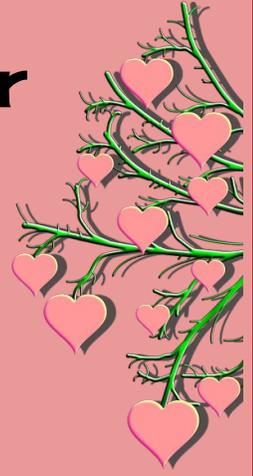


Rib Lake Elementary February 2021 Newsletter



'One small act of KINDNESS can change someone's day'

Upcoming Events:

- Feb 11.....School Board Meeting @ 6:30 p.m.
- Feb 12.....Class Valentine Parties
- Feb 25.....Early Dismissal@ 12:15 P/T Conf.
- Feb 26.....No School (Staff Development)
- March 15.....Early Childhood Screening
- March 25.....End of Qtr 3
- March 25..... Early Dismissal @12:15 p.m.

♥ happy ♥
Valentine's
♥ day ♥

Student Absences

Covid, cold & flu season are upon us!!! Sadly, with that, your student may not be able to attend school because he/she is not feeling well. **Please remember to call the school at 715.427.5818 before 9 a.m.** and let us know that your child will be out of school. **Without a note or phone call, your child will be marked unexcused for that day.**
Thank You :)



Chilly Weather Reminder

As the temperatures continue to drop, please be reminded that students are to bring appropriate outdoor clothing. School policy is that children will be going outside for recess as long as the temperature is 5 degrees or warmer for PreK - 2nd grade and 0 degrees or warmer for 3rd - 5th grade.

Please put your child's name on their clothing - that will help us find the right owner for the items that are brought to the lost and found table. Thank you :)

Congratulations to our 5th Grade Spelling Bee Winners



1st place: Aliyah Eidsen, 2nd place: Slade Scheithauer, 3rd place: Rylan Schatzka-Lenz, Alternate: Dene Zuleger



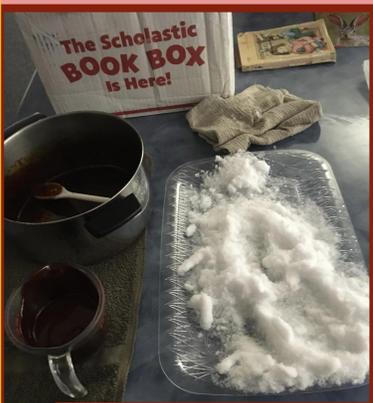
Kindergarten FUN!

When it's below zero and frigid outside, kindergarten decided to do a science experiment and made popsicles



1st Grade News

The 1st grade kids are reading the **Little House in the Big Woods**. They learned about churning, made butter, and then enjoyed it on some popcorn!!



Lessons from **Little House**: The children also made molasses Christmas candy.

Celebrating the 100th day of school:

Dress like you are 100 years old



Our *FUN* Elementary teacher participants are????

And can you guess who these kids are???



District School Nurse Update

Mild Winter Turns COLD

We've had a pretty mild winter this year. It's been great at school because the kids have been able to be outside a lot -- mask breaks are healthy! Now that we're spoiled, here comes the COLD!! Who knows what the rest of winter will bring! Severe cold and wind chills bring health dangers such as FROSTBITE. Here are reminders of how to protect you and your family from these dangers.



What is Frostbite?

Frostbite is a bodily injury caused by freezing that results in loss of feeling and color in affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes. Frostbite can permanently damage the body, and severe cases can lead to amputation.

Who's Most at Risk?

You may have a greater risk of developing frostbite if you:

Have *poor blood circulation* or are not properly dressed for extremely cold temperatures.

Recognizing Frostbite

At the first signs of redness or pain in any skin area, get out of the cold or protect any exposed skin—frostbite may be beginning. Any of the following signs may indicate frostbite:

- a white or grayish-yellow skin area
- skin that feels unusually firm or waxy
- numbness

A victim is often unaware of frostbite until someone else points it out because the frozen tissues are numb.

What to Do

If you detect symptoms of frostbite, seek medical care. First determine whether the victim also shows signs of hypothermia, such as shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech or drowsiness. Hypothermia is a more serious medical condition and requires emergency medical assistance.

If (1) there is frostbite but no sign of hypothermia and (2) immediate medical care is not available, proceed as follows:

- Get into a warm room as soon as possible.
- Unless absolutely necessary, do not walk on frostbitten feet or toes—this increases the damage.
- Immerse the affected area in warm—not hot—water (the temperature should be comfortable to the touch for unaffected parts of the body).
- Or, warm the affected area using body heat. For example, the heat of an armpit can be used to warm frostbitten fingers.
- Do not rub the frostbitten area with snow or massage it at all. This can cause more damage.
- Don't use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming. Affected areas are numb and can be easily burned.

These procedures are not substitutes for proper medical care. Hypothermia is a medical emergency and frostbite should be evaluated by a health care provider.

Be Prepared

Knowing what to do is an important part of protecting your health and the health of others.

Taking preventive action is your best defense against having to deal with extreme cold-weather conditions. By preparing your home and car in advance for winter emergencies, and by observing safety precautions during times of extremely cold weather, you can reduce the risk of weather-related health problems.

[This information comes from the Centers for Disease Control and Prevention (CDC)]

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