

# DODGELAND ELEMENTARY NEWSLETTER



## FEBRUARY 2025

### WHAT'S HAPPENING?

#### **ATTENDANCE MONTH CHALLENGE:**

Awesome Attendance certificates of rates 95% or higher were given to students. More than 200 awards were given last week! This month, our classrooms are working on an attendance challenge. Students who are present will be able to fill in a letter on the class chart. When the chart is full, the class will get a prize!



### BREAKFAST & LUNCH

[Click here for BREAKFAST MENU](#)

[Click here for LUNCH MENU](#)



### CONTACT INFO

Principal: Mrs. Huelsman

Email: [huelsman@dodgeland.k12.wi.us](mailto:huelsman@dodgeland.k12.wi.us)

Phone: 920.386.4404 ext 1013



### IMPORTANT DATES

February 3  
Seals On Wheels

February 11  
100th Day of School

February 13  
Pro-Kids Show

February 14  
Valentine's Day

February 17  
No School - Professional Development

February 19  
Parent/Teacher Conferences &  
Referendum Info Night for Parents 5 PM or 6:30 PM

February 21  
Early Release @ 2:20 PM

# HARVEST OF THE MONTH



**CRUNCH into CARROTS**

#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.



## 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.*

### 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

**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.

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**FAMILY FUN TASTE A RAINBOW**

Gather different colored carrots (purple, yellow, white, red, or orange).  
Do they all taste the same? Are any colors sweeter?



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# A MESSAGE FROM THE PRINCIPAL

**Hello Families!**

**It is shocking how fast time flies and that we are already in semester 2 of the school year and starting February soon. This time of year can seem long sometimes because the weather keeps us indoors more often, the sun is somewhat elusive at times, and for the shortest month of the year it is full of activities both in and out of school!**

**This also means that it is very important that students are present for each day so that they don't miss a thing! Looking at the calendar for next month, you can see we have a fun assembly planned (with a free family fun night as well), parent/teacher conferences, the 100th day of school, and even some special dress up days too! In addition to all these fun things, we are also working so hard on reading, writing, math, etc. This is the time of year where we are building on previous learning and really stretching our brains! Please keep encouraging your child to read at home and work on their math home connections as well. The more practice they have, the easier the new learning becomes! When we work together to encourage your children to work hard, practice often and do their best, they all thrive. Thank you for your support.**

**As always, if you have any questions or concerns, don't hesitate to contact me at school.**

**Mrs. Huelsman**

## NOTE FROM OUR SPECIAL ED DIRECTOR

**Our district will be participating in the Family Engagement Survey in late January/early February 2025. All families with children ages 3-17 who receive special education services through an IEP will be invited to complete the survey online.**

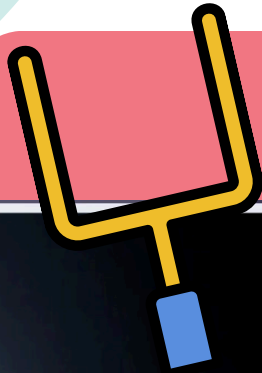
**The survey link will be sent to you via email early in 2025. We encourage you to participate and share your experiences and perspectives. Your feedback will help us strengthen our partnership with families and improve the services we provide to children with special needs.**

**If you have any questions, please feel free to contact me.**

**Thank you for your participation!**

**Jen Johnson  
Special Education Director  
920-386-8293**

# HOW CAN I SUPPORT?



# SUPER “SOUPER” BOWL CHALLENGE

SUPPORT FOR YOUR FAVORITE TEAM AND OUR LOCAL FOOD  
PANTRY AT THE SAME TIME!

DONATE CANNED OR DRY  
SOUP AND PUT IT IN THE END  
ZONE OF YOUR FAVORITE TEAM.  
THE TEAM WITH THE MOST  
SOUP WILL BE THE WINNER  
OF “SOUPER” BOWL 2025!

## FEBRUARY 3-7



**COME AND LISTEN**

**DODGELAND SCHOOL  
REFERENDUM INFO NIGHT  
FOR PARENTS**



**Wednesday, February 19  
5:00 or 6:30 PM**

**Dodgeland Commons**

Join us to learn about the details of the upcoming referendum and its potential impact on our district.



**Dodgeland  
SCHOOLS**

*The Road to a Better Tomorrow*

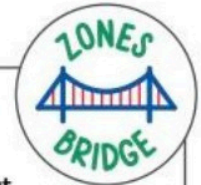


# LEARNING ABOUT BODY SIGNALS

## Concept 4 - My Signals, My Zones



### WHAT ARE WE LEARNING?



In this concept we learned about **body signals**- the sensations inside our body that help us figure out how we feel. Body signals also alert us that we are changing Zones. Each of us is unique, so we do not all experience our Zones, emotions, or body signals the same way.

### Possible Body Signals:

#### Blue Zone

Low Energy  
Moving Slowly  
Slow Heartbeat  
Foggy Thinking  
Heavy Muscles

#### Green Zone

Medium Energy  
Comfortable Body  
Steady Breath/  
Heartbeat  
Focused Thinking  
Relaxed Muscles

#### Yellow Zone

Higher Energy  
Wiggly Movement  
Faster Heartbeat  
Faster Thinking  
Tense Muscles

#### Red Zone

Highest Energy  
Hot/Sweating  
Pounding Heart  
Racing Thoughts  
Powerful Muscles



### WHY IS IT IMPORTANT?

Noticing our body signals helps to build **self-awareness**. When we understand how we feel, it is easier for us to figure out how to regulate those feelings/Zones.



### ASK AND SHARE

To help with learning, discuss these questions together.

- *What is a feeling you often have when you're in the Blue Zone? What body signals do you notice? (Repeat for each of the different Zones: Red, Yellow, and Green.)*



### BRIDGE ACTIVITY: CHANGING SIGNALS

1. Find a fun way to move your bodies, such as dancing, bouncing, or wrestling together.
2. Pause. Point to a body signal you notice and explain how it feels. For example, *my movement feels really fast.*



Heart



Breath



Energy



Movement



Thinking

# ATTENDANCE MATTERS!

**At the end of the first semester, I visited each classroom to award Awesome Attendance certificates to all students that had a 95% or higher attendance rate. I gave out more than 200 awards last week! I will be back at the end of March to hand out more awards. Students that are at or above 95% or have improved their attendance at that time will be awarded! I'd love to give out even more certificates!**

**I know that students get sick and that things come up that are unavoidable. Just a reminder that our policy on keeping children home from school from the handbook (pg 24) includes when they exhibit the following symptoms/situations:**

- **Fever of 100 degrees or more within the past 24 hours**
- **Diarrhea of 3 or more abnormally loose stools within 24 hours**
- **Vomiting during the night or that morning related to stomach flu**
- **Sore throat with fever, redness and/or swollen glands**
- **Appearance/Behavior that is more lethargic, unusually tired, pale, unusually irritable, etc**
- **On antibiotics less than 24 hours**

**We don't want students to spread illnesses to others either. At the same time, this time of year (and during allergy seasons), sometimes students have a scratchy throat or have a low level cold/stuffy nose. It is okay to be in school then. You know your children best, so use your best judgment so that they are in school the most days possible. If you are unsure, please let us know. The goal is for students to not miss more than 10 days of school per year.**

**This month, our classrooms are working on an attendance challenge. Each day that every student in class is present, they will be able to fill in a letter on the class chart. When the chart is full, the class will get a prize! I hope I get to visit every one of your students at the end of the month!**

# NOTIFYING THE SCHOOL OF STUDENT ABSENCES

**This is a friendly reminder to notify the elementary office if your child is absent from school. We have been told in the last few months that parents have left us messages that we did not get in the office. That means that parents are getting auto calls and emails from us to check on their status even though they have called. In order to make sure that we get the messages, please make sure that you are leaving messages in the correct voicemail box or emailing the correct address. You can find more information on our [Dodgeland Website](#) by scrolling all the way to the bottom and clicking on **Contact us**. Below are the best ways to contact us about student absences:**

- **Email us at: [elattendance@dodgeland.k12.wi.us](mailto:elattendance@dodgeland.k12.wi.us)**
- **Call our main line at (920) 386-4404 and choose option #1 to leave a message for an elementary student**
- **Call our main line at (920) 386-4404 and choose option #5 to leave a message (or talk to Miss Patti) in the office**
  - **Please call before 9:00 AM to ensure attendance is recorded accurately**



# KIDS HEART CHALLENGE

## American Heart Association and the Kids Heart Challenge

**The Kids Heart Challenge starts on Monday, Feb 3. Our school is participating in the fundraising for the American Heart Association and also learning about heart health during the next few weeks. Our Dodgeland Elementary School page is [HERE](#). This website is where you can sign up and also learn more about the prizes and goals for the year. The due date is Friday, February 21! Thank you for your support!**



# **NATIONAL SCHOOL COUNSELING WEEK: 3-7**

THEME- SCHOOL COUNSELING: HELPING STUDENTS THRIVE

**MONDAY**

WEAR YOUR  
FAVORITE TEAM  
JERSEY

**TUESDAY**

CRAZY HAT DAY

**WEDNESDAY**

PJ/COMFY DAY

**THURSDAY**

WEAR YELLOW TO  
BRIGHTEN  
SOMEONE'S DAY

**FRIDAY**

COLLEGE APPAREL  
OR DODGELAND  
GEAR

NATIONAL SCHOOL COUNSELING WEEK  
DODGELAND ELEMENTARY SCHOOL  
FEBRUARY 3-7, 2025