



# Keeping you Informed

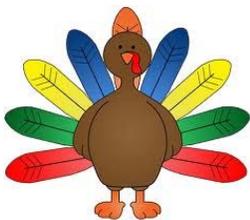
## ADAMS ELEMENTARY

### HOME OF THE ADAMS EAGLES

October/November  
2017

#### Special Points of Interest:

- ◆ Message from the Principal
- ◆ Track Meet Dates
- ◆ Spirit Days
- ◆ Music News
- ◆ Visit Adams Website
- ◆ Animals on School Grounds
- ◆ Office Hours
- ◆ Yellow Passport
- ◆ Supervision Hours
- ◆ Dr. Recess
- ◆ Zones of Regulation
- ◆ Coats for Kids!



### MUSIC NEWS

BY MRS. HERZOG

*Please mark your calendars now for the Winter Musical Performances*



*Friday, December 15, 2017*

9:00 a.m.	5th Grade	12:30 p.m.	1st Grade
10:00 a.m.	4th Grade	1:30 p.m.	2nd Grade
11:00 a.m.	3rd Grade	2:30 p.m.	Kindergarten

### Important Dates

Tuesday, October 3	-	Crazy Hair Day—\$1 Donation for Bags of Hope (Optional)
Friday, October 6	-	Spirit Day, Wear Red and White
Monday, October 9	-	PTA Meeting at 4:00 PM
Tuesday, October 10	-	Super Hero Day—\$1 Donation for Bags of Hope (Optional)
Tuesday, October 17	-	Sports Team Day—\$1 Donation for Bags of Hope (Optional)
Wednesday, October 18	-	Kindergarten Bedtime Stories, 5:30-6:30 PM
Friday, October 20	-	No P4J/Planning Day
Tuesday, October 24	-	Flannel Day—\$1 Donation for Bags of Hope (Optional)
Wednesday, October 25	-	<b>NO SCHOOL - Parent Teacher Conferences, 4:00-8:00 PM</b>
Thursday, October 26	-	<b>NO SCHOOL - Parent Teacher Conferences</b> 8:00-1:00 PM & 2:00-6:00 PM
Friday, October 27	-	<b>NO SCHOOL</b>
Tuesday, October 31	-	Class Color Day—\$1 Donation for Bags of Hope (Optional)
Friday, November 3	-	Spirit Day, Wear Red and White
Sunday, November 5	-	<b>Set Clocks Back One Hour</b>
Tuesday, November 7	-	Pajama Day—\$1 Donation for Bags of Hope (Optional)
Thursday, November 9	-	Picture Re-take Day, AM
Friday, November 10	-	No P4J/Planning Day
Monday, November 13	-	PTA Meeting at 4:00 PM
Tuesday, November 21	-	Culver's Scoopie Night, 4:00-8:00 PM
Wednesday, November 22	-	<b>NO SCHOOL-Teacher Work Day</b>
Thursday, November 23	-	<b>NO SCHOOL-Thanksgiving Break</b>
Friday, November 24	-	<b>NO SCHOOL-Thanksgiving Break</b>
Tuesday, November 28	-	End of First Trimester
Friday, December 1	-	Report Cards Sent Home





## FROM THE PRINCIPAL BY DANA SIMMONS

Hello Adams Families!

Please enjoy our newsletter on wellness this month. For our start of the year, we have focused on teaching the students the skills of wellness through Dr. Recess and Zones of Regulation. The newsletter provides information about each and how it impacts your child.

Another element that helps provide wellness to our students is the School District of Janesville's Wellness Policy. We understand that healthy eating and wellness have a huge impact on students' ability to learn and stay focused throughout their school day. The School District of Janesville continues to encourage the Wellness Policy (#5470) to promote wellness for students and comply with federal Child Nutrition guidelines. Here are some important aspects of the policy for families to know. The entire policy is available on the SDJ web site.

- ◆ The District has adopted curriculum standards and learner outcomes for physical education that includes an emphasis on physical fitness and lifetime activities.
- ◆ Schools will not use any food or beverage as a reward for academic performance or good behavior and will not withhold food or beverage as a punishment.
- ◆ Parents attending lunch with their child can bring in food for their child but cannot bring food in for a larger group or other students.
- ◆ Parents are encouraged to bring in healthy snacks for celebrations. Here are some Healthy Snack Suggestions:

**Fruit**– Any type (1/2 cup = 1 serving)  
 Frozen or dried fruit with no added sugar  
 Applesauce (unsweetened varieties)  
 Canned Fruit (light syrup only)

**Vegetables**– Any type (1/2 cup = 1 serving)  
 Can be served with low-fat dip

**Grains**  
 Baked Chips/Pretzels  
 Crackers  
 Granola/Cereal/Breakfast Bars  
 Popcorn  
 Breakfast cereal boxes

**Dairy**  
 Yogurt (Low-fat, or fat free)  
 Low-fat cheese

Thank you for all of your support in collaborating with the Adams Staff to develop happy and healthy kids!



### Track Meet Days:

May 22:  
5th Grade in the AM  
 May 23:  
4th in the AM  
 May 24:  
Rain date

### Spirit Days:

10-6:  
Red and White Day  
 10-13:  
Crazy Sock Day  
 10-20:  
Dress Like a Teacher  
 11-3:  
Red and White Day  
 11-10:  
Twin Day  
 11-17:  
Mismatch Day

# MUSIC NEWS



My name is Valerie Herzog and I will be your child's music teacher this year. I am so excited to get to know your student. This year is my first year teaching at Adams, but I have been teaching for over 20 years. I have lived in Janesville for 10 years. My husband and I have three daughters. Katherine is a sophomore in college, Grace is a junior at Craig High School and Madalynn is in 8th grade at Marshall Middle school. I play the flute and piano and in my free time I like to crochet.

In music class this year we will be using the curriculum Quaver's Marvelous World of Music. This is an interactive program that engages students and brings music to life. I'm very excited to introduce your child to Quaver and all the fun things we will be doing in music class.

If you ever have any questions for me you can reach me at [vherzog@janesville.k12.wi.us](mailto:vherzog@janesville.k12.wi.us) or 743-6357.

## Please Visit Adams Website

Please visit our Website at [adams.janesville.k12.wi.us](http://adams.janesville.k12.wi.us)

Click on:

**\*Parent Resources for:**

- ⇒ 2018-19 Open Enrollment
- ⇒ 2018-19 Kindergarten Enrollment
- ⇒ Request for Student Transfer
- ⇒ Moving Information
- ⇒ Child Find Notice



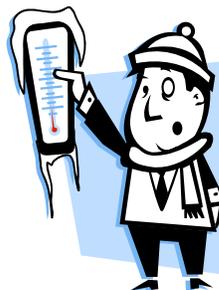
**\*Calendar for updated events and days off**

**\*Newsletter for our newsletters**

**\*Also check out our Current Events**

*Please dress your child for Wisconsin fall/winter weather.*

*Students go outside twice a day unless the temperature and/or wind chill is below 0° F.*



### ANIMALS ON SCHOOL GROUNDS

Janesville City ordinance forbids dogs, cats, horses, or other animals from being on playgrounds or school grounds.

You may only have your cat or dog on the city sidewalks due to safety reasons.

Please keep your pet at home or in the car when you drop off or pick up your child.

Thank you for your cooperation.



## Office Hours

Don't forget office hours are  
7:30 a.m. - 4:00 p.m.  
Don't hesitate to call if you need anything!  
743-6300



## Don't Forget the Yellow Passport!!

Student have 10 parent excused absences per year! Doctor excused absences are not included in the ten, which is why it's so important to not forget the yellow pass!

It's easy, just ask the doctor's office for stamp/signature/note before you leave the office.

Also, if your child needs to attend a doctor's appointment during the day. Please call the office, we will ensure the student is ready to go when you arrive at school!

Thank you!



## Supervision

Supervision begins at 8:00 a.m. outside before school starts. For the safety of everyone, please do not arrive before 8:00 a.m.

## DR. RECESS BRINGS A TROUBLE-FREE PLAYGROUND TO ADAMS



Wednesday, Sept. 20th was an exciting day for students and staff at Adams Elementary. We were lucky enough to have Dr. Recess come to our school to assist us in creating a trouble-free playground and recess environment. Dr. Curt Hinson (Dr. Recess) has been a Physical Education teacher for 34 years, 16 of those years at the Elementary level. He has published 3 books and over 50 articles related to teaching Physical Education and creating a trouble-free playground. His recess programs and techniques are being practiced in all 50 U.S. states, Washington, D.C., Puerto Rico, the Virgin Islands, and Mexico.

When Dr. Recess visited Adams, every student attended an assembly where they learned from the man himself. He taught the students numerous new games to play at recess and how to set up the games and manage them on their own. They learned how to play Dr. Recess Kickball, Catch-5 Football, Guard the Cookie Jar, Keep Away, Hoop Ball, Kan Jam, Drop-21, and Knockdown. These new games not only help our kiddos stay active, but they also stimulate their social/emotional skills and cognitive skills. Ask your child about their favorite Dr. Recess game!

## ZONES OF REGULATION

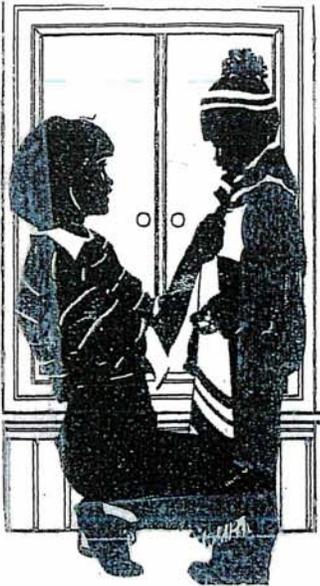
The Zones is a system that helps students identify the different ways we feel by categorizing them into color zones. The Zones framework provides the students to identify their different emotions and the emotions of others. It provides the students with different strategies to improve their problem solving skills.

The **Green Zone** is used to describe a calm state of alertness. A person may be described as happy, focused, or ready to learn when in the Green Zone.

The **Blue Zone** is used to describe low states of alertness and down feelings such as when one feels sad, tired, sick, or bored.

A person in the **Yellow Zone** may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness when in the Yellow Zone.

A person **Red Zone** may be experiencing anger or fear.



## The Salvation Army Coats For Kids

### Collection Dates

**Sept. 25<sup>th</sup> - Oct. 16<sup>th</sup> 2017**

Please donate warm winter wear for  
needy families in Janesville and  
North Rock County.

**NEEDED:** CLEAN Children's & Adults' *Winter* Jackets & Coats, Snowpants, Gloves, Scarves, Hats, & Boots - Please \* *No Adult Dress Coats* \* *No Broken Zippers* \* *No Light-weight coats or summer clothing.* **Thank you!!**

### LOCATIONS FOR DONATION BARRELS

Dan's Creston Park  
Laundromat  
1603 Randolph Rd.

Choice Cleaners  
610 E. Memorial  
1926 E. Milwaukee  
2919 N Lexington

Commercial Bank  
1400 Blackbridge Dr.

East Side Sentry  
2822 E. Milwaukee St.

Sentry West  
2501 West Court

Pick'n'Save  
1717 Center Ave.

Woodman's Market  
2819 N Lexington

Milton Piggly Wiggly  
727 S. Janesville St.

Schnuck's Super Market  
1501 Creston Park Dr.

Festival of Foods  
2233 Humes Rd

Shopko  
Highway 14

1<sup>st</sup> Community Bank of Milton  
202 Merchants Row, Milton

Janesville Elementary Schools

Perfectly Precious and Plus  
32 E. Racine St.

Parview El/JH/SH  
Orfordville

### **DISTRIBUTION:** The Salvation Army

Corner of Glen & Sutherland

Saturday, October 28, 2017 9:00-5:00 PM

Children must be present to receive a coat. Proof of residence is necessary. All coats/items are free, clean, and available to all ages. This is a community service project of The Salvation Army Women's Auxiliary.