

# Mead Family Newsletter

## March 2024

### A Message From Your Principal

Hello Mead families!

It's hard to believe we are already two thirds of the way into our school year! In just twelve short weeks, we will be wrapping up our learning for 2023-2024. Looking back, I am amazed by how far our students have come, and I can't wait to see what progress our Mustangs will make in this final trimester!

As you saw in the [latest district communication](#), there will be a change to our Monday schedule **starting in September of 2024**. Instead of having an early dismissal on Mondays, students will have a late start on Monday mornings. Busing schedules will run later on Monday mornings, but you will have the option to drop your Mustangs off at our Morning Jumpstart program if you need to keep your normal Monday morning schedule. Then, our dismissal will be at 3:30 for every day of the week, including Mondays, starting next year. We'll continue to communicate with you throughout the rest of this school year for more details on this change.

Thank you for your continued support!  
Amber Applebee, Principal

**This Year's Monday  
Schedule:**

**8:25-2:30  
(early release)**

**Next Year's Monday  
Schedule:**

**9:15-3:30  
(late start)**

**\*Jump Start will still be  
open at 6:45**

### Important Dates in March

- **March 8th: Trimester Two Report cards come home**
- **March 8th: Yearbook Orders Due (\$6 each)**
- **March 10th: Daylight Savings Time Starts- Set your clocks ahead!**
- **March 12th: Mead PTC Meeting @ 4pm in the Mead cafeteria**
- **March 18th-April 24th: Forward Testing Window (grades 3-5)**
- **March 18th- Mead PTC Movie Night- 5pm-6:30pm in the Mead gym**
- **March 25th-29th: Spring Break (No School)**



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



WISCONSIN  
FORWARD  
EXAM

## Families, we need your help!

In the weeks ahead, our third, fourth and fifth graders will be taking the very important, state Forward Exam to show off what they've learned this year.

***We need YOU to make sure they are in school each day they are testing and are getting plenty of sleep the night before each testing day to ensure they are able to do their absolute best.***

### 3rd Grade Test Schedule:

- 3/19, 3/20, & 4/9: Language Arts Tests
- 4/16 & 4/17: Math Tests

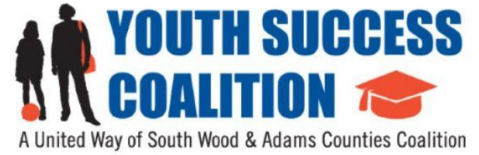
### 4th Grade Test Schedule:

- 3/19, 3/20, & 4/9: Language Arts Tests
- 4/2: Social Studies Tests
- 4/3 & 4/4: Science Tests
- 4/16 & 4/17: Math Tests

### 5th Grade Test Schedule:

- 3/19, 3/20, & 4/4: Language Arts Tests
- 4/10 & 4/11: Math Tests

Classrooms will be practicing for these tests the entire month of March, so attendance this month is incredibly important. You can help at home too. [Check out this site to learn more about how families can practice for the Forward Exam at home.](#) To learn more about the Forward Exam in general, [click here.](#)



## Teen Job Fair at LHS 2-5pm, March 20th

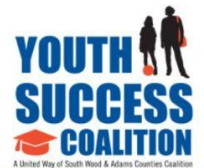
Whether saving for college or a car, most teens need extra cash. That means getting a job—but where do you start? Who's hiring? For what jobs? How do you apply?

The Teen Job Fair at Lincoln High School will host more than 20 local employers from 2:00-5:00pm on March 22nd.

Attendees will meet employers, learn about job openings, and can apply on-site—with some additional opportunities for on-site interviews.

The Teen Job Fair is free to attend and open to all teens. Looking for part-time, full-time, seasonal work, or interested in networking? You don't want to miss out—register now using the QR code below for a chance to win a prize drawing!

**Register now!  
Scan here!**



United Way of South  
Wood & Adams Counties



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



## Greens are the Harvest of the Month!

### Add greens to your favorite family meals:

- Add fresh spinach to your smoothie.
- Use fresh or frozen spinach in lasagna, casseroles, or soups.
- Saute Swiss chard with garlic and add to eggs or top a pizza.

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

**Select** – Look for greens that are a deep green color and have crisp leaves.

**Store** – Refrigerate in a plastic bag for 3-5 days.

**Prepare** – Rinse, then tear or chop the leaves.

### Did you Know?

“Super green” refers to dark green vegetables that contain extra amounts of key nutrients like vitamins A and C, potassium, and dietary fiber. These dark green vegetables are important to eat often to grow and stay healthy. Try a variety of “super green” vegetables including spinach, Swiss chard, kale, collard greens, romaine lettuce, watercress, bok choy, and mustard greens.



Nutritious, Delicious, Wisconsin!  
#WIHarvestofTheMonth



Extension  
UNIVERSITY OF WISCONSIN-MADISON

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.

Watch this video to learn more about our Title One Program:



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



## A Message from Mead PTC

- Thank you to all who were able to attend our virtual “Cozy Up and Read” event this past month. We are happy to announce that our next event will be a **Family Movie Night on March 18th from 5pm to 6:30 pm**. Please join us to watch *Over the Hedge* together in the Mead gym. Popcorn, hotdogs and water will be sold by the Mead PTC.
- **Our next meeting is on March 12th at 4pm. We hope to see you there!** You can enter through Door B on Alton Street.

---

## [News from the Nurse: March 2024](#)

🌸 Enjoy your spring break and safe travels for those traveling. See spring break travel tips from the CDC. [Spring Break Travel Tips](#)

### Healthy practices

Children need healthy eating habits and physical activity for proper growth and development. As the 2nd trimester comes to an end it is important to practice healthy ways to prepare for finals/exams.

- Educate your child on the importance of choosing healthy foods (fruits/veggies, protein, whole grains, low-fat/fat-free milk)
- Balanced breakfast, and hydration
- Plan to eat more meals together as a family
- Practice mindful eating by limiting screen time at mealtime (phones, TV, etc)
- Trying a new fruit or vegetable each week
- Get everyone to help with food preparation
- Watching TV? Take a break during commercials to be more physically active.
- Proper sleep hygiene—no screen time before bed

### From the CDC (Norovirus)

Norovirus is a very contagious virus that causes vomiting and diarrhea. Anyone can get infected and sick with norovirus. Norovirus is sometimes called the “stomach flu” or “stomach bug”. However, norovirus illness is not related to the flu, which is caused by influenza virus. Discover norovirus symptoms, how the virus spreads, and how to prevent norovirus.

Link: [CDC: Norovirus](#)

Influenza, COVID, and RSV continue to circulate across Wisconsin. Learn more about how to reduce your risk and prevent the spread. [CDC Respiratory Viruses](#)

The average school-aged student can get between 5-7 colds per year. They don't typically require treatment or intervention. If their symptoms are not interfering with play or sleep, you can aid them by encouraging more rest and fluids. If they have any of these symptoms: fever, prolonged or worsening cough, wheezing, or other cold symptoms that persist beyond 1 week, seek medical evaluation. Cough drops are available in the nurse's office- we encourage middle/high school students to bring in their own. They may be left in the nurse's office for their personal use. Sending water bottles and snacks with your student daily can help with symptoms as well.

---

## [Attention: Over-the-counter medication reminder](#)

The school shall administer over-the-counter medication for a maximum of three consecutive days. It is the district's philosophy that if the student requires over-the-counter medication for more than three days, they should be seen by a physician.

Each school building has a limited stock of over-the-counter medications for the school year; therefore, parents are highly encouraged to bring in their own supply of over-the-counter medications; and they can be kept in the nurse's office for your child to use. Middle school students are not allowed to keep medication in their lockers/on their person (with the exception of cough drops). Nonprescription medication (e.g. Tylenol) may be administered to students by school personnel with written instructions and consent by the parent/guardian. The non-prescription must be delivered to school personnel by the student's parent/guardian.

For students to receive any school stock over-the-counter medications at school (Tylenol, Ibuprofen, Tums, cough drops, Benadryl), a parent/guardian must have the medical consent filled out online on Skyward. If that consent is NOT filled out, your child will NOT be able to take any school stock medications.

Please see the WRPS [website](#) for more health-related information.

## [Immunizations](#)

*Please review the following schedule and make sure your child is compliant by next school year. Parents can schedule a nurse visit at the doctor's clinic to get vaccinations. Wood County immunization clinic for eligible children/adults link [Brochure](#)*

### Required Immunizations for School

\*\*\*\*\*5 months through 15 months:

2 DTP/DTaP/DT, 2 Polio, 2 Hep B, 2 Hib, 2 PCV

\*\*\*\*\*16 months through 23 months:

3 DTP/DTaP/DT, 2 Polio, 1 MMR, 2 Hep B, 3 Hib, 3 PCV

\*\*\*\*\*2 years through 4 years:

4 DTP/DTaP/DT, 3 Polio, 1 MMR, 1 Var, 3 Hep B, 3 Hib, 3 PCV

\*\*\*\*\*Kindergarten through grade 6:

4 DTP/DTaP/DT, 4 Polio, 2 MMR, 2 Var, 3 Hep B

\*\*\*\*\*Grade 7 through grade 12:

4 DTP/DTaP/DT, 1 Tdap 4 Polio, 2 MMR, 2 Var, 3 Hep B



If your child should not receive immunizations for any reason, please fill out the waiver found at the bottom of the record form signed by a parent/guardian or physician, and return it to the school nurse.

If your child should not receive immunizations due to a medical concern, please discuss it with your child's physician.

The updated student immunization record form is available here: [Student Immunization Record](#).

---