

THE HORIZONS WAY

Horizons Elementary 2024

Horizon's New Phone Number: 920-852-5485



Upcoming Events



November 16 GOTR 5K

November 21 Concert

November 27, 28, 29 No School

HORIZONS ELEMENTARY SCHOOL PRESENTS:

MUSIC ROCKS

a fall concert



FEATURING:
GRADE 3, 4, 5 + FLAMES CHOIR

THURSDAY, NOVEMBER 21, 2024
2 PM SCHOOL PERFORMANCE
6PM FAMILY PERFORMANCE

THE HORIZONS WAY

Horizons Elementary 2024

Lost and Found

Please check out our lost and found if your child(ren) have lost anything.



COLD WEATHER



It's cold outside! The weather is changing. We go outside for recess unless it is zero or below. Please have your children dress appropriately.

Coats

Hats

Mittens/Gloves

Boots

Snow Pants

Contact the office if you need any help purchasing these items. We have extras at school!



HFN (Horizons Family Network)



Horizons Family Network is a group composed of Horizons families and staff that come together for the common goal to support Horizons students, teachers, and school needs.

Our next meeting is on November 11th and new members are always welcome.

Please email: Horizonsfamilynetworkpto@gmail.com

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Nuevo número de teléfono de Horizons 920-852-5485



Próximos Eventos



16 de noviembre GOTR 5K

21 de noviembre Concierto

27, 28, 29 de noviembre No hay clases

LA ESCUELA PRIMARIA HORIZONS PRESENTA:

MUSIC ROCKS

un concierto de otoño



CON:
GRADOS 3, 4, 5 + "FLAMES CHOIR"

JUEVES 21 DE NOVIEMBRE, 2024
2PM FUNCIÓN ESCOLAR
6PM FUNCIÓN FAMILIAR

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Perdida y encontrada

Por favor consulte nuestra sección de objetos perdidos si su(s) hijo(s) han perdido algo.



Clima frío



¡Hace frío afuera! El clima está cambiando. Salimos al recreo a menos que sea cero o menos. Por favor haga que sus hijos se vistan apropiadamente.

Abrigos Sombreros Mitones/Guantes Botas Pantalones para la nieve

Comuníquese con la oficina si necesita ayuda para comprar estos artículos. ¡Tenemos extras en la escuela!



HFN (Red familiar Horizons)



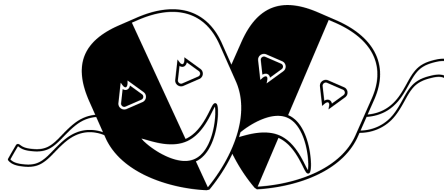
Horizons Family Network es un grupo compuesto por familias y personal de Horizons que se unen con el objetivo común de apoyar a los estudiantes, maestros y necesidades escolares de Horizons. **Nuestra próxima reunión es el 11 de noviembre y los nuevos miembros siempre son bienvenidos. Envíe un correo electrónico a:**

Horizonsfamilynetworkpto@gmail.com

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Horizons Elementary 2024

The North High School theatre department will hold the first of its popular DRAMA DAYS of the school year on Saturday, December 7th from 9 a.m. to 2 p.m. at North High School. The December Drama Day is for students in grades 1-3. DRAMA DAY is a one-day theatre exploration camp that is planned and taught by North High School theatre students. Children learn about all aspects of theatre, both on stage and backstage through a variety of fun and educational activities. The day ends with a presentation for family and friends on the North stage! Information about how to register can be found [here](#). All proceeds from DRAMA DAY go to fund theatre activities at North



El departamento de teatro de North High School llevará a cabo la primera de sus DÍAS DE DRAMA populares del año escolar el sábado 7 de diciembre de 9 a.m. a 2 p.m. en la Escuela Secundaria del Norte. El Día del Drama de diciembre es para estudiantes de 1.º a 3.º grado. DRAMA DAY es un campamento de exploración teatral de un día planificado e impartido por estudiantes de teatro de North High School. Los niños aprenden sobre todos los aspectos del teatro, tanto en el escenario como entre bastidores, a través de una variedad de actividades divertidas y educativas. El día termina con una presentación para familiares y amigos en el escenario Norte! La información sobre cómo registrarse se puede encontrar aquí. Todas las ganancias del DRAMA DAY se destinan a financiar actividades teatrales en North [here](#).

Success for
Every Student,
Every Day



Project ADAM
SAVES LIVES

Heart Safe School Designation Letter to School Community

Dear Community,

Horizons Elementary School is pleased to inform you that we have joined a community effort to implement a sustainable and comprehensive CPR and AED program. This decision is the result of our wish to make our buildings safe for our students, visitors and employees.

Sudden Cardiac Arrest (SCA) occurs when the heart suddenly and unexpectedly stops beating, cutting off blood flow to the brain and other vital organs. SCA is fatal if not treated immediately. Having access to an AED as well as having a written plan and a team of CPR/AED-trained staff ready to act in an emergency can save the life of someone suffering a SCA during those critical first few minutes. Through our cooperative efforts with **Project ADAM** and **Children's Hospital of Wisconsin**, we have joined hundreds of schools throughout the state of Wisconsin and beyond in preparing our school for a life-threatening emergency. This program enables us to offer any person who may experience a Sudden Cardiac Arrest during regular school hours, the best chance for survival.

Horizons currently has an AED in the building. The AED is stored in a wall cabinet. When the cabinet door is opened, a loud alarm will sound. This alerts everyone that there is a potential emergency. Our school has a maintenance plan in place for the units. The AEDs are designed to work effectively unless they are tampered with. Additionally, the AED will not shock a person unless it detects a shockable rhythm (ventricular fibrillation).

Staff has been trained to assist with an emergency during regular school hours. After school hours and during the summer, this is a Public Access Defibrillation (PAD) program. If you suspect someone is experiencing a Sudden Cardiac Arrest, please feel free to use the equipment at our school. Good Samaritan laws protect the layperson in a life-saving attempt, although we recommend becoming trained in CPR/AED use as an investment in your health and the health of others. Our local Emergency Medical Services and AASD Medical Director are aware of our procedures for the program.

"Project ADAM is a national, non-profit organization committed to saving lives through advocacy, education, preparedness and collaboration to prevent sudden cardiac death. Our affiliate programs improve the cardiac chain of survival in schools and communities in memory of Adam Lemel, a 17-year-old Whitefish Bay, WI, high school student who collapsed and died while playing basketball at school."

Many thanks for your participation in this important Heart Safe initiative in our school. To see our school on the Project ADAM map, visit www.projectadamwi.com.

Sincerely,

AASD District Nursing Staff



HEALTH SERVICES * P.O. Box 2019, Appleton, WI 54911 * 920-852-5344

November–Diabetes Awareness Month

Diabetes is a chronic condition that occurs when the body can't produce enough insulin or can't use insulin properly, resulting in high blood sugar levels.

Where does insulin come from and what role does it play? Insulin is a hormone produced by the pancreas. It helps move sugar from the bloodstream into the body's cells to be used for energy. Think of this whole process like a lock and key system. Imagine that the body's cells have locked doors and insulin is the key that opens the locks to allow the sugar in. The pancreas is the company that makes the keys.

What happens to insulin in diabetes? There are three types of diabetes: Type 1, Type 2 and gestational diabetes. Type 1 diabetes is an autoimmune condition where the body mistakenly attacks the cells in the pancreas that create insulin. Eventually the pancreas can't make insulin anymore or can't make enough to keep up with the body's needs. The company has stopped manufacturing keys so there are little to no keys available to open the locks. In Type 2 diabetes, the body produces insulin but cannot use it properly. The company is still making keys but the locks are rusty so the keys don't open the locks as well. Gestational diabetes is a type of diabetes that occurs when a pregnant person is unable to produce enough insulin or use the insulin effectively. There are not enough keys and some of the locks are rusty.

What are the common symptoms of diabetes? Per the American Diabetes Association, some common symptoms of diabetes include:

- Urinating often
- Feeling very thirsty
- Feeling very hungry even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss even though you are eating more (type 1)
- Tingling, pain, or numbness in your hands/feet (type 2)

Can diabetes be prevented? There is currently no known way to prevent Type 1 diabetes. Things that can help to lower chances of developing Type 2 diabetes include eating healthy, being active, and maintaining a healthy weight. The American Diabetes Association offers a free [60-second Type 2 Diabetes Risk Test](#).

For more information about diabetes, possible long term complications and how you can help, please visit the [American Diabetes Association website](#).



SERVICIOS DE SALUD * P.O. Caja 2019, Appleton, WI 54911 * 920-852-5344

Noviembre: Mes de Tomar Conciencia sobre la Diabetes

La diabetes es una afección crónica que ocurre cuando el cuerpo no puede producir suficiente insulina o no puede usarla adecuadamente, lo que resulta en niveles altos de azúcar en la sangre.

¿De dónde viene la insulina y qué papel juega? La insulina es una hormona producida por el páncreas. Ayuda a transportar el azúcar del torrente sanguíneo a las células del cuerpo para utilizarlo como energía. Piense en todo este proceso como un sistema de cerradura y llave. Imagine que las células del cuerpo tienen puertas cerradas y la insulina es la llave que abre las cerraduras para permitir la entrada del azúcar. El páncreas es la empresa que fabrica las llaves.

¿Qué sucede con la insulina en la diabetes? Hay tres tipos de diabetes: tipo 1, tipo 2 y diabetes gestacional. La diabetes tipo 1 es una enfermedad autoinmune en la que el cuerpo ataca por error a las células del páncreas que crean insulina. Con el tiempo, el páncreas ya no puede producir insulina o no puede producir la suficiente para satisfacer las necesidades del cuerpo. La empresa ha dejado de fabricar llaves, por lo que hay pocas o ninguna llave disponible para abrir las cerraduras. En la diabetes tipo 2, el cuerpo produce insulina pero no puede utilizarla adecuadamente. La empresa todavía fabrica llaves, pero las cerraduras están oxidadas, por lo que las llaves no abren las cerraduras también. La diabetes gestacional es un tipo de diabetes que ocurre cuando una persona embarazada no puede producir suficiente insulina o usarla de manera efectiva. No hay suficientes llaves y algunas cerraduras están oxidadas.

¿Cuáles son los síntomas comunes de la diabetes?

Según la Asociación Estadounidense de Diabetes, algunos síntomas comunes de la diabetes incluyen:

- Orinar con frecuencia
- Sentir mucha sed
- Sentir mucha hambre aunque estés comiendo
- Fatiga extrema

- Visión borrosa
- Cortes/moretos que tardan en sanar
- Pérdida de peso aunque estés comiendo más (tipo 1)
- Hormigueo, dolor o entumecimiento en las manos/pies (tipo 2)

¿Se puede prevenir la diabetes? Actualmente no se conoce ninguna forma de prevenir la diabetes tipo 1. Las cosas que pueden ayudar a reducir las posibilidades de desarrollar diabetes tipo 2 incluyen comer sano, estar activo y mantener un peso saludable. La Asociación Estadounidense de Diabetes ofrece una prueba gratuita de riesgo de diabetes tipo 2 de 60 segundos.

Para obtener más información sobre la diabetes, las posibles complicaciones a largo plazo y cómo puede ayudar, visite el sitio web de la Asociación Estadounidense de Diabetes.



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Dear Parents/Guardians,

Thank you for your interest in the YMCA Program at Horizons, an AASD Extended Day Learning Program. Please refer to the below information for registration purposes.

General program information:

- The registration fee of \$35 per child must be paid online when you complete your registration process. This is a Non-Refundable fee.
- Depending on your free/reduced status, there are monthly fees to both the before and after school program. Please see the bottom of this letter for the monthly rates, these are per child.
- Before school runs 6:30am until school starts and after school runs from dismissal until 6:00pm.
- When registering, please use a laptop or computer. A phone is not advised.

New Families:

- The registration process does take about 30 minutes per child as our system requires you to enter children's health history, emergency contacts and immunization records. Please plan accordingly. You are able to save the information and come back at a later time, if needed.
- New families who do not have a YMCA online account, please use the following link:
 - o <https://www.ymcafoxcities.org/create-account>
 - o Immunization records can be obtained, if your child was born in the state of Wisconsin.
 - o <https://www.dhfs.wisconsin.gov/pr/clientSearch.do?language=en>

How to register all families:

1. Navigate to: <https://www.ymcafoxcities.org/programs/aasd-extended-day-learning-program>
2. Click Register Now For 2024-2025: All Others
3. Select Horizons Elementary
4. Check the boxes next to the specific Before and/or After Care days your child will attend and click register.
5. Log into your online account, choose what child you are registering.
6. Verify/answer the questions, agree to the waivers, and complete the registration.

Monthly Rates		1 day a week	2 days a week	3 days a week	4 days a week	5 days a week
Before Care	Non-Needy	\$32	\$58	\$83	\$98	\$110
	Free/Reduced	\$15	\$25	\$30	\$35	\$46
After Care	Non-Needy	\$38	\$88	\$113	\$154	\$190
	Free/Reduced	\$0	\$0	\$0	\$0	\$0

If you qualify for Free and Reduced status with Chartwells, after care is at no cost due to funds provided by the Appleton Area School District. Any additional non-contracted days will be a \$15 charge.

Thank you,

Christina Neabling
Coordinator for YMCA Program at Horizons
An AASD Extended Day Learning Program
920.852.5485 ext. 30147
920.209.2155
neablingchrist@aasd.k12.wi.us
cneabling@ymcafoxcities.org