E- NEWSLETTER

FEBRUARY, 2019

Columbus School District

Learning Today; **Leading Tomorrow**

Facilities Forward Study Teams

Seeking Volunteer Advisory Committee Members

APPLICATIONS DUE FEBRUARY 28, 2019

In response to the Launching Forward Community Study Committee's recommendations to the board on December 10, 2018, the Columbus School District is convening a Community Facilities Advisory Committee. Together with District employee resources and a contracted architectural firm, this committee will focus on launching the facilities forward. This committee will receive an official charge from the school board, and in response the committee will give thoughtful consideration to the Facilities and Use Report, the Launching a New Legacy Strategic Plan, and Launching Forward committee findings and recommendations to develop a facilities recommendation for the future of the Columbus School District.

To ensure that multiple stakeholder groups are represented on the committee, the District has created representative chairs. All interested parties are invited to apply and are asked to identify which chair they would like to represent. If more than one person applies for a chair, a random drawing will be held to fill the chair. It should be noted that all who seek to participate will have involvement opportunities. For more information, go to www.columbus.k12.wi.us.

Facilities Forward	1
Columbus Elementary School	2
Discovery Charter School	2
Student Services Update	4
Columbus Intermediate	5
Columbus Middle School	7
Columbus High School	9
Board of Education Update	14
Community Learning Update	15
Food Service Update	12
Curriculum/Instruction Update	17
Protecting Our Children	17
Technology Update	18
Weather Related Make Up Days	19
Calendar/Upcoming Events	20

Timeline for Facilities Forward Work:

- February 28 – Applications Due
- March 4 – Formal Invites Sent to Committee Members
- 12 Meetings Scheduled (members are required to attend 9 out of the 12)
  - March 11, April 1, April 8, April 15, April 29, May 6, May 20, June 3, June 17, July 1, and July 15.
- July 22 – Presentation to School Board

How Do You Spell…Cardinals?

Spelling Bee Participants - January, 2019 *For more information about the Spelling Bee, click here.*

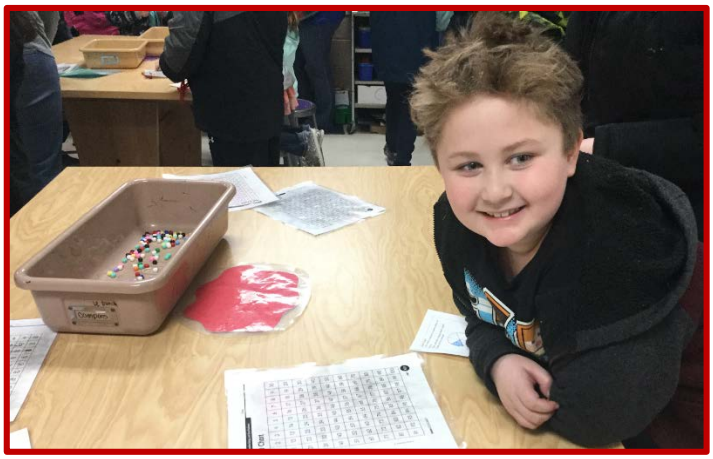
Columbus Elementary School & Discovery Charter School

Principal Beth Hellpap
Dean of Students Karin Westlake

Math Night Was A Success!

On January 17th the CES and DCS families were invited to attend Math Night! This 1.5 hour event was planned by the teaching staff to engage students and parents in the many ways to learn about Math. Some stations included: Math games, counting beads to make a necklace, online math games, math bingo and even a *Connected* tutorial presented by the Director of Curriculum and Instruction, Becky Schmidt. This event had record breaking attendance this year! Thanks to all the families that participated in our Math Night!

Math apps in the library.



Making math necklaces in the art room.

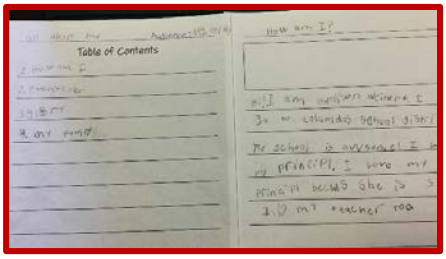
The only way to **learn** mathematics is to **do** mathematics.
--Paul Halmos

Connected tutorials given by Becky Schmidt, Director of Curriculum & Instruction.

A slice of pizza was served to all students who tried three math activities

Math snack/measuring activities in the gym.

Writing "How to" and "All About Books"



The CES students have been sharing their writing in many different ways. I have received many "How To" books on my desk. It has been a pleasure reading stories like, "How to be a friend" and "How to ride a four-wheeler!" These books are so engaging to the reader and are pretty informative to read. I hope you have a chance to see your students "All about" and "How To" books!

MAPS Testing

MAPS testing is finished. You will have your child's results ready to see at the February 5th parent teacher conferences. MAPS offers many different layouts and the information we receive as educators is endless. Please feel free to inquire what the MAPS results are from your child's teacher. They will be able to give suggestions as to what your child needs to develop and what could be reinforced at home.

Inside Recess

The inside recess days were still fun while Physical Education Teacher Susan Hallman teaches the 2nd graders a new group game!

C.A.R.E.S. Rollout Assembly

Principal, Beth Hellpap leads an All School Morning Meeting on January 7th at 8:00 am. The CES and DCS staff and students gathered in the gym to celebrate the rollout of our character education program C.A.R.E.S. This program is taught through our Responsive Classroom management system. C.A.R.E.S. stands for Cooperation, Assertion, Responsibility, Empathy and Self-Control. The character traits are emphasized on a daily basis. Our first activity was about how to cooperate with each other. A small group of students showed the school how to pass a hula-hoop without dropping it, demonstrating the need to cooperate.

Kilowatt Kitchen Comes to CES/DCS

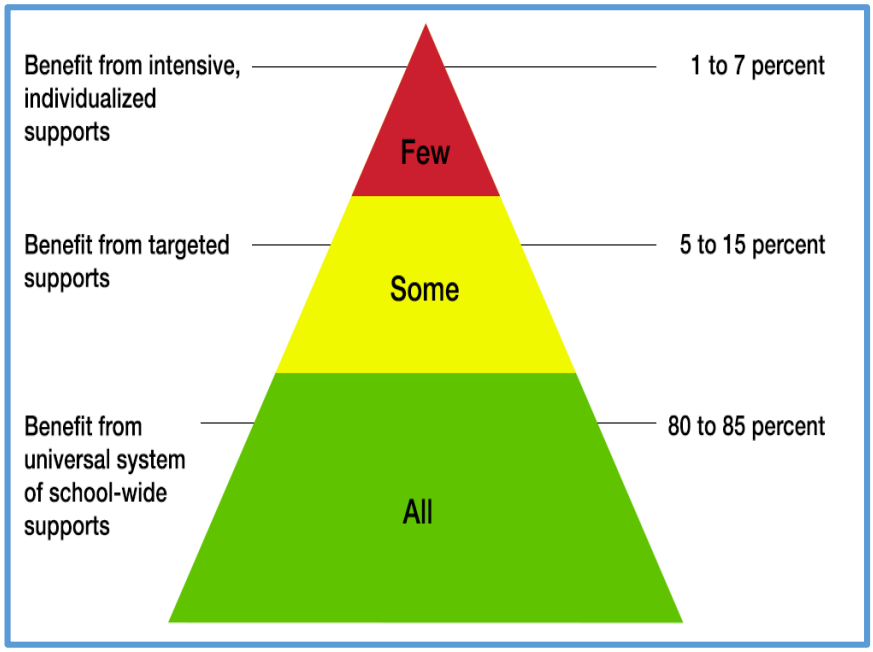
A big thanks to Columbus Water and Light for sponsoring the American Children's Theatre to perform their energy conservation play to the CES/DCS students. Kilowatt Kitchen was a highly engaging play that put a comedic spin on saving energy. Students left the performance knowing ways to save energy in their homes. Some examples include, shutting off lights, unplugging power cords to devices, and unplugging gaming systems when not in use.

Student Services Department

How is MLSS being implemented in Columbus School District?

Starting second semester, the staff at Columbus Intermediate School and Columbus Middle School will be piloting the **Multi Level System of Support** process. Intermediate and Middle School students are currently in the process of taking the ACT Aspire Winter assessment. This assessment is taken by all students three times per year and provides teachers with information on how each student performs in specific areas of reading and math. These assessment results will be the first data points teachers will look at to identify students who performed significantly below average. Teachers will then administer additional assessment measures to these students to identify the specific areas of needs. The grade level teachers will then gather for a data retreat, facilitated by the building principal to look at individual student data and categorize students into three tiers:

Tier 1 (Universal Tier): High quality classroom instruction is provided to all students by their general education teacher. If a student is not successful with the classroom instruction, their general education teacher provides an intervention. Interventions are based on student need identified through assessment data.



Tier 2: A student who does not make adequate process with a universal tier intervention is provided an additional, research-based intervention in a more intense setting. Interventions are provided in addition to the core curriculum and universal intervention. Student progress is monitored on a weekly basis.

Tier 3: A student who continues to have difficulty and does not make adequate progress is provided a more intensive intervention in addition to the universal intervention. Student progress is monitored weekly. If a student is not responding to intervention at Tier 3, a referral for special education evaluation may be considered.

If your child is determined to need a Tier three intervention, you will receive a letter notifying you. Most tiered interventions last between six to eight weeks in duration. At that time, the intervention team will review the data gathered from the classroom teacher and the progress in the intervention to determine if the student should be exited from the intervention, if the intervention should be continued, or if the intervention should be changed to a different intervention. You will receive a letter indicating the results of that meeting. The staff at Columbus Intermediate School and Columbus Middle School will work through the MLSS process to learn the steps needed to accurately identify students in need and make decisions based on data to help support each student in their academic growth. As we work through this process, we will address issues and concerns with the process so as to prepare to roll the MLSS process out to all staff across the district in the Fall of 2019. If you have questions about this pilot or the MLSS process, please feel free to contact your child's building principal or Lisa Blochwitz, Director of Student Services at lblochwitz@columbus.k12.wi.us.

Can You Spell?

It is an annual tradition that Columbus Middle School, and now Columbus Intermediate School, take part in a local spelling bee following the guidelines of the Scripps National Spelling Bee organization.

Each classroom in grades 3-5, and each English/Language Arts classroom in grades 6-8, participate in a qualifying classroom spelling bee following the Scripps guidelines. The classrooms follow the same guidelines as will be used in the school spelling bee:

- ✓ The teacher will pronounce a word.
- ✓ When it is the student's turn he/she will state the word, spell the word, and repeat the word.
- ✓ The teacher then disqualifies a speller if it is incorrect, or advances to another speller.
- ✓ Each speller continues until the last student spells two words correct in a row; the previous student becomes a class alternate.

Then, all finalists advance to the school spelling bee (which for our school was held on Thursday, January 24th in the gymnasium. There were 23 finalists and 23 alternates that were prepared to compete. All participants were seated on the stage and competed in 11 rounds to find our two finalists that will be representing Columbus Intermediate and Columbus Middle Schools in Rio at our regional spelling bee coordinated by CESA 5. Congratulations to Emma Rogers (grade 7) and Henry Stapelmann (grade 4) for being our representatives. Kerrick Lien (grade 8) is our alternate. Emma won the bee by spelling "**couriers**" and Henry won the alternate round with "**lustrous**". We wish them good luck in the next round.

After a regional competition and a sectional competition, a state qualifier will represent Wisconsin at the 2019 Scripps National Spelling Bee in Washington, D.C.

SPELLING BEE

Go to http://spellingbee.com/take-test to take a spelling test!

Spelling Bee Participants

Columbus Intermediate & Middle School Students that participated in the Spelling Bee Competition were:

Grade 3

- Finalists: Xavier Rynders, Arianna Tindell, Shelby Gmeinder
- Alternates: Elliott Garton, Quinn Meyer, Chloe Saxe

Grade 4

- Finalists: Molly Engel, Henry Stapelmann, Laila Schultz, Joseph Otis
- Alternates: Paxton Culbert, Sami Decker, Will Morgan, Kyan Reynders

Grade 5

- Finalists: Jack Towne, Steven Sweeney, Laci Dykstra, Nevea Bonsack
- Alternates: Griyan Hughland, Seamus Lane, Blake Carthew, Tyler Barnes

Grade 6

- Finalists: Madison Haagensen, Nick Bedker, Ximena DeJesus Allen, Jonathan Schwoerer
- Alternates: McKenzie Borde, Trinity Millar, Eshton Turner, Hailey Lange

Grade 7

- Finalists: Logan Anderson, Emma Rogers, Michaela Benisch, Dayne Brown
- Alternates: Cambell Thom, Brady Lang, Hannah Bindl, Audrey Yuds

Grade 8

- Finalists: Avery Black, Kerrick Lien, Lily Walker, Sophia Blumenthal
- Alternates: Max Reetz, Grace Kahl, Zak Reinwald, Alise Hayes

Some Fourth Grade Students have been Selected

Fourth grade students have been chosen by the Wisconsin Department of Public Instruction to participate in the National Assessment of Educational Progress (NAEP) on 2/21/19. NAEP is the largest nationally representative and continuing assessment of what students know and can do in various subjects. NAEP is administered by the National Center for Education Statistics, within the U.S. Department of Education. NAEP is different from our state assessments because it is a common measure of achievement across the country.

Select fourth grade students may take an assessment in mathematics or reading. In addition to subject-area questions, NAEP survey questionnaires are voluntarily completed by students. The questionnaires provide valuable information about participating students' educational experiences and opportunities to learn both in and out of the classroom. More information about NAEP survey questionnaires is available at https://nces.ed.gov/nationsreportcard/parents under the section "What Questions Are on the Test?"

The assessment takes about 120 minutes for most students, including transition time and directions. The information collected is used for statistical purposes only. A child's grades or progress will not be affected and students may be excused for any reason. It is actually really good practice for the Wisconsin Forward exam. NAEP depends on student participation to help policymakers improve education.

We are excited that our school is participating in NAEP. We know that Columbus Intermediate School's students will show what our nation's students know and can do.

Did you know? You can see the **School Announcements** on the District Webpage!
www.columbus.k12.wi.us
Go to **Schools**, then **select** the school. Go to **announcements**. The daily announcement is listed there.

Columbus Middle School

Principal Loren Glasbrenner
Assistant Principal Cori Denk

From the Principal's Desk

"Frenemies"

As we enter the long stretch of winter, before spring thaws the frozen playground, we notice many students struggling to keep good friends, and not to unintentionally offend each other. A term that is often used is "frenemies" - one day we are friends and the next we are enemies.

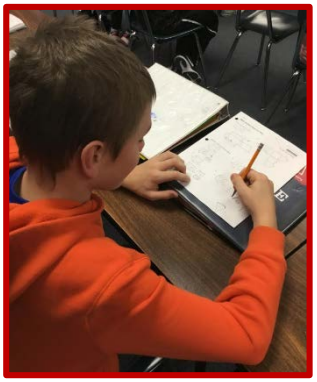
Ms. Denk and I spend hours bringing students into a safe space for supervised conversations in order to work through a problem, difference, or conflict. Having friends can make school more fun and can make these cold days seem so much warmer. But, it can be tough work. Having friends does not come easily to all.

Here are some tips about "real friends" (researched by Jennifer O'Donnell from the verywellfamily.com website) to help students "stuck in the middle" with the ups and downs of friendships in the middle school years. These would be great talking points for a family conversation:

- Real friends support one another
- Real friends say "I'm sorry"
- Real friends are not jealous
- Real friends can be trusted
- Real friends show respect
- Real friends listen to one another
- Real friends make an effort
- Real friends may act like "jerks" some of the time, but they eventually come around

The academics of school are always balanced by the social/emotional development of students. Our monthly theme for February is "Friendship" - which is not always easy to find and can be hard to maintain. Yet, we know that everything is more fun with a friend by your side. Author and editor Douglas Pagels, states it simply, "A friend is one of the nicest things you can have, and one of the best things you can be."

Middle School Math News



We are working very hard to be sure that our middle school students are maximizing their class time, but also gaining the depth of math knowledge they need to be confident and achieve their goals. A letter home recently articulated how students are being encouraged to rework homework, quizzes/checkups and units tests.

We want kids to sit with the teachers to better understand any mistakes, to complete any missing work, and to confer with the teacher about what they need to practice before they retake a test.

Please encourage your middle school student to schedule time with their teacher and work through what concept may be stumping them. A good time to do this would be during Cardinal Time, or after school. Please call us at school 920-623-5950 if you have any questions. We are here to help.

Penny War Donations

The Columbus Intermediate and Middle Schools participated in a Penny War. The overall grade winner was Grade Four. The students in Grade Four won a pizza party. $500 donations were given to the Columbia County Humane Society and to the Community Give Back Night that was held in December.

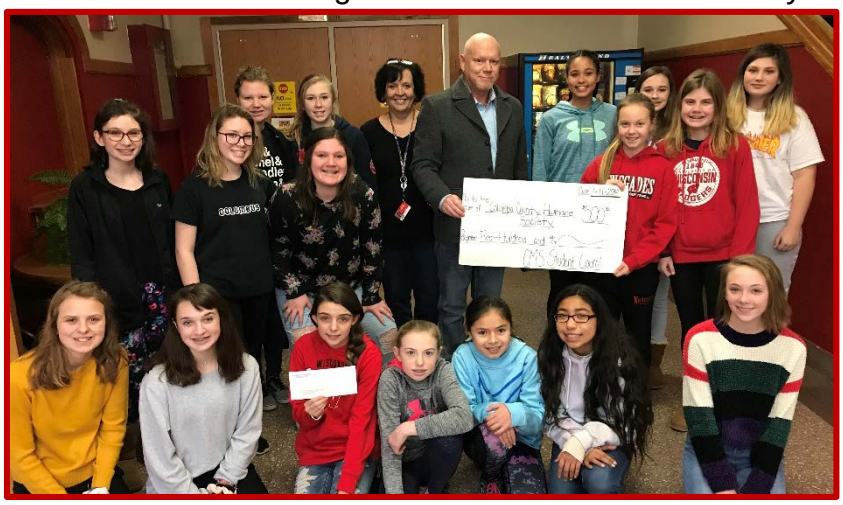


Photo on Left: Columbia County Humane Society Representative Kory Morgan receives a $500 check from Student Council Members and Advisor Becky Premo.

Photo on Right: Community Learning Services Administrator Cori Denk is shown receiving a $500 check from the Student Council Members and Advisor Becky Premo.

Our Students Give Back to the Community

Columbus FFA Middle School Quiz Bowl:

The FFA Quiz Bowl is a competition for middle school students based on FFA facts. Students in grades 7 and 8 can compete in this competition as a team of 3-5 members. The Columbus FFA team consists of Morgan Baerwolf, Molly Damm and Kayla Hunt. These three FFA members have been studying dates, names and FFA acronyms for several weeks. They participated in the District 18 contest at Markesan High School on January 21, 2019. This contest determines which teams will advance to Sectional competition. The quiz bowl teams compete against each other and move through a bracket as they win. Columbus FFA Quiz Bowl team took first place at the District contest and will compete at Sectionals in Rio on March 4, 2019. Morgan, Molly and Kayla will continue to study their FFA facts to prepare for this next level of competition.

Columbus High School

Principal Jake Ekern
Dean of Students Terri Schumacher

Assessment Season is Here!

Each year at the end of February all juniors across the state of Wisconsin are required to take the ACT and ACT WorkKeys assessments, and it is no different here at Columbus High School.

Students will be taking the ACT test starting on February 20, at the high school in a variety of classrooms. The ACT consists of five different tests: math, reading, English, science and writing. Resources have been shared with parents and students and Rick Raatz from CESA 5 was scheduled to conduct two different ACT workshops to help junior students prepare. Both day-long workshops were very well attended and very well received. The second state mandated exam for juniors is the ACT WorkKeys exam.

Students will take the WorkKeys assessment on February 21. ACT WorkKeys assesses students' career readiness skills. The ACT WorkKeys tests are: Applied Math, Graphic Literacy (formerly Locating Information), and Workplace Documents (Formerly Reading for Information). Students typically receive their scores within 6-8 weeks. Good luck to all juniors!

Catching Up With Charlie

February is **Career & Technical Education (CTE)** Month in the state of Wisconsin. Over 14 million secondary and postsecondary students are enrolled in at least some CTE courses. CTE provides real world experiences to students, so much so that high-risk students are 8 to 10 times less likely to drop out in 11th or 12th grades if enrolled in a CTE program rather than general education. CTE prepares students for some of the fastest growing jobs forecasted to rise in the coming years. Columbus High School offers Career & Technical Education courses in Agriculture & Natural Resources, Business & Information Technology, as well as Technology & Engineering. Below you will find some highlights of the different content areas.

Agriculture & Natural Resources:
Did You Know: Agricultural Education uses a three component model to achieve college and career readiness. **The three components include:** academic and technical skills learned in the classroom; leadership through the FFA; work-based learning through Supervised Agricultural Experiences (SAE). Students that participate in all three components will benefit from a complete Agricultural Education.

Class Highlight: CHS offers 11 different Agricultural Education courses covering 6 career pathways- Animal Systems, Agribusiness Systems, Biotechnology, Food Science and Technology, Plant Systems, and Natural Resources. Two courses, Food Science and Animal Science, are science equivalent providing additional options for students.

Two sections of Animal Science just concluded with the students earning a half credit of science. The curriculum covered animal related terminology, anatomy, physiology and digestion and nutrition. The students learned how to properly handle animals and dissected animal organs to better understand their physiological functions. The students can continue their knowledge of animals in the Veterinary Science class.

This course exposes the students to all aspects related to working in a veterinary career from scheduling appointments to giving injections. This course has also helped prepare many students interested in pursuing a medical related career.

Two popular courses include Wisconsin Fish and Aquaculture and Wisconsin Forestry and Wildlife. The students enjoy learning about how we manage our wildlife species and forests. The Agribusiness Management and Agricultural Careers and Leadership classes provide students with real world skills and knowledge they will be able to use in the future. The courses cover financial literacy, employability skills, and practical skills such as table etiquette, how to tie a tie and proper introductions. The Ag. Ed. program also has a greenhouse, which is the instructional area for Plant Science and Greenhouse Management. The students spend a majority of their class time in the greenhouse growing crops, bedding plants for a plant sale, and managing hydroponics, aquaculture and aquaponics growing systems. The students really get excited about growing produce and doing hands-on education. The Biotechnology and Food Science courses provide an opportunity for students to apply science to processing food products and improving food, fiber, fuel, pharmaceuticals, and feedstock using technology.

Career Preparation: Every student enrolled in Ag. Ed. has two Supervised Agricultural Experiences (SAEs). The first SAE is called the Foundational SAE and it is based on the students' future career. Each student selects a career to research to learn as much as possible about it to make sure it is the career for them. The second program is called the Immersion SAE, which is based on a project the student conducts outside of school. The students can work for an employer or their parents, they may get paid or be unpaid. The key concepts learned with this project is how to maintain records and financial literacy. The students keep track of their records using an online system. Each week the student's journal their time, money spent or earned, and skills attained. At the end of the quarter they complete a final project and share one of their SAE projects with the class.

Leadership/FFA: The third and final component of Ag. Ed. is the student organization FFA. The Columbus FFA is an affiliated chapter, which means every student enrolled in an Ag. Ed. class is an FFA member. The students volunteer to be involved in FFA activities. This time of year is when FFA

competitions kick off. FFA members have already competed in the Leadership Development Event (LDE) at their district speaking contest with four of the five areas advancing to sectionals. Teams are currently forming for the Career Development Events (CDE). These teams will compete in March at a regional contest in order to advance to the state level. So far the teams include Veterinary Science, Dairy Evaluation, Equine Evaluation, and Agricultural Sales. Students can also apply for individual awards starting in February. Individual applications include the Proficiency Award based on the students SAE project and the Wisconsin State FFA Degree, which includes all aspects of the students involvement in the three circle model, class work, SAE and FFA.

Business & Information Technology:
Did You Know: CHS offers students the ability to get college credit & industry recognized credentials through taking certain Business & Information Technology courses?

Class Highlight: February kicks into gear the season for Future Business Leaders of America (FBLA) competitive season. FBLA members will be competing in the Regional Leadership Conference at DeForest High School on February 2nd with over 25 other area schools. Competitions range from basic knowledge assessments, to performance events. This gives students an opportunity to work on more real-world skills in a competitive environment, while also getting the ability to network with other students from the area.

In the classroom, students have the opportunity to take Advanced Accounting, a Dual Credit course through Madison College. This class allows them to obtain college credit while attending their normal high school class. Students are also working towards obtaining industry recognized certification in Microsoft Office Specialist - Word & Excel 2016. These certifications will give these students a distinct advantage in the workforce. A simple job search will see how valuable and useful this knowledge is. Students are also experience Personal Finance through Business & Information Technology. Students are exploring the topics of taxes, checking, paying for college, managing credit, investing, insurance, & budgeting. In coordination with the local Rotary, we will also be able to give all Personal Finance students a mock job interview, to enhance their skills in that area.

Technology & Engineering:
Did You Know: Taken alone, manufacturing in the United States would be the ninth-largest economy in the world. In 2016, the average manufacturing worker in the United States earned $82,023 annually, including pay and benefits. Over the next decade, nearly 3.5 million manufacturing jobs will likely be needed, and 2 million are expected to go unfilled due to the skills gap.

Students in Graphics class are preparing their shirts for printing.

Class Highlight:
In the classroom, students have been working hard on a variety of projects related to their course work. Graphics students finished up their screen printing projects using indirect stenciling to create their design. Introduction to Engineering Design students just finished up their puzzle cube projects. They created five puzzle pieces that fit together to make a perfect cube. They also used Autodesk Inventor to create 3-D models of their pieces and completed cube along with technical drawings dimensioning their pieces. The students will also be working on transferring their files to 3-D printing files and have a 3-D printed version of their puzzle cube. The Principles of Engineering class has just finished learning about coding. They are using what they have learned about coding to solve different problems. They will

be creating physical structures and coding a variety of sensors and motors to find a solution to their chosen problem.

We are looking forward to adding a new class next year called our Ideas class. Students in this class will have the opportunity to use a variety of software programs associated with specific machines to create physical projects. Students will have the chance to use a vinyl cutter, 3-D printer, CNC machine, and a laser engraver/cutting machine.

The students in the one of the materials and processes sections were just beginning some sheet metal projects. The other major projects that students will complete are a machined hammer, a foundry project and welding. The other section is starting off with woods. They will be making checkerboards and jewelry boxes. The construction students just completed all of the competencies necessary to get their career connections certification in residential construction. The pictures were of the construction mockups that the students completed during the class. Students in the electricity class have just picked out their electronics projects kits for the class. An introduction into electronics theory and circuit construction will be presented to the students in the coming days.

Construction Class

If I had a hammer…

Students in Principles of Engineering course working on their elevator problem.

Students in Principles of Engineering course are working on constructing a conveyor belt for their cookie topper problem.

Department News: Columbus Agriculture

Greenhouse Management: The students began the quarter with a Salsa Garden project. The students were challenged to create their perfect salsa recipe. They tasted different samples of salsa and then evaluated the ingredients to generate ideas for their recipe. The next step was to create a list of plants they would need to grow to produce the ingredients for their salsa. The students are working on creating a map for their salsa garden taking into consideration plant size, spacing, and cross pollination concerns. The class visited the greenhouse to see the space where they will be doing most of their work and the different types of plant growing systems they will be setting up to grow greenhouse crops.

Columbus FFA Wins Big at District FFA Speaking Contest

Columbus FFA members traveled to Markesan High School on Monday January 21 to compete in the District 16 FFA Speaking Contest. The chapter competed in five events. The Middle School Quiz Bowl team consisting of Molly Damm, Morgan Baerwolf, and Kayla Hunt won first place. The team beat Waupun in round one and Markesan in round 2 to clinch the contest.

The Parliamentary Procedure Team including Abbygail Hayes, Amanda Dunbar, Corrina Larson, Garret Baerwolf, Kyle Kilian and Jordan Prosser won first place in a tough competition against Markesan FFA. Cora Dahl and Griffin Hughland competed in the FFA Creed Speaking contest where Cora placed 4th. Corrina Larson also participated in the Discussion Meet contest and took first place out of 7 contestants. Hannah Dahl competed in the Employability Skills contest formally known as the Job Interview and took 2nd place. The Quiz Bowl Team, Parliamentary Procedure Team, Corrina Larson and Hannah Dahl will all advance to the Sectional FFA Contest on March 4, 2019 at Rio High School. Congratulations to all of the speakers and to those advancing to sectionals!

School Board Update

Spring Election

There are three candidates running for two positions. Ballot order was drawn on January 3, 2019. The names and positions on the April 2, 2019 ballot are as follows:

1. Mike O'Brien
2. David Fischer
3. Keith A. Loppnow

School Board Meeting Schedule

- Monday, **February 11, 2019** 7 PM at City Hall
- Monday, **February 25, 2019** 7 PM at City Hall
- Monday, **March 11, 2019** 7 PM at City Hall
- Monday, **March 25, 2019** 7 PM at City Hall

Link to School Board Information:

https://www.columbus.k12.wi.us/domain/30

The School Board members are conducting linkages with the community throughout the month of February. An update on Launching Forward and the newly created Facilities Forward Community Facility Advisory Committee will be reviewed with the public.

Linkages set for February include: Senior Center – 2/4; City Council – 2/5; Oddfellows 2/6; Athletic Booster Club 2/13; FFA Alumni 2/19; PTO 2/18; Library Board & Friends of the Library 2/19; Columbus Pre-School 2/19; Rotary 2/20; and Discovery Charter School 2/26. Additional linkages are in the process of being set up.

Community Learning Update

Piano Lessons

Community Learning Services offer piano lessons to students in grades 2 through grade 5. Alyssa Loest, the CES/DCS music teacher instructs the group lessons. These lessons are held on Mondays starting at 3:30 after school. The lessons are a half an hour long and the last one begins at 4:30 p.m. Many students start as a beginner and learn the fundamentals of the piano and are able to move to different levels and continue their musical journey. We currently have students that are at a level 6. Parent Magazine says that music lessons can benefit kids in six different ways. Here is the link to the article: *https://www.parents.com/kids/development/intellectual/6-benefits-of-music-lessons/*

- ♪ It improves academic skills.
- ♪ It develops physical skills.
- ♪ It cultivates social skills.
- ♪ It refines discipline and patience.
- ♪ It boosts self-esteem.
- ♪ It introduces children to other cultures.

The spring lessons have just started and run for 8 weeks and cost $80.00. If you are interested in piano lesson for your child we will be offering lessons again in the fall. Any students in the Columbus community is invited to take lessons.

Yoga Flow

Yoga Flow~ An inclusive yoga class for any adults. Build strength and endurance as you find your balance and flexibility. Pose variations and classes tailored to make the practice more challenging or restorative to create your perfect balance of gentle and flow. The classes are offered by Stefanie who recently took her love of yoga to the next level and was certified as a CYT 200 hour yoga and wellness teacher through the National Yoga Alliance.

Class are appropriate for every level of yogi, modifications can include chairs and walls up to practicing your own advanced Asanas. Classes will be Vinyasa Flow focusing on movement of breath throughout your practice and a well deserved Shavasana with Essential oils at the end. Stefanie is able to teach Yin and Power if decided by the class.

The American Osteopathic Association says that maintaining a regular yoga practice can provide mental and physical benefits by:

- ☼ increased flexibility
- ☼ increased muscle strength and tone
- ☼ improved respiration, energy and vitality
- ☼ maintaining a balanced metabolism
- ☼ weight reduction
- ☼ cardio and circulatory health
- ☼ improved athletic performance
- ☼ protection from injury
- ☼ Manage stress

Yoga Flow is offered on Tuesdays from 6pm-7pm at Columbus Middle School in Room 186. Drop ins are welcome or sign-up at http://signup.com/go/yMMNHAS

Food Service Update

Our Program

We are proud to serve high quality, nutritious meals in every Columbus school. Studies show that well-nourished students generally have better attendance, are more attentive, and have more energy as they participate in the school day. Our goal is to provide students with the best food possible to promote sound physical and mental development.

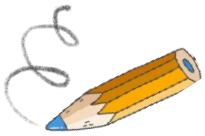
We are concerned about the fat, sugar, and salt content of the meals served. Each menu meets all United States Department of Agriculture (USDA) requirements. We serve a variety of foods to enhance student meal choices in an atmosphere that is friendly and supportive. We feel that good nutrition enables students to study, learn, and play better.

Features

- Low sugar, whole grain cereals
- Whole grain bread, buns, muffins, and pizza crusts
- Locally grown fruits and vegetables (when in season and quantity available)
- Baked (not fried) fat-free French fries and potato wedges
- Skim, skim chocolate, or 1% milk
- 100% fruit juice
- Fat-free or reduced-calorie salad dressing, mayonnaise, and sour cream
- Offered weekly: Dark green leafy vegetables; legumes; and red or orange vegetables

Regulation

Columbus Public Schools participate in the National School Lunch Program. USDA child nutrition programs are reviewed every three years by the Wisconsin Department of Public Instruction and the USDA. Kitchens are inspected by state health departments and have excellent report records.



Nutrition and Menu Planning

Several factors guide the choices made in planning school lunch menus, including foods that are popular with students, meet USDA dietary guidelines, and fall within budget parameters. Meals are planned with a goal of providing students with one-third of the Recommended Daily Allowances (RDA) for key nutrients and calories. Menus are reviewed and analyzed.

Fruits and Vegetables

A variety of fresh, frozen, and canned fruits are offered at breakfast and lunch, and a variety of fresh and steamed vegetables are served with each lunch. The varieties selected are intended to give children a good source of vitamins, minerals, and fiber to fuel them as they learn and play.

Food Waste

In an effort to lessen food waste, an "offer versus serve" option is provided in compliance with governmental standards. Students must be offered the minimum daily serving requirement of specific food components comprising of what constitutes a complete reimbursable meal, either breakfast or lunch. Students may decline one breakfast component and up to two lunch components. Federal regulations require meals to be priced as a complete unit and students must pay for the full meal even if they choose the minimum of foods offered. High school students are the exception to this, should they choose to participate in the optional "ala carte" line.

Funding

Food Services is a self-supporting department and the budget is separate from the general fund. Revenues generated cover the cost of food, labor, and equipment

Contact

Feel free to contact Laura Austin, Director of Food Services, with any questions or concerns.
920.623.5950 Ext 2190 or laustin@columbus.k12.wi.us

Curriculum & Instruction

New English Classes at CHS in 2019-20

On January 14, 2019, Columbus School Board approved the creation of three new English courses that will be offered at Columbus High School next year. English III, Contemporary Literature, and Social Justice in Literature will be offered to students along with current courses: English I, English II, Communication Arts, Write for College, Creative Writing, and Advanced Placement English.

From year to year, some of the current course offerings do not gather enough student interest needed in order to run a course section. The redesign of the course offerings began in the 2017-18 school year with a survey of English courses students would be interested in taking. The English department also reviewed the quantity and type of offerings that schools are similar size offer students. Work during the 2018-19 school year has involved standards review and curriculum design for the new courses.

Each of the new courses will feature a balance of literacy experience incorporating reading, writing, language, and speaking & listening skills.

English III will be offered for 1 credit. Social Justice in Literature and Contemporary Literature will each be offered for a .5 credit.

Columbus School District policy and state law requires all students to earn a minimum of 4 credits in English in order to earn a high school diploma.

Protecting Our Children Online

The Public is invited to attend an informational session on Protecting Our Children Online. The event will be held on **Tuesday, February 19th** at **6:30 PM**. The presentation will be held at Zion Church Fellowship Hall located at **822 Western Avenue** in Columbus. Due to the subject matter that will be discussed, those attending **must be at least 18 years old**. Children will not be permitted.

Special Agent Ryan Klavekoske will discuss the Internet Crimes Against Children (ICAC) Task Force, the latest trends and issues involving children online, common apps that are used by children, online gaming, and what parents can do to monitor and keep their children safe. There will also be a question and answer session and a live online demonstration.

The event is sponsored by PATZ (Parents and Teachers of Zion), Columbus Police Department, Wisconsin Department of Justice, Internet Crimes Against Children (ICAC) Task Force.

Technology Update

With the increased use of electronic devices by your students such as Chromebooks, PC's, Internet capable Cell Phones, iPads, Playstations, Xbox, and Nintendo Switch there is also the risk to your student's privacy and security. The School District utilizes an Internet content filter called Seculy and another program called Aristotle to monitor and block student access to inappropriate Internet content. Your role as a parent with your student's technology use is very important in guiding them to a be a good digital citizen.

Research shows that 91% of 13 to 17 year olds go online from a mobile device at least occasionally and 76% of teens (81% of older teens) use a social network (Source: Pew Research; Kaiser Family Foundation; Common Sense Media). Below we have compiled a few links to some helpful documents like a Family Internet Safety Contract and Internet Safety FAQ's. The remaining links are to sites that provide information to parents about Internet safety, social media, privacy, and information on some well used apps like Fortnite and snapchat.

Suggested Links for Parents

Internet Safety Contract:
https://drive.google.com/file/d/13U_WQNUf6Yd0RWsFRXyPVKwD_hFyuS_4/view?usp=sharing

Internet Safety FAQs:
https://drive.google.com/file/d/1iFN65DckL9ls3sH5TKlu6RWMPCWYyOoh/view?usp=sharing

Cell Phone FAQs:
https://drive.google.com/file/d/1QPWD79TVfAcwYTLfu5ig4Ly4KKVaNJNb/view?usp=sharing

Webwise:
https://www.webwise.ie/parents/

Common Sense Media:
https://www.commonsensemedia.org/ - click on Advice for parents

Netsmartz:
https://www.netsmartz.org/internetsafety

State of Wisconsin Department of Instruction:
https://dpi.wi.gov/internet-safety/parents

Parent-Child Conversation

- Safety Pledge / Promise
- Internet safety should be an ongoing conversation at home: Discuss your values!
- Teach and discuss with your child appropriate social skills for online communication
- All activities under open and direct supervision. Desktop computer in a public place. Mobile devices used in agreed-upon areas at acceptable times
- Limit expectations of online privacy with your child. Child shares usernames and passwords with parents. Check history.

Parents, if you have any questions about talking to your children or about the technology we use in the District, contact Chet Bembenek, Technology Manager at cbembenek@columbus.k12.wi.us

Weather Related Make Up Days – Update

Message from Superintendent Deuman:

During the extreme cold and snow during January, we find ourselves re-evaluating the school calendar and how to make-up the minutes of instruction required by the Department of Instruction. We have enough built-in minutes so that our students only have to make up 2.5 days of the 4 days missed.

Originally in our calendar, we had a date for February as a make-up date for students. We feel this date is too near in the future for families. With that said, we have re-evaluated the minutes of instruction and have two viable options to make up the time in order to meet the minimum number of instructional minutes required by law. A survey has been sent to parents and staff for the two options. Deadline for the survey is on Friday, February 8.

Should we have additional inclement weather days, we will need to continue to extend the school year. Changes to the calendar will be communicated in the next e-newsletter.

Calendar / Upcoming Events

February

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 NO SCHOOL ° K-8 Parent/Teacher Conferences ° Open Enrollment Applications Available	**5**	**6**	**7**	**8**
11 ° School Board Meeting 7 PM, City Hall	**12**	**13** ° Late Start, classes begin at 10 AM	**14**	**15**
18 **No School for Students**	**19** ° In-Service Day – NO SCHOOL	**20** ° CHS Parent/Teacher Conferences 5-8 PM ° ACT Testing Gr. 11	**21** o WorkKeys Testing Gr. 11 o NAEP Math/Reading Gr. 4 Testing	**22**
25 ° School Board Meeting 7 PM, City Hall	**26** ° 4K Orientation 5:30 PM, CES gym	**27**	**28** o Applications due for Facilities Forward Committee	

March

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	**5**	**6**	**7**	**8**
11 ° School Board Meeting 7 PM	**12**	**13** ° Late Start, classes begin at 10 AM	**14**	**15**
18 o Forward Testing Gr. 6	**19** °	**20**	**21**	**22**
25 ° School Board Meeting 7 PM ° Forward Testing Gr. 3 & Gr. 8	**26**	**27** ° End of Quarter	**28**	**29** ° Early Release, classes dismiss at 12:30