

# THE HORIZONS WAY

# NEWSLETTER

JANUARY  
2026

## Principal/Dean News

Hello Families,

As we move further into the winter season, we have several exciting and important events coming up that we'd like to share with you.

Our winter Formal is right around the corner, and we're looking forward to a fun and memorable evening for our students.

Parent-Teacher Conferences will also be taking place in the coming weeks. These conferences are a valuable opportunity to connect with teachers, discuss student progress, and set goals for the remainder of the school year. Please be sure to sign up for a conference time.

We're also excited to host our annual Book Fair, which encourages a love of reading and supports our school programs. We hope you'll have the opportunity to visit the fair during conferences with your child and help foster their enthusiasm for books.

Thank you for your continued partnership and support. We look forward to a busy and successful winter season ahead.

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:** February 9, 6:00

**Email:**

Horizonsfamilynetworkpto@gmail.com

## Upcoming Events

- Jan 30 Winter Formal
- Feb 3 and 5 Conferences
- Feb 3 and 5 Book Fair

## Contact Info

Email:

Horizons-Elementary@aasd.k12.wi.us

Phone: 920-852-5485

# THE HORIZONS WAY

## HOJA INFORMATIVA ENERO 2026

### Noticias del director/decano

Hola familias,

Nuestro Baile de Invierno está a la vuelta de la esquina y esperamos que sea una tarde divertida y memorable para nuestros alumnos.

Las conferencias entre padres y maestros también se llevarán a cabo en las próximas semanas. Estas conferencias son una valiosa oportunidad para conectar con los maestros, discutir el progreso de los alumnos y establecer metas para el resto del año escolar. Asegúrense de reservar un horario para la conferencia.

También nos complace organizar nuestra Feria del Libro anual, que fomenta el amor por la lectura y apoya nuestros programas escolares. Esperamos que tengan la oportunidad de visitar la feria durante las reuniones con sus hijos y ayudarles a fomentar su entusiasmo por los libros.

Gracias por su continua colaboración y apoyo. Esperamos que la temporada de invierno sea muy activa y exitosa.

Sr. Ohlson, 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:** 9 de febrero, 6:00

**Email:**

Horizonsfamilynetworkpto@gmail.com

### Upcoming Events

- 30 de enero Baile de invierno
- 3 y 5 de febrero Conferencias
- 3 y 5 de febrero feria del libro

### Contact Info

Email:

Horizons-Elementary@aasd.k12.wi.us

Phone: 920-852-5485



# Conferences

Hello Horizons Families. We are excited to meet with you during conferences to celebrate your student.

**When: February 3rd, 5th**

- Tuesday, 2/3 @ 4-7:30 p.m.
- Thursday, 2/5 @ 4-7:30 p.m.

**How: We have lots of ways to sign-up. Pick the one that works best for you!**

- Sign-up with the link on our website
- Sign-up by following this link:
  - Scan the QR code
  - Click on the [LINK](#)
- Call the office to schedule an appointment
- Email your child's teacher to schedule an appointment
- 



## Directions

1. Click on the conference link
2. You will find a list of teacher names

October 2022 Parent Teacher Conferences Sign Up  
Horizons Elementary School  
Dates: October 11, 13, and 17

Parents: Please look for your child's teacher below and click their name to sign up for Parent Teacher Conferences.

Grade	Teacher Sign-Up
Kindergarten	<a href="#">Mrs. Henzel's Sign Up</a>
Kindergarten	<a href="#">Mrs. Marsh's Sign Up</a>
Kindergarten	<a href="#">Mrs. Olson's Sign Up</a>
1st	<a href="#">Mrs. Huebner's Sign Up</a>
1st	<a href="#">Mrs. Monaldi's Sign Up</a>
1st	<a href="#">Ms. Schumacher's Sign Up</a>
2nd	<a href="#">Mrs. Ferry's Sign Up</a>

3. Click on the teacher's name

4. You will be directed to Sign-Up Genius

Date (mm/dd/yyyy)	Time (GMT)	Available Slot	Calendar View
10/11/2022 (Tue.)	2:45pm - 4:00pm	Conference	<a href="#">Sign Up</a>
	4:00pm - 4:15pm	Conference	<a href="#">Sign Up</a>
	4:15pm - 4:30pm	Conference	<a href="#">Sign Up</a>
	4:30pm - 4:45pm	Conference	<a href="#">Sign Up</a>
	4:45pm - 5:00pm	Conference	<a href="#">Sign Up</a>
	5:00pm - 5:15pm	Conference	<a href="#">Sign Up</a>
	5:15pm - 5:30pm	Conference	<a href="#">Sign Up</a>

5. Pick an open time
6. Schedule your conference.

**Success!! You are now set to meet with your child's teacher.**

Please let us know if you have any questions. We are here to help!



# Conferencias

Hola familias de Horizons. Estamos emocionados de reunirnos con usted durante las conferencias para celebrar a nuestros alumnos.

## Cuándo: Enero y Febrero.

- Martes 3 de febrero de 4-7:30 pm.
- Jueves 5 de febrero de 4-7:30 pm.

## Cómo: Tenemos muchas formas de inscribirse. Seleccione la que sea mejor para usted.

- Inscribirse con el enlace de nuestro sitio web
- Inscribirse por medio del siguiente enlace:
  - [https://docs.google.com/document/d/1C1LqSp\\_JV1bqayfFo6kszo0YN\\_G--wiyRB\\_Szey\\_BH8/edit?usp=sharing](https://docs.google.com/document/d/1C1LqSp_JV1bqayfFo6kszo0YN_G--wiyRB_Szey_BH8/edit?usp=sharing)
- Llamar a la oficina para agendar una cita.
- Enviar un correo electrónico al (la) maestro(a) de su hijo(a) para agendar una cita.

## Instrucciones:

1. Haga clic sobre el enlace de la conferencia
2. Usted encontrará una lista con los nombres de los maestros
3. Haga clic sobre el nombre del
4. Usted será dirigido directamente a "Sign-Up Genius"

October 2022 Parent Teacher Conferences Sign Up  
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1st	<a href="#">Ms. Schumacher's Sign Up</a>
2nd	<a href="#">Mrs. Ferry's Sign Up</a>

maestro(a)

Date (mm/dd/yyyy)	Time (GMT)	Available Slot	Calendar View
10/11/2022 (Tue.)	2:45pm - 4:00pm	Conference	Sign Up
	4:00pm - 4:15pm	Conference	Sign Up
	4:15pm - 4:30pm	Conference	Sign Up
	4:30pm - 4:45pm	Conference	Sign Up
	4:45pm - 5:00pm	Conference	Sign Up
	5:00pm - 5:15pm	Conference	Sign Up
	5:15pm - 5:30pm	Conference	Sign Up

5. Seleccione un horario disponible
6. Agende su conferencia

**¡Éxito! Está listo para reunirse con el maestro(a) de su hijo(a).**

Por favor háganos saber si tiene alguna pregunta. ¡Estamos aquí para ayudarlo!

Horizons Family Network



# Winter Wonderland Family Formal

**Friday, January 30 | 6:00-7:30PM  
@ Horizons Elementary**

❄️ Where Winter Sparkles and Families Dance Together ❄️

Join us at Horizons Elementary for our Winter Family Formal—a magical evening of music, dancing, and winter fun for the whole family. ❄️✨

Dress up and celebrate the season together as a school community!

Scan the QR code to sign up to donate baked goods or help with the bakesale, set-up, or clean-up.

Sign up to  
volunteer:



**The whole family is invited!**

**Parent/guardian must be present for student to attend.**

Horizons Family Network



# Paraíso Invernal

## Baile Formal Familiar

**Viernes, 30 de enero | 6:00-7:30PM  
@ Horizons Elementary**

❄️ Donde el invierno brilla y las familias se reúnen para bailar ❄️

Acompáñenos en Horizons Elementary para nuestro Baile Formal Familiar de Invierno—una noche mágica de música, baile y diversión invernal para toda la familia. ❄️✨

Vístanse para la ocasión y celebremos juntos la temporada como comunidad escolar.

Escanee el código QR para inscribirse y donar productos horneados o ayudar con la venta de repostería, la preparación o la limpieza.

*Inscribese para ser voluntario:*



**¡Toda la familia está invitada!  
Un padre, madre o tutor legal  
debe estar presente para que  
el estudiante pueda asistir.**



# Major



 SCHOLASTIC

# BOOK FAIR

# announcement



# THE BEST. DAY. EVER.

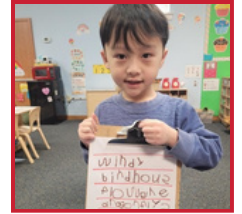
# IS COMING!

During Conferences



*Do you know a child who will be 4 years old  
on or before September 1st?*

## APPLETON COMMUNITY 4K ENROLLMENT BEGINS ON FEBRUARY 9, 2026!



### Why Appleton Community 4K?

- District-aligned curriculum for a seamless transition to kindergarten
- Highly qualified, 4-year-degree licensed teachers
- Morning, afternoon, and extended day classes
- 4-Day and 5-Day options
- Childcare available before and after classes at many locations
- Access to individualized supports for student success and early intervention

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

**Our students learn through purposeful play guided by highly qualified teachers who engage in ongoing professional development. We embrace well-established research that play allows young learners to make connections and solidify newly learned skills. We carefully monitor and measure student growth, and our results consistently demonstrate that we meet or exceed the widely held expectations for 4K students. Aligned with the AASD Kindergarten curriculum, our curriculum includes early literacy, math, and social-emotional learning, such as kindness, making friends, and playing together.**

**We meet students with the skills they have when they arrive in 4K and use a positive, engaging classroom to build a lifelong love of learning through creativity, curiosity, problem-solving, and exploration.**

**2026-27 4K enrollment begins on February 9, 2026, at [4k.aasd.k12.wi.us!](https://4k.aasd.k12.wi.us)**



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



### Healthy Sleep



Like eating well and being physically active, getting a good night's sleep is essential to the well-being of students and staff. A number of vital tasks carried out during sleep help maintain good health and enable people to function at their best. Not getting enough sleep can be dangerous and contribute to poor health.

Both the amount and quality of sleep affect how well people learn and remember as well as perform tasks like problem-solving and staying focused. Insufficient sleep causes people to be irritable and adversely affects behavior. Poor quality sleep on a regular basis increases the risk of having high blood pressure, obesity, heart disease, and other medical conditions.

Here is the CDC's recommended hours of sleep:

<b>Preschool</b>	<b>3–5 years</b>	<b>10–13 hours per 24 hours (including naps)</b>
<b>School Age</b>	<b>6–12 years</b>	<b>9–12 hours per 24 hours</b>
<b>Teen</b>	<b>13–18 years</b>	<b>8–10 hours per 24 hours</b>
<b>Adult</b>	<b>18–60 years</b>	<b>7 or more hours per night</b>
	<b>61–64 years</b>	<b>7–9 hours</b>
	<b>65 years and older</b>	<b>7–8 hours</b>

Here are some of their suggestions to improve sleep health:

- Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature
- Remove electronic devices, such as TVs, computers, and smartphones, from the bedroom
- Avoid large meals, caffeine, and alcohol before bedtime
- Get some exercise. Being physically active during the day can help you fall asleep more easily at night.

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

### Sueño saludable



Al igual que alimentarse bien y mantenerse físicamente activo, dormir bien por la noche es esencial para el bienestar de los estudiantes y el personal. Durante el sueño se llevan a cabo numerosas funciones vitales que ayudan a mantener una buena salud y permiten que las personas rindan al máximo. No dormir lo suficiente puede ser peligroso y contribuir a una mala salud.

Tanto la cantidad como la calidad del sueño afectan qué tan bien las personas aprenden y recuerdan, así como su desempeño en tareas como la resolución de problemas y la capacidad de mantenerse enfocados. La falta de sueño provoca irritabilidad y afecta negativamente el comportamiento. Dormir mal con regularidad aumenta el riesgo de presión arterial alta, obesidad, enfermedades cardíacas y otras condiciones médicas.

Aquí están las horas de sueño recomendadas por los CDC:

<b>Preescolar</b>	<b>3–5 años</b>	<b>10–13 horas por cada 24 horas (incluyendo siestas)</b>
<b>Edad escolar</b>	<b>6–12 años</b>	<b>9–12 horas por cada 24 horas</b>
<b>Adolescentes</b>	<b>13–18 años</b>	<b>8–10 horas por cada 24 horas</b>
<b>Adultos</b>	<b>18–60 años</b>	<b>7 o más horas por noche</b>
	<b>61–64 años</b>	<b>7–9 horas</b>
	<b>65 años en adelante</b>	<b>7–8 horas</b>

Aquí hay algunas de sus sugerencias para mejorar la salud del sueño:

- Sea constante. Acuéstese a la misma hora todas las noches y levántese a la misma hora cada mañana, incluso los fines de semana.
- Asegúrese de que su dormitorio sea silencioso, oscuro, relajante y tenga una temperatura cómoda.
- Retire los dispositivos electrónicos, como televisores, computadoras y teléfonos inteligentes, del dormitorio.
- Evite comidas abundantes, cafeína y alcohol antes de acostarse.
- Haga algo de ejercicio. Mantenerse físicamente activo durante el día puede ayudarle a conciliar el sueño más fácilmente por la noche.

# 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

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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.

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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>	

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](http://www.projectadamwi.com).

Sincerely,

AASD District Nursing Staff