

THE HORIZONS WAY

NEWSLETTER

JANUARY
2025

Principal/Dean News

Hello Families,

We had an amazing turnout for our first night of conferences. We are looking forward to seeing the rest of our families for conferences on February 4th. You should all be proud of the accomplishments your children have made this year. Please look at the upcoming dates as we have some fun events planned for our school. There are attached flyers about all the events below.

Mr. Ohlson, Principal
Mr. Puls, Dean

HFN

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

Next Meeting: March 10th

Email:

Horizonsfamilynetworkpto@gmail.com

Upcoming Events

- Conferences: Feb. 4
- AEH Hockey Night: Feb. 6
- Family Bingo Night: Feb. 7
- Herd Game Night: Mar. 14

Contact Info

Email:

Horizons-Elementary@aasd.k12.wi.us

Phone: 920-852-5485

THE HORIZONS WAY

HOJA INFORMATIVA DICIEMBRE 2024

Noticias del director/decano

Hola familias,

Tuvimos una participación increíble en nuestra primera Noche de conferencias. Esperamos ver al resto de nuestras familias en las conferencias el 4 de febrero. Todos deberían estar orgullosos de los logros que sus hijos han logrado este año. Mire las próximas fechas ya que tenemos algunos eventos divertidos planeados para nuestra escuela. Se adjuntan folletos sobre todos los eventos a continuación.

Sr. Olson, director
Sr. Puls, Decano

HFN

Horizons Family Network es un grupo de familias y personal que se unen con el objetivo común de apoyar a los estudiantes, el personal, los maestros y las necesidades escolares.

Next Meeting: 10 Marzo

Email:

Horizonsfamilynetworkpto@gmail.com

Upcoming Events

- Conferencias: Feb. 4
- Noche de Hockey AEH: Feb. 6
- Noche de bingo: Feb. 7
- Juego de manada: Mar. 14

Contact Info

Email:

Horizons-Elementary@aad.k12.wi.us

Phone: 920-852-5485

Special Visitors

Visitantes especiales

Governor Evers and Representative Snodgrass joined our school to help hand out lunches to our students.

El Gobernador Evers y el Representante Snodgrass se unieron a nuestra escuela para ayudar a repartir almuerzos a nuestros estudiantes.



COME JOIN
APPLETON UNITED
BOYS HOCKEY
FOR APPLETON AREA
SCHOOL DISTRICT
STUDENT NIGHT



WHEN: THURSDAY, FEBRUARY 6, 2025

@ 7:30PM

WHERE: APPLETON FAMILY ICE CENTER

FREE ADMISSION FOR ALL AASD STUDENTS



BINGO GAMES

Stop in for some fun!
\$1 Pizza Slice
\$0.50 Water or Popcorn

PRIZES

FOOD

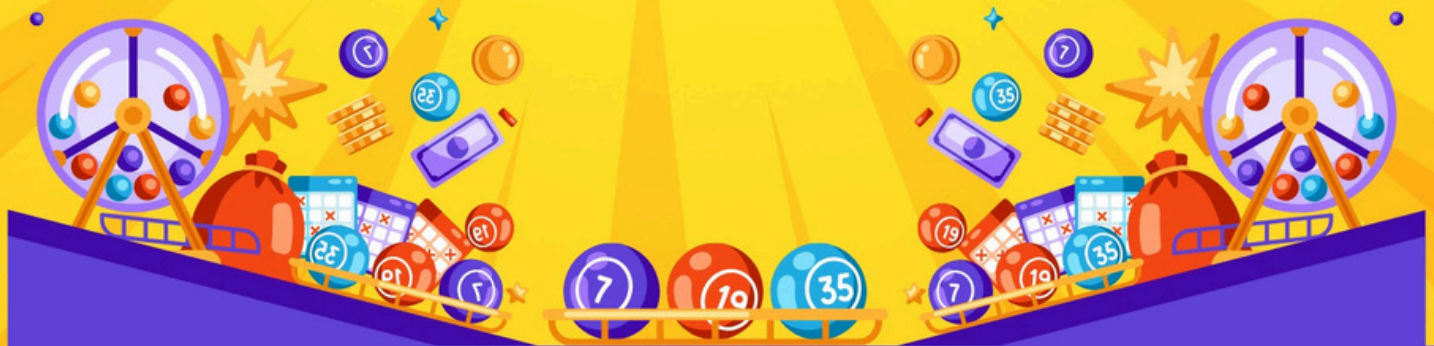
FUN



Friday, February 7th
6-7:30 p.m.



Horizons
Elementary





JUEGOS DE LOTERÍA

¡Ven a divertirte!

\$1 La Rebanada de Pizza

\$0.50 Agua o Palomitas

PREMIOS

COMIDA

DIVERSIÓN



Viernes, 7 de Febrero
6-7:30 p.m.



Esc. Primaria
Horizons





Horizons Elementary School Night

Join friends, family, and staff of Horizons Elementary School for a fun night out with the Wisconsin Herd! Horizons students and families will be invited to participate in exclusive experiences provided by the Herd!

EXPERIENCE INCLUDES:

- High Five Tunnel
- Post-Game Group Photo and Free Throws



HERD VS CHARGE

MARCH 14TH
@ 7PM



OSHKOSH ARENA | 1212 S MAIN ST OSHKOSH, WI

LIMITED INVENTORY! GUARANTEE SEATS WITH YOUR GROUP +
RECEIVE LOWEST PRICE BY FEBRUARY 21ST DEADLINE

For ticket information
scan the QR code or visit

fevogm.com/HorizonsNight



FOR MORE INFORMATION OR WITH QUESTIONS, CONTACT:
TREVOR KROLL AT 920.744.0263 OR TKROLL@WISCONSINHERD.COM



Noche de la Escuela Primaria Horizons

Únete a amigos, familiares y personal de la Escuela Primaria Horizons para una noche divertida con los Wisconsin Herd. ¡Los estudiantes y las familias de Horizons serán invitados a participar en experiencias exclusivas proporcionadas por los Herd!

experiencias exclusivas:

- Túnel de Choca esos Cinco
- Foto grupal y tiros libres después del partido



HERD VS CHARGE

MARCH 14TH
@ 7PM



OSHKOSH ARENA | 1212 S MAIN ST OSHKOSH, WI

¡INVENTARIO LIMITADO! ASEGURA ASIENTOS PARA TU GRUPO + OBTÉN EL PRECIO MÁS BAJO ANTES DE LA FECHA LÍMITE DEL 21 DE FEBRERO

Para obtener información sobre
boletos
escanea el código QR o visita

fevpgm.com/HorizonsNight



FOR MORE INFORMATION OR WITH QUESTIONS, CONTACT:

Por favor, contacta a Trevor Kroll al 920.744.0263 o por correo electrónico a tkroll@wisconsinherd.com si tienes alguna pregunta.



Here is the link for the Horizons Herd Game
busing Registration form.

Aquí está el enlace para el formulario de
registro de transporte de Horizons Herd
Game.

<https://forms.gle/kwLWsBWuBhNpmN6P7>



WHAT SHOULD I WEAR TO RECESS

LABEL ALL ITEMS TO ENSURE EASY RETURN IF LOST

If the "feels like" temperature is...

You should be wearing...

This looks like...

32 degrees and below

Must have all 3 things: Jacket, hat and mittens/gloves

If there is snow-
You need snow pants and boots to leave the blacktop



33 - 44 degrees

Must have an outer layer with a zipper.

If there is snow on the ground, must have snow pants and boots to leave the blacktop



45 degrees and above

Wear a sweatshirt or light jacket if you are chilly, you will not be able to go back inside to get one if you are cold.



LO QUE DEBO USAR EN EL RECREO

PONGA EL NOMBRE DEL ALUMNO EN CADA ARTÍCULO, POR SI SE
PIERDE, ASEGURARUNA FÁCIL DEVOLUCIÓN

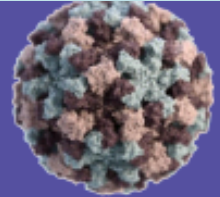
Si la sensación térmica es
de...

Tú debes usar...

Así es como se ve ...

<p>0° centígrados o menos</p>	<p>Debes usar las tres cosas: Chamarra, gorro y guantes</p> <hr/> <p>Si hay nieve - Debes usar pantalones y botas para nieve para salir del asfalto (<i>blacktop</i>)</p>	 <p>if snow</p>
<p>1° - 6° Centígrados</p>	<p>Debes usar una capa exterior con cierre (cremallera)</p> <hr/> <p>Si hay nieve en suelo, debes usar pantalones y botas para nieve para salir del asfalto.</p>	
<p>Por encima de 7° centígrados</p>	<p>Usar sudadera o chamarra ligera. Si no usas cualquiera de las dos opciones y sientes frío, no podrás regresar adentro para traer una.</p>	

NOROVIRUS



Norovirus is a virus that causes vomiting, diarrhea, and abdominal cramping. Norovirus is often incorrectly referred to as “the stomach flu”; however, norovirus illness is not related to the flu (influenza), which causes respiratory symptoms. Norovirus causes approximately 20 million illnesses each year in the United States. Anyone can get norovirus infection and become sick. There are many different types of noroviruses; having a norovirus infection once does not mean you will not get it again during your lifetime.

How is it spread?



- ▶ The virus is found in the stool or vomit of someone infected with norovirus from the time symptoms start until at least 48 hours after symptoms end, and probably longer.
- ▶ The virus can be on a person’s hands and spread to others, which is why handwashing is important.
- ▶ It can be spread by eating food or drink that has been contaminated with norovirus as well as touching objects with norovirus on them (e.g., shaking hands with an infected person, touching a doorknob that has norovirus on it) and then touching your mouth.
- ▶ Norovirus can survive on surfaces for 14 days or longer.

What are the signs and symptoms?

Symptoms usually begin 12-48 hours after becoming infected with the virus and can include:



Common symptoms:

- ▶ Vomiting (more common in children)
- ▶ Watery, non-bloody diarrhea
- ▶ Stomach cramps

Occasional symptoms:

- ▶ Low-grade fever
- ▶ Headache
- ▶ Chills
- ▶ Muscle aches
- ▶ Fatigue

What are the treatment options?



- ▶ There is no treatment for norovirus; people usually recover on their own 2-3 days after symptoms start.
- ▶ Drinking plenty of liquids is important to replace fluid loss and to make sure the body does not become dehydrated.

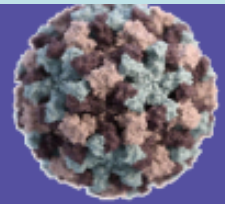
How can it be prevented?



- ▶ Handwashing is the most important step to prevent the spread of norovirus. It is essential to wash hands after using the restroom and before touching food.
- ▶ Anyone with diarrhea or vomiting should stay home from work or school until symptoms are gone in order to prevent spreading norovirus to others.
- ▶ People with diarrhea or who are vomiting should not handle food, work in or attend day care centers or schools, or take care of patients in a health care facility until **48 hours after their symptoms are gone**.
- ▶ No vaccine is available to prevent norovirus infections.



NOROVIRUS



El norovirus es un virus que causa vómitos, diarrea y calambres abdominales. Al norovirus se lo suele llamar incorrectamente gripe estomacal; sin embargo, la enfermedad del norovirus no está relacionada con la gripe (influenza), que causa síntomas respiratorios. El norovirus causa aproximadamente 20 millones de enfermedades todos los años en los Estados Unidos. Cualquiera puede tener una infección de norovirus y enfermarse. Existen muchos tipos diferentes de norovirus; haber tenido una infección de norovirus una vez no significa que no vuelva a tenerla en su vida.

¿Cómo se contagia?



- ▶ El virus se encuentra en las heces o el vómito de alguien infectado con norovirus desde el momento en que aparecen los síntomas hasta al menos 48 horas después de que los síntomas desaparecen y probablemente más.
- ▶ El virus puede encontrarse en las manos de una persona y se puede contagiar a los demás, por eso, lavarse las manos es importante.
- ▶ Se puede contagiar comiendo alimentos o bebiendo algo que haya estado contaminado con el norovirus al igual que tocando objetos sobre los que haya norovirus (por ejemplo, darle la mano a una persona infectada, tocando picaportes de puertas que tengan el norovirus) y luego tocarse la boca.
- ▶ El norovirus puede sobrevivir en superficies por 14 días o más.

¿Cuáles son los signos y síntomas?

Los síntomas suelen comenzar entre 12 y 48 horas después de contagiarse el virus y pueden incluir:



Síntomas comunes:

- ▶ Vómitos (más común en los niños)
- ▶ Diarrea acuosa sin sangre
- ▶ Calambres estomacales

Síntomas ocasionales:

- ▶ Fiebre baja
- ▶ Dolores musculares
- ▶ Dolor de cabeza
- ▶ Fatiga
- ▶ Escalofríos

¿Cuáles son las opciones de tratamiento?



- ▶ No existe un tratamiento para el norovirus; la gente se suele recuperar por su cuenta entre 2 o 3 días después de que comienzan los síntomas.
- ▶ Beber muchos líquidos es importante para reemplazar la pérdida de fluidos y asegurarse de que el cuerpo no se deshidrate.

¿Cómo se puede prevenir?



- ▶ Lavarse las manos es el paso más importante para prevenir el contagio del norovirus. Es esencial lavarse las manos después de usar el baño y antes de tocar comida.
- ▶ Cualquier persona con diarrea o vómitos debería quedarse en la casa y no ir a trabajar ni a la escuela hasta que desaparezcan los síntomas para así prevenir el contagio del norovirus a los demás.
- ▶ La gente con diarrea o que vomita no debería manipular comida, trabajar en centros de cuidado de día o escuelas ni asistir a ellos, ni cuidar a pacientes en un establecimiento médico hasta **48 horas después de que desaparezcan los síntomas**.
- ▶ No existe ninguna vacuna disponible para prevenir las infecciones de norovirus.





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*

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