

Edgar
Elementary
School

Wildcat News

Volume 22, Issue 3

November 1, 2023

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Edgar Families,

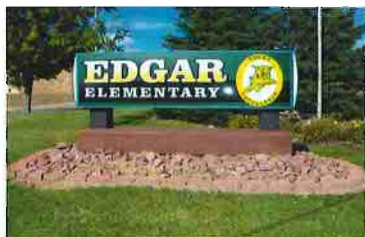
I cannot believe that the end of the first quarter is right around the corner! Quarter 1 ends November 3 and quarter 2 begins on November 6. Report cards will go home with the elementary students on November 14.

The elementary will be celebrating KINDNESS WEEK the week of November 6-10. We will have daily dress up days, daily challenges and a daily activity. Be on the lookout as there will be an at-home CHALLENGE for the week to focus on KINDNESS for both the children and adults. Please check out the attached flyer for the daily dress up days and a special event on Friday to help out a local family.

AMERICAN EDUCATION WEEK is the week of November 13-17. This week spotlights the importance of providing every child with a quality public education from preschool through college. Please help me in recognizing the excellent staff that we have in the Edgar School District...from teachers, support staff, kitchen staff, custodians to office staff. Thank you for making a difference for our students in Edgar!

Please mark your calendars for Thursday, November 16th for our annual Family Fun Night AND Parent Program. We are honored to have Julia Cook, a motivational speaker and children's book author, come to Edgar for a full day and then an evening. She will also be visiting our area schools (Stratford, Marathon and Spencer). She will be sharing her favorite books with our students during the day, AND for our Family Night she will speak to our parents in the cafeteria while students are in the LMC with our staff doing a cool project with one of her books. Julia Cook's focus for parents will be on to effectively address the current needs and worries of today AND balancing the parent act. The program will start at 6:00. The flyer will be coming home later this week to RSVP for your spot. All families will get a free book that we are featuring with our student activity.

I am looking forward to a wonderful month of November...there is so much to be grateful for at Edgar Elementary School! Mrs. Witt



REPORT CARDS

Just a reminder that our report cards are standards based. Instead of letter grades, numbers will be used to reflect your child's progress toward meeting each standard. The numbers are as follows:

- 4—meets the standard consistently;
- 3—progressing toward meeting the standard;
- 2—limited progress toward meeting the standard;
- 1—has not yet made progress in meeting the standard.



Report
Cards

Each subject area will also have an effort grade. Our goal is for parents to have a complete understanding of how their children are performing in each of the subject areas.

WINTER GEAR

All students should dress appropriately for school with the winter weather fast approaching. We ask that students do not wear shorts to school. All students will need to wear a winter coat to school as we go outside for recess unless it is raining or below zero with the windchill. Once the snow falls, students will need to wear a winter coat, snow pants, winter boots, hat, and gloves/mittens outside for recess. During the winter months students do outside for PE classes. All grades have PE classes daily.

If you are in need of any winter gear (winter coat, snow pants/snow bibs, winter boots, hats, mittens or gloves) please contact Mrs. Witt in the elementary office (715-352-2727 ext. 109) or send an email (lwitt@gapps.edgar.k12.wi.us).



The logo features the word "UP" in large, green, block letters, with a green arrow pointing upwards through the letter "U". To the right of "UP" is the word "coming" in a smaller, green, lowercase font. Below "UPcoming" is the word "EVENTS" in large, blue, block letters. The entire logo is framed by a blue outline. There are two small pink stars above the "UP" part of the logo.

UPcoming EVENTS

- NOVEMBER 3.....1ST QUARTER ENDS**
- NOVEMBER 6.....2ND QUARTER BEGINS**
- NOVEMBER 7.....3RD GRADE LITTLE RED
SCHOOLHOUSE**
- NOVEMBER 9.....3RD GRADE LITTLE RED
SCHOOLHOUSE**
- NOVEMBER 10.....VETERAN'S CLASSROOM
VISITS @10:00 A.M.**
- NOVEMBER 15.....SCHOOL BOARD MEETING
@ 6:00 P.M.**
- NOVEMBER 16.....FAMILY FUN – LITERACY
NIGHT @ 6:00 P.M.**
- NOVEMBER 20-21.....NO SCHOOL – TEACHER
INSERVICE**
- NOVEMBER 22-24.....NO SCHOOL – THANKSGIVING**
- NOVEMBER 27.....FUNDRAISER DELIVERY DATE**
- NOVEMBER 30.....VISION & HEARING RESCREEN**
- NOVEMBER 30.....CELEBRATION ASSEMBLY
@ 2:00 P.M.**

**BREAKFAST AND LUNCH PRICES
2023-24**

BREAKFAST (4K-GR. 5) \$1.65, (MS/HS) \$1.70

LUNCH (4K-GR.5) \$2.60, (MS/HS) \$2.95

REDUCED BREAKFAST \$.30

REDUCED LUNCH \$.40

INDIVIDUAL MILK (FOR COLD LUNCH) \$.45

**YOU CAN STOP IN OR CALL THE ELEMENTARY OFFICE 715-352-2727 TO REQUEST
A FREE/REDUCED LUNCH APPLICATION**

NONDISCRIMINATION

It is the policy of the Edgar School District that no person may be denied admission to any public school in this district or be denied participation in, be denied the benefits of, or be discriminated against in any curricular, Career and Technical/Education, extracurricular, pupil service, recreational, or other program or activity because of the person's sex, race, religion, national origin, ancestry, creed, pregnancy, marital or parental status, sexual orientation, or physical, mental, emotional, or learning disability or handicap as required by s. 118.13, Wis. Stats. This policy also prohibits discrimination under related federal statutes, including Title IX of the Educational Amendments of 1972 (sex), Title II, Title VI and Title VII of the Civil Rights Act of 1964 (race and national origin), Section 504 of the Rehabilitation Act of 1973 (handicap), and the Americans with Disabilities Act of 1990. This policy also prohibits harassment.

The district encourages informal resolution of complaints under this policy. A formal complaint resolution procedure is available, however, to address allegations of violations of the policy in the Edgar School District. For complaint procedures see Board Policies 1422, 2260, 2421, 3122, 4122, and 5517.

Any questions concerning s. 118.13, Wis. Stats., of Title IX of the Education Amendments of 1972, which prohibits discrimination on the basis of sex, or inquiries related to Section 504 of the Rehabilitation Act of 1973, which prohibits discrimination on the basis of handicap, should be directed to:

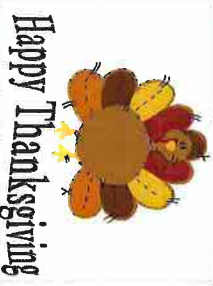
Dr. Cari Guden, District Administrator
Edgar School District
203 E Birch Street
PO Box 196
Edgar, WI 54426
(715) 352-2351

(PI 9.05 Wisconsin Admin Code and Board Policies 1422, 1623, 1662, 2260, 2260.01, 3122, 3123, 3362, 4122, 4123, 4362, and 5517)

Menus for November 2023

Edgar School District

Monday, November 6	Tuesday, November 7	Wednesday, November 8	Thursday, November 9	Friday, November 10
Pancake Wraps	Homemade Muffins	Omelet and Biscuit	Grab and Go	Tum Overs
Cheeseburgers	Orange Chicken	Thanksgiving Meal both lines	Mini Corn Dogs	Rotini with Meat Sauce
Brats	Scalloped Potatoes and Ham	Turkey, mashed potatoes, sweet potatoes, corn, gravy, buns, fresh fruit, cranberry sauce, jello, dessert	Chicken Pizza	Dippers
Monday, November 13	Tuesday, November 14	Wednesday, November 15	Thursday, November 16	Friday, November 17
Waffles and Sausage	Homemade Muffins	Breakfast Sandwich	Grab and Go	Cinnamon Roll
Nuggets and Rice	Taco Salad	Pizza	Sloppy Joe	Dippers
Mini Corn Dogs	Potato Bowl	Hot Dogs	Chicken Sandwich	Chicken Alfredo
Monday, November 20	Tuesday, November 21	Wednesday, November 22	Thursday, November 23	Friday, November 24
NO SCHOOL	NO SCHOOL	NO SCHOOL		NO SCHOOL
Monday, November 27	Tuesday, November 28	Wednesday, November 29	Thursday, November 30	
Pancake Wraps	Homemade Muffins	Omelet and Biscuit	Grab and Go	
Corn Dogs	Rotini	Walking Tacos	Pizza	
Burgers	Chicken Fajitas	Chicken Tenders	Tater Tot Casserole	



November

- Happy Thanksgiving

"This institution is an equal opportunity provider"



STUDENT OF THE MONTH
EDGAR ELEMENTARY SCHOOL
OCTOBER 2023

4K – Mrs. Bornbach.....Butch Liedtke, Emery Patterson

Kindergarten –

**Mrs. Berg, Mrs. Cychosz,
Mrs. Schilling.....Hollis Baeseman, Charlotte Fleming,
Mason Westcott**

**Gr. 1 – Mrs. Eberhardt, Mrs. Thorson,
Miss Neider.....Finley Farber, Fiona Halama,
Carson Horak**

**Gr. 2 – Mr. Gauger, Mrs. Kornack,
Mrs. Ertel.....Raelyn Gajewski, Logan Lepak,
Carter Socha**

**Gr. 3 – Mrs. Ristow, Ms. Morzewski.....Izzabella Hamann, Ava Mroczenski,
Kroy Walters**

Gr. 4 – Mrs. Bemke, Mrs. Hornung,.....Vincent Reif, Adelynn VanOrnum

**Gr. 5 – Mr. Hanson, Mr. Holtz.....Gavin Andraschko, Emma Pospyhalla,
Esther Weisenberger**

November Greetings from our 4 Year-Old Kindergarten Classroom!

By:

Mrs. Kristin Bornbach

We hope this message finds everyone doing well during this new autumn season! The blustery weather and chilly temperatures are certainly a change for all of us! As we prepare for a new season, we also prepare for new things in our classroom!

Most recently we completed our unit study of "making friends." As we head into the month of November, we will begin our study of "families" and the many ways they are similar and different. We will continue our study of academic concepts of alphabet letters and number concepts. Each week we will continue to work on fun learning centers that help us to develop our skills as well as learn new things. Making friends and working together with others is an important concept each and every day in our classroom.

We have many things to be thankful for this month!

- Thank you recently to our 4K parents for allowing us to go on a field trip to Helene's Hilltop Orchard for a fun afternoon! It was also nice for those parents that could meet us there.
- Thank you to all the parents that attended parent-teacher conferences in this first quarter. It is always good for parents to come into our building, see our classrooms and are able to discuss each child's progress! Thank you for taking time out of your busy schedules to attend these conferences.
- Thank you also to our parents for allowing us to attend a play at the Grand Theater most recently. We loved the show, "Giraffes Can't Dance!" Thank you for your permission and submitting fees to allow us this opportunity.
- Thank you to our 4K parents for remembering your child's snack day treats, library books and returning October Reading Sheets. Your effort as a 4K parent does not go unnoticed. Thank you kindly.

Looking ahead to the remainder of the month of November, please remember to dress your child warmly for outdoor recess. We plan to go outside each school day, weather permitting. We hope families will enjoy the take home 4K family packet, a thankfulness activity with candies, a "pie project" and also a new book. We will have a veteran's program in our school on November 10th, and a family literacy night on November 16th at 6pm. We wish our Edgar Wildcat Football team "Good Luck" as they continue in the post season playoffs. Go Wildcats!

School will be dismissed for the Thanksgiving holiday, November 20th through November 24th. Please plan accordingly..

We are looking forward to another great month at Edgar Elementary School. It is always a great day to be a wildcat!

Sincerely,

Mrs. K. Bornbach

November News in Kindergarten

Mrs. Berg, Mrs. Cychosz and Mrs. Schilling

Late fall in kindergarten means it will soon be time to set up a den, and bring in our stuffed animals, so they can hibernate for the winter. The animals will sleep in our classroom caves all winter.



In social studies we will be learning about the symbols of our country, and comparing those symbols to the symbols of Thailand. Mr. Hanson teaches us about Thailand each month.



In reading we are learning how to decode and spell words with short a and short i. We can't wait to read our parents some bedtime stories with our new reading skills.

In math we are practicing number sense. We are learning to show a number with our fingers, on a five frame, by drawing, and with objects. We are comparing numbers and can show our teachers more, fewer and the same number of objects.



1st Grade November News

Mrs. Thorson, Mrs. Eberhardt, Miss Neider

In science this past month we had fun engaging in activities about light, sound, and communication. We also learned about the sun, moon, and shadows throughout our units about day and night patterns.

In math, we have been working on different addition and subtraction strategies through the work of our center activities. We have also been working hard on story problems and data! Please continue to practice math facts and counting with your child. Growth is being seen, let's keep it up!

In reading, we finished unit one which included a rhyme, alliteration, sentence building, sight word practice and so much more!

Thank you for helping your child with their reading logs! Keep Reading!

November News

Mr. Gauger, Mrs. Kornack, and Mrs. Ertel

October was filled with exciting events for second graders. On October 12th, our classroom had a visit from some Edgar volunteer firefighters/EMTs as part of the Fire Safety Week. These volunteers graciously took the time to visit with our class and gave all kids the opportunity to get involved in discussions as well as ask many questions. They were told how the firefighters' gear helps keep them safe, and how to find safety in the event of a fire. Lastly, we were able to see one of the fire trucks.



This year's "Blue Ribbon Reader" program is underway. The students accumulate points for time spent reading and can earn a 4000 minute certificate that will be displayed in our LMC. At the awards ceremony at the end of the year, Mrs. Witt will acknowledge readers with an award. Please encourage your child to turn in their weekly reading log.



In math, we continue to learn strategies for becoming more fluent in simple addition and subtraction. The students are doing a great job solving many different types of word problems using the skills that they have learned. Please continue to practice the basic addition and subtraction facts within 20 with your child as this is a required standard for all 2nd graders to master by the end of the school year.



Third Grade November News

Mrs. Ristow & Ms. Morzewski

In Math we are working on multiplication, and arrays. Students made arrays using themselves. We started learning about areas of shapes. Please continue looking for the 'cool down' sheets that are being sent home daily. Discuss with your child what they are learning in math using this sheet as your guide. Please have them explain to you what their cool down is about. Have your student practice their multiplication facts for 5 minutes each night. Keep an eye out for the fact fluency pages that are specific to the facts your student is working on.

We are working hard finding text evidence to support ideas when writing. Our new ELA curriculum is amazing at helping us find evidence from the text! This class is improving in this skill every week! Keep up the effort and great work!

In social studies, students are learning about different types of communities and what it means to be a part of a community and immigration in the context of the United States is a 'melting pot.'

Please remember to read 20 minutes per night. We will not be factoring A.R. quizzes into a report card grade, but they contribute to the personal goal of 4 points per month we have set for your child.



HAVE A GREAT MONTH OF NOVEMBER!! 😊

Please don't hesitate to reach out to us with any questions or concerns you may have. We can be reached via email at grade3@gapps.edgar.k12.wi.us, in Seesaw, or by phone at 715-352-2727.

November News

by Mrs. Bemke and Mrs. Hornung

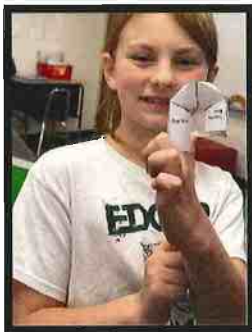
Fourth grade learners did a fantastic job in presenting to their parents this past month during parent teacher conferences. Each learner used formal language to share their academic strengths, as well as their challenges in their core subject areas.

In Math we are learning about fractions. We are learning to compare fractions, as well as to add, subtract and multiply unit fractions. Math talks and group discussions are helping learners to develop a greater understanding of numbers. Many of our learners have set their math goal to practice and learn the basic multiplication facts. Continuing to develop the ability to memorize the basic math multiplication and division facts will help the students be successful in our daily math lessons.

In our English and Language Arts block we are beginning a new unit, with the theme being focused on expository text and how authors use text to help build knowledge about animals. We will be taking a closer look at what helps an animal survive. As we read our weekly stories, learners will discover how animals use different adaptations to survive. In writing learners will focus on writing expository text. Students will read different sources to build their knowledge and use this information to write an informational essay. Learners are developing the ability to go through the writing process, learning strategies to meet their writing goals and grow as a writer.

In Social Studies learners will be taking a look at Wisconsin's geography. The students will discover the different characteristics of the regions in Wisconsin.

In Science learners are discovering how the human body works. Students have explored how joints provide movement and discovered how bones, tendons, and muscles all work together to help our bodies move. Students also discovered how their eyes work by making a model of the eye to learn how the images appear on the retina part of the eye and discovered how the brain helps make sense of the images.



Fifth Grade News

Mr. Hanson & Mr. Holtz

It has been a GREAT first quarter and month in 5th grade!!! We cannot believe we are coming to the end of the first quarter of the year! Time flies when everything is awesome!

Math: We have been working with volume and fractions. Everyone should be proud of the work they have done and how much they are learning! Everyone has worked hard and has been making great gains from the start of the unit to now! We incorporate technology (Freckle and Edpuzzles) and math centers into our daily lessons each day. We are very pleased with how math is going!

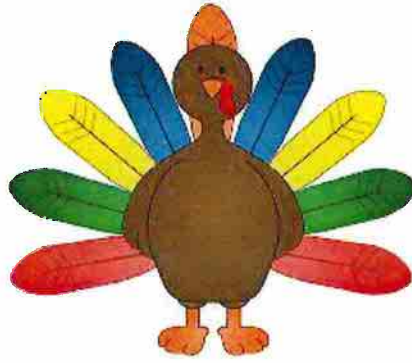
ELA: We finished Wonder, celebrated Auggie's birthday (10/10), watched the movie, and have continued to use the lessons we learned in our classroom! We have been into our Reading series (Wonders) for the past 4 weeks and have seen great gains in the students' work already! We focus a lot on vocabulary, reading skills, and comprehension. With our stories, we are able to spend 2 weeks for every lesson of the unit. We are able to read, reread, and even read other texts that are paired and connected with the anchor text. The students are working hard with a different format for spelling (Morphographs) and showing great attention, participation, and focus. They are doing well! Please continue to push the reading at home (20 minutes each night)! Thanks for your efforts and support!!!

Science: We went out to the school forest several times so far and we finished our first round of Plant Lab! We also were able to complete lessons and prep other labs focusing on animal ecosystems! Our new science curriculum, Mystery Science has been a hit thus far! The students are doing a great job of participating in classroom lessons, writing test questions, their own hypothesis, and recording all their data! Keep up the great work!

Social Studies: We have completed our research of the 50 States and we even learned more about other countries around the world through the Yum Yum Box. We gained a better understanding of researching information and using primary/secondary sources. Our next unit will be covering the 13 colonies and how our nation was formed! We are excited to continue to learn more about our great country!

We are very proud of the kids and love how the first quarter has been going!! Your efforts and support are a HUGE reason for the success we are having in the classroom!!! Thanks!

Take care! Be safe and healthy! Smile! Mr. Holtz, and Mr. Hanson



READING AND WRITING WITH YOUR TURKEY

By: Mrs. Smith-Title One Reading

Here are some fun ways to enjoy reading and writing with your favorite turkey/turkeys in November:

1. Have your child help to make a Thanksgiving dinner or treat with you. Ask your child to help you read the recipe and measure and mix the ingredients together. Or your child could even create and write their own Thanksgiving menu on paper.
2. Make up silly rhyming names for two turkeys Example: My turkey is named "Bobble". Your turkey's name is "...Squabble".
3. Ask your child to build new words by rearranging the letters in a Thanksgiving themed word such as "thankful", "turkey", or "Thanksgiving".
4. Read or listen to the story How to Catch a Turkey by Adam Wallace and Andy Elkerton (also found on YouTube). Have your child write a story about how they will catch a turkey.
5. Make a paper turkey and feathers. On each feather, have a family member write about what you and your family are thankful for. Or write spell out decodable words or spelling words on the feathers.
6. Make your own book about your family's Thanksgiving traditions.



Hello everyone!

This month's activity we are going to focus on the RED ZONE (anger). Students who are in the RED ZONE can use these helpful tools to get back to the GREEN ZONE (calm/happy). This can be an activity the whole family can work on together and discuss. Even parents can model using the controller and some of the tools as well. Enjoy! :)

LEVEL UP YOUR CALM

A Game Control for Anger


How to Use:

Welcome to 'Level Up Your Calm' — a super cool game control craft that helps you become a master of your emotions, especially when you feel anger sneaking in.

As you create this fun game control, let's explore how each level of anger feels inside your body. Use the secret manual to brainstorm and discover which super tools work best to help you stay in control whenever you feel anger trying to sneak in.

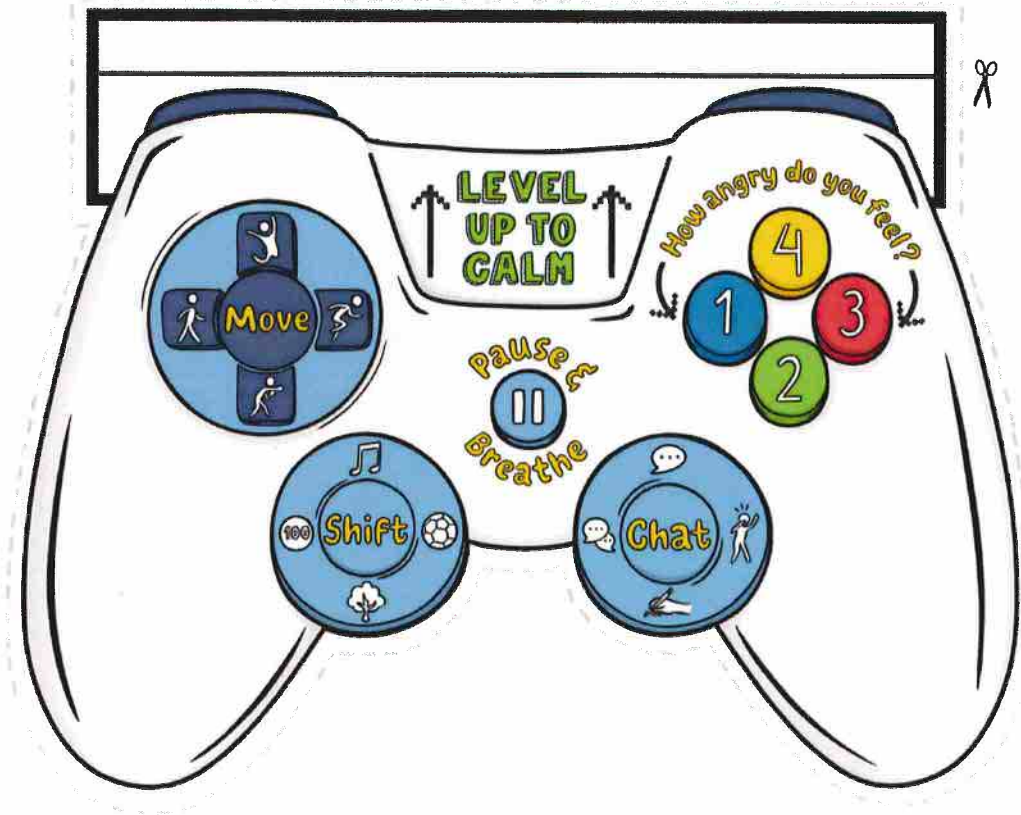
Here's the fun part: Keep your game control close at hand for any adventure where anger might try to show up! You can tape it to your desk, slap it on your notebook, or even stick it in your journal. When you sense your anger level starting to rise, grab your game control and choose an epic option that will save the day and help you feel awesome before things get out of control!

How to Make:

- Print page 2 on cardstock, if possible.
- 1 **Cut** along the dashed lines on both pages.

 - 2 **Tape or glue** the game manual to the front of a notebook, binder, desk, or clipboard.
 - 3 **Tape or glue** the top rectangle of the game control over the manual, so that the craft flips open. ● ● ●



As always, please contact me with any questions, concerns, or if you are looking for additional resources at ipritzl@aapps.edgar.k12.wi.us or (715) 352-2727 ext. 125.



GAME MANUAL

How angry do you feel?

- 4 **Out of control** →
- 3 **Angry** →
- 2 **Frustrated** →
- 1 **Annoyed** →

Move Options

- 🚶 Walk away
- 🏃 Run it out
- 🦘 Jump it out
- 👊 Punch a pillow

Chat Options

- 💬 Talk about it
- ✍️ Write about it
- 🗣️ Text a friend
- 🗣️ Yell (if appropriate)

Shift Options

- 🕒 Count to 100
- 🎵 Listen to music
- 🌳 Go outside
- ⚽ Kick a ball

Pause & Breathe ⏸️

Count down from 10

Elementary Art Newsletter

November 2023

Getting Started to a Great Year

Students are working weekly creating works of art, using the elements of design, to strengthen their art knowledge. Encourage your children to remember that art takes practice and using time at home is always helpful to continue growth out of the classroom.

Art to Remember

Order forms for our Art To Remember fundraiser will be found in your child's backpacks November 10th. Our students learned about Color Theory and did a wonderful job creating their interactive art keepsake. Order forms and online orders are due by the end of November. Items will be arriving in time for the holidays once again this year. My deepest thank you to everyone for supporting the Elementary Art Department! This annual fundraising program will to continue to benefit our arts program and community events here in Edgar. Please feel free to contact me at anytime with exciting events or ideas to share!

[Amanda Albrecht Elementary Visual Art- 715.352.2727 ext 159- aalbrecht@gapps.edgar.k12.wi.us](mailto:aalbrecht@gapps.edgar.k12.wi.us)

MUSIC NOTES & NEWS
NOVEMBER 2023
Mrs. Kristine Hafferman



All of the students at Edgar Elementary School have been working hard in the music room. The students know that in order to have a great musical experience in music each week, we all need everyone to think of themselves as part of a team. We can make great music if everyone is focused on the task at hand and trying their very best. We have music once a week for 60 minutes. During those 60 minutes, we focus on rhythm activities, melody identification, listening to music, composition, movement, and singing songs. We make connections as we look at historical and cultural aspects of music. These are just some of the learning standards that we have focused on:



- I can discover and identify musical ideas through simple rhythm and melodic patterns (Create/Respond)
- I can explore the creation of short pieces using standard notation (Create)
- I can compose short pieces using standard notation (Create)
- I can demonstrate expressive qualities in performance (Perform)
- I can explore the meaning of a song (Perform)
- I can express musical ideas (Respond)
- I can explore musical connections, similarities, and differences (Connect)

The students have been focusing on the musical concepts of melody (notes going up, down & repeat, and line and space notes), rhythms, dynamics & voice choice. We will begin working on music for the Holiday Concert next week! Please mark your calendars to join us for the Concert. I look forward to seeing you there!

HOLIDAY CONCERTS
THURSDAY, DECEMBER 7, 2023



9:00am MIDDLE SCHOOL CONCERT
12:45pm K-2 CONCERT
1:45pm 3-5 CONCERT
7:00pm HIGH SCHOOL CONCERT

Physical Education

Throughout the month of October, K-2 PE students became familiar with, and have mastered their indoor daily routines and procedures in PE! To begin the month we worked on establishing a strong concept of body control in open space that looks like staying on our feet and moving at appropriate speeds. We also practiced what it looks and feels like to move using different locomotor patterns like running, skipping, galloping, hopping and sliding (side shuffle). A big part of moving safely in our indoor spaces involves having great space awareness, so we work every day on developing strategies to be aware of our space and then practice those strategies through various open space games. In addition to our body control and space awareness activities, this month had a major focus on basic overhand throwing and catching skills. We work on throwing with proper form which looks and sounds like "side to the target" "point to the target" "ball back" "step and throw"! Using a variety of manipulatives and through many different PE games, we practiced this overhand throwing concept a lot! Students also enjoyed a station week where we got a quick introduction to many of the upcoming skills units that we will be working through during the indoor winter months.

Students in grade 3-5 also participated in many of the same units that K-2 worked on; however, we continue to extend the tasks and refine the skills associated with those concepts. Fine tuning our basic skills and putting them into modified game situations can sometimes prove challenging for some, but we all know that focused practice can improve our craft!

To finish off the month, K-5 students have enjoyed playing halloween themed games including ghostbuster tag, haunted mansion, and ghost in the graveyard! All games encouraged students to work as a good teammate, practice safe body control and space awareness as well as good sportsmanship! Happy Halloween everyone!!!

As always, please remember your PE shoes as we have physical education EVERY DAY!

Mr. Lukasko, Mr. Handrick, & Mr. Decker

EDGAR WILDCATS SPIRITWEAR ORDER FORM



Design printed with Black Green, & White Inks

Name: _____ Phone: _____
 Room/Teacher: _____

2XL TEE ADD \$3
 3XL TEE ADD \$5
 2XL SWEAT ADD \$4
 3XL SWEAT ADD \$6

ITEM/STYLE	YOUTH XSM	YOUTH SM	YOUTH MED	YOUTH LRG	ADULT SM	ADULT MED	ADULT LRG	ADULT XL	ADULT 2XL	ADULT 3XL	TOTAL QTY	PRICE	TOTAL
BLACK T-SHIRT												\$13	
BLACK SOFTSTYLE T-SHIRT												\$16	
BLACK LADIES CUT T-SHIRT												\$17	
BLACK LONG SLEEVE T-SHIRT												\$20	
BLACK CREW SWEATSHIRT												\$25	
BLACK HOODED SWEATSHIRT*												\$30	
DESIGN ON BACK BLACK HOODED SWEATSHIRT												\$38	
2 ITEM SPECIAL - T-SHIRT & HOODED SWEATSHIRT - Best Value!!!													
BLACK T-SHIRT												\$40	
BLACK HOODED SWEATSHIRT*													
BLACK SOFTSTYLE T-SHIRT												Upgrade \$3	
BLACK LADIES CUT T-SHIRT												Upgrade \$4	

MAKE CHECKS PAYABLE TO: **EDGAR SCHOOL DISTRICT** ORDER DEADLINE: **NOV 13th** **TOTAL** _____

Questions? Contact the office 715-352-2727

Size Details Chest Size Y Xsm (30-32), Y Sm (32-34), Y Med (34-36), Y Lg (36-38)
 A Sm (34-36), A Md (38-40), A Lg (42-44), A XLg (46-48), A XXLg (50-52), A 3XLg (54-56)
 LADIES Chest Size - A Sm (32-34), A Md (36-38), A Lg (40-42), A XLg (44-46), A XXLg (48-50), A 3XLg (52-54)

When in doubt, order the larger size!

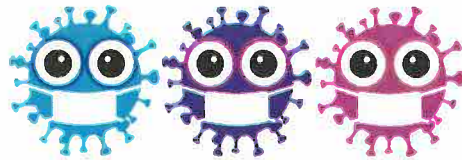
To see your design in full color email lance@cdiapparel.com
 Please include school name, zip code and program.



Notes from the Nurse

By Lara Beranek, RN

Viruses Everywhere!



It is that time of year that we are seeing increasing amounts of illness in school and the community. Please read through this so you know what to watch for in your family members. We have not had any confirmed influenza or RSV cases in the district yet, but have seen hand, foot, and mouth disease, COVID, mono, and Strep throat.

Below is some basic information taken directly from the *Mayo Clinic Patient Care and Health Information* website on illnesses we are seeing in our schools. Guidance on returning to school after diagnosis is from the *Wisconsin Department of Health Services and the CDC*.

Respiratory Syncytial Virus:

Respiratory syncytial virus (RSV) causes infections of the lungs and respiratory tract. It's so common that most children have been infected with the virus by age 2. Respiratory syncytial (sin-SISH-ul) virus can also infect adults.

In adults and older, healthy children, RSV symptoms are mild and typically mimic the common cold. Self-care measures are usually all that's needed to relieve any discomfort.

RSV can cause severe infection in some people, including babies 12 months and younger (infants), especially premature infants, older adults, people with heart and lung disease, or anyone with a weak immune system (immunocompromised).

Symptoms in adults and older children include:

- Congested or runny nose

- Dry cough
- Low-grade fever
- Sore throat
- Sneezing
- Headache

In severe cases, especially in infants and young children:

- Fever
- Severe cough
- Wheezing — a high-pitched noise that's usually heard on breathing out (exhaling)
- Rapid breathing or difficulty breathing — the person may prefer to sit up rather than lie down

Infants are most severely affected by RSV. Signs and symptoms of severe RSV infection in infants include:

- Short, shallow and rapid breathing
- Struggling to breathe — chest muscles and skin pull inward with each breath
- Cough
- Poor feeding
- Unusual tiredness (lethargy)
- Irritability
- Bluish color of the skin due to lack of oxygen (cyanosis)

School rule: Students should stay home until they have been fever-free for 24 hrs without the use of fever-reducing medicine or they have a doctor's note clearing them to attend school.. The lingering cough can be quite intense. If a student has a very bad cough, they may need to stay home until the cough improves. A bad cough makes it difficult to come to school well-rested and attend to school work.

Hand-Foot-and-Mouth Disease:

Hand-foot-and-mouth disease — a mild, contagious viral infection common in young children — is characterized by sores in the mouth and a rash on the hands and feet. Hand-foot-and-mouth disease is most commonly caused by coxsackievirus.

There's no specific treatment for hand-foot-and-mouth disease. Frequent hand-washing and avoiding close contact with people who are infected with hand-foot-and-mouth disease may help reduce your child's risk of infection.

Symptoms include:

- Sore throat
- Feeling unwell
- Painful, red, blister-like lesions on the tongue, gums and inside of the cheeks
- A red rash, without itching but sometimes with blistering, on the palms, soles and sometimes the buttocks
- Irritability in infants and toddlers
- Loss of appetite
- Fever

The usual period from initial infection to the onset of signs and symptoms (incubation period) is three to six days. A fever is often the first sign of hand-foot-and-mouth disease, followed by a sore throat and sometimes a poor appetite and feeling unwell.

One or two days after the fever begins, painful sores may develop in the front of the mouth or throat. A rash on the hands and feet and possibly on the buttocks can follow within one or two days.

School rule: Students need to be fever-free for 24 hours without the use of medications before returning to school. If there are draining blisters, they need to stay home until the blisters dry up. Young children who are not efficient hand-washers should remain home until they are considerably better. Young children who drool or put their hands in their mouths should also be kept home until significantly improved.

Influenza:

Influenza is a viral infection that attacks your respiratory system — your nose, throat and lungs. Influenza is commonly called the flu, but it's not the same as stomach "flu" viruses that cause diarrhea and vomiting.

At first, the flu may seem like a common cold with a runny nose, sneezing and sore throat. But colds usually develop slowly, whereas the flu tends to come on suddenly. And although a cold can be a bother, you usually feel much worse with the flu. Though

the annual influenza vaccine isn't 100% effective, it's still your best defense against the flu.

Common signs and symptoms include:

- Fever
- Aching muscles
- Chills and sweats
- Headache
- Dry, persistent cough
- Shortness of breath
- Tiredness and weakness
- Runny or stuffy nose
- Sore throat
- Eye pain
- Vomiting and diarrhea, but this is more common in children than adults

School rule: Students should stay home from school until fever-free for 24 hrs without the use of fever-reducing medicine, no diarrhea or vomiting for 24 hours without the use of medications, and all other symptoms (like a cough) are improving significantly.

COVID-19:

Coronaviruses are a family of viruses that can cause illnesses such as the common cold, severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS). In 2019, a new coronavirus was identified as the cause of a disease outbreak that originated in China.

The virus is known as severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). The disease it causes is called coronavirus disease 2019 (COVID-19).

Symptoms of coronavirus disease 2019 (COVID-19) may appear 2 to 14 days after exposure. This time after exposure and before having symptoms is called the incubation

period. You can still spread COVID-19 before you have symptoms. This is called presymptomatic transmission. Common symptoms can include:

- Fever.
- Cough.
- Tiredness.

Early symptoms of COVID-19 may include a loss of taste or smell.

Other symptoms may include:

- Shortness of breath or difficulty breathing.
- Muscle aches.
- Chills.
- Sore throat.
- Runny nose.
- Headache.
- Chest pain.
- Pink eye (conjunctivitis).
- Nausea.
- Vomiting.
- Diarrhea.
- Rash.

This list isn't complete. Children have similar symptoms to adults and generally have mild illness.

The severity of COVID-19 symptoms can range from very mild to severe. Some people may have only a few symptoms. Some people may have no symptoms at all, but can still spread it. This is called asymptomatic transmission.

Some people may experience worsened symptoms, such as worsened shortness of breath and pneumonia, about a week after symptoms start. Some people experience COVID-19 symptoms for more than four weeks after they're diagnosed. These health issues are sometimes called post-COVID-19 conditions.

Some children experience multisystem inflammatory syndrome, a syndrome that can affect some organs and tissues, several weeks after having COVID-19.

School rule: Current school guidance on returning after a positive COVID test is to follow CDC guidelines. The Wisconsin DHS also uses CDC guidelines. Current guidelines are to isolate at home for at least 5 days followed by 5 days of wearing a mask when around others.

Mononucleosis:

Infectious mononucleosis (mono) is often called the kissing disease. The virus that causes mono (Epstein-Barr virus) is spread through saliva. You can get it through kissing, but you can also be exposed by sharing a glass or food utensils with someone who has mono. However, mononucleosis isn't as contagious as some infections, such as the common cold.

You're most likely to get mononucleosis with all the signs and symptoms if you're a teen or young adult. Young children usually have few symptoms, and the infection often goes undiagnosed.

If you have mononucleosis, it's important to be careful of certain complications such as an enlarged spleen. Rest and enough fluids are keys to recovery.

Signs and symptoms of mononucleosis may include:

- Fatigue
- Sore throat, perhaps misdiagnosed as strep throat, that doesn't get better after treatment with antibiotics
- Fever
- Swollen lymph nodes in your neck and armpits
- Swollen tonsils
- Headache
- Skin rash
- Soft, swollen spleen

The virus has an incubation period of about four to six weeks, although in young children this period may be shorter. The incubation period refers to how long before

your symptoms appear after being exposed to the virus. Signs and symptoms such as a fever and sore throat usually lessen within a couple of weeks. But fatigue, enlarged lymph nodes and a swollen spleen may last for a few weeks longer.

School rule: Remain out of school until fever-free for 24 hours. Feeling ill may keep a student out longer, however.

Strep throat:

Strep throat is a **bacterial** infection that can make your throat feel sore and scratchy. Strep throat accounts for only a small portion of sore throats.

If untreated, strep throat can cause complications, such as kidney inflammation or rheumatic fever. Rheumatic fever can lead to painful and inflamed joints, a specific type of rash, or heart valve damage.

Strep throat is most common in children, but it affects people of all ages. If you or your child has signs or symptoms of strep throat, see your doctor for prompt testing and treatment.

Signs and symptoms of strep throat can include:

- Throat pain that usually comes on quickly
- Painful swallowing
- Red and swollen tonsils, sometimes with white patches or streaks of pus
- Tiny red spots on the area at the back of the roof of the mouth (soft or hard palate)
- Swollen, tender lymph nodes in your neck
- Fever
- Headache
- Rash
- Nausea or vomiting, especially in younger children
- Body aches






School rule: May return to school 24 hours after initiation of appropriate antibiotics and feeling much better.

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Information copied from <https://www.mayoclinic.org/patient-care-and-health-information>

Disease exclusion from <https://www.dhs.wisconsin.gov/publications/p4/p44397.pdf> and
<https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>

KINDNESS WEEK: NOVEMBER 6-10

<h2>Monday</h2>	<ul style="list-style-type: none">• <u>DRESS UP DAYS:</u> SHARE THE SPIRIT OF KINDNESS BECAUSE WILDCATS ARE KIND! WEAR A WILDCAT SHIRT OR GREEN/YELLOW!	
<h2>Tuesday</h2>	<ul style="list-style-type: none">• <u>DRESS UP DAYS:</u> PEACE, LOVE, and KINDNESS! WEAR TIE DYE CLOTHING!	
<h2>Wednesday</h2>	<ul style="list-style-type: none">• <u>DRESS UP DAYS:</u> WORKOUT PROBLEMS WITH KINDNESS! WEAR YOUR WORKOUT CLOTHES (sweatpants, sweatshirts, etc.)	
<h2>Thursday</h2>	<ul style="list-style-type: none">• <u>DRESS UP DAYS:</u> DON'T KEEP KINDNESS HIDDEN! WEAR CAMOFLAGE OR BRIGHT ORANGE!	
<h2>Friday</h2>	<ul style="list-style-type: none">• <u>DRESS UP DAYS:</u> IT IS KIND TO HONOR OUR VETERANS! WEAR RED, WHITE & BLUE TO HONOR OUR LOCAL VETERANS!	

Kindness Checklist



Your name → _____

is a Bucket Filler!

When you show kindness you fill buckets. Your challenge is to complete 3 or more acts of kindness from each list below. Color a heart each time you fill a bucket so you can keep track of what you've done.

Color this sheet and email a photo to lisa@ripplekindness.org so we can see how kind you are.



Kindness at School

- ♡ Give someone a compliment
- ♡ Give a friend a hug
- ♡ Include people when you play
- ♡ Put a nice note on someone's desk
- ♡ Help an adult with something
- ♡ Give someone a turn
- ♡ Use your manners
- ♡ Help tidy your classroom
- ♡ Make someone a thank you card
- ♡ Talk to someone who looks lonely
- ♡ Listen to someone and really pay attention
- ♡ Tell someone about another person's kindness
- ♡ Put flowers or kind notes on cars in the carpark

Kindness at Home

- ♡ Do a job without being asked
- ♡ Put your stuff away
- ♡ Help a neighbour or friend with something
- ♡ Clean your parent's car
- ♡ Share your stuff or a treat with someone
- ♡ Make your parents breakfast or lunch
- ♡ Take out the rubbish/trash
- ♡ Make your bed and tidy your room
- ♡ Help your parents cook dinner
- ♡ Hang the laundry or take it in and fold it
- ♡ Ask before you use someone's stuff
- ♡ Run a bath for your mum/mom or dad
- ♡ Play with your brother, sister or pet

Kindness in the Community

- ♡ Pick up rubbish/litter when you see it
- ♡ Compliment three people
- ♡ Smile at three people
- ♡ Hold a door open for someone
- ♡ Say hello to your neighbours
- ♡ Leave positive messages in public places
- ♡ Write letters to people in nursing homes
- ♡ Donate your old books to a hospital or doctor
- ♡ Take cookies to a police or fire station
- ♡ Set up a free car wash
- ♡ Say hello to an elderly person at the shops
- ♡ Leave bubbles in a park for kids to find
- ♡ Take in a neighbour's rubbish/garbage bin

Kindness with Adults

- ♡ Donate stuff you no longer want or need
- ♡ Bake a cake for someone and take it over
- ♡ Hand out flowers or leave on windscreens
- ♡ Walk the dog with or for your parents
- ♡ Pick up rubbish/litter in a park
- ♡ Help at a community event
- ♡ Do things to help without complaining
- ♡ Write positive chalk messages in public places
- ♡ Take a meal to a homeless person
- ♡ Buy an extra ice-cream for a stranger
- ♡ Paint stones with positive messages to give away
- ♡ Take blankets or toys to an animal refuge
- ♡ Wash someone's car together



Kindness CHECKLIST



for adults

We challenge you to use this checklist for a week to cultivate kindness in your home, at work and in your community. Choose at least 3 items from each list and **have fun!**

Please help inspire others to do something nice by sending us photos of what you did or emailing a note to lisa@ripplekindness.org.

Kindness to others

- ♡ Compliment someone
- ♡ Hug someone
- ♡ Give blood or become an organ donor
- ♡ Donate unwanted goods to charity
- ♡ Put a nice note in someone's lunch box
- ♡ Help an elderly neighbour with their chores
- ♡ Babysit for someone or give a carer a break
- ♡ Return someone's shopping trolley/cart
- ♡ Thank someone for their service
- ♡ Surprise someone by mowing their lawn
- ♡ Call someone you haven't spoken to in a while
- ♡ Clean your partner or parent's car
- ♡ Wave a car into the traffic

Low cost Kindness

- ♡ Give a treat to the cashier
- ♡ Buy coffee for the next person in line
- ♡ Make a care pack for a homeless person
- ♡ Pay for someone's bus or train ticket
- ♡ Put money on a school or work lunch account
- ♡ Leave a coin in a lolly/candy machine
- ♡ Sneak a lotto ticket in someone's bag
- ♡ Drop some coins in the park for kids to find
- ♡ Feed an expired parking meter
- ♡ Leave a treat on a colleague's desk
- ♡ Buy a homeless person a meal
- ♡ Leave money and popcorn on a movie machine
- ♡ Pay for someone who's short at the checkout

Kindness to yourself

- ♡ Take a yoga class
- ♡ Go for a walk
- ♡ Get out in the garden
- ♡ Do something you've been putting off
- ♡ Have a soak in the tub
- ♡ Make a list of all your positive attributes
- ♡ Drink extra water
- ♡ Catch up with a friend for a chat
- ♡ Forgive someone who's hurt you
- ♡ Go to bed early with a good book
- ♡ Start a gratitude journal
- ♡ Get a massage, manicure or pedicure
- ♡ Take up meditation or mindfulness

Kindness with Kids

- ♡ Read a book together
- ♡ Bake a cake for someone and take it over
- ♡ Hand out flowers or leave on windscreens
- ♡ Walk the dog together
- ♡ Pick up rubbish/litter in a park
- ♡ Skype someone you miss who's far away
- ♡ Visit someone in a nursing home
- ♡ Make a thank you card for your teacher
- ♡ Feed an expired parking meter
- ♡ Invite friends for dinner and make it together
- ♡ Decorate stones with positive messages
- ♡ Try a mindfulness activity
- ♡ Wash someone's car together

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