

Sandhill E-News

Week of November 22, 2021

A Message from Mr. Johnson:

Hi Sandhill Families!

This week we celebrated 1 year since we reopened our schools (K-2)! What a year it's been since then! We can't wait to see what the upcoming year still has in store for us!



In this week's Nurtured Heart Approach message, they talk about Shawn Achor's work around Positive Psychology. This is work that I'm especially passionate about. Prior to the pandemic, I was actually trained in Achor's curriculum that he created around his book *The Happiness Advantage*. This curriculum and accompanied training is based on a parable that he created titled *The Orange Frog*. This training was offered to many of our district staff this past summer, and I was happily one of the facilitators. If you ever want to talk about about this - just reach out!

It's a short week next week - we only have school on Monday and Tuesday - both are full days!

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

Have a great weekend.

Bob/Mr. Johnson

This Week's NHA Message:

One of the key components, and often most challenging part of NHA is being able to relentlessly see greatness. It takes practice. Lots and lots of practice. To that end, I thought I'd share an easy, but incredibly impactful opportunity that one of my NHA mentors is offering and hope that you join us!



From December 1 - 21 we will be participating in the [Holiday Happiness Habits Challenge](#). We'll each select one of [Shawn Achor's Happiness Habits](#) and commit to doing the 2-minute activity every day for 21 days. Each of the habits has been proven to increase happiness, elevate optimism and improve connectivity, which is the single biggest factor for predicting happiness.

Shawn Achor was a researcher at Harvard who studied happiness. He realized that the traditional American definition of happiness, that once we're successful we'll be happy, is all wrong, learning that highly successful people who are happy prioritize their happiness. Because they're happy they have more energy, are more motivated, and are more connected to people, and that feeds their success. In addition, evolutionarily, the brain has been wired to scan for the negative, and although this served us well for generations, it's overkill in today's world. So, Mr. Achor and his team researched ways that busy people could improve their happiness by changing what their brain scans for, and that's how his short, but effective Happiness Advantage Habits were formed.

Sign up [HERE](#). Throughout the three weeks, I will send encouraging and celebratory emails and Group Me texts to everyone who participates. Mr. Achor explains that doing happiness activities in a group is where they achieve the biggest potential. That's what we're aiming for here - the big potential of Community! As such, I invite you to share this opportunity with anyone that you think would be interested.

Please let me know what questions you have.

Sincerely,
Tammy Holtan Arnol
Tammy.THAConsulting@gmail.com

OR

Amy Ruck
amy.ruck@stoughton.k12.wi.us

More about Shawn Achor's Research:

TEDxBloomington - Shawn Achor - "The Happiness Advantage: Linking Positive Brains to Performance"



Need A Fun Activity/Contest Over Break?

Conservation Awareness Poster Contest

The Dane County Land & Water Resources Department invites all kindergarten through 12th grade students in Dane County to participate in the 2022 Conservation Awareness Poster Contest. The annual competition encourages students to showcase their creativity and express their thoughts on conservation practices.



The theme for the 2021-2022 school year is "Healthy Soil: Healthy Life".

The contest is open to all Dane County public, private and home-schooled students in kindergarten through 12th grade. Submissions will be evaluated in five different age divisions: K-1, 2-3, 4-6, 7-9 and 10-12. The top three posters in each category will receive prizes. First place winners: \$20; Second place winners: \$15; and third place winners: \$10. Each of the 1st place division winners will advance to the area competition, with a chance for their poster to win further prizes at the state and national level.

Posters and entry forms (see below) are due by 5:00 p.m. on January 7, 2022 to:
Conservation Awareness Poster Contest; Dane County Land & Water Resources Department; 5201 Fen Oak Drive, Madison, WI 53718. Blank posters and entry forms will be made available for interested participants upon request.

More information: <https://lwr.dane.wi.gov/get-involved/conservation-awareness>

Working For Kids Updates:

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!

If you'd like to show your Sandhill Elementary School spirit, our online store will be open for the next few weeks! There are youth and adult T-shirts and sweatshirts available in both gray and purple. The deadline to order is midnight on December 5th.

Here is the link: <https://sandhillelementary2021.itemorder.com/shop/sale/?saleCode=K5M77>



Lunch/Recess Volunteer Sign Up

Sandhill Spirit Store

**FOX PRAIRIE,
KEGONSA &
SANDHILL
ELEMENTARY
SCHOOLS
COMMUNITY**



*Pick up a tag
from one of our
three giving
trees or sign up
online to help
make the
holidays a little
brighter for
children in our
community.*

Giving Tree

Giving Tree Locations:

- The Next Generation Children's Store
161 E Main Street, Stoughton
- Wildwood Cafe
218 S Forrest Street, Stoughton
- Chorus Public House during the
Victorian Holiday Artisan Market:
December 4th (10am - 6pm)
154 W. Main Street, Stoughton

**Unwrapped gifts
(with tags attached)
should be returned to:**

- The Next Generations
by 6 pm on Friday,
December 10th
- or
- Any of the three
elementary schools
by 3 pm on Friday,
December 10th

**THANK YOU
TO OUR AMAZING
SUPPORTERS**



**CHORUS
PUBLIC HOUSE**



School District Updates

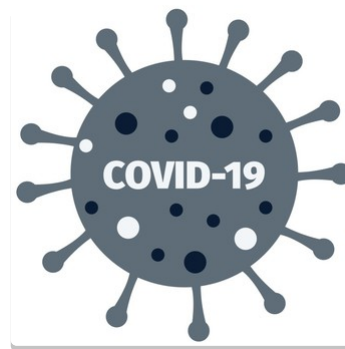
Antiracism Project: November Resources

November is National Native American Heritage Month and International Day for Tolerance. [View this month's resources here.](#) 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.



Free COVID Testing Moves Indoors

We've moved our free COVID testing outdoors to indoors until the springtime. Learn more at <https://www.stoughton.k12.wi.us/covid-19/testing>. Remember that students under 18 years old must have guardian consent (View our webpage for consent requirements) AND register for their test at register.covidconnect.wi.gov. Students and staff over 18 years old must register for their testing register.covidconnect.wi.gov.



Why Apply for P-EBT Benefits?

Even though we are offering free meals to all students during the 2021-2022 school year, a child must be officially enrolled in the free or reduced price meal program to meet certain eligibility criteria for P-EBT benefits.



Families who may be eligible for free or reduced price school meals through their children's schools are encouraged to apply now for the 2021-2022 school year! Please apply directly through your [Infinite Campus parent portal app](#) or complete an application found on our [food service web page](#).

School Reminders

Art to Remember

If you missed the deadline to order your child's artwork for the Art to Remember fundraiser- you are in luck! You can still order art up until 12/31/2021. The only difference is that the art will be automatically shipped to your home instead of shipped to school. Please contact Ms. Ergas with any questions- 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
- Shortness of breath or difficulty breathing
- Fever equal to or greater than 100.4°F
- Chills
- Fatigue
- Muscle or body aches
- Headache
- Sore throat
- New loss of taste or smell
- Diarrhea
- Congestion or runny nose
- 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](#)
[October 18, 2021](#) [October 25, 2021](#) [November 1, 2021](#)
[November 8, 2021](#) [November 15, 2021](#) [November 22, 2021](#)



We Are Stoughton.
And we stand strong and
committed to **all** of our students,
families & staff members.





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.w...

 (608) 877-5400

 stoughton.k12.wi.us/sandhill-el...

