



Viking Elementary May/June 2024 Newsletter

From Our Principal, Mrs. Swanson

Greetings, Viking Families!

As we step into the vibrant month of May, I'm thrilled to share some exciting updates and upcoming events with all of you.

Save the Date for Field Day and Picnic on May 31st!

Mark your calendars for a day filled with fun, games, and community spirit. It's a wonderful opportunity for our students to bond, enjoy the outdoors, and create lasting memories.

Magical Fun with PTO-Sponsored Magician on May 10th

Thanks to everyone who participated in our coupon book sales. As a reward, our PTO is bringing a magician to dazzle and delight our students on May 10th.

Final PTO Meeting on May 14th - All Are Welcome!

Join us for our last PTO meeting of the school year on May 14th. Your input and support are invaluable as we continue to enhance our school community. Everyone is welcome to attend!

Exciting Remodeling Plans

As we gear up for summer break, I'm thrilled to announce that our building will start our remodel process for the first phase immediately after students leave. Please note that some areas will be unavailable, so we kindly ask that you call the office before visiting during the summer months. We can't wait to welcome students back in for part of a new school! The school remodel will be finished next summer!

Thank you for your ongoing support and involvement in making Viking Elementary a fantastic place for learning and growth. Wishing you all a joyful and successful month ahead!

There is no school
on Memorial Day
Monday,
May 27th.

 **LAST
DAY OF
SCHOOL**

Thursday, June 6th
Students will be dismissed at
1:30.

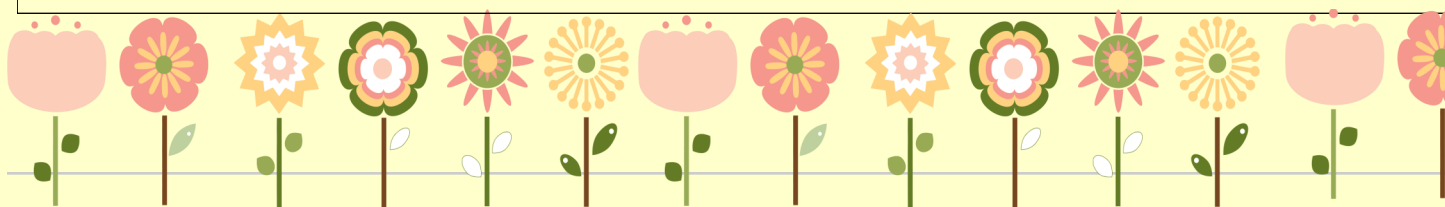


Wednesday, May 8th
is Early Release.
Students will be
dismissed
at 1:30.

Viking Olympic Field Day 2024 Let the Games Begin!

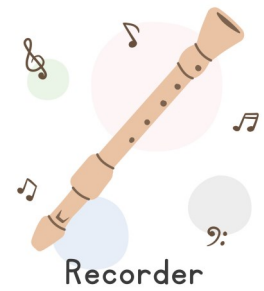
Viking Olympic Field Day will be held on Friday May 31st from 1-3:20 pm. This all-school event will include multi-age stations of relays, water games, face painting and races. Remind your child to bring a hat and wear **sunscreen**.

Sportsmanship, fun and cooperation will be stressed throughout the day. Parents are welcome to join us! **Volunteer station workers are needed as well!** Please call the office or email Mrs. Baranowski (barang@holmen.k12.wi.us) and leave your name if you are interested in helping out. Rain date will be June 3.



Music Program News!

Attention Fifth Grade Families! If your child is not planning on using their Recorders in the future, please consider donating them to Viking Elementary! We will definitely put them to good use!



**VIKING PTO MEETING
TUESDAY, MAY 14TH
AT 6:30PM**

WHERE: 2ND FLOOR
LIBRARY

JOIN US IN PERSON
CHILD CARE PROVIDED

QUESTIONS?
Email
vikingptopresident@gmail.com

An illustration at the bottom of the poster showing several hands holding various books and a laptop. The background is dark blue with colorful triangular bunting and small white stars.

ATTENTION!

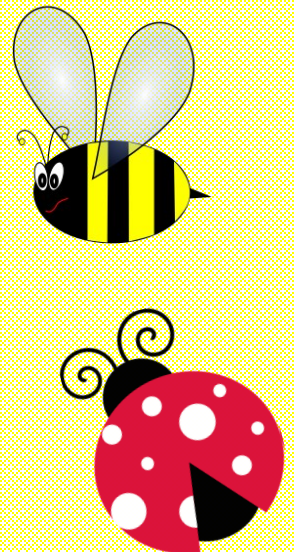
All Viking Library books
must be returned to the
library no later than
Friday, May 17th!

THANK YOU!



Four-Year-Old Public Preschool Program

The School District of Holmen's Public Preschool Program is currently accepting Four-Year-Old Kindergarten (4K) enrollments for the 2024-2025 school year. We encourage early registration in order to help us develop balanced class lists and transportation routes in a timely manner. We are asking parents to enroll their children in 4K as soon as you know they will be attending during the 2024-2025 school year. The School District of Holmen utilizes online enrollment. You can find the link by visiting our School District Website at www.holmen.k12.wi.us



SCHOOL COUNSELING NEWSLETTER

Dear Parent(s) and Guardian(s),

May is here and the countdown to the end of the year has begun. This time of year brings about so many different feelings for students, staff and adults at home. Happiness from sunny warm days, excitement for field trips and summer plans, sadness about leaving friends, worry about what next year will bring, and sometimes stress as schedules become more busy and our daily routine is disrupted by so many fun but different things. That's why this time of year in Classroom Counseling our focus is on mental health, safety, and transition. Check out what we have been and will be learning now through the end of the year.

Your School Counselor,
Mrs. Dummer

SCREEN TIME FOR KIDS



CONCERNS REGARDING TOO MUCH OR POOR QUALITY SCREEN TIME FOR KIDS

BRAIN DEVELOPMENT	IRREGULAR SLEEP SCHEDULES
CHILDHOOD OBESITY	DEPRESSION & BEHAVIORAL PROBLEMS
ATTENTION SPAN	SOCIAL SKILLS & RELATIONSHIP DEVELOPMENT
BRAIN DEVELOPMENT	POOR COPING SKILLS FOR STRUGGLES & STRESS

CURRENT SCREEN TIME STATISTICS PER DAY



AMERICAN ACADEMY OF PEDIATRICS RECOMMENDED SCREEN TIME PER DAY

WHAT CAN YOU DO TO HELP?

- SET FAMILY MEDIA-FREE TIME LIKE MEALS & MEDIA-FREE ZONES LIKE BEDROOMS
- DON'T LET SCREEN TIME TAKE THE PLACE OF READING, PLAYING, OR PROBLEM SOLVING
- DISCOURAGE USE OF SCREENS 30-45 MINUTES BEFORE BEDTIME
- ENSURE THE QUALITY OF SCREEN TIME THROUGH SUPERVISION AND PARENTAL CONTROLS

DON'T FORGET, YOUR KIDS ARE WATCHING AND LEARNING FROM YOUR SCREEN TIME USE!

Screen Time Safety

Above are some general guidelines to follow around screen time to support student mental and physical health. Please monitor and encourage student to report out about any content that makes them uncomfortable. Often times even with parental permissions, student can stumble upon content that is not developmentally appropriate. This can lead to fears and anxiety because in many cases their brains are not yet able to determine between fantasy and reality.

Mental and Physical Wellness

May is Mental Health Awareness Month. Kindergarten through 5th graders have been learning about signs of stress, coping strategies, ways to boost their mood, and how to stay connected with those we care about. As the days get longer and weather gets warmer, we are taking our learning outside as much as possible to encourage kids to connect with the world around them and get their bodies moving. Looking for other ways to support your students health this summer? Check out the Family SEL activities linked below.

[Family SEL](#)

Self-Care & Mental Health for Kids

- Share your own feelings to encourage self-awareness.
- Find social groups that help them feel like they belong.
- Set aside time for low-stress or solo activities.
- Practice self-care for yourself to set the standard.
- Encourage journaling and diaries.
- Encourage your child to focus on the moment.
- Establish a self-care routine.
- Recognize toxic stress events.
- Cultivate interests and hobbies.

BlessingManifesting



SCHOOL COUNSELING NEWSLETTER

10 SAFE SMARTS RULES FOR kids & GROWN UPS

1



I am the boss of my body!

2

I always check first and get permission before I go anywhere, change my plans, or take something, even if it's from someone I know. If I can't check first, the answer is NO!



3

I know my name, address, phone number, and my parents' cell phone number, too.



4

I need help!



Safe grownups don't ask kids for help. They go to other adults for assistance.

5



NO!

I don't have to be polite if someone makes me feel scared or uncomfortable. It's okay to say NO! even to a grownup or bigger kid if I have to.

6



Everyone's "bathing suit areas" are private. No bathing suit area games are allowed.

7

If I ever get lost in a public place, I can freeze and yell or go to a mom with kids and ask for help.



8

I never go anywhere or take anything from someone I don't know, no matter what they say.



9



I always listen to my own inner voice, especially if I get an "uh-oh" feeling.

10



I don't keep secrets from my parents. No one should tell a child to keep a secret from their parents, especially one that involves their bodies.

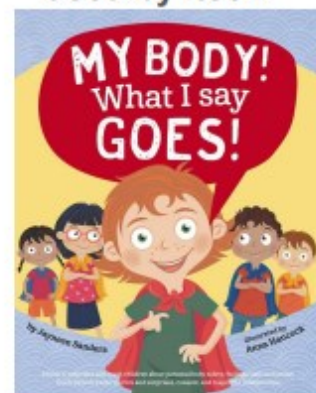
Safe-Smarts work for kids at every age. Review them often; clarify and update as your child grows.

mom.me Safety Ever After, Inc.
www.safelyeverafter.com

Summer Safety Tips

Looking forward to summer, there are many changes occurring for students. Whether they are home for the summer or enrolled in different child care programming, they will engage with many different kids and adults alike. In addition to mixing up who they interact with, summer plans may have them trying new activities and traveling. It is important to prepare students to keep themselves safe in a variety of situations. Talking about body safety, what to do when lost, who is a safe adult, and safe secrets provides students the opportunity to build confidence in recognizing safe/unsafe situations and stand up for themselves when something doesn't feel right.

Looking for a book to help with this conversation, check this out. The safety video goes along with the book or could be used by itself.



[Body Safety Video](#)

VIKING ALL SCHOOL PICNIC MAY 31ST, 2024

**Come join us for lunch!
Parents, grandparents, and
siblings encouraged to join
us to celebrate their
students with a delicious
meal handmade by Holmen
Nutrition Services.**

***Meal choice forms will be emailed, these are
due by May 22nd, and all payments must be
made to the student meal accounts prior to
date of event.**



**Guest Meals- \$4.25 each
Local Grilled Burger Meal
Bakalars Hot Dog Meal
PB & J Meal**

**Meal Includes:
beans, homemade potato salad,
famous fruit & salad bar, cookie
and milk choice (water will also be
available)**

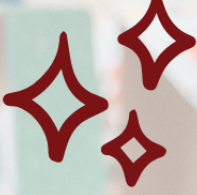
Here is the link to sign up for your meals if you are planning on attending the picnic. Please sign up by May 22nd.

https://docs.google.com/forms/d/e/1FAIpQLSeZ_uWLP1i6tOgEgINh0UR2caJIInIN1sRyO4zJx6Og8-Gn7zw/viewform



2024 ELEMENTARY SUMMER SCHOOL

May/June Update



SUMMER SCHOOL NEWS

You should have received an email prior to April 30th stating whether your child has been enrolled or if they are on their grade level waiting list. If you did not receive this notification, please email Sue Eitland, Summer School Principal, at eitsue@holmen.k12.wi.us


There are still a few spaces available for students who will be entering 4th grade and 5th grade to be placed in summer school. Please reach out to us to get your child in one of these grades registered!

Kindergarten Ready, Set, Let's Learn, Grades 1, 2, and 3 all have waiting lists from the original registration dates. Families may still contact us to have their children in these grades placed on this list. If a space becomes available, we will reach out to families by continuing to use a first-come, first-served basis by grade level.


Enjoy the remainder of the 2023-24 school year! We look forward to having your children join us in July for an exciting summer school session!

CONTACT US

Sue Eitland, Summer School Principal

 **608-526-3316,**

Kristy McKnight, Administrative Assistant

 **608-526-3316**



LEARN MORE >>

WHO, WHAT, WHERE, WHEN?

WHO?

Students who will enter Kindergarten through 5th grade in the Fall of 2024

WHAT?

Kindergarten will be a class called, Ready, Set, Let's Learn or RSL.

Grades 1 - 5 have reading, math, and enrichment

WHERE?

Evergreen
Elementary School

WHEN?

July 8th - July
25th, 2024

From the Nurse— Emily Hanes, RN BSN



Medication Pick-up:

All medications, over-the-counter or prescription, need to be picked up by parents/guardian at the end of the school year. **NO MEDICATION WILL BE SENT HOME WITH STUDENTS PER BOARD POLICY.** Medications that are left in the Health Office after June 27th will be properly disposed of. The office will be open from 8:00 AM until 3:00 PM during June.

Footwear

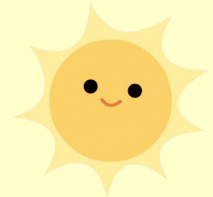
We highly recommend children not wear flip flops or open toe sandals to school. Children run on the playground and have PE class and wearing this footwear may cause an injury to their feet and makes them more likely to roll their ankles.



Fun in the Sun

Remember the sunscreen!

- Apply sunscreen at least 15 minutes before going outside, even on cloudy days.
- The SPF (sun protection factor) should be at least 15 and should be for broad spectrum protection.
- Try to limit exposure between 10 a.m. and 4 p.m. when the sun's rays are most intense.
- Clothing can offer practical protection from the sun's rays. Lightweight, tight weave; cotton clothing is cool and protective. Wet clothing is not an effective optical filter. Hats with bills not only provide shade, but also can be cooler and more comfortable than a bare head.
- Remember to drink lots of water! Drinks containing caffeine, such as soda pop, not only provide empty calories but also can further dehydrate.

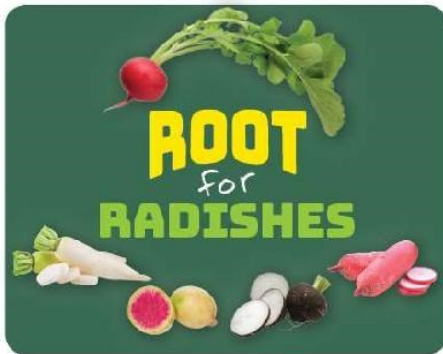


Bike safety

Helmets should be worn at all times when riding a bike, no matter how short or how close to home. Many accidents happen on driveways, sidewalks, and bike paths, not just on streets. A helmet protects your child from serious head injury. Wearing a helmet at all times helps children develop a helmet habit.

- A bicycle helmet is made specifically to protect the head from any fall that may occur while biking. Other helmets or hard hats are made to protect the head from other types of injury. Never allow your child to wear another type of helmet when riding a bike.
- Oversized bikes are dangerous. Your child may lack the skills and coordination needed to handle a bigger bike and lose control. Your child should be able to sit on the seat, with hands on the handlebars, and place the balls of both feet on the ground. Your child's first bike should also be equipped with footbrakes, since they are easier to brake than those with hand brakes.
- Your child should always ride on the right, with traffic. Riding against traffic confuses or surprises drivers. Almost one fourth of bicycle-car collisions result from bicyclists riding against traffic.
- Never allow children to ride after at dusk or dark. They may not be visible to motorists.
- Hand signals are an important part of the rules of the road and should be taught to all children before they begin to ride in the street. They are an important communication tool between cyclists and motorists. Any child who does not have the skills necessary to use hand signals without falling or swerving should ride on the sidewalk. Many accidents involving older children occur when they fail to signal motorists to their intended actions.





Radishes are The Harvest of the Month!

Add radishes to your favorite family meals:

- Add cubed daikon radish to a pot roast or a pan of roasted vegetables.
- Sprinkle sliced fresh radish on soup, stew, or posole.
- Eat raw radishes with plain yogurt or ricotta cheese dip.

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

Select – Choose smooth, brightly colored radishes.

Store – Remove tops before storing. Refrigerate radishes in a plastic bag and use within 1 week.

Prepare – Rinse under cool running water.

Did you know?

Not all radishes are red. Radishes come in different sizes, shapes, colors, and flavors. Next time you are at the grocery store try a new type of radish like Watermelon, Black Spanish, or Daikon.



Nutritious, Delicious, Wisconsin!
#WithHarvesttoFtheMonth

Check out the video



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Recipe of the month

Quick Pickled Daikon Radish and Carrots Serves 6

Ingredients:

- 1 cup daikon radish, scrubbed with clean vegetable brush under running water, peeled and julienned
- 1 cup carrots, scrubbed with clean vegetable brush under running water, peeled and julienned
- ½ cup apple cider vinegar
- ½ cup water
- 2 Tablespoons sugar
- ½ teaspoon salt

Directions:

Wash hands with soap and water. Pack julienned radish and carrots in clean canning jars or a glass container with a tight-fitting lid. In a medium saucepan, combine vinegar, water, sugar, and salt. Bring to a boil. Carefully pour the liquid into the jars, completely covering the vegetables. Close jars tightly and transfer to the refrigerator. Refrigerate overnight before serving. Drain before serving. Serve with sandwiches, rice bowls, wraps, or tacos. Store leftovers in a sealed jar or container in the refrigerator for up to four days.

Source: laxf2s.org

Per serving: 30 calories, 0g fat, 0g protein, 8g carbohydrate, 1g fiber, 220 mg sodium



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



The School District
of Holmen is

CALLING ALL SUPER HERO BUS DRIVERS

- Not all heroes get paid this well, but Holmen's do! Earn \$21/hour as a Substitute Bus Driver or \$16.25/hour as a Sub Extra Trip Driver.
- No CDL? No problem! We'll train you in-house and ensure you're ready for the test and beyond. Now is the perfect time to get the wheels in motion so you're ready for the start of the new school year!
- Sometimes you need to take the cape off and hit the golf course or have appointments just like the rest of us. Enjoy this flexibility and only work when you can.



Learn more today
by visiting the
EMPLOYMENT tab:
www.holmen.k12.wi.us

