

Netherwood News

October 2020

Edition One 2020-2021



Hello,

I have been lucky enough to be able to maintain a good routine of running or walking each weekday morning before making my way to NKE. This morning it was refreshingly cool and a full moon was lighting my way through the darkness. It is reassuring to know that with so much in constant change around us in 2020, we can count on the arrival of fall and the beauty that comes with the change of seasons. I hope that everyone is finding some small way to develop positive routines and normalcy in their lives. The NKE staff is excited to be able to bring our K-2 learners into the building more starting next week. We value the time with our youngest learners to build relationships that are the foundation for learning and growing. We also know that this increase in their time in the building is not without some anxiety, as many parts of the state are seeing increasing cases of COVID-19. As Dr. Bergstrom has communicated in her updates, we are dedicated to the health and safety of our learners and our staff. We feel good about the measures we have in place to keep everyone at NKE healthy and in a position to benefit academically, socially and emotionally from being together at school. While our classrooms will look more like what I remember from my time in elementary school in the 1970's, they will still be filled with dedication and passion for helping our learners grow. We are thankful for your support and partnership in the learning process.

I hope we can all spend some valuable time outside. Have a great October!
Mr. Kluck

IMPORTANT DATES

*October 29--No School, Teacher Professional Development Day

*October 30--No School

Notes and Reminders

Dear NKE community,

It is with great pleasure and excitement that I am joining the Netherwood family and greater Oregon community as the new Administrative Intern. I am thrilled and privileged to be working in a partnership with Mr. Kluck, the students, the families, and the staff to nurture the academic, social and emotional development of each of our students.

A little bit about me as a person, I was born in Chennai, India but moved to the tiny island nation of Singapore when I was very young. I moved to Madison, WI for my undergraduate degree at the University of Wisconsin - Madison. I also recently earned my Masters in Educational Leadership and Policy Analysis from UW- Madison. My husband and I just moved to the west side of Madison and our goldendoodle Appa is enjoying finally having a yard to run around in.

Professionally, I have worked as a classroom teacher in a 1- 3 grade multiage classroom and a K - 5 special educator. Most recently, I was a PBIS coach at a K-5 elementary school in Dane County. I am passionate about fostering a sense of belonging and making sure that every student, staff member and family feels safe and like they belong. I absolutely love being an educator and am looking forward to partnering with every family. As we continue to encourage families to be partners in the educational process, my door will always be open. Please don't hesitate to contact via email or phone. I can be reached at mnrach@oregonsd.net at 608 886 2852. I look forward to getting to know each and everyone of you better.

In partnership with you,
Maria Rach



Reporting an Absence:

Please call the attendance line at 835-4100 if your child is going to be absent from school. This would be for both online learning and in person. It is fine to inform your child's teacher of an absence but you must call the attendance line to report the absence. If your child is sick, please leave a voicemail with your child's symptoms. An absence due to a medical appointment (doctor, dentist, orthodontist) will be excused with a medical excuse. Medical excuses can be emailed to jks@oregonsd.net or faxed to 608-835-7827.

Notes and Reminders

We May Have Substitute Teachers At Times

As you know, the health, safety and security of our students and staff is our top priority. Part of our safety protocol is that any staff member who is not feeling well must stay home from school. Because symptoms of COVID-19 are similar to symptoms of many other illnesses, out of an abundance of caution, staff members will need to stay home from time to time. We also need to follow Public Health Madison & Dane County's order that staff stay home for the required period if they have been exposed to someone who tested positive for COVID-19, even if they have no symptoms and have tested negative for COVID-19.

This means there are times when there may be a substitute teacher in your student's physical or online classroom. All of our employees, including our substitutes, are required to follow our policies and procedures, including wearing masks and maintaining social distancing.

When there is a substitute, please be assured we will ensure a positive and consistent learning experience for your student.

We will certainly notify you if your student is ever in close contact at school with someone who has COVID-19. We are making every effort to ensure that does not happen, and we greatly appreciate your partnership in doing the same.

For more detailed information on our policies regarding COVID-19, please see Board Policies [565](#) and [566](#).

Oregon PTO News

What does the PTO do?

The Oregon Elementary PTO is a parent-run organization benefiting the students at Netherwood Knoll and Prairie View schools. We help by holding fundraising events to raise money for activities and classroom needs, including:

- Funding teacher requests and programs
- Hosting educational activities in which you and your child can participate
- Providing volunteer support for school programs
- Providing funding for needed technology
- Helping to pay for new playground equipment

Next PTO Meeting:

Please join us at our October meeting on October 8 at 6L30 PM virtually at

<https://epic.webex.com/epic/j.php?MTID=m200204a255aa254325e89f877bfb964c>

Fundraiser Information:

The PTO's Club Choice Fundraiser will be online only this year. We will kick off on Oct.2 and the sale will run through Oct. 16.

The product delivery date (to PVE and NKE) will be Nov. 11. Please sign up for the fundraiser here:

<https://seller.clubchoicefundraising.com/Home/SchoolPage/OREG23>

Prizes for selling items will be distributed at the school level(no indiv. prizes this year).

To volunteer, please contact Kelly at president_kelly@oregonpto.org

Get Involved

How can I find out more? Visit our website: <https://oregonpto.org>

Visit us on Facebook: <https://www.facebook.com/OregonElementaryPTO/>

How can I volunteer for PTO events? <https://oregonpto.org/pto-volunteer-form/> and watch for posts on our website and Facebook page

Subscribe to our emails: <https://oregonpto.org/subscribe-to-emails/>



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Notes and Reminders

Oregon Child Absenteeism Due to Respiratory Disease Study

nd keep reading!

If your child becomes ill with a cold or flu, they have the opportunity to participate in the Oregon Child Absenteeism due to Respiratory Disease Study (ORCHARDS); this is a public health cold and flu study run by the UW Department of Family Medicine and sponsored by the Centers for Disease Control Prevention (CDC).

If your child becomes ill, they may be able to participate if:

They are a student, grades 4K – 12, in the Oregon School District

They are experiencing at least 2 of the following cold or flu symptoms - runny nose, stuffy nose, sneezing, sore throat, headache, fatigue, cough, fever

Their symptoms started less than 7 days ago

They would be willing to do a nasal and/or throat sample

If your child would like to participate, you may contact the study by calling (608)265-3164 or emailing ORCHARDS@fammed.wisc.edu to determine eligibility and set up a brief home visit with a study coordinator. Children participating in the study will receive a \$20 gift card.



Notes and Reminders



BRIDGING
Brighter Smiles

**Get Your Winter Smiles Warm and White
With Dental Care Right at School!**



- Oral Screenings
- Dental Cleanings
- Fluoride Varnish

- Dental Sealants
- Oral Health Education
- Referral Assistance

We accept Forward Health (Badger Care)!
(We do not bill/accept other private dental insurances)

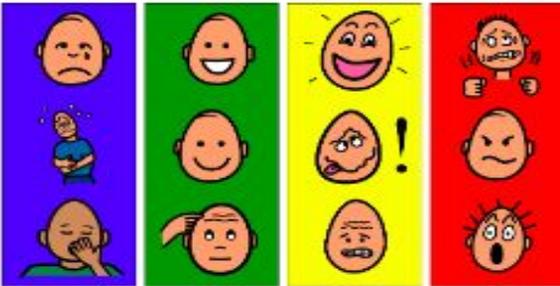
Call **262-896-9891** or Visit **www.bbsmiles.org**

Social Emotional Learning

School-Wide Monthly Lesson

This month's Zones lesson focuses on helping students understand what their body feels like, face looks like, and mind does when they are in each of the four zones. Students will learn that scientists believe that chameleons change their color to reflect their emotions. Students will spend time brainstorming all of the ways that their body/face shows their emotions. For instance, when you are angry your heart might race, your face might scrunch up, and your body might shake. Students will work on completing *Me in the blue/green/yellow/red Zone* (image below) to depict how their face and body looks and feels in each zone. The lesson will end with all students playing emotions charades. Students will take turns acting out emotions while the rest of the students guess the emotion.

The Zones of Regulation



Me in the Blue Zone

| My Face | My Body |
|---|---------|
| | |
| In the blue zone, I feel _____. | |
| I am in the blue zone when _____ | |
| _____ | |

Guidance Lessons (bi-weekly)

This month's guidance lessons will focus on personal safety and protective behaviors. Students will be learning what to do when they are feeling uncomfortable in their bodies around another person. We will focus on recognizing signs from our body that we feel unsafe, making a safety plan that includes a list of trusted adults that students can report unsafe feelings and/or experiences to, good and bad touches, and personal empowerment skills.

Supporting at Home

- Ask your student, What does your face and body look like when you are in the blue/green/yellow/red zone?
- Ask your student to share a time that they have been in the blue/green/yellow/red zone? How emotions did they feel?
- Ask your student to act out different emotions (sad, happy, angry, excited, tired, worried, relaxed, scared...) OR act out an emotion and ask your student to guess the emotion that you are acting out.
- Ask your child who they will report to if they feel or experience something unsafe.