



The Link

November 2020

School District of Shiocton
N5650 Broad Street
P.O. Box 68
Shiocton, WI 54170-0068
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SCHOOL BOARD APPROVES REVISED BUDGET, SETS LEVY

On Monday, October 19, the School Board approved a revised budget for the current school year and set the tax levy following updates from Mike Sippert, Business Manager.

Mr. Sippert reported that Third Friday Headcount was a positive one for the district. Total pupil count for the District grew by nine students to 727 this year. The number of students open enrolling into the district also grew, up 17 students over last year to a total of 72. In comparison, the number of students open enrolling out decreased from the initial applications to actual transfers by over 20 students. With only 80 students open enrolled out, the District was able to reduce anticipated expenditures by nearly \$200,000. "We are pleased to see the increase in students seeking to open enroll into our school district and the educational programs we offer," Mrs. Schweitzer, District Administrator commented. "With a difference of just eight students, we are making great strides to close the Open Enrollment gap." Mrs. Schweitzer also noted that the closing of the gap reflects positively on the quality of the education and the care the students receive from their teachers, paras, counselors, and many other staff members in the District.

Mr. Sippert also shared that the Equalized Valuation grew by over \$19 million. Unfortunately, the State Aid realized in October decreased significantly from that which was projected in July. The loss in Aid of \$235,335 was further compounded by a significant increase in the imposed private school voucher payment. With an increase of nearly \$75,000, the District will now need to tax back to the taxpayers just under \$92,000. "We are concerned by the very large increase in the private school voucher payment that will be passed along to our tax payers. This is an increase on the mill rate of approximately \$.20. The increase alone, \$75,000, is the equivalent of two full-time para professionals with benefits or one teacher with benefits. This is a significant dedication in our aid for which the only remedy is to tax back," noted Mrs. Schweitzer. She also noted that the District was verifying attendance and district of resi-

dence for all students as errors have been made in the past, especially with regard to open enrollment.

The mill rate will fall just shy of the ten dollar mark, coming in at \$9.96 per thousand dollar of equalized value. On a \$150,000 home, school taxes will be approximately \$1,490, with close to \$30 attributed to the private school voucher payment. With the various increases and decreases in revenues and expenditures, a total budget of \$10,400,183.00 was approved. For the third year in a row, the District will operate at a deficit with an anticipated draw on the Fund Balance of approximately \$493,000.

Looking Ahead

Mrs. Schweitzer expressed some concern about future funding. "With so much unknown about the next biennium budget and school funding, coupled by the coming elections, we have quite the task ahead of ourselves as we look to present a three-year operational budget in preparation for a February referendum vote". Mrs. Schweitzer also noted that she started in the 2013-2014 school year with mill rates in excess of \$12.00. "We worked to get the mill rate down. We may have gone too low last time. Given the last three years of deficit budgeting, and continued decreases in funding, as well as unanticipated increases in uncontrollable costs such as private school vouchers, we will need to re-examine the amount of support needed from our tax payers."

As one of the few school districts in the area with all day, all week, in-person instruction, Mrs. Schweitzer noted the deep support from the community continues to be felt throughout the district. "Parents and the community as a whole have been hugely supportive of our efforts to educate our students in years past and certainly now during the pandemic. My hope is that community members will continue to support our efforts to educate the youth of our community as we look to February's referendum."

CHIEF CHATTER

Keep Calm and ...

We've all seen them. The t-shirts that capitalize on the British slogan created back in the early 1900's in preparation for the coming war: *Keep Calm and Carry On*. In recent years, this slogan has been modified in reflection of need, purpose, and even humor on social media and in our lives here.

Keep Calm and Call the Parents

For us, the pandemic has increased our need to call parents. Whereas before, our calls to parents centered around injuries, upset stomachs, and minor illnesses, the pandemic has increased the number of calls and changed the focus of the conversations all too often. Be it more close contacts or another positive case, we've reminded ourselves to keep calm and call the parents. You all have answered those calls (much appreciated) and have been very understanding and supportive of our efforts to keep everyone healthy and learning in-person.

Keep Calm and Call the Teachers (or IT)

As kiddos are asked to quarantine but continue their learning, more calls are being placed to teachers from parents and students. Many of those 'calls' are by way of ZOOM so that kiddos can continue to be a part of the teacher's instruction and the learning with their peers. Several other calls are to IT for help with devices and connectivity. While dialing in from remote locations is rarely seamless, we appreciate everyone's efforts to keep calm so that the learning may continue.

Keep Calm and Call the Superintendent (or any administrator)

Have to tell you, the first time I saw this t-shirt, I enjoyed a good belly laugh. When I was a kid, I never wanted my parents to call the Superintendent, not ever! To do so meant something was wrong, which usually meant consequences were coming. Thankfully, that is not the case today. All of us administrators are thankful that parents and students feel comfortable calling us. Be it with a concern or a compliment, keep those calls coming! We appreciate hearing from you.

Whatever need, purpose, or humor your "Keep Calm" t-shirt might reflect, always know that we appreciate the ability to work together as ONE, regardless of the end on which the phone call rings. ~Mrs. Schweitzer



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 Superintendent

NICK ORTLIEB
 Principal Grades 7-12

KIM GRIESBACH
 Principal Grades PK-6

KELLY THIEL
 Special Education Director

MICHAEL SIPPert
 Business Manager

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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 FROM GRADES 7-12 OFFICE

Dear Shiocton Community Members,

I am more than a little excited to tell you about the things we have been able to accomplish in the first couple months of school at the Shiocton Middle/High School. I hope that everyone has been as impressed as I have been with the perseverance shown by our students and our staff. I love coming to school each day to work beside, and for, our Shiocton family.

As we started this year, our biggest focus was on student safety. Our teachers are taking on a tremendous responsibility in making sure that their classrooms are sanitized and that students are spread out in the classroom. Up to this point, I feel like we have been successful. A big thank you goes out to our staff and students for helping to start the year off on the right foot. In addition, our teachers are doing an excellent job of helping our students get back to the daily routine of in-person schooling. I really appreciate all of their efforts. Also, I appreciate the efforts of those in the community who are helping keep our students safe by social distancing and abiding by our protocols while in our building.

There are some very important dates coming up. First, the end of the 1st Quarter is on November 4, a day in which we will have an early release at 12:10PM. We have another early release on November 25 before our Thanksgiving Break on November 26 and 27. We then come back to school and move into December where we will have an early release on December 23, starting off our Winter Break which runs from December 24, 2020 through January 3, 2021. As we move from December to January, please have a chat with any students about what classes they are thinking about for the 2021-2022 school year.

As always, if you have any questions, feel free to reach out to the middle school/high school office at x782.
 ~Nick Ortleib, Grades 7-12 Principal

CARDBOARD REGATTA

Harley Griesbach

Again this year the Introduction to Technology Education students from Shiocton High School tested their cardboard boat designs in Shiocton Lake Park. This year the weather was in our favor but the water was still a crisp 58 degrees for our boaters with a tough 15-mph wind on the return voyage. This is the third year of the Regatta and the watercraft designs keep improving in addition to some quality of construction. This year every boat made at least two full runs around the marker and returned successfully. The project concluded with a reflection activity on how the project went overall, what went well, what improvements can be made and the keys to success.

With the year of COVID at our door, the students were excited to have a hands-on skill building project. I think that in everyone's opinion, it was a very successful event for the students and it was a very fun project-based learning activity. Employability skills, teamwork, collaboration, communication, resilience, and critical thinking skills were all key components of the project.

We would like to thank our supporters:

- Tony Hertzfelt and Pacon Corporation for the cardboard donation
- Marcks brothers for their assistance
- Larry at Dragonfly Paddlers for the life jacket and paddle usage
- Shiocton Schools for allowing this learning activity
- Parents for supporting students on this project



PICTURE RETAKE DAY— Tuesday, November 10

Picture Retake Day has been rescheduled to
Tuesday, November 10th.

If your child will not be in school on November 10 but
you wish to have his/her school pictures (re)taken,
please contact your school office to schedule a time.



Students in Mrs. Malesa's Kindergarten class glazing their clay
pinch pots in art class.

SECOND GRADE: WHAT'S HAPPENING

Second grade is filled with budding authors. The students have been busy writing "small moment" stories during Writer's Workshop each day. They have been working on generating ideas and writing stories with interesting beginnings and strong endings that do not leave their readers hanging. They have been experimenting with bringing their characters to life with action, talk, and details, as well as choosing strong and precise words to help their readers visualize. Our second graders have carried over what they learned in first grade as authors and continue to grow as second grade writers!

In math, we have been learning and practicing strategies to add numbers up to 200. Students are using vocabulary such as 'quick tens' and 'quick hundreds'. We are also exploring the many methods to add two-digit numbers. Our math dry erase boards are getting a lot of use lately making proof drawings to help the students show and explain their thinking to partners.

Thank you to all parents for a great parent/teacher conference. Communication is so important for a child's success in school. Please feel free to contact your child's teacher any time throughout the year when you have questions or concerns.

Your second grader should be well into a nightly routine that involves reading and math homework. Homework is an important way for parents to review what is being taught and practice skills to help their child be successful. In addition to what your child brings home, there are some great resources for fun learning on our school's website at <https://www.shiocton.k12.wi.us>. Under the heading "Students", select "Elementary Resource" from the dropdown menu. Enjoy the variety of educational sites and resources.

~Mrs. Otto, Miss Sauer, Miss Schmidt



Early Childhood Screening Information

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

By age 4, most children:

- * speak clearly; are understood most of the time
- * use language to express emotion
- * frequently ask questions and demand a response
- * participate in rhyming games
- * talk about pictures in a book
- * enjoy pretend play with children
- * can point 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
- * rote count to 10 and count 1,2, or 3 objects



Early Childhood Development Days

*Free Developmental Screening
for children 3 to 4 years old and
not currently attending 4K during
the '20-'21 school year

***For Shiocton School District resident
children

*Areas assessed include
communication, personal-social,
motor, and academic readiness.

*Dates/times are subject to be changed and/
or cancelled due to the ongoing COVID-19
Pandemic. Registrants will be notified prior.

*Contact Rose Stingle,
Special Education Secretary
to set up an appointment
986-3351 ext. 764

WHEN

Tues, Nov. 10th
2:00pm-4:45 pm

Friday, Nov. 13th
8:30 am-11:15 am

Tues, Mar. 16th
2:00 pm-6:15 pm

Friday, Mar. 19th
8:30 am-3:15 pm

WHERE

Shiocton
Elementary School
Room 118



Notes from the Nurse

First of all, I would like to extend my thanks to every member of the school staff, every parent, and every student for working so hard to keep our school open for in-person learning! This is a huge accomplishment so let's continue to work hard together!



Just a reminder to keep your child home if they are showing signs of illness. COVID 19 very commonly presents as a “minor cold” in children. So if your child is showing the symptoms of a cold please reconsider sending them to school and contact myself. I am more than happy to discuss the situation with you and answer any questions you might have. There are certain guidelines that we must follow to comply with DHS and DPI requirements, but we do understand that every family has a different set of circumstances and take all of that into consideration as we develop a plan to get your child back in school.

The guidelines have changed a little in the month of October, and I will go through the criteria that will require a COVID test (or 10 day sibling/student quarantine if not tested) to get your student back to school.

- 1 of the following symptoms: New Cough, new onset shortness of breath/trouble breathing, or new loss of taste and/or smell
- 2 of the following symptoms: Sore throat, unusual fatigue, nausea or vomiting, diarrhea, fever, muscle/body aches, runny nose/nasal congestion, and or headache

One frequent question I do get is “Where can I take my child to be tested for COVID 19?” I have listed below some places you can consider going:

- **Contact your primary care provider**
- **Prevea Health Care**—you do not need to be a Prevea patient to access their free drive thru testing sights. You can sign up at <https://myprevea.com/>. This site will test all ages without a doctor appointment and is free of charge.
- **Sunnyview Expo Center-Oshkosh**—This site is a County sponsored site. First come, first served. There is no appointment although you do need to register once you get there.
- **Walgreens/CVS**—Local pharmacies are starting to offer testing. Check out their websites for further information.
- **Local Urgent Cares**—I would call your local urgent care ahead of time as not all of them offer COVID testing, yet most do.

A very important message that I have to our entire community is “do your part”. Our local county health department is very busy and has actually released a statement that they may not be able to do all of the contact tracing for positive cases. If you are told by a friend that they tested positive, and you have been a close contact, it is your responsibility to start to quarantine and do not rely on getting a call from the health department to do so. If you have any questions about whether or not you are a close contact please call or email me. I am more than happy to discuss your situation with you. **Please do**

not send your kids to school if you know that you have been in close contact with a positive coronavirus case.

There are many different opinions now regarding the coronavirus, and I honestly can appreciate every point of view that there is out there. But one thing is for certain, a large coronavirus outbreak will affect the ability to keep in-person learning an option here in Shiocton. So please continue to do your part to keep school safe, healthy and OPEN!!!

Another thing to consider this year is making an appointment for your family to get vaccinated for influenza. There is a lot of concern and uncertainty with health care professionals and caring for an individual who may have both COVID and influenza simultaneously and how those outcomes are going to look. If you have never gotten a flu vaccine, this may be the year to reconsider it! Stay healthy friends!

Amy Austin, RN
(920) 986-3351 ext 714
aaustin@shiocton.k12.wi.us

School Staff Wearing Jeans...???

If you visit Shiocton Schools during November, you may notice a lot of staff members wearing jeans throughout the week. These staff members are participating in a very important fundraiser for Student Council's annual Food and Toy Drive to help families in need in our community. For \$1 per day in November, staff members may wear jeans to school any day of the week, and all of that money helps this great cause. Last year, we raised over \$700 from this fundraiser! Hopefully, this year will be just as successful!



STAYING HEALTHY THROUGH A PANDEMIC

Dr. Jolene Pintar

Covid-19 has definitely caused its share of havoc on the world this year. With so many uncertainties there is one thing you can control—your own health. We know that having underlying health conditions like heart disease, diabetes and obesity make you at higher risk for a worse Covid-19 outcome. Now, more than ever, is the time to make lifestyle changes to achieve health. With Covid-19 rates being so prevalent in our area, the chance of getting exposed is real, even when following CDC recommendations. Now is the time to make sure your immune system is optimized so it can fight off the virus naturally and develop those wonderful antibodies.

How do you stay healthy? Eat right. Sleep right. Move right. Poop right. Health can be summarized pretty easily if you take these 4 statements into consideration. In regards to sleep, preschool kids (3-5 years) need 13 hours of sleep daily with naps. Grade school kids (6-12 years) need 9-12 hours of sleep. Teenagers (13-18 years) need 8-10 hours of sleep daily and Adults need a minimum of 7 hours of sleep. If you are not getting adequate amounts of sleep it will affect your immune system in a negative fashion.

Our bodies were designed for movement. Aim for at least 30 minutes of moderate exercise daily that gets your heart rate up. There is an upper limit level, take for example, an individual who “over trains” or exercises too much actually can have a negative impact on the immune system. Balance is the key. Get outside and get moving!

One of the best measurements to gauge a healthy weight is Body Mass Index (BMI) which currently classifies a normal BMI from 18.5-25. There are many calculators to help you figures out your BMI including the following link: https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm

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STUDENT COUNCIL FOOD AND TOY DRIVE KICKOFF

November 11 marks the start of the annual Food and Toy Drive at Shiocton Schools. Once again, classes will compete against each other to see who can collect the most items. The winning class at each level—elementary, middle and high school—will win an ice cream sundae party provided by Student Council.

We will be collecting products like boxed foods, canned foods/condiments, items with long shelf-life, personal hygiene products, new/gently used toys (please, no stuffed animals), baby products, and paper goods. In order to attempt to collect a variety of items, we have designated a week to focus on certain types of goods; however, any items, including monetary donations, will be accepted and greatly appreciated at any time.

PLEASE NOTE: We will not be accepting donations on Mondays this year because of the precautions we are taking related to COVID-19. Thank you for understanding!

Nov. 10-13	Canned Food/Condiments
Nov. 17-20	Boxed Food/Toys
Nov. 24-25	Personal Hygiene Products/Toys
Dec. 1-4	Baby Products/Paper Goods (toilet paper, paper towels, napkins)
*Please submit monetary donations by this time as we need time to shop for items. Thank you!	
Dec. 8-11	Any Food or Toys
Dec. 17-18	Delivery to Families. Families will be notified of time and date.

We would like to thank everyone who contributes to this wonderful event! Each year we're able to accommodate more and more families thank to our generous community!

If your family is experiencing a financial hardship or if you know of a school family in need, please contact one of the following people so we can add your name to the confidential list and spread some joy to your family this holiday season.

Please call: 986-3351

Mrs. Kim Griesbach—ext. 747
Mr. Nick Ortlieb—ext. 751
Mrs. Sandee Cornell—ext. 711
Mrs. Dannielle Kern—ext. 762
Ms. Elizabeth Schneider—ext. 787



FOURTH GRADE

It has been an interesting start for our fourth graders, to say the least. There are always new routines to learn while entering a new grade, but we never thought they would involve hand sanitizer, physical distance and face masks! We are so pleased to say that they are doing so well with all of the new routines, the usual ones and the not so usual ones.

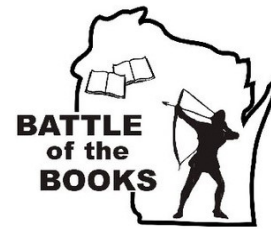
Our classes have been building teamwork and challenging themselves with some great new learning in all subject areas. We have advanced our skills in writing realistic fiction, learned how to add, subtract, round, estimate and compare numbers into the millions and are pushing our reading abilities by working on summarizing, finding test evidence and inferring to name just a few.

We may be having an unusual year, but these fourth graders have adjusted like champions and continually impress us with their willingness to take on new learning opportunities every day.

Every day together is a GREAT day!

~Mrs. Krohlow, Miss Schreiter, and Mr. Beer

LMC NEWS



Battle of the Books

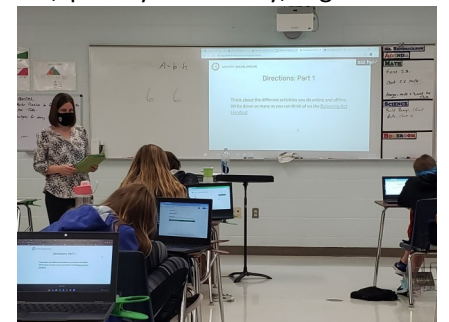
Battle of the Books is a state-wide reading challenge sponsored by WEMTA (Wisconsin Educational Media & Technology Association) where students are asked to work in a team of 2, 3, or 4 students to read and answer questions about 20 different books. 35 Middle School students and 2 High School students are participating in Battle of the Books this year. The Middle Level school competition will take place at the end of January to see which of the 10 middle level teams will represent Shiocton in the state battle at the end of February.

Destiny

Destiny, our library catalog, is getting more use than ever this year by students searching for books, placing holds, and using electronic resources. Students who are learning virtually are able to request books for pick-up from the school library. A page of Destiny tutorials is available at <https://tinyurl.com/y35pqjce>.

Digital Citizenship

Mrs. Woodward is visiting grades 5 through 8 throughout the year to teach students about Digital Citizenship. During these lessons, we will focus on 6 general topics: media balance, privacy & security, digital footprint & identity, relationships & communication, cyberbullying, digital drama & hate speech, and news & media literacy. By discussing these topics with students we hope to empower them to think critically and act responsibly while they are online. Visit commonsense.org to learn how you can continue the conversation at home.



~Mrs. Woodward, Media Director

S.P.I.C.E

November is a time to be thankful for the things in life that we are so fortunate to have. A time to be thankful for family, friends, and a school district that has done so much for us as they try to keep the kids in in-person school during the pandemic. We wish to thank you all from the bottom of our hearts!

Sadly, we determined during our October meeting that the majority of the events that S.P.I.C.E sponsors will not be able to be held this year due to the COVID-19 pandemic. Though we aren't able to host the following events for this year, we look forward to bringing them back or looking into other options for the 2021-2022 school year. As of this time, the following events have been cancelled:

- Quilt & Basket Raffle
- Cookies with Santa
- Box Tops Challenge (this may be temporary for 20-21)

Speaking of Box Tops, please watch for communications on how you can submit the few remaining physical Box Tops directly to Box Tops and still get credit for Shiocton Schools!

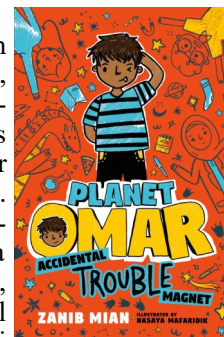
S.P.I.C.E is currently looking for a Board Member! We are in need of an individual who is good at taking notes and sending emails and fliers to be our new Secretary! This volunteer position takes only a few moments of your time throughout each month during the school year beginning in June. For more information, email S.P.I.C.E at spice@shiocton.k12.wi.us.

Please join us for our next monthly meeting on Wednesday, November 4 at 6:00pm via ZOOM.

DIVERSITY AND INCLUSION TEAM

The Diversity and Inclusion Team is excited to welcome new staff and high school student members to our group. It is never too late to join us, if you have an interest in being a part of our team please contact Mrs. Krohlow. We welcome all with open arms.

Students in Grades 2 and 4 are participating in a program called the Global Read Aloud. Through a shared reading, classrooms all around the world create pathways and connections with each other. The mission of this program is reading to expand our knowledge and shrink our 'otherization', grow our curiosity and diminish our hate. Second graders are reading *Planet Omar: Accidental Trouble Magnet* by Zanib Mian and are also participating in a picture book study with books by the author and illustrator, Juana Martinez-Neal. Fourth Graders are reading the novel *Indian No More* by Charlene Willing McManis and Traci Sorell.



The Diversity and Inclusion Team is also hosting a book club study of *Stamped: Racism, Antiracism, and You: a remix of the National Book Award-winning Stamped from the Beginning* by Ibram X. Kendi and Jason Reynolds. The book club is meeting over Zoom each week for six weeks and participants can attend either a morning or afternoon session.

Looking ahead, during the week of November 23, the Diversity and Inclusion Team will be celebrating the diversity of our students, our community, and the world around us with Diversity Days. Elementary students will be reading and discussing literature that highlights diverse characters. Elementary, middle and high school students will be participating in a school-wide art project that celebrates each student as an individual and as a part of our collective school family.

GIFTED AND TALENTED: MARK YOUR CALENDARS!

Noetic Math Contest: On November 12, students in third through sixth grade will participate in the 2020 Fall Noetic Math Contest. There are twenty problem solving questions on the test with varying degrees of difficulty. The students have 45 minutes to complete the test. Each question is worth five points. The highest percentage reached by a student in Shiocton Elementary so far has been 90%. We are still striving for 100%. We will have the winning grade level team and individual winners in the January Link.

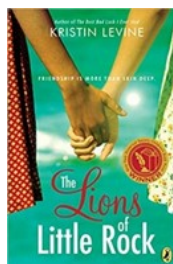


Noetic Learning
Creative Math for Creative Minds

Spelling Bee: Grades 3-8 will soon be involved in the annual Scripps Spelling Bee. Teachers will give their students a copy of their word list (mid-November) to take home to study and prepare for their classroom spelling bee. Each teacher will conduct a classroom bee before Thursday, December 17. The top two spellers from each classroom will move on to the local Shiocton Schoolwide Spelling Bee held in the cafeteria starting at 1:00pm on Tuesday, January 12, 2021, with an alternate date of January 13 in the event school is canceled on January 12. These are the plans as long as we have school the way we have been. In the event we go virtual, we will conduct the spelling bee in a virtual way also.



Book Recommendation: As twelve-year old Marlee starts middle school in 1958 Little Rock, it feels like her whole world is falling apart. Until she meets Liz, the new girl at school. Liz is everything Marlee wishes she could be: she's brave, brash and always knows the right thing to say. But when Liz leaves school without even a good-bye, the rumor is that Liz was caught passing for white. Marlee decides that doesn't matter. She just wants her friend back. And to stay friends, Marlee and Liz are even willing to take on segregation and the dangers their friendship could bring to both their families.



~ Ms. Pfundtner

KINDERGARTEN IS EXCITING!

The Kindergarteners are busy learning letters and the sounds the letters make as well as sight words. We began the year reading wordless books; where we looked at the pictures and made up a story about what was happening. We are now reading books with four words that follow a pattern. Super Readers use a combination of "FISHY LIPS" (put the first letter sound on your lips) and "EAGLE EYES" (look at the whole picture) to read their stories. Teachers are excited to listen to the children read and so proud of their progress.



In Math we are learning and building numbers up to ten. We have been comparing numbers using words like: great than, less than, larger, smaller, longer, shorter. By the end of the first quarter children must be able to count to 25 and some of our children can already! WOWZA! In story situations, in math, we use the words: First, Then, At the End. In our writing we use these words too. A story has a beginning, a middle and an end. School is off to a wonderful start and the teachers' wish to thank the Kindergarten parents for working with their child every night at home. "It is all about having a strong partnership with our parents." If you have any questions, please feel free to contact your child's teacher.



~Mrs. Malesa, Mrs. Scott and Mrs. Pigsley

Counselor's Corner

Sandee Cornell
scornell@shiocton.k12.wi.us

Dannielle Kern
dkern@shiocton.k12.wi.us

K-6 Students

In Kindergarten through Grade 3, we have been discussing our school listening rules (eyes watching, ears listening, voices quiet, body still), and how those rules help us learn while showing respect. In Grades 4 and 5, we are discussing respect a little deeper, and learning about Empathy. Empathy is a very powerful tool that not only shows respect, but makes our school an even more AWESOME place to come everyday! In Grade 6, we are focusing on all of the new changes Middle School brings. We are also discussing how our brains are changing at this time in their lives, and the importance of creating good habits that will stick with us!

7-12 Students

Attention Seniors: Don't wait; get those college applications in. Contact your specific schools for deadline dates.

Local scholarships will open this month. Watch your email for more information. Local scholarship information can be obtained on the school website.

FAFSA (Free Application for Federal Student Aid) is available to families online starting October 1. Your college financial aid department can assist you with the application process.

Attention Juniors: Junior Chief Chats will take place in November and December. All juniors will have a meeting with Mrs. Cornell to discuss Academic and Career Plans.

STAYING HEALTHY THROUGH A PANDEMIC (Continued from page 4)

Right now in America, 42.4% of our population is considered obese. Let that sink in. As Americans, we are killing ourselves with our very own forks. Now is the time for change. The United States of America currently ranks 32nd in the world in terms of health. This means 32 other countries are healthier than we are. Covid-19 should serve as a wakeup call for all of us to start living a healthier lifestyle.

IMMUNE BOOSTING SUGGESTIONS:

Sugar suppresses immune system function- avoid it like the plague. Halloween is right around the corner so offering non-sugar items benefits us all. Healthier examples include trinket toys, crayons/colors, bouncy balls, etc. With current Covid-19 cases surging throughout Wisconsin- now is not the time to suppress your immune function by loading it down with sugar.

Zinc- 15mg daily- If you are taking a multi-vitamin it should have your RDA (Recommended Daily Allowance) for Zinc. Zinc is involved in virtually every aspect of immunity. Sources can come from zinc lozenges, supplement form, or food sources to include: oysters, pumpkin seeds, ginger root, pecans.

B Complex (B1/B2/B3/B5/B6/B7/B9/B12)- If you are taking a multi-vitamin it should contain your RDA for all the B vitamins. Food sources include: Salmon, leafy greens, liver/organ meats, eggs, beef, oysters/clams/mussels, legumes, chicken, turkey, nutritional brewer's yeast, pork, trout, and sunflower seeds.

Vitamin C- Recommended Daily Allowance (RDA) for kids is 30mg/Adults 70mg. Smokers require 35mg more per day. Too much Vitamin C= diarrhea. Food Sources: Red pepper, oranges, strawberries, kiwi, Brussels sprouts, broccoli and potato. I recommend getting Vitamin C from food sources.

Vitamin D- Our bodies have the natural ability to make Vitamin D from cholesterol. Vitamin D is the only vitamin that makes itself and it is often considered a hormone! Prednisone and statin drug use reduces the body's ability to properly synthesize Vitamin D. Therefore, most people taking these prescriptions are deficient in Vitamin D. Recommendations are 800-1,000 IU (25mcg) daily. Food sources include: Salmon, liver, egg yolks, cod liver oil, and mushrooms.

Having a positive mental attitude is essential. Mental stress will express itself physically in some way, shape or form by running your immune system into the ground. Covid-19 has made 2020 a trying year for everyone forcing us all to change our daily routine between working from home, virtual learning, interruption in sports and recreational activities. Stress is inevitable; how one manages it will dictate the outcome. We all must be willing to adapt and embrace change in order to keep moving forward in a positive direction.

November Character Trait: EMPATHY

Every month the counseling department will provide a positive trait to help students develop and foster positive character traits. We will list ideas for families to try at home and support what students learn in school.

Empathy Tips:

- Empathize with your child—Notice their feelings and acknowledge them!
- Talk about others' feelings
- Use "I" messages (I feel ___ when ___)
- Role play and teach your child how they can show empathy to others

Shiocton Schools: Title 1 Schoolwide Program

Title 1 is a federally-funded program intended to:

- Reform and improve educational programming
- Ensure that all students demonstrate proficient and advanced levels of academic achievement standards

Our "School-Wide" Program:

- More flexible use of existing Title 1 dollars to improve achievement for all students
- All paraprofessionals meet highly-qualified criteria
- Title 1 dollars can now be used to provide **continuous** learning for staff, students, and the community

NOTICE OF SCHOOL BOARD ELECTION School District of Shiocton April 6, 2021

NOTICE IS HEREBY GIVEN that an election is to be held in the School District of Shiocton on Tuesday, April 6, 2021 and that two positions on the School Board are to be elected to succeed the present incumbents. The term of office for a school board member is three (3) years. Terms of office will begin on Monday, April 26, 2021. The present incumbents are as follows:

Stacey Warning
Michael Bellin

NOTICE IS FURTHER GIVEN that a *Campaign Registration Statement* and a *Declaration of Candidacy* must be filed no later than 5:00 P.M. on **Tuesday, January 5, 2020** with the School District Clerk in the School District Office in Shiocton at N5650 Broad Street, Shiocton, WI 54170.

NOTICE IS FURTHER GIVEN that if a primary election is necessary, the primary election will be held on Tuesday, February 16, 2021

Given under my hand this 1st day of November, 2020:

David Gomm, Clerk
Board of Education
School District of Shiocton

Type A Notice under s. 10.01 (2)(a) Section 120.06(6)(b)





****Menu subject to change without notice****

Breakfast prices: 4K-12— \$1.40 per day

Lunch prices: 4K-8—\$2.60 per day

9-12—\$2.85 per day

Monday		Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of Muffins, or String Cheese or Breakfast Sandwich or Pancake Wrap or French Toast Sticks, Fruit, Juice, Milk	Peanut Butter and Jelly Uncrustable Breakfast Pizza, Pancake Wrap, French Toast Sticks, Fruit, Juice, Milk	Strawberry or Chocolate Fudge Pop Tarts, String Cheese, Breakfast Pizza, Pancake Wrap, French Toast Sticks, Fruit, Juice, Milk	Cream Cheese Bagel, Cinnamon Roll, Breakfast Pizza, Pancake Wrap, French Toast Sticks, Fruit, Juice, Milk	Chocolate Donut, Powdered Donut, Pancake Wrap, French Toast Sticks, Breakfast Sandwich, Fruit, Juice, Milk
2	Mini Corn Dogs, Tri Taters, Baked Beans, Sliced Peaches, Milk	3 Grab-N-Go Salads, Chicken Alfredo over Penne Noodles, Green Beans, Fruit Mix, Garlic Toast, Milk	4 EARLY RELEASE 12:10pm Basket For Lunch Deli Boardwalk Turkey, Ham and Cheese on a Bun, Fuitable Juice, Craisins, Birthday Ice Cream Cup	5 Chicken Nuggets, Creamy Mashed Potatoes, Seasoned Mixed Vegetables, Chilled Pineapple Chunks, Milk	6 Grab N go Salads, Chicken Teriyaki, Rice, Seasoned Broccoli, Mandarin Oranges, Dinner Roll, Milk
9	French Toast Sticks w/ Syrup, Sausage, Hash Browns, Chilled Orange Juice, Milk	10 Mozzarella Pizza Dippers w/ Marinara Sauce, Seasoned Green Beans, Sliced Peaches, Milk	11 Cheeseburgers, Baked Beans, Cheez-It Crackers, Sliced Pears, Milk	12 Walking Taco w/ Trimmings, Whole Kernel Corn, Mandarin Oranges, Chocolate Graham Cookie, Milk	13 Grab N Go Salads, Chicken Noodle Soup, String Cheese, Dinner Rolls, Peas and Carrots, Applesauce, Milk
16	Grab N Go Salads, OOey Goey Goodness Macaroni and Cheese, PB & J Uncrustable, Seasoned Green Beans, Chilled Fruit Mix, Milk	17 Chicken Patty on a Bun, Baked Beans, Sliced Peaches, Pudding Cup, Milk	18 Spaghetti w/ Meatballs, Fresh Garden Salad, Garlic Bread, Sliced Pears, Milk	19 Slice of Pizza, Seasoned Green Beans, Mandarin Oranges, Milk	20 Grab N Go Salads, Creamy Tomato Soup, Grilled Cheese Sandwich, Mixed Vegetables, Applesauce Cups, Milk
23	Grab-N-Go Salads, Cheese Quesadillas w/ Trimmings, Seasoned Peas, Sliced Pears, Milk	24 Chicken Nuggets, Mashed Potatoes, Baked Beans, Pineapple Chunks, Rice Krispy Treats, Milk	25 EARLY RELEASE 12:10pm Basket for Lunch Hot Dog on a Bun, Potato Smiles, Fuitable Juice, Sliced Peaches, Milk	26 NO SCHOOL 	27 No School! 
30	Chili w/ Buns, Peas and Carrots, Strawberry Cups, Milk	<div><p><i>Cold sandwiches available each day as an alternative entrée for lunch. Whole grain bread and buns are offered.</i></p><p><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></div>			

NOVEMBER CALENDAR OF EVENTS

11/2 SCHOOL BOARD MEETING in LMC—6:00PM

MS Boys Basketball @ HOME—4:00PM

JV Football @ Stratford HS—5:00PM

11/4 EARLY RELEASE 12:10PM—END OF Q1

11/5 MS Boys Basketball @ Amherst HS—5:00PM

Varsity Football @ Weyauwega-Fremont—7:00PM

11/9 MS Boys Basketball @ HOME—5:00PM

JV Football @ HOME—5:00PM

11/10 PICTURE RETAKE DAY

11/12 MS Boys Basketball @ Manawa ES—4:00PM

11/16 SCHOOL BOARD MEETING in LMC—6:00PM

MS Boys Basketball @ Weyauwega-Fmt—4:00PM

11/17 MS Boys Basketball @ HOME—4:00PM

11/23 MS Boys Basketball @ Wittenberg—4:00PM

11/24 MS Boys Basketball @ HOME—5:00PM

JV Girls Basketball @ HOME—6:00PM

Varsity Girls Basketball @ HOME—7:15PM

11/25 EARLY RELEASE 12:10PM

11/26 NO SCHOOL—THANKSGIVING BREAK

11/27 NO SCHOOL—THANKSGIVING BREAK

11/30 MS Boys Basketball @ Iola-Scan—5:30PM

