Jefferson High School

Eagle News

2014-2015
November Newsletter

"Education is not the filling of a pail, but the lighting of a fire."- William Butler Yeats"

Mission Statement: "Our school community is a place to strive for achievement and show respect while building our future with caring and responsible students."

Administration / Main Office
Mark Rollefson—Principal
Steve Dinkel—Assistant Principal
Valerie Schmitt—Principal's Admin. Assistant
Dawn Ganser— A.D. / Asst. Principal's Admin. Assistant
P: 920-675-1100 F:920-675-1120
Website: www.jefferson.k12.wi.us

SENIORS: ON THEIR WAY TO COLLEGE!

By Shannon Mooney
School Counselor

On Friday, October 24, 64 JHS Seniors completed college applications as part of our new *Wisconsin Students Go 2 College Campaign* event.

Jefferson High School was chosen as a selected participant in the *Wisconsin Students Go 2 College Campaign* through application to the Department of Public Instruction (DPI). The purpose of the event is to provide individual assistance in applying for college, especially necessary for students needing extra motivation to complete, what can be, a daunting and intimidating task. Admission directors from the University of Wisconsin System, the Wisconsin Private College System, and the Wisconsin Technical College System were present to assist any senior with the online application(s) and/or the admission essays. Additionally, seniors had the opportunity to talk with admission representatives regarding programming, housing, financial aid, and/or other commonly asked questions.

As an added benefit, several admission directors provided mini-presentations to sophomore and junior groups interested in hearing about college related topics. Over 155 sophomores and juniors elected to participate in two presentations entitled *"The Importance of Higher Education" and "How Do Colleges Use My ACT Score?"*

Leading up to the October 24, Jefferson High School staff supported and promoted the event to students by engaging students in college discussions through homeroom curriculum and by "showcasing" their own college choices with signs that read "I WENT TO COLLEGE! ASK ME HOW!" in an effort to create positive dialogue regarding post-secondary opportunities for students.

In total, 33 seniors completed applications to Madison Area Technical College, 34 seniors completed and/or submitted applications to UW-System and/or WI Private 4 year Colleges, and 5 seniors received individual assistance on admission essays. *The Wisconsin Students Go 2 College Campaign* event was highly successful not only at helping seniors in the transition to college, but also for raising college awareness in our younger students getting ready to embark on this process in the near future.

DATE	*UPCOMING EVENTS*
Nov 5	End of Q1
Nov 11	Veteran's Day recognition Parent/teacher conferences—4pm—8pm
Nov 15	Jazz on the Rock Vocal Jazz Festival—8 am-5 pm, auditorium/commons
Nov 26—28	No school—Thanksgiving break
Dec 5	Principals presentation to 8th gr parochial schools
Dec 6	Can Jam winter dance
Dec 8	Winter band concert—7 pm, auditorium
Dec 12	Q2 progress reports due
Dec 15	Winter choir concert—7 pm, auditorium
Dec 17	Early dismissal
Dec 18	Choir holiday tour—8:30 am-3pm
Dec 24—Jan 4	No school—winter break
Dec 26—Jan 4	Europe trip
Jan 5	Classes resume
Jan 12	Financial aid night—6:30pm, auditorium
Jan 16, 19, 20	Semester one exams
Jan 21	End of Q2/S1 No school—staff development day HS transition night for parents of incoming freshmen—6pm, auditorium
Feb 4	Course selection night—4-8 pm
Feb 9	Course selection night—4-8 pm
Feb 26	Q3 progress reports due
Feb 27	Early dismissal
Mar 2	MS & HS concert of bands—7 pm, auditorium
Mar 3	ACT test—Juniors
Mar 4	ACT work keys
Mar 12	Parent/teacher conferences—4-8 pm
Mar 17	ACT test make-up date
Mar 18	Early dismissal
Mar 19	Fine arts night—6-8 pm; Pops concert—7 pm, auditorium, lobby & commons
Mar 27	End Q3
Mar 30—Apr 3	No school—spring break

November Athletic Events

Date	Activity	Time	Versus	Location
11/01/2014	Swimming: Girls Varsity SLC Championship	11:00am	Away vs. Badger-Lake Geneva	Badger High School
11/01/2014	Cross Country: Co-Ed WIAA State Meet	TBD	Away vs. WIAA State	The Ridges Golf Course - Wisconsin Rapids
11/01/2014	Soccer: Boys Varsity WIAA State Meet	TBD	Away vs. WIAA State	WIAA State
11/01/2014	Volleyball: Varsity WIAA Sectional	TBD	Away vs. WIAA Tourna-ment	WIAA Tournament
11/06/2014	Volleyball: Varsity WIAA State Meet	TBD	Away vs. WIAA State	Resch Center
11/07/2014	Football: Varsity WIAA Playoff Game	7:00pm	Away vs. WIAA	WIAA
11/07/2014	Volleyball: Varsity WIAA State Meet	TBD	Away vs. WIAA State	Resch Center
11/08/2014	Swimming: Girls Varsity WIAA Sectional	1:00pm	Away vs. Baraboo	Baraboo - Jack Young Middle School Pool
11/08/2014	Volleyball: Varsity WIAA State Meet	TBD	Away vs. WIAA State	Resch Center
11/14/2014	Football: Varsity WIAA Playoff Game	7:00pm	Away vs. WIAA	WIAA
11/14/2014	Swimming: Girls Varsity WIAA State Meet	TBD	Away vs. WIAA State	WIAA State
11/15/2014	Swimming: Girls Varsity WIAA State Meet	TBD	Away vs. WIAA State	WIAA State
11/18/2014	Basketball: Girls Freshman Game	5:45pm	Away vs. Slinger	Slinger High School
11/18/2014	Basketball: Girls JV Game	5:45pm	Away vs. Slinger	Slinger High School
11/18/2014	Basketball: Girls Varsity Game	7:15pm	Away vs. Slinger	Slinger High School
11/20/2014	Basketball: Girls Freshman Game	5:40pm	Westosha Central	Jefferson High School
11/20/2014	Basketball: Girls JV Game	5:40pm	Westosha Central	Jefferson High School
11/20/2014	Basketball: Girls Varsity Game	7:15pm	Westosha Central	Jefferson High School
11/20/2014	Football: Varsity WIAA State Tournament	TBD	Away vs. WIAA State	Camp Randall Stadium
11/21/2014	Football: Varsity WIAA State Tournament	TBD	Away vs. WIAA State	Camp Randall Stadium
11/25/2014	Basketball: Girls Freshman Game	5:40pm	Away vs. Whitewater	Whitewater
11/25/2014	Basketball: Girls JV Game	5:40pm	Away vs. Whitewater	Whitewater
11/25/2014	Basketball: Girls Varsity Game	7:15pm	Away vs. Whitewater	Whitewater
11/29/2014	Basketball: Boys JV Game	5:45pm	Away vs. Fort Atkinson	Fort Atkinson Middle School
11/29/2014	Basketball: Boys Varsity Invitational	7:30pm	Away vs. Multiple Schools	Fort Atkinson High School
11/29/2014	Basketball: Boys Freshman Game	9:00am	Away vs. Multiple Schools	Fort Atkinson High School

Counseling Office News

Counseling Office Contact Information: Phone—920-675-1126 Fax—920-675-1125

Shannon Mooney: School Counselor—Students A-K mooneys@jefferson.k12.wi.us

Mark Kurtz: School Counselor—Students L-Z kurtzm@jefferson.k12.wi.us

Sharon Wutke: Administrative Assistant—wutkes@jefferson.k12.wi.us

College Apps

WHAT YOU NEED TO APPLY:

UW System

* Apply online at www.uwhelp.wisconsin.edu
* Application fee
* Official high school transcript requested through www.parchment.com
* Have official ACT scores sent to the university(s) to which you are applying by ordering a copy at www.actstudent.org

Wisconsin Private Colleges

* Apply online at www.privatecollegezone.org
* Application fee, if required (some private colleges do not have an application fee)
* Official high school transcript requested through www.parchment.com
* Have official ACT scores sent to the university (s) in which you are applying by ordering a copy at www.actstudent.org

Wisconsin Technical College System

* Apply on-line at www.witechcolleges.org
* Application fee
* Official high school transcript requested through www.parchment.com
* Have official ACT scores sent to the technical college (s), if required, by ordering a copy at www.actstudent.org. Technical schools may require you to take the COMPASS test. Contact the college to which you are applying to schedule this.

Scholarships

Local Scholarships

A local scholarship booklet is compiled and distributed to seniors in December. Most applications will be available on the school district website. Some scholarships may become available after the booklet is printed. Please pay attention to new opportunities. They will be in the daily announcements.

State and National Scholarship Opportunities

Scholarship applications are received in the Counseling Office throughout the school year and are accessible to students. Students should check these applications periodically throughout the school year for updates and additional opportunities. State and National scholarships are also available on computer databases. Please be aware of scholarship scams. Scholarship information, as with all financial aid, should be free.

University Scholarships

The universities that you apply to may offer scholarships. Contact an admissions counselor at each university for specific application procedures.

Freshmen Transition Conference

By Shannon Mooney, School Counselor

Starting in November, each freshman will meet in a 15-30 minute conference with his/her school counselor. The individual transition conference serves several purposes; however, the primary focus is to provide students with prevention-based services regarding each student's academic, personal/social, and career development. When necessary, intervention-based services are assessed, as well. This structure is designed to guide students, individually, to achieve maximum success in high school, to identify support services/resources, and to plan for life beyond graduation. Students will be scheduled during a study hall period. If a student does not have a study hall, an alternative time will be provided.

2014-2015 ACT Test Dates

Test Date	Registration Deadline	Late Registration (extra fee)
September 13, 2014	August 8, 2014	Aug 9-22, 2014
October 25, 2014	September 19, 2014	Sep 20-Oct 3, 2014
December 13, 2014	November 7, 2014	Nov 8-21, 2014
February 7, 2015	January 9, 2015	Jan 10-16, 2015
April 18, 2015	March 13, 2015	Mar 14-27, 2015
June 13, 2015	May 8, 2015	May 9-22, 2015

COMING IN JANUARY….
ACT PREP COURSE

By Shannon Mooney, School Counselor

Jefferson High School is offering an ACT prep course this winter in preparation for the State Required ACT test on March 3, 2015. Students taking the ACT Prep course will have the opportunity to gain additional exposure to the ACT subject areas while learning valuable text preparation strategies. The best preparation for scoring well on the ACT is a strong rigorous academic curriculum; however, strategic review and test-taking preparation skills help to enhance the likelihood that students will receive the score that best reflects their abilities. This course will share general information on the ACT and provide targeted preparation and instruction in the four academic subject areas.

The course will run five consecutive Saturdays starting on January 24, 2015. The final Saturday of the course will close with a simulated ACT test. Students may choose to complete all five sessions or selected days. The course will be offered free of charge to current Jefferson High School students (a donation is encouraged, but not required). A charge of $250 will be charge for any out-of-district participant.

An online required registration form will soon be available outlining the specific dates, times, and subjects. If you have questions, please contact Shannon Mooney at mooneys@sdoj.org .

Letters of Recommendation

Steps for requesting letters of recommendation:

1. Check to see if the schools to which you are applying require them! (UW-Madison requires two!)
2. Recommendations should typically come from core academic teachers.
3. Complete a *Letter of Recommendation form* for each teacher from whom you are requesting a letter (form available on the district website).
4. Submit these completed forms to the teachers (allowing at least one week).
5. Request that each teacher: email a copy of the letter to counseling for electronic transfer which will require you to complete an *Upload Request Form.* **(only for college apps, not scholarships)**
6. Print at least 5 original hard copies with signatures.
7. Be sure to send a thank you note.

SENIOR PORTRAITS

By Cathy Crucius, Yearbook Advisor

Attention Parents of Seniors!

Deadline for submission of senior portraits is December 1st

Preferably, we would like you or your photographer to submit a photo electronically. Please e-mail to cruciusc@sdoj.org or copy onto a CD. To submit a photo manually, please send a wallet-size photo to Mrs. Crucius in room 146 at the high school. Please note that the photo will not be returned.

Please follow the dress code guidelines set within the student handbook. JHS Yearbook reserves the right to refuse submission of photos.

HOMEWORK TIPS for PARENTS

Research indicates that when kids spend more time doing homework, they're more likely to succeed in school. The U.S. Department of Education has identified specific ways that parents can help their kids do homework—and do it well. Use this checklist to help your kids succeed in getting started and finishing their homework.

- Ask your child about each teacher's homework policy.
- Check homework completion using your parent login to the school's online system.
- Set a regular time for homework and be consistent.
- Help your child pick a place to do homework.
- Create ways for your student to get organized. These may not be the same for all students.
- Remove distractions.
- Provide school supplies.
- Understand that quiet music may help students with attention concerns concentrate better.
- Set a good example. Do not let your child see you procrastinating on work you need to do.
- Be interested in your child's homework by talking about the assignment with your child.
- Be available to help your kids with their homework. Even if you do not know exactly what to do, role modeling good problem-solving skills is critical.
- When in doubt, look over your kids' completed assignments.
- Monitor the time your kids watch TV, text, or play video games. Make sure they're not rushing through their homework to do these activities.
- Encourage good study habits by explaining why they are important.
- Watch for frustration. Help your kids figure out what to do if they get stuck or overwhelmed.
- Be proud of your kids when they complete their homework and do it well.
- If you have any concerns about your child's homework, talk with teachers.

Search INSTITUTE Practical research benefiting children and youth

Developmental Assets® are positive factors within young people, families, communities, schools, and other settings that research has found to be important in promoting the healthy development of young people. From *Instant Assets: 52 Short and Simple E-Mails for Sharing the Asset Message*. Copyright © 2007 by Search Institute®, 877-240-7251; www.search-institute.org. This message may be reproduced for educational, noncommercial uses only (with this copyright line). All rights reserved.

Source: U.S. Department of Education, Office of Communication and Outreach, Helping Your Child with Homework

Attendance

Regular school attendance is most important to the educational success of all children. Jefferson High School staff place a lot of importance on school attendance and take pride in ensuring that all students in the Jefferson School District achieve academic success. We wanted to take a few moments to remind parents and students of the attendance policy at Jefferson High School.

How Many Days Can My Child Miss?

Students are allowed to miss up to 10 days of school with a parent excuse. After 10 days a medical excuse may be required. **Parents should contact the attendance office, Mrs. Dwyer, at 920-675-1115 as soon as you know your child will be absent.**

Habitual Truancy

If your child misses all or part of 5 days of school without a parent excuse they are considered habitually truant by state law. When students miss all or part of 5 days of school and become habitually truant they may be referred to Jefferson County Human Services and may receive a municipal citation as outlined by state statute.

What Can You Do?

As a parent, you are your child's most influential teacher. We are asking for your support in helping your child get to school on time every day this year. Your child needs to be in school and engaged in learning to reach his or her full potential. Yet, we realize that every family faces challenges— illness, transportation or scheduling demands**. Please let us know if your family needs help dealing with these challenges. Our contact information is below.** We will do our best to help your family ensure that your child's school attendance stays on track. Community resources can be found at: http://browser.to/DaniRobbResourceList or by contacting Dani Robb, School Social Worker.

Contact Information

If you have any questions please contact:

Mr. Mark Rollefson, Principal at (920) 675-1110
Mr. Steve Dinkel, Associate Principal at (920) 675-1111
Mrs. Shannon Mooney, School Counselor at (920) 675-1126
Mr. Mark Kurtz, School Counselor at (920) 675-1126
Mrs. Dani Robb, School Social Worker at (920) 675-1133
Mrs. Karisa Gust, School Psychologist at (920) 675-1103

If your child is going to be absent from school, please call the attendance office as soon as you know that your child will be absent.

Mrs. Tanya Dwyer, Administrative Assistant at (920) 675-1115

NATIONAL HONOR SOCIETY

By Ryan Clarksen, NHS Advisor

Jefferson High School held its annual National Honor Society Induction Ceremony on Monday, September 30th in the school's auditorium.

National Honor Society President Pauline Schlais began the ceremony with a welcome. Daisy Luengas followed her with the history of NHS, dating back to its founding in 1921. Jessica Milbrath explained the selection criteria for members: maintaining a grade point average of at least 3.0 and submitting an essay explaining the student's scholarship, service, leadership, and character.

Hannah Rueth gave a humorous introduction of the guest speaker for the ceremony, JHS Associate Principal Stephen Dinkel, comparing the honor to guest hosting Saturday Night Live. Dinkel shared advice and anecdotes, especially from his time as a member of the football coaching staff at UW-Whitewater. Much of his speech focused on grit, which he considers to be the key to the successes of UWW's football program. Dinkel described grit as a relentlessness, a willingness to work hard, and a determination to finish what you start. He told the students, "You can achieve as much success in life that you set your mind to, but it's going to take some grit."

Junior inductees:
Front row: Mikaela Grant, Emily Wright, Samantha Ramirez, Ellen Vareldzis, Emily Finger,
Second row: Emilie Nelson, Laura Genett, Miranda Thorman, Cougar Robertson,
Third row: Elizabeth Knoebel, Calli Linse, Kennedy Waugh, Jesse Paucek,
Fourth row: Landon Ellingson, Alex Sheil, Nathan Roth, Evan Drays,
Top: Matthew Welper

Following Dinkel's speech, current NHS members lit candles representing knowledge and the four pillars of the National Honor Society. Nathan Poser explained the significance of knowledge as the source of the pillars. Sophia Koehler explained the significance of scholarship; Morganne Melcher, filling in for Mackenzie Bierl, explained character; Anna Dinkel explained service; and Morganne Melcher explained leadership. Elizabeth Finger then read off the names of seniors and juniors being inducted into the group. Advisers Cory Klecker and Ryan Clarksen presented them with their membership certificates.

Senior inductees:
Front row: Reilly Mooney, Maddie Volk, Michael Aumann, Benjamin Rupprecht,
Middle row: Gwen Northey,
Top row: Hayley Harder, Brittney Fritz, Brittany Drays, Ryan Felton

Following the reciting of the NHS Pledge, Principal Mark Rollefson made remarks congratulating the students and their families on the accomplishments that led to their induction. Michael Meyers gave the closing remarks, and all NHS members presented roses to members of their families in recognition of their support.

Current member of NHS:
Front row: Pauline Schlais, Hannah Rueth, Sophia Koehler, Michael Meyers,
Middle row: Elizabeth Finger, Daisy Luengas,
Back row: Morganne Melcher, Anna Dinkel, Nathan Poser, Jessica Millbrath

New initiates into NHS include: seniors, Michael Aumann, Brittany Drays, Ryan Felton, Brittney Fritz, Hayley Harder, Reilly Mooney, Gwen Northey, Ben Rupprecht, and Maddie Volk; and juniors: Evan Drays, Landon Ellingson, Emily Finger, Laura Genett, Mikaela Grant, Libby Knoebel, Calli Linse, Emilie Nelson, Jesse Paucek, Samantha Ramirez, Olivia Raschig, Cougar Robertson, Nathan Roth, Alex Scheil, Miranda Thorman, Ellen Vareldzis, Kennedy Waugh, Matt Welper, and Emily Wright.

Existing NHS members include: Mackenzie Bierl, Anna Dinkel, Elizabeth Finger, Sophia Koehler, Daisy Luengas, Morganne Melcher, Michael Meyers, Jessica Milbrath, Nathan Poser, Hannah Rueth, and Pauline Schlais. The Jefferson High School chapter was founded in 1957, and the national organization has been in existence since 1921.

Are you ready for Electronic Progress Reports? Report Cards?

By Mark Rollefson, Principal

In the spirit of "going green" by printing less paper we are considering having future progress reports and report cards communicated electronically. This not only saves paper, but it also reduces costs for postage and employee time stuffing envelopes. We are aware that some area high schools and school districts have relied on electronic communication for progress reports and report cards.

However, we also want to be sure that we are meeting the needs of families in terms of convenience and proper communication. If a family does not have access to the internet and/or e-mail it is certainly our intent to assure of proper communication through U.S. Postal Mail.

The purpose of this notice is:

- To inform you of the fact that we are discussing this blended approach of electronic communication for the families that have access to the internet and e-mail and would prefer the convenience of an electronic communication.
- To inform families that if you do not have access to the internet or e-mail that we want to be sure to provide you with a hard copy via postal mail.
- To inform you that we plan to send out an electronic survey to inquire as to what you would prefer.

Do Not fill out the survey below if you have internet and have been receiving Alert Now e-mails from the high school this year. This survey will come to you soon electronically.

Do fill out this hard copy survey and return it to the JHS office if you do not have internet at home and/or have not been receiving Alert Now e-mail communication this year to date.

Thank You for helping us better meet your needs.

Check one of the two options.

- ☐ I prefer to continue to receive hard copy postal mail progress reports and report cards.
- ☐ Please save the paper, money, and postage- I will use electronic communications to review my child(ren) progress reports and report cards.
    - My child(s) name: _____
    - _____
    - _____
    - _____

Christmas Neighbors of Jefferson County

By Dani Robb, Social Worker

HOW TO APPLY: In 2014, the Jefferson County Christmas Neighbors program celebrates their 63rd year of helping families and children in need with toys, mittens, clothing and food... with much (and continued) thanks to the communities of Jefferson County, Wisconsin! With such wonderful support, the application will be opening for the 2014 Holiday Season on **Friday October 31st**.

Residents of Jefferson County seeking to be recipients should fill out an application (please contact their office to begin) and can choose from one of two programs: "Toy Give-Away" or "Adopt-a-Family". Please note you must be an active participant of a State-funded child welfare program, with a case-worker (such as WIC, etc.), and be the legal guardian of at least one child (infant to 17 years of age) to be considered for acceptance into either program. After returning the completed application to the Christmas Neighbor's office volunteers will review and process the application.

Completed applications can be mailed to PO Box 177, Jefferson, WI 53549 or dropped off in person; Christmas Neighbor's Office is located at 164 W. Garland Street, Jefferson. Office hours, after October 30, are Monday through Friday, 9 am to 4 pm. and will be staffed by volunteers through December 16, 2014.

Completed applications for either of this year's programs must be received **NO LATER THAN Friday, December 5, 2014**, to be eligible for participation in the current year's programs. If you have questions about applying, please reach out to the Christmas Neighbor's volunteers by calling 920-674-4499. Applicants are asked to call during office hours whenever possible or to leave a message with their name and a phone number where they can be reached.

VOLUNTEER: *Here are some ways you can become part of the "TEAM" that makes dreams come true!*

Office Helper – Answer phones, complete paperwork, help with mailings, **Toy Shopper** – One to two days are dedicated to shopping at local retailers with a team, **Fund Raiser** – Elicit the help of your group or organization and coordinate all efforts, **Worker** – Physically help out on one or both days of the event. Monday Dec. 15th and/or Tuesday Dec. 16th, **Translator** – There is a great need for Spanish speaking volunteers in all areas. Please contact Christmas Neighbors if you are interested in volunteering.

DONATE: Donations (be they monetary, supplies or of time) can be made by individuals or businesses. All donations are appreciated and can be delivered in person to the Christmas Neighbors' office (164 W. Garland Street, Jefferson, WI 53549) or mailed (such as a donation check) to PO Box 177, Jefferson, WI 53549.

- New & Gently Used Toys
- Perishable & Non-perishable Foods Mittens, Hats, Scarves & Blankets
- New & Gently Used Clothing (child & adult sizes)
- Rolls of Wrapping Paper & Tape
- Household Items & Decorations
- Christmas Decoration

Respect and Responsibility Highlighted in Communication Lessons

Conflict is a natural product and consequence of human relationships. All relationships experience conflict. While conflict may be uncomfortable and challenging it doesn't have to be negative. Teaching students how responsible individuals use verbal and nonverbal skills to develop and maintain healthy personal relationships is one of the National Health Education Standards we promote in Health 9. Students discover that conflict provides an opportunity for strengthening relationships, not harming them.

Two of the major character building blocks students in Health 9 give emphasis to are respect and responsibility. These building blocks are again stressed in our communication unit when students practice their negotiation and collaboration skills. Students role play different conflict situations using assertive language and I Statements. The Win-Win Approach to conflict resolution is also utilized. The goal emphasized in Health 9 for conflict is not to try to eliminate it, but to manage it.

During the decision-making portion of our communication unit students watched the video, The Ripple Effect. The video covers real-life teen stories and the "ripple effect" of choices, bullying and making a positive ripple effects on those around you. One freshman student commented, "Taking notice of the ripple effect is important because the sooner you do, the better choices you will make. You will also realize how much you impact others. One bad choice could really tear apart someone's life or end it." Another stated, "The ripple effect of change is very important. Thinking of your life in broader terms, like
'What can I do to help the world as opposed to what can the world do to help me?' can make a positive impact."

Other areas of study in Health 9 include Human Growth and Development, Nutrition, Mental Health Issues, Shaken Baby Syndrome, AIDS Education, and Injury Prevention.

NOV 2014

BACKPACK News

Fort HealthCare in your Community

FortHealthCare.com/Wellness

Fort HealthCare is dedicated to the individuals that not only come through our doors, but also live, work, and play in our service area and surrounding communities. Fort HealthCare is challenging you and your family to be active, fuel your body with essential nutrients, and spend quality time with loved ones this month.

November is...

- Diabetes Month
- Child Mental Health Month
- Healthy Skin Month
- Frosty Rock Nov. 15th
- Great American Smokeout Nov. 20th
- Happy Thanksgiving! Nov. 27th

Diabetes Lunch&Learns
Registered Pediatric Nurses regularly visit the schools to have lunch with kids with diabetes to provide the opportunity ask questions and reduce the stigma associated with the diagnosis.

Celebrate the smokeout
A day marked to quit smoking and pledge never to start. Smoking is the #1 preventable cause of death. Learn more at cancer.org and about the new policy on e-cigarettes by the American Heart Association at heart.org.

Give Thanks
Take a moment to reflect and be truly thankful for each item and person you have in your life. Have a fulfilling Thanksgiving!

Family-Friendly Programming

FortHealthCare.com/Classes / Health365Events.com

Frosty Rock Challenge
12K trail route, 5K run/walk, and 1-mile Kids Run on November 15th will benefit the Jefferson County Cancer Coalition. Learn more and register at FortHealthCare.com/FrostyRock.

Railyard Fitness
Provided to you by Fort Memorial Hospital Foundation to promote family fitness and pediatric wellness. Check out Railyard in your community: FortHealthCare.com/Railyard.

American Heart
CPR, AED, and First Aid classes are ongoing and inexpensive at Fort HealthCare. A student manual and certificatior card are included. View all classes at FortHealthCare.com/Classes.

Fort HealthCare
For Health.

Sign up for Fort HealthCare's monthly email newsletter!
FortHealthCare.com/eNews

EV-D68 is found in saliva, nasal mucus, or sputum. The virus is likely spread from person to person when an infected person coughs, sneezes, or touches surfaces. EV-D68 can also be spread by fecal/oral transmission.

What can we do to prevent the spread of EV-D68 in schools?

- There are no vaccines for preventing EV-D68 infections.
- You can help protect yourself from respiratory illnesses by following these steps:
  - Wash hands often with soap and water for 20 seconds.
  - Avoid touching eyes, nose, and mouth with unwashed hands.
  - Avoid kissing, hugging, and sharing cups or eating utensils with people who are sick.
  - Cover coughs
  - Disinfect frequently touched surfaces, such as toys, furniture surfaces, and doorknobs, especially if someone is sick. (EV-D68 does not live long outside the body. Once a surface is dry, it likely does not contain live virus.)
- As always, keep children home when they are sick. Notify the school if you are keeping your child home.
- If your child is having breathing difficulties associated with cold symptoms, contact your physician immediately.
- Since people with asthma are at higher risk for respiratory illnesses, they should maintain control of their asthma during this time. Asthma can also be controlled by avoiding the triggers that can cause an attack, such as tobacco smoke.

Enterovirus D68 (EV-D68)

By Lynn Zaspel, School Nurse

What is EV-D68?

You have likely read or heard on the news about the recent cases of EV-D68 (Enterovirus D68) in the United States. Enteroviruses are a common virus that can cause respiratory illness, febrile rash, and neurologic illnesses, such as aseptic meningitis (swelling of the tissue covering the brain and spinal cord) and encephalitis (swelling of the brain). The EV-D68 is less common that other enteroviruses and infected individuals generally self-recover without complications by treating the symptoms.

What are the signs and symptoms of EV-D68?

Some common signs and symptoms may include low-grade fever (although many patients will not be febrile), cough, runny nose, sneezing and body/muscle aches. Signs and symptoms of more severe infections can include wheezing, difficulty breathing, and tachycardia (rapid heart rate).

Character Quote for November—Honesty

"Every lie is two lies — the lie we tell others and the lie we tell ourselves to justify it." ~Robert Brault

Keeping It Green

In an effort to conserve materials, we will continue to email the *Eagle News*. We encourage parents and guardians who have computer access to provide us with a current email address. It's important to us that all JHS families are fully informed of ongoing news, activities, and events. Please send updated email addresses to wutkes@sdoj.org Thank you for taking time from your busy schedules to help us out.

Jefferson High School
700 W Milwaukee St
Jefferson WI 53549

Return Service Requested

NONPROFIT ORGANIZATION
US POSTAGE PAID
JEFFERSON, WI
PERMIT NO. 252