JANUARY 2024	Connect to our webpage for school news, calendars, menus, multi-page newsletters, staff email addresses, Infinite Campus parent portal access and more! <u>Columbus webpage</u>
Columbus Elementary &	-Sf
Appleton Bilingual School Columbus 920- 852-5450 Appleton Bilingual School 920 - 852-5535	Like our Columbus Facebook page at https://www.facebook.com/columbusABS/ We will be posting exciting news about upcoming events and things happening in our classrooms!
Be sure to update your phone contacts with our new phone numbers listed above.	Bell Times: Columbus & ABS Grades K-5: 8:22am-3:20pm Early Childhood/Title 1 Preschool (Mon-Thurs): AM: 8:27-11:04am PM: 12:39-3:16pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	NO SCHOOL 1	2	3	4	NO BGClub 5 COL K-5 Swim Field Trip to WHS Columbus Herd Family Night 6pm game	6
7	8	9	10	11	12	13
14	NO SCHOOL 15	16 COL PTO Mtg 4pm	17 Field Trip COL K-5 - Herd Game 10:45A	18	19	20
21	NO SCHOOL 22 Prof Dev Day	23	24	25	26	27
28	29	30	31	Feb 1	Feb 2 No BG Club	



Important message about birthdays and other celebrations:

Please do not bring in snacks/treats for birthdays or other celebrations. The AASD Board Policy (458) regarding Student Wellness was updated in 2018 in order to align our school wellness procedures with best practices. This change is to focus on honoring students through more inclusive practices that are not only more aligned to the updated policy, but are practices identified as being best for overall student health and wellness. Policy 458 reads:

D. Recognition for special occasion without treats

Recognitions for special occasions (birthdays, holidays, etc.) during the school day (starting at midnight the day before through a half hour after students are dismissed for the day) will <u>not</u> include students bringing in snacks/treats from outside of the District for other students and will instead take place through non-food practices.

Winter Recess Policy Baby It's Cold Outside!!

In Wisconsin, we know winter can be brutal! Our district does follow cold-weather guidelines for when the students must stay inside to avoid frostbite.

We cannot honor parent requests for their child to stay inside for recess without a medical excuse from a doctor. Please be sure your child is dressed for winter weather each morning as most days students will be spending their recess outdoors. Thank you. If your child is in need of winter outerwear, please call the office and we can help you out.

From the desk of Mr. Cannon.....

Welcome back students, staff, families, and Happy New Year \bigcirc !! We are excited to see what 2024 has in store and are ready to welcome back our students!

January is a busier than normal month for our instructional calendar at the elementary schools as we close out the first semester officially on Friday, January 19th, and many of our mid-year assessments are given during the month of January as well. Any efforts that help to maintain best attendance possible for our students is greatly appreciated and highly impactful towards their growth as students. We are looking forward to seeing the assessment results so far and sharing with you at Parent Teacher Conferences in February scheduled for Thursday, February 8th, and Tuesday, February 13th.

Now is the time for resolutions it would seem and I personally have the same ones on repeat such as eat better and learn a new hobby. This is going to be the year... I know it :). A resolution to consider for all of us is committing to reading 20 minutes a day if we haven't already. The information shared below was shared last year in the newsletter at this time but is so timely and still true. Reading 20 minutes a day is like engaging in cardiovascular activity daily for 30 minutes; it's the daily maintenance for our mind and body that makes a huge difference. Please consider the information below, visit the website, and consider making family reading time a part of our routines. The return on investment is amazing \bigcirc !

2024 Reading Goal/Resolution: 20 minutes per day. Some of you may remember bringing home lots of homework during your school age years. There have been shifts in that strategy over the years for various reasons but one at home support that is greatly appreciated is making sure our students read at least 20 minutes per day. This does not mean it needs to feel like a chore, which may result in creating reluctant readers. For at home reading, allow your child to explore personal interests through text and find subtle ways to engage your child with reading text. Reading the same text and talking about it together increases connection and comprehension. It's a win-win for quality time spent together, just like playing games together that require strategy and application of math and reading skills.

Please take a look at the article linked below. Reading 20 minutes a day is a highly recommended, high impact activity with many growth benefits for your child. I've bulleted some below and please read the article for a more detailed explanation.

- Exposure to 1.8 million written words in a year
- Stress relief (up to 68% according to studies)
- Create a stronger neural network in your brain; slows down mental decline late in life
- Reading before bed can alleviate insomnia
- Develop higher levels of empathy and emotional intelligence
- Children who read 20 minutes a day score in the 90th percentile

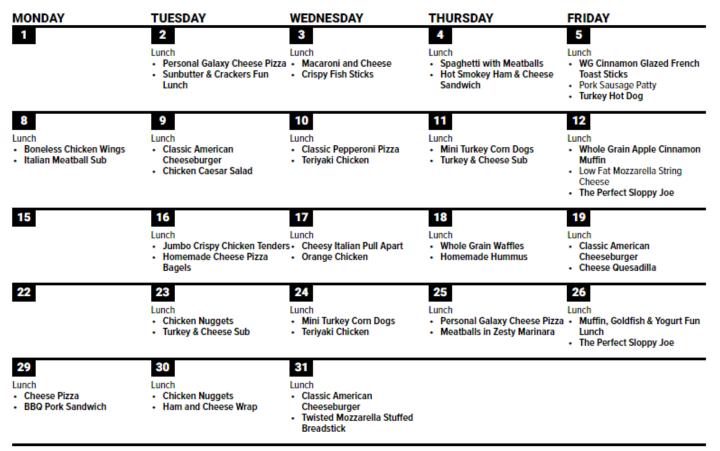
Why Read 20 Minutes a Day

Best, **Joel**

January 2024

Columbus Elementary School

Lunch



Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.

This institution is an equal opportunity provider. Layout & Design C Nutrislice, Inc. Printed on 1/2/2024 at 11:49 am .

If you have not completed the application for free/reduced meals and fees, please complete as soon as possible. It is available through your parent portal on Infinite Campus. Paper copies are available in the office. You can also print a copy from the foodservice website: <u>Application for Free/Reduced Meals and Fees</u>. The upcoming Dental Screening also requests completion of this application.



JOIN US - IT'S FREE!

After-School Explorer Camp

After-School Explorer Camps are drop-off programs designed to provide learning opportunities beyond the classroom for students in 1st - 4th grade. Explorer Camps encourage hands-on learning, problem solving, and social/emotional development through facilitated programming and free play around the museum.

Explorer Camps are held:

• Tuesdays or Thursdays from 3:30-6:00pm

What do Explorer Camps cost?

• FREE! Semester 2 (January 23 - May 23)

Registration for Semester 2 is now open! Early registration ends December 18, 2023.

Please use this link to register.

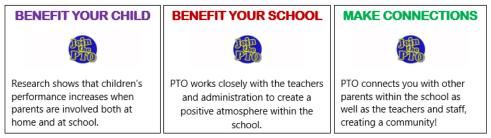
https://65215.blackbaudhosting.com/65215/packagetickets?tab=3&txobjid=A2A655BA-20DA-4EC3-AE05-74E2D373A0F3

Currently, we have not been able to secure regular transportation. However, Building for Kids staff members will walk to Columbus/ABS, meet the students at the school, and walk with them to the museum.

The concept around Explorer Camps is backed by robust, local evidence of a two-year research project that was conducted by Lawrence University and University of Wisconsin, with the Building for Kids, Boys & Girls Club, and Appleton Area School District. Participating in the project were three groups of students: a group that attended school and the Boys & Girls Club, and a group that attended school, the Boys & Girls Club, and the Building for Kids after school once per week. Out of the three groups, the one that attended after school programming at the Building for Kids saw greatest increases in social self-confidence and academic performance (math, reading, and science report card grades) over the two years. These gains were seen across all students - regardless of socio-economic status. These findings suggest that afterschool programming, especially enriched programming, is particularly helpful for children of lower socioeconomic status.

THE COLUMBUS PTO NEEDS YOU!

Why Join the PTO?



No required commitment! Come to the meetings you can, volunteer when available, and stay informed!

The Columbus PTO would love to have you join us! Our next meeting is Tues, Jan 16 in the LMC. The meeting runs **4:00-5:00 PM**. PTO membership is FREE and activities for kids are provided in the art room by neighborhood middle schoolers for the duration of the meeting.



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

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 obold recommended hours of sleep.									
Preschool	3–5 years	10–13 hours per 24 hours (including naps)							
School Age	6–12 years	9–12 hours per 24 hours							
Teen	13–18 years	8–10 hours per 24 hours							
	18–60 years	7 or more hours per night							
Adult	61–64 years	7–9 hours							
	65 years and older	7–8 hours							

Here is the CDC's recommended hours of sleep:

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.



STUDENT ATTENDANCE

DID YOU KNOW?



Students who are chronically absent in preschool through 1st grade are much less likely to read at grade level by the end of 3rd grade.

By 6th grade, chronic absence is a proven early warning sign for students at risk of dropping out of school.



Frequent absences can be a sign that a student is:

- Losing interest in school
- Struggling with school-work
- Dealing with a bully
- Facing some other difficulty

WHAT CAN YOU DO?



Make school attendance a priority. Help your child to be on time to school.

Help your child maintain daily routines, such as finishing homework and getting a good night's sleep.



Develop backup plans for getting to school if something comes up. Call on a family member, neighbor, or another parent to take your child to school.

Absenteeism in the first month of school can predict poor attendance throughout the school year. Half of students who miss 2-4 days in September go on to miss nearly a month of school.

AFFECT STUDENTS? Minutes late Equal days work of

HOW DOES LATE ARRIVAL

	per day	teaching lost in a year
	5 mins	3.4 days
	10 Mins	6.9 days
	15 Mins	10.3 days
	20 Mins	13.8 days
*	30 Mins	20.7 days

HOW TO CREATE A GOOD ROUTINE:



Set a daily schedule with the same wake-up times and bedtimes for each school day -- and stick to them.

Prepare morning routines the night before. Each night, have your student pick out their outfit, and have school supplies ready by the door. Being prepared the night before makes the morning routines simpler.

www.aasd.k12.wi.us/families/attendance





PROGRAM FOR YOUR CHILD







If your preschool, kindergarten and/or elementary school child

- is eligible for <u>free or reduced cost hot lunch</u>
- or has a ForwardHealth card from Medicaid (BadgerCare)
- and <u>DOES NOT</u> have private dental insurance

they can receive free dental care.

Complete the attached forms and return them to your child's school and your child will be seen throughout the school year for routine dental care.

If you have any questions, PLEASE contact Lisa or Nkaoxue at Tri County Dental @920-882-5500 for additional information.

*See the back of this sheet for specific program information

Dental Program Process

Phase 1 Takes place in your child's school

(Or at clinic, a chaperoned school bus will transport children to and from the clinic)

- ✓ Dental hygienist will:
 - Clean your child's teeth and record the student's general oral health
 - Contact a parent/guardian with notification of urgent needs
 - Apply fluoride varnish (a mineral proven to reduce cavities), sealant or SDF (Silver Diamine Fluoride) as appropriate

Phase 2 Takes place on the Mobile Dental Clinic at your child's school

- ✓ Dental Hygienist or Dental Assistant will:
 - Take x-rays
 - Place sealants, if appropriate
 - Apply fluoride varnish and Silver Diamine Fluoride (if necessary)
- ✓ Children will receive oral health education
- A Dentist will do a thorough examination of your child's teeth, preparing a treatment plan if your child requires fillings and/or other dental work
 - ✓ Children requiring additional treatment will need Phase 3

Phase 3 Takes place on the Mobile Dental Clinic at your child's school or at Tri-County Dental Clinic

(For clinic visits, a chaperoned school bus will transport children to and from the clinic)

 A dentist will provide the necessary restorative work your child requires

(You will be notified before your child is seen for fillings and consent must be obtained by you before any tooth extraction.)

 Parent/guardian is encouraged to call our clinic for restorative needs (Please know that dental problems will not go away on their own, so please contact us as soon as possible to schedule follow-up care.)
 920-882-5500

For Office Use Only:
Chart #:





DENTAL CONSENT FORM

Dear Parent,

Tri-County Dental is offering an oral health program for children in your elementary school. The program includes a dental cleaning, an exam, x-rays, fillings, fluoride treatments and oral health education. A new toothbrush, toothpaste, and floss will be sent home with your child. Please complete this form if you want your child to be part of the program:

Child's Last Name:	C	Child's First Name:								
Child's Date of Birth:	Female / Male	Female / Male Phone Numb				oer ()				
Child's Address:				_ Z	lip Co	de:				
School:			Cit	ty:					_	
Homeroom Teacher:		EC/PK								
Deserves shild have a single de	VEC /NO	VEC	a ahii		. eeb.	h		fluori	da kena	in a ni

- Does your child have private dental insurance? YES / NO if YES, your child may only be seen for fluoride treatment Name of Dental Insurance Company:
- Does your child see a dentist on a regular basis (every 6 months)? YES / NO
- Does your child have allergies to Colophony resin? YES / NO
- Does your child have Medicaid (Medical Assistance, Badger Care, Title 19)? YES / NO Medicaid Number (Member ID)

Child's Race/Ethnicity (Check all that apply): _____White _____African American/Black _____Asian Hispanic _____American Indian / Alaska Native _____Native Hawaiian / Pacific Islander ____Other

I understand the nature of the treatment provided and authorize Tri-County Dental staff to provide oral health treatment.

- I acknowledge that Tri-County Dental may use my child's information for treatment and may disclose it to my insurance company and/or other health care providers even though it may affect future insurance claims.
- I understand that this registration is effective for a period of thirteen months to provide follow-up services, including
 restorative treatment, dental cleaning, application of sealants and multiple fluoride applications which may include silver
 diamine fluoride SDF is an antibiotic liquid and helps slow further decay; will cause staining to the treated lesion and potential
 staining of skin and clothes; will not stain a healthy tooth; is a treatment for cavities but not a cure, so additional restorative
 care may be needed; reapplication for disease control may be needed. Please inform Tri-County Dental if child has a silver
 allergy or is unable to have fluoride.
- I understand that my child's restorative treatment plan, if necessary, will be provided to me prior to the treatment starting.
- I am authorizing Tri-County Dental to use nitrous oxide if needed for the completion of dental treatment.
- I agree to the release of my child's treatment plan records so I can receive them from the school.
- I am specifically authorizing the clinic to treat my child whether I am physically present at the clinic during a scheduled treatment.

My signature will confirm my informed consent, my status as the legal custodian of the minor patient identified and my authority to grant this consent. I understand that I may contact Tri-County Dental at 920.882.5500 with any questions.

(Print) parent/guardian

(Signature) parent/guardian

Date

Medical History

For the following medical history questions, please (x) whichever applies. Your answers are for our records only and will be kept confidential in accordance with applicable laws. Please note you will be asked some questions about your responses to this questionnaire and there may be additional questions concerning your child's health. This information is vital to allow us to provide appropriate care for your child. This clinic does not use this information to discriminate.

Child's Name: _____

WE CANNOT SEE YOUR CHILD IF THIS IS NOT COMPLETE

Please check yes, no, or unsure if your child has/had any of the following conditions:

Yes	No	Un	sure	Yes	No	Un	sure	Ye	s No	b Ur	sure
			Allergies (list below)				Hepatitis				Tumors
			Anemia				Herpes				Radiation Treatment
3			Asthma				High Blood Pressure				Chronic Ear Infections
]			Autism				HIV/AIDS				Pregnant (at this time)
3			ADHD/ADD				Hyperactivity				Sexually Transmitted Diseases
1			Birth Defects				Kidney Disease				Hearing Loss/Impairment
j			Bleeding Problems	0 0			Learning Disabilities				
1			Blood Disorders				Liver Disease				Heart Conditions/Murmur
]			Cancer				Mental Disability				If yes to heart murmur, is an antibiotic
	D	0	Cerebral Palsy				Muscular Dystrophy	req	uire	i bef	ore dental appointments? If you are
			Developmental Delay				Psychiatric Problems	un	sure	, we	will need confirmation from your
			Diabetes				Rheumatic Fever	car	diol	ogis	t before treatment.
1			Downs Syndrome				Seizures				
]			Emotional Problems				Sickle Cell Anemia				Jaundice (not at birth)
1	0		Epilepsy				Skin Disorders				Delayed Speech Development
1			Fainting Spells		_	П	Tuberculosis				

Please explain all "Yes" or "Unsure" responses:

Please list any other problems/conditions/allergies your child may have

Is your child taking any prese medications, vitamins, natura supplements?	cription medications, over the co al and/or herbal dietary	unter □ Yes □ No If yes, plea	ase list medications.		
Medication	Reason for Taking	How Much	How Often		
		A			

take or do not take because of errors or omissions that I may have made in the completion of this form. I certify that I have read and understand the above.

I acknowledge that my questions, if any, about inquiries set forth above have been answered to my satisfaction.

(Print) parent/guardian	(Signature) parent/guardian	Date//
Emergency Contact Information	For Office Use Only:	
Name:	Relationship:	Chart #:
	Porten C	alass







PHOTO / INTERVIEW RELEASE

Date:

hereby give the Tri-County Community l, _____ Dental Clinic, its staff, representatives, community partners, and legal representatives (in connection with dental services which I am receiving) and irrevocably agree and consent to allow photographs and or information from interviews to be used as part of the dental record, research, education, public relations, patient counseling, or other purposes.

Consent:_

Signature

