



RIB LAKE ELEMENTARY JANUARY 2020 NEWSLETTER

Jon Dallmann, Principal

MARK YOUR CALENDARS

Jan 9	School Board Meeting 6:30 p.m.
Jan 16	End of Qtr. 2
Jan 17	NO SCHOOL
Jan 20	NO SCHOOL
Jan 23	Local Spelling Bee - 5th grade winners
Jan 24	Family Movie Night - 6:30 p.m.
Jan 28	Fluoride Varnish PreK & K
Jan 29	Fluoride Varnish PreK & K
Feb 6	Regional Spelling Bee held at RLES
Feb 7	100th day of School
Feb 7	Family Sledding Night 6 - 7:30 p.m.
Feb 13	School Board Meeting 6:30 p.m.
Feb 21	Family Movie Night 6:30 p.m.
Feb 27	Early Dismissal Day - 12:15 p.m.
Feb 27	Parent/Teacher Conferences 1-6 p.m.
Feb 28	NO SCHOOL
Mar 12	School Board Meeting 6:30 p.m.
Mar 20	Family Movie Night 6:30 p.m.
Mar 20	Child Development Day
Mar 24	End of Qtr. 3
Mar 27	Kindergarten Play
Mar 27	Early Dismissal Day - 12:15 p.m.

Child Development Day

The Rib Lake School District will be conducting its annual Child Development Day on Friday, March 20th, 2020, to screen children residing in our district. To take part in this, children must be 2 1/2 years old by March 31, 2020. Information packets will be mailed to families on our school census that fall within the eligibility guidelines. If you do not receive a packet by mid-March and you feel that you have an eligible child, please call Neva at 715.427.5446.



Box Tops for Education

The Box Tops program is changing to become digital only. Participating brands are starting to change their packaging from a traditional Box Tops clip to the Box Tops label. Box Tops clips will continue to be honored until they reach their expiration date. Go to BTFE.com and join now for free. You can download the app on your phone and scan your receipt to earn money for our school. Click [here](#) for a news article about Box Tops going digital.

School Store At Rib Lake Elementary



The school store at Rib Lake Elementary is going strong. If you are looking for that unique birthday gift or something different to wear to the games, stop in at the elementary school office. Some of our newest items include: long sleeve t-shirts, long sleeve hooded t-shirts, hoodies and sweatpants!

Family Survey

As a partner in the educational process, you are invited to complete the following survey as part of an ongoing project linking statewide initiatives and our strong desire to continually improve the elementary school's performance. Your thoughtful and candid feedback concerning my role as principal are being sought to help me interpret and identify what I can do to further support the elementary school's vision of being a school of excellence. The information you provide is anonymous unless you would like me to contact you. The site will remain active until January 16, 2020, at which time the link will be removed from the website. Click [HERE](#) to take the survey.

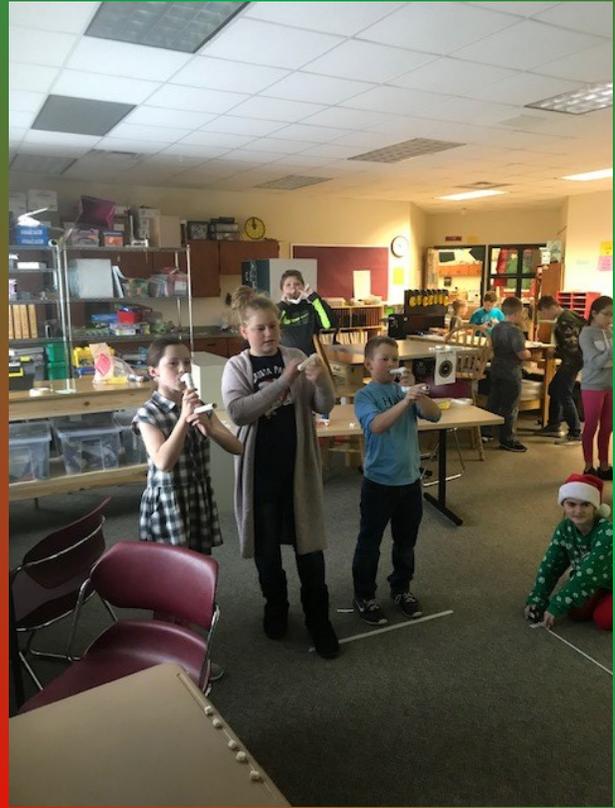
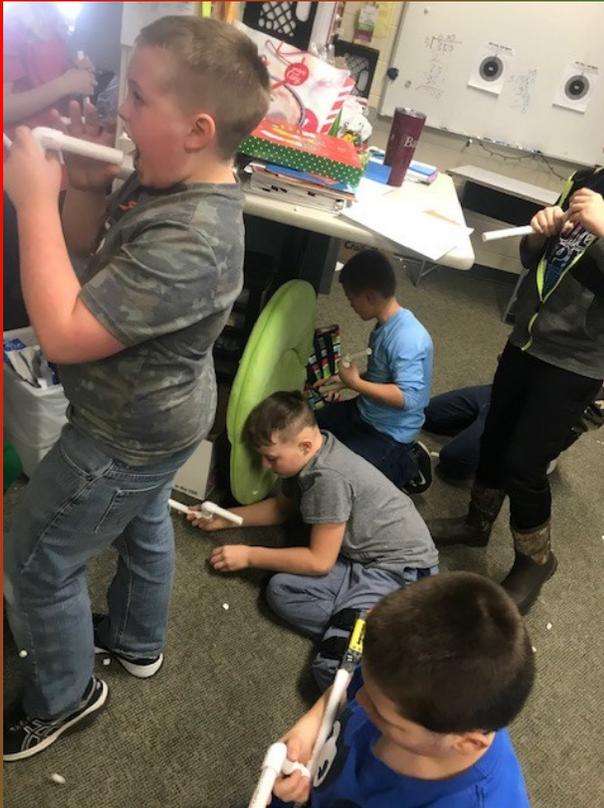
Thank you,
Mr. Dallmann



Congratulations Jessi on your 1st place drawing for the Schierl Tire Christmas drawing contest! You Rock!!



The Nutcracker Suite



5th graders put together their Christmas presents and checked to see how well their marshmallow guns worked.

Is It Cold Enough For You?

This winter we've had quite a bit of snow and very cold temperatures off and on. Who knows what the rest of winter will bring! Severe cold and wind chills bring health dangers such as FROST-BITE. Make sure you now 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 in 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 are 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 - District School Nurse at jlemaster@riblake.k12.wi.us or calling 715.427.3222 x 3250.

