

Netherwood News

November 2023

Hello Netherwood Knoll Families,

Happy November! We hope this note finds you well.

Netherwood Highlights from October:

- All school glow party
- Bus booster lessons
- Homecoming spirit days and mini parade
- Field Trips:
 - 4th grade: Indian Lake Co Park
 - 3rd grade: Alpine Ridge Orchard
- Safety drills (Fire, Tornado and lockdown)

Things we are looking forward to in November:

- Swimming unit
- American Indian Heritage Month
- Hearing & vision screenings
- Bridging Brighter Smiles visit
- Daylight Savings - Nov. 5
- Caregiver Conferences - Nov. 9 & 16th from 3:00-7:00
- Anti-Hate Speech Lessons

We are excited to see all families on November 9th and 16th for school conferences. If you are able, please stop into the Library and visit our book fair, as well as see our NEW circulation desk!

With Gratitude,

Lindsay Eimerman

NKE Principal

Lisa Lucas

Administrative Intern

Ruth Greiber

School Counselor

Kelsey Antoniewicz

School Psychologist

Other Information:

Winter Gear:

Although we are just entering the fall season, we are already planning ahead for the winter season. If you are in need of winter coats, snow pants, boots, and or gloves for your student(s) please contact the school social worker Daniela Arevalo dcarevalo@oregonsd.net or 608-835-1361.

Attendance letters:

In Wisconsin, caregivers may excuse their learner from school for UP to 10 days. As learners miss days, our student services team will send home communication to caregivers. Attendance letters are NOT intended to increase a family's anxiety about absences and are a requirement from the state. If you or your family have questions about attendance, or any communication you receive from school, please let us know. Our hope is that this will allow us to work as a school / family team, to support your learners.

Do You Know Who's Marketing to Your Child?

Marketers want your child's attention and they know how to get it. You already know about the ads they see in kid-friendly TV shows, but have you looked over their shoulder when they're on YouTube or playing an online game? Have you noticed how products are shown within shows? Ads and product placements aren't always aimed at adults. Some parents use them as an opportunity to talk about how [an ad might be targeting young people](#) or what the downside to using a product that the ad doesn't show. Want to learn more? Visit CommonSenseMedia.org for reviews, ratings and more. Want to learn more about parenting? Visit OregonAreaCares.org/resources.

Note from Mrs. Griebner

Hello NKE families,

We are excited to introduce a program that is new to us this year called **Bal-A-Vis-X**. Bal-A-Vis-X is a series of more than 300 **BAL**ance, **Auditory**, **VIS**ion **eX**ercises ranging in complexity that are deeply rooted in our natural rhythm. Bal-A-Vis-X requires focused attention and full body coordination. We utilize sand bags, high bounce balls, and visTAR balls. Bal-A-Vis-X demands cooperation, promotes self-challenge and fosters peer teaching.

Bal-A-Vis-X has been shown to help improve skills in many key areas, including: visual tracking, confidence, self-discipline, respect, student leadership, relationship building, school engagement, community building, attention, focus, predictability, auditory synchronicity, rhythm, motor planning, hand eye coordination, balance, relaxation, whole body coordination, reading development, and emotion regulation.

There are three main principles of Bal-A-Vis-X:

1. Rhythm: Heartbeat pace, slow and rhythmic
2. Eye Tracking: Strengthens eyes muscles in all directions
3. Parameters of Behavior: Balls and bags are tools not toys. Set the expectations. If necessary, provide natural, logical consequences in a loving way.



We have staff that have been trained to implement Bal-A-Vis-X in schools so that our students get to experience this wonderful program while at school. If you hear about Bal-A-Vis-X, see if your child can teach you one or two of the patterns they have learned this year. If you would like to learn more about Bal-A-Vis-X, go to <https://www.bal-a-vis-x.com> for more information and videos to see this program in action.

PTO Updates

Thank you to everyone that ordered from our Club's Choice Fundraiser in October! If you purchased items, pick up will be Wednesday, December 6 from 4:30-7:30pm at RCI. Also, if anyone placed an order supporting your student, you will need to pick up the items and deliver them accordingly.

Wednesday, November 8 from 4:00-8:00pm is our Dine Out at Noodles in Fitchburg. Diners must have the flyer advertising the event or can use code GIVING25 for online ordering. We will receive 25% of sales. The flyer can be found at [NoodlesFundraiser2024.pdf \(oregonpto.org\)](#).

On Sunday, December 10, Infinity Martial Arts will be hosting a Drop & Shop from 1:00-4:00 PM. Parents drop their school aged kids off at the studio and get to enjoy some "kid-free time." Kids will play games, do some holiday crafts, eat snacks, and watch a holiday movie. The event costs \$35 and all funds go to whichever PTO the registrant selects (Brooklyn PTO, Forest Edge PTO, or Oregon PTO).

President Julie had the privilege of sitting down with her counterparts at the Forest Edge and Brooklyn PTOs with Dr. Bergstrom to talk a little bit about our organization and how to get involved. Take a listen! Inside the OSD Podcast (S2 E4): Parent Teacher Organizations in the OSD
[Inside the OSD Podcast / Inside the OSD \(oregonsd.org\)](#).

We hope to see you all at our upcoming meeting on Wednesday, November 15 at 6:30pm at the NKE library. If you are unable to join in person, you may also join via Google Meet: [Meet - uzd-pxno-ioy \(google.com\)](#). Additionally, please subscribe to our mailing list for information on events and updates at [Join our mailing list! – Oregon PTO](#). We are also on both [Facebook](#) and [Instagram](#)!

Upcoming PTO Meetings:

- | | |
|----------------|--------------|
| *November 15th | * April 18th |
| *February 22nd | * May 23rd |
| *March 21st | |

With sincere appreciation,
Julie, Denise, Laura, and Mickie

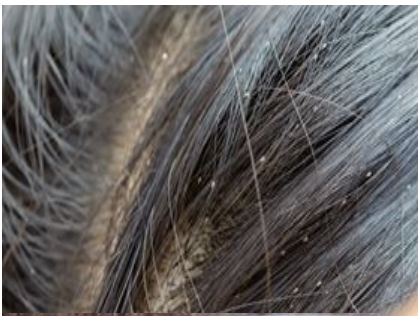
Head Lice: Life Cycle

Pediculus humanus capitis, the head louse, are tiny wingless insects that live on human heads. They feed on blood several times a day and live close to the scalp to maintain their body temperature. They do not hop or fly but move around by crawling.

Head lice are not dangerous and do not spread disease. It is most commonly seen among preschool and elementary aged children, their household members and caretakers. A person with head lice may feel a tickling sensation in their hair, itching due to bites, sores on their head from itching, irritability, or difficulty sleeping at night (as head lice are more active in the dark).

Head louse life cycle has 3 stages

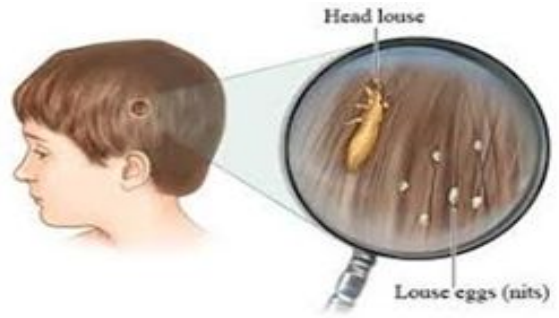
- 1.) Nits: Head lice eggs are called Nites. They can be hard to see and are sometimes mistaken for dandruff. Nits are laid by the adult female and are cemented at the base of the hair shaft, nearest the scalp.
- 2.) Nymph: The nit hatches to become a nymph. The nit shell becomes a more visible dull yellow color and remains attached to the hair shaft. The nymph looks like an adult head louse but is smaller. It becomes an adult about 7 days after hatching.
- 3.) An adult louse is about the size of a sesame seed. It's color is tan to grayish-white but will look darker on dark colored hair. Female louse are larger than males and can lay up to 8 nits a day. In order to survive they must feed on blood several times a day. Adult lice can live up to 30 days on a head. Without blood meals, they will die within 1-2 days off of the host.



Head Lice: Treatment

Treatment

Treatment for headlice is needed for persons that show signs of an active case of head lice. All household members and other close contacts should be checked; and those with evidence of an active case should be treated.



All infested persons should be treated at the same time. Do not share items that may have been in contact with an infested person's hair for example hats, towels, and items used for grooming.

There are many head lice treatments that are available for purchase over-the-counter, meaning that you do not need a prescription. You can find these at a local drugstore or pharmacy. The FDA has approved head lice medication that contains one of the active ingredients Pyrethrins and Permethrin lotion 1%.

Pyrethrins are naturally occurring pyrethroid extracts from the chrysanthemum flower. These should not be used by individuals allergic to chrysanthemums or ragweed. Pyrethrins are safe and effective when used as directed to kill live lice. Pyrethrins do not kill unhatched eggs (nits). A second treatment is recommended 9-10 days after the first treatment to kill any newly hatched lice before they can produce new eggs.

Permethrin lotion, 1% is a synthetic pyrethroid similar to naturally occurring pyrethrins and is approved by the FDA for lice treatment. Is safe and effective when used as directed to kill live lice and does not kill unhatched eggs (nits). Permethrin may continue to kill newly hatched lice for several days after treatment. On day 9 another treatment is often needed to kill newly hatched lice before they produce new eggs.

Checking the hair and combing with a nit comb to remove nits and lice every day may decrease the chance of self-reinfestation. Continue to check hair for the next 2-3 weeks to be sure all lice and nits are gone

NKE Book Fair

BOOK FAIR

**Thursday, November 9, 2023 and
Thursday, November 16, 2023**

**NETHERWOOD KNOLL LIBRARY
3:30-7:30 P.M.**

**The Book Fair will be open during Parent/Teacher
Conferences.**



NKE Rotation Updates

Art

- November is Indigenous Heritage Month!
- 4th Grade will create a cup weaving.
- 3rd Grade will study landscapes with foreground, middleground, background. Students will also create a mixed media collage.
- 2nd Grade will learn about the art of Batik and 3D form.
- Kinder and 1st will continue to learn about geometric and organic shapes through drawing and cutting.



Physical Education

- **SWIMMING SWIMMING SWIMMING!**
- Students in 1st-4th grade have started the swimming unit in PE.
- We will be working on water safety, basic swim strokes, and playing fun and exciting games and activities.
- Kindergarten students will be learning how to play an assortment of different games and activities including Parachute, Rock Climbing, and Spatial Awareness games.



Music

- It's all about melody in music for November!
- In K-1 we are working on recognizing, performing and creating vocal and instrumental exploration with melodic contour. (High and Low in Kinder, Sol, La, Mi songs in 1st grade).
- In 2nd grade we are working on pentatonic scale tones (Do, Re, Mi, Sol and La) through playing and creating simple melodies.
- In 3rd and 4th grade we are working on treble clef staff note names and performing and creating and performing traditional notation.



World Language

- Kindergarteners are learning to count with our calendar routine and how to share their emotions. Next they will share what they like to do!
- 1st graders are sharing their interests. Soon, we will be practicing family words.
- 3rd graders have mastered our interest words and will focus on physical appearance traits soon.
- 2nd and 4th graders continue to learn about healthy foods and look at foods from other countries!





HELLO NOVEMBER

**WE USE THE COMMON
SENSE MEDIA DIGITAL
CITIZENSHIP CURRICULUM
TO TEACH STUDENTS MORE
ABOUT MAKING THE BEST
CHOICES WHILE USING
TECHNOLOGY.
THE TOPICS INCLUDE:**

media balance
online privacy
digital footprint
communication cyberbullying
news & media literacy



K- Kindergarten has been learning about media balance and how to draw pictures in Seesaw.

1- First graders have been learning what it means to be a good digital citizen. The digital citizen charters can teach us how we can grow at those skills. Remember to Pause and Think Online.

2- Second grade will be talking about device free moments during fall season and throughout the year. We will discuss the importance of having off screen time.

3- The third graders will be finishing their fall stories along with using keyboard shortcuts on the chromebook. They will be learning more about their online responsibilities in a community to continuing to work on their keyboard skills.

4- Fourth grader are in the middle of their coding unit. So far they have learned about the different typed in coding. 4th Grader created a unique dance for the Dash Robot with their coding partner. They learned how events in coding can trigger an action. They have also created a Dance Party in code.cor. In November, they will learn about Conditionals and Functions in code.

Greetings! I would like to introduce myself; my name is Jackie Amlong and I am the math interventionist at NKE. It is my hope that I can help all of our learners and families see themselves as capable mathematicians and “doers of math”. I am hoping to offer families practical ways to build number sense with their children and to break down the misconception that there are simply “math people” and “non-math people”. (NOT TRUE!) 😊

This Month's Focus:	Ways to Use Counting to Foster Number Sense
Why?	You may be thinking, <i>“My child can already count fluently. How is continuing to practice counting helpful once they know the counting sequence?”</i> I will offer a few ideas beyond rote counting that will highlight understandings that are critical for building number sense for all learners. Here are a few specific ideas by grade level; however, please feel free to read through all ideas, as we all know our learners have a range of abilities and understandings.
Kindergarten	Count everywhere and all the time...in the car, at the store, before bed, walking around the neighborhood. Once your child has mastered the counting sequence and can fluently count through the teens, try starting at a number other than 1. Does your child <i>have to</i> start at 1? Can they pick up the sequence if they start at 6? Practice counting back from a number like 22. Can they count backwards through the decade number 20 and through the teens? We limit them to memorized/rote counting when we <i>always</i> start at 1 or count back <i>only</i> from 10 to 0.
1st	<i>Try all of the ideas from Kindergarten!</i> If your child can easily count through the number sequences and decade numbers to and beyond 100, both forwards and backwards, you are doing great! Your next step would be to work on some skip counting by 10s, 5s, and 2s. Again, both forward and backward counting should be practiced. Then practice counting by 10s off the decade numbers; for example, start at 33 and count on to 43, 53, 63, etc. These are important place value patterns for first graders to master.
2nd	<i>Try all of the ideas from K-1!</i> If your child has mastered these patterns, try some skip counting patterns that will help them build multiplicative reasoning skills. Can they count by 2s, 3s, and 4s? They should also be able to switch counting patterns and move fluidly between forward and backward counting. Try counting by 10s, then switch to 5s or 1s and then back to 10s. This kind of counting and switching is especially helpful when they are counting coins. Adding in counts by 25s will be really helpful with money. Counting by 15s can be helpful when working with time, too.
3rd & 4th	<i>Go back and make sure your child is solid with all of the skills for K-2.</i> Then get creative with your counting. See if they can count by 6s, 7s, 8s, and 9s. Can they count by fractions like “one-half, one, one and one-half, two,” etc. Can they count by 200s? 250s? 500s? Bump up the place value and look for lots of patterns.

I hope that you have found a few ideas to try with your child. Please let me know if you have any questions or would like more information or resources. My email address is jas3@oregonsd.net



BRIDGING

Brighter Smiles

Brightening Smiles at Your School!

WHO?

All
Students!!



WHERE?

Netherwood
Knoll



WHEN?

November
3rd



WHAT?

- Oral Screening
- Dental Sealants
- Oral Health Education
- Silver Diamine Fluoride

- Fluoride Varnish
- Dental Cleaning
- Referral Assistance



HOW?

ENROLL ONLINE:
enrollment.bbsmiles.org



AND...

**Forward Health
(Badger Care) Accepted!**

We do not bill/accept other private dental insurance

*Funds made available through your FSA/HSA account may be utilized as form of payment, please check with your carrier for specific terms and conditions.

Community Education

Community Education offers many classes and activities for all ages. From arts to exercise to learning a new language—Community Education has you covered! Review the many options available and sign up to learn something new! The Guide Link and Registration Page Link are listed below.

Guide Link: https://view.flipdocs.com/?ID=10026803_938959

Registration Page Link:

<https://anc.apm.activecommunities.com/oregonsd/activity/search>



**COMMUNITY
EDUCATION &
RECREATION**
OREGON SCHOOL DISTRICT

ACTIVITY GUIDE

**FALL
2023**

REGISTER NOW ➔

MORE COMMUNITY OFFERINGS INSIDE • CLASSES FOR ALL AGES

OregonSD.org/community



The poster features a central photograph of a woman and two children in a pumpkin patch, all holding large pumpkins. Below this, there are three smaller images: a group of people playing with a large colorful parachute, a group of people posing for a photo, and a group of people walking in a park. The text is arranged in a clean, modern layout with a color palette of blue, red, and white.