



# DISTRICT NEWSLETTER

NOVEMBER 2020

*Every Child....Every Class....Every Day*

## MESSAGE FROM THE DISTRICT ADMINISTRATOR / JORDAN SINZ

### Referendum – November 3, 2020

November is here and that means the general election has arrived. Voting takes on ever more importance in the Wisconsin Heights School District because we have a capital referendum on the ballot. The information below was submitted to the Star-News for inclusion in the October 28 paper.

The referendum proposal calls for consolidating District operations into one campus by building an elementary addition at the middle/high school site. It would also provide significant facility upgrades to the middle/high school building. The result would be an enhanced learning environment to serve students for years to come. In addition, the new mechanical systems and building control systems will provide indoor air quality standards at CDC recommended levels.

"This capital referendum is an investment in our future," said Superintendent Jordan Sinz. "It is a secure investment in the long-term success of the Wisconsin Heights School District."

The District has been studying its facility needs for the past three years. The community, through the Future Search process, mapped out a course for the District for the next decade. Improvements to facilities, especially at Black Earth and Mazomanie Elementary Schools, were a top priority. Guided by this priority, the District conducted a facility study, which identified significant issues at both buildings that would require approximately \$21 million to repair.

Fixing the issues, however, would not update the buildings to meet current educational programming needs, including flexible learning spaces. The facility study found that the cost of building an elementary addition at the middle/high school site was almost the same amount as the renovations, nearly \$22 million, with the new addition providing a modern learning environment for students.

"The proposed elementary addition will have ample educational, cafeteria, and gym space for current and projected enrollment," Sinz explained. There is a separate, secured entrance and the elementary students will not have shared building space with the middle or high school students.

The addition would also save the District money by reducing operating costs such as utilities and maintenance because of the consolidation from three buildings into one central campus.

In the spring 2020 community survey to determine support for a referendum, the majority of those responding said they would prefer the single campus option to renovations at the existing elementary schools.

If the referendum is approved, the District will work with community leaders to identify new uses for the Mazomanie and Black Earth Elementary School buildings and find buyers.

The facility study also identified needs at the middle and high school building, including roofs that need repair, outdated mechanical systems, and bathrooms that were not accessible under the federal ADA requirements.

During a series of online Community Conversations this summer, the District received feedback about its facility plans, and these were incorporated into the final proposal. A consistent concern was about increased traffic at the site. Therefore, a traffic study was conducted that found that the main entrance was safe and that traffic flow improvements were within the District's control. Performance Services, a design and construction company working with the District, is designing specific routes to improve traffic flow at the site. Those costs are accounted for in the referendum total.

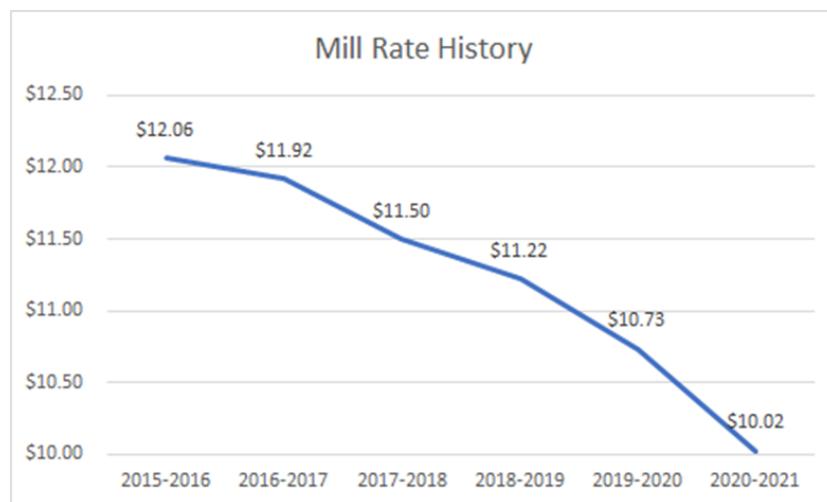
Like many Districts in the state, Wisconsin Heights has been struggling with revenue limits that the State sets. These limits, or caps, dictate how much money the District can raise in revenue through local property taxes and state aid. Student enrollment is a key factor in determining the limits, and an enrollment study commissioned by the District predicts a pattern of slow growth for the foreseeable future.

Because of these challenges, Wisconsin Heights has had a deficit operational budget for the past 13 years, which has been offset by a series of operating referendums that allow a District to raise money through property taxes over its annual revenue limit. The last operating referendum was approved in April 2019 and runs through the 2023-24 school year.

The November 3 referendum proposal is a capital referendum, which allows the District to take on debt to pay for major capital improvements or construction. Wisconsin Heights has not had a capital referendum in 26 years. By contrast, almost all the adjacent school districts have passed a capital referendum to improve their facilities within the past five years.

If the November 3 referendum is approved, the owner of a home valued at \$100,000 will pay an estimated \$186 more in property taxes per year, or about 50 cents a day. However, the District recently received information from the Wisconsin Department of Public Instruction that is important to consider.

The DPI released general school aid information for Wisconsin Schools on October 15th. Based on this information, the WHSD mill rate is projected to be \$10.02. The mill rate is the tax amount per \$1,000 of fair market value. The visual below shows the recent mill rate history in WHSD.



As you can see, without the referendum, our 20-21 mill rate is over \$2.00 below where it was in 2015-16. The average annual mill rate impact of the November 3, 2020 referendum is \$1.86. This increase, on average, will still keep our mill rate below where it was in 2016-17. Meaning an approved referendum would allow for:

- a new \$22 million elementary school
- \$5 million of updates to existing high school/middle school building

We would be able to provide these updates with an average mill rate similar to the 2016-17 rate. Furthermore, the District is projecting \$600,000 in annual operating savings if we transition to a single campus.

“Because Wisconsin Heights is surrounded by many other excellent school Districts that have invested in their facilities, it is critical that the District is also able to offer upgraded facilities and a modern learning environment to serve current and future students and retain a high-quality staff,” Sinz said.

"We want the next two generations of Wisconsin Heights Students to enjoy the same high-class learning environment and opportunities as our neighboring communities," he said, adding, "A strong and attractive school District is good for the entire community, not just parents and students."

# Black Earth Elementary News

SCOTT MOORE, Black Earth Principal

Another month has come and gone. The weather has taken quite a turn and with that, there is excitement about events to come. We are excited about the possibility of moving to a hybrid model of instruction on November 16th and a lot of planning has already begun!

## K-2 Hybrid Model of Instruction

Black Earth Elementary students in Kindergarten-2nd grade will be implementing a hybrid model of instruction on Monday, November 16th. There was a parent Q & A session on Thursday, October 29th and family surveys will need to be completed by Monday, November 2nd. Plans will be finalized and communication will occur the week of November 2nd - 6th.

## School Picture Day

Lifetouch will be here to take student pictures on Monday, November 16th. Students who are in-person will be getting their picture between 9:00 AM - 11:00 AM. Online students should schedule a time between 2:30 PM - 6:00 PM. An email was sent out to families to sign up for a time to come in to get school pictures taken. If you did not receive that message or if you need to change your scheduled time, please contact the office for assistance.

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# Mazomanie Elementary News

DALE GREEN, Mazomanie Principal

Thank you for attending our Virtual Parent-Teacher Conferences on October 21st. Overall they were very successful, with over 95% participation with our families. Looking ahead, our first-trimester report cards will be posted on Skyward Family Access or mailed home at your request the first week of December, more information will be provided at a later date.

Our enhanced online learning model with a limited number of students attending in-person within our student support hubs at Mazomanie Elementary (grades 3-5), will continue to serve as our primary instructional delivery method as we move the calendar into November. Each week we evaluate the situation for the potential of increasing our in-person learning using three main factors as guidance.

- Public Health Madison and Dane County (PHMDC) guidelines  
⇒ What are the recommendations for county schools?
- Local census tract data  
⇒ What do case counts look like in Mazomanie and Black Earth? How does this compare when calculate on a per 100,000 basis?
- Our lived experience in nearly two months of our enhanced online model - including staff capacity  
⇒ Are protocols, procedures, and people holding up with our present number of students in-house and online?

Lifetouch will be here to take student pictures on Monday, November 16th. Students who are in-person will be getting their picture between 9:00 AM - 11:00 AM. Online students should schedule a time between **1:00 pm to 6:00 pm**. An email was sent out to families to sign up for a time to come in to get school pictures taken. If you did not receive that message or if you need to change your scheduled time, please contact the office for assistance. There will be a retake date set - TBD.

Happy Thanksgiving!

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# November Elementary Events

**Sunday, November 1st** | Daylight Savings Time Ends

**Monday, November 16th** | School Pictures 9:00 AM - 6:00 PM

**Tuesday, November 24th** | End of 1st Trimester (4K-5th grade)

**Wednesday, November 25th - Friday, November 27th** | No School - Happy Thanksgiving

# Middle/High School News

ELIZABETH DOSTAL, MS/HS Principal

It is October 28th and this article is the last item on my list of things to do for today. While contemplating what to write, a teacher stopped in my office to discuss some student feedback about staying organized.

Being organized and staying organized is a challenge for many people, not just in their student and/or professional life but also in their personal life. I want to share a method for organization that originated with Dwight D. Eisenhower (President, General) that is aptly named the Eisenhower Matrix.

The Eisenhower Matrix is simply splitting a piece of paper into four boxes; each box has a label in which to categorize your work.

Things to do TODAY:	Things to do THIS WEEK:
Things to do THIS MONTH:	Things to do in the FUTURE:

This simple box system allows you to identify your priorities in a chronological order of “due dates”. Eight is the maximum number of tasks it is suggested you have in any one box.

Now for students, particularly with Enhanced Online Learning, I change the labels to days of the week since most work has immediate or short-term due dates. Here is a sample of a Freshman list:

Things to do TODAY: Math 1: <ul style="list-style-type: none"><li>• Slot 4 Solving with Fractions</li><li>• WKSHT 401/502 Ordering/Rounding (2)</li><li>• Ask for a retake today!</li></ul> English 9: <ul style="list-style-type: none"><li>• Finish reading Of Mice and Men and complete study guide.</li></ul> Bio: <ul style="list-style-type: none"><li>• Photosynthesis</li></ul> Construction: <ul style="list-style-type: none"><li>• Floor plans -- Fleetwood</li></ul>	Things to do FRIDAY: Math 1: <ul style="list-style-type: none"><li>• WKSHT GRE 403 – Slope (1)</li><li>• SLOT 5 Solving with Fractions</li></ul> Bio: <ul style="list-style-type: none"><li>• Cricket Cellular Respiration</li></ul> World History: <ul style="list-style-type: none"><li>• Step 2 Who was Socrates?</li><li>• Summary of Ancient Greek culture</li></ul>
Things to do THIS WEEKEND: Math 1: <ul style="list-style-type: none"><li>• Study for Math retake</li></ul>	Things to do MONDAY: Health: <ul style="list-style-type: none"><li>• Tobacco notes this week</li></ul>

Organizing your priorities and your time this way may help decrease anxiety and worry. There is something satisfying in crossing things you have completed (and submitted) off your list. Another benefit is that a list like this helps with using time wisely; if you know an assignment is going to take 15 minutes to complete and you are released from a class early, you may have just enough time to cross another item off your list. With practice, you may find yourself discovering more time for taking care of other interests and hobbies.

Thank you, President Eisenhower!

# November Athletic Events

ANDREW PICKETT, MS/HS Assistant Principal/Athletic Director

For current up to date information go to

<http://www.capitolconferencesouth.org/public/genie/487/>

## High School Winter Basketball

Please register at the following link. <https://wisconsinheights-ar.rschoolday.com/>.

Students must have all physical forms turned in prior to practice. If you have any questions please contact Jamie Van Den Bergh at the high school office at 608-767-2586 or [jvadebergh@wisheights.k12.wi.us](mailto:jvadebergh@wisheights.k12.wi.us)

## Tentative Practice Start Dates:

High School Girls Basketball - November 16th

High School Boys Basketball - November 23rd

## High School Hockey and Boys Swim Participants

Please contact the main office for physical and fee information if you are interested in playing. Physical and fees must be turned in prior to play.

## Information to Participate at Sauk Prairie for Winter Co-ops.

- Monday, November 2nd | Virtual Winter sports meetings with coaches at Sauk Prairie High School
- **Where:** Click [HERE](#) for sport links that will be available November 2nd
- **When:** 6:30 PM
- Click on this [LINK](#) for necessary access to forms and information to participate.

Out of district students must **PRE Enroll** with the Sauk Prairie School district each year (see enrollment form)

- Once you received your enrollment confirmation that your Sauk Prairie Skyward account is active, you will be able to register online. Online registration will appear after 6:00PM, October 23rd and will stay open until 8:00AM November 9th. After this time you will need to contact the Sauk Prairie athletic office for late registration.
- Once you have enrolled and registered online; the district will request your WIAA physical from the school you are enrolled in. It is important to note your attending school at the top of the enrollment form.
- Reminder, you will need to have the out of district enrollment form to our offices a minimum of 2 school days prior to being able to register.
- Please Note - Payments are to be submitted to Wisconsin Heights. Fee is \$75.00

# Notes from the Nurse

KATY HOWE

## COVID-19 Update

We are continuing to see large increases of COVID-19 in Wisconsin, Dane County, and in our towns. As we continue to turn the dial on reopening I want to remind everyone to stay vigilant. The best ways to prevent the spread of COVID-19 is to wear a mask and social distance (stay 6 feet away from non-household members). Limit your activities and wash your hands often, especially before eating or touching your face. One of the biggest things we can do to keep our schools open for learners, and continue to add more, is making sure kids stay home when they are sick. We are getting into flu season and there is always a lot of illness this time of year. If you student meets any of the following please keep them home and report it to the school. We can help you figure out next steps.

### If your child has 1 of any of the following please keep them home:

- Has been in close contact with anyone who tested positive or was diagnosed with COVID-19 in the last 14 days.
- Has been diagnosed with COVID-19 by a health care provider in the last 10 days
- Has developed any of the following within the past 24 hours: cough, shortness of breath/trouble breathing, or a new loss of sense of taste or smell
- Taken medication in the past 24 hours to lower temperature (Tylenol, Ibuprofen)

### If your child has 2 of any of the following please keep them home:

- Sore Throat
- Unusual Fatigue
- Nausea (sick to stomach) or vomiting
- Runny nose or nasal congestion
- Headache
- Muscle or body ache
- Fever (100.4 or higher) or chills
- Diarrhea

If you are not sure whether you should send your child or keep them home please err on the side of caution and keep them home. Contact the office and we will help you figure out if they can come or not. It takes all of us to keep our community safe and to be able to continue to turn the dial and bring more kids into the building. Also, do not forget to get your flu shot! It is one more layer of protection to help us all stay health this winter.

## Elementary Counseling Department

LINDSEY MARTIN, Elementary Counselor



**Second Step:** Mrs. Sternberg and Mrs. Martin have teamed up to teach Second Step **drop-in lessons to your students' classroom Zooms**; see us in action in the screenshot to the right. I have abbreviated the units to provide refreshers during virtual learning. Each unit features songs which Mrs. Sternberg has guest-starred to sing the songs with me using her ukulele.



Contact Mrs. Martin at [lmartin@wisheights.k12.wi.us](mailto:lmartin@wisheights.k12.wi.us) for your child's Second Step access code or to have your child review any of these concepts in a 1:1 Zoom. Visit her Schoology page for posters & register at [www.secondstep.org](http://www.secondstep.org).

**Food Drive:** Due to COVID-19, we have reluctantly canceled the 2020 Elementary Food Drive. We are still promoting the food pantry services. A solution to minimize 3rd party handling of the items is to ask our community to donate directly to the pantry. Send pictures of students donating! Photos help us feel a sense of community while schooling remotely. **Both sites are eager to receive items and distribute items.** Some people are hesitant to ask for help, but they are here to assist, especially in tough times like these.

	Black Earth Heights Unlimited	Mazo Food Pantry
<b>Where to donate</b>	At the Pantry on Tuesdays 3:30-6:30 or New Heights Church on KP in the entry	Donation bin at Piggly Wiggly in Cross Plains or at various churches
<b>Wish list</b>	<b>Food:</b> crackers, mac & cheese, low-sugar cereals, fruit snacks, granola bars, canned meals, brown & white sugar. <b>Household:</b> clothing, winterwear, liquid dish soap, shampoo/conditioner, all-purpose cleaner, paper towels, hand sanitizer, liquid hand soap	<b>Food:</b> soup, boxed crackers, ramen, stew, hash, chili, cookies. <b>Paper products:</b> paper towels, toilet paper, Kleenex. <b>Monetary Donations:</b> (mail to Barb Blattner/6550 State Road 78/ Mazomanie)
<b>How to contact</b>	(608) 767-3663 Facebook "Heights Unlimited"	(608) 795-4336 Facebook "Mazomanie Community Food Pantry- Christians in Action"

# MS/HS Counseling Department

KURT WONG, School Counselor

## College Financial Aid Presentation

The FAFSA (Free Application For Federal Student Aid) financial aid presentation by the Edgewood College financial aid advisor can be found posted under the [Wisconsin Heights High School Academics tab](#).

## Scholarship Information

All scholarship information is posted on the Wisconsin Heights High School website under [Academics](#). The scholarships are posted in order of their deadline. Seniors should be working on their college applications. If you need help email Mr. Wong [kwong@wisheights.k12.wi.us](mailto:kwong@wisheights.k12.wi.us) or call 608-767-2586 x 3003.

Admissions officials look at:

- High school rank in class and GPA (grade point average) and the strength of a student's courses over all four high school years
- ACT and/or SAT scores
- School and community activities
- Teacher recommendations, if required
- Student essays, if required
- Overall quality of student effort in preparing the application – following directions, proper spelling, typing or neat handwriting, etc.

## UW Universities/Colleges

Application priority dates and deadlines vary from campus to campus and sometimes among different programs at one campus. It is to your advantage to apply early! UW-Madison has the earliest priority acceptance deadline which is November 1st. If you have any questions, please contact Mr. Wong or the institution to which you are applying.

You may use the UW System Application for Undergraduate Admission to apply to any UW campus. Whether you apply online or use the paper application, several items must be submitted to complete your application file.

- **A \$25 application fee must be paid to each campus to which you apply with the exception of UW Madison (\$60).** In cases of exceptional need, the application fee may be waived. Contact your counselor for details.
- **An official copy of your high school transcript.** If you have completed any college course work, you must also have an official transcript sent from each college or university attended.
- **ACT or SAT test scores.** Some admission offices require an official score report directly from the testing agency before evaluating an application.

Visit <https://apply.wisconsin.edu> and use the UW System online application for admission. Features of the online eApplication include easy ability to apply to multiple campuses and optional Visa or MasterCard payment of the application fee.

**The Admission Decision** – High school seniors notified of admission before finishing their senior year are expected to graduate, successfully complete course work in progress at the time they applied and maintain the class rank required for admission. UW System institutions reserve the right to rescind admission if a student fails to meet conditions on which admission was based.

## College/Technical School Applications

**Students should email Ms. Shaffer in order to have a transcript sent to any school they are applying to.** At the present time there is no charge to have a transcript sent. Once the request is received, the Guidance Department will mail the transcript out. Get your college applications in as soon as possible.

## Upcoming College Education Fairs/Events

[A Wisconsin Education Fair](#) will be held virtually on **November 8th**. The link provides general information as well as how to register.

# b.e.s.t Universal Screening

MATT GREEN, Director of Pupil Services

As in past years, the Behavioral Emotional Social Traits (b.e.s.t.) screener will be conducted in 4k-6th grade by teachers to assist with WHSD understanding your child.

The window for teachers to complete the b.e.s.t is from November 10th - November 24th.

If you would prefer that your child not be included in the b.e.s.t. OR if you have further questions please contact Matt Green at 608-767-2595 ext 1006 or [mgreen@wisheights.k12.wi.us](mailto:mgreen@wisheights.k12.wi.us).

What is

## b.e.s.t. Universal Screening?

Eric P. Hartwig, Ph.D. | [www.bestuniversalscreening.com](http://www.bestuniversalscreening.com)

### Research Basis & Training

There is over 40 years of practice and research to support the use of b.e.s.t. as a universal screener.

### How b.e.s.t. Works:

- **Classroom teachers and optional external assessors** answer 26 questions about each student on a 1-6 rating scale based on behaviors that have been observed by the individual completing the screening.
- **Students** receive a general (G) score depicting their overall behavioral, emotional, and social health with sub-scale scores based on externalizing and internalizing characteristics.
- **Classroom Interventions.** The b.e.s.t. matches student scores with research-based classroom interventions. The interventions come with step-by-step instructions, training and support to help guide teacher, parent and student interactions.
- **What do b.e.s.t. scores mean?** A high score on the b.e.s.t. means that a child's teacher has noticed some behaviors that might interfere with learning. The scores help teachers to identify students who could benefit from additional supports related to behavioral, emotional and social skill development.
- **No student participation** is required in order to complete the b.e.s.t.

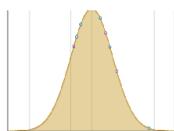
### The Importance of Universal Screening

The Behavioral Emotional Social Traits (b.e.s.t.) is a universal screening tool generally completed by classroom teachers with an option to use an external assessor, including parents.

**The b.e.s.t. is not a diagnostic test nor does it mean to categorize or label children,** it is designed to help identify behaviors that might be interfering with student learning and provides classroom supports and replacement behaviors that focus on reinforcing and improving behavioral health. Many students who struggle with external behavior problems (e.g., disruptions, disobedience, negativity) or internal behavior problems (e.g., anxiety, day dreaming, withdrawal) can be helped when they receive appropriate supports and interventions that are matched to their needs. In school, universal Screening with b.e.s.t. utilizes the teacher's expertise, experience and familiarity with a child to help identify and reinforce healthy school behaviors and practices by targeting and matching interventions to student needs.

### b.e.s.t.: The Right Information At The Right Time

Universal screening is the cornerstone of informed decision-making and the foundation for informed action to assess and reinforce healthy behaviors while identifying those at risk for behavioral, emotional social concerns. b.e.s.t. puts people together with the right information at the right time to help them think critically and make important decisions wisely about what children may need. A screening team, realizing behavior may differ across situations, must converge data from multiple sources using a variety of methods to make informed decisions. **The relative standing of a child on a b.e.s.t.** indicates the amount of support they are likely to need to achieve a different status while end of the year outcomes provide a basis for evaluating the support, intervention or the effect of replacement behaviors taught and learned.



### Take a Test Drive! Get More Information!

Visit [www.bestuniversalscreening.com](http://www.bestuniversalscreening.com) to review the features of b.e.s.t. before you subscribe. You will be able to screen students, manage classrooms and students, view reports and more.

# Mental Health/Student Support

DEBRA SCHMIDT, Mental Health/Student Support

Zoom Fatigue Is Real! - Here are some tips to help alleviate it.

**1. Get Up and Move:** During the 10 minute breaks between classes it's essential to get up out of your chair, away from the computer screen, and move your body. Try a quick brain break. Have a 60-second dance party. Take a lap around the house. It does not take much to raise your heart rate, get your blood flowing, and recharge your battery. For some fun brain break ideas visit: <http://bit.ly/exbrainbreaks>

**2. Hide Your Image:** Watching yourself on screen can be exhausting. Covering or hiding your own image can help relieve the stress of watching yourself perform on screen during the whole session and removing the set of eyes that is likely watching you the most intently. On Zoom, there is a function that allows you to hide your image from yourself but not for the rest of the people on the call. Here's how: <http://bit.ly/hideimage>

**3. Check Your Position:** Correctly positioning your screen helps. You want to avoid glare. Make sure you're not sitting in front of a window with sunshine glaring on your screen. Arrange lighting behind your computer, shining on you, not on your screen. Try to distance yourself about 25 inches from the screen and angle it such that you are looking slightly down at the screen.

**4. Adjust Your View:** Instead of 'gallery view', choose 'speaker view.' That way, you can focus mostly on the person who is speaking without getting distracted by your Brady Bunch gallery of busy students.

**5. Care for Your Eyes:** Prevent eye strain by practicing optometrists' "20-20-20" rule. Every 20 minutes, look away from your screen and focus on an object 20 feet away for 20 seconds. When we stare at our screens, our blink rate is cut roughly in half. If your eyes are irritated, it is probably because you are not blinking enough.

**6. Shut Everything Else Off:** Close your email, silence your phone, close down the other myriad of projects you're working on. Focus, breathe, and stay in the moment of your call. Taking a break from everything else even during a call can help reduce the weight of the always-on environment.

*Adapted from [5 Tips To Alleviate "Zoom Fatigue" During Your Classes And Meetings](#) And [9 Ways to Beat Zoom Fatigue](#)*

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## Notes from the Music Department

ANIELA HAAS, EMALIE STERNBEG & GINA ADEMINO



### Music Conversations at Home

Elementary students are learning about different Genres of Music. So far, we have discussed Classical, Blues, Jazz, and Rock and Roll! Talk with your students about what Genres of Music they are familiar with and what their favorite genres and songs might be! For added fun around the dinner table, try listening to some of the songs we have listened to in class and discuss what you think about the song, and what your favorite out of this list might be! All of these songs are available on YouTube and can be found with a quick internet search!

#### Classical

- Beethoven - Symphony No. 5
- Debussy - Clair de Lune
- Florence Price - Symphony No. 1
- Mozart - "Eine Kleine Nachtmusik"
- Tchaikovsky - The Nutcracker - March

#### Blues

- BB King - "One Shoe Blues"
- Wynton Marsalis and Eric Clapton - "Joe Turner Blues"
- Etta James - "Lil' Red Rooster"
- Marcia Ball - "Red Beans"
- Ruthie Foster - "Georgia"

#### Jazz

- Wynton Marsalis and the Young Stars of Jazz - "Take the 'A' Train"
- Duke Ellington and Ella Fitzgerald - "It Don't Mean a Thing (If It Ain't Got that Swing)"
- Esperanza Spalding - "On the Sunny Side of the Street"
- Trombone Shorty - "Where Y'At"
- John Coltrane - "Walkin'"

#### Rock and Roll

- Sister Rosetta Tharpe - "Down By the Riverside"
- Chuck Berry and Bruce Springsteen - "Johnny B. Goode"
- Elvis Presley - "Hound Dog"
- The Beatles - "Help!"
- Nandia Bushell - "Everlong" by the Foo Fighters Drum Cover

# Notes from the Music Department Continued...

ANIELA HAAS, EMALIE STERNBEG & GINA ADEMINO



**Fifth Grade Band** started last month. This group of beginning Band students was the first to use online registration, have outdoor mouthpiece fittings, and use the Schoology platform to upload audio recordings. Band members meet by section via Zoom and will be using an online version of their book to practice on days they do not meet. Everyone is off to a great start!

**Noteworthy News...** This month we would like to remind you about the benefits of music in dealing with stress (pandemic, politics, holidays, cold weather and being inside more). Here is an article about how music brings health benefits and stress relief: "[7 Ways to Use Music for Stress Relief](#)." Try listening to Bluegrass when cleaning the house next time! Learn how "music is effective for relaxation and stress management" and scroll down for a playlist of relaxing music to release stress in this article from the University of Nevada-Reno: "[Releasing stress through the power of music](#)." So, even if you don't consider yourself a "musician", you can enjoy the benefits of music by listening to it for stress management.

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## Media Center News

MARY JANE EDERER, Librarian

**Virtual Book Fair** Sunday, November 1 is the final day of our virtual book fair. The book fair is a great way to purchase books for your child and support your school library at the same time! To browse and place orders, click [here](#). Orders will be delivered directly to your home.

**Let's Go For A Book Walk!** We are very excited to announce our first ever Book Walk! This event will take place along Wolf Run Trail between November 1 and 21. It features the picture book *Old Bear* by Kevin Henkes, and best of all it is free! To enjoy this story with your children, park near the green houses on the east side of the High School building, begin your walk along Wolf Run Trail and read the book together as you enjoy the weather! This event is being sponsored by the WHSD Libraries and the Black Earth Public Library.

**Need Books?** We have them! Library books can be checked out from any of our school libraries! Students can check out five books at a time for pick up at their local schools. For more information and to check out books, please visit your child's library page on Schoology or complete the book request form on our [library](#) pages. We also have access to e-books and audiobooks for students through Sora. Videos explaining how to access Sora can be found on our Schoology pages, but if you're having trouble with this product, please feel free to contact me at [mederer@wisheights.k12.wi.us](mailto:mederer@wisheights.k12.wi.us), and I will be happy to help you set up your account.

### Staying Safe Online - Cyberbullying

Cyberbullying is bullying or harassment that happens online. It can happen in an email, a text message, a game, or on a social networking site. It might involve spreading rumors or images posted on someone's profile or passed around for others to see, or creating a group or page to make a person feel left out.

**What do you do if you are being cyberbullied?** For some tips to help your child deal with cyberbullying, check out the video, [5 Ways to Stop Cyberbullies](#). For additional answers to frequently asked questions about cyberbullying, please visit [Common Sense Media's Stop Cyberbullying FAQs](#).

**Is there any way to make sure my kid won't become a cyberbully?** Check out this article from [Common Sense Media](#) for suggestions to identify behaviors and signs that could mean your child is a cyberbully. This resource from [PureSight](#) also has ideas about how to help you address your child's cyberbullying.

# Food Service

REBEKKAH PLANO, Food Service Director

**IMPORTANT** On October 9, the U.S. Department of Agriculture (USDA) extended nationwide waivers to continue the use of the National School Lunch Seamless Summer Option (SSO) through June 30, 2021. These waivers allow school food authorities to continue serving free meals to all students. The Wisconsin Heights School District will continue offering free meals to all children, 18 and under in the community, through June 4, 2021, or until available funding runs out. Importantly, the USDA reserves the right to withdraw any or all of the nationwide waivers at any time.

Please note, you may apply for free or reduced price school meals at any time during the school year. For example, children with a parent or guardian who becomes unemployed or experiences financial hardship may become eligible for free or reduced price meals if the household income drops below the income limit. Food Service Application Forms and FAQs are posted to the [Annual Student Registration website](#).

**NEW** Find [Cooking Instructions](#) for many food items included in school meals posted on the [Food/Nutritional Services website](#). The spreadsheet is organized alphabetically by menu item, and some menu items have more than one heating method. New menu items will continue being added throughout the school year.



**Question: Why is it so important for my family to participate in school meals, even if my child is learning at home right now?**

**Answer:** Nutritious school meals are valuable to the ongoing success and well-being of all children. They provide essential nutrients, influence lifelong dietary habits, and help make the school day feel more normal. Additionally, participation - by families of all income levels - is directly linked to the food service department's primary source of funding: federal reimbursements for each meal served. In general, reimbursement rates vary depending on the type of meal program, as well as on whether a student's family qualifies for free or reduced-price meals.

The total number of meals served is also used in a separate calculation that determines how much support food service receives in the form of various menu items and ingredients, ranging from cheese to cranberries. Remember, school meals support local agriculture and U.S. farmers.

Every meal counts! Your family's participation is crucial to helping keep the school meals programs financially solvent, which will allow us to continue providing meals to your children, as well as to those who need them the most.

Adapted from *School Nutrition Magazine* October 2020, "[Please, Take the Meals](#)"



**HEIGHTS UNLIMITED**  
COMMUNITY RESOURCE CENTER

Heights Unlimited offers food, personal essentials and clothing to those in need in the following ZIP codes:

53503, 53515, 53517, 53528, 53560

**Service Hours**

Tuesday, 4-6:30 pm

Visit Facebook page for weather-related or other closings

**Address and Social Media**

1529 State Street, Suite B  
(just west of BP Station on Hwy. 14)  
Mailing Address: PO Box 194  
Black Earth, Wisconsin 53515  
608-767-3663

Info@HeightsUnlimited.net  
Facebook.com/HeightsUnlimited  
Website: HeightsUnlimited.net

("Like" our Facebook page to receive our posts)

## FFA Fruit Sales!

The Wisconsin Heights FFA chapter is having their annual fruit sale! If you are looking for top-quality fresh fruit or a great holiday gift for a friend or family, then look no further!

The FFA has everything from apple, orange, and grapefruit boxes to beef sticks and mixed fruit boxes.

To request an order form, please send an email to [khouser@wisheights.k12.wi.us](mailto:khouser@wisheights.k12.wi.us) or call 767-2586 ext. 3303.

You can also download a form from the Wisconsin Heights School District [website](#) by clicking on the fruit sales link on the homepage.

All orders must be in by Thursday, November 12th at 8:00AM.

Delivery is expected on/near December 12th.

**WISCONSIN HEIGHTS SCHOOL DISTRICT  
ANNUAL ASBESTOS NOTIFICATION  
2020-2021 SCHOOL YEAR**

Under AHERA (Asbestos Hazard Emergency Response Act), all primary and secondary schools are required to develop and implement a plan for managing all building materials which contain asbestos. Included in the AHERA Act is the requirement to annually notify all workers and building occupants (or their guardians) of asbestos-related activities.

Beginning in 1988, all buildings owned, leased, or “under the control of” the School District were inspected by EPA accredited inspectors, with building material samples analyzed by an independent laboratory. Based on the inspection, the Wisconsin Heights School District prepared, and the state approved a comprehensive management plan for managing the asbestos.

Where the asbestos-containing materials are found, the District has in place an Operations and Maintenance program.

The District has accomplished the following compliance mandates regarding the administration of asbestos in school buildings:

- Environmental Management Consulting, Inc. (EMC) was contracted to be the school’s consultant for asbestos for the 2020-2021 school year.
- The District is continuing with the Operations and Maintenance Program as designed for the School District. This ensures that all asbestos materials are kept in good condition in good condition.
- Periodic “surveillance” in each area containing asbestos has been completed every six months by our consultant.

- Also, the buildings are re-inspected by an accredited inspector every three years. The last three-year re-inspection was conducted in June 2018 by Environmental Management Consulting, Inc.

- In the past year, the District was involved in operations & maintenance asbestos abatement of the following building materials at the Black Earth Elementary School:

- 4 insulated pipe fittings.

The inspection and abatement of these materials was in compliance with NESHAPS regulations.

All outside contractors shall contact the Director of Maintenance person before commencing work.

Our goal at the Wisconsin Heights School District is to be in full compliance with asbestos regulations.

A copy of the Asbestos Management Plan is available for review by contacting the District Office (Monday through Friday 8:00 AM – 3:00PM). Copies are available at \$.25 per page.

Questions related to this plan or any other asbestos concerns should be directed to the District’s Designated Person, Mr. Bill Sullivan.



**WISCONSIN HEIGHTS SUPPORTER,**

Every year the Wisconsin Heights Educational Foundation reaches out to the community to aide this year's seniors at Heights. WHEF is a part of annual distribution of scholarships averaging over \$20,000 every year. You can help keep this effort going by making a tax-deductible contribution in any amount. Please fill out form and return with your check by March for this year's seniors.

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**EMAIL ADDRESS:** \_\_\_\_\_

\*\*\*\*\*

**GENERAL DONATION (will be combined with other donations to make scholarship \$500)**

AMOUNT: \_\_\_\_\_

FULL SCHOLARSHIP (must be \$500 or more for stand alone)

AMOUNT: \_\_\_\_\_

BRICK FOR LEGACY WALK AT HIGH SCHOOL

\_\_\_\_\_ @ \$75

\*\*\*\*\*

**PLEASE RETURN COMPLETED FORM AND A CHECK MADE PAYABLE TO WHEF.**

**SEND TO:**

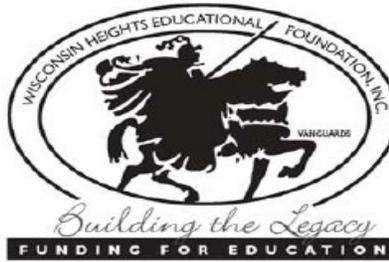
Stacy Dyreson

WHEF Treasurer

PO Box 176

Mazomanie, WI 53560

# Wisconsin Heights Educational Foundation



## Legacy Walk Brick Order Form

### *Purchaser's Information*

Name & Date: \_\_\_\_\_

Street Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

### *Engraving for 4"x8" brick*

Punctuation marks and spaces are considered characters.

Up to three lines of text allowed, 14 characters maximum per line.

Please print legibly.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**BREAKFAST**

**NOVEMBER 2020**

Wisconsin Heights School District

Refer to the [Breakfast Menu Services](#) webpage to access the Weekly Meal Pre-Order Form and for more information.

Monday	Tuesday	Wednesday	Thursday	Friday
Apple Muffin with String Cheese <b>2</b>	Assorted Yogurt and Granola <b>3</b>	Assorted Cereals <b>4</b>	<b>National Donut Day</b> Long John Donut <b>5</b>	Breakfast Pizza <b>6</b>
Triple Berry French Toast <b>9</b>	<b>NEW</b> Crunchmania Bite-Sized Cinnamon Buns <b>10</b>	Bagel Breakfast Sandwich <b>11</b>	Assorted Cereals <b>12</b>	Peanut Butter & Jelly Sandwich <b>13</b>
Assorted Cereal Bars <b>16</b>	<b>NEW</b> Soft Filled Cinnamon Toast Crunch Bar <b>17</b>	Assorted Cereals <b>18</b>	<b>NEW</b> Sausage, Egg & Cheese Tornado <b>19</b>	Chocolate Chip Muffin with String Cheese <b>20</b>
Assorted Cereals <b>23</b>	French Toast Sticks <b>24</b>	No School <b>25</b>	Happy Thanksgiving! No School <b>26</b>	No School <b>27</b>
Maple Madress Mini Waffles <b>30</b>				



All meals include a variety of fruits, vegetables, and a choice of fat free (skim) chocolate or low fat (1%) white milk. This institution is an equal opportunity provider.  
**Pre-orders must be placed no later than 12 PM on the Thursday before curbside pick up.**  
 Menu subject to change without notice.

# NOVEMBER 2020

Wisconsin Heights School District

Refer to the [FoodMenu.org](#) website to access the Weekly Meal Pre-Order Form and for more information.

Monday	Tuesday	Wednesday	Thursday	Friday
Crispy Chicken Sandwich 2	Pasta with Meatballs, Marinara, and Mozzarella Cheese 3	French Toast Sticks 4	Club Sub (Ham & Turkey) 5	Pepperoni Pizza 6
Grilled Cheese Sandwich 9	Vanguard Bowl (Mashed potatoes with chicken nuggets, corn, and cheese) with a Dinner Roll 10	Walking Taco 11	Turkey and Cheese Sub 12	Cheeseburger on a Bun 13
Macaroni & Cheese 16	BBQ Pork Sandwich 17	Chicken & Gravy over Mashed Potatoes 18	Ham and Cheese Sub 19	Cheese Pizza 20
<b>Eat a Cranberry Day</b> Crispy Chicken Sandwich 23	Cheeseburger on a Bun 24	<b>No School</b> 25	<b>Happy Thanksgiving!</b> <b>No School</b> 26	<b>No School</b> 27
Mini Corn Dogs 30				

All meals include a variety of fruits, vegetables, and a choice of fat free (skim) chocolate or low fat (1%) white milk.

Pre-orders must be placed no later than 12 PM on the Thursday before curbside pick up.

Menu subject to change without notice.



# Wisconsin Heights 2020-2021 School Calendar

*Board Approved 5/26/2020*

JULY 2020						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

AUGUST 2020						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SEPTEMBER 2020						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

OCTOBER 2020						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

NOVEMBER 2020						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

DECEMBER 2020						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

JANUARY 2021						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

FEBRUARY 2021						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

MARCH 2021						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

APRIL 2021						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

MAY 2021						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

JUNE 2021						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Inservice- No School		First Day of School		Early Release
No School		No School Parent / Teacher Conferences		Last Day of School

**Registration Day (2:00 PM – 6:00 PM)** Aug 12  
**Inservice – New Teachers only** Aug 19-20  
**Inservice – All Teachers** Aug 24-27  
**Open House** Aug 27  
**First Day of School (PK-12)** Sept 1  
**NO SCHOOL** Sept 7  
**Early Release** Sept 16  
**PT Conferences; NO SCHOOL** Oct 21  
**NO SCHOOL (Teacher PD Day)** Oct 22  
**NO SCHOOL** Oct 23  
*End of 1<sup>st</sup> Quarter (6-12)* Nov 4  
*End of 1<sup>st</sup> Trimester (PK-5)* Nov 24  
**NO SCHOOL** Nov 25-27  
**WINTER BREAK** Dec 24 – Jan 3  
**First Day Back From Break** Jan 4  
*End of 2<sup>nd</sup> Quarter (6-12)* Jan 14  
**NO SCHOOL (Teacher Workday)** Jan 15  
**NO SCHOOL (Teacher PD Day)** Jan 18  
**NO SCHOOL (Teacher PD Day)** Feb 15  
**PT Conferences: Regular School Day for Students,**  
**Conferences Held 4:00 PM – 8:00 PM** Feb 25  
**PT Conferences: NO SCHOOL** Feb 26  
*End of 2<sup>nd</sup> Trimester (PK-5)* Feb 26  
*End of 3<sup>rd</sup> Quarter (6-12)* Mar 19  
**Early Release** Mar 26  
**SPRING BREAK** Mar 29 – April 2  
**Early Release** May 28  
**Graduation** May 30  
**NO SCHOOL** May 31  
**Last Day of School – Full Day** June 4  
*End of 4<sup>th</sup> Quarter and 3<sup>rd</sup> Trimester* June 4  
**Snow make-up day, if needed** June 7  
**Curriculum Week** June 7 - 11

**NOTES:**

1. **Early Release Times**  
 K-5 - 11:20 AM      MS/HS - 11:50 AM
2. **Staff Development on**  
 Early Release Days    12:30 PM – 3:30 PM
3. **Parent-Teacher Conferences**  
 October 21            12:00 PM – 8:00 PM  
 February 25            4:00 PM – 8:00 PM  
 February 26            8:00 AM – 12:00 PM\*  
*\*Teachers are off in the afternoon*

**STAFF NOTES:**

175 Instruction Days  
 2 PT Conference Days  
 7 Inservice Days  
 1 Teacher Workday  
 3 Paid Holidays (Labor Day,  
 \_\_\_\_\_ Thanksgiving, Memorial Day)  
 188 Contract Days  
*Teachers choose which workday they work between January  
 15<sup>th</sup> or the day after the last day of school.*

**WISCONSIN HEIGHTS SCHOOL DISTRICT**

10173 US Highway 14  
Mazomanie, WI 53560

Phone: (608) 767-2595  
Fax: (608) 767-3579  
Email: jsinz@wisheights.k12.wi.us

*"Every Child... Every Class... Every Day"*



Like us on Facebook  
Wisconsin Heights School District

Follow us on Twitter  
@VanguardPride

Follow us on Instagram  
vanguardpride