



Bulldog Bulletin

Washington School Parent Newsletter

Beaver Dam Unified School District

Learning for a Lifetime

December 2, 2011

Dear Parents/Guardians of Washington School Students,

I wish for all Washington School families a relaxing and joyful holiday season. This is the time of year to begin or continue family traditions. As I reflect on family traditions once again turn to traditions that can benefit others which in turn benefits you and your children.

This is a special time of year for caring and giving. I hope our students will take advantage of the season to think about neighbors and community members who could use some extra support. Here are some ideas for meaningful ways you can reach out to those who need a hand:

- Become a “snow buddy” and provide snow removal assistance for a neighbor who is elderly or disabled.
- Make a donation to PAVE.
- Make a meal and take it to a neighbor.
- Offer to do grocery shopping for a homebound neighbor or offer to babysit so a parent can do some last minute shopping.
- Bake cookies or other treats and deliver them to shut-ins.
- Sing or play an instrument for a sing-a-long at an area nursing home.
- Assemble a care package for cats and dogs at the Dodge County Humane Society.
- Send a card to a soldier overseas.
- Donate to our local food pantry.

The spirit of giving begins at home. Look for ways to help a neighbor or friend in need all year long. The spirit of giving and caring is an attitude and life style that we should try and maintain all year long.

Warm regards,

Martha Hyke

Martha Hyke
Principal



600 Grove Street
Beaver Dam, WI 53916
(920) 885-7376

Emergency Weather Information

The best way for families to keep informed about weather related school closings, late starts, or early dismissals is to listen to one of the local radio stations - WBEV (1430 AM) or WXRO (95.3 FM). The first announcements start by 6:00 a.m. You may hear that school will begin at the normal time, be cancelled or start two hours late.

On delayed start weather days, classes at Washington will begin at 10:30 a.m. Breakfast will not be served on late start days. The delayed starts for all schools will be two hours later than usual, so start times vary by building. Bad weather may also result in an early dismissal and will be announced on the radio. Please discuss childcare arrangements in advance of bad weather days so that your child has a safe plan and our phone lines remain open for emergency calls.

CONGRATULATIONS

SAFETY PATROLS FOR THE MONTH OF NOVEMBER

Alyssa Heim & Devin Bender



School Counselor News

Mrs. Vessey

This past month third and fourth graders continued to complete activities related to their individual learning plan. Third graders learned about their learning styles, and fourth graders had a chance to reflect upon their favorite subjects and role models. Also, fourth graders had the opportunity to explore the new elementary WISCareers website. Beginning in December fifth graders will begin to work on activities related to their individual learning plan.

Parents, please ask your **fourth** graders to show you the WISCareers website. It can be accessed through our school's website under "Student Access" or you can type www.wiscareers.wisc.edu into your browser.

From the PTO

Thank you to everyone who participated in the fundraiser.

As a reminder the classroom wish list is located in the 5th grade hallway. Listed are items your child's teacher could use throughout the school year. If you would like to donate an item, just take the slip of paper with the item/s to purchase and send it to the classroom with your child.

Our next meeting is Tuesday December 13th at 6:00 pm in the multi-purpose room. Babysitting will be provided.

I would like to wish everyone a safe and happy Holiday Season.

Dear Parent/Guardian:

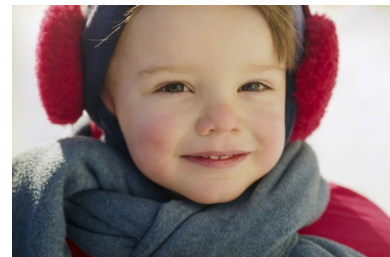
With cold and flu season upon us, many children have been coming to the office with notes to stay in for recess and lunchtime. It is our district's belief that outdoor recess allows students an opportunity to develop important social and physical skills while getting some much needed "fresh air". Therefore unless there are special circumstances all children go out for a lunch recess with the younger grades having a second recess time in the morning or afternoon.

Colds and flu are caused by viruses in our environment that we have direct contact with. Colds and flu are not caused by cold or wet weather. When we have a cold or flu involving the upper respiratory system the cold weather can aggravate our symptoms, but with appropriate winter attire this can be minimized. If your child is well enough to be in school they can tolerate a short 20-minute recess. Of course students should always be properly dressed for the weather (hats, mittens, scarves, boots, snow pants).

Students will be allowed to stay in during recess or lunch with a medical excuse or under special circumstances arranged by parent, principal, school nurse, and teacher. Please note that no children go out for recess if it is raining, the wind-chill is - 10°F. or the ambient temperature is 0.

I hope this clarifies our district's guidelines. If you have any questions please feel free to contact me or your child's principal. Thank you for your cooperation and have a safe and healthy winter season.

Sincerely,
Louise Wilson RN, BSN, MS, NCSN
Health Services Supervisor
(920) 885-7470 ext. 1138



Weather Line Information

The Beaver Dam Unified School District has a weather line available. Please call 920-885-7520 extension 2400 for current information about school cancellations or delayed starts. The message will be updated as soon as possible on inclement weather days.

English Line: 920-885-7520 ext. 2400
Spanish Line: 920-885-7520 ext. 2401



El Distrito Escolar de Beaver Dam tiene una línea del estado climatológico del tiempo. Por favor llame a número, 920-885-7520 ext 2401, para información al corriente sobre las escuelas y clases cancelaciones y cuando haya un horario más tarde que normal. Si hubiera cualquier cambio, este mensaje sera actualizado lo más pronto posible.

La línea Inglés: 920-885-7520 ext 2400

La línea Español: 920-885-7520 ext 2401



“Let’s Talk”

Please tune in to the Beaver Dam Unified School District's "Let's Talk" radio program on WBEV 1430 AM on the fourth Thursday of each month from 11:10 a.m. - 11:50 a.m. when Superintendent Steve Vessey will talk about district topics. Call-ins are welcome and encouraged during the program.

** Attention Parents **

John Underwood recently presented *Life of an Athlete/Life of Excellence* to parents, students, and community members in Beaver Dam. His striking message made an impact on many parents and students from across the consortium of schools including, Beaver Dam, Dodge, Horicon, Hustisford, Lomira, and Waupun.

We strongly encourage all parents to view this powerful presentation posted on the district website @ <http://www.beaverdam.k12.wi.us/district/johnunderwood.cfm> or on the “Home” page under “Hot Topics”.

Also check out invaluable information regarding sleep, caffeine, and nutrition on the John Underwood page (found under District/ATODA).

Underwood’s research demonstrates the damaging effects of drugs and alcohol on the developing brain and student performance. In his presentation, you will see striking brain scan information (and the effects of alcohol/drugs on the brain.)



**Lifestyle Matters,
Lifestyle Counts**

December Pillar of the Month

CARING

Caring is a terrific fit as December’s Character Counts Pillar of the Month. People are already caught up in the spirit of giving with the approach of all the festive seasons. Of course, there will always be a few Scrooge types to tolerate. For all those Scrooge’s here is a reminder of what caring means: be compassionate, empathic, kind, loving, considerate, charitable and altruistic, to name just a few.

Dress for the Weather

Please send your children with jackets, hats and mittens. Boots and snow pants are also needed to play in the snow. Students go outdoors for recess each day for fresh air and to play unless the temperature is below zero or if the wind chill is minus ten degrees.

Beaver Dam Unified School District

Friend of Education Nominations

Do you know an individual or organization who has made an outstanding contribution to the students of the Beaver Dam Unified School District? Nominate them for a *Friend of Education* award.

Each year, the Wall of Fame Committee honors up to 5 *Friends of Education* at the Wall of Fame Banquet. The district also displays plaques listing each year's *Friends of Education* on the Wall of Fame display at the High School.

Nomination forms are available at:

- ◆ School Offices
- ◆ Educational Service Center
- ◆ Beaver Dam Chamber of Commerce
- ◆ Beaver Dam Public Library
- ◆ Beaver Dam Piggly Wiggly
- ◆ Rehek's Food Pride
- ◆ District Website: www.beaverdam.k12.wi.us

Nomination Deadline

All nominations must be received by mail or delivery no later than

February 10, 2012 to
Beaver Dam Unified School District
Wall of Fame
705 McKinley Street
Beaver Dam, WI 53916

Nominations for *Outstanding Alumni* are also being accepted. Nominees must be a graduate of the Beaver Dam Unified School District who has made an outstanding contribution to society, displayed outstanding leadership, is a person of historical significance, or has been a prominent local, state, national and/or world figure.

For more information or to request a nomination form, please contact:

Mary Posthuma at
(920) 885-7470, ext. 1114 or
posthumam@bdusd.org
or visit our website:
www.beaverdam.k12.wi.us

The Beaver Dam Unified School District will honor the Year 2012 Wall of Fame recipients at the Sixteenth Annual Wall of Fame Banquet in April.

Nurses Notes

By Louise Wilson RN, BSN, MS, NCSN
Health Service Supervisor

Concussion - Not Just a “Bump to the Head”

You may have heard about the new regulations from WIAA regarding how concussions in sports are handled. There is even legislation proposed regarding this. From a school nurse perspective this is great news. But, I am also concerned about head injuries that do not happen in the context of a sporting event. Many of the injuries I deal with occur in physical education class, the playground, or at home.

The brain, particularly the developing brain of a child is vulnerable to injury. Repeated injuries can have serious long term consequences. Researchers are just beginning to understand this connection. As someone who works with children in a setting that is all about using the brain, I’m concerned that parents, teachers and coaches understand this connection and help children/teens protect themselves from further injury by recognizing symptoms of brain injury and properly treating.

Treatment involves resting the brain. Not an easy thing to do, particularly for children/teens! This is where parents, teachers, coaches need to intervene and support proper treatment. The following information is adapted from the Center for Disease Control and Prevention (CDC).

What is a concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious.

What are the signs and symptoms of a concussion?

You can’t see a concussion. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how your child or teen is acting or feeling, if symptoms are getting worse, or if s/he just “doesn’t feel right.” Most concussions occur without loss of consciousness.

If your child or teen reports *one or more* of the symptoms of concussion listed below, or if you notice the symptoms yourself, seek medical attention right away.

SYMPTOMS REPORTED BY YOUR CHILD OR TEEN

Thinking/Remembering:

- Difficulty thinking clearly
- Difficulty concentrating or remembering
- Feeling more slowed down
- Feeling sluggish, hazy, foggy, or groggy

Physical:

- Headache or “pressure” in head
- Balance problems or dizziness
- Blurry or double vision
- Nausea or vomiting
- Fatigue or feeling tired
- Sensitivity to light or noise
- Numbness or tingling
- Does not “feel right”

Emotional:

- Irritable
- Sad
- More emotional than usual
- Nervous

Sleep*:

- Drowsy
- Sleeps *less* than usual
- Sleeps *more* than usual
- Has trouble falling asleep

*Only ask about sleep symptoms if the injury occurred on a prior day.

SIGNS OBSERVED BY PARENTS OR GUARDIANS

- Appears dazed or stunned
- Is confused about events
- Answers questions slowly
- Repeats questions
- Can’t recall events *prior* to the hit, bump, or fall
- Can’t recall events *after* the hit, bump, or fall
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Forgets class schedule or assignments

DANGER SIGNS

Be alert for symptoms that worsen over time. Your child or teen should be seen in an emergency department right away if s/he has:

- One pupil (the black part in the middle of the eye) larger than the other
- Drowsiness or cannot be awakened
- A headache that gets worse and does not go away
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation
- Unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

Children and teens with a concussion should NEVER return to sports or recreation activities on the same day the injury occurred. They should delay returning to their activities until a healthcare professional experienced in evaluating for concussion says they are symptom-free and it's OK to return to play. This means, until permitted, not returning to:

- Physical Education (PE) class,
- Sports practices or games, or
- Physical activity at recess.

What should I do if my child or teen has a concussion?

Seek medical attention right away. A health care professional experienced in evaluating for concussion can determine how serious the concussion is and when it is safe for your child or teen to return to normal activities, including physical activity and school (concentration and learning activities).

Help them take time to get better. If your child or teen has a concussion, her or his brain needs time to heal. Your child or teen may need to limit activities while s/he is recovering from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse. After a concussion, physical and cognitive activities—such as concentration and learning—should be carefully managed and monitored by a health care professional.

3. **Together with your child or teen, learn more about concussions.** Talk about the potential long-term effects of concussion and the dangers of returning too soon to normal activities (especially physical activity and learning/concentration). For more information about concussion and free resources, visit: www.cdc.gov/Concussion.

How can I help my child return to school safely after a concussion?

Help your child or teen get needed support when returning to school after a concussion. Talk with your child's teachers, school nurse, coach, speech-language pathologist, or counselor about your child's concussion and symptoms. Your child may feel frustrated, sad, and even angry because s/he cannot return to recreation and sports right away, or cannot keep up with schoolwork. Your child may also feel isolated from peers and social networks. Talk often with your child about these issues and offer your support and encouragement. As your child's symptoms decrease, the extra help or support can be removed gradually. Children and teens who return to school after a concussion may need to:

- Take rest breaks as needed
- Spend fewer hours at school
- Be given more time to take tests or complete assignments
- Receive help with schoolwork and/or
- Reduce time spent reading, writing, or on the computer.

Dear Parents/Guardians:

Throughout the school year inclement weather conditions may arise. The decision to delay or close school is made prior to 6:00 a.m., based on district policy and procedure and the best available weather information.

Please listen to radio stations WBEV 1430AM / WXRO 95.3FM or WMDC 98FM or watch Cable TV Channel 98 (Charter customers) or 993 (digital customers); Madison TV Channels WISC 3, WMTV 15, or WKOW 27; or Milwaukee TV Channels TMJ 4, WITI 6, WISN 12, or WDJT 58 for the latest weather-related announcements. Weather-related announcements will also be posted on the front page of the district's website www.beaverdam.k12.wi.us and on www.wbevradio.com and www.wxroradio.com. Most television stations also post school closings on their individual websites.

If you feel the weather conditions pose an undue risk for your child, you are encouraged to use your own judgment in making a decision whether or not to send your child to school.

First and Foremost: You Make the Call

You are always the best judge of your own situation and what is best for your child. If school is held, and you find it is safer for your child to stay home or report late, we will strongly support your decision. The district makes a decision prior to 6:00 a.m. about what is best for all students and staff and that decision may not fit your individual situation.

Closing Due to Snow and Ice

The district reviews the weather conditions with Weather Central in Madison. Conversations are then held with the bus transportation company, as well as with individuals who live in various parts of the district and who must drive the roads early in the morning. Safety is always our top priority. Whether or not the conditions will be improving throughout the day is also considered.

Closing Due to Extreme Cold

When the wind chill reaches the 35 degrees below zero level for the length of the day, then school is usually canceled. If the conditions are expected to improve during the day, then school may not be canceled. It is important that you work with your children so they dress for the conditions.

Early Dismissal

Early dismissal is not an option we like to use unless conditions are expected to get worse throughout the day. This is primarily due to the fact that many parents work and the children are safer at school. Please try to have a plan in place to handle late starts and early dismissals. It is helpful if your children are aware of the plan.

Your Understanding and Cooperation is Appreciated

For every person who is happy with a weather-related decision, there is someone who is unhappy. We appreciate your understanding of the difficulties and the timing of our decision. Your support in helping your child get to and from school safely on winter days is sincerely appreciated.

Hasta al día información meteorológica en español, llame: 920-885-7520 #6.

Estimados Padres:

A través del año escolar las condiciones atmosféricas pueden incrementar. La decisión de retrasar o cancelar la escuela se tomara antes de las 6:00 de la mañana y será basada en la póliza del distrito en la mejor información disponible del tiempo.

Por favor escuche la estación de radio WBEV 1430AM / WXRO 95.3FM o WMDC 98FM o vea el canal de televisión 98 (clientes de Charter) o 993 (clientes digitales); canales de Madison WISC 3, WMTV 15, o WKOW 27; o los canales de Milwaukee TMJ 4, WITI 6, WISN 12, o WDJT 58 para las recientes informaciones relacionadas con el tiempo. Anuncios relacionados con el clima también se publicarán en la página principal de www.beaverdam.k12.wi.us sitio web del distrito y en www.wbevradio.com y www.wxroradio.com. La mayoría de las estaciones de televisión también posterior cierre de escuelas en sus sitios de web individuales.

Si usted cree que las condiciones atmosféricas plantean un riesgo indebido para su niño, use su propio juicio y tome la decisión de enviar o no enviar su hijo a la escuela. Aquí le mandamos algunas recordatoria sobre el cambio del tiempo.

Sobre todo: Usted decide primero

Ustedes son los mejores jueces para decidir lo mejor para su niño. Si hay escuela pero usted siente que es mas seguro de que su hijo permanezca en el hogar o esperar un poco mas tarde, nosotros los apoyaremos en su decisión. El distrito tomara una decisión antes de las 6:00 de la mañana pensando en lo mejor para todos los estudiantes y los empleados, esa decisión puede que no encaje con su situación individual.

Cerrado por causa de la nieve o hielo

El distrito repasa las condiciones atmosféricas con la central del tiempo de Madison. Nos ponemos en contacto con la compañía de autobuses, así como los individuales que viven en diferentes partes del distrito y tienen que conducir temprano en la mañana. La seguridad es siempre nuestra prioridad principal. Si las condiciones del tiempo van a mejorar durante el día esto será tomado en consideración.

Debido a un frío extremado

Cuando la frialdad del viento alcanza los 35 grados debajo del nivel cero para todo el día, generalmente no habrá escuela durante todo el día. Si se espera que las condiciones mejoren durante el día, la escuela posiblemente no cerrara. Es muy importante que usted se asegure que su niño esta abrigado para las condiciones del tiempo.

Cancelar la escuela temprano

El cancelar la escuela temprano no es una opción que tenemos el gusto de utilizar a menos que se espere que las condiciones empeoren a lo largo del día. Esto es sobre todo debido al hecho de que muchos padres trabajan y los niños están más seguros en la escuela. Por favor tenga un lugar donde su niño pueda ir en caso de que la escuela empezara mas tarde o se cancela temprana. Es beneficioso para su niño que sepa de este plan.

Su Comprensión y Cooperación es Apreciada

Por cada persona que esta contenta con la decisión tomada relacionada con el tiempo, hay otra persona que no lo esta. Nosotros apreciamos su comprensión en la dificultad en tomar una decisión en un tiempo sincronizado. Su apoyo en ayudar a su niño a ir a la escuela y volver a casa si ningún incidente es sinceramente apreciado.

Hasta al día información meteorológica en español, llame: 920-885-7520 #6.

Washington School Calendar of Events

Tuesday, December 6	LATE START for Staff Development School starts at 10:30 a.m. NO breakfast served
Wednesday, December 7	Coffee Break Session 7:30 - 8:30 a.m. Ms. Hyke's office
Tuesday, December 13	P.T.O. Meeting - 6:00 p.m. Multipurpose room - childcare provided
Friday, December 16	Kindergarten & Grade 1 Concert 2:00 - Multipurpose Room
Thursday, December 22	Classroom Holiday Parties - 2:30 p.m.
Thursday, December 22	Last Day of Classes before winter break
December 23 - January 1	Winter Break - No school
Monday, January 2	School resumes
Tuesday, January 10	P.T.O. Meeting - 6:00 p.m. Multipurpose room - childcare provided
Thursday, January 12	2nd Semester milk money due - \$26.40 (forms will be sent home early January)
Thursday, January 19	NO SCHOOL - In service day
Friday, January 20	NO SCHOOL
Thursday, January 26	Progress Report Day
Monday, February 6	Parade of Bands - 7:30 p.m. - High School North Gym
Fridays	School Spirit Days - Wear your Bulldog/spirit wear or blue/gray



HAPPY HOLIDAYS!

From

The Washington Staff

