Parent Newsletter
Hamilton Elementary

Spring 2020 News

"Learning & Growing Together"

Dear Families,

I am struggling with what to put in my message here. It has been said often, but these are truly unprecedented times. As of the writing of this newsletter, I do not know if/when we will resume school this year. Know that whether in person, or remotely, our staff are dedicated to doing whatever we can to support you and your child(ren) - please don't hesitate to reach out if we can do anything to support you.

Our staff have been working very hard and adapting on the fly to our new normal. Our days have been filled with virtual meetings, pulling together curriculum, and preparing packets to mail home to students.

I have been extremely grateful and proud of our staff during this time!

Sincerely, Mr. Burns

No School
Currently thru April 24th
(School at home starting April 14th until we can return)

May 25 - Memorial Day

Early Release (if back at school)
May 8 - Dismissal is at 12:48
With no afternoon preschool

Last Day of School
June 4
Preschool's last day

June 5
K-5 dismiss on June 5th at 12:48 pm
(District wide is two hours early)

Updates to Concerts/Family Nights
Cancelled:
April 16-Grades 2 & 3 Concert
5:30 to 6:15 p.m.
April 16- Grades 4 & 5 Concert
6:30 to 7:15 p.m.

May be Cancelled per Upcoming DPI/Governmental Orders:
April 30-Bike Rodeo Family Night
May 12-Strings Recital Gr 2-5 at 5:30
May 20-HPL Open House at 4 p.m.
June 4-5th Gr. Graduation at 2 p.m.

Health Room News

We hope everyone is staying healthy and well! We have some information to share with you.

Medications remaining at school: For those families whose children have medication remaining at school, we would prefer the medication remain there until school re-opens. Due to social distancing guidelines and stay at home orders, the general public isn't allowed in school buildings at this time. We would prefer to not meet parents outside of the school unless it is absolutely necessary for you to obtain those medications. Thank you.

COVID-19 Information

I think I may have COVID-19, what should I do?

- Call your provider or the La Crosse County Health Department for directions BEFORE you go to Urgent Care or the Emergency Room. If you are having difficulty breathing or experiencing any emergency, call 911.

Gundersen: 782-7300
Mayo: 785-0940
La Crosse County Health Department COVID-19 Line: 785-6240

I think I was exposed to COVID-19. I have not been contacted by the La Crosse County Health Department, what should I do?

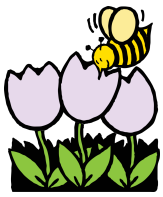
- Visit https://lacrossecounty.org/covid19 to complete a google form.

I have general COVID-19 questions, where can I go for information?

- The La Crosse County Health Department Facebook Page is updated daily at 3:30pm with the number of cases in the County.
- La Crosse County Health Department Website: https://lacrossecounty.org/covid19 This includes COVID updates, local info and press briefing links. There is also a link to a form to fill out if you think you have been exposed to COVID-19.
- WI Dept of Health Services: https://www.dhs.wisconsin.gov/covid-19/index.htm This site has general COVID-19 Information, as well as State case counts. This information is updated daily at 2 p.m.
- https://www.cdc.gov/ CDC has national information about COVID-19, including case numbers nationwide. This site is updated daily.

I have a specific question I would like to ask regarding COVID-19. Who can I call?

The La Crosse County Health Department's COVID-19 question line at **785-6240**.



Yours in health,
Amber Peters, Health Assistant & Michelle Rank, District Nurse

Attention 5th Grade Parents: New Immunization needed for the start of 6th grade:

All incoming 6th graders are required to have a TdaP immunization on file by the first day of school in the fall. This can be obtained at their 11 year old well child check up. If your child has not received this immunization, please contact your provider, the La Crosse County Health Department (785-9723), or Walgreens to obtain this immunization prior to September 1, 2020. You may contact the health assistant or school nurse with any questions. Thank you.

211 Services

Know that help is available if you don't know where to turn for child/youth *mental health or substance abuse* resources. Dial 211 for free and confidential:

- Crisis line services
- Community information
- Provider information (names, hours, specialties, payment options, etc.)
- Support Groups
- And more…

Counselor Corner

Emotional and Mental Health for you as a parent

This unpredictable situation that we are living in currently can cause lots of emotions. We may find ourselves worried and anxious about our health, financial situation, and/or living situation. We may become more frustrated with trying to balance a new normal with the kids at home. Stress from these times could lead to changes in sleep or eating patterns, worsening of mental health concerns or an increased use of alcohol, tobacco, or other drugs.

So what can you do?

Avoid too much news
Get plenty of sleep
Avoid alcohol and drugs
Connect with others through email, text, phone calls or video chats
Take breaks to regain control of strong feeling
Take care of your body - deep breaths, exercise, stretching
Seek help when needed -211

How do I explain this to my kids? How do I help them through their big feelings?

I hope this resource provides good talking points for you and your child to understand what is going on and why we are not at school.

Are you in need of other support?

Has your housing changed since we last met? Please reach out to me or see this Homeless flyer
Food/Basic needs supplies? Local Food Pantry listing

For all the needs above or additional needs, please also reach out to Mrs. Bertram, 507-858-7058, hbertram@lacrossesd.org
A list for more resources can be found on Mrs. Bertrams Counseling Website

April is Child Abuse Prevention Month

There are four types of abuse.

If you suspect abuse, contact:
La Crosse County:
Toll Free Crisis Line: 1-888-231-0066
For help via text: (608)386-1142

Highly Qualified Teachers

The School District of La Crosse takes pride in hiring only highly qualified teachers. This means they all are fully trained, certified, and often experienced in the position they teach. Our faculty consistently has a high percentage of advanced degrees, and we do a good job of retaining some of the top staff in the state and the nation. Life events, such as retirement, childbirth, or illness, sometimes cause a need for a long- term substitute teacher. When this happens we always make every effort to hire a highly qualified substitute. All are certified teachers and most are licensed in the area in which they are substituting. In rare cases it may be impossible to find a teacher with a particular certification, such as special education. This may result in the district asking the Wisconsin Department of Public Instruction for an emergency license for such a teacher. If you ever have any questions about the certification of <u>any</u> of our staff, please call me, Ben Burns, principal of Hamilton/SOTA 1.

Community Schools Update

First, I want to recognize the times we are living in and how challenging these times are for our children, families, schools, neighborhoods and community. In saying that, I am blown away on a daily basis by the generosity of our families, staff, neighbors, and partners. We have had many individuals and organizations reach out to find out what type of support our students and families are in need of during these difficult times. The amount of support from our community partners is very much appreciated, and creates a sense of safety that we are not in this alone - we will get through this crisis together!

I'd like to recognize a couple of our community partners that have provided donations and other support to our students, families, staff and community throughout this COVID-19 crisis: Gundersen Health Systems, Global Partners, Powell/Poage/Hamilton Neighborhood Association, Hunger Task Force, La Crosse Area Family Collaborative (LAFC), La Crosse City Police Department - Neighborhood Resource Officers, Boys & Girls Club (BGC), Festival Foods (Copeland Ave.), Hamilton PTO, and the La Crosse Public Education Foundation. Without these strong partnerships we would not be able to make the connections and meet the needs we have been fortunate enough to be able to address throughout these difficult times- Thank You!

Lastly, with the current school closure, and the uncertainty of when we will return to school, the scheduled Spring, 2020 Community School activities and events have been canceled. I will be working diligently to reschedule these activities once we return to school. As always, if you have any ideas that you'd like to see incorporated into our community school initiative please do not hesitate to reach out to me with those ideas; I can be reached at srugg@lacrossesd.org.

If you have any questions or concerns feel free to contact me via email at srugg@lacrossesd.org.

Please stay safe and be well...I look forward to seeing everyone again!

-Sara Jackson (Rugg), Community School Coordinator

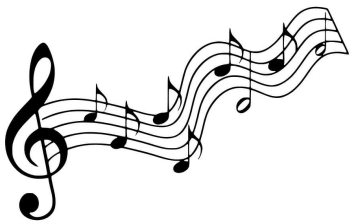
News from the Library

Elliott J., Beatrice, Isaac and Camden D. tied for 17th in the state for this year's Battle of the Books competition. There were a total of 236 elementary schools participating. The statewide Battle of the Books program is designed to promote a love of reading among our students. It encourages students to read a variety of books and remember information about the plots, characters, and settings of the books. Every question asked in a battle is answered by the title and author of the book.

Library News Continued

If school resumes, all materials will be due to the Hamilton/SOTA I Library by the end of the day on May 22nd. At that time the library will complete their annual inventory of the 12,000 materials found in the library. Thank you for the support of the library and returning all items.

Save the Date: HPL Open House featuring speciality musicians on Wednesday, May 20th from 4:00-5:30 PM. Ms. Wakeen and Mrs. Harden welcome you to come and celebrate the accomplishments of our friends in HPL (High Performance Learning) and specialty musicians from Hamilton/SOTA I.
We hope to see you in the library.



grow Garden News

Unfortunately GROW garden lessons have been cancelled for the spring. Here's what we were going to learn about! The first garden lesson, "Dirt made with our lunch" is to include a taste test, a cheeseburger deconstruction activity and seed starts. With each lesson includes a mindfulness exercise designed to increase mental health wellness. You can reinforce what your children learn at garden lessons by asking questions about it. You can also get involved by volunteering. Sign up at www.growlacrosse.org/volunteer/

This year GROW is expanding garden lessons at Emerson Elementary and Lincoln Middle Schools. GROW is able to connect more students with healthy food and nature through the support of the community. Thank you for supporting GROW's mission by sharing stories of how GROW lessons have impacted your students! If your family would like to make a donation to GROW please contact bonnie@growlacrosse.org.

Safe Routes to School Program

When school resumes we hope to again offer our Safe Routes to School Walk Program. Walking and biking to school are healthy ways to commute to school. There will be a notice going home as to the date this program will begin. A crossing guard is located at the intersection of 7th and Johnson. Bike racks are located outside of the main entrance on 7th street. Hamilton/SOTA is a participant in the Safe Routes to School Program. Students and parents meet at Powell Park at 7:40 a.m. each Wednesday to walk to school. The walk starts at 7:45 a.m. We walk rain or shine, but walks will be cancelled if there is thunder or lightning.

Pedestrian Safety Rules:

Use the crosswalks
Obey the crossing guard
Never cross between parked cars where you cannot be seen
Look both ways before crossing

Bike Safety Rules:

Please wear a helmet
Stop at stop signs
Look both ways before crossing
Walk bikes on the playground

Summer Meal Sites *(subject to change)*

Location	Dates	Times	Days
Emerson*	6/8-8/18	Breakfast: 7:30-8:30 Lunch: 11:30-12:30	M-F
Hintgen*	6/8-8/19	Breakfast: 7:30-8:30 Lunch: 11:30-12:30	M-F
Spence*	6/8-8/20	Breakfast: 7:30-8:30 Lunch: 11:15-12:30	M-F
Northside*	6/8-8/21	Breakfast: 7:30-8:30 Lunch: 11:30-12:30	M-F
North Woods	6/8-8/22	Breakfast: 7:30-8:30 Lunch: 11:15-12:15	M-F
Summit	6/8-8/23	Breakfast: 7:30-8:30 Lunch: 11:15-12:15	M-F
Lincoln	6/8-8/24	Breakfast: 7:30-8:30 Lunch: 11:30-12:30	M-F
Logan Middle	6/8-8/25	Lunch: 11:30-12:30	M-Th
Longfellow	6/8-8/26	Breakfast: 7:30-8:30 Lunch: 11:30-12:30	M-F
Central High	6/8-8/27	Breakfast: 7:30-8:30 Lunch: 11:30-12:30	M-F
Logan High	6/8-8/28	Breakfast: 7:30-8:30 Lunch: 11:30-12:30	M-F
*Surround Care			

Summer School 2020 Online Registration is now open at:
www.lacrosseschools.org/programs-services/summer-school
Deadline is April 15th. For questions, call 789-8955 or e-mail summer@lacrossesd.org