



Viking Elementary Newsletter **September 2024**

From the Principal, Mrs. Nina Swanson

Dear Viking Families,

Welcome Back!

We're excited to kick off the new school year and are already settling into the swing of things, even with our ongoing construction! The students are quickly learning their routines and are especially thrilled with the new playground equipment.

Thank you for adhering to our drop-off and pick-up procedures. Just a reminder: if you need to leave your vehicle, please park in the parking lot.

Mark your calendars for our Open House on September 11th, where you'll have the opportunity to visit your child's classroom and meet their teachers. We look forward to seeing you there!

**Warm regards,
Nina Swanson
Principal**



My name is Autumn Rollins, and I am thrilled to be teaching 1st grade here at Viking Elementary! I live in Onalaska with my husband and our two boys Isak and Elijah. We also have a lazy orange cat named Otis, a sassy Golden Retriever named Timber, and a Weimaraner named Zuko. As a family we love hiking, boating, and soccer. I have been teaching for 19 years and this is my first year at Viking. As a teacher, my goal is to create a nurturing environment where your child feels safe, happy, and motivated to learn.



My name is Riley Zielke and I am a 4th grade teacher at Viking Elementary. I graduated from UWL this past December. I spent my summer working for a summer camp and being outside with my friends and family! I have a cat named Olive and I live with my boyfriend Jonas. I am so excited to be working for Holmen and have been loving teaching fourth grade so far!



Important Dates and INFORMATION



PTO Meeting
Tuesday,
September 10th
6:30 pm-7:30 pm
Viking LMC
All are welcome!

viking Elementary
Open House
wednesday,
September 11th
4:00 PM-6:00 PM

Early Release
Wednesday, September
11th
Students will be
dismissed at 1:30.
There is no afternoon
Surround Care.

Homecoming
Friday,
September 20th

Picture Retake Day
Thursday,
October 10th

Parent Teacher Conferences will be
October 22nd and 24th and the option
night will be the 29th. Watch your
email for more info on when to sign up.



There is **NO** supervision on our school grounds
until 8:00 AM. Please do not drop your child
off before 8:00, and if your child walks/bikes to
school, help them to leave home at an
appropriate time. It poses a safety risk if
students are unsupervised on school grounds in
the morning before school. Thank you for your
help with this matter!

From the Health Office

Emily Hanes RN

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 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.



We are excited to announce the adoption of the Amplify CKLA (Core Knowledge Language Arts) program for K-5 English Language Arts instruction in our district. This comprehensive curriculum is designed to build students' reading, writing, listening, and speaking skills through engaging and knowledge-rich content. We are working on providing individual student access at home, which will be available soon, allowing your child to continue learning outside of the classroom. In the meantime, for more information about the CKLA program, please visit the [Amplify CKLA Caregiver Hub](#).

SCHOOL COUNSELING NEWSLETTER

Dear Parents/Guardians,

Welcome to the 24/25 school year. With a little over a week in, things are rolling right along. It has been so wonderful seeing students again and meeting our new students for the first time. The adjustment back to school can be difficult and you may notice an increase in behaviors from your children after school. 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. Here are a few ideas that can help. If your student(s) is having a tough time, please do not hesitate to reach out for support.

Mrs. Dummer



What does your child **need** after school?



@mindlaunchers

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.

https://docs.google.com/presentation/d/1nxS6sXXp-zMw1c5qujTrXvi4xqMSOLaGOpHjRYv-VyDe/edit#slide=id.g8e449540e7_0_0



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



Read a book



Write or Draw



HARVEST OF THE MONTH NEWSLETTER SEPTEMBER 2024



TASTE A TOMATO



Select – Choose tomatoes with bright skin and firm flesh.

Store – Keep at room temperature and away from sunlight for up to one week.

Prepare – Rinse under cool, running water and enjoy!

Tomatoes are the Harvest of the Month!

Add tomatoes to your favorite family meals:

- Add fresh tomato to salads or sandwiches.
- Cook down tomatoes for a fresh pasta sauce.
- Dice tomatoes with garlic, onions, peppers, and cilantro or basil for a fresh salsa.

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

Did you know?

There are many types of tomatoes, including cherry, grape, beefsteak, plum, slicing, and pear. Tomatoes also come in different colors, such as red, orange, yellow, green, pink, and purple!



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth



Extension
UNIVERSITY OF WISCONSIN-MADISON

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

Tomato Bruchetta Salad

Serves 4

Ingredients:

- 2 large tomatoes cut into thick slices (about 1 inch)
- 1/3 cup shredded cheese (try parmesan, Swiss, or cheddar)
- 1 teaspoon oregano
- 1/4 teaspoon each salt and black pepper
- 1/4 teaspoon garlic powder or 1 clove garlic, minced

Directions:

1. Wash hands with soap and water.
2. Rinse fresh vegetables under running water before preparing.
3. Preheat oven to 400 degrees F. Place tomato slices in a single layer in a shallow baking dish.
4. In a small bowl, combine cheese, oregano, salt, pepper and garlic powder. Sprinkle mixture over tomatoes.
5. Bake 5 to 10 minutes, or until cheese turns golden brown and starts to bubble. Serve warm.
6. Refrigerate leftovers within 2 hours.

Per serving: 45 calories, 2 g fat, 3 g protein, 5 g carbohydrate, 1 g fiber, 270 mg sodium

Source: laxf2s.org



LA CROSSE COUNTY
Health Department
Nationally Accredited



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FOOD WISE
University of Wisconsin-Madison Extension

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.

**THE SCHOOL DISTRICT OF HOLMEN
WANTS YOU TO**

**JOIN OUR RANKS
AS A SUPERHERO**

SUB DRIVERS

SUB COOKS

SUB CUSTODIANS

**APPLY VIA THE EMPLOYMENT TAB
ON OUR WEBSITE OR
STOP BY THE DISTRICT OFFICE
TO LEARN MORE TODAY!**

SDH IS AN EOE