

# Prairie Express

## We're Wild About

# LEARNING

*Desenfrenado sobre aprendizaje en*

# PRAIRIE ELEMENTARY

December 2010



### Principal's Message

### Nutritional Wellness

I'm amazed at the staggering statistics stating that nearly 30% of our children in American schools today are overweight. In other words, nearly 1 in 3 American youngsters have developed poor nutritional habits at a young age. Not only do those extra pounds hurt a child's self image, but they also have a damaging effect on their lifelong health and wellness. It is scary when you consider the association of diabetes, cancer, heart attack, and strokes to weight issues. As adults, I believe it is our obligation to help children make better decisions about their eating habits.

**Really look at your child.** Years ago, it was easy to tell when children were overweight simply because they looked different than their peers. Believe it or not, it's not that easy anymore. Instead, take a "realistic" look at your child. Those extra pounds may appear to be concealed around the body, however they are still of deep concern in regard to overall health and wellness.

**Exercise as a family.** Why not make your family time an active time? Take time to go to the gym, take a walk, ride a bike, or go on a hike. Everyone, even though you may hear a few grumbles, will feel better and connected as you spend the time together.

**Consider a healthy diet.** Implementing a strict diet immediately isn't always the best first step. Making changes to what they drink and eat coupled with appropriate exercise can have a considerable impact. Here are some potential changes to consider:

- *Move away from sugary soda.* Water and sugar-free soda are reasonable options. Soda provides no nutritional benefit for a growing body. Substituting juice isn't always the best option either. The concentrated sugar content metabolizes in the body in a similar fashion as soda. Whole fresh fruit is the best choice.
- *Teach smart choices at fast food restaurants.* Deep fried food delivers too many calories and fat. Excessive sauces, creamy dressings, and sandwich condiments are also "dangerous."
- *Cut back on TV and TV eating.* Snacking while watching TV is a bad habit. Too often, people "zone" out of what they are putting in their mouth and simply eat because they're in front of the TV – whether they are hungry or not. Plus, if you are watching TV, you're not active. Consider making the TV and video game playing zone a "food free" zone.

**Start healthy lifestyle changes today.** Finding out that your child should shed a few pounds can be embarrassing for both you and your child. You can take a few steps now to insure it doesn't become an issue. Don't make weight your primary focus. Instead, concentrate on improving the way both they and the rest of your family eats and exercises.

With the Holiday Season fast approaching, we can use this opportunity to model conscientious choices for your children. Various unhealthy temptations will be at your fingertips. By making a healthy choice, you would be surprised how much your child will mimic your selections. You will make a difference! ☺



### Food Drive

Our food drive was a success. There were 30 boxes of food items that were donated which weighed a total 545 lbs. Thanks to all of you who donated or helped in any way. What a great way to

model caring and citizenship.

### Trick or Treat for UNICEF

This year Prairie students collected \$1,257.05 trick-or-treating for UNICEF. Thanks to all the families who supported their children in this project, and thanks as well to Prairie students for their work. You Rock!

### Veteran's Appreciation

Prairie School second graders will once again make holiday cards for Veterans at George Middleton Veteran's Hospital in Madison. Cards are made so that each veteran at the hospital will receive at least two holiday cards. Often many of the veterans in the hospital are far from home or do not have many visitors and the cards can send the message that someone is thinking of them. This event is a great way for children to say thank you to all those who were instrumental in helping preserve America's freedom. It also models our character traits of caring, respect, and citizenship.

### Early Release Days

Please note that school will be dismissed two hours early (at 12:40) on the following days:

- Monday, December 6
- Thursday, February 24
- Friday, May 27



Winter Break  
No School  
December 24-January 2

### Visitors Are Welcome at School

If you wish to visit your child during the day we ask that you please stop by the office to sign in and get a "Visitor" badge. If you would like to join your child for lunch, please let his/her teacher know in advance.



(Mix-It-Up Day)

### Prairie Spirit Days

- DEC 10** MIX IT UP DAY  
(MISMATCH CLOTHING, INSIDE OUT, ETC)
- JAN 14** SLIPPERS/STUFFED ANIMAL DAY
- FEB 4** SPORTS JERSEY DAY  
(WEAR A FAVORITE TEAM JERSEY OR YOUR TEAM JERSEY)
- MAR 2** READ ACROSS AMERICA DAY  
(WEAR RED AND WHITE and/or HATS)
- APR 8** CAPS FOR A CURE  
(WEAR HATS; PRIZES IN SEVERAL CATEGORIES)
- MAY 13** CRAZY HAIR DAY  
(CRAZY HAIR, CRAZY CLOTHING, ETC)

Prairie School presents...

## "SNOW DAYS"

### Friday December 3, 2010

8:15 a.m. - Kindergarten

9:15 a.m. - First

10:15 a.m. - Second

Noon - Third

1:15 p.m. Fourth

- \*First Grade students should bring their scarf and slippers on dress rehearsal and on show day
  - \*Second Grade students should remember to bring slippers and a scarf on dress rehearsal and show day AND optional items are = earmuffs and a small flag
  - \*Third and Fourth Grade students should bring a winter scarf and (optional item) = earmuffs
- THIS IS A DRESS UP DAY!



### December Dates

- 3 K-4 Holiday Shows
- 6 2 hour Early Release
- 10 Mix It Up Day
- 21 Early Childhood/Sprouts Holiday Show
- ~~21 Birthday Sundaes (December & June)~~
- 22 Birthday Sundaes (December & June)
- 22 PTO Meeting (6:00 LMTC)
- 24-31 Winter Break



### January

- 1-2 Winter Break
- 3 School Resumes
- 17 No School - Martin Luther King Day
- 21 First Semester Ends
- 24 No School - Staff Work Day



Interested in attending the next PTO meeting? It will be held at 6:00 p.m. on December 22nd In the Prairie LMTC Room  
 Upcoming Meetings  
 Jan. 26, Feb. 23, March 23, April 27, May 25, June TBD

**Thanks** to our PTO Prairie Staff Appreciation Committee (PSAC) who continues to provide our staff wonderful surprises every month!

### PTO Dates

Family Fun Fitness Night: Fri. Feb. 4  
 Family Learning Night: Tues. March 22  
 Ice Cream Social: Thurs. May 12

### Check out our Prairie Home Website

We have updated our school website. Efforts were made to make it more user friendly for parents and visitors to our site. Check out the character education links, the photo galleries, school calendar, and teacher web pages.

<http://www.waunakee.k12.wi.us/prairie>

Also visit the Prairie PTO website at <http://www.waunakee.k12.wi.us/teachweb/zellnera/prairiepto.htm>

You can get current information about volunteer opportunities, newsletters, etc.



### Birthday Sundae Celebration

**Date Change – December 22<sup>nd</sup>.**

Due to Early Childhood/Sprouts Holiday Show we have moved birthday sundaes to Wednesday, December 22<sup>nd</sup>.

Mr. Kaminski will be celebrating December and June birthdays with ice cream sundaes on **Tuesday, December 21st.** Kindergarten through Grade 4 students will enjoy sundaes at 1:00 p.m.

#### Upcoming Birthday Celebrations

January 25 – January and July

February 22 – February and August

March 22

April 22

May 31

Parents are welcome to join your child for his/her birthday sundae. Mr. Kaminski will be having a separate birthday celebration for all Early Childhood and Sprouts students at a later date.

### Birthday Books

Student birthdays are included in morning announcements and the children are invited to the office to pick out a book provided by the Prairie PTO. Thanks to the PTO for providing such a great gift!



## Food Service News

### Reminder: Second Semester Milk

Due January 24, 2011  
\$31.50

### Donuts for Dudes - Adjustment

**ATTENTION:** Due to the overwhelming positive response for Donuts for Dudes, (over 500 people) we need to make this adjustment because our cafeteria cannot handle those numbers. We apologize for any inconvenience.

**Tuesday, November 30<sup>th</sup> - 7:15-7:30 -**

Families with last name beginning with A-M

**Wednesday, December 1<sup>st</sup> - 7:15-7:30 -**

Families with last name beginning with N-Z

## From the Health Office...



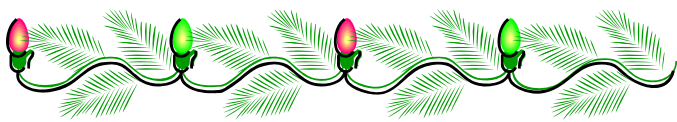
Healthy snacks are important for students to bring to school. Think of them as mini-meals that can help provide the important nutrients and food energy they need to learn.

It is hard to get the recommended five to thirteen servings of fruits and veggies each day so snacks are a great way to get these in.

Some healthy snack ideas:

- Fresh fruit, fruit cups, dried fruit, applesauce
- Fruit leather without added sugar (Natural Value, Stretch Island)
- Veggies (carrots, cucumbers, peppers, celery)
- Whole grain cereals (Cheerios, Frosted Mini Wheats)
- Whole grain crackers, graham crackers
- Whole grain granola bars or cereal bars
- Popcorn, pretzels, flavored rice cakes
- English muffins, bagels

If you need further resources, please contact our school nurse, Katie Homar, at 209-9950.



## Please Help Us Out

If your child needs to have a change in their normal routine for the day, we ask that you send a note or email in the morning detailing those changes (i.e. walking to grandma's house after school instead of riding the bus). If it is not possible to write a note, please call by 2:00 p.m. to ensure we get the message to your child and others that need to know. The later we receive a call, the harder it is to ensure the message gets to the proper people. You can reach the main office by calling 849-2200 or 849-2235. Thanks for your help.



## Arriving late to School

With the arrival of colder weather, getting dressed and ready for school takes a few extra minutes. Putting on coats, hat, mittens, and boots takes longer and setting aside a few extra minutes for your child each day will prevent students from arriving late to school!! Although it can be justified as "it's only 10 minutes," the first minutes of the day set the tone and pace for the rest of the child's day. It is a time to get organized and prepared for the day.

Please help your child to arrive on time to school whenever possible.

## Reminders for Parents

If your child will be absent from school, please call the attendance line at 849-2235 before 8:30 a.m. Please provide your name, child's name, teacher's name and reason for absence. The attendance line is available 24 hours a day. Board policy requires that students bring a written statement from home upon their return to school. The note is to be signed by the parent/guardian, dated and state the reason for the absence. Without a written note, the absence will be unexcused until clarified. Please help us by providing the required information as stated in the Board policy.

## School Hours

Students should not arrive at school before 7:15 a.m. The first bell rings at 7:35 a.m. and school begins at 7:40 a.m. Shuttle busers are dismissed at 2:30 p.m. and regular busers and walkers are dismissed at 2:40 p.m. **If your child is late for school he/she must stop in the office to get a pass before going to class.**



## Keep Early Dismissal Forms Current

In the event school is closed early due to inclement weather, your child will be directed to go to the location listed on his/her "Early Dismissal Form" that was in your beginning of the year registration packet. Be sure to keep us informed if you have any changes during the school year.

## **EARLY LEARNER SCREENING**

### **Waunakee Community School District**

Parents/Guardians:

If you have a child born between September 2, 2006 and September 1, 2007, this makes your child eligible to begin kindergarten in the 2012-2013 school year. Children who live in the Waunakee Community School District and meet the above age requirements, along with at least one parent/guardian, are requested to attend the Early Learner Screening. You will be receiving a letter in early December regarding Early Learner Screening.

Early Learner Screening is scheduled between 8:00 am and 2:30 pm on January 5, and 6, 2011, and from 8:00 am to 12:00 pm on January 7, 2011, at Peace Lutheran Church, 701 Century Avenue, Waunakee. To schedule a time slot for your child, please call Joyce Endres at 849-2015 *after December 1st*. (No early calls please.)

Early Learner Screening is an informal screening that takes about one hour and 15 minutes. Professionals will observe children while they participate in preschool and play activities. While children are being observed, parents will have access to developmental and school information and have a one-on-one meeting with school staff to answer questions and discuss the observation results.

There are not any planned activities for brothers and sisters; please make child care arrangements for siblings. You should receive a letter explaining Early Learning Screening in more detail the first week in December. Parents will also have the opportunity to have their child's vision screened by the Waunakee-Westport Lion's Club at this time.

### **Veteran's Video**

Thanks to the efforts of Jay Guelker, librarian and Sherry Schey, our technology assistant, the video that was shared last Wednesday at our Veterans Assembly is now viewable online at the Prairie website. [Photo Gallery > Veterans Program Video Nov. 10.](#)



## **Dress Students for the Weather**

Parents are reminded that students will be outdoors during the winter months. In the morning students may enter the building and put their bags away then proceed immediately outdoors. At lunch time and during the morning and afternoon recess children will also be outdoors.

Our general rule of thumb is when the temperature is 0° or below, OR -10° with the wind-chill, or if it is raining students will stay inside. At all other times we will expect that your child go outdoors to get the fresh air and exercise they need. Please have your child dress appropriately. If your son/daughter wants to play on the snow covered fields, they must wear boots, snow pants, hats, mittens and an appropriate jacket. Students with medical concerns for illness will be allowed to stay indoors in the office area if they have a written doctor's excuse.

Winter is right around the corner bringing snow, cold temperatures and sometimes school cancellations. In the event of inclement weather, please listen to one of the following stations for announcements or cancellations.

WTSO (1070 AM)

WMGN (98 FM)

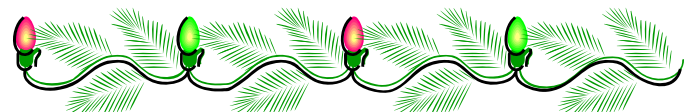
Q106 (106 FM)

WIBA (1310 AM)

WOLX (94.9)

WTDY (1480 AM)

Or listen to WISC-TV3's School Watch. WISC-TV3 lists school cancellations alphabetically and is repeated throughout the morning. In the event school is closed early due to inclement weather, your child will be directed to go to the location listed on your child's "Coming Home Early Form" that was in your beginning of the year registration packet. Be sure to keep us informed if you have any changes during the school year. If you haven't completed and returned the "Coming Home Early" Form to the office please do so as soon as possible. If you need a form please pick one up from the office.



# Halloween Parade



# VETERANS PROGRAM



# CHARACTER COUNTS





## Happy Holidays

*The staff at Prairie Elementary School joins in extending their best wishes to you during this Holiday Season!*



Prairie Elementary School  
700 North Madison Street  
Waunakee, WI 53597  
849-2200

Fax: 849-2255

Email: [gbreunig@waunakee.k12.wi.us](mailto:gbreunig@waunakee.k12.wi.us)  
[janicehenn@waunakee.k12.wi.us](mailto:janicehenn@waunakee.k12.wi.us) attendance

### How to Reach Us

Principal	Dean Kaminski	849-2200
Admin. Assist.	Geri Breunig	849-2200
Attendance	Janice Henn	849-2235
Health Assistant	Tanya Stone	849-2203
Nurse	Katie Homar	209-9950
Guidance	Jo Howard	849-2206
Psychologist	Lisa Kjos	849-2205
Social Worker	Kristin Meyer	849-2204



### Our Touchstone

At Prairie Elementary, through learning and laughter, we choose to have a positive attitude, to work hard, to be honest, and to be respectful.



### Prairie Elementary Mission

Prairie Elementary is a school that believes all children can learn. Our entire staff is passionate about personalized student instruction and development. We are dedicated to meeting the needs of the whole child on an individual level. Through our collaborative and innovative efforts, we strive to motivate all children to achieve their full potential and develop a love of learning through our example. We believe a safe and positive environment that emphasizes respect and tolerance is integral to this goal.

It's the Prairie Way!