



The Link

September 2020

School District of Shiocton
N5650 Broad Street
P.O. Box 68
Shiocton, WI 54170-0068
Return Service Requested

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SHIOCTON, WI
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2020 - 2021 SCHOOL YEAR: Different Ways of Doing

Seven years ago, we brought in the Math Expressions curriculum with its "different ways of doing". While the methods taught were different than how many of us learned, the fact of the matter was students were learning more than just rote facts and superficial steps. Students were conceptualizing and mentally visualizing quantities, breaking multi-digit numbers into place values that aided their ability to add, subtract, multiply, and divide. They were learning through different ways of doing, which afforded them the opportunity to choose the best way for them.

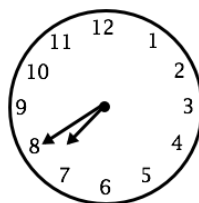
CHOOSING THE BEST WAY

Much like with Math Expressions, the health and safety concerns related to the pandemic has necessitated the implementation of different ways of doing. It started last spring and has only grown as more people seek the different way of doing that is the best way for them. As a result, our district is proud to offer different ways of educating as we begin the 2020-2021 school year. **In-person** instruction affords us the opportunity to daily interact with classmates, colleagues, and educators for academic and co-curricular activities. **Virtual** instruction affords us the opportunity to learn from the safety of our home at a selected pace with the help of a parent or other adult facilitating the lessons created and supported by a third party vendor. **BlendEd** affords us the opportunity to attach to that in-person instruction for a short period of time while the effects of COVID dictate a quarantine. **Digital Learning** affords a concentrated group of us the opportunity to carry that in-person instruction into a digital format until conditions change such that we can return to the classroom and resume in-person instruction.

Whatever way of educating you chose for your child, we know that you have chosen the best way for them. Regardless of the path this pandemic takes, the School District of Shiocton remains committed to

REMINDER:

Doors to the school
building open at
7:40AM beginning



Legal Notice

ANNUAL MEETING SCHOOL DISTRICT OF SHIOCTON

NOTICE is hereby given to qualified electors of the School District of Shiocton which includes the Village of Shiocton (and in part or all of) the Towns of Black Creek, Bovina, Center, Deer Creek, Ellington, Liberty, Maine, and Maple Creek that the Annual Meeting for said School District shall be held in the Library of the school building in Shiocton on **Monday, September 28, 2020, beginning at 6:30PM.**

Copies of the Annual Report will be available at the School District Office. Upon request, copies will be mailed to interested persons.

Dated this 1st day of September 2020.
David Gomm, Clerk, School District of Shiocton

CHIEF CHATTER

Welcome Back!

It's an understatement to say that the start to this school year is unprecedented in my twenty-plus years as an educator and administrator. The twists and turns, about faces, and constant updates that have taken place throughout the summer - sometimes within the very same day - have certainly kept us on our toes as we drafted, edited, and revised so many plans, policies, and general communications. In the end, however, it will all be worth the mental gymnastics to have our learners back within our halls and walls, learning and growing with one another.

It Takes All of Us

I can't say this often enough, loud enough, to enough people: ***It will take each one of us, working together to keep our learners and educators in the building.*** That means washing our hands and keeping our distance as often as possible. That means using hand sanitizer and wiping down shared objects. That means wearing masks, even if we don't like the feel, feel like we shouldn't have to, or have political convictions to the opposite. We have to do this together or we will be quarantined apart ... apart from friends and classmates, apart from dedicated educators, apart from teammates and co-curricular opportunities.

Returning to **in-person learning** isn't just about me or you. It isn't just about Susie or Johnny. It's about me doing my part, implementing protocols I might not want to have to do, because I **care** ... for you and Susie and Johnny; because I have **compassion** for who might be impacted by a sick or quarantined you or Susie or Johnny; because I have a commitment to my **community** - school and larger - to keep us healthy, safe, and learning in person.

Kids in School

Please join me in supporting the efforts we are making district-wide to keep your child healthy and learning in-person. Together, we really can keep kids in school.
~Mrs. Schweitzer

School District of Shiocton



School District of Shiocton
N5650 Broad Street P.O. Box 68
Shiocton, WI 54170
(920) 986-3351
FAX (920) 986-3291
www.shiocton.k12.wi.us

NICHOLE SCHWEITZER
Superintendent

NICK ORTLIEB
Principal Grades 7-12

KIM GRIESBACH
Principal Grades PK-6

KELLY THIEL
Special Education Director

MICHAEL SIPPERT
Business Manager

School Board

President: Bradley Ritchie
Town of Ellington
Vice President: Jeremie Birch
Town of Bovina
Clerk: David Gomm
Village of Shiocton
Treasurer: Mike Bellin
Village of Shiocton
Member: Stacey Warning
Town of Ellington
Member: Aaron Pluger
Town of Bovina
Member: Melinda Hofacker
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 FROM GRADES 7-12 OFFICE

Greetings School District of Shiocton Families,

This is the 7th-12th Grade Principal, Mr. Ortlieb. I am happy to be able to reach out to you as we get closer to the start of the school year. Our team here at school has put in a great deal of effort to ensure that we will be able to return to school this Fall. We will be strengthening our sanitization measures, working with schedules, tweaking our lunch/recess time, and following many other safety measures to keep our students and staff safe.

For those who have not had the chance to get to know me, particularly our incoming 7th grade families, I want to tell you a little about myself as we start the year. Firstly, I believe that it is highly important for a principal to build relationships with his or her students. While building access will be limited this year, don't be surprised if you hear from your child about how often I frequent the classroom and talk with students in the hallways. Secondly, I believe in a fair and consistent approach to discipline. Lastly, I expect that our middle and high school students behave as if they were in a professional environment. I believe that this is the best way for them to prepare themselves for life after school.

You will find important upcoming dates in the articles I write. This will prove a little more difficult this year, so I will just ask that you pay close attention to the information sent out by the school district about sporting events, Homecoming, extracurriculars, and other events. Our staggered start was sent out via our district plan; please ask if you have any questions. Parent/teacher conferences will be held on October 21st and 22nd from 4:15 PM to 8:00 PM. There will be no school on October 5th nor October 23rd due to staff professional development. The end of the 1st quarter will be on November 4th.

If you need any information on our plan to start the school year or any upcoming event, please don't hesitate to contact the middle school/high school office.

Thank you,

Nick Ortlieb
7th-12th Grade Principal
School District of Shiocton

EDUCATIONAL NOTICES:

The School District of Shiocton provides you a "one-stop-shop" for all of the required educational notices at:

<https://www.shiocton.k12.wi.us/district/educational-notices.cfm>

Meet Our New Athletic Director

Hi, my name is Dominic Gunderson, and I am the new Athletic Director for the Shiocton School District. I graduated from Shiocton High School in 2014, and I am very excited to be back here working at the school. I look forward to seeing old faces and meeting new people throughout the community.

With the ongoing pandemic, I am sure everyone is wondering if we will have **fall sports** this year. The WIAA has announced it will be altering High School winter and spring sports schedules in order to create an alternative High School fall sports season in the spring. Every school in Wisconsin will have the choice of playing their fall sports season or moving their fall sports to the spring to participate in the alternative fall sports season. We are currently in conversations with other schools, health officials, and the WIAA to figure out what the best decision is for Shiocton High School. After we make a decision at the high school level, we will then decide on what we are going to do with Shiocton Middle School sports for the fall. Currently, **middle school sports** are on hold and will remain on hold until our high school sports decision is made. Stay safe and have a great day.

~Dominic Gunderson

Mr. Gunderson can be reached by calling (920) 986-3351 x731 or emailing at: dgunderson@shiocton.k12.wi.us

NEWS FROM GRADES PK-6 OFFICE:



For those Fang's Reading Club participants (Grades K-5) who earned ticket vouchers to the Timber Rattlers game this past spring: due to cancellation of the 2020 Timber Rattler Season, all Timber Rattlers Reading Club Vouchers that are good for the 2020 season can be exchanged and redeemed for any April game in 2021. Vouchers can be exchanged in person at the box office or over the phone for a 2021 April game in March when single-game tickets go on sale.



Happy September! We are in the midst of preparing for welcoming our students back to school and could not be happier. We cannot wait!

I would like to thank those of you who were willing and able to send your child/children to summer school in August. This gave us an opportunity to try some of our new protocols with hand sanitizing, wearing masks, etc. The kiddos did an AMAZING job! We are hoping that this experience will springboard us into a very positive and smooth start to the school year.

Please remember that all important information from the District is located on the school website (www.shiocton.k12.wi.us - click on the "District" tab). All of the information that Mrs. Schweitzer sends out can be found there - including the Shiocton School District's Fall 2020 Reopening Plans. One of the most important parts for you to be aware of is the staggered start to the school year which can be found on page 21 of the plan. Here's what staggered start looks like:

Date Grade Levels Who Start on That Day

September 1: Grades 5, 6, 9 & 12
September 2: Grades 2, 4, 10 & 11 (*Grades 9 & 12 do not report)
September 3: Grades K5, 3, 8 & all high school grades
September 4: Grades 1 & 7
September 9: K4 - Monday Wednesday
September 10: K4 - Tuesday/Thursday & Early Childhood



This staggered start will afford us an opportunity to bring students back into the building in smaller groups (one per hallway at a time at the PK-6 level). By the time the littlest ones come to school, the older students will be wonderful role models as they model some of the new routines, new habits, etc. Our older students always serve as wonderful helpers to our younger students and we know this will continue. The staggered start will also allow students to acclimate to the school setting in stages. Staff members will be monitoring the needs of our students as we transition back to school.

Wishing you a wonderful month! We absolutely cannot wait to welcome your child/children into the building!
~Mrs. Kim Griesbach - PK-6 Principal

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



General Behaviors to Decrease Risk of Transmission of COVID-19

Continue To Practice Good Hygiene

- Wash your hands with soap and water or hand sanitizer
- Avoid touching your face
- Sneeze or cough into a tissue or the inside of your elbow
- Sneeze into mask, if wearing one, and replace mask afterwards
- Clean and disinfect frequently used items and surfaces as much as possible

People Who Feel Sick Must Stay At Home

- Do NOT go to work, school, or any other public place
- Symptoms of COVID-19 can be found at: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- Contact and follow the advice of your medical provider

Avoid Close Contact With Others and Practice Physical Distancing

Cloth Face Coverings

- Face coverings are meant to protect other people in case the wearer is unknowingly infected but does not have symptoms
- Face coverings slow the spread of the virus
- Face coverings do not replace physical distancing or other safety precautions
- Face coverings are most useful when physical distancing is difficult
- DHS recommends adults and students over age 2 wear cloth face coverings, if they can properly wear and remove them
- Cloth face masks SHOULD NOT be placed on:
 - Children younger than 2 years old
 - Anyone who has trouble breathing or is unconscious
 - Anyone who is incapacitated or otherwise unable to remove the cloth face covering without assistance

Put on Mask or Face Covering Correctly

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily

Take Off Mask or Face Covering Correctly

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place washable face covering in the washing machine,

- Place disposable surgical mask in waste container
- Be careful not to touch your eyes, nose, and mouth when removing
- Wash hands immediately after removing

How to Store Face Mask or Facial Covering to Reuse

Do not place your cloth face covering in your pocket for later use. Carefully fold the cloth face covering so the contaminated outside is folded inward and against itself. Place it in a plastic resealable or paper bag and wash your hands. A disposable brown lunch bag with your child's name on it is appropriate.

Actions to Avoid with Face Coverings

- Do not use a ripped or damp mask.
- Do not wear the mask only over mouth or nose
- Do not wear a loose mask
- Do not touch the front of the mask
- Do not remove the mask to talk to someone or do other things that would require touching the mask
- Do not leave your mask within the reach of others.

How to Wash/Dry a Face Covering

Washing machine

- You can include your mask with your regular laundry.
- Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the mask.

Washing by hand

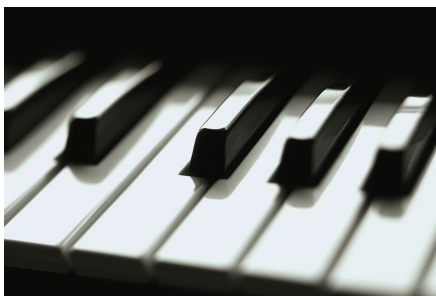
- Prepare a bleach solution by mixing:
 - 5 tablespoons (1/3rd cup) household bleach per gallon of room temperature water or
 - 4 teaspoons household bleach per quart of room temperature water
- Check the label to see if your bleach is intended for disinfection. Some bleach products, such as those designed for safe use on colored clothing, may not be suitable for disinfection. Ensure the bleach product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser.
- Soak the mask in the bleach solution for 5 minutes.
- Rinse thoroughly with cool or room temperature water.

Dryer: Use the highest heat setting and leave in the dryer until completely dry.

Air dry: Lay flat and allow to completely dry. If possible, place the mask in direct sunlight.

Piano and Guitar Lessons

We have been conducting lessons over Zoom during this time of quarantine. In July I began to teach in person again at school for some of my students. I will be offering a combination during this school year. Since we are unsure how things will go, I will wait for a couple of weeks to contact teachers here to schedule my students. I want to give them time to adjust to our new normal. If you want to sign up for lessons in the fall, please contact me via email or phone at sritchie@shiocton.k12.wi.us or (920) 213-3446. I will be teaching three days per week so spots are limited.



~Sally Ritchie

SEPTEMBER CALENDAR OF EVENTS

- | | |
|------|---------------------------------------|
| 9/1 | BACK TO SCHOOL (staggered start) |
| 9/7 | NO SCHOOL—LABOR DAY |
| 9/14 | SCHOOL BOARD MEETING IN LMC at 6:00pm |
| 9/16 | PICTURE DAY |
| 9/28 | SCHOOL BOARD MEETING IN LMC at 5:30pm |
| 9/28 | ANNUAL MEETING IN LMC at 6:30pm |

— WELCOME —
BACK TO SCHOOL

Official Newspaper for Shiocton School District

In the past, the School District of Shiocton would send its articles, employment ads and legal notices to *The Advertiser/Times Press* for publication. Recently, that paper was taken out of publication, and a new "Official" paper for our school district needed to be found.

After researching several area newspapers, and what their community coverage would include, the Board of Education voted on July 20 to name the *Seymour Advertiser* as the new official newspaper. Watch for legal notices, employment ads, and other information to be published in this paper. As always, this information will also be included in *The Link*, as well as sent to social media and posted to our website, www.shiocton.k12.wi.us.

EMPLOYMENT OPPORTUNITIES AT THE SCCC

Become a team member at the school's child care center. Do you like working with children? These positions would be perfect for you. Tell your friends and families about these opportunities.

***Morning Door Attendant:** 5:45am—8:00am or 9:00am—Greet families, check in children and record temperatures as they arrive. Announce children to teachers as they arrive.

***Afternoon Door Attendant:** 2:45pm-6:00pm—Announce arrival of parents for each child, record time, hand out receipts, billings and other paperwork to parents.

***After School Care:** Care for school age children between 3:00pm-6:00pm daily providing supervision.

***Assistant Teacher:** Assist in the various classrooms through each day with activities, preparing items for the teacher, supervise recess and monitor naptime. This is a 20 hour position.

STUDENTS OF SERVICE: The school age children did a service project a few weeks ago to give back to the school. They weeded the front area of the landscaping outside the elementary entrance. They worked hard and felt good giving back. We discussed why we do service projects and how important it is to help others. We discussed ways we could be of service to others as well.



Diversity and Inclusion Team

The Diversity and Inclusion Team is back for year two! Our mission is to foster a sense of belonging within ALL students and families through establishing equality, removing obstacles, and educating students and staff with a purpose of celebrating differences and cultivating empathy. High school students or staff members interested in joining our team, please contact Jill Krohlow, Elizabeth Schneider or Amanda Peterson. All are welcome.

We are looking forward to many new events and opportunities this year. Diversity Week will include a virtual interest fair, diverse read alouds, and other activities for students to learn and celebrate differences. New signage throughout the building will include English, Spanish, and Braille languages. A virtual staff book club will be starting the week of October 5th, we will be reading and discussing *Stamped* by Ibram X. Kendi and Jason Reynolds.



School Year 2020-2021

Dear Parent or Guardian:

We are committed as ever to the academic success of all of our students. The School District of Shiocton needs your help to make sure all of our students are fully prepared for academic success. We all know that hungry children have a more difficult time doing their best work. That is why we encourage all students to begin the school day with a nutritious breakfast.

The School Breakfast Program is available to all students to purchase every school day from 7:30 a.m. - 7:50 a.m. You do not have to register your child in advance. Your child can eat breakfast at school every day or occasionally. School breakfast makes good sense—it provides $\frac{1}{4}$ of your child's nutritional needs, meets Dietary Guideline recommendations, and offers children a chance to

eat breakfast with their friends.

School Breakfast is an ideal solution on busy mornings when kids are running late or parents have to be at work early. Oftentimes, kids are not hungry when they first wake up, but are ready to eat when school begins. Whatever the reason, if breakfast at home is not convenient, please have your child take advantage of breakfast here at school. Studies have shown that children who eat a nutritious breakfast have better behavior, better attendance, and improved test scores.

Thank you for helping us to make sure that all of our students start the day alert, well fed and ready to learn.

Sincerely,
Debbra Danke
Nutrition Program Director

S.P.I.C.E.

Shiocton Partners In Childrens Education (S.P.I.C.E.) is Shiocton's Parent/Teacher Organization. We welcome you to check us out, and to learn more about the many ways we help our students and staff in the Shiocton School District.

S.P.I.C.E. meets at 6:00PM on the 1st Wednesday of each month.

Please join us for our next meeting on:

September 9th at 6:00PM....stay tuned for the location.

Questions? Concerns? Suggestions?

Please email us at spice@shiocton.k12.wi.us and we will gladly assist you with your needs.

We look forward to your participation!!

~S.P.I.C.E

PUBLIC RELEASE: NATIONAL SCHOOL LUNCH AND BREAKFAST PROGRAMS, SPECIAL MILK PROGRAM

This is the public release that we will send to: ACN Newspaper, The Link School Newspaper, Colwitz Gas Station, Min Mart Gas Station, Shiocton Public Library. Monday, August 29, 2019.

RELEASE STATEMENT

The School District of Shiocton today announced its policy for children unable to pay the full price of meals served under the National School Lunch Program and School Breakfast Program or milk for split-session students served under the Special Milk Program. Each school office and the central office has a copy of the policy, which may be reviewed by any interested party.

The following household size and income criteria will be used for determining eligibility. Children from families whose annual income is at or below the levels shown are eligible for free and reduced price meals or free milk if a split-session student does not have access to the school lunch or breakfast service.

FAMILY SIZE INCOME SCALE
For Determining Eligibility for Free and Reduced Price Meals or Milk

Family (Household) Size	ANNUAL INCOME LEVEL			MONTHLY INCOME LEVEL		
	Free <i>Must be at or below figure listed</i>		Reduced Price <i>Must be at or between figures listed</i>	Free <i>Must be at or below figure listed</i>		Reduced Price <i>Must be at or between figures listed</i>
1	\$16,588		\$ 16,588.01 and \$23,606	\$ 1,383		\$1,383.01 and \$1,968
2	22,412		22,412.01 and 31,894	1,868		1,868.01 and 2,658
3	28,236		28,236.01 and 40,182	2,353		2,353.01 and 3,349
4	34,060		34,060.01 and 48,470	2,839		2,839.01 and 4,040
5	39,884		39,884.01 and 56,758	3,324		3,324.01 and 4,730
6	45,708		45,708.01 and 65,046	3,809		3,809.01 and 5,421
7	51,532		51,532.01 and 73,334	4,295		4,295.01 and 6,112
8	57,356		57,356.01 and 81,622	4,780		4,780.01 and 6,802
For each additional household member, add	+ 5,824		+ 5,824 and +8,288	+ 486		+ 486 and + 691

Application forms are being sent to all homes with a notice to parents or guardians. To apply for free or reduced price meals or free milk, households must fill out the application and return it to the school (unless notified at the start of the school year that children are eligible through direct certification). Additional copies are available at the office in each school. The information provided on the application will be used for the purpose of determining eligibility and may be verified at any time during the school year by agency or other program officials. Applications may be submitted at any time during the year.

To obtain free or reduced price meals or free milk for children in a household where one or more household members receive FoodShare, FDPIR, or Wisconsin Works (W-2) cash benefits, list the FoodShare, FDPIR or W-2 case number, program name, list the names of all school children, sign the application, and return it to the school office.

For the school officials to determine eligibility for free or reduced price meals or free milk of households not receiving FoodShare, FDPIR or W-2 cash benefits, the household must provide the following information requested on the application: names of all household members, total number of household members, and the adult signing the application form must also list the last four digits of his or her Social Security Number or mark the box to the right of "Check if no SSN". Also, the income received by each household member must be provided by amount and source (wages, welfare, child support, etc.).

Under the provisions of the free and reduced price meal and free milk policy Debbra Danke Nutrition Program Director N5650 Broad Street P.O. Box 68 Shiocton WI 54170 920-986-3351 x816 will review applications and determine eligibility. If a parent or guardian is dissatisfied with the ruling of the official, he/she may wish to discuss the decision with the determining official on an informal basis. If the parent/guardian wishes to make a formal appeal, he/she may make a request either orally or in writing to: Nichole Schweitzer District Administrator N5650 Broad Street P.O. Box 68 Shiocton, WI 54170 920-986-3351 x761 _.

If a hearing is needed to appeal the decision, the policy contains an outline of the hearing procedure.

If a household member becomes unemployed or if the household size changes, the family should contact the school. Such changes may make the household eligible for reduced price meals or free meals or free milk if the household income falls at or below the levels shown above, and they may reapply at that time.

Children formally placed in foster care are also eligible for free meal benefits. Foster children may be certified as eligible without a household application. Households with

foster children and non-foster children may choose to include the foster child as a household member, as well as any personal income available to the foster child, on the same application that includes their non-foster children.

The information provided by the household on the application is confidential. Public Law 103-448 limits the release of student free and reduced price school meal eligibility status to persons directly connected with the administration and enforcement of federal or state educational programs. Consent of the parent/guardian is needed for other purposes such as waiver of text book fees.

Non-discrimination Statement:

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Any questions regarding the application should be directed to the determining official.

Youth Suicide Prevention Resources

More youth suicide prevention resources are available at: <http://dpi.wi.gov/sspw/mental-health/youth-suicide-prevention>

Youth Suicide Prevention Resources Are Available

To get updated information on suicide prevention, intervention, and postvention resources, visit DPI's website. There are downloadable documents on suicide prevention requirements in state law, a fact sheet on youth suicide, and updated suicide prevention curriculum. It also includes a variety of resources for gatekeeper training for all staff and DPI's updated one-day training flyer, description, and calendar. Other resources include strategies on suicide interventions, memorial suggestions, and other topics.

Know the Signs

Suicide doesn't usually happen out of the blue—most often there are warning signs for others to see or hear. Get the FACTs and know the signs of suicidal thinking in your students, friends, and family members.

SUICIDE PREVENTION: WARNING SIGNS

Feelings

- ◆ Hopelessness
- ◆ Rage, uncontrolled anger, seeking revenge
- ◆ Feeling trapped-like there's no way out
- ◆ No sense of purpose in life

Actions

- ◆ Acting reckless or engaging in risky activities
- ◆ Withdrawing from friends, family, and society
- ◆ Increased alcohol or drug use
- ◆ Giving away prized possessions

Changes

- ◆ Decline in quality of school work
- ◆ Dramatic mood changes
- ◆ Anxiety, agitation, change of eating/sleeping habits

Threats

- ◆ Threatening/talking about hurting self

Seeing Urgent Warning Signs? Here's What to Avoid

All children and adolescents can experience moodiness and will take time to ask life's big questions. Since they lack the perspective of time, they can become overwhelmed. The best roles for teachers are to support students, and if you see the suicide warning signs, use ACT. Some of the statements below might make perfect sense for students who aren't suicidal; but when kids are in crisis, these things can make it worse. Here are some actions and words to avoid when you see the urgent warning signs:

Don't Shame

- ◆ "You've got to get over this. It's not a big deal."
- ◆ "Why are you so worried? Move on!"
- ◆ "You're too sensitive. Grow up!"

Don't Delay

- ◆ When you see urgent warning signs, get help right away, don't wait.

Don't Blame

- ◆ "If you wanted a better grade, you would have worked harder."
- ◆ "You've got no one to blame but yourself."
- ◆ "Maybe you should change your attitude if you want friends." Don't Give Up
- ◆ Suicide is NOT a destiny—when people make it through the suicidal crisis, they usually go on to live healthy, productive lives!

Don't Do It Alone

- ◆ Consult other pupil services staff or administration to help.

What Can I Do If I Am Concerned About a Student

A

Acknowledge feelings rather than minimizing them.

Telling a student to "get over it" or "move on" is not a realistic outcome when dealing with a person with depression.

- ◆ "I'm sorry to hear about this. It sounds really hard."

C

Show **C**are and **C**oncern for the student by taking the next step.

- ◆ "I'm worried about you. I don't want anything bad to happen to you or for you to be hurt."

T

Tell a member of your crisis team. They know how to work with students who have concerns like these.

- ◆ "Let's go talk with someone in the counseling"

HOPELINE – text "HOPELINE" to 741741 or visit <http://www.centerforsuicideawareness.org/>

From Wisconsin Department of Public Instruction



Counselor's Corner

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Dannielle Kern
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Welcome to the Counselor's Corner. We felt that providing a one stop shop for our information would be more useful and convenient to all of our students and their families. Our counseling program offers services of individual counseling, group counseling, or outside referrals. Please feel free to contact us at any time regarding the academic, emotional, or social needs of your child.

Start College Now—Junior and Seniors may apply for Start College Now classes for the second semester by October 1. For more information view <https://dpi.wi.gov/dual-enrollment/start-college-now>

Applications can be accessed online and were also emailed to students. Applications must be submitted to Mrs. Cornell by October 1 for consideration.

Seniors—Wisconsin schools have opened their college applications. Many schools have a late fall/early winter application deadline.

FAFSA (Free Application for Federal Student Aid) opens October 1 for families to start the application process for federal college financial assistance.


September

****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 Uncrustables 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
	1 Welcome Back! Mozzarella Pizza Dippers w/ Marinara Sauce, Seasoned Green Beans, Sliced Peaches, Milk	2 Cheeseburger, Baked Beans, Cheez It Crackers, Sliced Pears, Milk	3 Walking Taco w/ trimmings, Whole Kernel Corn, Mandarin Oranges, Chocolate Graham Cookie Milk	4 Grab N go Salads, Chicken Noodle Soup, String Cheese, Dinner Rolls, Peas and Carrots, Applesauce, Milk
7 	8 Chicken Patty on a Bun, Baked Beans, Sliced Peaches, Pudding Cup, Milk	9 Spaghetti w/ Meatballs, Fresh Garden Salad, Garlic Bread Sticks, Sliced Pears, Milk	10 Slice of Pizza, Seasoned Green Beans, Mandarin Oranges, Milk	11 Grab N Go Salads, Creamy Tomato Soup, Grilled Cheese Sandwich, Mixed Vegetables, Applesauce Cups, Milk
14 Grab N Go Salads, Pizzaroni, Whole Kernel Corn, Fruit Mix, Garlic Bread Sticks, Milk	15 Super Nachos w/ Meat Sauce, Green Beans, Apple Juice, Milk	16 Popcorn Chicken, Mashed Potatoes, Steamed Broccoli w/ Cheese, Pineapple Chunks, Rice Krispy Treats, Milk	17 Hot Dog on a Bun, Potato Smiles, Baked Beans, Sliced Peaches, Milk	18 Grab N Go Salads, Cheese Quesadillas w/ Trimmings, Seasoned Peas, Sliced Pears, Milk
21 Chili w/ Buns, Peas and Carrots, Strawberry Cups, Milk	22 Mozzarella Pizza Dippers, Marinara Sauce, Lettuce Salad, Pineapple Chunks, Milk	23 Chicken Tenders, Tri Taters, Steamed Broccoli w/ Cheese, Fresh Apples, Chocolate Graham Cookie, Milk	24 Grab N Go Salads, Chicken and Gravy over Mashed Potatoes, Flavored Green Peas, Mandarin Oranges, Dinner Roll, Milk	25 Grab N Go Salads, Build Your Own Soft Shell Taco w/ Trimmings, Whole Kernel Corn, Sliced Peaches, Milk
28 Deli Board Walk Turkey, Ham and Cheese on a Bun, Fruitable Juice, Craisins, Birthday Ice Cream Cup	29 Grab N Go Salads, Chicken Alfredo Over Penne Noodles, Green Beans, Fruit Mix, Garlic Toast, Milk	30 Mini Corn Dogs, Tri Taters, Baked Beans, Fresh Bananas, Milk	<div> <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</i> </div>	

OUTAGAMIE COUNTY COMMUNITY RESOURCES

We are Stronger Together

HEALTH AND WELLNESS INFORMATION

If I need help with...
Who can I reach out to?



Crisis Hotline

(920)832-4646 or toll free at
(800) 719-4418

FREE 24 hours/day, 7 days/week

- Depression
- Loneliness
- Family
- Thinking about Suicide
- Housing
- Parenting Needs & Guidance
- Alcohol or other drugs
- Sexuality
- Aging
- AND MORE



Leaven provides limited financial assistance to people who are struggling to meet their basic needs.

(920)738-9635 Phone Intake
leaven@leavenfoxcities.org



Being a victim of sexual assault or abuse may seem like the loneliest place in the world, but you are not alone. Call the Sexual Assault Crisis Center at 920.733.8119 or 800.722.7797. An advocate is available 24/7 to assist you with questions, medical and/or legal advocacy.

<https://www.sacc-foxcities.org/if-you-need-help/>



Get Connected. Get Help.™

United Way 2-1-1 provides easy, simple access to health and human services, gives callers an opportunity to get or give help, and serves as a hub for community information in times of disaster. 2-1-1 is available 7-days a week, 24-hours a day and is free and confidential for callers.

Dial 2-1-1 for help with:

- Food/Clothing
- Counseling
- Employment
- Health Care
- Support Groups
- Housing/Shelter
- Legal Aid
- Veteran/Military Services

GIVE HELP-GET HELP HUB - UNITED WAY FOX CITIES

givehelpgethelpfoxcities.org



920-731-0555

bgclubfoxvalley.org

- Youth and Family Counseling
- Targeted support services
- Summer youth programming
- Center for Grieving Children

Home Base

youth services hotline: 920-731-0557



Text **HOPELINE** to
741741
for immediate help

If you or someone you love is in an abusive relationship, please call us at

(920) 832-1666 or

HarborHouseWi.org

800-970-1171

