



# Park Elementary News

ISD 423

*Celebrating lifelong learning and building a school community  
that encourages learning, respect and communication.*

February 11, 2020

## Contact

### Information

Park Elementary Office  
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Principal  
[Email](#)

**Mary Getzke**  
Assistant Principal  
[Email](#)

**Building Nurse**  
320-234-2734

**School Website**  
[www.isd423.org](http://www.isd423.org)

**Hutchinson Bus Lines**  
320-234-0888

## Important Dates

**February 10**—Pennies for Patients Begins

**February 11**—100th Day of School

**February 13**—No School, Evening Conferences

**February 14**—No School, Conferences

**February 17**—No School/ President's Day

**February 20**—PTO Family Fun Night/Dance

**February 27**—CR Youth Choir Concert

**March 2**—PTO Meeting, West Elementary

**March 5**—End of Trimester

**March 6-13**—No School

## Yearbook Update

Due to technical difficulties with our school photo company, students are unable to order yearbooks for the 2019-2020 school year. We apologize for the inconvenience.



## Pennies for Patients

An Annual Fundraiser

It's time to empty that coin jar, clean out those couch cushions, and check your pockets for **Pennies for Patients**! Park Elementary School will be collecting spare change and other donations to support Pennies for Patients; a cancer education program and fundraiser benefiting the Leukemia & Lymphoma Society. As an added incentive, the classroom with the largest collection will earn a pizza party!



**Collections will take place from February 10th—February 28th.**

If you would like to donate to Park's online giving page, [click here](#).



## School Calendar Reminder:

Please notice that the next  
*scheduled 2-hour late start* is  
on May 6.

Follow us on Twitter to stay caught  
up on Park's  
Events and Reminders:



[@parkelem](#)



## Department Spotlight

### Title 1/Intervention Assistants

Title 1 is a federally funded program designed to provide help for students who need extra support in math, reading and/or language arts. Its goal is to help students succeed in the regular classroom and reach grade level performance. Park Elementary has 14 paraprofessionals (*pictured below*) who serve in our Title 1 department. These staff members are assigned to help students in all four grade levels. They are imperative to the successes of Park students and are a great asset to classroom teachers.



*Pictured: (Back Row) Joyce Ludowese, Jodi Drew, Gwen Stenzel, Peggy Kwitek, Sam Simonson, Jen Wicklund, Donna Bordson, Sue Severin. (Front Row) Julie Monahan, Cathy Martinez, Trina McGraw, Nancy Gapp, Sara Redekopp, Jodi Brunner*

## From the Cafeteria

Want to know what the menus are for the month of February?

[Click here to see the breakfast menu](#)  
and

[Click here to see the lunch menu.](#)

As a reminder, breakfast is free to all of our students and is served every school day, except late starts, starting at 8:15am.



## Counselors' Corner

Jill Bridge and Valerie Huepenbecker, LSC



Everyone has problems that need solving. The counseling department has been working with all grade levels to help students identify how to calm down "strong feelings" so that they can think clearly. Calming

down helps one think so that he/she can solve problems. Our counselors have been teaching the following steps that students can use to help solve problems.

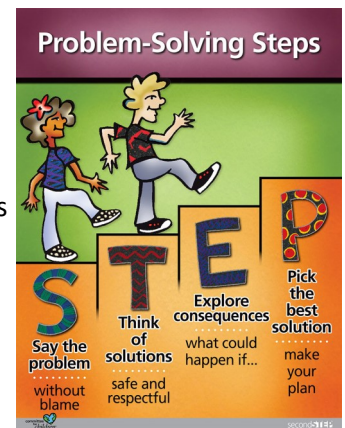
**S: Say the Problem** without casting blame. Stating a problem in a way that blames the other person can cause hurt and angry feelings. No one wants to feel hurt or angry. When people are hurt or angry, it makes it harder to solve the problem. Here's a scenario-based question: two kids are arguing about the rules to a game. How would you state the problem without blame?

**T: Think of solutions.** Providing various resolutions builds cognitive skills and can prevent students from using hasty, aggressive responses to problems.

**E: Explore consequences.** This step helps students think through cause and effect to avoid using solutions that could create more problems. Students are taught to consider whether an option is respectful. This technique helps build a student's capacity for empathy by enlisting perspective-taking skills during the process.

**P: Pick the best solution.** Both students work together to pick the best option so they can have a win-win solution.

These skills are designed to build students' abilities to handle interpersonal conflicts effectively. Students who are capable of calming down and solving their own problems are often more successful in school and in their interpersonal relationships.



# Park Updates

Park Elementary

## PTO

### Be in the Know



- The PTO just recently hosted its annual **Family Skate Night**, which was greatly attended by families from both Park and West Elementary! What a great way to embrace the winter weather!
- February 20th is the PTO **Family Fun Night Dance**! We hope to see you there! [Click here to see the flyer.](#)
- The **Scholastic Book Fair** will be held during winter conferences, Feb 13-14. We are not able to offer BOGO this year. Hours:  
**February 13 3:30pm-8pm**  
**February 14 8am-3pm**
- Consider attending one of the monthly PTO meetings; the next one is scheduled for March 2nd at West Elementary

*If you are interested in being a PTO volunteer, please email our president, [staciehoffman@hotmail.com](mailto:staciehoffman@hotmail.com).*



## Remembering Caleb

### Buddy Bench



Caleb Karnitz always wanted everyone to have a friend. We now have a Buddy Bench at the Park Elementary playground in honor of Caleb. The Buddy Bench is a visual cue for children to signal to classmates that they're looking for a friend to play with. We had a special ceremony at Park Elementary School, along with Caleb's family, to reveal the bench. It was placed on the playground near the tennis courts and will be integrated into the school's CARES and Second Step curriculum. What a beautiful addition to our school and a special way to remember our friend, Caleb.





# { Around the Building }

Park Elementary

## Recess Fun



Thank you to the Student Council, Rachael, and Mrs. Getzke for serving hot cocoa to the students at recess!



Do you want to build a snowman? Here's a great example of recess teamwork!

## Virtual Tours

With Mrs. Buckentin

Mrs. Buckentin did some Augmented Reality (AR) virtual tours in 2nd grade with Mrs. Smith, Mrs. Harlander, Mrs. Olberg, and Mrs. Mathews' classes. Pictured Below are some fun pictures of their AR on the Water Cycle. Students were able to manipulate virtual images of our planet, the water cycle, the water table underground, Hoover Dam, and a full tree including the root system!



## Good Deeds

Parent Interviews

Mrs. Langins' class interviewed adults asking them to share about a good deed they have done. It ties into their reading theme of lending a helping hand. Read a few responses below:



"I crochet hats for each baby born at the hospital in Glencoe."

"I sent \$20 to a cousin for gas."

"I bought coffee for the car behind me."

"I helped plow the neighbor's driveway."

# Around the Building

## EL Family Fun Night

### A Fantastic Turnout!

The District's English Learner (EL) Department had it's annual EL Family Fun Night on Friday, January 24. All families of our K-12 EL's were invited to participate in this fun evening of open gym, a potluck with delicious food, and swimming. Each child in attendance went home with some new books, and the parents learned some new information during the parent meeting.



## Science Matters

### Six White Mystery Powders

Fifth grade students used the scientific method while conducting the following tests: microscope, water, vinegar, iodine and heat (yes - with real flames!) to identify each mysterious powder. Science is our Super Power!





# [ Park Elementary Happenings ]

Park Elementary

Students had a hand-washing lesson (with glitter) with Nurse Jess.



5th Grade Band  
Concert—It  
Rocked!

**TigerBots had a great presentation at MN FLL Sectional  
Tournament! Congratulations on your awesome season!**



See what students are doing in Mrs. Withers' 4th grade class!



Kahoot Math Review



Fluency Practice with Poetry



"TRASHketball" with our Nifty Thrifty Fifty words

# [ Illness Numbers and Recommendations ]

Parents, teachers, and community members are always wondering how much illness is too much. Below are some numbers provided by providers in pediatric care.

- Children start to get colds after 6 months of age as the mom's immunity to baby starts to decrease
- Babies to Preschool average 7-8 colds per year
- School Age Children average 5-6 colds per year
- Teenagers and Adults average 4 colds per year
- Additionally, diarrhea/vomiting occur 2-3 times a year
- If a child enters daycare or school for the first time you expect the number of illnesses to rise to 10-14 per year as their immune systems encounter new germs.
- Fevers tend to accompany colds and can last several days. This is your body's response to illness and is ok, unless there is no eating, drinking, or urination.

The rate of colds triples in the winter. Not because of the cold air, but because people tend to spend more time in crowded areas indoors together breathing re-circulated air. Smoking in the home also increases your child's susceptibility to colds.

Dr. Cindy Gellner reports "The first five days of a virus are the worst, but the cold symptoms can linger two to three weeks. The average length of time a cough lasts with these viruses going around right now is 18 days."

In general, viral infections are milder than bacterial infections, but they tend to last longer. You will feel very sick for 1 to 3 days and then you will start to feel better, but some of your symptoms may linger. Symptoms that linger for a week or more may be a virus.

**See a doctor right away if you have certain symptoms.** Most viral infections can be managed at home with self care. However, under certain conditions you should see a doctor right away. It's especially important these symptoms are addressed in children. See a doctor if you notice any of the following symptoms:

- Urinating less than three times in 24 hours
- Difficulty breathing
- No improvement over three to five days
- Worsening of symptoms, or severe symptoms
- If you or a member of your household has a compromised immune system, you should be seen sooner to prevent complications.

## Please be mindful of our return to school list.

- Fever- return after fever free for 24 hours without fever reducing medication
- Vomiting- return after no vomiting for 24 hours without medication
- Diarrhea- return after no diarrhea for 24 hours without medication
- Bacterial infection- 24 hours after the start of the antibiotics AND no fever for 24 hours without fever reducing medication
- Doctor recommendations need to be followed as well before returning to school.

## Viruses or Bacteria What's got you sick?

Antibiotics are only needed for treating certain infections caused by bacteria. Viral illnesses cannot be treated with antibiotics. When an antibiotic is not prescribed, ask your healthcare professional for tips on how to relieve symptoms and feel better.

Common Condition	Common Cause			Are Antibiotics Needed?
	Bacteria	Bacteria or Virus	Virus	
Strep throat	✓			Yes
Whooping cough	✓			Yes
Urinary tract infection	✓			Yes
Sinus infection		✓		Maybe
Middle ear infection		✓		Maybe
Bronchitis/chest cold (in otherwise healthy children and adults)*		✓		No*
Common cold/runny nose			✓	No
Sore throat (except strep)			✓	No
Flu			✓	No

\* Studies show that in otherwise healthy children and adults, antibiotics for bronchitis won't help you feel better.

## IS IT A COLD OR FLU?

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU