

Viking Elementary Newsletter January 2024



From Mrs. Swanson, Principal

Dear Parents and Guardians,

Happy New Year! We hope this newsletter finds you well and ready for an exciting start to 2024. As we embrace the winter season, we have a few important updates to share with you.

Dress Warm for Winter Weather

With the winter chill settling in, it's essential for our students to stay warm and comfortable. Please ensure your child is dressed appropriately with layers, jackets, and cozy accessories to brave the chilly temperatures. As we prioritize the well-being of our students, we appreciate your cooperation in keeping them snug and warm during these colder days.

No School Days – January 15th and 22nd

Please mark your calendars for two upcoming no-school days on Monday, January 15th, and Monday, January 22nd. The 22nd will be a chance for our staff to prepare for our 2nd semester. We encourage everyone to make the most of these days and enjoy some quality time with family and friends.

End of Quarter 2 – January 19th

The end of the second quarter is approaching quickly! On Friday, January 19th, we will conclude our second quarter of the academic year. This marks an important milestone, and we encourage you to check in with your child about their progress and celebrate their achievements.

As we wrap up the quarter, report cards will be distributed shortly thereafter. We appreciate your ongoing support in your child's education and look forward to continued success in the upcoming months.

Thank you for your attention to these important announcements. If you have any questions or concerns, feel free to reach out to our school office.

Wishing you a wonderful and warm January!

2024 Music Program Dates

3/7/24 Third Grade

3/12/24 First Grade

4/25/24 Kindergarten

4/30/24 Fifth Grade

All music programs begin at 6:00 pm.



VIKING PTO MEETING
Tuesday, January 9th
Child Care Provided
2nd Floor - Library
6:30-7:30pm

QUESTIONS: EMAIL
VIKINGPTOPRESIDENT.COM

Join US!



DRAMA CLUB IS ON!

Just a reminder that this year's Drama Club will begin on January 4th and runs from 3:30-5:00pm on Tuesdays and Thursdays.

Mrs. Heintz and Mrs. Carr are the advisors.



School District Open Enrollment

Wisconsin's inter-district public school Open Enrollment program allows parents to apply for their children to attend school districts other than the one in which they live. Applications may be submitted to no more than three non-resident school districts.

Students in 4K through grade 12 may apply to participate in Open Enrollment. Parents should call their resident school districts to find out if their preschool-aged children qualify for Open Enrollment.

The Open Enrollment application period for the 2024-25 school year is from February 5 - April 30, 2024 until 4:00 p.m. Parents must apply to the non-resident district. A non-resident district is defined as the district in which you do not live, but where you want your child to attend.

It is recommended that you apply for Open Enrollment through the on-line application process at <http://dpi.wi.gov/oe>. The Open Enrollment application period closes at 4:00 p.m. on April 30, 2024.

Late applications will not be accepted for any reason.

Be Prepared for Cancellations

In case of snow, ice, cold or other inclement weather or emergencies, please check local media outlets, the District's website (www.holmen.k12.wi.us) and Facebook page.

Text Message Notifications System

The School District of Holmen also utilizes a text message notification system to provide notifications to families regarding delays and closings due to inclement weather, as well as other emergencies. If you have a student enrolled in the School District of Holmen and would like to receive these text messages, text "YES" to 87569.

BRRRRRRR!

Help keep the children warm and safe on cold winter days! We are asking for your help in communicating the importance of dressing appropriately for the weather to your children.

All children should have a jacket, gloves or mittens and a hat with them at school, as well as snow pants and boots as needed. You may want to think about sending an **extra** pair of mittens/gloves for when the first pair gets wet from playing in the snow. **If possible, make sure ALL items are labeled with names or initials as our Lost and Found overflows every few weeks.**

They will need to bring their outerwear with them to every recess. We try to give the students the opportunity to be outside for at least 30 minutes a day to ensure that they get the fresh air they need. We will be inside for recess only when the temperature is below 1 degree. Our playground is very windy on most days, which can make it feel much colder than the thermometer reads. When in doubt, send them with their jacket, hat and mittens; and we will do our best to make sure they are safe and warm.



Special Absence Request Form

If you know in advance that your student will be absent from school, complete a SPECIAL ABSENCE REQUEST form. Ask your student to have their teacher send a form home from the office, or you can find the form on the School District of Holmen Website under Viking Elementary. Click on Parents > Forms and Information> Special Absence. Complete and return the form to the office before the absence will occur.

ATTENDANCE NOTE

Some of you may have or will be receiving attendance letters from school. These letters are sent when your child has missed five or more days of school. These letters are not meant to be punitive, they are meant to let you know when your child is approaching the maximum amount of excused days allowable before the absences become unexcused. Each student is allowed ten parent-excused absences from school. If the student has a note from a doctor or dentist, that absence does not count toward the ten days. We realize that unexpected circumstances occur, and sometimes students need to miss school. Please know we look closely at each individual case and will do our best to help ensure your child is able to be at school as much as possible.

As you know, missing school causes children to fall behind and miss some of their foundation instruction that will affect their school performance. Thank you for your understanding of this.

  **What Should I Wear Outside For Recess?**  

80°-100°



It's hot outside! Short sleeves or a tank top are fine.

60°-80°



It's getting warmer, a long or short sleeve shirt would be ok.

50°-60°



A coat or a jacket should be fine.

40°-50°



A buttoned coat, and you may want a hat or gloves.

30°-40°



**It's COLD outside!
You should wear what you brought.
Coat, hat, gloves, snow pants and boots.**

0°-30°



**It's COLD outside!
You should wear what you brought.
Coat, hat, gloves, snow pants and boots.**

These are the guidelines students follow for dressing for recess. Please feel free to refer to this chart when helping your child get ready for the day.

THANK YOU!!!

WE APPRECAITE ALL OF YOUR SUPPORT FOR OUR VIKING ELEMENTARY & HOLMEN PUBLIC PRESCHOOL HOLIDAY FOOD DRIVE!



The second and third grade students would like to send out a HUGE thank you to staff and students for their donations towards bell ringing November 27th through December 1st.

Our bell ringers were able to raise an amazing total of \$551.36 thanks to the thoughtful donations of staff and students each morning!

Due to the generosity of our students and staff, we were able to purchase gifts from the Holmen Lutheran Church Giving Tree. Thank you to all who made this possible!

SCHOOL COUNSELING NEWSLETTER

5 ways to help CHILDREN build POSITIVE RELATIONSHIPS

1 MODEL RESPECT

Start by asking your children,

"What does respect mean to you?"

Point out the ways you work to show them respect by listening, caring about their feelings, and staying calm when you're upset.

Big Life Journal



2 PRACTICE MINDFUL SPEECH

There is power in pausing before we speak. When children choose words that help rather than harm, positive relationships take root.

Use the "Three Gates" technique

Before we speak, our words must pass through three gates:



1
Is it true?

2
Is it helpful?

3
Is it kind?

3 DISAGREE RESPECTFULLY

Teach children how to **assert themselves respectfully** during conflict. In tricky moments, kids can learn to disagree in ways that even strengthen the relationship.

- Allow children to see parental disagreements and their resolution
- Model **peaceful communication** during real-life struggles
- Create a **menu of choices** for disagreements such as using an Y Message, walking away, compromising or asking an adult for help
- **Ask your child:** "Do you want to be right or do you want to be friends?" or "What's most important to you in this situation?"

Remind your children both people in an argument can be correct —they just have differing viewpoints.



4 EMBRACE DIVERSITY

Embracing differences can be a challenge, but teaching children to **treat everyone** with respect will serve them well in life.

- Teaching kids to **treat everyone** with respect will serve them well in life
- Remember a "strengths-based" perspective when discussing those who are different from your child



5 TEACH EMPATHY

Empathy is a **key ingredient** in positive relationships—it deepens sensitivity and attachment to others.

- Identify their emotions and point out your own
- Hold family meetings to discuss conflicts, and encourage each member to take the other's perspective
- Write notes of gratitude



BIG LIFE JOURNAL - BIGLIFEJOURNAL.COM

Dear Parents,

This month in Classroom Counseling students will be learning about Diversity and Acceptance. As curious learners, children notice differences between themselves and others. Noticing these difference is completely natural and can raise and bring about wonderful questions and conversations about the world around them. Here at school, we focus on celebrating our differences, they are what makes us unique and who we are. Additionally, we discuss that we do not all have to be the same or think the same to get along or treat each other with respect. I encourage you to talk with your child about what makes them different from others and how they can respond/interact with those who are different or have different opinions than us. If you are looking for ideas to use with your child please check out the snapshot below. As always, if you ever have any questions, feel free to contact me any time.

Sincerely,

Mrs. Dummer - School Counselor

Read about Diversity/Acceptance

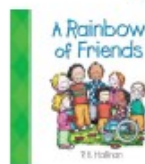
Read alouds on Youtube

A Rainbow of Friends by P.K. Hallinan

Where Oliver Fits by CAle Atkinson

The Brand New Kid-By Katie Couric

The Judgemental Flower By Julia Cook



FIVE PHRASES TO TEACH KIDS TO DISAGREE RESPECTFULLY

"I don't think I agree, because..."

"That's really interesting. Here's another way to look at it."

"Do you have a different opinion?"

"What I like about your ideas is... Here's where my ideas are different."

"You have strong opinions about that."



Follow @gozenlove



From the Health Office: Emily Hanes BSN, RN

It's that time of year where illnesses are on the rise! Please remember to keep your student home if they are so sick it would impede their learning, have a fever (may return when they are 24 hours fever free without the use of fever reducing medication), vomiting, or diarrhea. Students do not need to stay home with pink eye unless they are very uncomfortable or unable to not touch their eye. Students with strep throat or impetigo are required to be on antibiotics for 24 hours before returning to school

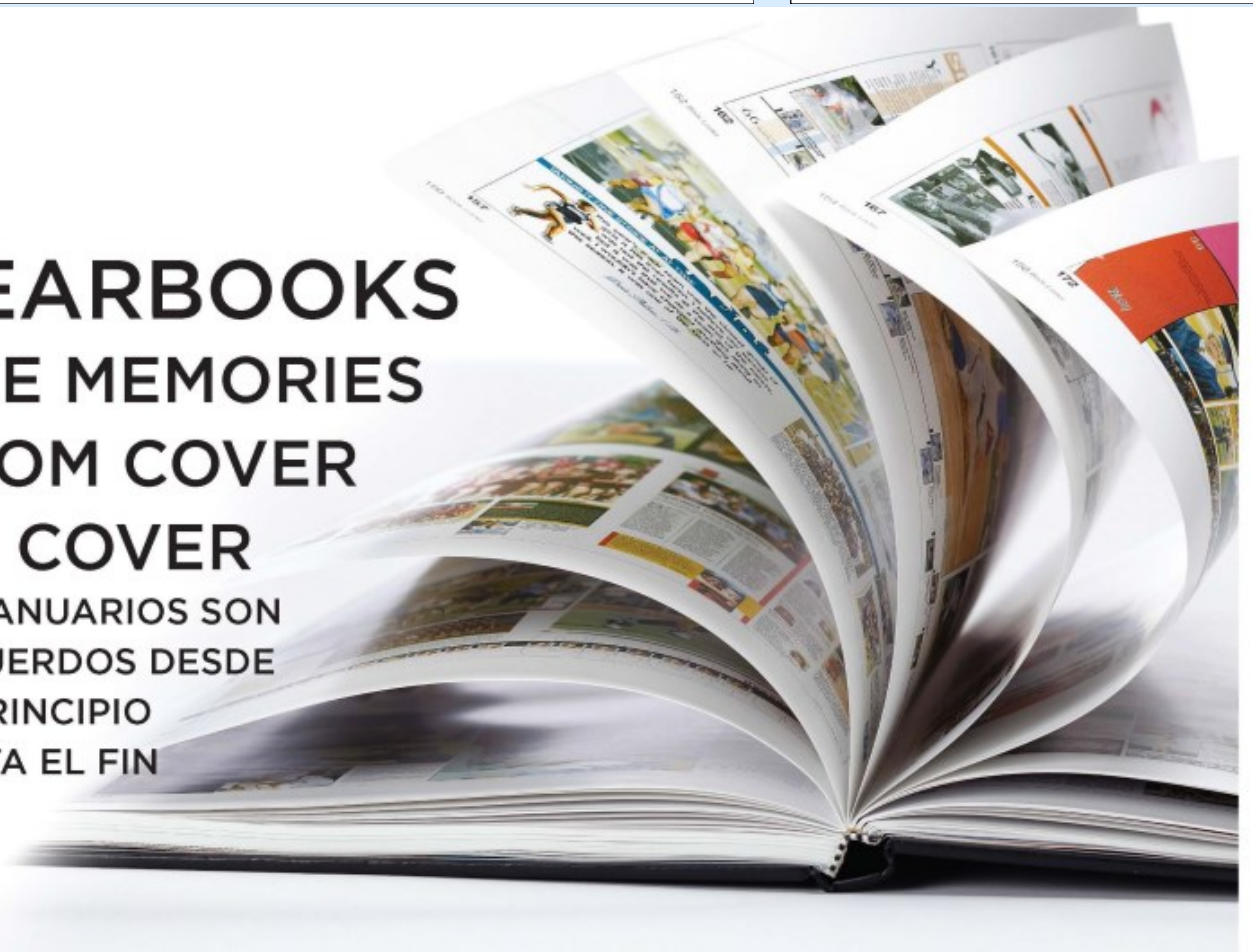
Here is a link to the district's illness guidelines for the 23-24 school year. <https://www.holmen.k12.wi.us/families/2023-2024-health-guidelines.cfm>

COVID-19 VS INFLUENZA VS COLD

Symptoms	COVID-19	Influenza	Cold
Onset	Gradual	Rapid	1-2 days
Fever	Common	Common	Rare
Chills	Sometimes	Sometimes	Rare
Cough	Common	Common	Common
Short of breath	Common	Rare	Rare
Headache	Sometimes	Sometimes	Sometimes - sinus
Muscle aches	Common	Common	Mild
Fatigue	Sometimes	Common	Mild
Stuffy/Runny nose	Sometimes	Sometimes	Common
Sneezing	No	Rare	Common
Sore throat	Sometimes	Sometimes	Common
Loss of smell	Sometimes	Sometimes	Sometimes
Loss of taste	Sometimes	Rare	Sometimes
Itchy eyes	No	No	Rare
Ear ache	Sometimes	Sometimes	Sometimes
Nausea	Sometimes	Sometimes	No
Diarrhea	Sometimes	Sometimes	No

YEARBOOKS ARE MEMORIES FROM COVER TO COVER

LOS ANUARIOS SON
RECUERDOS DESDE
EL PRINCIPIO
HASTA EL FIN



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FR Panel #0741

EVENT INFORMATION

LOCATION: **CHUCK E. CHEESE.**

TIME: 3pm - 9pm

NON-PROFIT: VIKING
ELEMENTARY PTO

EVENT DATE: FRI. 1-12-24

EVENT ADDRESS:

ONALASKA, WI

To find out more, check out chuckecheese.com

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FR Panel #8166
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\$29⁹⁹

**1 Large (1 Topping) Pizza
4 Drinks**

EXPIRES 12/31/24

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FR Panel #5996
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HARVEST OF THE MONTH NEWSLETTER JANUARY 2024



Beets are The Harvest of the Month!

Add beets to your favorite family meals:

- Add grated raw beets to salad.
- Mix cooked beets into mashed potatoes for a pop of color.
- Add raw or leftover cooked beets to canned vegetable beef soup and simmer until tender.

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

Select – Choose beets with firm, smooth skins and crisp leaves. Smaller beets are more tender.

Store – Remove greens leaving about 1 inch of stem. Store beets in a plastic bag in the refrigerator for up to 2 weeks.

Prepare – Rinse beets under cool running water and scrub with a vegetable brush. Beets can be eaten raw or cooked. You can eat the beet greens too!

Did you know?

Most of the beets grown in Wisconsin are red beets, but there are also pink, purple, white, and yellow beets. Try a rainbow of beet colors!



Nutritious, Delicious, Wisconsin!
#WitArVestofTheMonth

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Recipe of the month

Root Vegetable Gratin

Serves 8

Ingredients:

- 1 Tbsp softened butter
- 1-2 sweet potatoes
- 3 medium beets
- 3 parsnips
- 14 Tbsp milk, divided
- 5 oz grated parmesan cheese, divided
- 1 Tbsp fresh thyme (or 1 tsp dried)
- 1 clove garlic, minced (or 1/2 tsp powder)
- Salt and Pepper to taste

Directions:

Preheat oven to 400°, grease a 3-quart baking dish with softened butter. Peel vegetables and thinly slice and transfer each vegetable to its own bowl. Pour 4 T milk onto potatoes and parsnips, and 2 T onto beets. Add 1/2 oz cheese, thyme, and salt and pepper to each bowl. Toss each bowl until all slices are well coated. Pour remaining milk, parmesan, thyme, and garlic into bowl and mix well, pour into bottom of baking dish. Layer and arrange vegetable slices neatly in the baking dish, pouring any remaining liquid in bowls over the top. Season with salt, pepper and remaining 1 oz parmesan. Cover with foil and bake for 30 minutes. Uncover and bake an additional 15-20 minutes until edges and cheese are lightly browned and vegetables are fork tender.

Per serving: 153 calories, 6g fat, 8g protein, 18.4g carbohydrate, 3.3g fiber, 211mg sodium

Source: laxf2s.org



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