



# NEWSLETTER

## December 2022

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Grant Elementary-WRPS

### From the Desk of Mrs. Calteux....

Greetings,

As we close out 2022, the hustle and bustle of the last month is overwhelming and exhausting, but can also be the most joyful time of the year. We look forward to fresh snow for new forts in the playground and the merry noise of students working in their busy classrooms.

Construction continues to move along in the front of the school building. The new office is almost finished and will open at the start of 2023. We are thankful for the added security to our school building and look forward to welcoming parents and visitors into the space soon!

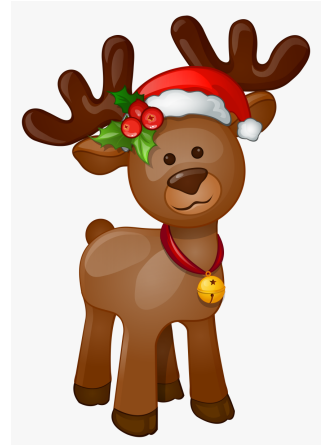
The week before Winter Break will include a lot of exciting activities. On Monday the 19th, we will have Candy Cane Day and will hand out candy grams that afternoon. Thank you Grant School PAG for putting this fundraiser together. Tuesday we will be extra festive as well as we invite everyone to dress in fun holiday apparel. On Wednesday we will channel our flannel as we stay nice and cozy all day. Finally, Thursday will be a pajama day complete with a whole school sing-along in the afternoon. We can't wait for the fun festivities that week!

I sincerely hope that you are able to spend special time with your friends and family over Winter Break. Enjoying time together is the best way to recharge our batteries for the new year!

*Happy Holidays!*

Mrs. Calteux

**PLEASE CALL BEFORE 11 AM  
WITH AFTER SCHOOL CHANGES**



### CALENDAR

**Dec. 05** Progress Reports  
posted-Family Access

**Dec. 23-** NO SCHOOL

**Dec. 30** Winter Break

### MEALTIME PRICES

Check your account via  
[Skyward Family Access](#)

#### Breakfast

Paid	\$1.50
Free/Reduced	\$0.00

#### Lunch

Paid	\$2.15
Reduced	\$0.40
Free	\$0.00

**Milk \$0.45**

Students who take milk for their cold lunch, or an extra milk with hot lunch, will be **charged \$0.45**, regardless of pay status (i.e., Free, Reduced).



Learn The Latest From  
Coalition Member  
Boys & Girls Club

The Boys & Girls Club of WR is dedicated to providing a safe, fun space for local youth ages 6-18 before school, after school, and all summer long! Each Club member has access to high-quality role models, homework help, healthy meals/snacks, and a variety of enrichment programs that focus on academic success, good character, and healthy lifestyles. Our Club mission is to enable all young people, especially those who need us most, to reach their full potential as productive, caring, responsible citizens.

Fall after-school programming is off to a great start, with over 400 members enrolled at our WR Center, Port Edwards and Nekoosa school sites. We focus on three important learning components: Healthy Lifestyles (Social Emotional Learning/ Physical Activity/Healthy Habits), STEM, and art projects. We are lucky to partner with the YMCA to utilize the gym, pool, playground, and sports field. Members have the opportunity to grow and advance in educational learning and provide insight about the community.

Included at our WR location is the Teen Center, where members aged 11-18 participate in a variety of programs including Career Launch and Teen Cuisine. Members aged 14 and up can become Teen Associates through the Work Force program, which allows them to receive training, learn job skills, and get paid for working right at the Club. Our Jumpstart Morning Program, a before-school program held at six elementary schools (Howe, Grove, Mead, Think, Washington, and Woodside), kicked off this school year with over 250 total enrolled members. Stay tuned—Summer Program registration will open in March 2023, accessible online at [www.bgwra.org](http://www.bgwra.org). Follow our Facebook for more details. Please contact Member Service Director Cheyenne Kester at [ckester@bgcwra.org](mailto:ckester@bgcwra.org) or 715-818-5252 with specific registration or membership questions.



BOYS & GIRLS CLUB



United Way of South  
Wood & Adams Counties

# GRANT SCHOOL

CHRISTMAS WEEK

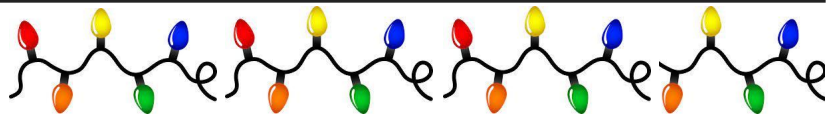
DRESS UP DAYS

Monday - **National Candy Cane Day** - Wear RED and White

Tuesday - **Deck The Halls** - Wear all your Christmas Fun!  
(Dresses, Sweaters, Reindeer Antlers, Bells, ETC.)

Wednesday - **Channel Your Flannel** - Flannel Shirt Day

Thursday - **Baby It's Cold Outside!** Wear your PJ's



All of the staff at Grant Elementary extend a sincere "THANK YOU" to the many Grant School families who participated in our annual "Holiday Giving" project. Teaching children to think of others who are less fortunate at this time of the year is one of the most valuable "gifts" to give. Your "giving spirit" will be a lasting example of the joy and satisfaction that comes from not only receiving gifts but also giving them to others. This life lesson can't be found in a commercial or heard from a celebrity on the TV; to be truly learned, the message must come from a child's parents/guardians.

Grant families are reminded to return all gifts, **unwrapped**, to Grant School with your student no later than Monday, December 12th.





# December 2022

## News From Nurse Tasha

As the days get shorter and the weather is gloomier, many people find themselves feeling sad. To the left are some tricks to help beat the winter blues. (Make sure to boost up with extra vitamin D as well to help ward off illness).

You can't educate a student who isn't healthy ...



and you can't keep children healthy who aren't educated!

There are a lot of different viruses circulating this time of year. Please be cognizant when determining whether or not to send your student to school. As a reminder, they are allowed 10 sick days throughout the year. Anything covered by a doctor's excuse does not count towards the sick days. Please request a doctor's excuse anytime your student has an appointment or is seen for illness. It is recommended to follow up with a health care provider if your student has been ill for 3 or more days.

Please take some time to refresh and recuperate over the holiday break. Enjoy your time with family and friends!!

### 7 TIPS TO BEAT THE WINTER BLUES



#### 1. BRIGHTEN YOUR HOME

Vitamin D from natural light can help to improve your mood. Make it a daily routine to open your blinds and curtains.



#### 2. ANTICIPATE AN EVENT

Anticipate an upcoming event, or create something to look forward to such as inviting your grandchildren or friend to visit. This can create positive feelings and excitement.



#### 3. STICK TO A SCHEDULE

Avoid the temptation to alter your schedule to avoid activities and socialization. Stick to your every day schedule.



#### 4. EAT A BALANCED DIET

Eating the right combination of proteins, carbohydrates, dairy, fruits and vegetables is a natural way to boost your mood and energy.



#### 5. STAY ACTIVE

Exercise can be vital to lifting up your mood during the winter months. Stretching, walking and lifting light weights are a few ideas to get you started.



#### 6. ACCOMPLISH A GOAL

Motivate yourself by adding a goal to your to-do list, big or small, and once it's finished, cross it off.



#### 7. SOCIALIZE WITH OTHERS

Lift your spirits and shift your perspective by being around others. Attend a church service or volunteer in your community.



WWW.CONCORDIALM.ORG  
724-352-1571



*The Wisconsin Rapids Public School Nurses would like to wish you and yours a Merry Christmas and wonderful New Year*























Nutritious • Delicious • Wisconsin

Greetings,

Our school is participating in [Wisconsin Harvest of the Month](#)! Harvest of the Month is a statewide campaign that encourages students to eat more fruits and vegetables. Each month, our school will feature one Wisconsin-grown fruit or vegetable that is seasonally available. We will encourage students to taste, explore, and learn about the importance of eating fruits and vegetables in the classroom and cafeteria.

Watch the school menu and [Harvest of the Month](#) page on the WRPS website for more information about the Harvest of the Month fruits and vegetables. We will feature fruits and veggies from this list:

		<b>FEATURED FRUITS &amp; VEGGIES</b>					
<b>autumn</b>	<ul style="list-style-type: none"> <li>• apples</li> <li>• winter squash</li> <li>• broccoli</li> <li>• cranberries</li> <li>• kale</li> </ul>						
<b>winter</b>	<ul style="list-style-type: none"> <li>• carrots</li> <li>• sweet potatoes</li> <li>• cabbage</li> <li>• potatoes</li> <li>• beets</li> </ul>						
<b>spring</b>	<ul style="list-style-type: none"> <li>• greens</li> <li>• asparagus</li> <li>• sweet peas</li> <li>• lettuce</li> <li>• radish</li> </ul>						
<b>summer</b>	<ul style="list-style-type: none"> <li>• summer squash</li> <li>• peppers</li> <li>• tomatoes</li> <li>• corn</li> <li>• cucumber</li> </ul>						

Ask your child about Harvest of the Month foods and prepare these foods at home. Providing many opportunities for your child to try new foods is important for building healthy eating habits and adventurous eaters.

We hope you join us in this opportunity to promote eating fruits and vegetables!



UW-MADISON EXTENSION

Wisconsin Harvest of the Month is a project of The University of Wisconsin-Madison Division of Extension FoodWise program.

*FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program—SNAP and Expanded Food and Nutrition Education Program - EFNEP. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.*



**WISCONSIN RAPIDS  
PUBLIC SCHOOLS**



**WRPS SPECIAL EDUCATION VAN SUBSTITUTES**

**GET PAID TO DRIVE!**

**FLEXIBLE SCHEDULE • NO NIGHTS/WEEKENDS**

**CAN BE A SUPPLEMENT TO OTHER SUB ASSIGNMENTS**

**JOIN OUR POOL OF SUBSTITUTE  
VAN DRIVERS!**

**JOB POSTING:**

[wrps.org/humanresources/employment.cfm](http://wrps.org/humanresources/employment.cfm)

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