



EAGLE UPDATES

December 2019



**Upcoming
Events!**

NO SCHOOL: DECEMBER 23 - JAN 3

ESCO MEETING - JANUARY 14

GAME NIGHT - JANUARY 17

 **THANK YOU!!!!**

Thank you to all of the parents and families who attended our Pastries with Parents event - the kids really love having you all visit!

And an even bigger THANK YOU to all of those who donated food for the teachers during Conferences. Your continued support is so appreciated!!

CLOTHING

DONATION REQUEST

With the cold weather already upon us, students are often in need of extra clothes and frequently end up looking to borrow from the nurses office. We are asking if families have any gently used leggings or athletic pants to share as extras. Donations of clean socks and underwear are also appreciated. Sizes across the grade ranges are helpful, especially larger size socks for 5th grade students.



WELCOME WINTER

As Wisconsin residents we generally know a thing or two about surviving the cold weather. Bring out the hats, scarves, mittens and coats and bundle up! Although it is often tempting to stay inside and avoid the cold, it is still important to try and spend time outdoors in the winter months. Catching even the smallest amounts of sunshine offered can boost our mood, reduce stress, and offer a dose of Vitamin D (1). These benefits are also important for our kids. Sun Prairie offers a host of areas to spend your time outdoors (2). And when you're ready to venture back inside, that waiting cup of hot cocoa will be a sweet reward!

1. <https://learn.eartheasy.com/articles/the-10-best-reasons-to-get-outside-this-winter>
2. http://www.hngnews.com/sun_prairie_star/community/article_d7eed2ac-50e5-5ea1-952e-86ca1fdf6c2c.html



ESCO Board Members

For the 2019-2020 school year

President: Michelle Culley michellerculley@gmail.com
Vice-President: Linda Pergola lindapergola11@gmail.com
Treasurer: Heather Miller maddygirlhm@gmail.com
Secretary: Joanna Paykel joannapaykel@gmail.com



Mark Your Calendar!

Next ESCO Meeting is January 14th.
Becky Ingebrigsten from A&B Fitness Concepts will be joining us!



Like us on
Facebook!
Be the first to know
about school
happenings & events!

[www.facebook.com/
ESCO.eastside](https://www.facebook.com/ESCO.eastside)



Questions? Email us!
esco.eastside@gmail.com