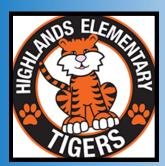
# HIGHLANDS ELEMENTARY ODYSSEY MAGNET





# DECEMBER 2024 HAPPY HOLIDAYS!!

Highlands/Odyssey
Elementary

Phone: 920-852-5480

Fax: 920-852-5481



**Highlands/Odyssey** 

2024-2025

**Parent Handbook** 



#### What's For Breakfast & Lunch

**December Breakfast Menu** 

**December Lunch Menu** 







#### **Winter Break**

Monday, December 23rd - Wednesday, January 1st
School Resumes on Thursday, January 2nd
Wishing you a safe and happy holidays!





# Highlands Elementary School & Odyssey Magnet School

Kari Krueger, Principal Michael Dexheimer, Associate Principal

#### Hello Tigers and Owls!

Welcome to December! With the cooler weather, despite not having the snow...yet... make sure your child is dressed appropriately for school. Often layers for learning time in the classroom are best - students are welcome to keep sweatshirts on their coat hooks. Jackets, snow pants, and boots are required in order for students to play in the field at recess when the snow arrives. Hats and mittens increase the comfort of snow fun too! Remember, we go outside twice daily. If you are missing any of your gear, please be sure to check our Lost and Found as items will be donated over the winter break. If you are in need of winter gear due to financial hardships, please contact your child's classroom teacher as we can assist in trying to locate items you may need.

As November came to a close, you should have received a "Got It/Grow It" communication tool attached to a completed piece of your child's work that gives you a quick snapshot of things your student is already doing well on and skills they are continuing to practice. This is in response to your feedback on our family engagement survey where you indicated you would like more regular communication about how your child is doing at school. Related, thanks to those families who joined us in November for our BINGO/school data presentation! We were excited to share our academic glows/grows as a site with you!

Save the date of Monday January 13th (8:30-9:30 am) for our quarter 2 TOPS assembly and parent showcase. We will recognize students for being respectful, responsible, and safe and invite our special family guests back to the classroom to see what we have been working on after that!

Wishing you a warm and healthy winter/healthy holiday season!

Sincerely, Mrs. Krueger Principal

## **DATES TO REMEMBER**



**December 6th - No Boys & Girls Club** 

**December 9th - Odyssey Open House - 6:30-7:15 pm** 

December 12th - 5th Grade Band Concert at Wilson - 6:45-7:45 pm

**December 23rd-January 1st - No School Winter Break** 

**January 3rd - No Boys & Girls Club** 

January 6th - PTO Meeting - 3:45-4:45 pm (LMC)

**January 17th - No School - Staff Development** 

January 20th - No School - Martin Luther King Jr. Day

**Highlands/Odyssey Family Calendar** 

**District Calendar** 

#### **Important Yearly Reminders**

- Supervision is available on the playground each day starting at 8:10 am and ending at 3:30 pm. Please do not drop off your student(s) prior to 8:10 unless they are in Boys & Girls Club. Any students that are not picked up by 3:30 will be sent to the office, and a phone call will be made.
- If you are submitting an absence request for your child or leaving a message that they will be late,
   please also include their lunch choice for the day if they need to order hot lunch.
- If you are picking your child up early, call the office (920-852-5480) when you are about five
  minutes away. We will call your student down and send them out to your vehicle when you arrive.
- Please make after school plans with your children in the morning before school. This helps avoid interruptions to classrooms while students are learning.
- We have noticed some students bringing their trading cards and other toys from home to school.
   Please remind them to leave these items at home to avoid any issues at school.
- Accidents happen! Please keep a change of clothes for your student in their backpack, including a
  pair of socks. This is helpful if they have an accident or get wet or muddy during recess.
- During the cold months, we see an increase in Health Room visits due to chapped lips. If you are
  able to, please send lip balm with your student if they have chapped lips. This helps eliminate
  time out of the classroom and we do not have a large enough supply for every student.



# **FEE WAIVER** SCHOLARSHIP PROGRAM

#### **ABOUT**

Our fee waiver scholarship program is designed to give City of Appleton youth the opportunity to participate in recreation programs regardless of their financial status.

#### **ELIGIBILITY**

- Must be a City of Appleton Resident
- Must be 17 and under
- · Qualify for an area school district free or reduced lunch program or other government assistance program.

#### FEE WAIVER DETAILS

- Fee waiver is good for youth programs/leagues and youth summer swim passes. (Note: some programs may not be eligible.)
- Eligible participants receive \$100 stipend per calendar year.



#### CONTACT



920.832.5905



□ aprd@appleton.org



appletonparkandrec.org

**SCAN FOR MORE INFO AND TO ACCESS APPLICATION** 







# 3-5 Year Old Developmental Screenings

AASD offers free developmental screenings for all children between the ages of birth-5 prior to kindergarten. Children must live in the Appleton Area School District. We encourage all families to come to a screening, preferably before attending 4K. Visit this <a href="link">link</a> for additional details and to schedule your child's screening.



News from the School Nurse:

**December Newsletter** 

**Dec. Newsletter - Spanish** 

**Dec. Newsletter - Hmong** 

News from the AASD

Birth-Five Outreach

Program:

**December Newsletter** 



# The mission of Appleton Community 4K is to maximize the learning of 4 year olds!

Appleton Community 4K builds a lifelong love of learning through creativity, curiosity, problem-solving, and exploration.

#### Why 4K? Because their learning journey starts now!

AASD prides itself on providing our youngest learners with the opportunity to participate in a quality early learning program in a play-based model. Appleton's 4K develops the whole child by balancing critical early reading, writing, and math skills, with the social and emotional skills necessary to be successful in school and throughout their lives.

#### Who can enroll?

Appleton Community 4K is open to any student who will turn 4 years old on or before September 1st.

#### How do we enroll?

Online enrollment begins Monday, February 10th, 2025. Watch the AASD and 4K website for more details as they become available:

4k.aasd.k12.wi.us/our-school/enrollment

#### How can I learn more about Appleton Community 4K?

- · Check out our 4K Partner Sites: 4k.aasd.k12.wi.us/appleton-community-4k-partner-sites
- Review our Frequently Asked Questions: 4k.aasd.k12.wi.us/our-school/faqs
- · Watch our 4K Informational Videos: 4k.aasd.k12.wi.us/our-school/enrollment
- During the month of January, we welcome you to contact the 4K sites you are interested
  in learning more about. They'd love to talk to you and offer you a visit!
- Call the Appleton Community 4K office at (920)852-5600!



Find more information here!
¡Encuentra más información aquí!
Yog koj xav paub ntxiv txog kev kawm
ntawv hauv 4K mus ntawm no!









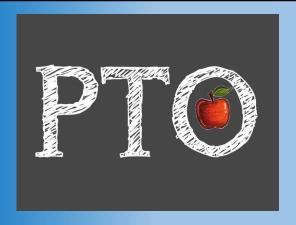
#### Tips To Fight Cold and Flu

- Stay hydrated. Whether it's tea, warm water with lemon or broth, drinking warm liquids can be soothing, prevent dehydration and ease congestion. Avoid salty foods, alcohol, coffee and sugary drinks, which can be dehydrating. Ice chips are another simple way to stay hydrated and calm a scratchy throat.
- Gargle with salt water. A saltwater gargle with about 1 teaspoon of salt per cup of warm water can help reduce the pain and swelling of a sore throat.
- Humidify the air. Cold air holds less moisture than warm air. Dry nostrils are more prone to viruses, and if you're
  already sick, dry air can worsen a sore throat. Try using a humidifier. If you don't have one, leave a shallow bowl of
  water out, particularly near a heat source. As the water evaporates, it'll slowly humidify the room.
- Rest: This is the time to recharge your body's immune system. Rest and sleep are the best ways to do that. Make sure you're sleeping between eight to 10 hours at night. This is also a great chance to take a break from strenuous exercise for two to three days.

Over-the-counter medications: Over-the-counter decongestants, antihistamines and pain relievers, such as ibuprofen or acetaminophen, can reduce some cold symptoms. Children younger than 6 should not use over-the-counter medications. Talk to your doctor for more details.

Info from Johns Hopkins website. Please click the link below to learn more.

https://www.hopkinsmedicine.org/health/wellness-and-prevention/the-dos-and-donts-of-easing-cold-symptoms





When: Monday, January 6th

Where: LMC

Time: 3:45-4:45 pm

All are welcome!

\*\*No meeting in December\*\*





# HEALTH GUIDANCE FOR GOING TO SCHOOL

Showing up to school every day is critical for children's well-being, engagement and learning.

#### MAKE SURE TO SEND CHILDREN TO SCHOOL IF THEY ARE:

- · Generally healthy and well
- Participating in usual day-to-day activities

#### CHILDREN CAN EVEN GO TO SCHOOL IF THEY:

- Have a mild cold, which may include a runny nose and/or cough
- Have eye drainage without fever, eye pain, or eyelid redness
- Have a mild stomachache
- Have lice nits. If live lice are found, the guardian will be instructed to remove live lice after the end of the school day.
  - Though they are annoying and should be treated, lice are not a reason to exclude a child from school. (This is consistent with the guidance provided by DPI, AAP, CDC, and DHS.)
- Haven't had a fever for 24 hours and have not taken fever-reducing medicine during that time.

Avoid keeping children at home unless they are too sick to participate. Please see the back of this handout for details. *Note: In most situations, a healthcare provider's note is not needed to return.* 



Children may also avoid school due to anxiety. Symptoms may include:

- decreased appetite
- feeling tired
- stomachache
- · headache etc.

If you are worried that your child may be suffering from anxiety, talk with your student's Classroom Teacher, the School Nurse, Social Worker, or other School Staff to discuss the challenge and identify what can help your child stay in school.



# REASONS TO KEEP STUDENTS HOME FROM SCHOOL AND WHAT NEEDS TO HAPPEN BEFORE THEY CAN RETURN

SYMPTOM	WHEN SHOULD YOUR STUDENT STAY HOME?	WHEN CAN YOUR STUDENT RETURN TO SCHOOL?
Fever	They have a fever of 100.0°F (38°C) or higher.	If they are fever free for 24 hours without the use of fever-reducing medication and are feeling better.
Vomiting and/or diarrhea	If they have vomited or have had diarrhea in the last 24 hours. If their stool is watery, they may not make it to the toilet in time.	Once a normal diet is tolerated for 24 hours and they are feeling better.
Cough	If they have a persistent cough with difficulty breathing or with a fever.	Once they are feeling better and any remaining cough is not distracting to themselves or others.
Rash	If a rash has blisters, is draining, is painful, and spreading and or accompanied by a fever it needs to be examined by a health care provider.	Once the rash has no new bumps, has dried, or they have been cleared for return by your healthcare provider.
Sore throat	If they have painful swallowing when drinking or eating along with other symptoms such as a fever or rash.	Once they are feeling better. If they were prescribed an antibiotic by your health-care provider, then they can return 24 hours after the first dose, if they are without fever and feeling better.

If you don't know whether to send your child to school or have specific concerns regarding your child's health, contact your child's Healthcare Provider, local urgent care, or the School Nurse.

If your child has a compromised immune system or is at high risk for complications from common illnesses, please talk to your School Nurse about developing a plan with you and your child's Healthcare Provider to keep your child healthy and safe while attending school.



#### **Dressing for Cold Weather**

As the weather turns cold and snowy, be sure to send proper clothing (winter coat, hats, gloves, snow pants and boots) with your children each day. Students will be going out for recess most days in the winter and having proper outdoor gear each day is important!

#### **Winter Gear Available**

If you are in need of winter gear for your student, please let the office know. We have donations of winter items available for families in need. We also welcome any donations of new or gently used winter gear. Any donations can be dropped off in the office. Thanks!



Please take your student through the lost & found if they are missing anything. All items not claimed by Friday, December 20th at 3:30 pm will be donated. Thanks!

### **Holiday Food Boxes for Hmong Families**

#### In Partnership with NEW Hmong Professional

We are pleased to announce that NEW Hmong Professional is offering **free holiday food boxes** to Hmong families in our school community.

Who is eligible? This program is available to all Hmong families.

**How to Sign Up?** Please contact NEW Hmong Professional at (920)-903-1001 or email their SOY Coordinator, Pa Der, at <a href="mailto:paderlee@newhmongprofessionals.org">paderlee@newhmongprofessionals.org</a> to reserve your food box. You can also contact our DEI Coordinator, Mr. Meng, at (920)-852-5480 ext. 29161 or <a href="mailto:khameng@aasd.k12.wi.us">khameng@aasd.k12.wi.us</a>

Deadline to sign up: December 18th, 2024

This initiative is funded through a special grant to support our Hmong community during the holidays. Supplies are limited, so please sign up soon!

#### **Community Opportunities for Students**

Each month the AASD shares local, community opportunities for students. These community opportunities for students include upcoming events and activities such as art and music camps, youth athletics, cultural events, enriching programs, and more. We encourage our families to review these opportunities for students of all ages. Check out the AASD COMMUNITY OPPORTUNITIES FOR STUDENTS PAGE for a current list of opportunities.





Congratulations
TOPS Quarter 1
Winners!





## **2ND GRADE**





## **3RD GRADE**



# **5TH GRADE**

## **4TH GRADE**

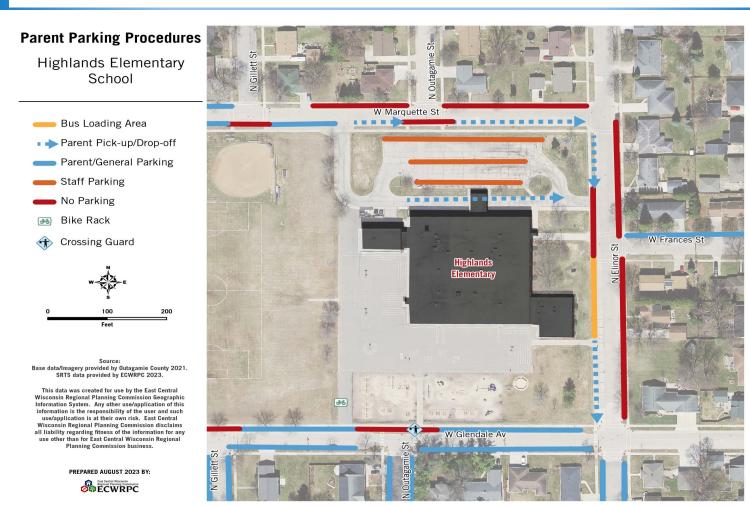


**ODYSSEY 4 & 5** 



#### Please follow these guidelines for dropping off and picking up your student(s):

- You may park in any of the areas on the map shown in **blue**. Remind your student to
  use the crosswalks and crossing guards when crossing the street and to cross with
  caution.
- Please do not park in areas marked in red or yellow as they are designated no parking zones or bus zones.
- Areas marked with blue dashed lines are designated hug n' go zones. Cars should pull over, students should exit on the passenger side, and the car should exit the area.
   Cars should not be in this area for longer than one minute and cars should never be parked or left unattended.
- Please note that the canopy doors (Main Entrance) are for students/families
  with disabilities only and cabs; a parking pass is needed for this area. We have
  barricades up starting at 8:10 in the morning until the bell rings, and after
  school until 3:30. Only vehicles with parking passes will be allowed to enter
  during these times.



## **Safe Routes to School Information & Map**

- Click <u>here</u> for a letter from the Appleton Police Department & Department of Public Works with helpful information on how to get your elementary kids safely to and from school.
- Click here for a Safe Routes to School walking map for Highlands Elementary.