

The Blair-Taylor School District Newsletter



WILDCAT

NEWS

BLAIR-TAYLOR SCHOOL DISTRICT

Home of the Wildcats!

ADMINISTRATION:

Jeffrey S. Eide
Superintendent
608-989-2881
Fax: 608-989-2451

Dana Eide
7-12 Principal
608-989-2525
Fax: 608-989-2451

Lynn Halverson
K-6 Principal
608-989-9835
Fax: 608-989-2451

A Brief Message from Our Superintendent

Dedication, determination, hard work, courage, integrity, and a positive attitude are just a few words that come to mind when I think about our students—especially our seniors—staff, and parents. It has been said that we are in unprecedented times—learning and working through the challenges each day brings as we navigate our way through COVID-19. I know the times ahead of us will continue to be challenging, but our Blair-Taylor Community is once again, pulling together to teach our kids, feed our kids, support our kids, and virtually wrap our arms around our kids to support their needs, both emotionally and socially. Thank you! Thank you! Thank you! is all I can say, except, it is a GREAT DAY to be a WILDCAT!!

Jeffrey S. Eide
Blair-Taylor School District
Superintendent



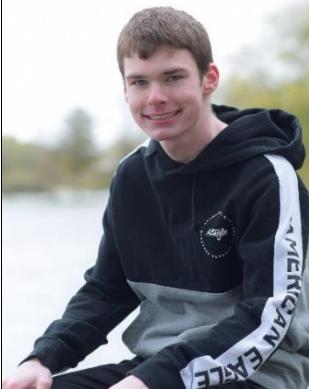
www.btsd.k12.wi.us

Laude Recognition

Congratulations to the seniors who are receiving *laude* recognition for this school year! The *laude* system has been extremely positive. The overall purpose is to promote and recognize the number of honor-level classes students take. The combination of students receiving a minimum 3.0 - grade point average, multiplied by the number of honor courses taken, places a student in either *cum laude*, *magna cum laude*, or *summa cum laude*.

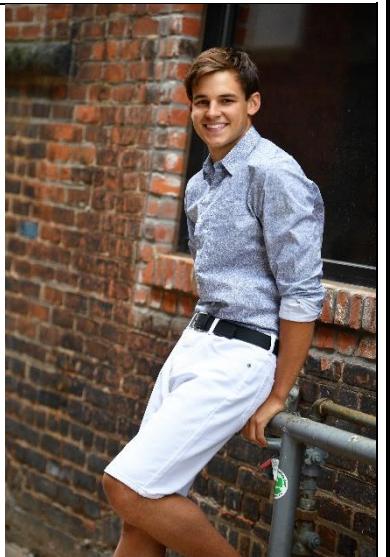
Once again, congratulations to our senior *laude* recipients! In this issue, we are recognizing the students who received *summa cum laude*, the highest level possible.

Julia Beam is the daughter of Pam and Mike Beam. Throughout high school, she has been involved in many clubs, including Student Council, National Honors Society, Future Business Leaders of America, Culture Club, Students Against Destructive Decisions, Big Cats Little Cats, and B-T Club. Julia has held numerous officer positions, including class vice president, class secretary, class treasurer, Student Council vice president, and National Honors Society treasurer. Julia was able to travel to France and Switzerland the summer between her junior and senior year with the Culture Club. Along with participating in clubs, she also has been on both the swim and dance team all four years of high school. Julia has been a captain on the swim team as both a junior and a senior, and she was also a dance team captain as a senior. One big part of Julia's high school career is being involved in musical activities such as Band, Belltallica, Dairyland Honors Band and Solo and Ensemble. Julia has performed numerous events at Solo and Ensemble every year since she was in 6th grade. She has qualified for State five times and was a part of a handbell group that received the Exemplary Award at State. Outside of school, Julia works year-round as a Youth Swim Coach with the Black River Youth Swim Team. You can also see her lifeguarding during the summer at the Blair Pool. After high school, Julia will be attending UW - Madison, pursuing a degree in kinesiology.



Colyn Berg is the son of Matthew and Tammy L. Berg. During high school, he participated in multiple clubs, like Students Against Destructive Decisions (SADD), Health Occupations Science of America (HOSA), Future Farmers of America (FFA), Big Cat Little Cat, as well as Rainbow Alliance (GSA). Colyn's leadership positions include being a treasurer for HOSA and an all-star leader for SADD. Colyn was nominated for the *La Crosse Tribune's* Extra Effort Award by Blair-Taylor's PBIS Team in 2020. Along with school, Colyn works as an on-call CNA at Grand View Care Center and takes extra college-level classes. After school, Colyn plans on attending Northcentral Technical College for an associate degree in human services and substance abuse counseling. He also plans on receiving his technical diploma as an emergency medical technician. During Colyn's free time, he likes to hang out with Megan while drinking iced coffee and playing with his dog, Lacie-Loo! Colyn would like to thank Mrs. Benedict, Mrs. Gill, and Mrs. Walters for being a strong support system and providing multiple learning opportunities.

Rafael DaCosta is the son of Carlos and Sylvia DaCosta. In high school, Rafael has participated in National Honors Society, Quiz Bowl, FBLA, Concert Band, Marching Band, Jazz Band, Solo and Ensemble, Dairyland Honors Band, B-T Club, and National Society of High School Scholars. Rafael is the school's current president of NHS and was class president his freshman year; he was also crowned Prom king. He's participated in many school sports, which include football, cross country, and track. In track, he's a two-time state qualifier in the 800-meter run and was part of Blair-Taylor's first ever boys conference winning team. He was part of another conference winning team in football, where he received a WFCA Individual Academic All-State certificate and he received 1st team All-Conference in kicking. He was also awarded 2nd team All-Conference in cross country. Outside of school, Rafael is an Eagle Scout and is a state-level swimmer and swims for the YMCA in Eau Claire, where for the last two years he's qualified to YMCA Nationals in Greensboro, NC. He also works at the Eau Claire YMCA as a coaching assistant. After graduation, Rafael will be pursuing a degree in the medical field at UW-Eau Claire and will also be a part of the swim team and hopes to make it to NCAA Division III Nationals.





Bailey Hammond is the daughter of Sara Hammond and enjoys participating in sports, clubs, and challenging classes. She has played basketball and softball in her high school career; she also has been in FFA, FBLA, and Spanish Club. Starting in her junior year, she began to take advantage of the online and distance learning college course opportunities. By the end of her senior year, she will have 20 college credits. Outside of school, she has committed to community service and a 4-H club she has been involved with as long as she can remember. High school has taught her how to use her strengths, as well as her weaknesses, how to manage time, and how to smartly, respectfully, and responsibly set realistic goals for her future.

Lauren Kidd is the daughter of Aaron and Gwen Kidd. Throughout high school, she has been very active in several extra and co-curricular activities, including National Honor Society, Future Business Leaders of America (FBLA), Future Farmers of America (FFA), Students Against Destructive Decisions (SADD), Big Cats Little Cats, BT Lettermen's Club, Drama Club, Concert Band, Marching Band, Pep Band, Choir, Belltallica, and Miss Blair. Lauren has held multiple leadership positions during high school as well. She was class president for the last two years, secretary and president of FBLA, drum majorette for the marching band, and a Badger Girls State representative. In FBLA, Lauren has been a state and national competitor. In the arts, she has advanced to State Solo & Ensemble all four years, participated in Dairyland Honors Band for three years, and was part of the crew for three school productions in Drama Club. Lauren has also been actively involved in athletics. She's been a part of the volleyball, basketball, and softball teams all four years of high school, and is a 4-year letter winner in all three sports. Some of her athletic accomplishments include being a team captain in all three sports, winning three conference titles in basketball, competing in the softball state tournament for three years, receiving All-Conference and All-District Honors in softball, and receiving numerous other team awards in all three sports. Outside of school, Lauren is a lifeguard at the Blair Aquatic Center and is an active member of the Blair Lutheran Church, where she is involved with the Youth Group and helps teach Sunday School. Lauren enjoys spending her free time with her family and friends. Lauren will be attending the University of Wisconsin - La Crosse in the fall to pursue a degree in exercise & sports science.



Kaelyn Lejcher is the daughter of Christopher and Kari Lejcher. Throughout high school, Kaelyn has participated in many clubs and organizations, such as Future Business Leaders of America, Student Council, National Honor Society, BT Club, and Big Cats Little Cats. She serves as vice president of the Student Council, along with helping as a senior supervisor in the concessions. As well as participating in clubs, Kaelyn was also a varsity member of the volleyball team and a two-time WIAA State Qualifier for the track team. Outside of school, she is a member of the Blair Lutheran Church Youth Group and works part-time for Kwik Trip. Next year she plans to attend the University of Wisconsin - Eau Claire with plans to get a degree in communication sciences and disorders and work her way toward earning a master's degree, with the goal of becoming a speech pathologist.

Rachel Lindberg is the daughter of Troy Lindberg and Renee Haas. She has been involved in many clubs and organizations throughout high school, including Future Business Leaders of America (FBLA), Big Cats Little Cats, National Honor Society, Yearbook Club, Students Against Destructive Decisions (SADD), Quiz Bowl, and Miss Blair. She has been a class officer all four years of high school, serving as treasurer and vice president, and has held leadership roles as president and vice president for FBLA. While in high school, she also has been involved in cheerleading and dance team. Outside of school, she works at Co-op Credit Union as a Student Member Service Representative. She also enjoys spending time with friends and family, shopping, and listening to music. After high school, Rachel will be attending the University of Wisconsin - La Crosse to pursue a degree in accounting.



Lauren Steien is the daughter of Eric and Michele Steien. Throughout her high school career, she has been an active member of numerous clubs, including Students Against Destructive Decisions, Future Farmers of America, Future Business Leaders of America, and BT Club. She has also held a variety of leadership positions such as Student Council president and secretary, National Honor Society vice president, Health Occupations Students of America parliamentarian, and senior class secretary. Musically, Lauren has participated in Concert Band, Marching Band, and Pep Band all four years of high school and has had the opportunity to play at Solo and Ensemble and Dairyland Honors Band. Along with participating in clubs, Lauren has also been highly successful in athletics. She has been a part of the swim and softball teams all four years of high school and has accumulated a variety of team awards and varsity letters. On top of this, Lauren has competed at the state level and has been a state finalist for both. She also has received All-Conference, All-District, and All-State honors for softball, as well as All-State awards for swimming. Outside of school, Lauren volunteers for the Jackson County Friends Sharing Food Organization and the Blair-Taylor Youth Parks and Recreation. In her free time, she likes hanging out with her friends and family, helping on her family's farm, being outside, and reading National Geographic magazines. Lauren plans to play softball at Madison Area Technical College while studying biology and working toward a degree as a paramedic technician.





Dear Wildcat Family,

Someday we will look back and ask, "Do you remember the year 2020?" Oh, yes, that was the year we went from shaking

hands as a greeting, to touching elbows, to greeting others from six feet away. Common household words and phrases became "unprecedented," "indefinitely," "social distancing," and "new normal." Movie theaters, malls, restaurants, and parks closed. We had to stay "safer at home." If we had to go to the grocery store, we wore gloves and masks to go in—that is, if we didn't order groceries for pick up. We had approximately three days to prepare our children for learning from home, hoping we would be back at the end of the school year to wrap things up. Then we realized we would not be back. "We will be back next year!" we declared. But not our seniors. They will have moved on. How could we possibly give them an end to their school career to make up for what they have lost?

Today, our minds are full of concerns about the health and safety of ourselves and our loved ones. Concerns about the shortage of personal protective equipment, ventilators, disinfectant supplies, even toilet paper! Concerns about the social isolation for ourselves, our families, our school children, and their families. Concerns about how people respond to the tension that results from the loss of jobs in our community and our changed lifestyle.

All things considered, there is good that has come out of this experience. It is part of the nature of educators to reflect and learn from every experience. Here are some of the things we have learned. Taking time to reconnect with family and friends is more precious than gold. Eating meals together as a family really is a thing! Follow that up with family game night, and we have a night we won't soon forget! Many parents who have become their children's primary teachers have shared that they have gotten to know their children so much better—their struggles and their triumphs. The connection between school and home has grown so much stronger. We are partners in educating the next generation. We must continue to grow this relationship and support. We have been overwhelmed and humbled by the way people have stepped out of their comfort zone to express

gratitude for big things as well as little. What an amazing way to hold each other up and help us get through this difficult time. This is another thing we must not forget! Kindness and generosity are part of who we are and how we do business. It is amazing and beautiful.

So how do we end the 2019-20 school year strong? We are engaging in multiple discussions about 8th grade recognition, getting students' items from their lockers back to them, getting computers and text books returned to school, final grades for the year, prom and all things surrounding graduation, including baccalaureate, award ceremony, the exit interview and, of course, the graduation ceremony. We welcome ideas and suggestions from everyone involved in these activities and hope to make decisions soon with input from the school board, so that people can be informed and can plan. Everything we plan will be contingent upon government restrictions of course, and, therefore, may change.

Together, we can get through the 2019-20 school year, the year of COVID-19, and come out stronger as a community and world.

Sincerely,
Dana Eide
Middle/High School Principal



4K REGISTRATION

4K Registration for 2020 – 2021 can be done online. Information can be found on the B - T website. If parents do not have access to the website, they can call the office for a paper copy: 607-989-9835.

BLAIR-TAYLOR EARLY LEARNING CENTER

2020-2021

- Full-day 4 year old Kindergarten (4K)

- Children must be 4 years old by Sept. 1, 2020 to qualify
- Breakfast, lunch, and snack available, as well as a designated rest time
- Monday through Thursday
- 7:45am-3:30pm

- Half-day 4 year old Kindergarten (4K)

- Children must be 4 years old by Sept. 1, 2020 to qualify
- Monday through Thursday
- Mornings only (7:45am-11:00am)
- Offered for parents who prefer a half day program for their child(ren)
- There will be ~~no~~ bussing offered at the 11:00am time

- Half-day program for 3 year olds with special needs

- Children must be 3 years old by Sept. 1, 2020 to qualify
- Must have an existing IEP in place
- Mornings only (7:45am-11:00am)
- Transportation may be available as needed



For more information:
Please call 608-989-9835.
Registration coming
this Spring!



For more information:
Contact Karen Robertson or
Kim Serum @ 608-989-9860

- Head Start

- Children must be 3 or 4 years old by Sept. 1, 2020
- Income eligibility required
- Monday through Thursday
- 7:30am-3:30pm



Tips for Parents:

Self-Care During the COVID-19 Crisis

This pandemic puts an extraordinary amount of pressure on parents to cope with our own reactions, keep households running, and manage childcare while school is canceled. On top of that, many of us are worried about how the pandemic is affecting our kids' behavioral health.

While there are many helpful recommendations on how to talk to your children about COVID-19 and help them manage anxiety in this time, it's just as important that you model healthy coping mechanisms yourself. It's OK to show your kids you're worried, but then show them how to manage those feelings in a healthy way, so they will be able to as well.

Things You Can Start Doing Now

- **First and foremost: be kind to yourself.** This is uncharted territory for most of us, and no one expects any of us to know how to do this yet. We're going to mess up, we're going to feel stressed, and we're all doing the best we can.
- **Remember coping strategies that have worked for you in the past:** distraction, deep breaths, exercise, meditation, hobbies, positive self-talk, playlists, etc.
- **Set small, achievable goals.** It can be overwhelming to think of trying to maintain these routines for weeks or longer. Instead just focus on your plan for today. "One day at a time" remains timeless wisdom.
- **Remind yourself you have good parenting skills.** You have been caring for your children for years. You will get through this! Don't hesitate to reach out to your support network to ask for advice, vent, or to take a break. And if you need more support, reach out for additional help. Look at the box below for resources.
- **Find time for yourself, even if it comes in small chunks.** It can be incredibly helpful to remove yourself from the hustle of the current reality to reset your brain. Step outside for a few minutes, shut yourself in the bathroom with a book, call a friend - whatever relaxes you or makes you happy.
- **Maintaining social connections is essential for both you and your kids.** Find ways to stay connected to friends and loved ones. Phone, video conference (Zoom, Skype, WhatsApp, FaceTime, etc), email, and even paper mail are all good options.

Help is Always Available.

You don't need to be in a crisis to reach out to one of the resources below.

Reach the **Crisis Text Line** by texting **ACT** to **741741**.

Contact the **National Suicide Prevention Lifeline** at **1-800-273-TALK (8255)**

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



When in public, wear a cloth face covering over your nose and mouth.

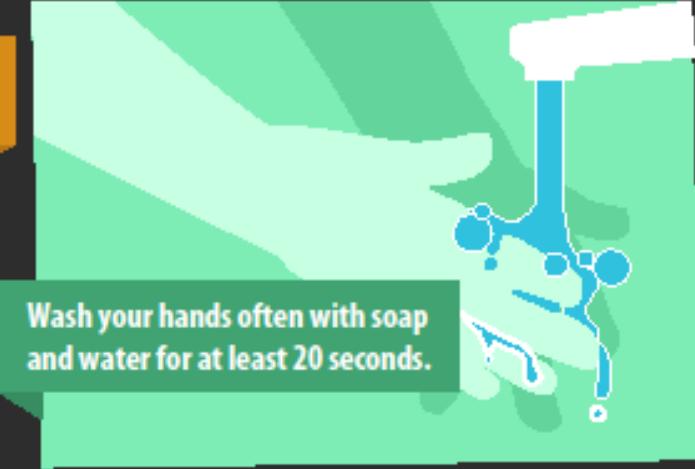
Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



cdc.gov/coronavirus

316351-A April 7, 2020 9:58 AM





How to Boost Your Mental Health—Yes, It's Possible!

Anyone can suffer from mental or emotional health problems—and over a lifetime, most of us will. This year alone, about one in five of us will be diagnosed with a mental disorder. Yet, despite how common mental health problems are, many of us make no effort to improve our situation.

We ignore the emotional messages that tell us something is wrong and try toughing it out by distracting ourselves or self-medicating with alcohol, drugs, or self-destructive behaviors. We bottle up our problems in the hope that others won't notice. We hope that our situation will eventually improve on its own. Or we simply give up—telling ourselves this is "just the way we are."

The good news is you don't have to feel bad. There are practices you can adopt to elevate your mood, become more resilient, and enjoy life more. But just as it requires effort to build and maintain physical health, so it is with mental health. We must work harder these days to ensure strong mental health, simply because there are so many ways that life impacts our emotional well-being.

Make Social Connection a Priority

No matter how much time you devote to improving your mental and emotional health, you will still need the company of others to feel and function at your best. Humans are social creatures with emotional needs for relationships and positive connections to others. We're not meant to survive, let alone thrive, in isolation. Our social brains crave companionship—even when experience has made us shy and distrustful of others.

Tips for Connecting with Others During the Safer-at-Home Order

- Call a friend or loved one. Video chat if possible.
- If you don't feel that you have anyone to call, reach out to acquaintances.
- Get out from behind your TV or computer screen.

- Don't be afraid to smile and say hello to strangers you cross paths with, while respecting the social distancing order of 6 feet apart, of course.

Staying Active is as Good for the Brain as it is for the Body

The mind and body are linked. When you improve your physical health, you'll automatically experience greater mental and emotional well-being. Physical activity also releases endorphins, powerful chemicals that lift your mood and provide added energy. Regular exercise or activity can have a major impact on mental and emotional health, relieve stress, improve memory, and help you to sleep better.

Tips for Starting an Exercise Routine

- Aim for 30 minutes on most days. If it's easier, three 10-minute sessions can be just as effective.
- Try rhythmic exercise that engages both your arms and legs, such as walking, running, swimming, weight training, martial arts or dancing. There are FREE videos that can be found on YouTube.
- Add a mindfulness element to your workouts. Instead of focusing on your thoughts, focus on how your body feels as you move.

Learn How to Keep Your Stress Levels in Check

Stress takes a heavy toll on mental and emotional health, so it's important to keep it under control. While not all stressors can be avoided, stress management strategies can help you bring things back to balance.

- Talk to a friendly face
- Appeal to your senses
- Make leisure time a priority
- Make time for contemplation and appreciation
- Take up a relaxation practice

Eat a Brain-Healthy Diet to Support Strong Mental Health

Unless you've tried to change your diet in the past, you may not be aware of how much what you eat—and don't eat—affect the way you think and feel. An unhealthy diet can take a toll on your brain and mood, disrupt your sleep, sap your energy, and weaken your immune system. Conversely, switching to a wholesome diet, low in sugar and rich in healthy fats, can give you more energy, improve your sleep and mood, and help you to look and feel your best.

People respond differently to certain foods, depending on genetics and other health factors, so experiment with how the food you include in—or cut from—your diet changes how you feel. The best place to start is cutting out the “bad fats” that can damage your mood and outlook and replace them with “good fats” that support brain health.

Foods that Adversely Affect Mood

- Caffeine
- Alcohol
- Trans fats or anything with “partially hydrogenated” oil
- Foods with high levels of chemical preservatives or hormones
- Sugary snacks
- Refined carbs (such as white rice or white flour)
- Fried food

Foods that Boost Mood

- Fatty fish rich in Omega-3s
- Nuts such as walnuts, almonds, cashews, peanuts
- Avocados
- Flaxseed
- Beans
- Leafy greens
- Fresh fruit

Don't Skimp on Sleep—It Matters More Than You Think

If you lead a busy life, cutting back on sleep may seem like a smart move. But when it comes to your mental health, getting enough sleep is a necessity. Skipping even a few hours here and there can take a toll on your mood, energy, mental sharpness, and ability to handle stress. And over the long-term, chronic sleep loss can wreak havoc on your health.

Tips for Getting Better Sleep

- If anxiety or chronic worrying dominates your thoughts at night, there are steps you can take to learn how to stop worrying.
- To wind down, calm the mind, and prepare for sleep, try taking a warm bath, reading by soft light, listening to soothing music, or practicing a relaxation technique before bed.
- To help set your body's internal clock and optimize the quality of sleep, stick to a regular sleep-wake schedule, even on weekends.
- Make sure your bedroom is dark, cool, and quiet.

Find Purpose and Meaning in Life

Everyone derives meaning and purpose in different ways that involve benefitting others, as well as yourself. You may think of it as a way to feel needed, feel good about yourself, a purpose that drives you on, or simply a reason to get out of bed in the morning. In biological terms, finding meaning and purpose is essential to brain health as it can help generate new cells and create new neural pathways in the brain. It can also strengthen your immune system, alleviate pain, relieve stress, and keep you motivated to pursue the other steps to improve mental and emotional health. However you derive meaning and purpose in life, it's important to do it every day.

What Gives You Meaning and Purpose?

- Engaging work that provides meaning to yourself and others.
- Relationships.
- Caring for a pet.
- Volunteering.
- Caregiving.

When to Seek Professional Help

If you've made consistent efforts to improve your mental and emotional health and still aren't functioning optimally at home, work, or in your relationships, it may be time to seek professional help. Following these self-help steps will still benefit you, though. In fact, input from a caring professional can often help motivate us to take better care of ourselves.

~Mrs. Meyer, Mental Health Coordinator



Mental Health Tips During COVID-19

It is okay to not be okay right now. This pandemic has been difficult for everyone, and we may find it becoming more difficult as time goes on. Our routines have changed and the things we took for granted, such as giving a friend a hug when we saw them, are no longer there to comfort us. It is okay to feel overwhelmed right now, and know that you are not alone. There are ways to support yourself and your child during this difficult time.

How to Take Care of Yourself:

Be Kind to Yourself: No one expects you to be the expert on staying at home. This is uncharted territory. Forgive yourself when you mess up or feel stressed, and know that we are all just doing the best that we know how to do.

Do What Makes You Happy: If you have something that you have found that calms you down and makes you happy, then do it. This could be exercise, meditation, hobbies, music, etc.

Set Small Goals: You don't have to do everything all at once. Set small goals for yourself to focus on for the day or the week.

Find Time for Yourself: Make sure that you are finding time for yourself, even if it is only for a few minutes a day.

Maintain Social Connections: Check in with your friends, co-workers, and loved ones in the best way you can.

How to Support your Child:

Keep Moving: Take breaks throughout the day for movement. Go out on a walk, do yoga videos through YouTube, or sign up for a free Go Noodle account for indoor recess ideas!

Limit Screen Time: Even though many of our daily activities are now happening through the screen, it is not healthy for a developing mind to get too many hours of screen time. Take time to do activities that are not in front of the screen.

Offer Choices: With feeling like a lot of our choices have been taken from us, kids will feel a need to have a voice. Set straightforward boundaries when giving choices, by having them pick between two options you give them.

Provide Structure and Routine: Kids do better with a routine. Provide a learning space for them, set up a getting up and going to bed schedule. Set up recess times throughout the day!

Let Them Know They Are Helping: Let your child know they are contributing to the solution by staying home and that everything they are doing to help matters.

If you or a loved one needs more help during this time, you can reach out to Ms. Meyer at meyerh@btsd.k12.wi.us, or if you need immediate help, you can reach the Crisis Text Line by texting ACT to 741741 or calling the National Suicide Prevention Lifeline at 1-800-273-8255.

~Ms. Belitz, School Psychologist

This information came from Signs of Suicide handouts.



Health News

In these uncertain times, one thing remains constant and vitally important—getting your children vaccinated and vaccinated on schedule. Even though clinics are rescheduling many appointments, for the most part, they are not cancelling well child and vaccination visits. The CDC and your providers feel that it is extremely important for your child to receive their vaccines and have taken steps to assure your safety in the clinic, such as: rooms designated specifically for well child visits, meaning no one coming in for a sick visit is allowed to use those exam rooms; checking you in as you walk in; providing a mask & hand sanitizer; and checking temperatures for you and each person that comes through the doors. Check with your local clinic regarding their policies.

Now is a good time to start looking ahead to next school year and to make sure your child has the appropriate vaccines. As a friendly reminder, it is a requirement of the state of Wisconsin that your child receive vaccines; however, if you need a waiver, please let us know and we will get it to you. Please kindly return it to the school. Also, if your child receives new vaccines, please send those records to the school so we can have the most up-to-date health information on your child.

We appreciate your help and support. We know there is a lot on your plates right now. This is one thing you can control and a way to help to protect your child from deadly diseases. Thank you for all you do. Please stay safe and keep washing hands!

~Mrs. Semb, School Nurse



Parenting Young Children in a Digital Age

The digital age has made media devices more accessible and portable than ever. Today's generation of children is growing up in the world of digital media. This includes broadcast and streamed television and movies, sedentary and active video games, and social and interactive media. A study from Cincinnati Children's Hospital Medical Center published in JAMA Pediatrics showed evidence that brain structure may be altered in young children with more screen use. The findings provide evidence that support caution with screen time during this crucial developmental stage. Too much screen time or poor-quality screen time has also been linked to:

- Obesity
- Irregular sleep schedules and shorter duration of sleep
- Behavioral problems
- Loss of social skills
- Violence
- Less time for play

American Academy of Pediatrics (AAP) Recommendations for Children's Media Use

Because of this research, The American Academy of Pediatrics (AAP) recommends limits on screen-based media use, citing its cognitive-behavioral risks. Some recommendations from the AAP include:

- For children younger than 18 months, avoid use of screen media other than video-chatting.
- Parents of children 18 to 24 months of age who want to introduce digital media should choose high-quality programming and watch it with their children to help them understand what they're seeing. According to an **article** by the Mayo Clinic, unstructured playtime is more valuable for a young child's developing brain than is electronic media. Children younger than age 2 are more likely to learn and remember information from a live presentation than they are from a video.

- For children ages 2 to 5 years, limit screen use to 1 hour per day of high-quality programs. Parents should co-view media with children to help them understand what they are seeing and apply it to the world around them.
- For children ages 6 and older, place consistent limits on the time spent using media and the types of media, and make sure media does not take the place of adequate sleep, physical activity and other behaviors essential to health.
- Designate media-free times together, such as during dinner or while driving, as well as media-free locations at home, such as bedrooms.

Parents play an important role in helping their children navigate the media environment. Organizations like **Common Sense Media** (<https://www.commonsensemedia.org/>) can help parents evaluate media content and make decisions about what is appropriate for their family.

~Ms. Belitz, School Psychologist

TAYLOR LIBRARY SUMMER
HOURS:
JUNE 1 – AUG. 31

(WHEN LIBRARIES CAN RE-OPEN)

MONDAY, 10 AM – 4 PM
TUESDAY, 10 AM – 4 PM
THURSDAY, 2 PM – 6PM
FRIDAY, 10 AM – 2PM

Blair-Taylor School Board Members

President

Troy Tenneson
N25277 US Hwy 53
Ettrick, WI 54627
Home: 608-525-5672
Cell: 507-459-3451
e-mail: tennet@btsd.k12.wi.us

SCHOOL BOARD MEETINGS ARE THE 3RD MONDAY OF EACH MONTH AT 5:30 PM.

Vice-President

Perry Kujak
W14419 Hillcrest Rd.
Blair, WI 54616
Home: 608-989-2510
Cell: 608-797-6160
e-mail: kujakp@btsd.k12.wi.us

Clerk

David Thompson
N25955 Joe Coulee Road
Blair, WI 54616
Cell: 608-792-3165
e-mail: thompd@btsd.k12.wi.us

Treasurer

Sarah Staff
W16133 Big Slough Rd.
Hixton, WI 54635
Home: 715-984-2309
e-mail: staffs@btsd.k12.wi.us

Directors

Dr. Blaine Koxlien
P.O. Box 67
Blair, WI 54616
Work: 608-989-2528
e-mail: koxlib@btsd.k12.wi.us

Michelle Steien
W15771 Jackson Road
Taylor, WI 54659
Home/cell: 715-299-8025
e-mail: steiem@btsd.k12.wi.us

Jeff Stalheim
310 Highland Ave.
Taylor, WI 54659
Home: 715-662-4201
email: stalhi@btsd.k12.wi.us



Reading Corner

"Reading. How do I teach my child to read at home?"

While direct instruction interventions and specific skill instruction are difficult to implement in a distance learning model, here are a couple of easy ways that families can embrace reading at home.

Read Out Loud to Your Child – Every Day

Reading aloud is for every age and grade. **Reading aloud** is a proven technique to help children cope during times of stress or tragedy. **Reading aloud** helps children acquire early language skills. **Reading aloud** to young children is not only one of the best activities to stimulate language and cognitive skills, it also builds motivation, curiosity, and memory. **Reading aloud** stimulates language development—even before a child can talk. **Reading aloud** gives children the opportunity to practice listening—a crucial skill for kindergarten and beyond.

Use Audiobooks

Audiobooks are a convenient option when libraries are closed and print options may be limited. Listening to an audiobook allows the listener to gain a lot of information from the speaker's inflections or intonations. For example, sarcasm is much more easily communicated in audio than in print form.

~Mr. Nelson, Title I/Reading Specialist



Read Aloud 15 MINUTES

Every child. Every parent. Every day.



Every time you read to your child you are improving their learning advantage. Some children begin kindergarten having been read to at home as few as 25 hours while some have been read to as much as 1,000 hours. Children who start behind usually don't catch up and are at greatest risk for reading delays and school failure.



Dear Parent,

Is your family a Read Aloud family yet? We hope you have made reading aloud to your child for at least 15 minutes every day part of your routine. We are a partner in a decade long campaign working to encourage every parent to read aloud to their child every day starting at birth. Why? Because reading aloud to your child is the single most important thing you can do to prepare your child for life long learning success.

Our goal, with your help, is to have every child arrive at kindergarten ready to learn and to be prepared by third grade for the transition from learning to read to reading to learn.

- Read to your child every day beginning at birth.
- Children are born ready to learn.
- Their brains are ready to be stimulated to add new information from the very beginning.

Here are some tips to engage your child and build the daily read aloud routine.

3 Ways To Read Aloud

- ❖ Read the Pictures
- ❖ Read the Words
- ❖ Retell the Story

Make Reading Aloud Part of Your Daily Routine!

- ❖ Nap Time
- ❖ After Meals
- ❖ Bed Time

Make Reading Aloud Fun!

- ❖ Make Up Funny Voices
- ❖ Make Up Sound Effects
- ❖ Act Out The Story
- ❖ Ask Questions About What You Read
- ❖ Ask What Happens Next Before Turning the Page

Spread the word!

Like Us on Facebook

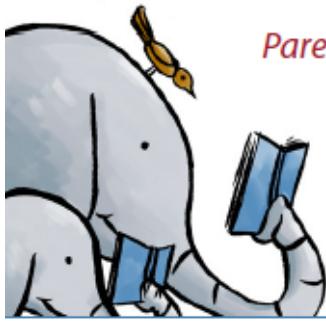


Follow Us on Twitter



Tell A Friend





Parent tips for raising strong readers and writers

Growing readers!

Brought to you by Reading Rockets, Colorín Colorado and LD OnLine

Listen and Learn with Audio Books

Audio books are a wonderful way to expose your child to complex language, expressive reading, and fantastic stories. Listening to audio books also gives kids the valuable and enjoyable experience of using their own imaginations to visualize the people and places they're hearing about. Though popular with many families during long car trips, audio books are a great way to experience stories anytime, anywhere.

What to look for

Familiar stories. For your child, listening to an audio book is a very different experience from hearing you read a book aloud. In introducing audio books to your child, look for audio books of stories your child has heard you read or tell before. Being familiar with the story will help your child enjoy hearing it from a different reader and become a willing listener.

Easy-to-use format. Consider what format will work best for you and your child. Audio books are available as CDs and you can often find them at your local public library packaged with a copy of the picture book or early reader. Some libraries also carry [Playaways](#), which are books pre-loaded onto MP3 player available for checkout. Your library may also provide audio books as digital files through a service like [OverDrive](#) that you can check out and download to your personal device. There are also many online digital services such as [Audible](#) and [Tales2Go](#) where you can subscribe to an extensive catalog of audio content.

Quality titles. When choosing audio book titles, seek suggestions from your librarian and consult recommendations from experts, such as [Notable Children's Recordings from the American Library Association](#) or [Reading Rockets' Favorite Audio Books](#). But also get kid opinions on selections to help get them invested before listening begins.

Good production. Whenever possible, listen to a sample of the audio book before you dive in. If the narrator's voice grates on your nerves or you find added background music and sound effects to be a distraction, you'll save all the listeners in your family some time and pain.

(Continued on next page)

Introducing New Staff



Jessica Lien is the new office manager/district bookkeeper for the Blair-Taylor School District. She is a graduate of Blair-Taylor; she went on to graduate with an accounting degree from Western Technical College in 2011. She and her husband, Jesse, have two children, Jordan &

Tre, who both graduated from B-T. They still have many nieces & nephews who attend B-T. Her husband Jesse has coached the C-team boys basketball team for 17 years. During her free time, Jessica typically enjoys spending time with family, cheering on the Wildcats, and spending as much summertime as possible with her family at their camper at Lake Holcombe.



Cole Van Schyndel is the new MS/HS school counselor. He was born and raised in Kaukauna, Wisconsin, where he attended Wrightstown High school, graduating in 2013. After high school, he attended the University of Wisconsin - Whitewater. He graduated from UW-

Whitewater in 2017 with a bachelor's degree in psychology. He then pursued a master's degree in school counseling at UW-Whitewater. He is currently finishing up his final semester at UW-Whitewater, and he will graduate in May of 2020. Before working at Blair-Taylor, he was working as an intern at Fort Atkinson High School.

He has three sisters, two brothers-in-law, and two nephews.

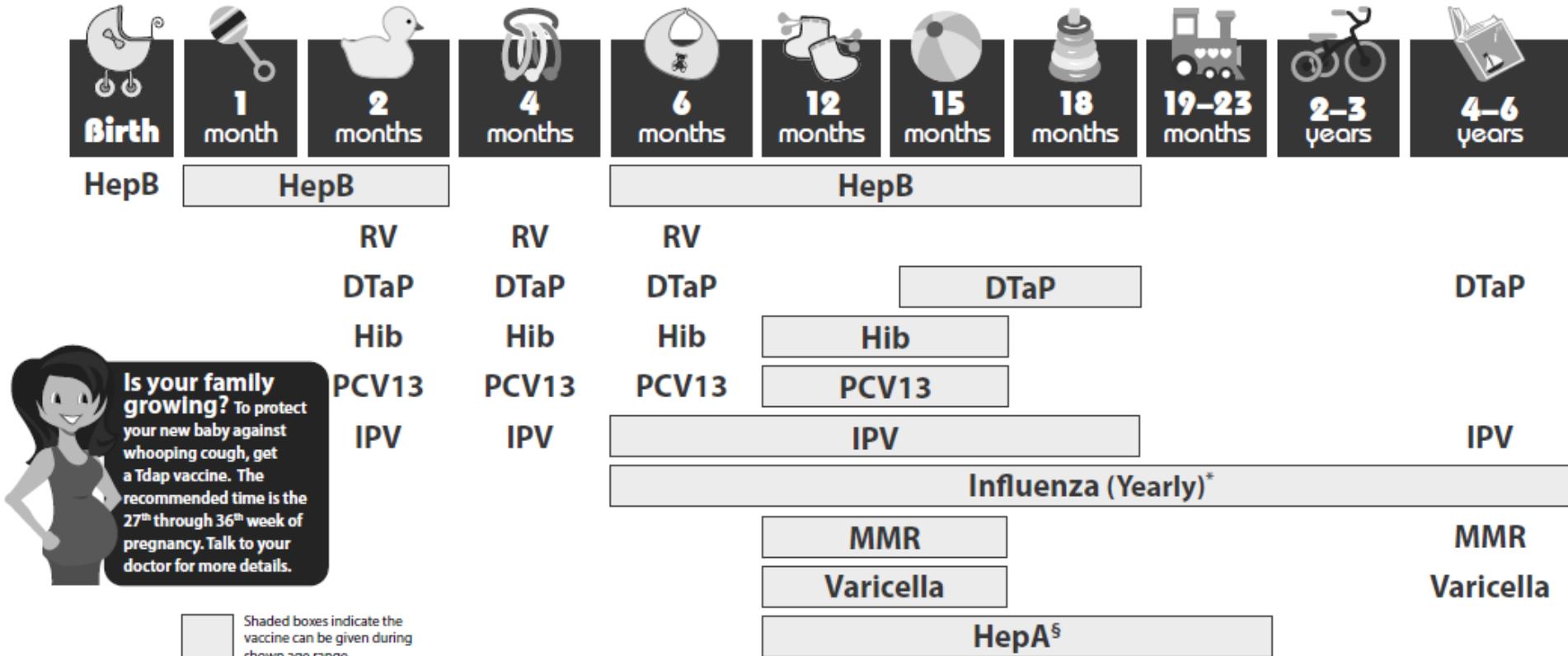
Some of his hobbies and interests include hunting, sports, and working out. He grew up hunting with his father, which now he values every second of that he can get. He also grew up playing sports, specifically basketball and football. During his time at UW-Whitewater, he played one year of football and four years of basketball. During his free time, he enjoys working out, which he grew to love through his involvement in sports. He finds working out to be relaxing and a stress reliever.

Having Fun at Home

Here are some ideas for things you can do to relax and/or reduce stress, or just plain have fun, while also staying home and employing social distancing:

- Read
- Play a game with your family
 - Board games
 - Card games
 - Outdoor games
 - Teach your children an “old” game that they don’t know about, like “Kick the Can”
- Go for a walk
- Listen to music
- Do a jigsaw puzzle
- Play an instrument
- Watch a movie
- Exercise
- Do an art or craft project
- Dance
- Clean/de-clutter an area in your home
- Talk with a friend or family member on the phone or via video chat
- Have a picnic
- Play with a pet
- Go for a hike
- Sing
- Try to learn something new
 - A language
 - An instrument
 - An art/craft
- Go for a hike
- Fly a kite
- Take up gardening or grow flowers
- Train a pet to follow new commands or do “tricks”
- Write
 - Journal
 - Letters
 - Creative writing
- Do household repairs or projects
- Camp in your backyard
- Ride a bike
- Cook or bake
- Color
- Perform a random act of kindness
- Do word puzzles
- Just rest and relax—give yourself a break!

2020 Recommended Immunizations for Children from Birth Through 6 Years Old

**NOTE:**

If your child misses a shot, you don't need to start over. Just go back to your child's doctor for the next shot. Talk with your child's doctor if you have questions about vaccines.

FOOTNOTES:

- * Two doses given at least four weeks apart are recommended for children age 6 months through 8 years of age who are getting an influenza (flu) vaccine for the first time and for some other children in this age group.
- § Two doses of HepA vaccine are needed for lasting protection. The first dose of HepA vaccine should be given between 12 months and 23 months of age. The second dose should be given 6 months after the first dose. All children and adolescents over 24 months of age who have not been vaccinated should also receive 2 doses of HepA vaccine.
If your child has any medical conditions that put him at risk for infection or is traveling outside the United States, talk to your child's doctor about additional vaccines that he or she may need.



See back page for more information on vaccine-preventable diseases and the vaccines that prevent them.

For more information, call toll-free
1-800-CDC-INFO (1-800-232-4636)
or visit
www.cdc.gov/vaccines/parents



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

INFORMATION FOR PARENTS

2020 Recommended Immunizations for Children 7–18 Years Old

Talk to your child's doctor or nurse about the vaccines recommended for their age.

	Flu Influenza	Tdap Tetanus, diphtheria, pertussis	HPV Human papillomavirus	Meningococcal		Pneumococcal	Hepatitis B	Hepatitis A	Polio	MMR Measles, mumps, rubella	Chickenpox Varicella
				MenACWY	MenB						
7–8 Years											
9–10 Years											
11–12 Years											
13–15 Years											
16–18 Years											
More information: Everyone 6 months and older should get a flu vaccine every year. All 11–through 12-year olds should get one shot of Tdap. All 11–through 12-year olds should get a 2-shot series of HPV vaccine. A 3-shot series is needed for those with weakened immune systems and those who start the series at 15 years or older. Teens 16–18 years old may be vaccinated with a serogroup B meningococcal (MenB) vaccine.											



These shaded boxes indicate when the vaccine is recommended for all children unless your doctor tells you that your child cannot safely receive the vaccine.



These shaded boxes indicate the vaccine should be given if a child is catching up on missed vaccines.



These shaded boxes indicate the vaccine is recommended for children with certain health or lifestyle conditions that put them at an increased risk for serious diseases. See vaccine-specific recommendations at www.cdc.gov/vaccines/hcp/acip-recs/.



This shaded box indicates children not at increased risk may get the vaccine if they wish after speaking to a provider.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention



CYBERBULLYING

AVOID GOSSIP.

Everyone's bound to get a little excited by those oh-so-dramatic school scandals, but that doesn't mean you have to text the latest rumor to everyone you know.

DON'T FEED THE CYBERBULLIES.

Block the sender and report the user to the website or app where the bullying is taking place.

BYSTANDERS ARE GUILTY, TOO.

If your friends are cyberbullying someone and you stay silent, you're just as guilty as they are. Speak up and keep your friends in check.



ONLINE PREDATORS

RECOGNIZE THE DIFFERENCE BETWEEN CUTE AND CREEPY.

Think about it – an older guy who wants to date someone younger is just creepy. It's not flattering; it's illegal! So don't accept their follower requests and don't meet them offline.

DON'T JUST SIT THERE – REPORT!

If you or someone you know has been victimized by someone you met online, report them to the police and CyberTipLine.org.

How Do YOU USE YOUR NETSMARTZ?



A program of the



NetSmartz®

For more resources visit Missingkids.org/NetSmartz/Resources.

Copyright © 2010-2019 National Center for Missing & Exploited Children. All rights reserved.

SHARING TOO MUCH

INITIATE OPERATION PROFILE CLEAN-UP.

Scrub your page of everything too personal, embarrassing, and illegal. Those pictures of you passed out next to the empty bottles are not going to look so cool when you start applying jobs or colleges.

STOP. THINK. PUT YOUR CLOTHES BACK ON!

You know those pictures of you wearing next-to-nothing and making kissy faces or flexing in the mirror? You might think it's sexy, but the law doesn't, so do yourself a favor – don't send them; don't forward them.

PROTECT YOUR SPACE.

Use privacy settings and don't accept just anyone as a friend. Do some investigating – Who are they? Why would you hang out with them?

TRUSTED ADULTS



TALK TO YOUR PARENTS OR GUARDIANS. THEY'RE NOT AS UPTIGHT AS YOU THINK.

Sometimes adults freak out about what you're doing online because you never tell them anything. Keep them in the loop so they know they can trust you.

In This Issue...

- Graduates Receiving *Summa Cum Laude* Honors
- Message from the MS/HS Principal
- Mental Health During COVID – 19
- Literacy Information
- Information about 4K Registration
- School Board Members
- Health News
- Recommended Immunization Schedules
- New Staff Introductions
- And MORE!



WILDCAT NEWS

The Blair-Taylor School District Newsletter • Blair, WI • 608-989-2881

School District of Blair-Taylor

N31024 Elland Road
P.O. Box 107
Blair, WI 54616

NONPROFIT ORG.
U.S. POSTAGE
PAID
BLAIR, WI
PERMIT NO. 6

CHANGE SERVICE REQUESTED

POSTAL CUSTOMER



An Equal Opportunity Employer

Home of the Wildcats!