

Traver Family News January 2021



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RESPECT - KINDNESS - CREATIVITY - INTEGRITY - PERSEVERANCE - GRATITUDE

Upcoming Events:

- Dec. 23-Jan. 1: Winter Break**
- Jan. 4: School resumes
- Jan. 12: School Board meeting, 6:30 in the gym
- Jan. 21: Pre-order lunch for Friday (1/22)
- Jan. 22: Early Dismissal, 11:45 AM. Lunch will be served.
Camp Traver will be open in the PM for Camp kids.**
- Jan. 25- Feb. 4: Rollerskating Unit in gym class. Permission slips will be sent home after break.
- Feb. 25: No School (FULL DAY--no longer a half day)**
- Feb. 26: No School**

The school office will be closed December 23-January 1. Please leave a message or email us if you need anything.



A Note From Mrs. Andersen:

Dear Traver Families,

Thank you for helping us to continue our in-person learning! If you get together with people outside of your home during the winter break or plan on traveling, please consider going virtual for 10 days past the event, or 7 days past the event with a negative COVID test. This is according to the latest suggestion by the CDC to minimize the spread of the virus. Just take a look at the calendar and let us know if your child will be learning virtually with us when we return on January 4. Call or email Mrs. Chernouski (melissa.chernouski@traverschool.org).

Newsletter Highlights:

- A Youtube URL to our recorded holiday concert.
- The January lunch menu. All student lunches continue to be free for all students!
- Questions about home internet connections due January 15
- Home & School Connection. Some great ideas to help your child get organized, strategies on how to talk to your children, and activities you can do with your child.

I hope your winter break is a time of rest and recharge for our new year!

All the best,



January 2021

Happy New Year



Monday	Tuesday	Wednesday	Thursday	Friday
Lunches continue to be free for ALL students for the remainder of the school year!				1- NO SCHOOL
4- B Day Hot Dog Sweet Potato Fries Wango Mango Juice Applesauce	5- A Day Tacos Refried Beans Taco Toppings Salsa Chilled Pears Rice Krispy Treat	6- B Day Chicken Patty on Bun Baked French Fries Carrot Sticks with Dip Peaches	7- A Day Cheese Dunkers Marinara Sauce Veggies Pineapple Orange Fruit Chocolate Chip Cookie	8- B Day Toasted Cheese Sandwich Tomato Soup Veggies Fruit Cocktail
11- A Day Grilled Chicken Sandwich Garden Salad with Dressing Broccoli Cranberries	12- B Day Hamburger Baked Beans Fresh Tomatoes Apple	13- A Day French Toast Sticks Sausage Links Hash Browns Wango Mango Juice Oranges	14- B Day Ham & Turkey Sub Lettuce & Tomato Carrot Sticks with Dip Chilled Pears Baked Lays Chips	15- A Day WG Pizza Veggies Peaches Fruit Isee
18- B Day Chicken Nuggets Roll Yogurt Mandarin Oranges Broccoli with Dip	19- A Day Tacos Refried Beans Taco Toppings Salsa Applesauce Snickerdoodle Cookie	20- B Day Spaghetti Garden Salad with Dressing Cucumbers Garlic Bread Fruit Cocktail	21- A Day Mini Corn Dogs Baked French Fries Cauliflower Red Peppers Chilled Pears	22- B Day Cook's Choice EARLY DISMISSAL 11:45 LUNCH WILL BE SERVED *PRE-ORDER ON THURSDAY*
25- A Day Chicken Patty on Bun Sweet Potato Fries Applesauce Broccoli with Dip	26- B Day Nachos with Meat & Cheese Black Beans Shredded Lettuce Salsa Peaches	27- A Day Sloppy Joe Spudsters Garden Salad with Dressing Grapes	28- B Day Chicken Egg Roll Rice Yogurt Mandarin Oranges Snap Peas with Dip Carrot Sticks	29- A Day Personal Pizza Pineapple Veggies Snickerdoodle Cookie

WG= Whole Grain

A variety of milk will be provided daily.

Traver School is an equal opportunity employer.

Menu is subject to change if necessary.

Don't forget! When you're doing your holiday cooking and baking to scan your receipts with the Box Tops app and collect Walworth Sentry receipts to send to school!

Snow/Cold Closings: There is always a possibility of school closing due to extreme weather. The quickest method of finding out if we are closed is to watch the local television stations.

We also will use our automated phone message system as well as list it on Facebook and the website, but you will find out faster by watching the television or checking their websites.

If you see that "Lake Geneva Joint 1" schools or "Badger High School" are closed for extreme weather, we will be, too.

Do you buy from Amazon? If so, please help Community Club by using smile.amazon.com. This is Amazon's giving site that is exactly the same as the regular site. When you choose us as your organization, we get a percentage of your purchase! You can now use Smile through the Amazon mobile app, too. Go to "Settings" and find AmazonSmile to find us.



The rollerskating unit in gym class will be back again this year!

The unit is for two weeks: January 25 - February 5.

We are asking families to contribute \$5 for each of their students to participate.

The permission slips will go home after winter break.

Music News

This is the **unlisted** YouTube link to our holiday songs. When a video is "unlisted", that means that you will not be able to search on YouTube for the video, but you can type in this direct link in your browser in order to see the video:

<https://youtu.be/RZXHFDJOibo>

4K–Beginning of the video
3rd– 14:13

5K– 6:10
4th– 18:17

1st & 2nd– 9:53
6th– 21:46

Band lessons will be starting up after Winter Break! Band is an elective for 4th through 8th graders. Notes about band were sent home in mid-December, so bring in your forms to begin! We even have some instruments that students can borrow! Please talk to Mrs. Kolmos about the details.

Internet Connections

Does your family struggle with internet connections in your home? We would like to know about it. We may have some options to get some hotspots through Verizon to help out at **no cost** to families.

We know that living in a rural area means that the internet can be troublesome! Also, we know that even if your internet is OK, sometimes multiple devices (like 3 kids on Google Meet at the same time!) can make your connection weak.

So, please let us know if you have any internet connection struggles and we can hopefully work out a solution for you. Please email Ms. Schultz (sara.schultz@traverschool.org) and CC Mrs. Andersen (allyssa.andersen@traverschool.org) or call school to let us know.

Please respond to this request by January 15.

Winter Break Puzzler

Z W Z L W M O P G U S J C R Y O U Y F N
E N S U F W C R I U Z S U E R R N O S J
A P I H P C A K O P E V N V O N K N T C
N X B Z R T H O U V U M R E R X O K G X
S U Y N I E R U L S O S A S E W Y W N Q
Z F I T G J M O H C B H R T L Y R W D P
X T U T F L W T R A V E R N A Q A F C D
R D C X X R E R T S E R F E X N U Q M B
E Y R E E C A S V R Q S K D K M N L P X
W V E B P E R H P C Z G R U G N A U D Z
K C M M Y S S E N D N I K T M Q J Q I T
P I Q W C H E M A Q G R E S K I M O B D
T H E E G U Z R O T C R N T M N T M B M
I N G I A Z Z W Q B I H A S V T V D D R
W N Q K G W Q Q I B I V W E H E G Q M A
P E R S E V E R A N C E I B P G A D V A
J N V A R V H N V W T B U T L R Z C V E
O H U C R N T M X A V E P O Y I Z I E A
I G O K V G Q K I I R N R N L T P J P T
I I K O R N S F A U Z K V H W Y T X Z P

Can you find all these words hidden in the puzzle?

TRAVER
TIMBERWOLVES
RESPECT
KINDNESS
CREATIVITY
INTEGRITY
PERSEVERANCE
GRATITUDE
JANUARY
NEW YEAR
RELAX
REST
SNOW
WINTER
BEST STUDENTS EVER



Home & School

CONNECTION®

Working Together for School Success

January 2021



Linn J4 School District

Traver School

SHORT NOTES

Think like a scientist

Does your child understand the difference between an *observation* (what she sees) and an *inference* (what she concludes from the evidence)? Help her by pointing out things you observe and what she can infer. (“There are footprints in the mud, so someone probably walked there after it rained.”)

Car safety

Keep your youngster safe in the car by making sure his lap belt lies across his upper thighs and the shoulder belt fits across his chest. If his seat belt doesn't fit right, he still needs a booster seat. Most kids “graduate” from a booster when they're 4 feet 9 inches tall, typically between the ages of 8 and 12.

Dealing with swearing

Youngsters sometimes experiment with curse words to impress friends or express anger. Consider making a “nice language” rule that applies to children *and* adults, since your child will follow your example. And let her know what the consequence will be for swearing.

Worth quoting

“Reading is important, because if you can read, you can learn anything about everything and everything about anything.” *Tomie dePaola*

JUST FOR FUN



Q: Why do you need a dictionary when you talk to giants?

A: They use big words!

Organized for a new year

It's no surprise that students who are organized tend to do better in school. Could your youngster use some help in this department? Share these strategies for overcoming common pitfalls and starting 2021 off on the right foot.

Problem: “I forgot to do my assignment.”

Solution: Lists and calendars

Encourage your child to end each day by making a to-do list for tomorrow. He can add to it as he gets new assignments. He'll be less apt to forget anything, and he'll find it satisfying to cross out completed tasks. Also, he could keep a calendar for upcoming tests, presentations, and projects.

Problem: “I lost my homework.”

Solution: A filing system

Suggest that your youngster keep his backpack nearby while he does homework. After he finishes each assignment, he can put it directly into his backpack. Learning online? Help him create a computer folder for each



subject—each with a subfolder just for homework. Also, have him back up files regularly to a thumb drive or a school-approved cloud app.

Problem: “My book is here ... somewhere.”

Solution: The five-minute rule

Let your child in on a little secret: The time he spends staying organized will actually save him time in the long run. This is where the five-minute rule comes in. Before he begins working each day, have him set a timer for five minutes and organize supplies, papers, and books until the timer goes off.♥

What did you learn today?

Expressing interest in school lets your child know her learning is important to you. Consider these tips:

- Ask your youngster to demonstrate something she did in school. She might teach you the steps in long division or a song she sang in music. If she's learning remotely, ask her to show you what apps she uses and how she submits assignments.

- Weave a conversation about school into your evening routine. For example, while you make dinner, invite your youngster to tell you all the cool facts she learned about ancient Egypt during today's history lesson.♥



Mindfulness for kids

Mindfulness is the practice of slowing down and focusing on the moment as a way to relax. Suggest that your youngster try these strategies to reduce stress.

Five senses. Encourage your child to notice something different with each of her five senses. She might *see* snow falling, *hear* the dog snoring, *touch* her cozy sweatshirt, *smell* the fire burning in the fireplace, and *taste* an orange.



Thought balloons. Have your youngster sit quietly with her eyes closed. She should focus on breathing in slowly for a count of four and holding her breath for four seconds. Next, she can exhale all the air slowly, pretending she's blowing any worries into a giant balloon. Then, she could imagine the balloon—and her worries—floating away.

Limp noodles. Ask your child to lie on the floor and pretend she's an uncooked noodle by stiff-

ening all her muscles. Now have her loosen her toes, feet, ankles, legs, and the rest of her body until she's a completely limp (and relaxed) noodle!♥

PARENT TO PARENT



At-home field trips

My son Carson loves school field trips, but he hasn't been able to go on any since the pandemic began. So we've been taking virtual field trips—and they're inspiring real-life learning!

This past fall, we “toured” national parks online to see fall foliage in different parts of the country. Then, we walked around our neighborhood, and Carson sketched the colorful trees he saw.



Another time, we “rode” roller coasters on theme-park websites. This led Carson to experiment with building a roller coaster for his toy cars out of cardboard tubes.

While our virtual trips aren't the same as going to real places, Carson is learning a lot from them, both online and with his projects afterward. And we're having fun exploring the world as a family—from home.

Find more virtual field trip ideas at rfeonline.com/FieldTrips.♥

OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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ACTIVITY CORNER

Paper engineering

Why do so many buildings have cylinder-shaped columns? Let your child experiment to find out.

Materials: three sheets of construction paper, tape, hardback books

Have your child make three paper columns like this:

1. Roll paper lengthwise into a cylinder, and secure with tape.
2. Fold paper into fourths lengthwise. Unfold, and shape into a rectangular column. Tape the edges together.
3. Fold paper into thirds lengthwise. Tape into a triangular column.

Now it's time to test the columns. Your youngster can stand them up and carefully stack books, one at a time, on top.

What happens? The cylinder supports multiple books, while a single book instantly crushes the other two columns. Can your child figure out why? (The cylinder's shape distributes weight evenly. The folds in the rectangular and triangular columns create points of weakness.)♥



Q & A

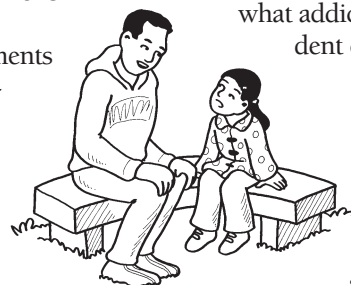
Talking about drugs

Q: My daughter is in third grade. Is it too soon to talk about drugs?

A: Actually, children are never too young to start learning about drugs. At this age, your daughter is more likely to be open about her questions and opinions—and to listen to yours.

Watch for teachable moments in everyday life. If her doctor prescribes medicine, you could use the opportunity to talk about why she's not allowed to take medicine that wasn't prescribed for her. If you give

her over-the-counter medicine, ask her to help you carefully read the label and double-check the dosage. Explain that it's dangerous to take more than the recommended amount. Or let a TV commercial about addiction spark a discussion about what addiction means (being dependent on drugs).



Note: Stay up to date on the latest information about children and drugs by visiting websites like drugabuse.gov or getsmartaboutdrugs.com.♥