



Franklin Elementary School



WORK, RESPECT, BELONG, AND BE SAFE

Franklin Elementary School

1509 N. 5th Street

Wausau WI 54403

Phone: 715-261-0000

Fax: 715-261-2144

After School Program-Boys & Girls Club:

715-581-1178

8:35AM- 3:30 PM

Playground Opens at 8:15 AM Students should not arrive to school before 8:15 AM

Principal - Elizabeth White

ewhite@wausauschools.org

Secretary - Vicki Karo

vkaro@wausauschools.org

Dates to Remember

11/16 Family Night 5:15-7 PM

11/22-11/24 No School-Fall Break

11/27 PTO Meeting 6:30-7:30

11/30 & 12/1 Frankie's Treasure Nest

12/1 Popcorn Day

12/7 Family Lunch Day

12/8 FALCON DAY-Wear your Franklin Shirt

12/8 Grade 4 Field Trip-School Forest

12/14 Winter Concert at East High 6:30 PM

12/15 PTO Elf Shelf 9 AM-2:30 PM

12/21 & 12/22 Frankie's Treasure Nest

12/25-1/1/18 No School-Winter Break

1/5 Popcorn Day

1/19 Early Release at 11:30 AM

1/22-1/23 No School

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The Franklin Falcon Newsletter will be emailed to families and will be published to our website, WSD-Franklin Elementary. If you would prefer a paper copy sent home, please let the office know.

E-Flyers

Remember to check out E-Flyers for the latest school and community events. You can access E-Flyers by [clicking here](#) or on the E-Flyers tab on the top bar of the website.

Important Phone Numbers

FOOD SERVICE -715-261-0002
FIRST STUDENT BUS-715-842-2268
AFTER-SCHOOL ACTIVITIES-715-581-1178

WSD News

Please visit your [WSD website](#) to stay up to date on: [new policies](#), [technology assistance](#) or [breakfast/lunch menus](#).

Attention Hmong Parents: If you have questions or need explanation, please call Chou Thao at Franklin Elementary School, 715-261- 0000 from 8:30 a.m. to 3:00 p.m. Yognejmuajlusnoogtxogdaimntawv no, no ceshutuajrau Chou Thaohautvsevkawmntawv Franklin Elementary School. Xovtoojyog 715-261-0000. The Wausau School District does not discriminate against individuals on the basis of sex, race, religion, national origin, ancestry, creed, pregnancy, marital or parental status, sexual orientation, or physical, mental, emotional, or learning disability. Federal law prohibits discrimination in education and employment on the basis of age, race, color, national origin, sex, religion, or disability. Anyone who believes that the Wausau School District has inadequately applied the principles and/or regulations of Title VI, Title VII, Title IX, Section 504 or the Americans with Disabilities Act, may file a complaint with the WSD Equity Director at the Longfellow Administration Center, 415 Seymour Street, Wausau, Wisconsin 54402-0359, or by telephone at 715-261-0500.

Principal's Message

November 10, 2017

Franklin Families,

Since Thanksgiving is around the corner, I am reminded how thankful I am to be a part of the Franklin community. Whether you are new to the school this year or have been around for years; your continued support and participation is appreciated. At Franklin, we believe a positive partnership between family and school will lead to a more successful learning experience for your child.

You should all have received your child's 1st Quarter Report Card this past week. Report cards are one way to summarize your child's progress. Parent/Teacher Conferences, daily work and formal assessments; are additional ways to find out how your child is doing in school. Please check out the article below about why the report card is not the only way to measure a child's success in school.

[Why Grades Are Not Paramount to Achievement- The intrinsic love of learning supplants the drive for high marks in the long run.](#)

At this time I also wanted to update you on the status of achievement trends for all students at Franklin. We have been working hard to improve students' understanding in all academic areas but especially the area of mathematics. The teachers and I were not satisfied with the State Report Card, which measured the 15-16 school year as "Needs to Improve" in the area of math. The teachers have worked to improve their core instruction, implemented pre and post assessments and are working collaboratively to plan lessons and analyze students' work. Our team is very knowledgeable about mathematics instruction, however, teachers are continuing to attend trainings and become even better teachers.

The good news is that parents and guardians can assist with our efforts! The Wisconsin DPI site has resources for families. I am including links to powerful resources that can help you work with your child(ren) at home and/or for you to grow in your understanding about how math is taught in school.

[WI Department of Instruction Math](#)

[Fluency Without Fear: Research Evidence on the Best Ways to Learn Math Facts - Jo Boaler](#)

Please contact me if you would like more resources like the one's above or if you have any questions.

With gratitude,

Ms. White



Physical Education Update

2nd quarter is here and the year is quickly swinging into gear. With report cards coming home, let me explain how our reporting system works for PE. Our curriculum is designed in two year increments. Our goal is for students to be proficient in their skills by the end of the second year of the curriculum. With that being said, when you see a B (basic) on the report card, it just means that the student isn't there yet, and we will keep on practicing.

K-1 students are currently working on learning the basic concepts of fitness. We will be learning about our heart, muscles, and understanding why activity is important.

Gr. 2-3 students are also currently working on fitness concepts. We are focusing on cardio respiratory fitness. We are learning how movement makes our heart and lungs work and get stronger.

Gr. 4-5 students are also working on fitness. Our goal is to know and understand 4 of the health related components of fitness. We will be studying cardio respiratory endurance, muscle strength, muscle endurance and flexibility.

Mr. Zielinski

PTO News

Please join us for our next PTO Meeting on Monday, November 27th 6:30-7:30 (daycare provided)

Elf Shelf is on December 15th, if you are interested in volunteering please fill out the application & background check by December 1st: [WSD Volunteer Registration Link](#)

Social Media Links

Connect with us on Social Media:

Twitter - [Franklin Twitter](#)

Facebook- [WSD Facebook](#)
[Franklin Facebook](#)

Instagram- [WSD Instagram](#)

Youtube- [WSD Youtube](#)

Reminder...

Please have your child properly dressed for the unpredictable weather changes. Please be sure jackets are worn to school. Hats & gloves are recommended also. Unless temperatures are below zero, we encourage outdoor recesses.

Lost & Found

Please be sure to check the Lost & Found.



This year the "Lost & Found" cabinet is located in our Multi-Purpose Room (Lunch Area). If items are not claimed, and in good condition will be washed & added to our "Frankie Closet" monthly. Thank you for keeping our "Lost & Found" at a minimum.

Office News

Attendance Policy

Classroom instruction begins @ 8:35 a.m. Learners arriving at school after this time are considered tardy. Please call the office (715-261-0000) before 8:45 a.m. if your child is ill. After this time, the school will contact you.

Learners arriving after 9 a.m. or leaving before 3 p.m. will be marked absent for 1/2 day.

Medical/Dental Appointments are excused if documentation is provided of said appointment, to the office.

Early Release Days (Jan.19, Mar.23, June6) have a 11:30 a.m. dismissal time. These days are still considered full days. If learners

School Hours

8:15 a.m. Playground Supervision Begins

8:30 a.m. Students Enter Building
(Breakfast in Classrooms)

8:35 a.m. Learning Begins

Lunch

KG/Gr2 11:25 a.m.-11:45 a.m.

Gr1&4 11:50 a.m.-12:10 p.m.

Gr3&5 12:15-12:35 p.m.

Recess

10:30-10:45 KG/1

2:05-2:20 Gr2&4

2:20-2:35 Gr3&5

Additional 20 min. recess after lunches.

Encore*

Gr. 5 8:40-9:40

Gr. 3 9:40-10:40

Gr. 4 10:40-11:40

KG 12:20-1:20

Gr. 1 1:20-2:20

Gr. 2 2:20-3:20

*(Learners leave homerooms-this will sometimes take longer to locate them, if they are getting picked up for an appointment)

3:30 p.m. Dismissal

*3:40 p.m. Playground Gates Lock

Office Hours 8:00 a.m.-4:00 p.m.

*Boys & Girls Club utilize the playground & for your child's safety & security we lock the gates until 6:00 p.m.

Health Office



The Facts of Lice



Did you know ...

Regular shampoo will not kill lice. A special lice treatment is required. Most treatments must be repeated in 7-10 days.



Get a Flu Shot!

It's the Best Way to Help You Fight Influenza (Flu)

Influenza season is approaching. You can protect yourself and your family this season by getting a flu shot. The flu is a contagious respiratory illness caused by viruses. It can cause mild to severe illness.

Symptoms of the flu include:

- Cough
- Fever or chills
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- "The stomach flu" (diarrhea and vomiting) is **not** seasonal influenza and is not prevented by the flu shot.

The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months and older get a flu vaccine every year.

The flu vaccine has a number of important benefits:

1. Reduce flu illness- The more people who get vaccinated, the more people will be protected from the flu, including older people, very young and people with health conditions who are vulnerable to serious flu complications.
2. Reduce missed work and school days, reduce doctor's visits.
3. Reduce the risk of flu hospitalization.
4. In 2017, a study in [Pediatrics](#) was the first of its kind to show that flu vaccination also significantly reduced a child's risk of dying from influenza.

What to know for 2017-2018 flu season:

- Only injectable flu shots are recommended
- Flu vaccines have been updated to better match circulating viruses

It's best to get the vaccine by the end of October. However, getting vaccinated later is OK. Vaccination should continue throughout the flu season, even in January or later.



Note From the Nurse



Snack Policy



Any snacks that will be **eaten in the classroom** must be **nut-free**. Individual student snacks may not be shared by another student.

Teachers may provide a store-bought, nut-free daily snack for all students. Parents may send in boxes of snacks for the class provided they are nut-free, store-bought, and labeled with ingredients. No homemade treats of any kind are allowed to be shared with the whole class. (Snacks for the individual student may be homemade.) Birthday treats shared with the class must be nut-free, store-bought, and labeled with ingredients.

Peanut butter and other nuts may be eaten only in the cafeteria.

Illness

Keep your child home from school for:

- **Vomiting or diarrhea** more than one time in 24 hours. Keep home for 24 hours after last episode.
- **Fever** (temperature greater than 100.5 degrees.) Child must be **fever-free without fever medicine** for 24 hours before returning to school
- **“Pinkeye”** May remain in school if there is no fever and the child can avoid rubbing eyes.
- **Strep throat.** Keep home from school until throat culture is read and until 24 hours of antibiotic treatment is completed
- **Lice.** May return to school immediately after treatment with approved lice shampoo and no live lice are present.

Medications



All medicine to be given at school must be brought to school in the original bottle by a parent or other adult. A parent signature is required for over-the-counter medicine. A parent and a doctor signature are required for all prescription medicine.

Balloons

No Latex balloons are permitted in school.

Your school nurses and health aides are here to help keep all students healthy and safe while they are at school. If you ever have any questions or concerns, please contact your school nurse.



Kira McGinnity RN 715-261-0914

Kathy Becker RN 715-261-0750

Julie Welch RN 715-261-0713

PBIS News

Franklin learners focused on self-regulation for the month of October! Self-regulation is doing what needs to be done in the best state for the given situation. We learned how to identify feelings/emotions of each ZONE (green, blue, yellow, red) and how to use self-regulation tools such as "PAWS" and "Stop - Opt - Go". We discussed how slowing down or stopping before we react can make a difference in the outcome. Strategies such as: taking a break, taking deep breaths, counting to ten, asking for help, or getting a drink of water can also help learners get back to the "green zone".

Learners earned Falcon Feathers or Class Dojo points for all of their great behavior choices! We set an all-school goal of earning 15,000 Falcon Feathers in October. We are working at reaching our goal and are hoping to celebrate with an all-school newspaper costume parade soon! We will continue to focus on self-regulation in November. Learners will be gaining more strategies for identifying their emotions and working through them.

The ZONES of Regulation® Reproducible E The Zones of Regulation Visual

The **ZONES** of Regulation®

BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control

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Volunteers Needed



[WSD Volunteer Registration Link](#)

Parents-

Just a reminder, volunteer opportunities will be posted online **throughout the year**. You must sign up online and **not** with the teaching staff.

If you already have a volunteer account, log in at myvolunteerpage.com, select the opportunity you are interested in and sign up. (If it is full/locked, you have the option of being put on a back up list.)

If you haven't created an account yet, visit tiny.cc/WSDONE and click the "For Volunteers" tab on the left.

Complete Step 1 and Step 2 (Step 2, if the opportunity requires a criminal background check)

Remember, volunteering in the classroom and going on field trips requires a criminal background check. They do take time to process so please **PLAN AHEAD**.

For questions or to learn more contact Roxane Hagedorn, rhagedor@wausauschools.org (preferred) or 715.261.0584.

November-December Elementary Breakfast/Lunch Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
13 Breakfast Break WG Kits: 3 items- (2 brd/grian and 1 fruit) Fruit choice-1 item/fruit Choice of Milk-1 item	14 Hot Breakfast Pizza- 2 item 100% Juicy Juice-1 item/fruit Fruit choice-1 item/fruit Choice of Milk-1 item	15 Cinnamon Cream Cheese Mini Bagels 2 item 100% Juicy Juice-1 item/fruit Fruit choice-1 item/fruit Choice of Milk-1 item	16 WG Benefit Bar-2 item 100% Juicy Juice-1 item/fruit Fruit choice-1 item/fruit choice of Milk-1 item	17 Crunchmania French Toast Cracker 2 item 100% Juicy Juice-1 item/fruit Fruit choice-1 item/fruit Choice of Milk-1 item
20 Breakfast Break WG Kits: 3 items- (2 brd/grian and 1 fruit) Fruit choice-1 item/fruit Choice of Milk-1 item	21 Yogurt-1 item Cocoa Rice Krispie Bar-1 item 100% Juicy Juice-1 item/fruit Fruit choice-1 item/fruit Choice of Milk-1 item	22 NO BREAKFAST THANKSGIVING BREAK	23 NO BREAKFAST THANKSGIVING BREAK	24 NO BREAKFAST THANKSGIVING BREAK
27 Breakfast Break WG Kits: 3 items- (2 brd/grian and 1 fruit) Fruit choice-1 item/fruit Choice of Milk-1 item	28 Hot Breakfast Pizza- 2 item 100% Juicy Juice-1 item/fruit Fruit choice-1 item/fruit Choice of Milk-1 item	29 Eggo WG Mini French Toast 100% Juicy Juice-1 item/fruit Fruit choice-1 item/fruit Choice of Milk-1 item	30 WG Benefit Bar-2 item 100% Juicy Juice-1 item/fruit Fruit choice-1 item/fruit choice of Milk-1 item	1 Double Chocolate Muffin String Cheese - 1 item Fruit Choice- 1 item 100% Juice 4 oz 1 item Milk Choice - 1 item
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
13 Hamburger on a Bun 2m2g Cheddar Cheese Slice 1 oz Ketchup/Mustard French Fries 1/2 c (s) Baby Carrots 1/2c (r/o) Strawberry Cup 1/2c	14 Breaded Chicken Drumstick 1 ea/2mma/.75g Local Organic Baked Potato 1 ea Sour Cream/Butter pat Dinner roll 1g Steamed Sweet Peas Banana 1 ea 150ct	15 Crunchy Fish Sticks 4 Tartar Sauce pkt 1 ea Baked Beans 1/2 c Steamed Broccoli 1/2c Harvest Cheddar Chips 1/2 c Red Grapes 1/2 c	16 Grilled Chicken Patty /Bun WG 2mma/2g - Mayo pkt Tator Gems 1/2 c (s) Ketchup pkt. California Blend Vegetables 1/2 c (o) Ranch Dip Cup Fresh Orange Slices 6sl	17 Pepperoni Pizza Sticks 1ea= 1m/2g String Cheese = 1m Steamed Sweet Carrot Coins 1/2 c (r/o) Romaine Garden Salad 1 c= 1/2 c (dg) Dressing Choice Chilled Pear Slice 1/2c
20 Blueberry Mini Waffles Syrup cup 1 ea Cheese Omelet 1 ea Baby Carrots 1/2 c (r/o) Tropical Twist Veg Juice Chilled Peach slices 1/2 c	21 Turkey w/Gravy 4 oz/2m Whipped Potatoes 1/2 c Cranberry Sauce 1/4 c Steamed Green Beans 1/2c Dinner Roll 1 g Sliced Pears 1/2 c Pumpkin Cookie 1 ea	22 NO LUNCH THANKSGIVING BREAK	23 NO LUNCH THANKSGIVING BREAK	24 NO LUNCH THANKSGIVING BREAK
27 Hot dog on a Bun 2m/2g Ketchup Pkt /Mustard Pkt French Fries 1/2c (s) Cherry Smooth Sidekick veg (r/o) 1/2c Applesauce Cup 1 ea 1/2c	28 Chicken Nuggets 5 ea BBQ sauce Dip Cup 1 ea Sour Cream Pop Crisps 1 g Baked Beans 1/2c=(b/p) Blueberries 1/2 c	29 Meatballs 4 ea Brown Gravy 2 oz Rotini Pasta 1/2 c =8S Dinner roll 1g Cherry tomatoes 1/4c Steamed Sliced Carrots Apple Slices 2.4 oz bag	30 Mini Ravioli 3 ea=2m/1g Marinara Sauce 3 oz 1/2c Cheese Stuffed Bosco Bread Stick Steamed Broccoli 1/2c. Pineapple Chunks 1/2 c Cherry Blue Raspberry Sorbet 1/2c	1 Portesi Flatbread Pizza Marinara Dip Sauce Cup 2.5 oz 1/2 r/o Romaine Garden Salad 1c Dressing Choice 1 ea Steamed Sweet Corn Apples Sliced 2.4 oz bag

Healthy Guidelines (Excerpt from Aspirus' Aspire Fall 2017)

A Good Night's Sleep Has Many Benefits...

NOT getting enough shuteye can sink your mood and leave you unproductive, irritable and accident-prone. Sleeping too little also may be a health risk that can be linked to everything from high blood pressure to obesity, diabetes and depression. That's why it's so important to get enough sleep regularly, so that you feel and perform your best. During sleep, the mind and body remain busy and hard at work with things like:

- *Repairing/rejuvenating muscle tissues/ bones.
- * Restoring energy.
- *Regulating hormones that are key for growth and development.
- *Boosting immune systems.
- *Storing important memories.

For young adults, 7 to 9 hours of sleep is recommended, and for teens, 8 to 10 hours.

How's your child's sleep hygiene?

According to Al Murkowski, polysomnography technologist with the Aspirus Regional Sleep Disorders Center at Aspirus Wausau Hospital, some of the more common problems he and his colleagues see in younger adults and adolescents are related to sleep hygiene. "People are making their bedrooms into work rooms, bringing in their computers, phones and food," Murkowski said. "If you relate your bedroom to something else, such as work, talking on the phone to your friends, or a place to get away from the family for a little quiet time, that's not making it a great place to fall asleep." For healthy sleep, it is recommended that electronic devices be turned off an hour before bed and kept out of the bedroom. The room should be cool, dark and quiet. Light white noise and breathing techniques can help with falling asleep and staying asleep.

School-Time Sleep Schedules

With school in session, your kids are already on a different sleep schedule than they had in summer. If your kids are still adjusting, try these tips from the National Sleep Foundation to help ease them back into a school-time sleep schedule:

Gradually adjust bedtimes: It's best to establish an earlier bedtime in smaller increments spread out over a period of about two weeks.

Create a nighttime routine: Calming activities like reading or taking a bath can help kids wind down before bedtime. Plus, if you repeat the same process nightly, the routine will cue the brain and body that it's time to sleep.

Take tech out of the bedroom: Our many electronic devices can contribute to poor sleep. Notification sounds and bright lights can promote wakefulness.

School Success

***Check off a checkup.** An annual wellness exam gives your child's doctor a chance to check your child's overall health, look for any emerging problems, answer questions and offer advice about staying healthy.

* **Get enough sleep.** Lack of sleep can cause problems with learning, concentration and mood.

***Eat breakfast.** Studies show that eating breakfast improves students' physical and mental performance.

***Develop good homework and study habits.** Establish a homework schedule and designate a space for studying that is quiet and free of distractions.

***Report bullying.** Whether bullying takes place at school, on the playground, or through a computer or cell phone, it's important that the bad behavior is reported and stopped.

Sources: American Academy of Pediatrics; Academy of Nutrition and Dietetics; Centers for Disease Control and Prevention; National Institutes of Health

Off to School-Safely

Whether by bus, bike or car, getting to and from school safely should be a priority.

On the bus: Riding the bus is a safe way to get to school. However, getting on and off the bus is the most dangerous part of the journey. Teach your child to:

- *Wait until the bus has stopped completely, has the door open and the safety lights on before approaching it.
- *Walk in front of the bus and where the driver can see you at all times.
- *Look both ways before crossing the street. (Traffic doesn't always stop as required for a school bus.)

On a bike: Insist that your child:

- * Wear a helmet every time he or she bikes, no matter how short the distance.
- *Follow the rules of the road—ride in the same direction as vehicle traffic, use appropriate hand signals, and obey traffic lights and stop signs.

In a car: The rules of the road apply here too. Make sure:

- * Your child is safely secured in an age-appropriate booster seat or seat belt.
- *All drivers ditch distractions while at the wheel (loud music and cell phones), and no texting while driving.