



Mead Family Newsletter

January 2024

A Message From Your Principal

Hello Mead families!

We are so excited to welcome our Mustangs back from winter break on Tuesday, January 2nd, 2024. It's hard to believe we are almost halfway through the school year! This next couple of months are a great stretch for us because there are minimal breaks or interruptions and students can really take off with their learning. We thank you in advance for getting them to school on time every day to ensure they can get the most out of their education.

I know we've had a pretty mild winter so far, but anyone who's spent previous winters in Wisconsin knows that a lot of snow, cold weather or ice is still very possible in the upcoming months. If school ends up being canceled due to inclement weather, students will NOT be expected to complete work for the **first three** cancellations. However, a Snow Day packet will be sent home with your child(ren) shortly after the first or second cancellation, and we will let you know when it needs to be completed. Reach out to your child(ren)'s teacher with any questions.

Kicking off a new year is often a time for reflection and celebration. As I think about all of our wonderful students and staff at Mead, I feel so blessed to be working with such a wonderful group of people. Our staff work so hard, every day, to make sure our Mustangs get the best education we can provide. Thank you for being an important part of your child's team!

Amber Applebee, Principal

Important Dates in January

- January 2nd: Students Return from Break
- January 12th: Mead Spelling Bee (3rd, 4th & 5th Graders)
- January 15th: No School; PD Day for Staff
- January 16th: Mead PTC Meeting @ 4:00pm in Mead Cafeteria
- January 25th: PTC Bingo Night from 5:00pm-6:00pm



For other important events going on in our community, be sure to check out our ["Community Events Page"](#) on our district website.



January [Breakfast](#) and [Lunch Menus](#)



A Message from Mead PTC

- Bingo! PTC is hosting their second annual Bingo Night on January 25th from 5pm to 6pm in the Mead Cafeteria. Stay tuned for more information.
- How can you help? Come to a meeting! We hold our meetings on the third Tuesday of each month at 4pm in the Mead cafeteria. You can enter through Door B on Alton Street.
- **Our next meeting is on January 16th at 4pm. We hope to see you there!**



Carrots are the Harvest of the Month!

Add carrots to your favorite family meals:

- Add shredded carrots to salads, slaw, or sandwiches.
- Roast carrots and serve as veggie fries.
- Bake with carrots! Add shredded or cooked and mashed carrots to muffins, cakes, and cookies.

Make meals and memories together. It's a lesson kids will use for life.

Select – Choose smooth and firm carrots with a deep color and fresh, green tops.

Store – Remove green tops and refrigerate in a plastic bag for up to 2 weeks.

Prepare – Scrub under running water to remove dirt. Peel if desired.

Did you know?

Carrots come in a rainbow of colors including purple, yellow, white, red, and orange. All carrots have many nutrients, but each color contains different phytochemicals. Phytochemicals act as antioxidants in our body and protect our cells from damage.



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs.

School Wide Title I Services: Mead Elementary School offers school-wide Title I services to all students. Title I is a federal program providing funding to support intervention to students who are struggling to reach grade level standards. At Mead, intervention teachers work with small groups of students in need of additional support in reading and math. Our intervention teachers also work in classrooms with the classroom teachers. If you do not want your child to receive these services, please contact the office for a form to fill out to opt your child out of these learning opportunities.



The New Year is a great time to make a resolution to get to school on time, every day.


Important learning and community building happens in your child's classroom at 8:40 everyday. Please help your child get the most out of their learning by getting them to school on time.

If the unavoidable happens and your child can't make it to school, **please be sure to call our attendance line at (715) 424-6765 to avoid unexcused absences.** Unexcused absences on your child's record will result in an attendance meeting with the Mead staff and possible truancy charges if the problem continues.

Join Our Team!

The Mead Crew is in need of a Noon Aide to help supervise students during their recess time. We are looking for someone who has strong leadership skills and enjoys helping children play safely. The Noon Aide shift is for two hours, from 11:00am to 1:00pm, five days a week.

Interested? [Apply here.](#)

Proper Dress for Recess		
Above 50 Degrees		Short Sleeves
40-50 Degrees		Long Sleeves
0-39 Degrees		Winter Gear: Winter Coat, Hat, Gloves, Boots, Snow Pants
Below 0 (with Wind Chill)		10 Minute Recess
-10 (with Wind Chill)		No Outside Recess



News From the Nurse

January

****I hope everyone was able to spend time with their families and enjoy the Christmas break. We are excited to have everyone back and hopefully healthy!!

Vision Screening

A few elementary schools are starting or have completed the vision screening. Please be on the lookout for a permission slip. If there were any concerns for those who completed the screening, a referral was sent home with your student.

COVID Guidelines

Students may return to school within 24 hours of testing positive. They will just stay home if not feeling well and are unable to participate in class (or if they have a fever). If a fever is present, they should stay home until fever-free for 24 hours (without using fever-reducing medication). There are no masking stipulations. We are not tracking cases at all.

Illness

As a general rule of thumb, please keep your student home if they are not feeling well enough to attend or until fever-free (less than 100.4 degrees) for 24 hours without the use of fever-reducing medications. Please keep your student home until diarrhea/vomit-free for 24 hours past the last episode.

Anytime your student is seen by a healthcare provider for any illness or medical appt, please ask for a doctor's note to excuse them (they are allowed 10 days per year before a doctor's note is required)

RSV (Respiratory Syncytial Virus)

A common respiratory virus that usually causes mild cold-like symptoms. Most people recover in a week

or two, but RSV can be serious, especially in infants and older adults.

A nasal swab can be taken to confirm RSV at any clinic.

Symptoms usually include:

- Runny nose
- Decrease in appetite
- Coughing
- Sneezing
- Fever
- Wheezing

For care of, transmission, and prevention of RSV, please view the following [link](#)

Influenza (Flu)

Influenza is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness.

A nasal swab can be taken to confirm influenza at any clinic.

Symptoms usually include:

- Fever/chills
- Cough
- Sore throat
- Runny/stuffy nose
- Muscle/body aches
- Headaches
- Fatigue
- Vomiting/diarrhea (this is more common in children than adults)

For care of, transmission, and prevention of influenza, please view the following [link](#).