

Sandhill E-News

WEEK OF NOVEMBER 1, 2021

A MESSAGE FROM MR. JOHNSON:

Hi Sandhill Families!

Tonight is the Fall Festival from 4:30-6:00 PM. I can't wait to see you there!



Also, you should have received an email with the subject line "Stoughton Area School District 2021-2022 Fall Family Survey." This is our family survey that helps our school and district make decisions that are best for you and your family. Please take some time to complete this survey. The last day to take this survey is Halloween - 10/31/2021.

Thank you so much for all you do to support our students, teachers, and community.

Have a great weekend.
Bob/Mr. Johnson

NO SCHOOL ON FRIDAY

There are no classes for students on Friday, November 5th.

This is a teacher professional learning day.



THIS WEEK'S NHA MESSAGE:

The more I practice The Nurtured Heart Approach, the more I've come to believe it really is all about teaching children how to read and regulate their bodies.

It's our job to help our kids learn what their bodies feel like when they are getting dysregulated (angry, overwhelmed, upset) and to teach them strategies to calm themselves so they can stay in their thinking brains.

Modeling and practicing 4x4 breathing (breathe in for 4 seconds, hold for 4, and out for 4) when they are calm provides muscle memory for when they are not.

The instant you see them starting to get dysregulated, you can use a low energy "RESET" and have them breathe to regulate themselves. Follow that up with a recognition of their greatness in taking care of themselves and you have all the components of NHA!

You undoubtedly RESET yourself numerous times a day without even thinking about it. What a gift you could give your child by saving them the trouble of figuring it out on their own.

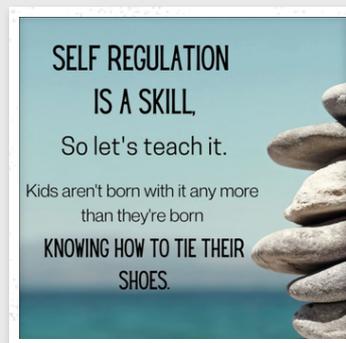
To your Greatness, Humanity, & Significance
Amy, (Karla & Sara Jane)

WORKING FOR KIDS UPDATES:

A huge **Thank You** to all of our volunteer readers! The Read-a-thon was a success and students really enjoyed the opportunity to read with adults!

Lunch Volunteers Needed!!! WFK is always looking to be more involved with our students while also helping to provide support to our teachers and EAs. So after talking to staff about ways we can do this, we are excited to kick off another on-going volunteer opportunity! Starting next week, we are providing volunteers to help out with lunch recess and lunchroom duty. Extra hands are always helpful when helping students (especially our younger learners) open milk cartons and other lunch items, wipe down tables in between grades, and supervise a much-needed recess break! We would love to see parents, grandparents, and other members of the community to help out! Thank you in advance! Your time is very much appreciated!

Starting October 29, WFK is hosting a **Mitten Drive** for our Sandhill Students! It will run through November!



LUNCH/RECESS VOLUNTEER SIGN UP

CHECK OUT THE FUN PHOTOS FROM TODAY'S 5TH GRADE ESCAPE ROOM ACTIVITY



SCHOOL DISTRICT UPDATES

HAVE YOU TAKEN OUR FALL FAMILY SURVEY?

Help us improve your student's educational experience by completing our Fall Family Survey! Your participation is critically important – we will be using this data as soon as November and to plan for next school year. The survey is administered by third-party survey experts School Perceptions.



Accessing the survey: To access the survey, find it in your email inbox with the subject line

"Stoughton Area School District 2021-2022 Fall Family Survey." If you need assistance, please email info@stoughton.k12.wi.us.

YOU MAY HAVE UNPAID FEES

Please review your Infinite Campus Parent Portal to see if you have any unpaid fees. Please note that you may have prior year fees. To see and pay those, change the fee year in your app and add those items to your cart.



ANTIRACISM PROJECT: OCTOBER RESOURCES

The purpose of the Antiracism Project is to advance our district's Educating for Equity efforts by providing resources, information, and opportunities to support recognized events, locally, nationally and internationally.



SCHOOL REMINDERS

ART TO REMEMBER

Hello families!

Once again, Ms. Ergas is doing our Art to Remember fundraiser. Keep an eye out for the order forms which will come home the week of 10/27 with your child. There is a short turnaround to get your order in. Orders are due 11/8/2021 so that orders can arrive before our holiday break.



Any questions, please contact Ms. Ergas at natalie.ergas@stoughton.k12.wi.us

COVID-19 INFORMATION

- Where can I get tested for COVID? See our new COVID-19 Testing Resource Sheet on our [COVID-19 Health & Safety page](#).



- Our SASD COVID-19 Dashboard is available to the public on our [SASD COVID-19 Dashboard](#) page. We've updated the dashboard each week of the school year since November 2020.

SELF-SCREEN QUICK SHEET



Before sending your student to school, you must screen them.

Answer the question: **Does my student meet one or more of the self-screen criteria listed?** If NO, you may send your student to school. If YES, follow the **Next Steps**.

SELF-SCREEN CRITERIA

- 

Student has tested positive for COVID-19
- 

Student is experiencing symptoms* of COVID-19
- 

Student has been instructed to stay home due to being a close contact

NEXT STEPS

1. Keep your student at home.
2. Call your school's attendance line to report your student's absence.
3. Fill out the [Student COVID-19 Form](#) at stoughton.k12.wi.us under the "COVID-19" tab.
4. Contact your health care provider for next steps.

***Symptoms of COVID-19**





- Cough
- Headache
- Shortness of breath or difficulty breathing
- Sore throat
- Fever equal to or greater than 100.4°F
- New loss of taste or smell
- Chills
- Diarrhea
- Fatigue
- Congestion or runny nose
- Muscle or body aches
- Nausea or vomiting

COVID-19 TESTING RESOURCE SHEET for SASD Families & Staff

<p>About Below is a list of local sites that provide COVID-19 testing. Please note this list is not all-encompassing, and we strongly recommend you reach out to the provider ahead of time before going. For the most up-to-date information, please visit the websites listed. DHS also has a webpage where you can search for testing sites near you.</p> <p><i>Testing sites in Stoughton are indicated in green.</i></p>			<p>Accepted Tests at SASD</p> <ul style="list-style-type: none"> We strongly encourage PCR testing. PCR tests are the gold standard of COVID tests. We will accept rapid Antigen testing (BinaxNOW, IDNow). We will NOT accept at-home testing. 			<p>Note for staff members If you find that any of these are no longer providing tests, or if you find a place that is not listed and should be, please email Jessica Hart Andrie and we will update this document. Crowdsourcing information can be a great way to help our community. Thank you!</p>		
<p>JangoDX Community Testing Appointments are highly encouraged. Schedule at https://register.covidconnect.wi.gov/ or call (800) 936-0534. Hours (Subject to change): Monday – Saturday: 10 a.m. – 3 p.m. PCR Tests https://jangodx.com/community-testing/</p>			<p>Fitchburg Family Pharmacy No appointment needed 3050 Cahill Main, Suite 6 Fitchburg, WI 53711 Monday – Friday, 9 a.m. – 6 p.m. PCR Tests https://whatagreatpharmacy.wordpress.com/covid-testing/</p>					
<p>Madison Warner Park 1511 Northport Dr. Madison, WI 53704</p>	<p>Stoughton Stoughton Health Community Health & Wellness Center 3162 County Road B, Stoughton, WI 53589</p>	<p>Fitchburg Upper Lot 2997 Yarmouth Greenway Dr. Fitchburg, WI 53711</p>	<p>Your Healthcare Provider If you have health insurance, we recommend contacting your healthcare provider to see if they are able to test you.</p>					
<p>Walgreens By appointment at walgreens.com; Ages 3+</p>			<p>Village on Park: Public Health Clinic 2230 S. Park St. Madison, WI 53713 Hours: <ul style="list-style-type: none"> Tuesday, 8 a.m. – 4 p.m. Thursday, 10 a.m. – 6 p.m. Friday, 8 a.m. – 4 p.m. Saturday, 8 a.m. – 4 p.m. By appointment: https://publichealthmdc.com/coronavirus/testing#appt</p>					
<p>1705 US Highway 51 & 138 Stoughton, WI 53589 Rapid Diagnostic Test (ID NOW)</p>	<p>4605 Larson Beach Rd McFarland, WI 53558 Rapid Diagnostic Test (ID NOW)</p>	<p>704 N Main St Oregon, WI 53575 Rapid Diagnostic Test (ID NOW)</p>						
<p>5300 Monona Dr Monona, WI 53716 PCR Tests</p>	<p>4518 Cottage Grove Rd Madison, WI 53716 PCR Tests</p>	<p>2121 S Park St Madison, WI 53713 PCR Tests</p>						

DISTRICT FOOD SERVICE PAGE (INCLUDING MENUS)

FAMILY RESOURCES

2021-22 SCHOOL DISTRICT CALENDAR

PAST NEWSLETTERS

[August 16, 2021](#) [August 23, 2021](#) [August 30, 2021](#)

[September 6, 2021](#) [September 13, 2021](#) [September 20, 2021](#)

[September 27, 2021](#) [October 4, 2021](#) [October 11, 2021](#)



Engage all students in rigorous, accelerative, universally designed, grade-level standards-aligned instruction and assessment within a community that ensures equitable access and promotes physical and emotional well-being across instructional environments



CONTACT INFORMATION

 Facebook  @WeAreStoughton

- Mr. Johnson - Principal - 877-5401
- Ms. Eisenschink- Dean of Students - 877-5422
- Ms. Plank - Administrative Assistant - 877-5402
- Mrs. Holverson - Health Assistant - 877-5404
- Mrs. Dybevik - School Psychologist - 877-5410
- Ms. McGuire - School Counselor - 877-5406
- Ms. McDermot - School Social Worker - 877-5423

 1920 Lincoln Avenue, Stoughton...  Bob.Johnson@stoughton.k12....
 (608) 877-5400  stoughton.k12.wi.us/sandhill-e...

ANTIRACISM PROJECT: OCTOBER RESOURCES