



The Link

February 2018

"Where Excellence Is Expected"

Two Referendum Questions to Vote On

The School District of Shiocton is putting to vote two referendum questions on the February 20 ballot.

The first question asks voters to again approve a three-year, non-recurring referendum worth \$3.1 million dollars. "Each year, the State funding falls short of what we need to maintain an excellent educational system in our community for our youth. We will once again need voter's support to maintain and to grow the academic and co-curricular offerings for students in Shiocton." said Mrs. Schweitzer, Superintendent. "We will once again honor our taxpayers' commitment by one of our own: if we don't need it, we won't tax for it. We proved our commitment to that by under levying each of the last three years, and we'll make that same commitment again."

The second question asks for voters' approval to borrow up to \$2 million dollars for

the construction and equipping of an addition onto the high school building. The new multi-purpose facility would house a gymnasium area on one half and fitness center, complete with weight equipment, on the other half. The multi-purpose facility would meet the academic needs for differentiated and all-student engagement during physical education class, while provided for additional practice space for school athletic teams and community clubs. Additionally, the new fitness center would be open for community use during the weekdays and on the weekends.

"The mill rate has decreased more than \$2.00 in the past three years, and will again decrease (by \$1.32) next year. The District has been good financial stewards and will continue to use every dollar wisely as we educate the youth of our community in our community," said Mrs. Schweitzer.

District residents are encouraged to attend one of the upcoming Town Hall meetings to learn more or contact Mrs. Schweitzer with questions.



CHIEF CHATTER **One Word Challenge**

Let's face it, life is full of challenges. Some of them are more readily conquered than others; some of them can test our resolve. Some of them are phrased as a personal resolution, while others are plopped in our lap. Regardless, all challenges force us to examine ourselves and provide us with an opportunity for growth, much like the One Word Challenge. "Change is possible, but focus is required." Challenge and change are synonymous. So, to address the challenge, we choose just one word to focus on:

APPRENTICESHIP - Are the IT people getting younger or am I just getting older? While "yes" is the truest answer, the fact is that our IT people are younger. In fact ... they are STUDENTS! Through the Youth Apprenticeship program, Matt W. has grown his knowledge of all things IT, a field he plans to pursue. This semester, Matt, along with Ms. O'Brien will jointly apprentice five more students. With a lack of IT professionals available, we are meeting this challenge through the on-site **apprenticeship** of our own student.

PROCESS - We have all heard the saying, "Nothing in life worth having comes easy." Our educators know this all too well, as we continue to stress the process of fidelity of implementation, be it curriculum or technology or instruction. Our high school coaches are sharing the value of learning through process with their student athletes as they study the book Chop Wood, Carry Water.

SOMEBODY - There's nothing like a health scare to open your eyes wide to humanity and the fact that everybody is somebody. They are a parent or child, a forever friend or treasured colleague, and regardless of who they are to you, they mean the world to another somebody. Too, we realize that somebody always has it just a bit worse than we do, for which we give thanks for the greater challenges we do not face. And we meet our own challenges with a resolve to echo in our action the words so well spoken by Kid President, "Be somebody who makes everybody feel like a **somebody**."

Have I piqued your interest? Learn more at <http://myoneword.org/> and share YOUR word at <http://oneword365.com/>.
~Mrs. Schweitzer

Four- and Five-Year-Old Kindergarten Registration for 2018-2019



The Shiocton School District will be holding four- and five-year-old kindergarten registration the week of February 19-23, from 7:30AM to 3:30PM. For four-year-old kindergarten, registration packets will be mailed home in early February to parents/guardians whose children are eligible for the program. For five-year-old kindergarten, registration packets will be given to all students currently enrolled in the four-year-old program. Parents/guardians are asked to contact the elementary office at (920) 986-3351 ext. 721 to request a registration packet if they do not receive one or if their child is not currently enrolled in the four-year-old program. The forms within the packets are to be filled out and dropped off in the elementary office between the hours of 7:30 a.m. and 3:30 p.m. during the week of registration. Registration will only take a few minutes. Parents are

asked to bring their child's birth certificate on that date. It is not necessary for the child to be present.

Four-year-old Kindergarten: The four-year-old program is an optional program. Registration is open to all children in the district who will be four-years-old on or before September 1, 2018. Students in the program meet for two full days each week.

Five-year-old Kindergarten: To be eligible for this program, a child must be five-years-old on or before September 1, 2018. Students in this program meet for five full days each week.

Orientation: An orientation will be offered in the spring. Watch for more details in the near future.

Referendum Meetings
Wed, Feb 7 @ 7:00 p.m. —Town of Maine Hall
Wed, Feb 14 @ 7:00 p.m.—Shiocton School



School District of Shiocton
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Special Education Director

DENISE GUX
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Town of Maine

All residents of the school district are welcome to attend board meetings to keep informed on school issues or to voice any concerns they may have.

The Link is published monthly, from September through June and can be viewed at www.shiocton.k12.wi.us.

If you do not have Internet access, you may request a copy by mail by calling (920) 986-3351 ext. 700. Submit any articles for publication by mail to the school address or by e-mail to: thelink@shiocton.k12.wi.us.

The Shiocton School District does not discriminate on the basis of race, sex, color, age, religion, national origin, ancestry, creed, pregnancy, marital or parental status, sexual orientation, or physical, mental, emotional, or learning disability.

News & Information from the PK-6 Office

Happy February from the PK-6 Office! I'd like to start off by thanking everyone who contributed money to our adopted school district in Vidor, Texas. We were able to send a check for \$1,700 to the district in order to help families who were impacted by the flooding. One of the things a piece of the money has been used for thus far is for two student wheelchairs that were ruined during the flooding. The person I spoke with noted that they were just a little bit short and that they were able to complete their order thanks to a portion of our donated money. Again, thanks so much for being such a caring and giving community, Shiocton! ♥♥♥



The Geography Bee & Spelling Bee were held in January. Congratulations to all of the students who participated. Great job!

Geography Bee - Mrs. Ver Voort noted the following winners:

- Grade 4 – Isabella Streblov
- Grade 5 – Wyatt Dreier
- Grade 6 – Daltyn Enders
- Grade 7 – Logan Arneson
- Grade 8 – Mikyle Schoenrock

Overall school winner – Logan Arneson

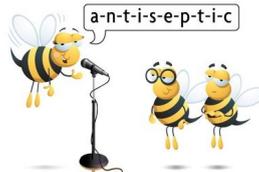
Runner-up – Amelia Schuh

Good luck with the next level of competition, Logan!



Spelling Bee:

Ms. Pfundtner noted that we have two winners, both in Grade 7. The two ladies who battled it out, round after round just like last year, did so again this year! Congratulations to Aleah Zaatrah who was the runner up and **Jordyn Houterman who was the overall school winner.** Best of luck to Aleah and Jordyn as they move on to the regional competition.



As we enter the third quarter of the 2017-2018 school year, here is some information to share with you for the upcoming month:

Solo & Ensemble: The Solo & Ensemble will take place on February 5.

Child Find: This is a free development screening for children 2 ½ - 3-years-old or 4-years-old after September 1, 2018 and not enrolled in K4 for the 2018-2019 school year. Contact the school office at (920) 986-3351 ext. 721 for more information.

Mid-quarter for Quarter 3: The mid-quarter date for the third quarter is coming up on February 20.

Parent-Teacher Conferences: Spring conferences are scheduled for Tuesday, March 6 from 4:30 to 7:30 p.m.

Science/Health/Fine Arts Fair & Book Fair: The Fair is coming up on Tuesday, March 6. We hope to have great participation from students of all grade levels again this year! The fair will be held from 4:00-7:00 p.m. all throughout the building. There will also be a fourth grade musical beginning at 7:00 p.m. on this evening. During the fair, a book fair will also be open to the public in the cafeteria area. Please see Mrs. Murphy or Mrs. Griesbach in the office if you have any questions about this year's fair.

Four-Year-Old & Five-Year-Old Registration:

Registration for students who will be entering K4 or K5 during the 2018-2019 school year will be held during the week of February 19-23. Orientation sessions for students and parents will be held in May. Please contact the school office at (920) 986-3351 ext. 721 if you have any questions. Also, please help spread the word about the registration week if you know anyone with children eligible for either grade. Thank you!

Upcoming Early Releases: There will be a 12:10 early release on Tuesday, February 14 and Friday, March 23. There will be no school on March 9, March 29, and March 30.

Enjoy the winter months!
Mrs. Griesbach, PK-6 Principal



Introducing the New PSL Officer

I, Deputy Tyler Van Handel, have been with the Sheriff's Department for nearly three years. I started with the Sheriff's Department in the Criminal Justice Unit, which consisted of inmate transports, mental health transports, court room movement, and court room security. I started as a patrol Deputy in September 2015.

After completion of field training, I had been assigned to the Town of Buchanan on night shift. While in Buchanan, I strived to provide the utmost proactive and professional law enforcement services. I kept a community driven approach to promote positive law enforcement encounters.

As part of the department's Honor Guard, I am expected to represent the Sheriff's Department with the highest level of professionalism. I was selected for this assignment in May 2017

I was a graduate of Appleton East High School 2012 and attended Fox Valley Technical College for my law enforcement degree. Some hobbies include: snowmobiling, riding ATV, camping, and spending time at the cabin.

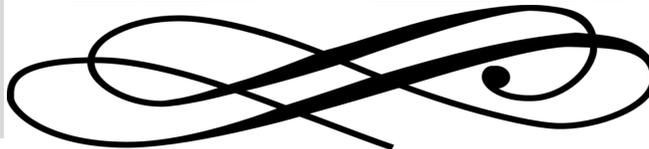
I look forward to working in the School Liaison Officer capacity within the Shiocton School District. I hope to work with staff in continuing to promote the students to succeed in a positive and safe environment.

2018 Geography Bee

With the completion of the 2018 Geography Bee, we have our winners! Grade level winners are:

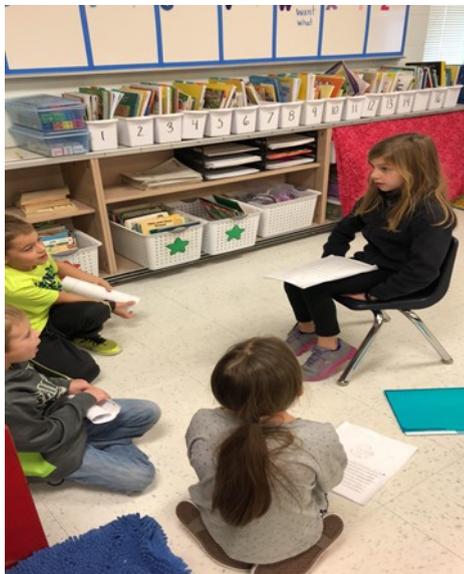
Grade 4: Isabella Streblov
Grade 5: Wyatt Dreier
Grade 6: Daltyn Enders
Grade 7: Logan Arneson
Grade 8: Mikyle Schoenrock

The school runner-up is Amelia Schuh and champion is Logan Arneson (pictured to the right).



Second Grade in Action

We have been very busy exploring many things. In Science we were constructing towers and bridges, in Math we have been working on counting coins including quarters, in Word Work we are finding out how patterns of words can help us spell, in Writing we are discovering the areas we are experts so we can author our own nonfiction books. Our reading FANG program is kicking off, so please be great listeners to the books we choose to read so that we can earn fun prizes including a trip to a Timber Rattlers game.



SWAT



SHS SWAT is conducting its annual fruit sale now through February 13. Fruit delivery is slated for February 28. If you are interested in purchasing fruit, but you haven't been approached by a SWAT student, you may contact Kim Hauser at (920) 986-3351 ext. 743 or via email: khauser@shiocton.k12.wi.us.

Please consider supporting SWAT, so that the group is able to continue conducting and supporting worthwhile school and community events that provide education and activities surrounding safe, healthy activities. Some of those events include:

- Cancer Awareness Event,
- Red Ribbon Week Activities,
- AODA and Character Presentations for Shiocton's Grades 4 and 5,
- AODA Assemblies,
- Stuff the Stocking Sock Drive,
- SHS SWAT Safe Night Volleyball Tournament,
- Post Prom, and
- Summer Kick-off Noah's Ark Trip for SHS SWAT students.

As you can see, SWAT students keep busy throughout the school year, making sure that health and safety is on the minds of those here at Shiocton Schools. Thank you for your support!

Time is Flying by in Fourth Grade



Another school year is halfway complete. Time really does fly so fast in fourth grade. The explanation for that is that school is a busy place! The fourth graders have received their second quarter report card, have written essays and stories, multiplied and divided many numbers, and are now embarking on their second semester.

In Science, we are learning all about energy, and have been doing experiments with circuits, batteries, light bulbs, motors, wires, and switches. The students are also learning how to develop an argument that explains their scientific understanding and proves their point.

In Social Studies, we are starting to learn about Wisconsin's rich logging history. Did you know that Wisconsin was once nearly covered with forests? Being that the Wolf River was used to transport logs to sawmills, Shiocton played a role in Wisconsin's logging history.

Fourth grade students have the opportunity to compete in the school Spelling and Geography Bees. Congratulations to the fourth grade participants in this year's Spelling Bee: Bryn Keberlein, Eli Jorgensen, Paxton Kuehn-Bechard, Brooke Beschta, Kailee Surprise, and Adam Zaatrah. Bryn Keberlein finished first for the fourth graders.

Fourth grade is the first year that the students participate in the school-wide Geography Bee. The participants: Lucy Foesch, Derick Scott, Eli Jorgensen, Isabella Streblov, Adam Zaatrah, Owen Weso, and Gage Relien. They all represented the fourth grade very well, and Isabella Streblov was the fourth grade winner.



Fang's Reading Club, a reading incentive program sponsored by the Wisconsin Timber Rattlers, has started. Fourth grade students are required to read 125 minutes/week, for eight weeks. Every two weeks prizes are awarded for reaching this goal, with the grand prize being Timber Rattler tickets to all the successful readers!

Counselor's Corner

Sandee Cornell
scornell@shiocton.k12.wi.us
7-12 School Counselor—ext. 711

Dannielle Kern
dkern@shiocton.k12.wi.us
K-6 School Counselor—ext. 762

K-6 Students

Our Grade 5 students will be starting Junior Achievement (JA) programming this February. The JA program will introduce students to financial literacy and entrepreneurship, that include money-management skills, goods and services, and global markets. Through hands on activities, our students will learn how to make smart decisions about managing money!



Upcoming Events

February 12:
Sexual Assault Crisis Center presentation -
(Grades 6 and 8)

February 14:
Early Release—12:10 p.m.
No Students—Professional Development

February 15:
Pajama Day (Grades K-8)

February 19:
Youth Apprenticeship Student Meeting

February 27:
ACT (Grade 11)

February 28:
ACT WorkKeys (Grade 11)

7-12 Students

Financial Aid is open. Complete your FAFSA online now!

Local scholarship applications are now open. These are located on the school webpage under Schools/High School/Scholarships.

Grade 11 If you haven't completed your Chief Chat, please contact Mrs. Cornell to schedule your conference.

Early College Credit: Due March 1

This is an opportunity for students to earn college credits in high school. See Mrs. Cornell for more information.

Youth Apprenticeship - February 19 meeting at 2:20 p.m. in the Cafeteria— Stay tuned for information regarding a YA parent meeting.

February Character Trait:

OPTIMISM

Optimism is a form of positive thinking that includes the belief that you are responsible for your own happiness.

How to Be More Optimistic:

- Notice good things as they happen
- Train your mind to believe you can make good things happen in your life.
- Don't blame yourself when things go wrong.
- When something good happens, give yourself credit.
- Notice how others talk about themselves.



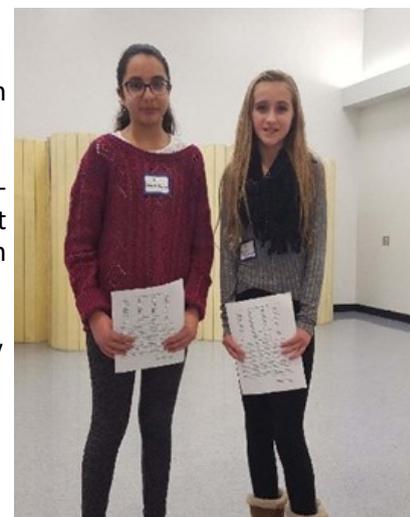
Gifted and Talented Enrichment Services

Spelling Bee Congratulations!

Imagine having to spell words like pièce de résistance, Methuselah, merengue, and boroughs. These and other challenging words had to be spelled by 36 of Shiocton's students (Grades 3-8) who participated in the Scripps National Spelling Bee competition at the local level on Thursday, January 11.

Our two winners are Jordyn Houterman (Grade 7), who took first place Championship and Aleah Zaatrah (Grade 7) runner-up. Eighteen rounds were completed in this year's Spelling Bee.

Pictured left to right:
Aleah Zaatrah and Jordyn Houterman.



I would also like to congratulate the highest round winner at each grade level:

Grade 3: Katelyn Flannery
Grade 4: Bryn Keberlein
Grade 5: Reghan Conradt
Grade 6: Alexis Garcia
Grade 8: Tanner Drath

All the students who participated deserve praise for their individual accomplishments, hard work, and being grade level winners this year.

Congratulations Jordyn and Aleah! We are so proud of you and wish you the best as you continue in the regional competition at Lawrence University in Appleton on Tuesday, February 20!

Some of the artwork from the Gifted & Talented Art students. These projects are displayed throughout the school.



Health Office News:

Superfoods

“Superfood” is a term used by many food and beverage companies as a way to promote a food thought to have health benefits; however, there is no official definition of the word by the Food and Drug Administration (FDA). The FDA regulates the health claims allowed on food labels to ensure there is scientific research to support the claims. The list of foods below are rich in vitamins, minerals, antioxidants, and fiber that are good for overall health and may also help prevent disease.

Beans

Kidney, pinto, navy, or black beans are packed with vitamins and minerals such as magnesium and potassium. They are very high in fiber too. To save time you can use canned beans, but be sure to drain and rinse them to get rid of as much added salt as possible.

Dark Green Leafy Vegetables

Spinach, collards, and kale are dark green leafy vegetables packed with vitamins and minerals such as vitamins A, C, E, and K, iron, calcium, and potassium. These powerhouse foods are low in calories and carbohydrates too. Try adding dark leafy vegetables to salads, soups, and stews.

Citrus Fruit

Grapefruits, oranges, lemons, and limes or pick your favorites to get part of your daily dose of fiber, vitamin C, folate, and potassium.

Sweet Potatoes

A starchy vegetable packed full of vitamin A and fiber. They are also a good source of vitamin C and potassium.

Berries

Regardless of the berry, they are all packed with antioxidants, vitamins, and fiber. Berries can be a great option to satisfy your sweet tooth and they provide an added benefit of vitamin C, vitamin K, manganese, potassium, and fiber.

Tomatoes

The good news is that no matter how you like your tomatoes, pureed, raw, or in a sauce, you're eating vital nutrients like vitamin C, vitamin E, and potassium.

Fish High in Omega-3 Fatty Acids

Omega-3 fats may help to reduce the risk of heart disease and inflammation. Fish high in these healthy fats are sometimes referred to as "fatty fish." Fish that is high in omega-3 are salmon, herring, sardines, mackerel, trout, and albacore tuna. Choose fish that is broiled, baked, or grilled to avoid the carbohydrate and extra calories.

Nuts

An ounce of nuts can go a long way in getting key healthy fats along with helping to manage hunger. In addition, they offer magnesium and fiber.

Whole Grains

It's the whole grain you're after. The first ingredient on the label should have the word "whole" in it. Whole grains are rich in vitamins and minerals like magnesium, B vitamins, chromium, iron, and folate. They are a great source of fiber too. Some examples of whole grains are whole oats, quinoa, whole grain barley, and faro.

Milk and Yogurt

You may have heard that milk and yogurt can help build strong bones and teeth. In addition to calcium, many milk and yogurt products are a fortified to make them a good source of vitamin D.

Source: American Diabetes Association



Spring Book Fair

by Steve Parker



Shiocton students love to Paws for Books. They want to Stop. Come. And Read a great Tale!! The Spring Book Fair with a Pet theme is set for the very beginning of March. The book fair, which will be located in the **school library**, and will run from **March 1-8**. The fair will be open during school lunch hours. In addition, we will be open during

Parent Teacher Conferences Science/Fine Arts fair on the March 6 from 4:00-8:00 p.m. Make a point of coming to take a look at the great art exhibits, marvel at the science fair, then come shop at the book fair!!!!



Prior to the fair's opening, a Scholastic flyer highlighting books from the fair will be sent home. Take a look at that flyer with your child and make note of any titles they are interested in. The flyer will tell you where on

the shelves specific books can be found. Of course, the fair will have many more books than can be listed on the flyer. You'll just have to come to the school and see what we all have available!

Remember - proceeds from SPICE book fairs go towards supporting the education of all the students in the district. Everything from video cameras, library books, and gym equipment has been purchased with book fair revenue. Supporting the book fair supports the school district while also showing your children that reading is important. That's a win-win in anybody's book.

Any questions about the book fair can be directed to Steve Parker at (920) 257-7822.

SPICE

Join us at our next SPICE meeting on February 7 at 6:00 p.m. in the LMC. We hope to see you there. Also, keep collecting those plastic bags! The challenge runs through April 15.

Quilt Raffle

The quilt is done and beautiful! Thank you Grade 3 students, Mrs. Beecher, and Jeanne Reese for this beautiful work of art. Raffle tickets are available for purchase, contact a SPICE member if you would like tickets. Along with the quilt, we will have numerous other prizes to win. Tickets will be coming home soon with your child(ren). Please watch for them and return them back to school! They will be available until the end of the Art/Science fair.



THE UPBEAT!

THE OFFICIAL NEWSLETTER FOR SHIOCTON MUSIC



HOME STRETCH TO PERFORMANCE FESTIVALS

Our Middle School Festival is Monday, February 5 from 4:00-6:30 p.m. right here in the middle school. Individual times have been given out to students. We are in need of a couple volunteers to be room monitors for the festival. If you are interested, please contact Mrs. Anderson or Mr. Yenor. The High School Band will perform at the Fox Valley Young Artist Festival on Saturday, February 10 at Lawrence University. These events are our best opportunity for musical growth and achievement in the year. We really encourage our students to make the most of it.

CONGRATULATIONS HONORS BAND/CHOIR STUDENTS

We had several students represent Shiocton at the 2018 Conference All-Star Honors Band/Choir. Eleven high school musicians joined over 200 others from schools across the Central Wisconsin Conference to form an honors band and choir. Both groups prepared challenging music all day and performed an afternoon concert together. Congratulations to Haley Apple, Morgan Brux, Matthew Denis, Lindsey Diemel, Sky Green, Ally Herrman, Megan Pigsley, Calyton Rockwell, Jaden Schneider, Dylan Van Camp, and Matthew Wilkinson.

2018 ALL-STAR BAND/CHOIR STUDENTS



WALL OF THANKS

UPCOMING MUSIC EVENTS

PEP BAND

Thursday, February 1
Tuesday, February 6
Thursday, February 15
Friday, February 16
Monday, February 19

MIDDLE SCHOOL SOLO/ENSEMBLE

Monday, February 5
4:00-6:30pm
Shiocton MS
6-8 BAND/CHOIR STUDENTS

FOX VALLEY YOUNG ARTIST FESTIVAL

Saturday, February 10
Lawrence University
HS BAND

FINE ARTS FAIR

Tuesday, March 13
HS Gym
6-8 BAND/6-12 CHOIR

CONCERT COLLAGE

Tuesday, March 13
7:00pm
HS Gym
6-8 BAND/6-12 CHOIR

BADGER BAND TRIP

Friday, April 20
Madison, WI
6-8 BAND

SHIOCTON MUSIC PARENTS

...for your generosity and time in making the lunch, concessions, and cleanup at the ALL-STAR Honors Band/Choir Festival a success—your support of our music program is so much appreciated. Thank you!

SCHOOL FACULTY & STAFF

...for lending us your classrooms for the ALL-STAR Honors Band/Choir Festival—we appreciate your flexibility and support.

Seniors are Successful in Reality Check

For the twelfth year, Shiocton seniors were faced with the challenges of *Reality Check*, a financial literacy program designed to show students the realities of working in the real world of personal finances.

More than 35 business people from Shiocton and the surrounding area volunteered their expertise to make the event happen. On Wednesday, January 10, the seniors participated in mock interviews with professionals in their chosen career field. Students created application materials and honed their interviewing skills prior to this event, applied those skills masterfully, and some students even walked away with job offers.

On Friday, January 12, *Reality Check* began. Seniors received their monthly income for their career choice and paid taxes. By creating stations, manned by community business people and volunteers, the seniors discovered how far their monthly paycheck would go. They purchased health insurance, vehicles, mortgages, food, daycare, personal items, and pets. Most were shocked at the price of daycare and health insurance and some were frustrated when unforeseen expenses happened—just like in real life. Several had to make difficult financial decisions and sometimes had to seek part-time employment. They definitely received a dose of reality!

The Shiocton seniors and their teacher, Elizabeth Schneider, would like to thank all of the volunteers for donating their time and talents. Congratulations to the seniors on successfully completing their interviews and this simulation.



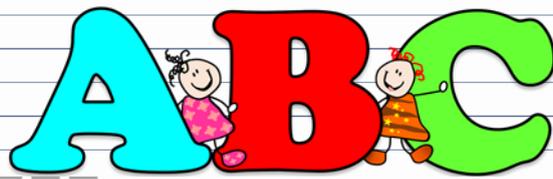
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SHIOCTON

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BRADD YENOR • Director of Bands • byenor@shiocton.k12.wi.us • (920) 986-3351 ext. 718

3-year-old Play Group Shiocton Elementary

Dates:
February 2 & 16
March 16
April 6 & 20



Parents will need to RSVP for each class. Due to the space available, there will be a max of 15 children able to attend each play group. Monday before each group, parents need to call and reserve a spot for their child for that Friday. Call Ashley Schwister at (920) 986-3351 ext. 717 or email: aschwister@shiocton.k12.wi.us

Time: 8:30 a.m. to
10:00 a.m.

Schedule:
Center time
Group meeting
Art
Snack

Parents of children aged 2 ½ - 4 years old... Child Development Days

The Shiocton School District early childhood screening team provides developmental screenings to children ages 2-1/2—4-years-old who reside within the school district boundaries. The dates for the screenings are:

Friday, February 8 from 8:30-11:30 a.m.

Wednesday, March 7 from 3:30-6:30 p.m.

****Reservation is required. Please contact Ashley Schwister at (920) 986-3351 ext. 717 to reserve the date and time for your child**

Below are some things you should look for in your child:

By age 3, most children:

- Are understood by family 75% of the time,
- Speak in short sentences,
- Answer simple questions,
- Understand most things said to him/her,
- Enjoy listening to storybooks,
- Begin to play with other children,
- Enjoy helping adults,
- Match primary colors,
- Dress self with help,
- Walk up and down stairs; one foot per step,
- Pedal a tricycle,
- Snip with a small scissors,
- Draw lines with a crayon, and
- Point to body parts.

By age 4, most children:

- Speak clearly; are understood most of the time,
- Use language to express emotion,
- Frequently asks questions,
- Participate in rhyming games,
- Talk about pictures in a book,
- Enjoy pretend play with children,
- Can identify to at least four colors,
- Catch a large ball tossed to them,
- Know full name, age, and gender,
- Cut paper with a scissors,
- Jump forward or over an object,
- Draw a circle, and
- Can orally count 1-10 and can count a group of objects up to 5.



Your child is invited to participate in the “Prevea LUV2RUN” program offered by the Cellcom Marathon, Prevea Health and coordinated by parents and teachers at our school. LUV2RUN is an after-school program that prepares children to run the 5K (3.1 mile) Cellcom Run on May 19, 2018.



I will be serving as our team captain and will be coordinating our training runs. Training will begin on Tuesday, April 4 from 3:15- 3:45 p.m. Practices will start out 30 minutes long and will progressively increase as our run lengths increase. Practices will always be on Tuesdays and eventually adding Thursdays. I will have a schedule ready to pass out to your child at the first practice.

Each session will begin with a light warm-up. Then we will walk or run the distance suggested by Prevea for that session and then include a cool down and stretching before the students will be dismissed to their parent. **They must sign out with an adult prior to leaving.** Parents and family members are welcome to train with us and serve as chaperones whenever you are able. No commitments are required, but if you plan on attending regularly, please let me know as it will assist me in planning our practices.

Through the LUV2RUN program, participants receive a discounted registration fee of \$11 for the Cellcom 5k Run. That includes your child’s race bib, timing chip, and official Cellcom Run T-shirt. The students will also get the privilege of running through the Packer’s Stadium on the last stretch of the race.

The after-school training program to prepare for the May 20th run event is **free**. Please make sure that your child has **tennis shoes, comfortable clothes for running, and a water bottle at each practice**. This will allow your child the best opportunity for a great experience. All participants must let Ms. Schmidt know if they are interested. This can simply be done by attending the practice or by contacting me. Permission for participation form must be returned if they attend.

Registration if they choose to do the Cellcom 5k will be passed out *Tues., April 25* (please indicate on the permission slip if you don’t have internet access or a credit/debit card, so that I can assist you with registration.)

All LUV2RUN participants from our school will have a race packet that we will be picking up for you the Friday before race day. The we can coordinate where to meet as race day gets closer.

If you have any questions, please call me at 920-986-3351 ext. 784 or email me at rschmidt@shiocton.k12.wi.us

Thank you for supporting this healthy community activity!
Team Captain- Ms. Schmidt

P.S. Check out this link to see who is cheering us on! :
<http://www.cellcomgreenbaymarathon.com/prevea-luv2run/>

FEBRUARY

****Menu subject to change without notice****
 Breakfast prices: 4K-12—\$1.15 per day—\$23.00 for February
 Lunch prices: 4K-8—\$2.50 per day \$12.50 per week—\$50.00 for February
 9-12—\$2.75 per day, \$13.75 per week—\$52.25 for February

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cinnamon roll, Trix yogurt , or English muffin with sausage/egg, or Pancake wrap, or French toast stick, Fruit, Juice	Fruit Loops, Frosted chocolate Mini-Wheat cereal, Boiled eggs, Fruit, Breakfast pizza, Egg or pancake wrap, or French toast, Juice, Milk	Uncrustable peanut butter and jelly, Breakfast pizza, or Pancake wrap, or French toast stick, Fruit, Juice, Milk	Strawberry or fudge pop-tart, String cheese, English muffin with sausage and egg, or Pancake wrap, or French toast, Fruit, Juice, Milk	WG Long John donut, Breakfast pizza, or Pancake wrap, or French toast stick, Fruit, Juice, Milk
<p><i>Cold sandwiches available each day as an alternative entrée for lunch.</i> <i>Whole grain bread and buns are offered.</i> <i>All students must take 1/2 cup of fruit or vegetables with breakfast and lunch. Fresh fruit and vegetable are offered daily. Our milk is 1% or fat free white and TruMoo fat free chocolate.</i></p>				1 Grab-n-go salads, Build-your-own fiesta chicken fajitas w/trimmings, Peas, Mandarin oranges, Milk	2 Grab-n-go salads, Tomato soup w/ grilled cheese, Seasoned mixed vegetables, Applesauce cups, Milk
5	Parfaits, Orange chicken over seasoned rice, Stir fry vegetables, Sliced peaches, Dinner roll, Milk	6 Mini corn dogs, Creamy seasoned mashed potatoes, Seasoned broccoli, Fruit cocktail, Milk	7 Super nachos w/ meat sauce, Whole kernel corn, Apple juice, Milk	8 Build-your-own loaded turkey, ham, and cheese sub on a WG bun, Fresh vegetables, Dried cranberries (Craisins), Birthday ice cream cup, Fruitable juice, Milk	9 Grab-n-go salads, BBQ pulled pork sandwich, Tri-taters, Baked beans, Sliced peaches, Milk
12	Chili w/ homemade buns, Seasoned peas, Strawberry cups, Milk	13 Chicken patty on a WG bun, Tri-taters, Baked beans, Sliced peaches, Milk	14 Pizza slice, Fresh crispy garden salad, Pears, Fresh baked apple crisp, Milk EARLY RELEASE 12:10	15 Grab-n-go salad, Build-your-own burrito w/trimmings, Seasoned broccoli, Mandarin oranges, Milk	16 Grab-n-go salad, Goopy goodness cheesy macaroni and cheese, Uncrustables, Green beans, Applesauce, Milk
19	Grab-n-go salads, Taco fries w/ trimmings, Buttered peas, Peaches, Graham chocolate cookie, HS Slice of bread, Milk	20 Grab-n-go salads, Chicken teriyaki and rice, Flavored buttered country blend vegetables, Fruit cocktail, Milk	21 Spaghetti with meatballs, Fresh crispy garden salad, Garlic bread sticks, Pears, Milk	22 Cheeseburgers on a WG bun, Gold fish crackers, Baked beans, Mandarin oranges, Milk	23 Parfaits, Pizza dippers with marinara, Seasoned green beans, Applesauce , Milk
26	Chicken nuggets, Seasoned rice, Seasoned broccoli, Strawberries, blueberries, and apple slices Milk	27 Grab-n-go salads, Chicken alfredo with a twist, Flavored green beans, Sliced peaches, Garlic toast, Milk	28 Brunch For Lunch Pancakes with syrup, Hash browns, Sausage, Orange juice, Milk		

February Calendar of Events

	2/9	C Team Girls Basketball @ Menominee—6:00 p.m.	2/17	Varsity Wrestling Sectionals @ Shawano—TBD
	2-9	JV Girls Basketball @ Menominee—6:00 p.m.	2/19	SCHOOL BOARD MEETING—6:00 p.m.
		Varsity Girls Basketball @ Menominee—7:30 p.m.		MS Girls Basketball @ Amherst HS—4:30 p.m.
	2/10	Varsity Wrestling Regionals @ Amherst HS—TBD		JV Boys Basketball @ Home—6:00 p.m.
2/1	2/12	MS Girls Basketball @ New London MS—4:15 p.m.		Varsity Boys Basketball @ Home—7:30 p.m.
	2/13	Varsity Wrestling Sectional Meet @ Coleman HS—TBD	2/20	ELECTION DAY—REFERENDUM
		MS Wrestling @ Oconto HS—4:15 p.m.		MS Wrestling @ Little Chute HS—4:15 p.m.
2/2		JV Girls Basketball @ Home—6:00 p.m.	2/22-24	Varsity Wrestling State @ Kohl Center—TBD
		Varsity Girls Basketball @ Rosholt HS—7:30 p.m.	2/22	MS Girls Basketball @ Manawa ES—4:00 p.m.
2/3		Varsity Wrestling @ Manawa HS—10:30 a.m.		JV Boys Basketball @ Amherst HS—6:00 p.m.
2/5	2/14	EARLY RELEASE—12:10 p.m.		Varsity Boys Basketball @ Amherst HS—7:30 p.m.
	2/15	MS Girls Basketball @ Home—4:00 p.m.	2/26	MS Wrestling @ Brillion MS—4:15 p.m.
2/6		MS Wrestling @ Seymour MS—4:15 p.m.	2/26-3/2	PAPER DRIVE
		JV Girls Basketball @ Home—6:00 p.m.		
		Varsity Girls Basketball @ Home—7:30 p.m.		
	2/16	JV Girls Basketball @ Home—6:00 p.m.		
		Varsity Girls Basketball @ Home—7:30 p.m.		
2/8		JV Boys Basketball @ Wittenberg—6:00 p.m.		
		Varsity Boys Basketball @ Wittenberg—7:30 p.m.		

 *Happy Valentine's Day*