

Netherwood News

April 2023

Hello Netherwood Knoll Families,

SPRING weather has finally arrived in Wisconsin. Post Spring Break, students and staff have enjoyed additional opportunities for outdoor learning!

Highlights from March include:

- Student Led Conferences
- 4th Grade Orchestra Recital
- Gymnastics unit in PE with Mr. S
- Spring Break

Upcoming events that have us excited:

- Summer School Registration opens: Thursday, April 20 at 8:00 PM
- PTO Community Fun Run: Saturday May 13
- 4th Grade Choir performs at Bee Hive Home
- Teacher Appreciation Week: May 1st-May 5th
- Please see page 2 of this bulletin if you'd like to provide feedback on your learners classroom placement for the 2023-2024 school year.

Thank you for all you do to support our entire school community,

With Gratitude,

Lindsay Eimerman

NKE Principal

Maria Rach

Administrative Intern

Ruth Greiber

School Counselor

Kelsey Antoniewicz

School Psychologist

Class Placement: 23-24

Classroom placement is a detailed, time consuming process, which takes place in Spring/Summer of each school year, by teams of: teachers, pupil services staff and administrators. The needs of every child are considered based on learning style, personality, social interactions, and academic needs. We strive to maintain diversity in classrooms: a balance of male and female students, a blend of academic readiness levels, and a balance of other identified needs (social/emotional). This is not an easy task and consequently, we do not take requests for specific teachers.

We do value your insights into your child's special characteristics and educational needs, and value any information about serious personality conflicts with other children. Please share information about your child that you want to have considered during the placement process [Here](#).

Please submit your input by 5:00 PM on Friday, April 21, 2023.

PTO Updates

Thank you to everyone that attended our March meeting both in person and virtually. The virtual option has been very well-received and will be an option the remainder of the school year. Links will be available on our Facebook page and sent to our email list. Our next meeting will be held April 12 at 6:30 in the NKE Library. Along with our usual business, we will be accepting nominations for board members for the '23-'24 school year.

Teacher Appreciation Week is rapidly approaching and will be celebrated May 1-5. The PTO has been working hard since the school year began to plan daily spoils for our wonderful school staff. Details on how you can help will be advertised soon so be on the lookout.

Our 2nd Annual Community Fun Run will be held Saturday, May 13th. Registration is open for both a 1 mile or 5K course and we are in need of volunteers. To register or for more information visit: https://www.oregonpto.org/ptocommunity_funrun/ or email: OregonPTOFunRun@oregonpto.org.

Lots of excitement to come, please save the following dates:

Wednesday, April 12th: PTO Meeting @ 6:30PM

Tuesday, April 18th: Dine Out at Benvenuto's 11AM-8PM

May 1st-May 5th: Teacher Appreciation Week

Saturday, May 13th: Community Fun Run @ 9AM

Tuesday, May 16th: PTO Meeting @6:30PM



We know that you're busy and that we all have information overload. We also know that there is nothing more important than our kids and that you want to know what's going on in our schools. To help, we've launched a podcast to offer another way to share information. Make sure to subscribe and listen so you have the latest info!

Subscribe to "*Inside the OSD*" Podcast: OregonSD.org/podcast

Summer School Information

Summer Semester Registration System Opens Thursday, April 20th at 8:00 PM - NOTE the time has changed from previous years to avoid other school activity conflicts. This year's program runs from Thursday, July 6 - Friday, July 28. More details, including registration instructions, will be sent to all OSD families next week. You can find the most recent updates at OregonSD.org/summer.

NKE Rotation Updates

Art

- 4th grade will be finishing up abstract metal work and starting 3D paper mache.
- 3rd grade will be finishing up abstract guitars and creating a landscape using foreground, middleground, and background.
- K-2nd grade will be learning and reviewing the style of Pop Art.



Physical Education

- In Physical Education we will be finishing our gymnastics and tumbling unit.
- We will be practicing the skills in hockey; passing, stick handling, and shooting.
- Towards the end of March, we will be starting field games and with 3rd-4th grade, track and field events.



Music

3rd and 4th graders finished up composition and are starting UKULELES! We will also be doing some simple folk dances so we get some movement in, as well.

2nd grade is working on adding different timbres of instruments to stories to create simple sound effects. We also are continuing our work on melody and harmony.

1st grade recently reviewed rhythm patterns after finishing up work with Camille Saint-Saens' Carnival of the Animals.

Kindergarten is concentrating on putting ideas of high/low, fast/slow and loud quiet together. A favorite song recently was 'Everybody Ought to Know', which included some solos and improv.



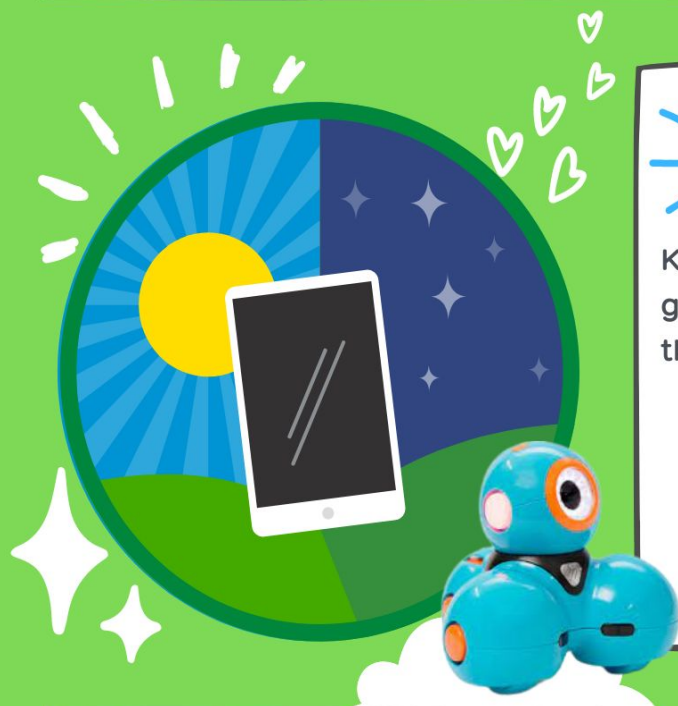
World Language

- Kindergartners are learning to share what foods they like! In particular, ingredients in tacos!
- 1st graders are learning about zoo animals!
- 2nd and 4th graders are focusing on clothing and what to wear in different climates.
- 3rd graders are learning about different rooms in a home!



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APRIL TECH NEWS



k- 2 coding

Kindergarten through second grade will continue working on their coding skills.

- Kindergarten - Sequencing
- 1st Grade - Creating Programs in Scratch; Loops
- 2nd Grade - Learning about Events in Coding



digital citizenship and online safety

Our third grade students will be discussing how to make strong passwords and the importance of having them. We will also be talking about our online identity and digital footprints.

3d design

The fourth graders will be discussing how they can be Super Digital Citizens and be upstanders online. They will choose a word that describes them and a trait that helps them be an upstander. They will then create a 3D medal with their word representing one of their super powers. We will print them on the 3D printer.

ways to model healthy habits around kids

- Set device-free times and zones
- Limit notifications when spending time with family.
- Watch and play movies, shows, and games together



<https://www.facebook.com/technologyrocksatoregonschooldistrict/>



FOOD DRIVE

AmeriCorp Farm to School is collaborating with the Oregon Area Food Pantry from **April 10th** to **April 14th** to collect:

- Meals in a can
- Pasta
- Cereal
- Canned soup
- Granola bars
- Canned tuna
- Hamburger helper
- Toothpaste and tooth brushes
- Paper towel and tissues
- Laundry soap
- And other items !

PLEASE DROP OFF ALL
DONATED ITEMS IN THE
DESIGNATED DONATION
AREA AT YOUR SCHOOL.



OREGON PTO COMMUNITY FUN RUN



SATURDAY MAY 13, 2023



5k and 1 mile routes starting/ending at RCI

All participants get a t-shirt, medal, and entry into the dance party afterwards

Donations are welcome: <https://www.oregonpto.org/donate/>

Register here: <https://bit.ly/3QsFeYz>

Visit https://www.oregonpto.org/ptocommunity_funrun/ for more information

Contact OregonPTOFunRun@oregonpto.org with questions

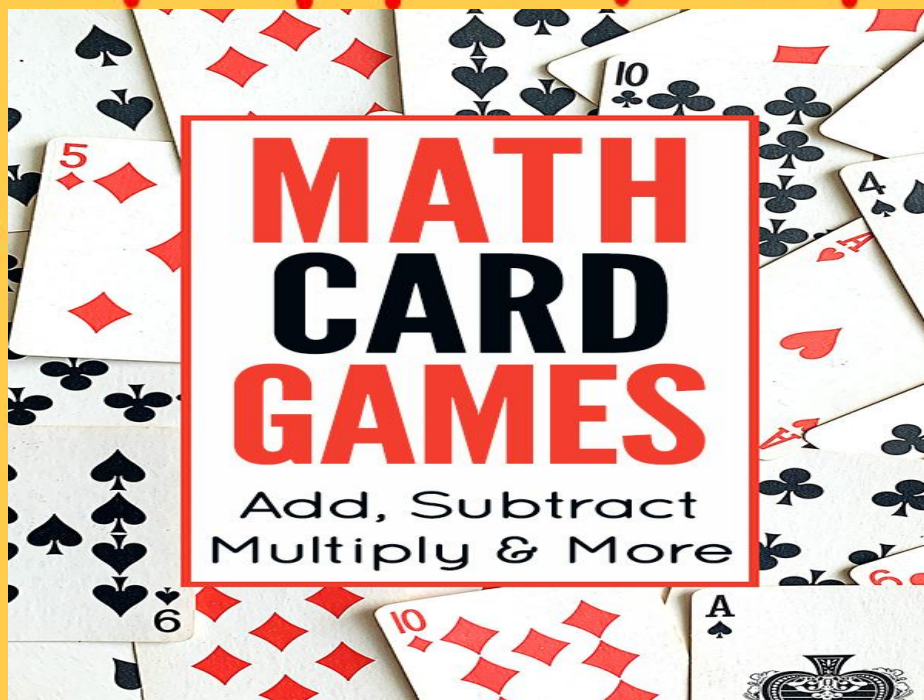


Join us for a community event to support the Oregon PTO (NKE, PVE, and RCI) through a community fun run! Everyone is welcome to participate.

March 2023 Math Connections

Linking Learning Between Home & School

Whether comparing numbers, adding, subtracting, dividing or multiplying, one simple deck of cards can be used to play countless math games, which is fabulous for the review of multiple math skills. This collection of kid-friendly [math card games](#) is likely to include some that are familiar and some new, and they're all good for reinforcing important mathematical concepts through game play. Have fun! ~ Miss Jackie



Idiopathic Toe Walking

What is it?

Idiopathic toe walking (ITW) is a diagnostic term used to describe the condition in which children walk on the balls of both feet without any known reason

Are there other kinds of toe walking?

Yes – ITW is a diagnosis of exclusion, meaning it will not be diagnosed until all other options are ruled out that may also cause toe walking, such as:

- Central nervous system disorder (i.e. Cerebral Palsy)
- Sensory processing disorder (i.e. Autism)
- Neuromuscular disorder (i.e. Muscular Dystrophy or Spinal Muscular Atrophy)
- Peripheral Neuropathy
- Tethered Cord
- Clubfoot

Who and when?

Typically starts within 6-12 months after beginning to walk with diagnosis generally occurring beyond the age of 2 and occurs in 5-12% of children

Why does it happen?

Well, we don't know for sure but here are a few theories:

- Genetic – family history of toe walking noted in many cases
- Sensory – hypersensitivity may result in seeking *less* contact with the ground or hyposensitivity may result in seeking *more* pressure on balls of feet
- Neurological – some studies show greater incidence with birth complications and may be indicative of immaturity of the motor cortex or cerebellum

Questions, comments, or concerns?

Reach out to a physical therapist or pediatrician!

Why is it important?

Prolonged toe walking can have the following effects:

- Pain (feet, ankles, knees, hips, back, etc.)
- Decreased strength in foot and ankle muscles
- Decreased balance and increased risk of falls
- Decreased functionality (stairs, running, biking, transferring to and from the floor, etc.)
- Socioemotional impact of feeling self-conscious

What should you look for?

Walking on toes more than 25% of the time

Limited passive ankle mobility

Frequent or unexpected falls during routine activities

Limited participation in school or play due to functionality and/or pain

Can it be treated?

Yes* - Children typically do not outgrow toe walking and it is impossible to predict who will and won't resolve their ITW spontaneously.

*Treatments have different success rates and there is no current treatment with 100% success rate.

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How is it treated?

There are several treatment options for ITW and they are generally categorized by level of evidence:

- **YES:** Level 1 or 2 evidence for
- **UNSURE:** Both evidence for and against
- **NO:** Evidence against or only anecdotal evidence for

Surgery – 6 months of conservative treatment is recommended prior to considering surgery

Serial Casting – weekly cast changes for 4-6 weeks on average

Watch and wait – cannot predict who will improve

Bracing – this may include night splints or orthotics

Stretching – passive stretching alone does not promote tissue lengthening, will require additional therapy

Botox – must be paired with physical therapy



Farm to School

FARM TO SCHOOL SPECIALISTS

VOLUME 2, ISSUE 4

APRIL FARM TO SCHOOL NEWSLETTER



Feta
cheese
taste test

MARCH RECAP

The month of March was filled with planning to start seedlings, bringing awareness to National Nutrition Month, hosting a classroom feta cheese taste test, and traveling to school gardens to assess how much work would be required prior to planting. F2S members were very eager the whole month to start garden related activities and lessons. Depending on the weather, the gardens can start to be worked on in early April!

UPCOMING EVENTS

During the month of April, AmeriCorps farm to school specialists will be focusing on hosting a garden clean up day at some of the elementary schools, a food drive with Oregon Area Food Pantry, and celebrating Earth Day. The food drive will run from April 10th to April 14th at all of the elementary schools. If you are able to donate food, F2S members would greatly appreciate your help!



Farm to School

FARM TO SCHOOL SPECIALISTS

VOLUME 2, ISSUE 4



EARTH DAY CELEBRATION

During the week of April, F2S members will be sending out a variety of Earth Day activities, infographics, and will be hosting a garden clean up party. Also, F2S members have collaborated with fellow F2S members in Dane County to create resources and an Earth Day newsletter to share with schools that do not have a F2S member working for them.



FARM SPOTLIGHT - BLUE MOON COMMUNITY FARM

Blue Moon Community farms is located in Stoughton, WI. The farm was started in 2004 and has expanded their farm from 1 acre to 6 acres, providing vegetables to CSA members.

Also the farm sells organic seedlings that are a great option for backyard gardeners who do not want to start from seed.

Click on the farm graphic to the right to learn more about Blue Moon.

The garden clean up party will help prepare the garden beds at the schools for planting in early May.

