for 1 cup of rice. With a 1/2 cup the carb count would be 36 g

### Holmen High School's 18th Annual Homecoming Pork Feed for Education

Friday, October 4, 2019

## Empire Stadium—Holmen High School

Hot Dog Meal—\$5    BBQ Pork Meal—\$7

## NEW→PORKZILLA MEAL—\$8

(All meals include chips, beverage and freshly baked cookie)

Meals served 4:30 p.m. through halftime

Carry-Out Meals Available!

Holmen Vikings



vs.



Logan Rangers



THANK YOU again to our 2018 sponsors:

Altra Federal Credit Union

River Bank

Coulee Bank

Bluff View Bank

Firefighters Credit Union

Verve, a Credit Union



# NATIONAL TAKE YOUR PARENT TO LUNCH DAY

## Tuesday, OCTOBER 15TH

### What is National Take Your Parents to Lunch Day?

This event that takes place each October when parents visit their children's school and have lunch with them in the cafeteria. The goal is for you to work with your child to help them choose a healthy lunch. Together, parents and school officials can work to provide children with the healthiest meals possible. (If a parent is unable to attend, another family member is welcome)

Please RSVP by MONDAY, October 7th if you are able to join your child for lunch on OCTOBER 15th. **(ALL MEALS MUST BE PRE PAID All Meals are \$3.65)**

KINDERGARTEN LUNCH	<b>10:45 a.m.</b>
FIRST GRADE LUNCH	<b>11:15 a.m.</b>
THIRD GRADE LUNCH	<b>11:30 a.m.</b>
FIFTH GRADE LUNCH	<b>11:45 a.m.</b>
SECOND GRADE LUNCH	<b>12:00 p.m.</b>
FOURTH GRADE LUNCH	<b>12:15 p.m.</b>

### ***MENU:***

***CHOICE # 1 = CHEESE BURGER***

***CHOICE # 2 = CRISPY CHICKEN SANDWICH***

***CHOICE # 3 = PBJ SNAPPY MEAL***

*\*\* We do offer Gluten Free options, Please contact the Kitchen to inquire. 608-526-1600 ext. 1616 \*\**

*(ALL MEALS INCLUDE A FULL SALAD BAR, FRUIT BAR AND MILK)*

✂-----

☐ Yes, I will be able to come for lunch on Take Your Parents to Lunch Day on October 15th.

Number of adults attending \_\_\_\_\_

Your lunch choice:    **CHOICE #1 -----**    **CHOICE #2-----**    **CHOICE#3 -----**  
    (please indicate your choices)

**YOUR STUDENT NAME(s)** \_\_\_\_\_

**Money enclosed:** \_\_\_\_\_

***Cost: All Meals \$3.65***

(PLEASE MAKE CHECKS PAYABLE TO SUN)

# Homecoming 2019



On Friday evening, October 4th, the Holmen High School football team will play the Logan Rangers for their Homecoming game. During that afternoon, students and staff will attend the Homecoming Parade, which proceeds down Main Street in Holmen. This year Holmen High School has chosen "It's Tiki Time" (a Hawaiian / tropical theme) for Homecoming. Many students have helped in art class create decorations for our float, and the 5<sup>th</sup> Grade Spirit Squad will be marching along with our float. There will be students from each classroom in grades 1-5 representing their class riding on the float, along with a few staff members.

District buses will depart with the students and staff from Prairie View at 12:40 p.m., as the parade begins at 1:15 p.m. Families are welcome to meet us where we will be seated along the east side of Main Street between Wall Street and Lake Street in Holmen. In case of rain, students will not be attending the parade.



In support of our Holmen Vikings, Prairie View students and staff will be participating in dress up theme days during the week of September 30-October 4th. Everyone is encouraged to take part in the fun; please dress responsibly.

Monday: "Pajama Day" (pajamas, robe, slippers)

Tuesday: "Fall Gear Day" (camo, sweaters, flannels, fall themed clothing)

Wednesday: "Color Day" (Kindergarten: pink / red, 1st grade: orange, 2nd grade: yellow, 3rd grade: green, 4th grade: blue, and 5th grade: black / white)

Thursday: "Tropical / Hawaiian Day" (tropical clothing, hats, sunglasses, leis)

Friday: "Homecoming / Holmen Spirit Day" Holmen Viking / Prairie View attire, maroon / white)



# Holmen Community Flu and Vaccination Clinic!

## Holmen Community Influenza and Vaccination Clinic:

Wednesday, 10/16/2019  
4:00-6:30 pm  
Holmen Middle School  
Choir Room - Enter at Door A  
502 N. Main Street  
Holmen, WI 54636

## Just need a flu shot? We will have the flu vaccination for children and adults.

- Flu vaccines for children (6 months thru 18 years old) will be available. If your child will only be receiving the influenza vaccine and no other vaccinations, there is no charge for the flu vaccination.
- Influenza vaccine for adults age 19 and older will be available at the clinic on a fee for service basis with limited billable insurances. Call with questions.



## Does your child need immunizations besides the flu vaccine? Please read below for important eligibility criteria!

- Vaccines will be available for children who qualify for the VFC (Vaccines for Children) Program. Eligibility requirements are child:
  - Has no health insurance OR has Medical Assistance or Badger Care (must present Forward cards/MA cards); or
  - Has private health insurance that does not cover vaccines or has a cap on vaccines; or
  - Are American Indian or Alaskan Native.
- Vaccines for children (thru 18 years old) will be provided, at no charge for families. There is a \$17.00 administration fee, although no child will be turned away due to inability to pay.
- Elementary school age children must be accompanied by a parent or legal guardian.
- Middle and high school students may present to the clinic without a parent if their "Vaccine School Consent Form for Middle and High Schoolers" is completed and signed by their parent or legal guardian.
  - Consent form and other vaccine related information can be found on the La Crosse County Health Department website at <http://www.lacrossecounty.org/health/docs/ForYouHealth/Immunization.pdf>.

Call the La Crosse County Health Department-Public Health Nursing at 608-785-9723 with questions.



# Home & School

## Working Together for School Success

### CONNECTION®

October 2019

Prairie View Elementary, Holmen WI

Brett Eiken, School Counselor

#### SHORT NOTES

##### Estimate everything!

Weave estimation into daily life to build your youngster's math skills. While cooking, you might ask, "How many cherry tomatoes do you think are in that container?" Or in a waiting room, challenge her to estimate the number of ceiling tiles. Have her count to check. The more she practices, the better she'll get at estimating.

##### Take initiative

Part of developing initiative is learning to recognize what needs to be done. Instead of guiding your child through each step in a task, get him in the routine of figuring out what to do next. If he's clearing the table and forgets to wipe it off, say, "Take a look at the table—what's the last step?"

##### Family fire drills

Use National Fire Prevention Week (October 6–12) to create a fire escape plan with your youngster. Encourage her to draw a map of your home with two exits per room and a meeting place outside. Then, hold a fire drill. *Note:* Studies show that many kids sleep through smoke alarms, so be sure your plan includes waking everyone up.

##### Worth quoting

"Learning is a treasure that will follow its owner everywhere."  
*Chinese proverb*

#### JUST FOR FUN

**Q:** What do you get when you cross a stream and a brook?

**A:** Wet feet.



## Secrets of better behavior

It's no secret that parents want their children to behave appropriately. But what really works? Try focusing on teaching your child to behave rather than punishing him for misbehavior, and you're likely to see better results. Consider these tips.

##### Be a mirror

Your youngster looks to you for guidance, so model the behavior you expect. For example, if he sees you staying calm when you're angry, he'll be less likely to throw fits when he's upset. Talk through your actions, too. You might say, "I had a stressful day at work. I'm going to relax with my book for a little while so I'm not cranky."

##### Make rules together

Children find it easier to remember and follow rules that they have a role in creating. Sit down together, and write a list. Be sure your youngster understands the reason behind each rule. For instance, ask, "Why shouldn't we leave things on the stairs?" (Because someone could trip



and fall.) *Tip:* If you need to add or change a rule, include him in that discussion, too.

##### Highlight success

When you praise your child, emphasize the good feelings he gets from behaving well. Saying "You must be proud of yourself for waiting so patiently" gives him a sense of accomplishment. That feeling of pride will motivate him to repeat the behavior in the future.♥

## Mistakes make your brain grow

Did you know that mistakes actually help kids learn more? Use these ideas to encourage your youngster to make the most of her mistakes:

- Give your child room to "mess up." You might suspect that masking tape isn't strong enough to hold her project together. But she'll gain more from the experience if she tries, fails, and comes up with a new solution all by herself.

- Help your youngster put mistakes in perspective. Perhaps she forgot to include an important point during her class presentation. Ask her what part went well—maybe her graphics were cool and her classmates seemed interested in her topic.♥



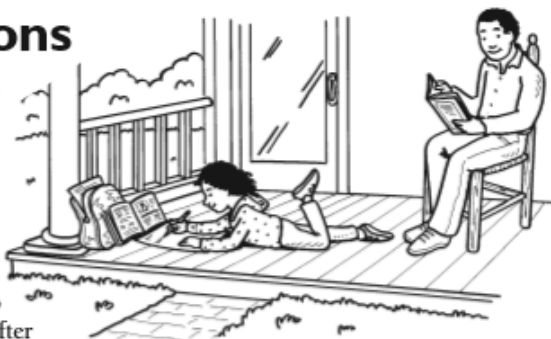


## Homework solutions

Whether your child is new to homework or has been doing it for years, your support can help her do her best. That's important, because homework reinforces what she's learning in school. Here's how to set her up for success.

### Find a good schedule

Set aside a specific time for homework so it becomes a habit, perhaps right before or after dinner. Also, suggest that she figure out a plan that works best for her. She could start with the easiest assignment to gain momentum or get the hardest one out of the way first.



### Eliminate distractions

Make sure your child turns off electronics before she starts homework. Also, you might encourage everyone in the house to have "quiet time" while she does her assignments. Maybe you'll read or pay bills while younger siblings color, for instance.

### Troubleshoot problems

When your youngster gets stuck, offer to help—but avoid telling her the answers. If she's confused by the directions, try reading them together. Or if she's struggling with an addition problem, offer to walk her through a few sample problems in the back of her math book. ♥



## PARENT TO PARENT

### Engineer a maze

Ever get lost in a corn maze? That's what happened to our family last week at a fall festival. When we made our way out, the farmer explained that engineering and technology were used to create the maze.



My son Mason was fascinated. We learned that a designer drew the maze on a computer. Then, an engineer generated GPS coordinates, which guided the farmer as he mowed the corn into the maze.

At home, Mason decided to create his own maze. He drew a castle-shaped design and plotted it out in the yard with tent stakes. Next, he arranged pool noodles, lawn chairs, and other outdoor items between the stakes. When it was ready, he invited friends over to go through his maze.

Now Mason is busy planning his next maze. I can't wait to see what it is! ♥

### OUR PURPOSE

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

Resources for Educators,  
a division of CCH Incorporated  
128 N. Royal Avenue • Front Royal, VA 22630  
800-394-5052 • rfeustomer@wolterskluwer.com  
www.rfconline.com  
ISSN 1540-5621

© 2019 Resources for Educators, a division of CCH Incorporated

## ACTIVITY CORNER

### Be a true friend

Children who form friendships with classmates tend to do better in school. Inspire your youngster to "treasure" his friends with this writing activity.



**1. Draw:** Have him draw a treasure chest on a sheet of paper and make "coins" by cutting circles out of yellow paper.

**2. Identify:** Take turns naming things you each value in a friendship. *Examples:* Being loyal, enjoying the same things, helping each other. Your child can write each idea on a separate coin.

**3. Discuss:** Let him glue the coins onto his treasure chest. As he adds each one, you can both share real-life examples from your own friendships. Your youngster might say, "Raul and I like to read together at language arts time," and you could say, "My friend Jess helped us by bringing meals over after your sister was born."

Hang up his treasure chest as a reminder of qualities he'll look for in his classmates—and will remember to show in himself. ♥



## The parent-teacher team

**Q:** I want to be more involved in my daughter's education. Where should I start?

**A:** Teaming up with your child's teacher is a great way to get started. Send the teacher a nice email, perhaps about a classroom activity your daughter enjoyed, and let him know you'd like to stay in touch throughout

the year. You might ask if you can volunteer in the classroom or from home.

Also, look over papers the teacher sends home. You'll see how your child is doing in various subjects.

Then, if she's struggling with anything, you can reach out to the teacher for advice.

Finally, tell your daughter that you and her teacher are a team, with the same goal—helping her succeed in school. ♥



# DRIVERS

## SEEKING DRIVERS TO JOIN THE **SCHOOL DISTRICT OF HOLMEN** TRANSPORTATION TEAM



FOR MORE INFORMATION,  
VISIT OUR WEB:  
[WWW.HOLMEN.K12.WI.US](http://WWW.HOLMEN.K12.WI.US)  
OR REACH OUT VIA  
PHONE: 608-526-6610

APPLY VIA [WWW.WECAN.EDUCATION.WISC.EDU](http://WWW.WECAN.EDUCATION.WISC.EDU) TODAY!

**\$20.98**  
per hr

ID# 25516



### SUB BUS DRIVER REQUIREMENTS (CDL REQUIRED - WILL TRAIN)

- High School diploma or equivalent
- Minimum of 21 years or age
- Valid driver license w/safe record
- Ability to pass a background check, drug test and physical
- Good verbal communication skills
- Desire to create a safe, positive and nurturing environment

### SUB VAN DRIVER REQUIREMENTS

- High School diploma or equivalent
- Minimum of 19 years or age
- Valid driver license w/safe record
- Ability to pass a background check, drug test and physical
- Good verbal communication skills
- Desire to create a safe, positive and nurturing environment

**\$14.42**  
per hr

ID# 38590



THE SCHOOL DISTRICT OF HOLMEN IS AN EOE

*The School District of Holmen does not discriminate on the basis of age, race, creed, color, disability, pregnancy, marital or parental status, religion, sex, citizenship, national origin, ancestry, socioeconomic status, sexual orientation, gender identity, gender expression, or gender nonconformity.*