



Wildcat News



Gresham Community School April 2020

**Gresham Scholarship Fund Banquet
On March 28th--Postponed--Stay tuned**

Students of the month-- Good/Improved behavior

(No picture available)

Kindergarten

Lyric Smith

3rd Grade

Mea Buettner

1st Grade

Revel Rosenow

4th Grade

Elaynna Templeton-Haffner

2nd Grade

BriArri Kroening

5th Grade

Mason Martin

Gresham
4th of July
Celebration

VOLUNTEERS NEEDED

June 27th, 2020

- Event Setup
- Raffle Tickets
- Kids Activities
- Event Cleanup

4 HOUR SHIFTS FOR
STUDENTS

CONTACT KARLY @ 715.853.2225 OR
KARLYCURTIN@GMAIL.COM

WANTED

Pictures for the
Yearbook!

Any school related
events from our 2019-20
school year.

Email to Mrs. B. Hoffman
@
hoffmanb5@gresham.k1
2.wi.us



SPORTS



HS Girls - The Gresham Girls team's season came to an end.

HS Boys- The Gresham Boys Basketball team's season came to an end. And Congratulations to Lukas Pecore for being named First Team All Conference in Boys Basketball for the 2019-20 CWC-North conference season.

High school Spring sports have been postponed at this time.

Classroom Write ups (What's Going on in Class)

Field trips

7th grade- Went to camp U-Nah-Li-Ya and had lots of fun learning about nature and different survival skills. They also had fun playing different types of games. - Students response

Class activities

Band and Choir students are selling Vande Walle's candy bars for their trip to Music in the Parks in the spring at Six Flags Great America. They are \$1 each. The trip will be May 8th and 9th and will include the Senior High Band and Choir and also a few Junior High Choir students. (Postponed at this time) "The WVBO radio host Steve Edwards stopped by Gresham School 2/25 to reward the staff with Manderfield's Donuts and Mt. Olympus tickets to all the students. He also spent some time with the Gresham High School Choir and recorded them performing for their Facebook page. Also, Mrs. Koz entered a contest on the WVBO radio station website and won!!!"

CWC Athletic Leadership Workshop A Huge Success

The Central Wisconsin Conference (CWC) held an athletic leadership workshop on Thursday, March 5 from 10:00 am to 2:00 pm at the Northwinds Banquet Hall in Marion WI. Nearly 170 student-athletes, parents, coaches and administrators attended.

The format of the workshop was individual reflection, small group discussion and large group sharing of ideas to grow leadership and athletics across all interested parties in the central northern Wisconsin schools. Participants began by better understanding why they were there and then moved on to sharing core values

and SMART solutions to enhance athletic experiences. SMART goals are specific, measurable, attainable, realistic and time-bound.

“The focus of the participants was incredible. Athletics, like all of our co-curricular activities, offers leadership opportunities for our students. Our goal with this workshop was to share best practices and opportunities across the conference and with students, parents, coaches and administrators working together and that is exactly what happened,” said Jim Grygleski, Rosholt High School Principal.



The schools of the CWC include: Amherst, Almond Bancroft, Bonduel, Bowler, Gresham, Iola-Scandinavia, Manawa, Marion, Menominee Indian, Northland Lutheran, Pacelli, Pittsville, Port Edwards, Rosholt, Shiocton, Tigerton, Tri-County, Weyauwega-Fremont, Wild Rose, Wittenberg-Birnamwood, and Wisconsin Valley Lutheran.

Todd Kuckkahn, facilitator of the workshop, said, “I was thoroughly impressed with the level of engagement by the student-athletes and the overall interaction of the participants. Each school walked out with at least one SMART goal they developed and then I shared with all of the schools what each school did, so they ended up with twenty projects to glean ideas. It was truly results-based and not just a bunch of lectures on what kids should do or be.”

Mr. Kuckkahn has been working with the third, sixth and ninth graders at the Rosholt School District on a program called, “Sometimes You Win, Sometimes You Learn.” This program was developed through the John C. Maxwell Team and Todd is a certified, independent speaker, coach, teacher and trainer. He is also a certified trainer and consultant for DISC. Todd speaks nationally on topics such as leadership and talent development.

Students and adults were already looking toward the next opportunity to share ideas. Each school is taking back their project with the goal of implementing it during the 2020-21 school year, if not sooner. Project examples included working more with youth, growing as role models, more community engagement and creating captain’s clubs to keep the momentum moving forward.

Students that attended from Gresham:

- Chloe Bohl, Grade 9**
- Blade Hoffman, Grade 9**
- Val Cerveny, Grade 10**
- Jack Haffner, Grade 10**
- Makayla Belongia, Grade 11**
- Jake Hoffman, Grade 11**
- Jeff Zobeck, AD/Admin**
- Ben Heninger, HS Principal/Admin**

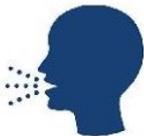
COVID-19 Facts: Protect Your Family



Make a Plan

Create a household plan of action in case of illness or disruption of daily activities due to COVID-19 in the community. Take steps to protect the health of you and your family during an outbreak:

- Consider having a two-week supply of prescription and over-the-counter medications, food, and other essentials on hand.
- Establish ways to communicate with others while practicing social distancing.
- Establish plans to telework, what to do about child care needs, and how to adapt to cancellation of events.
- Review emergency operation plans for schools and workplaces for all household members.
- Know what additional measures should be taken by those vulnerable and at high risk and identify those family members.



Know the Signs and Symptoms of COVID-19

The following symptoms may appear 2-14 days after exposure:

- Fever
- Cough
- Shortness of breath

If you exhibit these symptoms, call your health care provider's office in advance of a visit. Limit visitors and your movement in the community.



Protect Yourself

Implement everyday personal protective measures:

- Wash your hands regularly for at least 20 seconds.
- Cover your nose and mouth when you cough or sneeze.
- Keep a personal radius of six feet around yourself.
- Limit your nonessential travel and social gatherings.
- Regularly clean and disinfect commonly used surfaces and objects.



Manage Anxiety and Stress

Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger. Try to:

- Take breaks from watching, reading, or listening to news stories, including on social media.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals; exercise regularly; get plenty of sleep; and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Talk with people you trust about your concerns and how you are feeling.



WISCONSIN DEPARTMENT
of HEALTH SERVICES

P-02620C (03/2020)

www.dhs.wisconsin.gov/covid-19

COVID-19 Facts: Why Social Distancing?

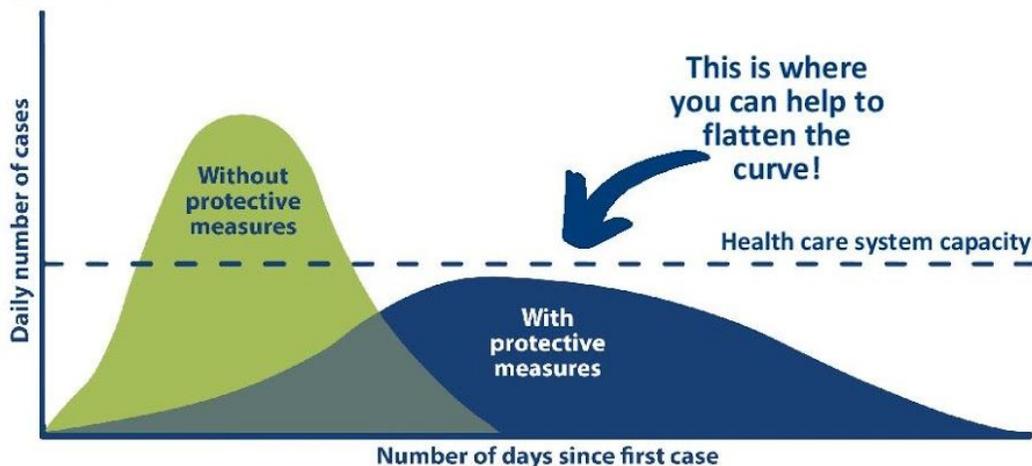


What is social distancing?

Social distancing is a measure put in place to slow down or stop the spread of a contagious disease. On a large scale, social distancing can include limiting gatherings of 50 people or more, canceling events, and closing buildings. On a small scale, these protective measures can be as simple as practicing good hygiene habits and avoiding nonessential, in-person socialization.

What purpose does social distancing serve?

Protective measures like social distancing are scientifically proven to "flatten the curve" or decrease the daily number of cases of a contagious disease. Mass gatherings of 50 people or more during an outbreak have the potential to result in a large number of ill people. These large numbers can quickly overwhelm local hospitals and clinics. By following the recommendations from the Department of Health Services and the Centers for Disease Control and Prevention, you hold the key to slowing the spread of COVID-19.



What can I do right now?

You play an important role in the containment of COVID-19. Here are some ways that you can slow or stop the spread to yourself and others:

- Wash your hands regularly for at least 20 seconds.
- Cover your nose and mouth when you cough or sneeze.
- Keep a personal radius of six feet around yourself.
- Limit your nonessential travel and social gatherings.
- Regularly clean and disinfect commonly used surfaces and objects.

If you or someone you know is elderly or part of a high-risk population, take extra precaution and adopt these social distancing measures over the next eight weeks to protect you and your loved ones.



WISCONSIN DEPARTMENT
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P-02620B (03/2020)

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April 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		1) Senior Ad Sales Elementary Teacher Meeting from 7:30 AM to 8:00 AM for High School Social Studies Room	2) Math Meet from 8:30 AM to 2:30 PM Spring Play from 7:00 PM to 8:00 PM in Gymnasium	3) A-day Large Group Festival Track: Varsity Indoor Meet vs Away vs. Multiple Schools (Away) at 4:00 PM Spring Play from 7:00PM to 8:00PM in Gymnasium
6) Baseball and Softball: Varsity Game vs Tigerton (Home) 4:30 PM Gresham Native American Parent Advisory Committee Meeting @6:00PM to 7:00PM	7) Parent Teacher Conferences @3:45PM to 6:45PM Track: Varsity Meet vs Away vs. Multiple Schools (Away) @4:30PM	8) No School	9) No School Baseball and Softball: Varsity Game vs Bowler (Away) @4:30PM (Date changed from 05-11-20)	10) No School
13) No School - Gresham Snow Day Track: Varsity Meet vs Away vs. Multiple Schools (Away) Baseball and Softball: Varsity Game vs Manawa (Away)	14) Spring Mini Musical @6:30	15) All Staff Teacher Meeting-NWTC here @7:30AM-8:00AM Elementary Literacy Meeting 3:20PM to 4:05PM	16) Track: Varsity Relay Invitational vs Multiple Schools (Home) @4PM Baseball and Softball: Varsity Game vs Bowler (Home)@4:30PM Gnome Game Night @5PM	17) B-Day Jr/Sr High Activity Period Day Forensics State (Madison) 8AM-8PM
20) Track: Varsity CWC Meet vs Away vs. Multiple Schools (Away) @3:45PM Baseball and Softball: Varsity Game vs Northland Lutheran/Wisconsin Valley Lutheran (Away) @4:30PM	21) Softball: Varsity Game vs Northland Lutheran/Wisconsin Valley Lutheran (Away) @3:45PM	22) Jr/Sr High Staff Meeting 7:30AM-8AM Brenda Hoffman's Room	23) Track: Varsity CWC Meet - Rain Date vs Away vs. Multiple Schools (Away) @4PM Track: Varsity Open Meet vs Away vs. Multiple Schools (Away) @4PM Baseball: Varsity Game vs White Lake (Home)	24) A-day Junior Prom (set up)
27) Track: Varsity Invitational vs Away vs. Multiple Schools (Away)@4PM Baseball and Softball: Varsity Game vs Marion (Home)@4:30	28) Track: MS Meet vs Multiple Schools (Home)@4PM	29) Support Staff Meeting @3:30PM-4PM	30) Track: MS Open Meet vs. Multiple Schools (Away) @4PM Track: MS Open Meet vs. Multiple Schools (Away) @4PM Baseball and Softball: Varsity Game vs Tigerton (Away)@4:30PM	1) B-day Middle School Science Fair 6th and 7th Grade @2PM-3PM

All Activities postponed until further notice--Stay Tuned!

Nutrition Nuggets

Food and Fitness for a Healthy Child

April 2020

Gresham Community School District

Kyla Heiman, RN District Nurse

BEST BITES

Better ballpark choices

Baseball season is here! If you take your child out to a ball game, look for healthier concession-stand options. Examples include plain popcorn, grilled chicken strips dipped in mustard, fresh fruit, and veggie wraps. Watching the game at home?



Let your youngster set up his own nutritious snack bar. *Tip:* Drink water rather than soda.

Take a homework break

When your child does homework, encourage her to take active breaks. A younger child may need a break every 20 minutes, while an older one might work for 45 minutes at a time. She could set a timer to remind herself. When the timer goes off, she can march in place, do jumping jacks, or walk up and down the stairs.

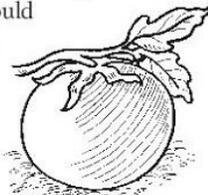
DID YOU KNOW?

Rhubarb is in season now, and it contains a lot of calcium and vitamin C. Since rhubarb is naturally tart, your child may enjoy it roasted and sweetened. Remove the leaves, cut into bite-sized pieces, drizzle with honey, and roast 5 minutes at 450°. Chill, then serve with strawberries.

Just for fun

Q: Why is a tomato round and red?

A: Because if it were long and green, it would be a cucumber!



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Whole grains for health

Whole grains provide zinc, magnesium, B vitamins, and fiber—nutrients your growing child needs. Plus, they add many flavors and textures to meals. Get more whole grains into her diet with these ideas.

Track your grains

Help your youngster make half of her grains whole. Have her draw a slice of bread on brown paper, cut it out, and draw a line down the middle. She can label one half “Whole” and the other “Not whole.” Each time she eats a grain serving (one slice of bread or one cup of rice or pasta, for example), she lists it on the correct side. At the end of the day, have her count her grains.

Revamp recipes

Together, create new recipes for foods your child likes—swapping in whole grains. If she loves pizza, she could write a recipe for mini pizzas on whole-wheat English muffins. Her recipe for chicken nuggets might include crushed whole-grain cereal for the breading.



Now let her help you make the recipes for family meals.

Eat something new

Has your youngster ever had farro? How about barley or quinoa? Trying a new whole grain as a family—and incorporating it into something familiar—may make her more likely to eat it. For example, add farro to soups, toss cooked barley into salads, or put cooked quinoa into burritos. 🍷

Food-related field trips

Your youngster can learn about food—and get more steps in while walking around—with these family outings.

- **Visit a garden center.** Let your child pick seeds to plant in containers or a garden. Talk about how you can use the vegetables or herbs he'll grow. (“We could make yummy pasta sauce with fresh basil.”)
- **Attend a food festival.** Try a “taste of the town” event where you can sample many different foods. Or look for a festival dedicated to a specific food like watermelon or potatoes—your youngster will see the various ways it can be served. Maybe you'll find an international fair where you could eat foods from Scandinavia or Guatemala, for instance, and expose your child to other cultures. 🍷



This institution is an equal opportunity provider.

Winning ways to support young athletes

Organized sports keep kids active and teach teamwork. But what is a parent's role? Use these three tips to help your child succeed in sports.

1. Be there. Attend your youngster's games or events as often as possible. Cheer on his efforts with encouraging words. Aside from snapping the occasional photo, try to avoid using your phone—your child will see that he has your full attention.



2. Encourage healthy eating.

Help your child pick out healthy snacks to keep in his gym bag. Good choices include oranges and whole-wheat crackers with hummus. Don't forget a water bottle! Also, the night before a game or meet, let him decide which lean protein, whole grain, and vegetable to have for dinner so he eats a nutritious, satisfying meal.

3. Focus on effort. Certainly congratulate your youngster when he succeeds (perhaps if he "sticks" his gymnastics floor routine or sinks a three-pointer in basketball). If he falls during a routine or misses a shot, you could say something like "I'm proud of you for bouncing back and trying hard until the end." ●

PARENT TO PARENT "Invent" a healthy cereal

It seemed like every week my son Juan would ask for a new cereal he saw advertised on TV. The boxes looked like fun, with cartoon or video-game characters, but they were full of sugary ingredients like marshmallows and chocolate chips.



I asked Juan which ingredients he thought a healthy cereal would have. He said maybe oats, fruit, and nuts. That gave me an idea. I suggested that he invent his own cereal and make a commercial for it. Juan wrote a script for an ad promoting a cereal he called Monkey's Banana Crunch. It included nutritious ingredients like raisins and baked banana chips.

After Juan practiced a few times, I filmed his commercial for him. He had a blast pretending to be a rain-forest ranger encouraging his family to eat the cereal. Now my plan is to keep helping Juan look past what's on a package and consider whether the food inside is actually good for him. ●

OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.
 Resources for Educators,
 a division of CCH Incorporated
 128 N. Royal Avenue • Front Royal, VA 22630
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ACTIVITY CORNER Fruit and veggie games

Celebrate colorful produce with these games that encourage your child to run, hop, and throw.

Color Match. Let your child tape squares of different-colored construction paper to separate buckets. Then, have her write names of fruits and vegetables on 12 index cards. Take turns drawing a card (such as pumpkin) and tossing a beanbag into the matching bucket (orange). Score a point for each correct shot—high score wins.



Red Pepper, Green Pepper, Yellow Pepper. Play this version of Red Light, Green Light. Players stand at the start line, and you call out commands. ("Green pepper" = run toward the finish line, "red pepper" = stop, and "yellow pepper" = hop forward.) If they move the wrong way, they return to the start. The first player to cross the finish line wins. ●

IN THE KITCHEN Tasty picnic sides

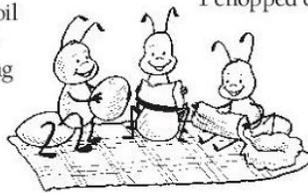
For your next picnic, skip the high-fat mayonnaise-based salads, and try these healthier options.

● **Waldorf fruit salad.** Stir together ½ cup plain Greek yogurt, 1 tbsp. honey, and 1 tbsp. orange juice. Mix with 1 chopped apple, 1 cup halved grapes, 1 cup diced celery, and 1 cup chopped walnuts.

● **Sesame noodles.** Boil 6 oz. whole-wheat spaghetti noodles according to package directions, drain, and set aside. In a blender, mix ½ cup creamy peanut

or sunflower seed butter, 1 tsp. minced ginger, 2 tbsp. rice vinegar, 2 tbsp. low-sodium soy sauce, 1 tbsp. sesame oil, 1 minced garlic clove, and 1 tsp. sweet chili sauce. Toss noodles with sauce.

● **Stuffed tomato salad.** Slice the tops off of 4 large tomatoes. Hollow them out, and mix the insides (seeds removed) with 1 cup cooked corn, 1 chopped cucumber (peeled), and 1 cubed avocado. Divide the mixture evenly among the tomatoes, drizzle with olive oil, and sprinkle with chopped fresh cilantro. ●



MINDFULNESS ACTIVITY

The Mindful Jar

This activity teaches children about how strong emotions can take hold, and how to find peace when these strong emotions come up.

You will need:

- A clear jar with a tight fitting lid
- Water
- Clear glue or glitter glue
- Dry glitter

Fill the jar almost all of the way with water, then add some of the glue and the dry glitter. Note that the more glue you add, the longer it will take for the water to settle. Make sure the lid is on tight as it will be shaken.

Finally, use the following script or take inspiration from it to form your own mini-lesson:



“Imagine that the glitter is like your thoughts when you’re stressed, mad or upset. Notice how it whirls around and makes it really hard to see clearly? That’s why it’s so easy to make silly decisions when you’re upset - because you’re not thinking clearly.”

Now, put the jar down in front of them and have them sit still and watch the glitter settle.



Take Five Mindfulness, a free resource offered through Children’s Hospital of Wisconsin’s e-Learning program in partnership with Growing Minds, is a series of videos that offer guided exercises to develop mindfulness. **Visit missionhealthykids.org and click on the Take Five link to get started.**

missionhealthykids.org

Mission: Healthy Kids raises awareness about the impact of nutrition, physical activity and a healthy mind on kids’ physical development, ability to learn and emotional well-being. It promotes policy, systems, and environmental changes in Wisconsin schools that improve health, and it offers resources for students, parents and educators to help kids eat right and stay active.

A partnership of



