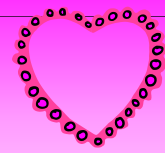


# RIB LAKE ELEMENTARY

## FEBRUARY 2020 NEWSLETTER



### MARK YOUR CALENDARS

Feb. 13 .....School Board Meeting 6:30 p.m.  
 Feb. 21 .....Family Movie Night 6:30 p.m.  
 Feb. 24 .....Penny Wars begin  
 Feb. 27 .....12:15 p.m. dismissal  
 Feb. 27 .....P/T Conferences 1-6 p.m.  
 Feb. 28 .....**No School**  
 Mar. 2 .....Penny wars end  
 Mar. 12 .....School Board meeting 6:30 p.m.  
 Mar. 20 .....Family Movie Night 6:30 p.m.  
 Mar. 20 .....Child Development Day 8:30 a.m. - 3:30 p.m.  
 Mar. 24 .....End of Qtr. 3  
 Mar. 27 .....Kindergarten Play a.m.  
 Mar. 27 .....**12:15 p.m. dismissal**  
 Apr. 9 .....School Board meeting 6:30 p.m.  
 Apr. 10 .....**No School** - Happy Easter  
 Apr. 13 .....**No School**  
 Apr. 21 .....Spring Picture Day  
 Apr. 21 .....K Graduation Picture Day  
 Apr. 24 .....Book Fair begins  
 Apr. 30 .....Family Reading Night 6 - 7:30 p.m.  
 May 1 .....Book Fair Ends

Jon Dallmann, Principal

### Parent / Teacher Conferences

Reminder: Parent/Teacher Conferences will be held on Thursday, February 27th from 1:00 p.m. - 6:00 p.m. at the elementary school.

Sign-up forms have been sent home giving parents an opportunity to choose when they would like to meet with their child's teacher. Please return these forms by Wednesday, February 19th.

***There is a 12:15 p.m. early dismissal for students on Thursday, February 27th and No School on Friday, February 28th.***

### CHILD DEVELOPMENT DAY

The 15th Annual Child Development Day will be held on March 20th, 2020 at Rib Lake Elementary School. The purpose of the event is: 1) To identify any preschool age children with special learning needs; 2) Educate families about normal child growth and development; and 3) Share available community resources with families.

Please call to schedule an appointment to have your child screened if: 1) Your child will be 2½ by March 31, 2020, and 2) Your child has not been screened by the school in the past. If you have any concerns at all about your child's development, you are encouraged to schedule an appointment for your child to be screened.

Appointments can be made by calling 715.427.5446.

### Penny Wars

The Dollars for Scholars competition is beginning soon! We are gearing up to raise money for Rib Lake seniors that will be attending either a four year college or two year tech school! **Dollars for Scholars Penny Wars will be running from February 24th through March 2nd.** Again this year, the 5th graders will take part in reviewing the applications and will be presenting the scholarships at Senior Awards Night. **So get out your pennies, nickels, dimes, quarters, and dollars to help support our graduates.** The grade that collects the most will be awarded a sledding party. Thank you in advance for helping support our Rib Lake graduates!

### Local Spelling Bee

On Thursday, January 23rd, the Middle School library was buzzing with our local spelling bee competitors from 5th through 8th grade! The 5th grade was proudly represented by Seamus and Madelyn (Kendall and Noah also qualified to compete but were unable to attend). Madelyn took 4th place and will be the alternate for the Regional Spelling Bee! **Great job 5th graders! We are very proud of you!**



## Become a Redmen

If someone you know would like to attend the Rib Lake School District, the open enrollment period has begun. Please have them contact Kristin Lueck at 715.427.5818 or [klueck@riblake.k12.wi.us](mailto:klueck@riblake.k12.wi.us) for more information. We would love to help them become a Rib Lake Redmen!



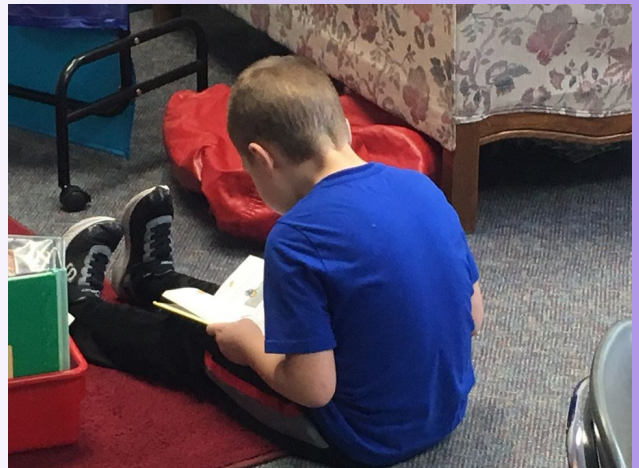
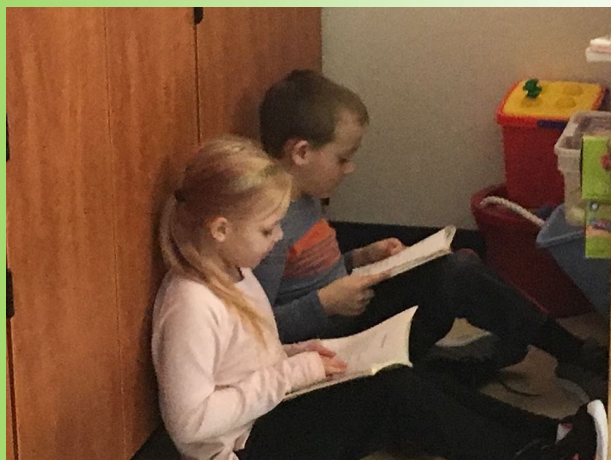
### Open Enrollment

The application period for the 2020-2021 school year is February 3 - April 30, 2020. Wisconsin's inter-district public school open enrollment program allows parents to apply for their children to attend a school district other than the one in which they live. Parents must complete an online application no earlier than February 3, 2020, and no later than April 30, 2020 by 4:00 p.m. The DPI website to complete an on-line application is: <http://dpi.wi.gov/open-enrollment>. At this time, once a student is accepted to attend the Rib Lake School District under open enrollment, the student may continue to attend the district without having to reapply every year. For more information, please contact Kristin Lueck at 715.427.5818 or [klueck@riblake.k12.wi.us](mailto:klueck@riblake.k12.wi.us)

### Tuition Waiver

If your family is moving out of the district but wishes to continue at the Rib Lake Schools, you will need to fill out an open enrollment tuition waiver or alternative application. Please contact Kristin Lueck at 715.427.5818 or [klueck@riblake.k12.wi.us](mailto:klueck@riblake.k12.wi.us) for assistance.

"The more that you read, the more things you will know.  
The more that you learn, the more places you'll go."  
- Dr. Seuss



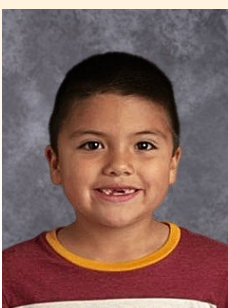


## 1st Grade Featured Readers



From Mrs. Paul's class, Aubree! Aubree has come so far this year. She is doing a great job remembering details and making meaningful connections to her schema. She is able to skip the word and come back, flip sounds, and cross check to help her read accurately. Mrs. Paul shared, "You are amazing, Aubree. I love the way you model reading strategies for others."

From Mr. Blomberg's class, Stephanie. Stephanie has acquired so many strategies this year. She reads with growing confidence. Stephanie also uses determination when she is facing unfamiliar words. Mr. Blomberg said, "Stephanie uses vowel patterns so well. She stretches and blends unfamiliar words and is constantly building her vocabulary. She makes great connections to her reading. She is working like a champion as she strives to become an amazing reader!"



From Mrs. Paul's class, Manuel! Manuel is doing a fantastic job using accuracy strategies. He uses spot and dot with vowel patterns. Manuel also does a great job sharing his connections to books. Mrs. Paul said, "keep it up Manuel, you are rocking it in first grade!"

From Mr. Blomberg's class, Isabella. Isabella has made so much progress lately as a reader! She is using strategies consistently in her reading, especially her use of vowel patterns. Her hard work and diligence is paying off. Mr. Blomberg said, "I am so proud of Isabella. She is demonstrating her understanding and use of so many strategies which is helping her grow as a champion reader. I love to listen to her read! Well done, Isabella!"



**HAPPY VALENTINE'S DAY**

*Family Movie Night*

*Friday, February 21st*

*Rib Lake Elementary 3-5 center*

*Please join us for Family Movie Night sponsored by RLCP! Bring your own snacks or purchase some at school. It is sure to be a fun evening to spend with your family!*

*The movie that will be showing has not been selected yet.*

# District School Nurse Update



## Are you getting enough sleep?

People will often cut back on their sleep for work, school, for family demands, or even to watch a good show on TV. But if not getting enough sleep is a regular part of your routine, you may be at an increased risk for obesity, diabetes, high blood pressure, coronary heart disease and stroke, poor mental health, and even early death. Even one night of short sleep can affect you the next day. Not surprisingly, you're more likely to feel sleepy. On top of that, you're more likely to be in a bad mood, be less productive at work or school, and to be involved in a motor vehicle crash.

The amount of sleep you need changes as you age. **Children need more sleep than adults.**

The American Academy of Sleep Medicine and the Sleep Research Society recommends:

Age Group		Recommended Hours of Sleep Per Day
Newborn	0-3 months	14-17 hours (National Sleep Foundation)
		No recommendation (American Academy of Sleep Medicine)
Infant	4-12 months	12-16 hours per 24 hours (including naps)
Toddler	1-2 years	11-14 hours per 24 hours (including naps)
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
Adult	18-60 years	7 or more hours per night
	61-64 years	7-9 hours
	65 years and older	7-8 hours

## Habits to improve your sleep

There are some important habits that can improve your 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.
- Avoid tobacco/nicotine.
- Get some exercise. Being physically active during the day can help you fall asleep more easily at night.

## What about sleep quality?

Getting enough sleep is important but good sleep quality is also essential. Signs of poor sleep quality include feeling sleepy or tired even after getting enough sleep, repeatedly waking up during the night, and having symptoms of sleep disorders (such as snoring or gasping for air). Better sleep habits may improve the quality of your sleep. If you have symptoms of a sleep disorder, such as snoring or being very sleepy during the day after a full night's sleep, make sure to tell your doctor.

*[Information from the National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health -- [www.cdc.gov/NCCDPHP/dph](http://www.cdc.gov/NCCDPHP/dph).]*

If you have questions, please contact Judy LeMaster, RN -- District School Nurse at [jlemaster@riblake.k12.wi.us](mailto:jlemaster@riblake.k12.wi.us) or calling 715-427-3222 x.3250.