

Netherwood News

May 2023

Hello Netherwood Knoll Families,

Welcome to our final FULL month of the 2022-2023 school year. Can you believe it's May?

Highlights from April include:

- We celebrated Autism and Neurodiversity month
- District Art Show celebration
- The 4th grade choir performed at the PAC, Bee Hive and Oregon Manor
- Kindergarteners went on a field trip to the Post Office
- Everyone practiced our all school tornado "drill"

Upcoming events that have us excited:

- Teacher Appreciation Week: May 1st-May 5th
- PTO Community Fun Run: Saturday May 13
- Grade Level Field Trips to locations around Dane County
- 3rd Grade Culture Fair
- 4th Grade RCI Transition Meetings
- Spring Assessments

With Gratitude,

Lindsay Eimerman

NKE Principal

Maria Rach

Administrative Intern

Ruth Greiber

School Counselor

Kelsey Antoniewicz

School Psychologist

We will celebrate our Annual N.K.E. Picnic & Game Day on Thursday 5/24

Picnic Lunch: per typical protocol, students may bring lunch from home OR opt for a school lunch. All lunches will be eaten outside in front of NKE, “picnic style”.

Lunch Recess: Students will have the opportunity to participate in multiple teacher led games and activities, such as, Kickball, Dance Party, Relay Races, etc.

Reminders for the day!

- Send your student with a water bottle on this day
 - Pack any sunscreen or sun protection supplies your student may need!
 - Pack any extra snacks you think your student may need!
 - Make sure your student has gym shoes/tennis shoes
 - If you are in need of assistance with any of these things, please reach out to Maria Rach at: mnrach@oregonsd.net
- If needed, our rain date will be Friday, May 26th



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

Lost and Found

Your Stuff Misses You Too!

Please remember to take the time to stop and look over the many items in our Lost and Found.

All items not claimed by the last day of school, June 9th, will be donated.





NKE Rotation Updates

Art

- 4th grade will be painting their 3D paper mache donuts & learning watercolor techniques.
- 3rd grade will be finishing landscapes & creating a mixed-media galaxy.
- 2nd grade will be finishing printmaking & reviewing symmetry with a painting collage.
- 1st grade will be learning about Picasso, abstract & portraits.
- Kinder will be introduced to watercolor mixing.

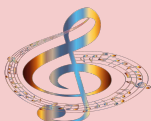
Physical Education

- Netherwood Students will be working on track and field events.
- We will also be participating in Soccer Skills stations and games
- We will be working on our Picnic and Game Day Stations as well
- To end the year, we will be playing field games and getting outside for PE as much as we can!



Music

- 3rd and 4th Graders just learned/reviewed about instrument families and will be doing some folk dancing, as well as rhythm and staff review stations and games.
- 2nd grade is getting ready for their My Planet, Your Planet concert program on May 19th.
- 1st graders have been working on So, La and Mi patterns, and will continue doing that along with some songs about transportation.
- Kindergarten is doing a few 'themed' music days, including songs about farms, the sea and spring/summer!



World Language

- Kindergarteners will soon begin learning about farm animals.
- 1st and 3rd grade are learning about different places in a community.
- 2nd and 4th graders are focusing on clothing, weather and travel!



Netherwood Knoll Technology

Mrs Sengos

HAVE A GREAT SUMMER!

It is a great time to put down devices and just play!

If your child has some screen time this summer, here are some great sites for them!

- Code.org (K-4)
- Typing.com (2nd-4th grades)
- MakerCamp - <https://makercamp.make.co/>
- Tinkercad (3rd/4th) - <https://www.tinkercad.com/>

Summer School Offerings by Mrs. Sengos (Grades 2-4)

- Keyboarding Jams - Keyboarding Practice and Fun
- Animation Creation - Exploring the World of Animation
- Escape from Summer Camp - Playing and Making Breakout (Escape Room) Type Games

TECHNOLOGY

We are finishing up the year strong!

In Kindergarten and 1st grade, students will be exploring different technologies and tools that can spark their creativity and innovation.

In 2nd Grade, we will discuss the importance of giving credit to sources that we use online. They will learn how to cite a source. The students will also be introduced to keyboarding and home row keys.

In 3rd grade, students will learn about how images can be edited and remixed online. They will understand that what we see on the Internet is not always what we should believe. We will use tools ourselves to transport us to a country or place in the world.

In 4th Grade, students are creating a 3D printed medal or badge to show off one of their super powers. These are traits that they possess that can help them be upstanders and role models online. We will discuss what copyright and ownership rights. I will truly miss all of you! I wish you the best in 5th grade.



THANKS FOR A GREAT YEAR!

PTO Updates

May kicked off with Teacher Appreciation Week (May 1-5). The PTO loves planning daily spoils to show our staff how much they mean to us. **Thank you to everyone that contributed monetarily and volunteered.** This week would not be possible without your help!

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.

Our meeting on May 16th is our last meeting of the school year. Among the many other important topics we will be discussing, we will vote on next year's board. There is still time to submit nominations to secretary@oregonpto.org. The meeting will begin at 6:30 virtually and in-person at the NKE library.

Thursday, May 18th is our Dine Out at The Great Dane Fitchburg. Mention the Oregon PTO when you dine-in or carry-out and we receive a portion of the sales. Our final Dine Out of the year is Thursday, June 1st at The Chocolate Caper and Kickback Cafe. Perfect timing for purchasing end of the year teacher gifts.

Thank you to everyone that ordered from our Square 1 Art fundraiser. We met our fundraising goal and hope you are enjoying seeing your child's artwork on some amazing products.

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.

May 2023 Math Connections

Linking Learning Between Home & School

Dear Caregivers,

For our spring newsletter, we are focusing on math in the world around us! Noticing how math shows up in our everyday lives is essential for learners to see how important mathematics is and why we practice growing our brains in math. Included below are ways to incorporate math talks and language into picture book read alouds, ways to engage in the summer math program at the Oregon Public Library and other resources rich with supporting math development outside of school. One easy first step is to start noticing and wondering aloud when you see math in our world. While out walking, "I notice there were 5 ducks in the pond and 2 flew away. Now, there are only 3." or while at the store, "I'm estimating that these groceries will cost about \$30.00, because..." When you use math language in the real world, your learner can make connections with how math shows up all around us.

Happy Solving! Miss Jackie

Spotlight on Strategies: Math All Around



Looking at images mathematicians can help us develop stronger number sense, relational thinking, and flexibility in how we look at problems. When looking at the egg carton image to the left,

yourself (or your learner) some questions like...

- How many eggs in all? How many are missing?
- How did you count them? Do you see smaller groups within the whole carton?
- Is the number of eggs odd or even? How do you know?
- Think of a favorite recipe or baking mix that requires eggs. How many batches could you make with the eggs here?
- How many different ways can you arrange the eggs? Which arrangements show addition/multiplication?



Resources: Math Apps

Kindergarten - 2nd Grade:

OKTA'S RESCUE

Practice counting, subitizing and adding with this fun ocean game. Three different levels that you can customize to make the game your own!

3rd - 6th Grade:

DEEP SEA DUEL

A crazy octopus is challenging you to find the correct sum first! 3rd & 4th graders can try the 9-bubble version with whole numbers. The 16-bubble version can include negative numbers or decimals. Choose what works for you!

Bridges Unit Family Letters:

*Click link and scroll down

[Kindergarten](#)

[1st Grade](#)

[2nd Grade](#)

[3rd Grade](#)

[4th Grade](#)

[5th Grade](#)

Returning this Summer...

Wisconsin Mathematics Council Summer Math Program!

The Wisconsin Mathematics Council created an AMAZING resource for families to use over the summer. Check out these engaging activities for each grade band. The **Oregon Public Library** is offering resources to assist with this program, so check it out there as well.

[Pre-Kindergarten](#)

[Kindergarten-2nd Grade](#)

[3rd Grade - 5th Grade](#)

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.

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.

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

Volume I, Issue V

Oregon School District

FARM TO SCHOOL MONTHLY NEWS LETTER

APRIL RECAP

During the month of April, Farm to School Specialists finished up their virtual Cooking with Confidence series, which highlighted different cultural dishes each week. Also, the members shared an Earth Day newsletter on the Farm to School webpage. This newsletter provides a list of Earth Day activities, articles, movies, and books to check out to celebrate this event. To check out the Earth Day newsletter, click on the image on the right.

With the temperatures warming up, the F2S specialists are excited to be able to host classroom education sessions in the hoop house at Netherwood and provide other garden related educate to fellow elementary schools in the district.



Farm to School

UP COMING EVENTS

May 18th is Wisconsin School Garden Day! AmeriCorp members will be celebrating by sharing the Wisconsin School Garden network resources on the Farm to School webpage on the OSD website.

Also, members received the Plant Dane grant which enabled them to receive free native plants. These plants will be planted in Forest Edge's school garden to create a habitat for natural insects and pollinators.



Wisconsin School Garden Day was declared to be May 18th, by Governor Evers. There are so many different ways to participate in this celebration! Check on the Wisconsin School Garden Day Activity Guide by clicking on the image above. If you have any ideas on how to celebrate this day, please let us know-we would love to hear your thoughts!



Farm to School

FARMER SPOTLIGHT: WINTERFELL ACRES

Winterfell Acres is a woman run farm located in Brooklyn, Wisconsin. The farm is an organic vegetable farm that offers CSA memberships and classes on how to produce and prepare meats and vegetables in your own home.

If you would like to learn more about Winterfell Acres, click on the farm below.



HARVEST OF THE MONTH: PEAS



This month's harvest of the month is sweet peas! If you travel to the Dane County farmers market, you may see farmers starting to sell this item, since its season has arrived. If you attend the local Hyvee, you will find a poster educating about sweet pea's health benefits and feature a recipe for how you can prepare them!

