

EXTRA EFFORT

When: Monday - Thursday (3:20-4:20)
Where: Neosho School Library
Why: Students needing help, a quiet place to work, any other great reason
Who: Mr. Pohland will be there to help

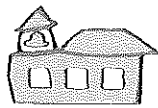
Students can be signed up for any or all days each week. Please turn in this form to your teacher.

Parents: Please be prompt in picking up your child at 4:20 P.M.! I look forward to working with many of our children this year.

_____ Monday, January 10
_____ Tuesday, January 11
_____ Wednesday, January 12
_____ Thursday, January 13

Students Name _____ Grade _____ has my
permission to attend Extra Effort. I understand that I must pick my child up at 4:20 P.M.

Parents
Signature _____



Grant Facts

This month the Grant is funding an all staff training day in NVCI, Non-violent Crisis Intervention. We are so thrilled to be offering this opportunity to all building staff on a regular staff work day (rather than on a vacation or summer day).

Meet your School staff:



Mrs. Wiebelhaus has lived in Neosho her whole life! She came to school right here at Neosho School and then attended Hartford High School at its' old location behind the Penney's. She is married and has four children, 7 grandkids and 2 great-grandchildren!! She has been serving up lunch for 10 years.

1. Free-time fun? *I love playing "Zilch", a dice game.*
2. I make the best...*baked beans.*
3. Something I wish I was good at? *Singing*
4. Hobby? *Decorating, I love the Holidays*
5. Person you'd most like to meet? *Oprah*

Mrs. Stephan has been here for 12 years! She is married to Ralph and lives in Hartford. She loves her Grandson, James, who is 4. She moonlights as a seasoned and professional waitress, currently at the Little Red Inn.

1. Person I'd like to be for one day? *ME, in a size 5! ☺*
2. I make the best...*sausage gravy and biscuits.*
3. Something I wish that I was good at...*using the computer.*
4. Hobby? *Bingo and road trips on our Harley. I like day trips in the area and the river road along the Mississippi River is beautiful!*
5. Do you have a funny joke to share? *I have a knock-knock joke, but you have to start---*

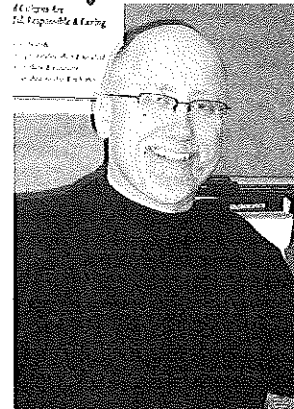
This Week's Website

Getting help to quit smoking:

American Lung Association, *Freedom from Smoking* program (ffsonline.org or lungusa.org) for adults and *N-O-T* (Not-on-Tobacco) for teens. **This is the single best thing you can do to improve the length and quality of your life!!**

Contact Debra Gatzke at the Dodge/Jefferson Healthier Lifestyles Coalition for more information. debragatzke@charter.net

Mystery Revealed!!



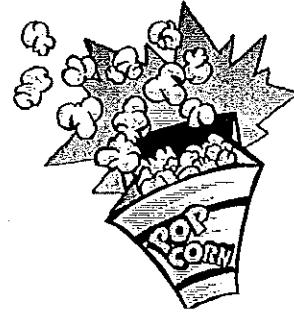
Thank You

To everyone for participating in the "Guess Who" staff person contest! We had some excited prize winners today! The MYSTERY person was 5th grade teacher, Mr. Pohland! But we fooled most of you! Mr. Pohland went to U.W.-Whitewater for his bachelor's degree and Concordia University for his Master's. He has been at Neosho School for 24 years! He told me he was 28--but I'm guessing he is much older than that!! He has "worn many, many hats over (his) year's here!" Mr. Pohland is married to Mary and has two sons. Linden is 14 and he is a freshman at Germantown High School and an excellent singer. Reid, who is 11 and in 5th grade, is working on a Destination Imagination team project for competition in March.

Thank you to Goeman's Rapid Mart for donating prize items for today's' contest winners!!



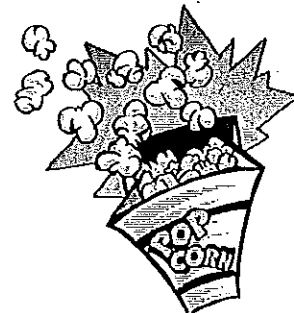
Finally
Popcorn



**This year we will be serving popcorn the 1st
and 3rd Fridays of each month. A bag of
popcorn will cost .50¢ and each student will
bag able to purchase only one bag each time.
We are starting January 7th.**



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NEOSHO JT. 3 SCHOOL DISTRICT

201 Center Street - Box 17
Neosho, Wisconsin 53059
(920) 625-3531 * (920) 625-3536 FAX * www.neoshoschool.com

Dear Parent/Guardian:

Vision and hearing screening will take place at Neosho School on Tuesday, January 18th, 2011 from 8am-3pm. The makeup/retest day will be Tuesday January 25th, 2011. All students/grades will be screened this year. If you do NOT want your child to participate please fill out the following form, otherwise they will be automatically included. Letters will be sent home to parents of students who do not pass the screenings. We are also in need of a few parent volunteers for these days. If you are interested in helping please fill out the form below. Thank you.

Elizabeth Feisthammel, School Nurse
Lisa Blanton, Speech Pathologist
(920) 625-3531

I do **NOT** want my child to participate in the screening

Childs Name _____

Parents Signature _____

Please only send back this form if you do NOT want your child screened this year. Thank you.

Parent Volunteer Form for Vision and Hearing Screening January 18th, 2011 8am-3pm

Name: _____

Contact Number/email: _____

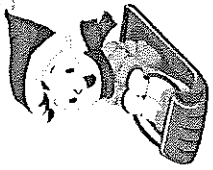

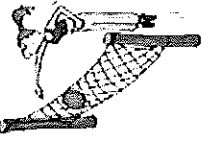

Times you are available: _____

We will contact you with schedule and information. Thank you for volunteering to help!



January 2011 Elementary Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Go for a walk outdoors with your family. Try to walk at least a mile!	31 Try to do 20 sit ups five times today.	 4 Play tag during recess today. No recess? Play tag after school with friends.	 5 Put a jump rope or ribbon on the ground. Jump forward and back over the rope 50 times. Now try side to side forward and back for 50 jumps.	 6 Try juggling some plastic grocery bags today.	 7 Make 10 paper balls from newspaper. Throw them at a target until you hit the target every time! Try different targets.	1 Throw a ball against a wall. Let it bounce one time and then catch it. Try this 100 times.
9 Throw paper plates like they are Frisbees at an indoor target. How many times can you hit the target?	10 Can you balance on two body parts? Three body parts? Now try four body parts?	11 Kneel on the floor in front of a wall. Roll a tennis ball to the wall with one hand and catch with the other hand when it comes back. Now roll it back. Try 100.	12 Sit on your bottom. Tuck in your legs and spin around 25 times, now 25 times in the other direction.	13 Stand tall. Jump high and tuck your knees up to your chest as you jump. Do 25 tuck jumps!	14 Jump rope 100 jumps. Do this 10 times today. How many jumps does this add up to?	15 Hold a ribbon in each hand. If you don't have ribbon, cut a long strip of newspaper. Dance with your ribbons.
16 Crab walk from room to room all day today when moving around your house.	17 Have a running race with five different friends today!	18 Practice bouncing a ball with your dominant hand 100 times. Now try your non-dominant hand for 100 bounces. Now alternate sides for 100 bounces.	19 Try some tip-ups after school. How long can you hold it?	20 Play some relaxing music and try some leg stretches. Hold each stretch for 30 sec and make sure to do them to both sides.	21 Play partner tag with a friend. Exchange places as tagger 10 times.	22 Roll 5 sheets of newspaper into a paper wand. Tape the end. Balance the wand on different body parts for at least 30 seconds.
23 Plan for a fun family hike today at a local park or explore a neighborhood you have not been to. Dress warm!	24 Do some pull-ups on the monkey bars at school today.	25 Use a tennis ball or paper ball to practice catching by yourself. 100 catches with two hands.	26 Do 10 different kinds of animal walks.	27 Hold a plastic cup and a tennis ball or paper ball. Throw the ball up with one hand and catch in the cup. Switch hands. 100 tries on each side.	28 Use a paper plate to strike a balloon up in the air over and over for 100 strikes! Now try your other hand. Track the ball with your eyes.	29 Play leapfrog outside with a friend. Jump over each other 100 times!

Home & School

Working Together for School Success

CONNECTION®

January 2011

Neosho J3 School District
Scott Sabol, District Administrator



SHORT NOTES

Office field trip

Here's a volunteer idea for working parents: Ask your child's teacher and your employer about letting the class tour your workplace. Suggest ways that the visit could tie in with a school subject. For instance, children can learn about health at a dental office or math at a bank.

Calling 911

Does your youngster know how to call for help in an emergency? Show him how to use every phone in your house, including cell phones. Keep each one charged and where it belongs (kitchen counter, nightstand) so he can always find a phone easily.

Conversation starters

Regular conversations help families stay close. Try this. Have each person come up with three facts she thinks no one knows about her ("I've always wanted to play guitar") and write them on individual slips of paper. Mix up the papers, take turns reading them aloud, and guess who wrote each fact. The discoveries you make can lead to interesting talks.

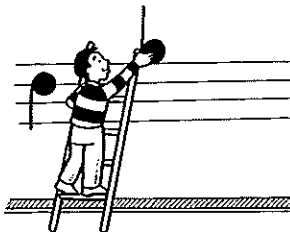
Worth quoting

"To read a poem in January is as lovely as to go for a walk in June."
Jean-Paul Sartre

JUST FOR FUN

Q: Why did the music teacher need a ladder?

A: To reach the high notes.



Love to read!

What can your child do every day this year that will help him improve in all subjects? Read! In addition to expanding his vocabulary and increasing his knowledge, it's an activity he can enjoy throughout life. Here are ways to encourage reading.

Create a reading-friendly home

Keep something to read in every room. You might put a basket of your youngster's favorite stories under a living room table, a box of magazines in the bathroom, and a stack of cookbooks on a kitchen counter. Everywhere your child goes, he'll be able to pick up something to read.

Be a reading family

Regular reading at home will help your child read school materials (handouts, textbooks) more easily. Set aside time each day to read to your youngster and for him to read on his own. Also, listen to him read to you, and let him see you reading. Make sure family members have library cards—and take regular



trips to get new books. *Idea:* Post "wish lists" of books your family wants to read. Then, cross off each one as you finish it.

Match books to your child

Familiar topics and likable characters can motivate your youngster to read. Ask a librarian or bookseller for suggestions. For instance, if science is his favorite subject, he might read science fiction novels like K. A. Applegate's *Animorphs* series or Jules Verne's *20,000 Leagues Under the Sea*. A child who likes to tell jokes and be silly could try the *Mr. Men* and *Little Miss* books by Roger Hargreaves. ♥

Healthy sleep habits

A good night's sleep can help your youngster stay alert in class and behave better—and that means she'll learn more. Try these tips for a well-rested child:

1. Set a regular bedtime so your youngster is used to going to sleep at the same time each night. Establish a comforting routine (bath, story, lights out) to help her wind down. *Note:* Elementary school children need 9–11 hours of sleep a night.

2. Tell your child it's okay if she doesn't fall asleep right away. Instead, suggest that she get cozy and rest until she feels tired. *Idea:* Talk about what to do if she can't fall asleep (focus on something pleasant, play a silent word game such as thinking of a food or an animal that starts with each letter of the alphabet). ♥

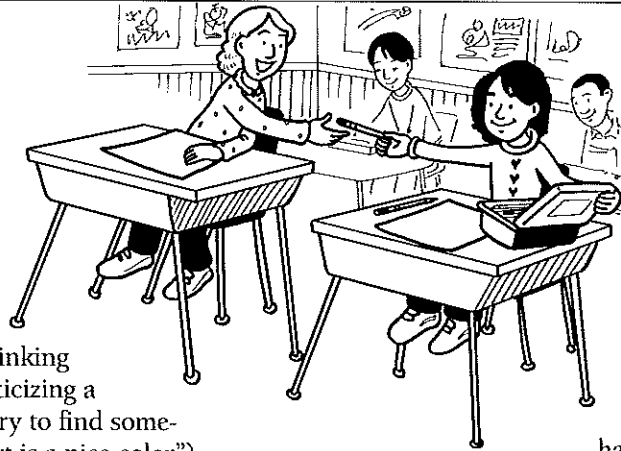


Kindness counts

Thoughts can lead to words, and words can lead to actions. That's why kindness begins with the way your youngster feels about others. Use these suggestions for raising a kind child.

Thoughts

Your youngster will be more likely to speak nicely to others if she is used to thinking kindly. If she catches herself mentally criticizing a friend's clothes, for example, she might try to find something she likes about the outfit ("Her shirt is a nice color").



Words

The words your child chooses can affect her behavior toward people. Remind her to avoid negative labels. Instead of calling someone "selfish," for instance, she might say, "I'm upset that she didn't share with me."

Actions

Doing good deeds on a regular basis can make kindness a habit. Encourage your youngster to be on the lookout for ways to reach out to others. Lending a pencil to another student, helping a younger sibling on the playground, or spending extra time with a pet are simple, everyday ways she can be kind.♥

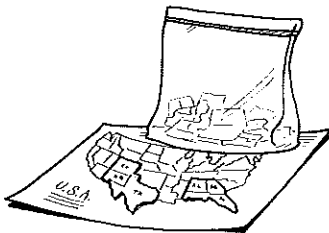
ACTIVITY CORNER



State scramble

Your youngster can learn the names and locations of all 50 states with this homemade puzzle.

First, have your child trace two U.S. maps from an atlas or print two copies from www.google.com/mapmaker. Look over the map together. Can he find your state and recognize any others? Help him read names that aren't familiar.



Using one copy, have him label and color each state and cut them apart to make a puzzle. Younger children could cut the map into 10–20 large pieces, and older children could cut out the individual states.

Then, your youngster can put the puzzle back together onto the uncut map. Keep the states and the extra map in a gallon-sized zipper bag for regular practice. *Idea:* Older children might add state capitals to their puzzle pieces.♥

Q & A

Talking about report cards

Q: My daughter's mid-year report card comes home soon. What's the best way to go over it with her?

A: Start by finding out how your daughter feels about her grades. That way, you can follow her lead, and she'll learn to reflect on her work. You might ask her which subjects she found easiest and hardest. Together, compare her current report card with the last one, and praise her efforts for grades that improved.

Then, ask your youngster about any marks that went down. Discuss ways that she might do better next time (review math facts daily, proof-read writing). Also, call or e-mail the teacher about ways you can help your child at home. About halfway through the next grading period, contact the teacher again to see how your youngster is doing in tough subjects—you'll avoid surprises on her next report card.♥



PARENT TO PARENT

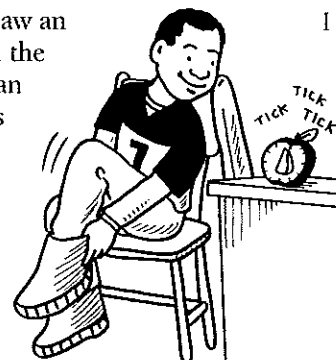
Preventing procrastination

"In a minute!" was my son Patrick's motto. But more often than not, he never got around to doing what he was supposed to. One day, I saw an apple-shaped kitchen timer in the grocery store, and it gave me an idea for a fun way to break his procrastination habit.

Whenever Patrick put something off, like getting his shoes on or starting homework, I set the timer for one minute. I told him he needed to get started by the time the buzzer rang.

After a few times, he began to realize he was wasting a lot of minutes! Also, when he dragged his feet while putting away his toys or getting dressed, I asked him how long the task should take and had him set the timer.

Now Patrick challenges himself to finish things before the buzzer goes off. He has fun trying to beat the clock, and I appreciate not having to remind him to start and finish.♥



OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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