



Learning Through Play, Every Student, Every Day

A MESSAGE FROM THE DIRECTOR OF 4-YEAR-OLD KINDERGARTEN!

Winter break is here! It seems everywhere we look are eager young faces looking forward to being home and spending time with family and friends.

This time of year feels magical for many of our students, eager to play in the snow, anticipation for the coming holidays, and sometimes just the joy of sleeping in. As adults, we watch with amazement at their excitement and energy.

For some of our students, winter break can also be a time of stress. There are often changes to routine, travel, and spending time with family or friends that they aren't as familiar with. Sometimes it is cabin fever that sets in, spending multiple days at home.

The good news is whether your child is full of energy or cabin fever has set in, as families we can use some common strategies to help us all enjoy our time together.

- Plan on keeping your child in their daily routine of meals and bedtime.
- Snuggle together to read a book or play a game.
- Spend time together outside to enjoy the weather and go for a walk.
- Have a Plan B, weather can be unpredictable and so can children.

Whatever your plans are for this winter break, I wish you much joy as you create wonderful family memories of Winter Break 2024.

WHAT'S IN THIS MONTH'S ISSUE?

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- Building For Kids Event with Appleton Community 4K
- January Activity Calendar
- AASD Birth-Five Events

IMPORTANT UPCOMING DATES:

No School (Winter Break)— December 23rd through January 1st
(Classes resume January 2nd)

No School (Professional Development)— January 17th

No School (Martin Luther King Jr. Day)— January 20th

4K Building for Kids Event - January 25th (see page 6!)

No School (Progress Report Work Day)— January 31st



HAVE A GREAT WINTER BREAK. WE
LOOK FORWARD TO SEEING YOU
BACK IN SCHOOL ON JANUARY 2ND!

Upcoming Events

- Learning Through Play Playgroups sponsored by Birth to Five Outreach: join on Thursdays each month from 9:30-10:30 AM. Registration is required, see below for more information.
- Play with Purpose: join on Tuesdays each month from 9:00-10:00 AM or 10:30-11:30 AM. Registration is required, see below for more information.

For more information OR to register for any of these events, please contact:

(920)832-6470





Health Services * P.O. Box 2019, Appleton, WI 54911 * 920-852-5344

FROM THE SCHOOL NURSE: HAND WASHING CAN SAVE LIVES!

Measels: More Than Just a Rash

Measles is a highly contagious viral disease that spreads through the air. When an infected person coughs or sneezes the virus is expelled into the air and can remain in the room for up to two hours! According to the CDC, up to 9 out of 10 people nearby will become infected if they are not protected. The best protection against measles is the measles, mumps and rubella (MMR) vaccine.

Symptoms usually appear 7-14 days after infection with the virus, but may take as long as 21 days to present.

7-21 days after infection:

- High fever (can spike over 104°F)
- Cough
- Runny nose
- Red, watery eyes

2-3 days after symptoms begin:

- Tiny, white spots may appear inside the mouth (Koplik spots)

3-5 days after symptoms begin:

- Rash (usually starts on the face or upper neck then spreads to the rest of the body)

An infected person is contagious for four days before they develop a rash and remains contagious for four days after the rash appears.

A measles infection can cause serious health complications, especially in children under five years of age and those who are immunocompromised. Some of these serious complications include encephalitis (swelling of the brain), blindness, and pneumonia. According to the CDC, about 1 in 5 unvaccinated people in the U.S. who get measles are hospitalized and as many as 1 out of every 20 children with measles gets pneumonia, the most common cause of death from measles in young children.

For more information about measles, please see this [Measles Q&A handout](#). To get more information about current measles activity in our area, please visit the [CDC tracker](#) where they update the counts weekly.

THE LITERACY CORNER

The Sounds of Language

As 4K students begin to learn about letters and words, they are also developing an awareness of the sounds in letters and words. Your child will become aware of the sounds of language when they hear and say rhymes and songs. Your child's teacher is creating an environment in which children are exposed to the sounds of language throughout the day. Teachers provide shared experiences in reading and writing helping children to hear the beginning sounds in words. They engage students in oral language experience through songs, chants, and rhymes. The activities are playful and enjoyable.

Ways that families can nurture the sounds of language at home...

- Help your child think of words that start with a beginning sound.
- Make up silly sentences with words that begin with the same sound, such as "Nobody was nice to Nancy's neighbor."
- Play simple rhyming games with your child, such as taking turns coming up with words that rhyme (go - no).
- Read books with rhymes.
- Teach your child rhymes, short poems, and songs.
- Practice the alphabet by pointing out letters wherever you see them and by reading alphabet books.

This month's book recommendations focus on Songs, Chants, & Rhymes:

Silly Sally by Audrey Wood
Cat in the Hat by Dr. Seuss
Sheep in a Jeep by Nancy Shaw
One Duck Stuck by Phyllis Root
Rhyming Dust Bunnies by Jan Thomas
There Was an Old Lady Who Swallowed a Fly by Simms Taback
Who Took the Cookies from the Cookie Jar by Bonnie Lass
Chicka Chicka Boom Boom by Bill Martin Jr.



Phonological and phonemic awareness. Reading Rockets. (2022, October 3). Retrieved December 12, 2022, from <https://www.readingrockets.org/helping/target/phonologicalphonemic>

4K OFFICE CONTACT INFORMATION



Suzette Preston, Director of 4-Year-Old Kindergarten
Kabao Moua, Dean of Students

Karissa Covington & Joan Kretz
Appleton Community 4K Administrative Assistants

Appleton Community 4K
2701 N Oneida Street, Suite C2
Appleton, WI 54911

Phone: (920) 852-5600
Fax: (920) 852-5601
E-mail: community-4k@aasd.k12.wi.us

TUCKER'S CORNER



Children get angry, sad, frustrated, nervous, happy, or embarrassed, but they often do not have the words to talk about how they are feeling. Children are experiencing so many new and exciting things for the first time. It can be overwhelming! Being able to sense and understand the emotions of self and others is a big part of a child's overall development and social success.

Parents and other adults can help children understand, validate, and express their emotions in the following ways:

- Build an emotional vocabulary. An emotional vocabulary is the collection of words your child uses to express their feelings and reactions to events. Giving your child a label for their emotions enables them to develop a vocabulary for talking about feelings.
 - When your child breaks a favorite toy and begins to cry, "I understand that you're upset."
- Give children many opportunities to identify feelings in themselves and others.
 - For example, you might say to your child, "Riding your bike is so much fun. I see you smiling. Are you happy?"
- Show children what their face looks like in a mirror, or on your face, and name the emotion.
- Read!

Books about Emotions:

Glad Monster, Sad Monster: A Book About Feelings by Anne Miranda & Ed Emberley

Don't Feed the Monster on Tuesdays! by Adolph Moser

Today I Feel Silly: And Other Moods that Make My Day by Jamie Lee Curtis

My Many Colored Days by Dr. Seuss

When Sophie Gets Angry-Really, Really Angry by Molly Bang

If You're Angry and You Know It by Cecily Kaiser

The Way I Feel by Janan Cain



APPLETON AREA SCHOOL DISTRICT

Health Services * P.O. Box 2019, Appleton, WI 54911 * 920-852-5344

FROM THE SCHOOL NURSE: KINDERGARTEN - REQUIRED IMMUNIZATIONS

TO: Parents of Incoming Kindergarten Students
RE: Required Immunizations

Just a reminder: All students are required to receive the kindergarten series vaccines upon entrance to Kindergarten. Please make arrangements for your child to receive these vaccinations prior to the start of kindergarten. Community healthcare providers are typically very busy in the weeks leading to the start of fall classes, so you are encouraged to have your child immunized well in advance of school beginning.

Vaccine	Dose
DTaP	At least 4 doses (unless the 3 rd dose was received after the 4 th birthday)
Polio	At least 4 doses (unless the 3 rd dose was received after the 4 th birthday)
Hepatitis B	3 doses
MMR	2 doses
Varicella (chicken pox)	2 doses

If your child has already received these immunizations: please complete the student immunization record form* with the dates received, SIGN at the bottom, and return to your child's school.

If your child has not yet received the above immunizations: please schedule an appointment with your health care provider. Immunizations are available free of charge through the Appleton Health Department (for children living in the city of Appleton; call 832-6429 to schedule an appointment) or through the Outagamie County Health Department (for children living outside the city limits of Appleton; call 832-5100 to schedule an appointment). Once the vaccinations have been received, please complete the dates on the student immunization record form, SIGN at the bottom, and return to your child's school.

If you do not wish to have your child immunized: please select the waiver option at the bottom of the student immunization record form, SIGN, and return to your child's school.

*The student immunization record forms are available from the District website (aasd.k12.wi.us) or from the elementary school office.

Important notes:

- If you already completed a waiver for your child in 4K, you will need to complete a new waiver for kindergarten as these immunizations are a new requirement
- Per Wisconsin state statute, all students are required to be fully immunized or have a waiver on file by the 30th day of school.

Please feel free to contact the school nurse at your child's school for further information.



Kids who play more, pursue more.
100 W. College Avenue
Appleton, WI 54911
(920)734-3226



Brrrrr! It's getting cold out there!

Join us inside where it's warm- at the Building
for Kids for a very special Appleton Community 4K
-and their 5K Friends- Family Event!

WHEN: Saturday, January 25th, 2025

WHERE: Building for Kids

TIME: 5:00-8:00 PM

WHO:

AASD Appleton Community 4K students & their families

AND

AASD Kindergarten students & their families

COST: FREE!

RSVP: community-4K@aasd.k12.wi.us


OR (920)852-5600, option 1

***Please include the name of your 4K site/elementary school &
the number of people expected to attend.**



January Play Ideas Calendar Preschoolers



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Scan here for more information about Birch-Five Outreach	5 National Cuddle Day! Gather a few of your child's favorite books to cuddle and read	7 Learning colors! Have your child gather things around the house that are blue, red, etc.	1 Decorate a paper towel roll as a microphone and let your child sing along to their favorite music	2 Learning Through Play at CELC from 9-10 & 10:30-11:30 Chicka Chicka Boom Boom (Registration required)	3 Have your child glue small white squares onto paper. Add a nose, eyes, mouth and arms to make a snowman	4 National Spaghetti Day! More Spaghettti... Make a sensory bin with cooked noodles. Add a spoon and bowl for pretend play
5 Give your child a pot and spoon. Let them fill it with toys to make soup	6 National Cuddle Day! Gather a few of your child's favorite books to cuddle and read	7 Learning colors! Have your child gather things around the house that are blue, red, etc.	8 National Bubble Bath Day! Make your child's ordinary bath time more fun by adding BUBBLES	9 Learning Through Play at CELC from 9-10 & 10:30-11:30 Shape Detectives (Registration required) Superhero Event* 6-7 PM	10 Find an instrument in your home and practice keeping the beat with your child's favorite song	11 Bundle up and go outside to build a snowman
11 National Milk Day! Enjoy a glass of milk while reading with your child: It Looked Lik...	13 Make a fun snowman snack with fruits, vegetables or grains	14 Lay on the floor and pretend to make snow angels with your child	15 National Hat Day! Gather all the hats. Help your child count them and sort them	16 Learning Through Play at CELC from 9-10 & 10:30-11:30 3 Little Pigs (Registration required)	17 Make this Arctic ocean sensory bin* with your child	18 Draw a polar bear on a piece of black paper and let your child glue cotton balls on it The Very Hun...
19 National Popcorn Day! Enjoy eating and playing with popcorn with your child	20 Read The Snowy Day... and then go outside to make your own tracks	21 National Hugging Day! Give your child an extra long hug and read about the benefits here*	22 Let your child help make dinner. They can add ingredients, stir & taste test	23 Play some music your child likes and dance with them around the house	24 Tape numbers to the wall and have your child gather that many items	25 Don't throw away that stale cereal. Put it in a bag and let your child crush it with a rolling pin or their hands
26 Try this homemade playdough recipe* and roll balls of many sizes	27 Stack 3 rolls of toilet paper to make an indoor snowman	28 National Kazoo Day! Help your child make this musical instrument*	29 Missing a mitten? Turn the leftover into something One Mitten - ...	30 Learning shapes! Tape different shapes to the floor and have your child trace them with a toy	31 National Hot Chocolate Day! Enjoy some hot chocolate. Try adding a candy cane for a minty flavor	

**JOIN AASD BIRTH-FIVE OUTREACH
AND APPLETON COMMUNITY 4K FOR:**

**ACTIVITIES:
SUPERHERO
AND KINDNESS
THEMED
CRAFTS, GAMES,
STORIES
AND MORE!**

FREE!

OPEN TO FAMILIES
WITH CHILDREN
AGES BIRTH TO 5.
SIBLINGS WELCOME!

All little heroes,
assemble!

AASD
Birth-Five
OUTREACH

Appleton
COMMUNITY 4K

**SUPERHEROES
OF KINDNESS**

BOOK SWAP!

Please bring a
new or gently
used book if you
would like to
participate in the
book swap

**JANUARY 9TH, 2025 · 6-7 PM
313 S. STATE ST., APPLETON**

Registration is required by Jan. 6th
Contact us at (920)832-6470 #1
or tzakaisdaniell@aasd.k12.wi.us



Winter CLOTHING DRIVE



DECEMBER 11 2024 - FEBRUARY 28 2025

Appleton Area School District Winter Clothing Drive
We are collecting new winter items for AASD families in need

Collection Dates

December 11, 2024- February 28, 2025
between the hours of 9:00 am - 2:30 pm

**Donations are only accepted on days
when school is in session.*

Drop-Off Location

Welcome Center
Family and Community Engagement Office
2701 N Oneida Street,
Appleton WI

Items Needed

- Gloves
- Boots and Shoes
- Warm Hats and Headbands
- Coats and Jackets
- Snow Pants
- Warm/Heavy Duty Socks

**Please consider donating waterproof and
warm items to ensure our students stay
comfortable during the winter months*

Questions? Please contact: Julie Bargholtz at bargholtzjulie@aasd.k12.wi.us