

Edgar
Elementary
School

Wildcat News

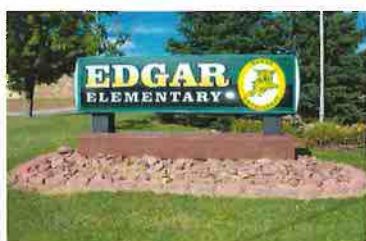
Volume 23-Issue 7

March 3, 2025

MARCH NEWS FROM MRS. WITT!

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Edgar Families,

We are celebrating READ ACROSS AMERICA this week, March 3-7, with a variety of daily dress up days and special activities. We will have special guest readers on Monday, GLOW ROOM on Wednesday, pick a free book from the LMC on Thursday and then we'll end the week with the annual cake raffle. Please check out the attached flyers for the daily dress up days and the cake raffle!

It is so important to celebrate reading as we want to encourage our students to reach each and every night, to instill in them the enjoyment of reading, whether it is fiction or nonfiction. We ask all of our families to make it a priority to set aside 10 minutes every night for you to sit with your child and listen to them read. Check out the attached page with a variety of ways to read with your child! The more students practice (READ) the better they get!

Starting in March we will be launching a READING INCENTIVE program with KWIK TRIP called KWIK BOOKS. Each classroom will set a reading goal and if the child accomplishes the goal they will get a coupon for a free slice of pizza or salad. We hope this motivates our students to continue to READ every day.

We are excited for our annual preschool screening that is set for Friday, March 14 from 7:15-3:30. There is NO SCHOOL for students in 4K (Mrs. Bornbach's class) on this day. We look forward to meeting all of our new four-year-old kindergarten students and enrolling them in school for the 2025-2026 school year. We will be offering a 5 day a week program AND a 3 day a week program option for all 4K students entering 4K for the 2025-2026 school year.

Flyers will be coming out soon for our MARCH FAMILY FUN NIGHT—March MATHNESS. A night of some math game fun! You won't want to miss out on the math fun!

I am looking forward to a marvelous month of March!

Mrs. Witt : -)

READING WITH YOUR CHILD SUGGESTIONS:

DAILY READING PRACTICE

Set aside 10-15 minutes daily for reading aloud, choosing both familiar books and new ones to build fluency with both easy and challenging texts.

ECHO READING

Read a short passage first and then have your child repeat after you, mimicking your expression and pacing.

CHORAL READING

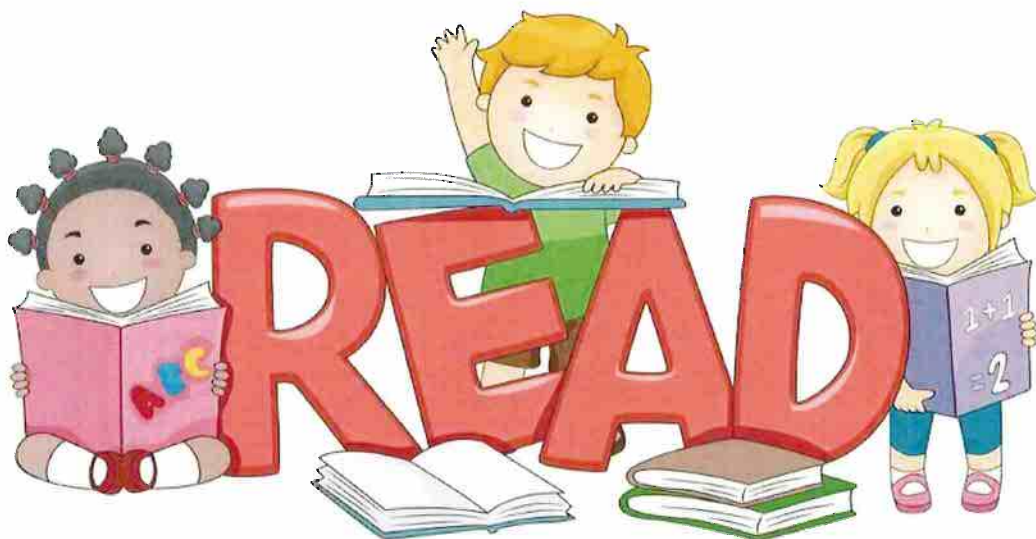
Read aloud together. This helps your child hear the correct pacing, expression, and fluency as you both read in unison.

REPEATED READING

Have your child read the same passage several times to build confidence, speed, and accuracy. This can help them internalize the structure and rhythm of the language.

PROVIDE FEEDBACK

Give gentle corrections and praise when your child reads with accuracy or expression. Focus on areas for improvement, such as smoothness or punctuation, while reinforcing their strengths.





UPcoming EVENTS

**MARCH 7.....4TH & 5TH GRADE TO GRAND
THEATER @ 10:00 A.M.**

MARCH 7.....CAKE RAFFLE @ 2:00 P.M.

**MARCH 14.....PRESCHOOL SCREENING
4K CLASS CANCELED**

**MARCH 19.....STEM SPACE SHUTTLE GR. 3-5
4K, 5K, 1ST GRADE TO GRAND
THEATER 1:00 P.M.**

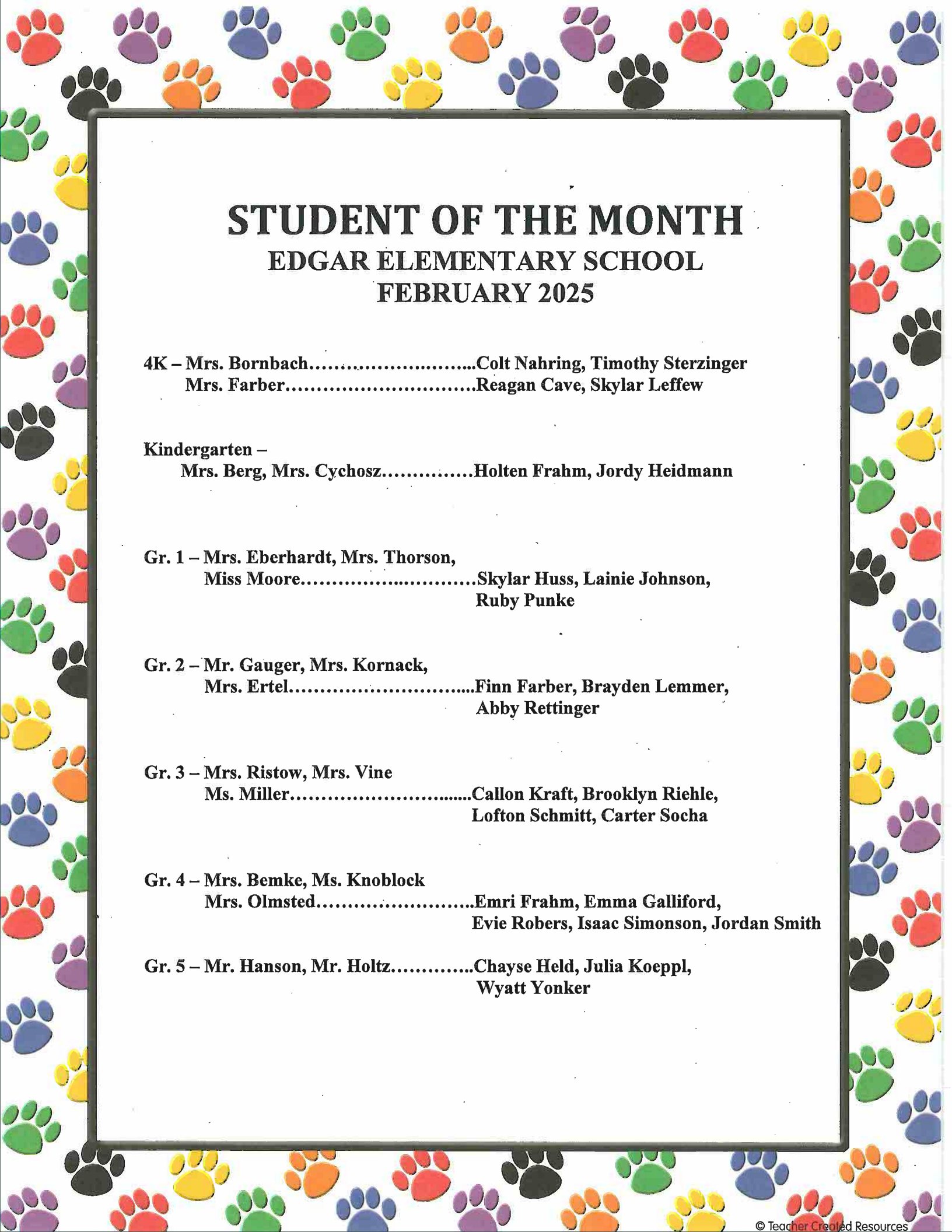
**MARCH 19.....SCHOOL BOARD MEETING
@ 6:00 P.M.**

**MARCH 20.....FAMILY FUN NIGHT
MARCH MATHNESS @ 6:00 P.M.**

MARCH 28.....QUARTER ENDS

MARCH 31.....QUARTER BEGINS

**MARCH 31.....CELEBRATION ASSEMBLY
@ 2:00 P.M.**



STUDENT OF THE MONTH

EDGAR ELEMENTARY SCHOOL

FEBRUARY 2025

**4K – Mrs. Bornbach.....Colt Nahrng, Timothy Sterzinger
Mrs. Farber.....Reagan Cave, Skylar Leffew**

**Kindergarten –
Mrs. Berg, Mrs. Cychosz.....Holten Frahm, Jordy Heidmann**

**Gr. 1 – Mrs. Eberhardt, Mrs. Thorson,
Miss Moore.....Skylar Huss, Lainie Johnson,
Ruby Punke**

**Gr. 2 – Mr. Gauger, Mrs. Kornack,
Mrs. Ertel.....Finn Farber, Brayden Lemmer,
Abby Rettinger**

**Gr. 3 – Mrs. Ristow, Mrs. Vine
Ms. Miller.....Callon Kraft, Brooklyn Riehle,
Lofton Schmitt, Carter Socha**

**Gr. 4 – Mrs. Bemke, Ms. Knoblock
Mrs. Olmsted.....Emri Frahm, Emma Galliford,
Evie Robers, Isaac Simonson, Jordan Smith**

**Gr. 5 – Mr. Hanson, Mr. Holtz.....Chayse Held, Julia Koepl,
Wyatt Yonker**

FEBRUARY CLASS OF THE MONTH



KINDERGARTEN

Menus for March 2025

Edgar School District

Top Line: Breakfast 4K-12
Middle Line: Main Line Lunch 4K-12
Bottom Line: Ala Carte 6-12

All lunches are served with a choice of 2 fruits and 2 veggies, students must pick one of each.

The full salad bar is also included with a hot lunch meal.

There will also be a full cooler full of PBJ meals, salads and sandwiches available on the ala carte side for 6-12. These will be full lunches.

Lunch Prices for 2024-25
4K-5: \$ 2.70
6-12: \$ 3.05

Just a reminder to keep your students lunch account up to date. There are Free/Reduced applications available in both the High School and Elementary offices.

Reminder that if your student needs milk with their cold lunch they must enter their lunch numbers into the computer. Milk with cold lunch this year will be \$.45.

Please do not hesitate to call or email with any questions.

rlarson@gapops.edgar.k12.wi.us
715-352-3321

Menu is subject to change

Monday, March 3	Tuesday, March 4	Wednesday, March 5	Thursday, March 6	Friday, March 7
Waffles and Sausage	Homemade Muffins	Omelet and Biscuit	Grab and Go	Donuts
Mini Corn Dogs	Tatchos	Tenders and Curly Fries	Hot Ham and Cheese	Dr Seuss Lunch Green Eggs and Ham, Biscuit, Cat in the Hat Fruit Kabobs, Dessert
Meatball Subs	Scalloped Potatoes and Ham	Pizza Dippers	General Tso Chicken	Baked Potato Bar
Monday, March 10	Tuesday, March 11	Wednesday, March 12	Thursday, March 13	Friday, March 14
Breakfast Pizza	Homemade Muffins	Pancakes and Sausage	Grab and Go	Turnovers
Chicken Nuggets	Pretzel Dogs (Hot Dogs wrapped in Pretzel)	Wildcat Hot Dish	Orange Chicken	Cheese Pizza
Brats and Pasta Salad	BYO Sub	Chicken Pizza	Cheesy Fiesta Potatoes	Chicken Sandwich
Monday, March 17	Tuesday, March 18	Wednesday, March 19	Thursday, March 20	Friday, March 21
Omelet and Biscuit	Homemade Muffins	Pancake Wrap	Grab and Go	Parfait
Rotini with Meat Sauce	Soft Tacos	Pizza Burgers	Popcorn Chicken and Mac and Cheese	Pancakes and Sausage
Comed Beef, Potatoes, Cabbage and Carrots	Potato Bowl	Chicken and Waffles	Cheeseburgers	Dippers
Monday, March 24	Tuesday, March 25	Wednesday, March 26	Thursday, March 27	Friday, March 28
Waffles and Sausage	Homemade Muffins	Breakfast Sandwich	Grab and Go	Cinnamon Roll
Chicken Sandwich	Chili	Redo Christmas Lunch	Hot Turkey Sliders	French Bread Pizza
Rotini with Meat Sauce	Boneless Wings	Lasagna	Homemade Pizza	Shrimp Alfredo
Monday, March 31				
Breakfast Pizza				
Cheeseburgers				
BYO Ramen Bowl				



“This institution is an equal opportunity provider.”



SEUSS-SATIONAL WEEK TO CELEBRATE READ ACROSS AMERICA:
CELEBRATE READING WITH DR. SEUSS

Monday, March 3rd:

- MOST LOVED MONDAY
 - wear what you most love to wear to school day!



Tuesday, March 4th:

- THOUGHTFUL TIMBER TUESDAY
 - wear jeans, flannels and a hat to school day!



Wednesday, March 5th:

- GLOW IN THE DARK - WHITE WEDNESDAY
 - wear white to school day so you can GLOW in the glow room!



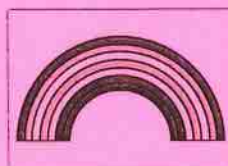
Thursday, March 6th:

- THINKING TEAM THURSDAY
 - wear your favorite sports team shirt to school day!



Friday, March 7th:

- FIESTA FUN FRIDAY - wear your class colors:
 - 5th (blue), 4th (yellow), 3rd (green), 2nd (orange), 1st (pink), 5K (purple) and 4K (red)





CAKE RAFFLE

IT'S BACK.....In honor of READ ACROSS AMERICA we will bring back our annual cake/cupcake raffle on Friday, March 7th in the afternoon. Cakes and/or cupcakes can be dropped off starting on Thursday, March 6th!

We are selling cake/cupcake raffle tickets for 3/\$1! Students can purchase their raffle tickets in their classrooms. All money raised will purchase books for the monthly books that students get at the CELEBRATION ASSEMBLIES! Thank you for your support!



March 2025 - 4K News
Sara Farber & Kristin Bornbach

It is finally starting to feel like spring! We are hoping that this weather stays this way - we are sure loving the sunshine and fresh air!

In the upcoming month, our theme will be "Animals". Throughout the unit, we will discuss farm animals, wild animals, pets, and animals that fly. We will continue to learn important concepts in math. In March, our math focus will be simple addition and subtraction, as well as word problems and ordinal numbers. We will continue to learn throughout the day with learning centers, daily writing practice, and playing with our friends. Our focus letters for the month of March include Xx, Vv, Jj, and Qq. Phew, these are some tricky letters! But, we are ready!

We will celebrate Read Across America Week (Dr. Seuss Week) starting the week of March 3rd. This week will include daily themes and activities that will happen in your child's classroom throughout each day. March is also the month of 4K screening for our incoming 4K students. ***This means that there will be no school for current 4K students on March 14th, 2025.*** Our 4K teachers will be spending the day screening new students for next school year! This is an exciting time!

As always, we are always available if you have any questions or concerns regarding these, or any other 4K matters! Please do not hesitate to reach out!

We wish you a month filled with lucky charms and 4-leaf clovers! What a lucky time of year!

Mrs. Farber & Mrs. Bornbach



March Kindergarten News: Mrs. Berg and Mrs. Cychosz

We are going to the Grand Theater this month to see the musical "Don't Let the Pigeon Drive the Bus!" We can't wait!

We continue to grow our math skills. Previously, students have counted, composed, and decomposed numbers up to 10, using tools such as counters, connecting cubes, 5-frames, 10-frames, drawings, and their fingers. They wrote expressions to record compositions and decompositions.

In our new unit on numbers 11-20, students answer "how many" questions and count out groups within 20. They understand that numbers 11 to 19 are composed of ten ones and one, two, three, four, five, six, seven, eight, or nine ones. They write numbers within 20.

In reading we are working hard to spell and decode words with l blends, and digraphs!

We are eagerly awaiting the first day of spring on March 20, as we will be waking our classroom bears up from the long winter's nap.



1st Grade March News Mrs. Eberhardt, Mrs. Thorson, and Miss. Moore



In math, we continue to explore and learn about place value and what that means in math. We have been learning how to add and subtract multiples of 10, add a 1-digit number to a 2-digit number, and add two 2-digit numbers together. We also compare 2-digit numbers.

In March, we will measure lengths and count to 120. We will also solve addition and subtraction word problems with unknowns in all positions.

In reading, we will be learning about main story events.

Our reading theme for Unit 4 is *Animals Everywhere*

We are continuing to practice sight words and reading fluently with expression.

We will be busy writing in response to our main texts each week. First graders are practicing adding more details to support their main ideas and topic sentences when writing. Students are building one writing piece throughout the week. They are given a topic on Monday and continue to add until they have written a 6-sentence paragraph by the end of the week.

We will be wrapping up Science at the beginning of the month. We are still learning about how different animals survive in the wild. We will be starting a new social studies unit this month. First graders will be exploring community and economics. We will be learning about earning money, as well as saving versus spending it, and discussing the difference between needs and wants.

MARCHIN' ALONG IN SECOND GRADE

Mr. Gauger, Mrs. Kornack, & Mrs. Ertel

The students will soon be enjoying Dr. Seuss Read Across America week. They are all looking forward to the dress-up day, reading with 4K and 4th Grade, and the cake raffle on Friday.

We are in theme four in Language Arts. These stories are based around the essential question, "How does Earth change? The students will be working on writing with more details.

In math, we are on Unit 6, which is geometry, time, and money. The students are reasoning with shapes and their attributes and partitioning shapes into equal shares. They are relating halves, fourths, and skip-counting by 5 to tell time. We will be using story problems involving the values of coins and dollars. This is an exciting unit. When you have a moment, ask your child what time it is and see if they can tell you if it is AM or PM. Give them some coins and practice counting their value. This will help them further their math foundation in time and money.



We have "Snow" much fun!





3RD GRADE NEWSLETTER

Mrs. Ristow, Mrs. Vine, Ms. Miller

In the Classroom

We are busy in third grade! In math we are multiplying larger numbers by a one digit number. (for example 24×5) Please ask your child to "teach" you what they are learning in class to help solidify their understanding. You can measure tables or carpets at home to find the perimeter along the outside of the carpet or table, and multiply the numbers together to get the area! Also, please continue to practice math facts at home! Even if your child has mastered them, it is important to keep our skills fresh. Please also keep reading at home each night!

We are on unit 4 for ELA and students will continue to work on finding text evidence for different genres of text. Your child should keep reading 20 minutes each day, which includes fluency.

In science we are learning about different weather patterns. Please ask your child what kinds of clouds are in the sky.

Notes

We saw so much progress with Winter AIMSWEB PLUS testing in both math and ELA!

Remember to keep having your child read the fluency passages we send home. It is important that they practice reading out loud! The goal is have them read at the same rate they talk.

Forward exam is coming up in April.

Upcoming Events

March
14

3rd grade popcorn sale!

Contact Info

Please don't hesitate to reach out to us with any questions or concerns you may have. We can be reached by phone at 715-352-272, via email at grade3@gapps.edgar.k12.wi.us, or in Seesaw.

Fourth Grade News

by Mrs. Bemke, Miss Knoblock, & Mrs. Olmsted

This month, our literature unit will focus on learning through expository texts. Students will learn that they can discover new things when they look at things closely. The story "A Drop of Water," by Walter Wick will ask students to think about water molecules and how they change. Our discussions will focus on the author's ability to present information about the different forms of water. Learners will be able to explain how photographs and captions contribute to the understanding of expository texts. Learners will also use their writing skills to summarize the information that they have read to build their understanding of the text.

In writing, learners will begin writing an expository essay. Students will read different sources to build their knowledge and use that information to write an informational essay on the positive impacts of technology. Learners are developing the ability to go through the writing process and learning strategies to meet their writing goals and grow as writers.

Learners are focusing on multiplicative comparison problems in math. We want to encourage the learners to keep practicing the basic math multiplication facts. In Math we will also focus on measurement problems, using standard units of measure, as well as the metric system. Learners will apply their multiplication skills in making measurement conversions.

Students will be focusing on energy and energy transfer in Science. Students will investigate how energy is stored, how it can make objects move, and how collisions transfer energy between objects. Students will also construct chain reaction machines to explore the many different ways that energy can be transferred. The learners will also be developing the ability to work in a group to prepare an informational display to share what they have learned about energy.



March Fifth Grade Newsletter

It has been a fabulous February in fifth grade! Many of you might have heard about band!! We are excited that Mr. Webb is going to find time to meet with the students to help them explore and get a taste for all the great things to come in middle school with band! More information will follow, as right now is just an opportunity for the kids to explore and gain interest!

Math: We have been moving right along in Math! We are into our third book (Units 5 and 6) and currently working with decimals. We are working with decimal numbers through the thousandths place value. The kids are doing a great job of comparing and rounding decimals. As always, please continue to help them with their homework and Math facts.

Science: We are working on our "green thumbs"! Yes, we are growing plants in February (along with some bugs!!!) and some are having success, while others not so much success! We are finished with our 2nd time at Plant Lab (the last is in May) and moving along with different labs and experiences! We have been working on engineering of boats and will move to aviation! Tons of fun to see what the students come up with! They took their phenology pictures for February last week in the School Forest! Always great to find time to explore the woods!

ELA: We are starting our 4th Unit which is about "storytelling"! It has been a great stretch in Reading with our stories inspiring our students to do some research and share information they have found with others! They have been working on their fluency each day through oral reading and AR reading challenges. We will be starting our March Madness Reading Challenge in class! We will give more information next week! Thanks for all your work with them at home throughout the week!

Social Studies: We are beginning a new unit dealing with the Lewis and Clark Expedition. Students have been researching, reading, and writing about their adventures across what we now call the United States. Students will learn more about the geography of our country by using some amazing tools like Google Earth and Google Voyager. Let's continue to discover more about moving westward and walk in the footsteps of past explorers!

As always, thanks for your efforts and support at home!

Mr. Holtz and Mr. Hanson



Students that participated in the Regional Spelling Bee in Stratford on Feb 11th

Reese Williams (grade 6), Tori Mueller (grade 8), Adelynn VanOrnum (grade 5)

It was a great experience! All girls did very well and were top finishers. Adelynn VanOrnum placed 2nd and will serve as the alternate for the Madison Bee!

Congratulations to all participants and Good Luck to Adelynn!!



Edgar
SCHOOL DISTRICT

Reading
Is Fundamental
RIF.org

A Book of My Own

Dear Edgar Families,

The School District of Edgar's Library is working with Reading Is Fundamental, a leading organization focused on childhood literacy, to offer our students a reading program called A Book to Call My Own. A key component of the program is providing every child in Grades PK-5 the opportunity to choose books to take home and own. We will be having our students choose their second book during Read Across America Week-March 3-7.

Our book celebration is right around the corner and your child is very excited! Each child will have the opportunity to choose one new, high quality book to take home and **keep as their own**. This is the second book they can choose and help them see their reading growth. When kids have choice and access, they are more engaged readers.

This event is an opportunity to inspire children to read, engage them in a lifelong passion for reading, and for them to benefit from the power of literacy.

The impact of this Reading Is Fundamental (RIF) grant goes beyond the initial book celebration event. You can get reading ideas, resources and activities to do with your children at home at RIF's Literacy Central (RIF.org/literacy-central), a free online destination to help you integrate the importance of reading and engage your child at home all year long. Literacy Central houses thousands of educational resources tied to classic and popular kids' books, including games, puzzles, videos and more.

We hope you are able to join in the excitement our Book Celebration. Your support and encouragement can help to inspire a love of reading which we believe is the fundamental building block for all children to thrive and reach their potential. We also hope they will share their new books that they were able to choose to bring home and own. The good news is the reading and learning can continue at home.

Miss Hamann
Aka Linda K. Hamann
District Librarian

As Parents,

WHAT CAN I/WE DO AT HOME?

The Simple View of Reading is a basic way to think about how to get our children reading. This multiplicative equation states:

$$\text{Decoding} \times \text{Language} = \text{Reading Comprehension}$$

Decoding is a child's ability to understand the meaning of words and speech.

Language Comprehension

is a child's ability to understand the meaning of words and speech.

How can I help my child with decoding?

→Discuss letters from speech to print

- Instead of saying the letter a says /a/, ask your child what letter represents the /a / sound, as in apple?

→Segment words to build phonemic awareness:

- Choose a word and say it aloud (ex. cat)
- Talk about the meaning of the word (Grandma has a cat with soft fur.)
- Tap the phonemes of the word (/k/-/a/-/t/)
- Ask how many sounds does the word have (3)
- Say the word together again (cat)

How can I help my child with language comprehension?

- Read books together that would be too difficult for your child to read alone.
Discuss vocabulary words and their meaning.
- Use high-level vocabulary words in your daily interactions.
 - Ex. Instead of saying "It's time to clean up your toys", say "It's time to tidy up."

Submitted by Mrs. Smith & Mrs. Schilling (Title One Reading) March Title One News 2025

Information from Christina Winter -www. =MrsWintersBliss.com 2021

COUNSELOR CORNER



Mrs. Pritzl



5 RITUALS FOR A POSITIVE MORNING ROUTINE



Everyone talks about their **high, low, pinky toe:**

- **High:** something going well for you
- **Low:** something that isn't going well or is worrying you
- **Pinky Toe:** something, fun, random, or silly you want to share



Everyone answers a **good morning question:**

- What are you most excited about today?
- What is one goal for today?



Everyone describes how they're **feeling:**

(using a feeling word, type of weather, animal, or color)

- "Right now I'm feeling..."
- "Today I want to feel..."



Everyone says a **positive affirmation:**

- "It's ok to make mistakes."
- "I deserve love like anyone else."
- "I love and accept myself just as I am."
- "I am kind."



Everyone **gives thanks** to or **compliments someone:**

- "I want to thank Dad for helping me out last night."
- "Thank you for pouring juice for your sister."
- "I want to compliment you on your great idea yesterday."

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

Elementary ART

March 2025

March is Youth Art Month, a time to recognize and celebrate the creativity of young artists in our schools and communities. This month, we are thrilled to announce that four outstanding works of art created by our talented students have been selected for display at the Leigh Yawkey Woodson Art Museum as part of their Youth Art Month Exhibition!

The exhibition runs from March 15 - April 27, 2025, and showcases creative and original artwork from students in grades 5 - 8 across central and north-central Wisconsin. This is a wonderful opportunity for our students to have their artwork displayed in a professional museum setting and to be recognized for their artistic achievements.

We encourage families to visit the Leigh Yawkey Woodson Art Museum, located at 700 North Twelfth Street, Wausau, WI 54403, to support and celebrate our young artists. The exhibit highlights the importance of arts education and the impact it has on student growth, creativity, and self-expression.

SPRING FUNDRAISER - ART TO REMEMBER

Spring order forms for the Art To Remember fundraiser are going home with the students today. The deadline for free delivery to school is March 21, 2025, and orders will be delivered the week of April 8, 2025. This fundraiser is a great way to celebrate student artwork while supporting our visual arts program. Thank you for your participation!



THANK YOU FOR SUPPORTING THE ARTS!

A huge thank you to our students for their hard work and dedication, as well as to our school community for continually supporting the visual arts. Let's continue to celebrate and encourage creativity throughout the month of March and beyond!



GENERAL MUSIC

newsletter

🎵 MUSIC IN OUR SCHOOLS MONTH 🎵

Why Music Education Matters!

Dear Parents and Students,

March is **Music in Our Schools Month (MIOSM)**—a time to celebrate the power of music and the impact it has on our lives! From joyful classroom experiences to unforgettable performances, music is more than just a subject—it's a key part of our children's education and future success.

What Happens If We Don't Have Music?

Imagine a school with no choir concerts, no music class, no instruments to play, and no songs to sing. Without music, students miss out on:

- 🎵 **Enhanced Learning** - Studies show that students who participate in music score higher in math and reading.
- 🎵 **Social & Emotional Growth** - Music teaches teamwork, discipline, and self-expression.
- 🎵 **Creativity & Critical Thinking** - Learning music enhances problem-solving skills and brain development.
- 🎵 **Cultural Awareness & Inclusion** - Music connects us to different traditions and helps us understand one another.

Together, we can ensure that music remains a **vibrant** and **essential** part of our school and community!

How Can Parents Support Music in Schools?

- 💙 **Encourage your child's participation in music class and school performances.**
- 💙 **Attend school concerts and music events to show your support.**
- 💙 **Advocate for music programs at school board meetings—our voices matter!**
- 💙 **Expose children to different styles of music at home—sing, play instruments, and dance together!**

Music Brings Us Together!

From singing in the classroom to performing on stage, music strengthens our school and brings our community together. Let's celebrate **Music in Our Schools Month** by making sure every child has the chance to experience the joy and lifelong benefits of music!

Thank you for supporting the power of music!

Mrs. Kristine Hafferman

Notes from the Nurse

We see a large number of students on a regular basis that come to the health office expecting over the counter medication for headaches and stomachaches when they have not tried alternate ways to resolve this first, especially early in the morning after just coming from home.

The health office staff are happy to help when issues are unable to be resolved, but it should not be the expectation that these medications are given on a routinely. We also will not give these medications 3 days in a row or more than 8 days a month without a provider reason and permission.

See the information below to help explain why children, especially those of younger age, should not be taking these medications on a regular basis.

Ibuprofen vs. Tylenol

How They Work

The exact mechanism by which acetaminophen (brand name of Tylenol) and ibuprofen (Advil, Motrin) relieve pain and reduce fever is not fully understood. Scientists believe chemicals in the body called prostaglandins play a role in transmitting pain, generating fever, and promoting inflammation. Acetaminophen and ibuprofen block these enzymes. While acetaminophen only works in the brain, ibuprofen works in the brain and the rest of the body. This means acetaminophen only helps reduce pain and fever, while ibuprofen has the added benefit of reducing inflammation and swelling at the site of an injury.

Risks and Benefits

The benefits of acetaminophen and ibuprofen are clear: less pain, lower fever and (in the case of ibuprofen) reduced inflammation. However, we must also consider the risks. Prolonged use of ibuprofen can result in decreased protection of the stomach from normal stomach acid. This may result in ulcers and bleeding. Ibuprofen can also damage the kidneys and cause **high blood pressure** especially when large doses are taken over a prolonged period and taken on an empty stomach..

The biggest risk with acetaminophen is liver damage when very high doses are taken. This can lead to liver failure and death if prompt medical attention is not sought after an overdose.

When acetaminophen or ibuprofen are used to treat headaches over a long period of time, they may result in a rebound headache or (medication overuse headache). This is a headache caused by decreasing levels of acetaminophen or ibuprofen in the blood, which means you must keep taking these medicines to keep the headache away (not a good thing!). Over time, painkillers and other medications may lose their effectiveness.

Acetaminophen and ibuprofen are very safe when used at the *correct dose for brief periods of time*.

Ibuprofen should always be taken at the lowest dose for the shortest time possible. Taking ibuprofen long-term may cause side effects such as stomach ulcers, hearing loss, headaches, and bleeding, liver, kidney or heart problems. These problems can happen without warning signs.

- Do not give ibuprofen to your child if they have asthma, unless their doctor has said it's OK.

When to Call Your Doctor

Severe and/or prolonged pain and fevers lasting more than two days should always prompt a call to your doctor. <https://www.nationwidechildrens.org/family-resources-education/700childrens/2022/02/acetaminophen-vs-ibuprofen-difference> and <https://pmc.ncbi.nlm.nih.gov/articles/PMC8625835/>

7 Remedies for treating headaches:

1. Drink the entire bottle of water, juice or a sports drink.
2. Rest in a quiet, dark room. Get enough sleep and follow a routine. Go to sleep and wake up at about the same time each day.
3. Offer a healthy snack—a piece of fruit, whole-wheat crackers or low-fat cheese. Not eating can make headaches worse. Eat meals at regular times. Do not skip meals.
4. Get out of the heat. Apply a cool, damp cloth or wrapped ice pack to the forehead.
5. Gently massage the neck and shoulders.
6. Avoid screens such as TVs, tablets or cell phones. Always have the screen dimmed.
7. Consider over the counter medications like Tylenol or Motrin to treat the headaches. If your child has medication, give it to your child exactly as the doctor says. Don't give OTC pain medication more than two or three days a week. Daily use can trigger a medication overuse headache, a type of headache caused by overuse of pain medications. <https://www.northshore.org/healthy-you/7-remedies-for-headaches-in-children/>

Some children are sensitive to foods like chocolate, meats made with nitrates (hot dogs, lunch meats, pepperoni, and bacon), foods with monosodium glutamate (MSG), aged cheeses, fried foods, caffeine (coffee, tea, soft drinks with caffeine, and energy drinks). It may help to avoid these foods and see if the headaches go away.

Therapies

- **Talk to a counselor.** While stress doesn't appear to cause headaches, it can act as a trigger for headaches or make a headache worse. Depression also can play a role.
- Try deep breathing and/or other proven relaxation techniques and therapies



Community Services

Family Matters

January- May 2024

Family Events

Ask the Expert

A New Perspective on Autism

April 9, 2025 5:30-6:30pm

Children's WI 705 S. 24th Ave, Wausau, WI 54401

Presented By: **Stephanie Hamann, MA, LPC**

Feeling lost in the world of autism? This workshop will help you gain fresh insights into your child's unique mind. We'll delve into sensory processing, different thinking styles, and communication strategies that truly connect. Leave with a renewed understanding and tools to strengthen your bond with your child.

Free childcare provided. Registration is required!
Call 715-848-1457 to reserve a spot!

Sensory Hour

3rd Tuesday of the Month, 10am-11am

February 18th, March 18th, April 15th, May 20th

Children's WI 705 S. 24th Ave, Wausau, WI 54401

This monthly event is designed for kids to explore and engage in a variety of sensory activities in a calm and welcoming environment. Perfect for children of all sensory needs, this hour of play encourages creativity, social interaction and developmental growth.

Registration is required! Call 715-848-1457 to reserve a spot!

please note there is NO sensory hour for January

SPACE IS LIMITED FOR EVENTS
REGISTRATION IS REQUIRED TO ATTEND
Call: 715.848.1457 or
Email: pdunn@childrenswi.org

Valentines for Veterans

February 8th 10am-12pm

Children's WI 705 S. 24th Ave, Wausau, WI 54401



Drop in and make a valentine (or a few) for a veteran! Childrens will coordinate drop off and mailing to veterans both locally and abroad to make their Valentines Day full of love! Supplies provided, no registration required.

Yoga & Mindfulness for Parents to Manage Stress & Create Calm

March 10th 5:30-7 PM

Presented by: **5 Kosha's Yoga**

2220 Sherman St, Wausau, WI 54401

Join us for this free one time 90 minute session with 5 Kosha's teacher Karey Lynn!

When was the last time you took time for some self-care? Join other parents on a journey to connect within yourself and with others through the ancient practices of yoga and mindfulness to support your modern day living. Everyone has a unique response to stress and there is no "one size fits all" solution to managing it. This event offers you the opportunity to learn a variety of yoga and breathing strategies to cultivate calm and reduce stress. Experience mindful movements adapted to your needs.

Registration is required and limited to 15 participants

Liability and Health waivers required in advance

Call 715-848-1457 to reserve a spot!

Find us on...

facebook

'Children's Wisconsin-Marathon
County Family Resource Center'

Stay updated on our latest programming, and get great real-world parenting.



Children's Wisconsin

705 S. 24th Ave., Suite 400

Wausau, WI 54401

715-848-1457

pdunn@childrenswi.org

Find us on the web at childrenswi.org/wausau

Programs are free of charge and are not an Athens, Abbotsford, Edgar, DCE, Marathon, Wausau, Spencer, Stratford or Newman Catholic School District sponsored activity and the opinions expressed are not necessarily those of the school district or their personnel.

PROGRAMS AND SERVICES

January- May 2025

Ongoing Services

Triple P ONLINE

This FREE online program promotes positive parenting! Choose from 4 available class options to fit your needs: **Standard (0-12yrs), Teen (10-17yrs), Fear-less (6+ with anxiety) and/or Baby.**

Courses are self-guided so parents can go at their own pace! Participants will be paired with a virtual parent educator for additional support and questions. Open to all parents and caregivers.

Register at triplep-parenting.com/Wisconsin

Parent Aide

This 4-6 month in-home program utilizes Triple P curriculum which promotes positive parenting practices and helps address and prevent a range of social, emotional, and behavioral problems in children and teens. **Call 715-848-1457 for more information or to sign up.**

Warm Line

This is your non-emergency connection to speak with an expert on the day-to-day trials of child rearing and receive practical parenting information, tools, and advice. Call 715-848-1457 and ask to speak with a Parent Educator.

LEAP

(Learning Essentials about Parenting)

Parenting is a joy, but challenging too! This 9-week series includes topics on: child development, communication skills, media, positive discipline techniques and more.

Mondays 6-7:30pm & 11:30-1pm on rotation

Childcare Provided!

Registration Required: Call 715-848-1457

Play and Learn

Wednesdays

9:30 am-10:30 am

Wausau Library
300 1st St, Wausau

Connect with others who have young children and enjoy early learning activities to enhance your child's development and promote school readiness.

Intended for children ages 0- 6yrs

Join us and have some fun!

Registration is NOT required to attend but families are asked to sign in upon arrival.

NONDISCRIMINATION

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, extra-curricular, pupil service, recreational, or other program or activity because of the person's sex, race, color, age, 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. Carl Guden has been designated to handle inquiries and complaints regarding non-discrimination policies. Please send inquiries to:

*Dr. Cari Guden; District Administrator
Edgar School District
203 E Birch Street
PO Box 196
Edgar, WI 54426
(715) 352-2351
cguden@gapps.edgar.k12.wi.us*

SCHOOL CENSUS INFORMATION **School District of Edgar**

Please complete and return this form to the Edgar School District Office, 112 N. 2nd Ave., P.O. Box 198, Edgar, WI 54426. In order to reach all new families in our area, as well as all newborn babies, we are asking that this form be completed by anyone who has moved into the Edgar School District or has a new addition to their family.

Parent's Name _____
Last First Spouse

Address _____
House/Fire Number Street/Road City

Telephone _____ Township or Municipality _____

LIST ALL CHILDREN NEW TO THE DISTRICT (LESS THAN 21 YEARS OLD).

	<u>NAME</u>	<u>AGE</u>	<u>DATE OF BIRTH</u>	<u>SEX</u>	<u>SCHOOL ATTENDING</u>
1.	_____	_____	_____	_____	_____
2.	_____	_____	_____	_____	_____
3.	_____	_____	_____	_____	_____
4.	_____	_____	_____	_____	_____
5.	_____	_____	_____	_____	_____

If you have any questions, please call 715-352-2727 and ask for Michelle Socha.