

What's Happening 1/10/21-1/23/21

Cohort A- Mondays and Tuesdays

Cohort B- Thursdays and Fridays

Cohort C- Virtual only

Cohort D - M, Tu, Th Fri



Upcoming Events:

January 11-15 - Putnam Heights School Spirit Week

January 12 - Virtual General PTO meeting - 6:30pm

Principal's Message:

Hello Putnam Panther Families,

Welcome to a new year! I wish you health, happiness, and peace! Traditionally it's a time we set goals....."I'm going to eat healthier" or "I'm finally going to learn how to play piano." Your child can also set goals....academic goals. Research has proven that student goal setting is highly effective in increasing student achievement. When students have clear goals, it provides motivation and puts focus on what is important. Student goal setting works best when we all work together. Setting meaningful and reachable goals is important, and so is creating an action plan for reaching those goals. Your child can use your guidance and positive support.

- Talk about how to accomplish the goal. For example, "Talk with my teacher to get extra help."
- Help identify possible obstacles to the goal and make plans to overcome those obstacles.
- Help break a long-term goal down into several short-term steps.
- Goals should be clear and specific. For example, the goal could be "I will receive at least "X" in all of my subjects this term."
- Goals should be reachable, so that your child doesn't lose motivation.
- State the goals in a positive way. For example, a goal could be "I will plan my time carefully each week" versus "I will stop wasting my time".

Happy goal setting! Diana Lesneski Principal

School Announcements:

- We hope that all Putnam students join in our January Spirit week! All students can participate whether they are in person or learning virtually each day. We hope that you will share pictures of your student dressing up on our [Putnam Facebook Page](#)

Putnam Heights Spirit Week January 11-15

Monday: Move It Monday - Wear your favorite athletic or sports clothing

Tuesday: Hat Day - Wear a fun hat

Wednesday: Wacky Day - Wear some mismatched or wacky clothes

Thursday: Take It Outside - Put on some warm clothes and head outside to play

Friday: Putnam Pride - Wear some Putnam blue or gear

- **For Cohort C Families:**

Below are the new dates to pick up your child's virtual materials. Pick up at Putnam will be 7:45-8:30am and 4:15-4:45pm

Elementary Materials Pick-up Dates for January-beginning of March, 2021

January 15 and January 29, February 12 and February 26, March 12

- We just wanted to remind families that the district calendar was updated in October to reflect our blended learning model. This calendar change meant that we **will** have school on January 18, February 25, 26, and March 1, which are days that in past years we would have had no school. [Here](#) is a copy of the updated school calendar.
- Thanks to all our students, families, and staff who participated in our December Putnam Story Night. It seemed to be a great success. Thanks to all the families who shared pictures of their children participating. We love how amazing all the penguins turned out! We hope to do a similar event this spring as well. Thanks again to our Putnam PTO for helping to sponsor this event.

PTO Announcements:

Please join us for our General PTO meeting on Tuesday January 12 at 6:30pm. All Putnam families are welcome to join our PTO meeting.

Please join my meeting from your computer, tablet or smartphone.

<https://global.gotomeeting.com/join/435826805>

You can also dial in using your phone. United States (Toll Free): [1 866 899 4679](tel:18668994679) United States: [+1 \(571\) 317-3116](tel:+15713173116)
Access Code: 435-826-805

Putnam Heights PTO General Meeting Agenda Tuesday, January 12, 2021, 6:30pm Virtual Meeting

1. Call to Order
2. Welcome and introduction
3. Approval of minutes from General Meeting on 10/15/20
4. Principal's Report- Diana Lesneski
5. Committee Recaps and updates:
 1. Book Fair (Laura Bauer)
 2. Family Events (Erin Anderson)
 3. Grounds (Carlee O'Connor)
 4. Logo Wear - (Elissa Fromm)
 5. Parent Advisory Council (Tom Giffey/Michael Tvaruska)
 6. Popcorn/Snack Days (Brittney Peterson)
 7. Yearbook (Melissa Hogan)
 8. Fundraising (Jamie Kampf)
2. Business:
 1. Vote in new Secretary Katie Furlano
 2. We are in need of a Second President (vote would happen at next meeting)
 3. Family/Teacher Conferences in February/March
 4. Treasurer Report

i. Fundraising

1. Buffalo Wild Wings fundraiser - \$0
2. Panera fundraiser - Pending
3. Butterbraid Bread - \$923.50
4. Clothing Order - \$308.50
5. Amazon Smile - \$31.76
6. Toppers Pizza - spent \$1000.00

ii. Opt-Out/Donations - \$653.00

iii. Teacher fund utilized by:

1. Andress Wainwright - \$140.00
2. Sam Curtis - \$118.63

iv. Snack Days -

1. 10/15/2020 = \$148.56 (chips)
2. 11/6/2020 = \$164.85 (goldfish)
3. 12/7/2020 = \$102.28 (fruit snacks)
4. Flexible Grant - \$22.00 for Battle of the Books
5. Teacher Appreciation - \$106.55 for snacks for teacher conferences
6. Year to Date = Revenue = \$631.80 Expense = \$1,821.59 Total = \$1,189.79

1. Other Business

- Toppers Pizza has generously partnered with Putnam Heights PTO to raise funds! Order forms are going home for certificates that are available for purchase for \$20 which are valid for "Any 2 Menu Items **or** 21 Wings for Free" Please return forms with payment (cash or check payable to "Putnam Heights PTO") to Erin Anderson, Partnership Coordinator by January 29th.
Please let the office know if you need another order form. Please contact putnampto@gmail.com if you have any questions.
- **Heather Golden** - Previous Secretary, Current Treasurer
Hello, I am Heather Golden. I have 2 boys that attend Putnam Heights in 1st and 3rd grades and became a member of the PTO two years ago. I work full time as a Director for a company in the Twin Cities that provides support to adults with disabilities and mental illness. I do drive a lot but thankfully not every day!
I joined the Putnam PTO after attending the amazing events the PTO sponsored and facilitated the first year my oldest attended Putnam and wanted to give back some of my time towards such a great cause. I also fell in love with the Carnival and after hearing that no one wanted to organize it, I decided to take on that role and ensure that all the kids got to enjoy it every year. I have found that joining the Putnam PTO gave me a resource to meet other families at Putnam and has really helped this year in particular with creating relationships for my boys to have outside of school.
I would like to reach out to all the other families within Putnam and ask for your support and time to ensure that Putnam continues to have a Parent Teacher Organization in the future. Being a member of the PTO is not a time taxing responsibility and not something you are committing to do for years. Please be open to holding a board member position or volunteering at events, we need you all to keep the amazing opportunities at Putnam alive moving forward!!

School Nurse News:

- Mental health is relative to our physical and daily wellbeing, in COVID times and otherwise. Please check out the ECASD Nursing Department webpage [ECASD School Nurses](#) which is updated monthly with information and resources on how to improve and maintain healthy thought processes, attitudes, practices and relationships - for both adults and children.
- **JANUARY 2021** S.K. Kewin, BSN, RN School Nurse
[Metacognition: How Thinking About Thinking Can Help Kids | Child Mind Institute](#)

“Kids need to be able to make the transition from ‘I can’t’ to the proactive ‘How can I!’” – Rae Jacobson

Metacognition is a purposeful thought process; it is spending quality time ‘dialing in’ to the awareness of your surroundings – the people, faces, behaviors and gestures – the places, sights and sounds, while concurrently evaluating our thoughts and feelings in response to them.

Metacognition is intentional exploration of what is occurring and what we believe are the contributions to it...the reason(s) influencing what is happening, difficult or otherwise. Think about what your role is relative to the ‘happening.’ Through this deeper awareness, we create and strengthen connections between our thoughts, words and actions in order to move beyond negative thinking, to overhaul inaction and ultimately, stay invested as opposed to withdrawing based on initial discouraging impressions.

As a coping mechanism that can be introduced, practiced and mastered, metacognition is developmental, retainable, transferrable and limitless in its application to the world *around* us and the world of thoughts and emotions *within* each of us. The sooner we learn and incorporate this practice the better because we can develop healthy mental groundwork providing the positive reinforcement we need during our trying times while modeling it for others.

Training ourselves and our children to approach and respond with a mindset more like: Growing, learning and disappointments are natural and should be expected (with a plan to address it – not feared and avoided at all costs). Every so often, think: let’s take time to absorb the surroundings, what we enjoy and what we think needs improvement. Where we direct our focus – we are naturally an advocate for – be purposeful in your thinking process because thoughts are foundational for action.

Example:

“A girl who is regularly told how talented she is and is used to being praised for her performances is likely to get frustrated and overwhelmed at the sheer thought of performing badly.

But a girl who is praised for her ability to work hard and persevere when she’s faced with a challenge can draw on her metacognitive skills to help her manage her nerves and help her figure out a way of rehearsing that works better for her.”
(p. 2)

Focus on the cognitive (thinking) process versus whether or not a desired outcome is obtained. This process will become part of you/your child’s character and approach/response as a problem-solving technique for life!

Reference:

Jacobson, R. (n.d.) Metacognition: How Thinking About Thinking Can Help Kids. *Child Mind Institute*. Retrieved on 12/17/20 from <https://childmind.org/articlehows-metacognition-can-help-kids/>

WINTER SAFETY TIPS

Whether winter brings severe storms, light dustings or just cold temperatures, the **American Academy of Pediatrics (AAP)** has some valuable tips on how to keep your children safe and warm.

What to Wear

- Dress **infants** and **children** warmly for outdoor activities. Several thin layers will keep them dry and warm. Don’t forget warm boots, gloves or mittens, and a hat.
- The rule of thumb for older babies and young children is to dress them in one more layer of clothing than an adult would wear in the same conditions.

Hypothermia

- Hypothermia develops when a child's temperature falls below normal due to **exposure to colder temperatures**. It often happens when a youngster is **playing outdoors** in extremely cold weather without wearing proper clothing or when clothes get wet. It can occur more quickly in children than in adults.
- As hypothermia sets in, the child may shiver and become lethargic and clumsy. Speech may become slurred and body temperature will decline in more severe cases.
- If you suspect your child is hypothermic, **call 911** at once. Until help arrives, take the child indoors, remove any wet clothing, and wrap him in blankets or warm clothes.

Frostbite

- **Frostbite** happens when the skin and outer tissues become frozen. This condition tends to happen on extremities like the fingers, toes, ears and nose. They may become pale, gray and blistered. At the same time, the child may complain that his/her skin burns or has become numb.

- If frostbite occurs, bring the child indoors and place the frostbitten parts of her body in warm (not hot) water. 104° Fahrenheit (about the temperature of most hot tubs) is recommended. Warm washcloths may be applied to frostbitten nose, ears and lips.
- Do not rub the frozen areas.
- After a few minutes, dry and cover the child with clothing or blankets. Give him/her something warm to drink.
- If the numbness continues for more than a few minutes, call your doctor.

Winter Health

- If your child suffers from winter [nosebleeds](#), try using a cold air humidifier in the child's room at night. Saline nose drops or petroleum may help keep nasal tissues moist. If bleeding is severe or recurrent, consult your pediatrician.
- Cold weather does not cause [colds](#) or [flu](#). But the viruses that cause colds and flu tend to be more common in the winter, when children are in school and are in closer contact with each other. Frequent [hand washing](#) and teaching your child to sneeze or cough into the bend of her elbow may help reduce the spread of colds and flu.
- Children 6 months of age and up should get the [influenza vaccine](#) to reduce their risk of catching the flu.

Winter Sports and Activities

- Set reasonable time limits on outdoor play to prevent hypothermia and frostbite. Have children come inside periodically to warm up.
- Using [alcohol](#) or [drugs](#) before any winter activity, like snowmobiling or skiing, is dangerous and should not be permitted in any situation.

District Announcements:

- Dear ECASD Families,
Recently, the ECASD Board of Education approved a plan for how the district will approach winter emergency days this school year. Rather than having the day off, students will spend these days engaged in virtual learning. This will enable us to provide continuity for students while avoiding make-up days at the end of the school year.
You can view the district's Winter Weather Plan [HERE](#). In it, you will find information on how we will decide whether to declare a winter emergency day due to snow or cold temperatures. If this happens, we will communicate with you quickly via Skyward, the district website, social media, and the local news media. Food and Nutrition options for the day will be communicated separately as soon as possible following the winter emergency day announcement.
We have been able to move forward with this plan thanks largely to our 1:1 technology initiative, which we implemented earlier this school year. We are confident our students and staff are ready to quickly pivot between virtual and in-person instruction, including on days when inclement weather hits. Again, students should be prepared to learn virtually on these days.
We ask that you review this one-page document. If you have any questions, please contact the Putnam office.
As always, thank you for your flexibility and understanding as we continue to find ways to provide a high-quality educational experience for our students during the COVID-19 pandemic.
- **Public School Open Enrollment: February 1 – April 30, 2021**
Wisconsin residents in grades 4K-12 may apply to attend school in a school district other than the one in which they live. For example: a child that lives in the Altoona School District could apply to attend the Eau Claire Area School District (ECASD). Students in pre-kindergarten may participate in limited circumstances; parents should call ECASD Administration Department at 852-3003 to find out if their preschool-aged child(ren) qualify.
Students who are currently attending ECASD through open enrollment DO NOT need to reapply.
The open enrollment application for the 2021-22 school year is February 1 – April 30, 2021. An online application will be available to the public beginning Monday, February 1, and closing at 4:00 p.m. on April 30, 2021. For more information about open enrollment, please go to: <http://dpi.wi.gov/open-enrollment>.
Have you moved outside of the Eau Claire School District this year? If so, you need to complete a **Tuition Waiver** form. Contact ECASD Administration Department for more information at 852-3003.

Community Announcements:

The Eau Claire Area School District offers a Community Events & Resources section on its web site. Families and students may go to [Community Events](#) to view flyers for upcoming events and resources in our community that apply to school-age students and families. If provided by the organization, paper copies for events may also be available in common areas of our buildings.

The Eau Claire Area School District does not discriminate on the basis of sex, race, color, religion, national origin, ancestry, immigration status, creed, pregnancy, marital or parental status, sexual orientation, gender identity or gender expression, or physical, mental, emotional or learning disability.