

School District of Arcadia

NEWSLETTER



From Your Superintendent-Lance Bagstad

November 2020

It is hard to believe it, but we are already into our third month of the school year. While nothing about the start of the school year has seemed completely normal, we nonetheless, have had a successful start to the school year. Back in August, we were all nervous and anxious about what the “new normal” for school was going to look like - face-coverings, social distancing, plexiglass shields, tents, new busing protocols, etc. So many things were different, but what was the same is the buzz of a new school year and kids and staff being in our buildings where we all know is the best place for our students to learn. It seems like we were just preparing our reopening plans and getting ready for students and staff to return. Not only have we adjusted to new protocols, but we have also welcomed many new faces to our district this year in our professional and support staff positions. We have also welcomed new students who are just starting school at their early ages and new students who have come to us from other Wisconsin schools, other states, and even other countries. It is always exciting to see and meet the new individuals that come to our district and make us who we are.

At the time I am writing this newsletter article, we are in the first week of mandatory remote learning. We hope that this is not the norm. It is imperative that everyone continues to do their part to ensure we have the very best chances to keep our schools open for face-to-face instruction. The goal will be to have face-to-face instruction unless situations like arose in late September happen again and we have too many staff and students out on quarantine. The move to the mandatory remote learning was not the result of the transmission of COVID-19 in our buildings, it was the fact that we could not properly staff our buildings because of the close-contact exposures and the subsequent mandatory 14-day quarantine. Hopefully, if everyone does their part with wearing masks, social distancing, avoiding groups, and keeping kids home when they are sick, we will not have to transition between face-to-face and remote learning too often. We all know that is not what is best for kids, families, our businesses, or our community.

As we begin to head into the colder months, which also brings inclement weather from time-to-time, it is important to be aware of school closing, late start, and early dismissal procedures. While we will always make every effort to hold school at the scheduled times, there will be the weather that will likely prevent that. Although we know the importance of having our students in school when scheduled, student safety always comes first. Please be aware of news outlets that will carry our school information and also be aware that we will make automated calls when needed. If you have had a change in your phone number or your email, please be sure to contact your respective school office to update that information. One of the things that will be different for inclement weather days this year is our ability to have those days become remote learning days. While we will still make the first one a true “snow day”, others after that will be remote learning days. If we are closed,

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Check out our website!
www.arcadia.k12.wi.us

For your reference:

District Office—323-3315, 4
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From Your Superintendent continued...

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students will be expected to log in to their Google Classroom accounts to find the assignments that have been uploaded by teachers. These are expected to be completed by the due date listed by the teachers. Please ensure that your child(ren) is following through with the work on the remote learning days that will be used during school closures due to inclement weather.

Although the students taking courses in the Trempealeau Valley Co-op 2.0 have had to get accustomed to some adjustments, like using online learning to start this year, we still continue to expand and grow the opportunities. This four-school cooperative, which is a partnership between Arcadia, Blair-Taylor, Independence, and Whitehall is an opportunity for us to do things differently, to offer more classes, share resources, and change the way we do our day-to-day business of educating students. We need to determine which classes are relevant for students, we need to develop career pathways for students that lead to careers, we need to work with post-secondary institutions to demand more dual-credit opportunities for students, we need to continue to develop partnerships with our community businesses and organizations, we need to incorporate employability skills into our curriculums, and we need to help students realize the future they are choosing for themselves. We have all heard the phrase College and Career Ready for the past several years. We believe future-ready is much more encompassing. Future-ready does prepare students for college and career, but it encompasses so much more. Future-ready is life ready. In an ever-shrinking world, we need to prepare students for the future - even when none of us knows exactly what that future looks like or what it has to offer. We currently live in a world in which our knowledge and information are doubling about every 13 months. Imagine that, we will know twice as much today as we did in October 2019. Future-ready is not optional, it is mandatory.

The Wanek Center continues to move closer and closer to being "back to normal". We are still adjusting and being flexible with the guidance surrounding COVID-19. Regardless, the Wanek Center is a great place for people to gather and to create healthy bodies and minds. This new center serves as a place of learning for students, a place of competition for athletes, a place of gathering and exercise for the community, and a place to grow the mind through reading (and much more) in the public library. We are so very fortunate to have something like this in our community. This center is the envy of communities throughout western Wisconsin and beyond. While I know we have thanked Ronald and Joyce Wanek for their \$12+ million dollar donation many times, it goes without saying, that without their generosity, this center would not be a reality. In addition, we need to continue to thank the numerous other businesses and individuals who made contributions and we need to thank the taxpayers of the school district who helped make the center and the public library a reality.

Lastly, I would like to thank all of the parents for all of your patience and flexibility during the last eight months as we have had to continually make adjustments to our learning plans, our school schedules, and how we teach students. Your partnership and cooperation have been and will continue to be invaluable. I would also like to thank our community members and business partners who work with our schools to ensure that our students have access to the very best education to become ready for whatever future they choose. Without the ongoing support of the community that makes up our school district, we would not be able to do the things that we do. Be proud of what you do for the schools and remember, we all need to continue to be #ArcadiaStrongTogether!

Departamento del Superintendente-Lance Bagstad

Es difícil de creer, pero ya estamos en el tercer mes del año escolar. Aunque nada del inicio del año escolar ha parecido completamente normal, sin embargo, hemos tenido un exitoso comienzo del año escolar. En agosto, todos estábamos nerviosos y ansiosos por cómo iba a ser la "nueva normalidad" de la escuela: cubrebocas, distanciamiento social, protectores de plexiglás, carpas, nuevos protocolos de transporte, etc. Muchas cosas eran diferentes, pero lo que era lo mismo era la emoción de un nuevo año escolar y que los niños y el personal estuvieran en nuestros edificios donde todos sabemos que es el mejor lugar para que nuestros estudiantes aprendan. Parecía que estábamos preparando nuestros planes de reapertura y preparándonos para el regreso de los estudiantes y el personal. No sólo nos hemos ajustado a los nuevos protocolos, sino que también hemos dado la bienvenida a muchas caras nuevas a nuestro distrito este año en puestos profesionales como de personal de apoyo. También hemos dado la bienvenida a los nuevos estudiantes que acaban de empezar la escuela a su corta edad y a los nuevos estudiantes que han llegado a nosotros de otras escuelas de Wisconsin, otros estados e incluso otros países. Siempre es emocionante ver y conocer a los nuevos individuos que vienen a nuestro distrito y nos hacen ser quienes somos.

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Al momento de escribir este artículo del boletín, estamos en la primera semana de aprendizaje remoto obligatorio. Esperamos que esto no sea la norma. Es imperativo que todos continúen haciendo su parte para asegurarnos de tener las mejores oportunidades de mantener nuestras escuelas abiertas para la instrucción en persona. El objetivo será tener instrucción en persona a menos que situaciones como las que surgieron a finales de septiembre vuelvan a ocurrir y tengamos demasiados empleados y estudiantes en cuarentena. El cambio al aprendizaje remoto obligatorio no fue el resultado de la transmisión de COVID-19 en nuestros edificios, sino el hecho de que no pudimos contar con el personal adecuado en nuestros edificios debido al contacto cercano y el consiguiente período de cuarentena obligatorio de 14 días. Esperemos que si todos hacen su parte con el uso de cubrebocas, distanciamiento social, evitar grupos y mantener a los niños en casa cuando están enfermos, no tengamos que hacer la transición entre el aprendizaje en persona al aprendizaje a distancia con demasiada frecuencia. Todos sabemos que eso no es lo mejor para los niños, las familias, nuestros negocios o nuestra comunidad.

A medida que comenzamos a dirigirnos hacia los meses de invierno, que también traen consigo inclemencias del tiempo de vez en cuando, es importante estar al tanto de los procedimientos de cancelación de clases, entrada tarde y salida temprana. Aunque siempre haremos todo lo posible para que la escuela se lleve a cabo en los horarios establecidos, el clima probablemente lo impida. Aunque sabemos la importancia de tener a nuestros estudiantes en la escuela a la hora programada, la seguridad de los estudiantes siempre está primero. Por favor, estén atentos a los medios de comunicación que transmitirán la información de nuestra escuela y también estén atentos a las llamadas automáticas que haremos cuando sea necesario. Si ha cambiado su número de teléfono o correo electrónico, por favor asegúrese de contactar a la oficina de la escuela para actualizar esa información. Una de las cosas que será diferente para los días de mal tiempo este año es nuestra capacidad de hacer que esos días se conviertan en días de aprendizaje remoto. Mientras que el primero será un verdadero "día de nieve", los demás serán días de aprendizaje remoto. Si cerramos, los estudiantes deberán acceder a sus cuentas de Google Classroom para encontrar las tareas que han enviado los maestros. Se espera que se completen para la fecha de entrega indicada por los maestros. Por favor, asegúrese de que su(s) hijo(s) está(n) cumpliendo con el trabajo durante los días de aprendizaje a distancia que se utilizarán durante el cierre de las escuelas debido a las inclemencias del tiempo.

Aunque los estudiantes que toman cursos en la Trempealeau Valley Co-op 2.0 han tenido que acostumbrarse a algunos ajustes, como el uso de aprendizaje en línea para comenzar este año, todavía seguimos expandiendo y aumentando las oportunidades. Esta cooperativa de cuatro escuelas, que es una asociación entre Arcadia, Blair-Taylor, Independence y Whitehall es una oportunidad para nosotros de hacer las cosas de manera diferente, para ofrecer más clases, compartir recursos y cambiar la forma en que hacemos nuestro trabajo diario de educar a los estudiantes. Necesitamos determinar qué clases son relevantes para los estudiantes, necesitamos desarrollar caminos profesionales para los estudiantes que lleven a carreras, necesitamos trabajar con instituciones post-preparatoria para demandar más oportunidades de créditos dobles para los estudiantes, necesitamos continuar desarrollando alianzas con nuestros negocios y organizaciones comunitarias, necesitamos incorporar habilidades de empleo en nuestros planes de estudio, y necesitamos ayudar a los estudiantes a darse cuenta del futuro que están eligiendo para sí mismos. Todos hemos escuchado la frase "Preparado para la Universidad y Carrera" durante los últimos años. Creemos que preparado para el futuro es mucho más abarcador. Preparado para el futuro prepara a los estudiantes para la universidad y la carrera, pero abarca mucho más. Prepararnos para el futuro es estar preparados para la vida. En un mundo cada vez más pequeño, necesitamos preparar a los estudiantes para el futuro, incluso cuando ninguno de nosotros sabe exactamente cómo es ese futuro o qué tiene que ofrecer. Actualmente vivimos en un mundo en el que nuestro conocimiento e información se duplica cada 13 meses. Imaginen eso, hoy sabremos el doble de lo que sabíamos en octubre de 2019. Estar preparado para el futuro no es opcional, es obligatorio.

El Centro Wanek continúa acercándose cada vez más a la "normalización". Seguimos ajustándonos y siendo flexibles con la guía que rodea a COVID-19. A pesar de todo, el Centro Wanek es un gran lugar para que la gente se reúna y cree cuerpos y mentes saludables. Este nuevo centro sirve como un lugar de aprendizaje para los estudiantes, un lugar de competición para los atletas, un lugar de reunión y ejercicio para la comunidad, y un lugar para hacer crecer la mente a través de la lectura (y mucho más) en la biblioteca pública. Somos muy afortunados de tener algo así en nuestra comunidad. Este centro es la envidia de las comunidades del oeste de Wisconsin y más allá. Aunque sé que hemos agradecido a Ronald y Joyce Wanek por su donación de más de 12 millones de dólares muchas veces, no hace falta decir que sin su generosidad, este centro no sería una realidad. Además, debemos seguir agradeciendo a las numerosas empresas e individuos que hicieron contribuciones y debemos agradecer a los

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contribuyentes del distrito escolar que ayudaron a hacer del centro y de la biblioteca pública una realidad.

Por último, me gustaría agradecer a todos los padres por toda su paciencia y flexibilidad durante los últimos ocho meses, ya que hemos tenido que hacer continuamente ajustes en nuestros planes de aprendizaje, nuestros horarios escolares y cómo educamos a los estudiantes. Su asociación y cooperación han sido y seguirán siendo invaluable. También me gustaría agradecer a los miembros de nuestra comunidad y a los socios comerciales que trabajan con nuestras escuelas para asegurar que nuestros estudiantes tengan acceso a la mejor educación para estar preparados para cualquier futuro que elijan. Sin el apoyo continuo de la comunidad que compone nuestro distrito escolar, no podríamos hacer las cosas que hacemos. Estén orgullosos de lo que hacen por las escuelas y recuerden, todos necesitamos continuar siendo #ArcadiaStrongTogether! (#ArcadiaFuerteJuntos)



Notice of Child Find Activity

Upon request, the School District of Arcadia is required to evaluate a child for eligibility for special education services. A request for evaluation is known as a referral. When the district receives a referral, the district will appoint an Individualized Education Program (IEP) team to determine if the child has a disability, and if the child needs special education services. The district locates, identifies, and evaluates all children with disabilities who are enrolled by their parents in private (including religious) schools, elementary schools and secondary schools located in the school district.

A physician, nurse, psychologist, social worker, or administrator of a social agency who reasonably believes a child brought to him or her for services is a child with a disability has a legal duty to refer the child, including a homeless child, to the school district in which the child

resides. Before referring the child, the person making the referral must inform the child's parent that the referral will be made.

Others, including parents, who reasonably believe a child is a child with a disability may also refer the child, including a homeless child, to the school district in which the child resides.

Referrals must be in writing and include the reason why the person believes the child is a child with a disability. A referral may be made by contacting Jackie Schira, Director of Special Education, School District of Arcadia, at 608-323-3315, Ext. 3165, or by writing her at 756 Raider Drive, Arcadia, WI 54612.

Notificación De Actividad Para Localizar Al Niño

A solicitud, Distrito Escolar de Arcadia está obligado a evaluar a un menor para determinar si éste requiere servicios de educación especial. Se conoce como recomendación a una solicitud de evaluación. Cuando el distrito recibe una recomendación, el distrito designará un equipo de Programa Individualizado de Educación (IEP, por sus siglas en inglés) para determinar si el menor tiene una discapacidad, y si el menor necesita servicios de educación especial. El distrito ubica, identifica, y evalúa a todos los menores con discapacidades que son matriculados por sus padres en escuelas privadas (incluyendo religiosas), escuelas primarias y escuelas secundarias localizadas en el distrito escolar.

Un médico, enfermera, psicólogo, trabajador social, o administrador de una institución social quien crea razonablemente que un menor que ha sido llevado al mismo para recibir servicios es un menor con discapacidad, tiene el

deber legal de recomendar a este menor, incluso si es un menor sin hogar, al distrito escolar en el cual vive el menor. Antes de recomendar al menor, la persona que hace la recomendación debe informar a sus padres que se hará dicha recomendación.

Otros, incluyendo a los padres, quienes crean razonablemente que algún menor es un menor con discapacidad pueden también recomendar al menor, incluso si es un menor sin hogar, al distrito escolar en el cual vive el menor.

Las recomendaciones deben hacerse por escrito y deben incluir la razón por la cual la persona cree que el menor es un menor con discapacidad. La recomendación debe hacerse contactando a Jackie Schira, Director de Educación Especial, Distrito Escolar de Arcadia, en el 608-323-3334, Ext. 3165, o escribiéndole a 756 Raider Drive, Arcadia, WI 54612

School Closing

A reminder that it is that time of year when bad weather can suddenly cause school to close. **We urge you to discuss emergency procedures with your children so they know what to do when we close early.**

For your convenience, we have listed the radio and TV stations that will be notified of our closing, early dismissal, or late start. Thank you for your understanding and assistance should we need to change our normal routine. We will also be using our calling system to notify our parents of school closings.



| <u>Station & Dial Number</u> | <u>City</u> |
|---|-------------|
| WIZM 1410 AM, Z-93 92.3 FM | La Crosse |
| WKTY 580 AM, WRQT 95.7 FM, KCLH 94.7 FM | La Crosse |
| Kicks 106.3 FM, MAGIC 105 FM, Today's Talk 1490 AM, | La Crosse |
| Classic Rock 100.1 FM, The Eagle 102.7 FM | La Crosse |
| WHTL 102.3 FM | Whitehall |
| Z-100.7 FM or Sports Radio 1400 AM | Eau Claire |
| WEAU TV—Channel 13 | Eau Claire |
| WKBT TV—Channel 8 | La Crosse |
| WXOW TV—Channel 19 | La Crosse |
| WLAX/WEUX Fox 25/48 | La Crosse |

Notice of School Board Election

Notice is hereby given, that at an election to be held in the School District of Arcadia on Tuesday, April 6, 2021, the following offices are to be elected to succeed the present incumbents listed. The term of office for school board members is a three-year term beginning on Monday, April 26, 2021.

| <u>Office</u> | <u>Incumbent</u> |
|-------------------------|------------------|
| Board Member (at large) | Randy Nilsestuen |
| Board Member (at large) | Robert Hurlburt |

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, 2021, in the School District office located at 730 Raider Drive, Suite 3150, Arcadia, Wisconsin, between the hours of 8:00 a.m. and 4:00 p.m. on Monday through Friday, mailed to the address noted above, or filed personally with School District Clerk, Brian Steinlicht, prior to 5:00 p.m. on Tuesday, January 5, 2021. Notice is further given that if a primary is necessary, it will be held on Tuesday, February 23, 2021.

A description of the school district boundaries can be obtained from the school district office.

Acceptable Photo ID will be required to vote at this election. If you do not have a photo ID you may obtain a free ID for voting from the Division of Motor Vehicles

Brian Steinlicht, District Clerk
School District of Arcadia, Wisconsin

For up-to-date school activities—please check
our website at <http://www.arcadia.k12.wi.us>.

[Athletic events and calendars](#)
and
[Coulee conference website](#)

Raider's ARK After-School Program opened virtually on October 12th for grades 1-6

Raider's ARK (Academics Reinforcing Knowledge) Arcadia's Afterschool Program



Raider's ARK provides a safe, secure, respectful and FUN educational environment for Arcadia students in grades 1-6. Students have the opportunity to work on homework and missing work, but fun enrichments and skills practice activities are our focus. We offer additional support in areas where students need a boost, including: reading, math, social skills, studying habits and language skills. Remember, our focus is FUN LEARNING!

Students are invited to attend the program daily and will enjoy the variety of activities!

We would like to invite your child to participate in our virtual start of Raider's ARK, serving students with opportunities for FUN and learning. We will be offering a Google Classroom to support grades 5 & 6 with homework help, virtual field trips, books to movies, home science experiments and many more exciting opportunities. We will be starting with enrichment packets for students in grades 1-5 and will be expanding to a fun Bitmoji Google Classroom for students to explore. The Google Classroom opportunities are for all students that attend Arcadia Public Schools and those that attend Holy Family Catholic School. The programs will be offered at no cost to the students or their families!

Last year, we were learning and having fun! We were busy building rockets, exploring critters in nature, making cool art projects, playing fun games, participating in sports and athletic activities, going on local field trips, working on community service projects, learning about healthy habits, working with a local scientist on experiments, planned on going for airplane rides and so much more!!! We hope to open up the CLC Program and start our in-person afterschool programming in November.

When we are opening our in-person programming, the Raider's ARK afterschool program will generally run Monday - Thursday from 3:15-5:30pm. (Wednesdays 2:15- 5:30pm) Transportation will be available along regular bus routes and students are provided a nutritious snack. We will send out a complete schedule and more information after registration forms are shared with students at the end of October.

For more information, please contact Nancy Boehm, Raider's ARK Coordinator 608-323-3315 ext. 3242 or Jackie Deniz at 608-323-3315 ext. 2501.

From the Athletic Director—Bruce Schweisthal

As we prepare for the changes that moving from fall to winter bring, we will embark on Winter Athletic Seasons as well. When dealing with COVID-19 Pandemic we have realized that the impact can be brutal with sports seasons and schedules, although we will continue to strive for full seasons.

We are preparing for the adjusted WIAA seasons by building schedules that will provide our athletes with a conference schedule and non-conference contests. The WIAA reduced the sports seasons by three weeks by starting a week later and ending two weeks earlier than planned. Although this fall we have seen modifications to schedules and pauses, we will plan to move forward with the Winter seasons and we will be ready to modify things if needed.

| High School Sport | First Practice | Start of WIAA Tournament Series |
|--------------------|----------------|------------------------------------|
| MS Boys Basketball | November 2 | |
| Gymnastics | November 16 | February 20 |
| Girls Basketball | November 16 | February 9 |
| Wrestling | November 23 | January 30 (Alt. Dates 2/18 or 19) |
| Boys Basketball | November 23 | February 16 |

We have learned from this fall in terms of practices as well and we are planning modifications to them that will hopefully mitigate needing to pause the season and potentially reduce the impact of needing to quarantine athletes. This will not be a "practice and play as usual", but will require a whole different approach to how we do things.

Our middle school sports seasons are currently being planned to run as scheduled. Our competitive schedule will be reduced due to some of our competitors choosing to hold skill camps and intramural programs instead of their normal seasons. If for some reason we are unable to continue with the planned middle school schedule, we will offer skill camps and intramural activities for our students. MS Wrestling and Girls Basketball will begin after Christmas break.

The Coulee Conference Athletic Directors will meet on November 4th to finalize any winter issues and begin looking at changes to the WIAA modified Spring schedules. I am sure the ADs will have ongoing discussions about game attendance and game protocols. As of now, the limits on game attendance will remain as they did in the fall and would allow only home

SCHOOL DISTRICT OF ARCADIA—DISTINGUISHED ALUMNUS AWARD

The School District of Arcadia is accepting nominations for the distinguished alumnus award. The Distinguished Alumnus plaques, honoring alumni of the School District of Arcadia, will be displayed at the High School.

Purpose:

- To provide inspirational role models for students
- To provide a recognition for past alumni
- To promote a legacy of community pride

Criteria:

- Have attended Arcadia Public Schools
- Have graduated at least 20 years prior to induction
- Have made significant contributions to their community and society through service or a distinguished career
- Have demonstrated those qualities of character, citizenship, and service that form the foundation of a democratic and humane society



Nominations:

- Made in writing by any person familiar with the individual
- Submitted no later than January 1
- Nominations will remain active for five years.

Selection:

- Made by the Distinguished Alumnus Award Committee members
- Selection will be made for presentation of the award(s) at the annual graduation ceremony.

Recognition Award:

- A picture plaque and description of accomplishments located at the Senior High School
- Individual personal memento

To nominate a candidate please find the form on our website at: <https://www.arcadia.k12.wi.us/about-us/news>

Music News from Pam Siewert

Hello everyone from the AHS/AMS Choir Department. I just wanted to let everyone know that there will be **no fall or winter concerts this year** due to COVID. We do not know yet about the Spring Concerts. We are singing some with masks on in class, and we plan to videotape the choirs performing a couple of songs with their masks on from their auditorium seats. It is not ideal, as the students are sitting with 3 empty seats between them so it is difficult to hear each other, but it is the best we can do while mitigating risk. We are planning on putting the recordings on the Arcadia School District Facebook Page in November so be watching for those recordings.

Also, we were supposed to be taking the AHS Choir and Band to New York this June. Unfortunately, this tour has been postponed until June of 2021. Current Seniors WILL be allowed to still go with us in 2021 and fundraise next year, as this is a once in a lifetime opportunity for most people. Current 8th graders will also be allowed to go with us to New York in June 2021. Parents/Community Members/Chaperones and students that can no longer go with us since the date is changed, can receive a refund of money that they paid (not fundraised) by contacting Pam Siewert at siewertp@arcadia.k12.wi.us or by calling 608 863-1496 or the HS 608 323-3315. If you are interested in joining us on this AMAZING tour of New York in June 2021, please contact me at the above email address or give me a call.

Our FAMOUS APPLE PIE FUNDRAISER is CANCELLED for this school year, but we are hoping to make extra apple pies next year, so save those orders for some delicious apple pies for next October.

The last thing I want to share is that the AHS Fall Musical, "Newsies" has been postponed. We are HOPING that we can have the show the weekend of May 14 or some time in June. Stay tuned for an update.

Thanks for all of your continued support, and we hope you stay healthy. Keep smiling and keep a song in your heart. We are STRONGER TOGETHER ARCADIA.



School to Career and Academic & Career Planning- Four Local Districts with One Common Goal

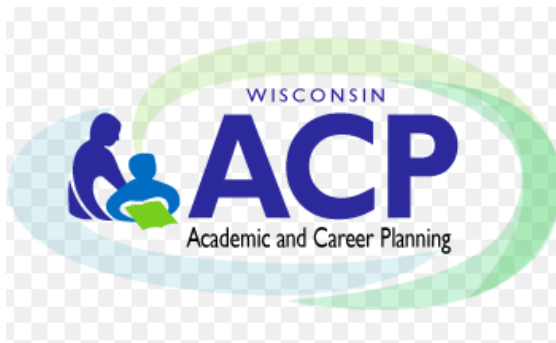
The 2020-2021 school year brings a new partnership to the Arcadia School District. Long-time high school counselor, Jen Pinnow, has transitioned into a new role, as the Academic & Career Planning Specialist and School-to-Career Coordinator for four local districts: Arcadia, Blair-Taylor, Gale-Ettrick-Trempealeau, and Whitehall.

Ms. Pinnow has served as the school counselor for fifteen years, and during her time has built and implemented the ACP (Academic & Career Planning) program. The ACP Program will now be expanded to include the addition of three new districts.

In 2019-2020, Ms. Britta Rotering joined the Arcadia School District in a role as the CTE (Career & Technical Education) Coordinator and Youth Apprenticeship Coordinator. Her work includes providing support to CTE Educators, programming and providing work-based learning opportunities to our students. The School-to-Career program has grown significantly and is now in year two in Arcadia.

During the 2019-2020 school year, Arcadia had 28 youth apprenticeship students, who were placed in work-based learning settings to “learn and earn” with local businesses. Many of these students continued on as interns after graduation, while they have begun their college education, while others have become full-time team members of the same business, in which they were a youth apprentice.

The 2020-2021 school year brings these two positions together, to create a unified focus on students' Academic & Career Plans, and in preparing them for the next step. Mrs. Pinnow and Ms. Rotering work together



to ensure that there is a future-ready culture by providing rigorous and relevant ACP opportunities and advocating for all students to find success in their post-high school environments.

While guiding students towards paths that fit their strengths and attributes, students will explore their interests, abilities, values and goals. Activities that you will see

your student involved in include:

- daily ACP lessons
- building senior portfolios
- college applications
- career speakers
- job shadowing opportunities
- industry tours
- youth apprenticeship positions
- career counseling
- ACP field trips

The partnership to serve four local districts, it's students and families, is exciting! Mrs. Pinnow and Ms. Rotering work to learn about each student, to provide guidance, opportunity and support as they move towards their next step- becoming future-ready young adults

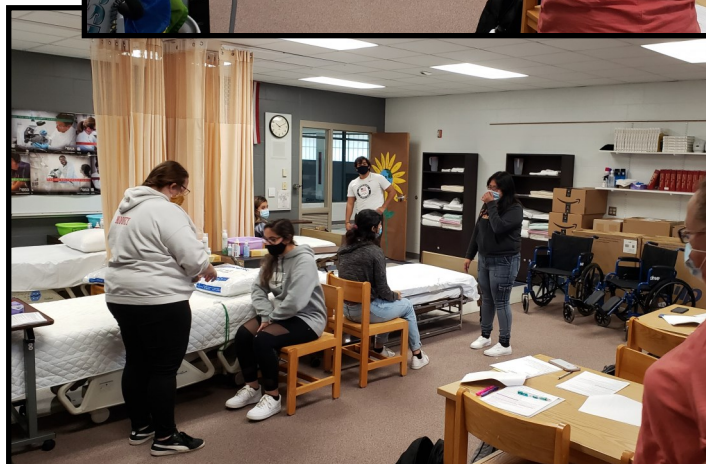
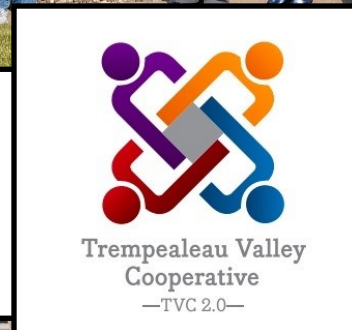
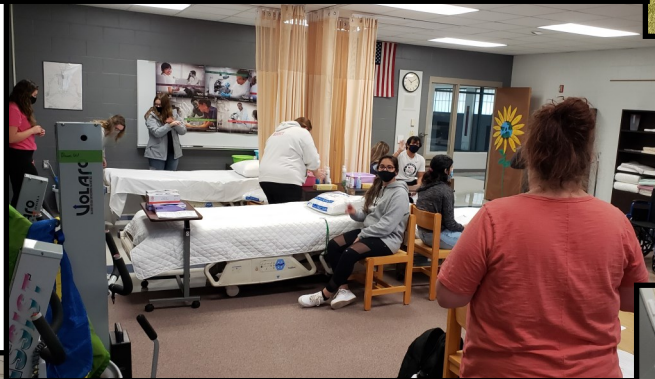


Certified Nursing Assistant Certification Program

This fall the Arcadia High School Health Science Department has added a Certified Nursing Assistant Certification Program to their offerings in the TVC 2.0. This program will allow high school students from Arcadia, Blair, Independence, and Whitehall to complete all the necessary coursework, including classroom learning, skills, credentialing, and testing, required to earn their CNA license in the State of Wisconsin. Students will take this class as a part of their regular school schedule and will receive high school and college credit for the coursework completed. We are excited to fulfill this need in our community as well as provide students a first step in their career in the health field.

Thank you to Mayo Clinic Health System, The Tri-County Memorial Foundation, and the Gundersen Community Grant Committee for their generous donations to help with the start up costs for the TVC 2.0 CNA Certification Program. Mayo Clinic Health System donated \$1000, and The Tri-County Memorial Foundation has awarded Arcadia High School a \$3,000 donation which was matched by the Gundersen Community Grant Committee with an additional \$3,000. The money will be used towards the creation of a new certified CNA skills lab, course fees, and instructor costs.

Arcadia High School and the TVC 2.0 staff are incredibly grateful for the monetary donations as well as the support from all of our community partners. If you are interested



2020 Required Notice of 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](http://dpi.wi.gov/sspw/mental-health/youth-suicide-prevention). 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
- Having no sense of purpose in life

Actions

- Acting reckless or engaging in risky activities
- Withdrawing from friends, family, society, and typical activities
- Increased use of alcohol or drugs
- 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

From American Association of Suicidology

Suicide Is a Complex Problem

Multiple factors are involved when someone dies by suicide. Oversimplifying the reasons someone takes their own life is not helpful. For instance, saying bullying "caused" someone to end their life is not accurate. Not all bullying victims kill themselves. Research suggests many factors contribute to suicide. These include: biological factors, precipitating factors, and triggering events. Examples of biological factors include mental illness or losing a family member to suicide. Precipitating factors include poor grades, attending an unsafe school, victimization, or family rejection. Crisis/triggering events include experiencing a major loss, humiliation or bullying, and having access to lethal means. Suicide is a complex problem that is often misunderstood when oversimplified.

From: American Association of Suicidology (AAS) webinar January 2011.

Identifying the factors for disproportionate youth suicide risk is vital to prevention.

- Mental health issues: the most common mental illness leading to suicide is depression. It is also the most treatable!
- LGBTQ youth: the 2019 YRBS data showed LGBTQ youth were almost 3.5 times more likely to have thought about suicide, planned how to end their life, or attempted suicide than their non-LGBTQ peers.
- AODA issues: Binge drinking is highly correlated with suicide attempts. 90 percent of people who died by suicide had some form of mental illness and/or an alcohol/other drug abuse problem.

Reducing access to lethal means can be very worthwhile. (see www.meansmatter.com)

- Limiting access to the means for suicide provides the most significant reduction in suicide rates. Most often, youth who attempt suicide use a gun or drugs kept in the home.
- Do not allow youth to have unsupervised access to firearms and certain medications. Encourage safe/secure storage of all lethal means is a critical prevention strategy.

When youth are facing what they believe is a crisis and exhibit warning signs of suicide, be sure they are not left alone or sent home without supervision.

HOPELINE – text “HOPELINE” to 741741 or visit
www.centerforsuicideawareness.org

WI Safe and Healthy Schools Training Center
www.wischools.org

Prevent Suicide Wisconsin
www.preventsuicidewi.org

Suicide Prevention Resource Center
www.sprc.org

American Association of Suicidology
www.suicidology.org

Important Resources



What can you do if you are concerned about a student?

Teachers and other school staff are well-positioned to observe student behavior and to ACT if there is a suspicion that a student may consider self-harm. Suicide is a permanent solution to a temporary problem; but for kids, their problems can seem endless at this stage. If we get them through the crisis, there is a 90 percent chance that they will never attempt suicide. ACT stands for Acknowledge, Care, and Tell.

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 Care and Concern 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 office.”*

These steps (Acknowledge-Care-Tell) are central components of the “Signs of Suicide” program (SOS), an evidence-based schoolwide intervention program. SOS kits for middle school and high school are available through your local CESA. The law mandates schools to educate students on suicide prevention; see the laws handout on the DPI website for further details on curriculum.

Common Concerns

What if I make a mistake? Can I be sued?

State law insulates all public and private school district employees and volunteers from civil liability for their acts and omissions when trying to intervene in a student’s possible suicide. Lawmakers found it so important that adults take action when a student is suicidal that they protected those adults from any civil liability for their intervention efforts.

Does asking about suicide cause a student to attempt it?

No. This issue has been thoroughly studied. By asking a student about suicidal intent, you are offering to help them. Please do your best to reach out to students.

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

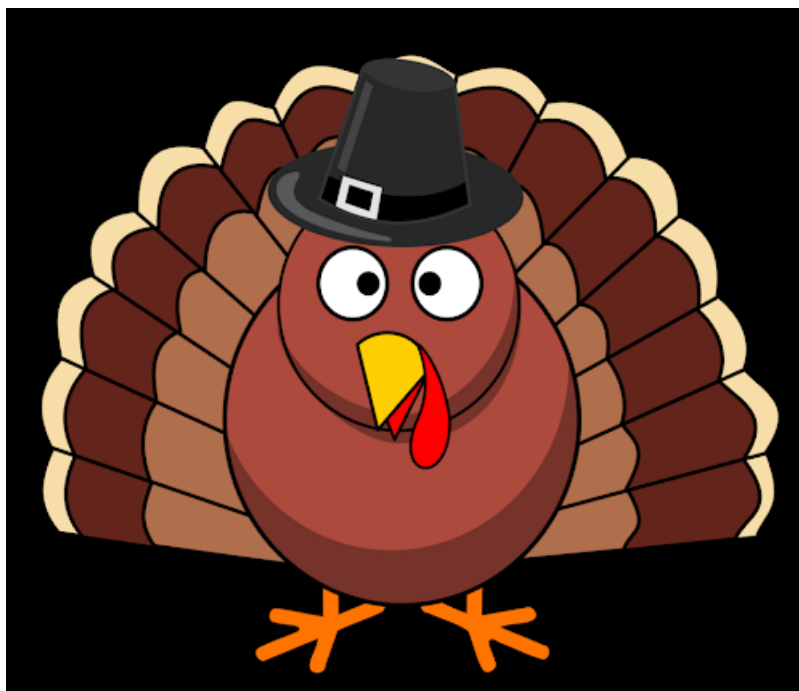
- Suicide is NOT a destiny—when people make it through the suicidal crisis, they usually go on to live healthy, productive lives!

Don’t Do It Alone

- Consult other pupil services staff or administration to help.

School District of Arcadia
730 Raider Drive, Suite 3150
Arcadia, WI 54612

All up-to-date
information can be
found on our website!



**NOVEMBER/DECEMBER/
JANUARY
2020-21**