



WILD CAT

NEWS

**BLAIR-TAYLOR
SCHOOL DISTRICT**

Home of the Wildcats!

ADMINISTRATION:

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Superintendent

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7-12 Principal

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www.btsd.k12.wi.us

A Message from Our Superintendent

In my last newsletter message, I referenced straightening the roller coaster tracks, progressing consistently and slowly up that incline, and raising our hands in excitement as we coast to the end of this unconventional year of learning and unknowns. I can honestly say that we are approaching that peak of the incline, but instead of raising our hands on the way down, let's come together (socially distanced, of course), support each other's needs, and come out of this pandemic even stronger and better than we went into it.

Along with working together to end this school year strong, we are very grateful for the community support to enhance and improve services at our United Campus moving into the 2021-22 school year. The school board has been working very hard to solidify the bids and construction plans and to begin construction at the United Campus.

United Campus Daycare

I have received inquiries about enrollment, cost, and when the doors will be open for business. Here is what we know to date.

We plan on allowing parents to enroll for childcare needs beginning Monday, May 3rd. There will be three options to choose from for enrollment.

We will have a childcare registration form as a Google form on our Blair-Taylor website, and the form will be posted on our Blair-Taylor Facebook page. This childcare registration form also will be downloadable from our website, so that you can fill it out and send it back to the school district. You can also come into the elementary office and pick up a registration form. Please call the elementary office prior to picking up a childcare registration form.

All the forms will be timestamped. Unless you personally turn in a childcare registration form, please email all forms back to Sue Waldera - waldes@btsd.k12.wi.us - The Google form registration will automatically place a timestamp on a spreadsheet. If you have any questions, please feel free to call the elementary office at 608-989-9835, Ext. 4.

The school board will approve the childcare service cost very soon. We do plan on having these costs on both the Google form and the Blair-Taylor website.

We are not able to begin any construction on the daycare center until after the current school year is completed. The most current timeline we have for the daycare completion is November 5, 2021. An incredible amount of work needs to be done prior to the completion date, but if everything goes well, we will open the doors for business soon after the completion date. Construction is not a perfect science, and if we are done prior to the projected date, we will open as soon as possible. If construction is delayed, we will need to adjust accordingly.

Baseball Field

In my last newsletter article, I shared that the baseball field committee worked very closely with our architects, engineers, and general contractor to inquire about enhancing the multi-purpose space by incorporating a synthetic “sports turf” to the entire playing surface in lieu of lights that would be used very little during spring baseball. The evaluation and bids came in very favorable for putting a synthetic “sports turf” on the multi-purpose field. We are excited to say that the United Campus will be greatly enhanced by having a synthetic “sports turf.”

There is no new information on the 6th grade, life skills or business education additions at this time.

***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 student who received *summa cum laude*, the highest level possible.

Jeffrey S. Eide
Superintendent

~ Summa Cum Laude ~ Rayna Swanson



Rayna Swanson is the daughter of Jeff and Amy Swanson.

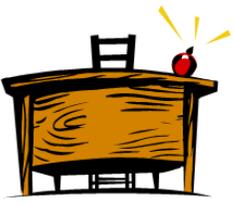
Throughout high school, she has been involved in many extra-curricular activities, such as Future Business Leaders of America (FBLA), National Honor Society (NHS), Quiz Bowl, Big Cats/Little Cats, Yearbook, Dairyland Honors Choir, Cantani (choir select group), Solo Ensemble, and Cheerleading. Rayna has been a part of Choir all four years and has participated in Dairyland Honors Choir. She plans to continue her music career in college. Rayna was the class Treasurer and the Publicity Director in FBLA her junior year. Rayna had the opportunity to travel to Chicago to attend an FBLA National Leadership Conference. Rayna works at Tri-County Memorial Hospital as a hospitality aide in the Care Center. In her free time, Rayna enjoys spending time with family and friends, singing, and reading. Rayna plans to attend Winona State University to pursue a degree in Secondary Math Education.

Graduation Ceremony

Saturday, May 29, 2021

1:00 pm





From the Desk of the Middle-High School Principal:

Reflecting on my newsletter article from this time a year ago, I am taken aback at how much our “new experiences” then, such as mask wearing, social distancing, and remote learning have become “how we do business” now. I had written a year ago that I believed we would come out of this experience stronger, and even though it has been a really challenging year, I believe we are on the road to being a stronger school and community as a result of this shared experience. The increase in communication and picking each other up when we are struggling has made a lasting impression. There is light at the end of the tunnel, and we are going to get there!

We have some exciting events to wrap up our year that, like just about everything else we have done this year, will look a little different. However, even a pandemic is not going to stop us from celebrating these special milestones in our students’ lives. I would really like to thank you, families, for partnering with us to provide an education for your children, and I would like to thank our amazing staff for staying the course even when we didn’t know what the next day would bring because we knew that offering our kids a chance to be here in person was worth the additional time, stress, and sacrifices we made to make that happen!

PROM: Yes, there will be a prom! The junior prom committee and advisors have been working out the details to host prom. The details need to be approved by the Department of Health Services and enable students to follow COVID-19 safety protocol such as social distancing, mask wearing, and hand sanitizing. **Prom will take place on April 24th from 8:00 PM-12:00AM.** The Grand March will be at 8:30PM. This will be held on the patio in front of the school, so that parents and guardians of the prom court can attend along with

the prom goers. The school will not be hosting a post prom this year.

8th GRADE RECOGNITION: This exciting event is currently scheduled for **May 14th at 2:00PM** and will recognize our eighth-grade students as they prepare for their high school careers. We are working with the Department of Health Services on the details for this event. At this time, we plan to have this event take place in the football stadium. Please stay tuned for more information about the number of people who can have attend and other details. We will get information to you as soon as possible.

GRADUATION: Graduation will take place on **Saturday, May 29th, at 1:00PM.** At this time, we are planning to hold the ceremony on the football field. More information will be coming regarding the number of people we can have in attendance. All procedures for the ceremony must be approved by the Department of Health Services. **The Baccalaureate and Senior Award Ceremony will take place beginning at 5:30PM on Sunday, May 23rd.** More information about attendance at these events will be coming as well.

The last day of school is scheduled for May 28th.

Summer school is scheduled for June 14-25 for students who failed any classes this year and need to recover those credits.

~Dana Eide, MS/HS Principal

4K/Head Start REGISTRATION

4K/Head Start Registration for 2021 – 2022 will be Mon., April 5, from 11:00am – 6:00 pm. By appointment only. Please call 608-989-9835, and select option 4, to make an appt. More information can be found here:

<https://www.btsd.k12.wi.us/schools/elementary/>



From the Desk of the Elementary Principal

The 2020-21 school year has been one to remember! Our students, staff, parents, and community have still been able to provide our students a successful school year. Most importantly, our students have been able to be in the building on a daily basis the entire school year. For the families that chose remote learning or were quarantined for a period of time, technology was utilized to allow education to continue. Our community really came together this year and provided as good of an experience for our students as possible. The support and understanding this year have been appreciated.

A major change at the elementary level for the upcoming 2021-22 school year is that 6th grade will become part of the middle school. This means that our current 5th and 6th graders will be middle schoolers already during 2021-22. The elementary will consist of 4K - 5th grade. It will be sad to see two grade levels exiting the elementary at the end of this school year, but exciting for our students. Congratulations to our current 5th and 6th graders on becoming middle schoolers next year!



Wisconsin Forward Exam

Our 3rd, 4th, 5th, and 6th-grade students will be taking the Wisconsin Forward Exam on the following dates, according to grade level:

- 3rd Grade--April 13, 14
- 4th Grade--April 15, 16, 20, 21, 22
- 5th Grade--April 13, 14, 15
- 6th Grade--April 13, 14, 20, 21

Students in 3rd, 5th, and 6th are assessed in the areas of math and English language arts. Students in 4th grade are assessed in the areas of math, English language arts, science, and social studies.



Elementary Summer School 2021 -- June 14 - 25

Summer school at Blair-Taylor Elementary will be offered on June 14 - 25 to our current 4K - 5th grade students at the elementary level. Summer school will be full days from 8:00 am - 3:00pm, Monday - Friday. Breakfast and lunch will be served at summer school.

Additional details regarding summer school will be communicated in the near future. Our goal, as always, is to assure that all students are able to attend. We do not want transportation to be a reason not to attend summer school; therefore, we are looking at options regarding how to accommodate families to allow ALL students to attend if they wish.

~ Lynn Halverson, Elementary Principal

Health News



We have almost made it through the 2020-2021 school year! That is quite an accomplishment in the times that we are facing. We could not have done it without the support of our community and parents/guardians.

It is imperative that we continue all the work we are doing to stay in school. I know it seems redundant; however, please remember the best ways to avoid getting COVID-19 in your home and our school are to: maintain 6 feet distancing, wear a mask, wash your hands for at least 20 seconds, or use hand sanitizer if a sink is unavailable. Another tool we now have is to get vaccinated as soon as possible. Please continue to avoid large crowds and/or having gatherings at your home. All of these steps help us to stay in school. Our community is extremely lucky to have a school district that is so focused on our kids' well-being, both academically and emotionally. But we cannot do it without your help!

~ Jenny Semb, School Nurse



Blair-Taylor Early Learning Center

Registration for 2021-2022 school year!

The Blair-Taylor Early Learning Center will host **four-year-old kindergarten (4K) registration and Head Start registration for the 2021-2022 school year on Monday, April 5, 2021, from 11:00am - 6:00pm in the Blair-Taylor Elementary commons.**

Due to health and safety guidelines, each family will have to schedule an appointment by calling the elementary office at 608-989-9835, Option 4.

This is a time to come to the Blair-Taylor Early Learning Center to see the facility, meet the teachers, and fill out necessary paperwork for the 2021-22 school year. If you have a child who is four years old before September 1, 2021, your child will be able to come to school next year--for four full days per week. All families with four-year-olds will be receiving necessary paperwork via the U.S. Postal Service. If you have not received information by March 15, please call Blair-Taylor Elementary (608-989-9835) to set up a time for registration.

All families will NEED to bring in their child's birth certificate.

Head Start is also taking applications for the fall and still has openings available. Head Start serves children that are three to five years old. Your child must be three by September 1, 2021, to attend Head Start. Please come in and check out these great programs! If you have any questions regarding 4K, please call (608-989-9835) or email Kim Nehring (nehrik@btsd.k12.wi.us) or Emily Becker (beckee@btsd.k12.wi.us). If you have any questions regarding Head Start, please call (608-989-9835) or email Kim Serum (serumk@btsd.k12.wi.us) or Karen Robertson (roberk@btsd.k12.wi.us).

Sincerely,
Lynn Halverson
Blair-Taylor Elementary Priincipal





Reading Corner

Last month I read *The One and Only Ivan*, by Katherine Applegate.* The book was inspired by the true story of a gorilla that lived alone in a cage for 30 years. It is told from Ivan's point of view. It is a great story of friendship, art, and hope.

While reading the book, it was fun to experience the story as if the gorilla wrote the story. How often do we challenge ourselves as writers to stretch our imagination and write out of our comfort zone?

I found a book on my shelf with creative writing prompts. Allow me to share a few with you.

- What recent headlines in the news grabbed your attention? Write a script as though you were a reporter on the scene or an anchor summarizing the situation.
- You have just been given a Time Machine. Where are you going and what will you do when you get there?
- If you could invent a tool to make your life easier, what would you invent?
- Write about colored glasses.
- Describe a perfect day.

There are endless writing ideas. Free your imagination to think of all sorts of scenarios. They might be serious, sad, silly, or simply out-of-this-world unbelievable.

Have some fun as a family creating writing prompts and then celebrate the author in you by sharing your writing. It is fine to make writing a group effort.

Assist the early learners by developing the ideas and creating the story together. Gently proofread with older students.

Writing is a process. Remember to date each draft so you can see the story evolve into a masterpiece. It will be fun to reread at a later date.

Keep reading and writing,

~ Mr. Nelson, Title I/Reading Specialist

**The One and Only Ivan* by Katherine Applegate (HarperCollins Children's Books), 2013 John Newbery Medal Winner, recommended reading level M. The book has also been made into a movie. I recommend reading the book first and then watching the movie.

State Assessment Information for Students with Disabilities

All students with disabilities are provided with appropriate and approved accommodations during state testing. These accommodations are discussed at your child's annual IEP meeting. These accommodations do not change the information being assessed but do provide support to your child to eliminate some of the barriers they may experience. Typically allowable accommodations include, but are not limited to: extending the test time, testing in alternative settings, reading questions to students, and taking breaks.

~Katie Belitz, School Psychologist/Special Education Director

Seeking Nominations

We want to recognize past or present residents of the district who have been leaders, have demonstrated strong character, and have had a positive impact on the lives of others.

These individuals should be acknowledged and held up as an example for our students.

Nomination Criteria:

- Nominee can be living or deceased.
- Must be a past or present resident of Blair-Taylor School District.
- Nominee does not have to be a graduate of Blair-Taylor Schools (Blair or Taylor).
- Nomination form must be completed and submitted to the Blair-Taylor District Office or online. No verbal nominations will be accepted.
- Nominations are unlimited.
- No self-nominations.

Nomination forms can be found in the elementary office, middle/high school office, or the district office.

You also can submit your nomination online:

<http://www.btsd.k12.wi.us/district/wall-of-inspiration.cfm>

For your convenience, the nomination form is included on the following pages.

Blair-Taylor United Campus Wall of Inspiration Nomination Form

NAME OF PERSON NOMINATED

ADDRESS (if applicable).....

TELEPHONE NUMBER (if applicable)

EMAIL ADDRESS (if applicable).....

NAME OF PERSON NOMINATING

ADDRESS.....

TELEPHONE NUMBER.....

EMAIL ADDRESS.....

BACKGROUND: Tell us about your nominee's background leading up to how he or she became a person of inspiration.

CONTRIBUTION: Describe his or her contribution to society.

INSPIRATION: Describe how your nominee inspires today's Blair-Taylor Students.

CHARACTER: Describe how this person exhibits good character.

LEADERSHIP: Describe leadership qualities exhibited by your nominee.

ACHIEVEMENTS/RECOGNITION: Describe what your nominee accomplished or achieved that would model something for today's youth. Describe any local, regional, national or international recognition your nominee has achieved.

OTHER: Is there anything else you would like the nominating committee to know about your nominee?

After you have filled out this fillable form, please download and send it to:

Jeff Eide at: eidej@btsd.k12.wi.us

Or mail it to:

Jeff Eide

N31024 Elland Road

Blair, WI 54616

The Centers for Disease Control and Prevention (CDC) developed HEADS UP Rocket Blades to help teach concussion safety to children ages 6 to 8 and to help you start a conversation with your child about playing safe and smart!



YOUR KIDS WANT TO HEAR FROM YOU ABOUT CONCUSSION SAFETY!

We know keeping your children safe is a top priority. Sometimes it can be hard to know how to talk to your child about concussion and other serious brain injury. This handout provides some tips to help you take action and start a conversation about concussion safety today.

GETTING READY FOR LAUNCH

To help you get started, CDC developed **HEADS UP Rocket Blades**. This mobile gaming app helps teach children ages 6 to 8 about concussion safety in a kid-friendly way.

The game focuses on the following learning goals:

- Hitting your head can cause a brain injury, called a concussion.
- You should tell your coach, parent, or another adult if you hit your head.
- You should see a doctor if your brain is hurt, and rest before returning to play.



3-2-1 BLAST OFF!



Have your child play the HEADS UP Rocket Blades game and chat with him or her about their experience with the game. Below are some tips to help:



If you see that your child is winning the game, take a moment to congratulate him or her. Follow up by asking why they think they've won the game, and what they would do in real life to keep themselves safe? You can visit the following webpage to get more information about these types of symptoms

<https://www.cdc.gov/headsup/basics/index.html>



Ask what happens to Rocket Blades players when they hit their head (such as: Do their brains get hurt? How do the players feel? Do the players feel or act differently after a concussion?). You can also use this time to remind your child about the types of symptoms a person may get when they have a concussion.



If you notice your child becomes frustrated when the players have concussion symptoms (such as blurry vision or slower reaction time), talk to your child about concussion symptoms and what happens when they hit their head. You can remind them that their brain makes the rest of their body work correctly. When the brain gets hurt it can't do that job properly and you can't perform at your best.



Talk to your child about the role of helmets in the game and in real life. Remind them that helmets are a very important way to keep their brain safe and safety gear should always be worn when playing. However, just like the players in the game, children in real life can get a concussion even if they are wearing a helmet, and they should avoid hits to the head.

Please visit www.cdc.gov/HEADSUP for additional information about concussion safety and how to get involved in your community.



How You May Feel After a Concussion & Tips for Your Recovery



A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head. Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth. Doctors may describe a concussion as a “mild” brain injury because concussions are usually not life-threatening. Even so, their effects can be serious.

Concussion signs and symptoms are part of the normal healing process.

Some concussion symptoms may appear right away, while other symptoms may not appear for hours or days after the injury. Symptoms generally improve over time, and most people with a concussion feel better within a couple of weeks.

Here are symptoms you may have:



Thinking/ Remembering

- Difficulty thinking clearly
- Feeling slowed down
- Difficulty concentrating
- Difficulty remembering new information



Physical

- Headache
- Fuzzy or blurry vision
- Nausea or vomiting (early on)
- Dizziness
- Sensitivity to noise or light
- Balance problems
- Feeling tired, having no energy



Emotional

- Irritability
- Sadness
- More emotional
- Nervousness or anxiety



Sleep

- Sleeps *less* than usual
- Sleeps *more* than usual
- Trouble falling asleep



More information on concussion, as well as tips to help you feel better, can be found at www.cdc.gov/TraumaticBrainInjury.

Start your recovery by taking it easy. As symptoms improve, you may gradually return to regular activities.

Recovery from a concussion means you can do your regular activities without experiencing concussion symptoms. Recovery from a concussion may be slower among older adults, young children, and teens. People who have had a concussion in the past may also find that it takes longer to recover.

The First Few Days

- Take it easy the first few days after a concussion when symptoms are more severe.
- You may need to take a short time off from work or school, although usually no more than 2 to 3 days.
- Ask your doctor for written instructions about when you can safely return to work, school, or other activities, such as driving a car.



As You Start to Feel Better

- As you start to feel better after the first few days of your injury, you can gradually return to regular (non-strenuous) activities, such as taking a short walk.
- Avoid activities that make your symptoms come back or get worse.



When Symptoms Are Nearly Gone

- When your symptoms are mild and nearly gone, you can return to most of your regular activities.
- If your symptoms do not get worse during an activity, then that activity is OK for you. If your symptoms get worse, you should cut back on that activity.

Taking these steps may help speed your recovery:

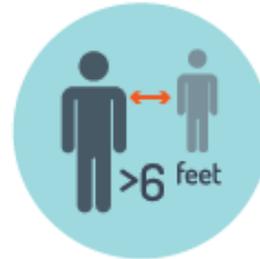
- Avoid activities that can put you at risk for another injury to your head and brain.
- Stay connected to friends and loved ones and talk with them about how you are feeling.
- Ask your doctor about medications that are safe to take during recovery to help with symptoms (for example, ibuprofen or acetaminophen for headaches).
- Limit screen time and loud music before bed, sleep in a dark room, and keep to a fixed bedtime and wake-up schedule.

If you do not think you are getting better or your symptoms are getting worse, tell your doctor. Your doctor may refer you to a specialist.

The information provided in this handout is not a substitute for medical or professional care. Questions about diagnosis and treatment for a concussion should be directed to your healthcare provider.

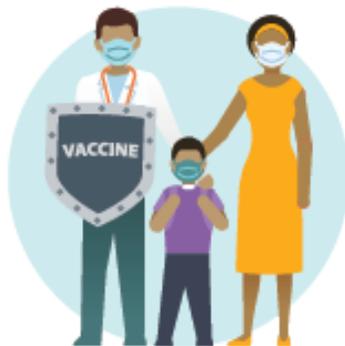
What to Expect Handout

Vaccines (shots) are one of the tools we have to fight the COVID-19 pandemic.



To stop this pandemic, we need to use all of our prevention tools. Vaccines are one of the most effective tools to protect your health and prevent disease. Vaccines work with your body's natural defenses so **your body will be ready to fight the virus**, if you are exposed (also called immunity). Other steps, like wearing a mask that covers your nose and mouth and staying at least 6 feet away from other people you don't live with, also help stop the spread of COVID-19.

Studies show that COVID-19 **vaccines are very effective** at keeping you from getting COVID-19. Experts also think that getting a COVID-19 vaccine may help keep you from getting seriously ill even if you do get COVID-19. These vaccines cannot give you the disease itself.



The vaccines are safe. The U.S. vaccine safety system makes sure that all vaccines are as safe as possible. All the COVID-19 vaccines that are being used have gone through the same safety tests and meet the same standards as any other vaccines produced through the years. A system in place across the entire country that allows CDC to watch for safety issues and make sure the vaccines stay safe.



Different types of COVID-19 vaccines will be available. Most of these vaccines are given in two shots, one at a time and spaced apart. The first shot gets your body ready. The second shot is given at least three weeks later to make sure you have full protection. If you are told you need two shots, make sure that you get both of them. The vaccines may work in slightly different ways, but all types of the vaccines will help protect you.



www.cdc.gov/coronavirus/vaccines

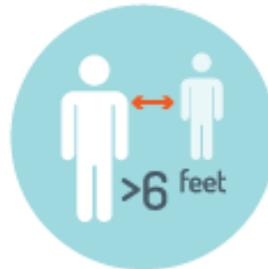


The vaccines may cause side effects in some people, like sore muscles, feeling tired, or mild fever. These reactions mean the vaccine is working to help teach your body how to fight COVID-19 if you are exposed. For most people, these side effects will last no longer than a day or two. **Having these types of side effects does NOT mean that you have COVID-19.** If you have questions about your health after your shot, call your doctor, nurse, or clinic. As with any medicine, it is rare but possible to have a serious reaction, such as not being able to breathe. It is very unlikely that this will happen, but if it does, call 911 or go to the nearest emergency room.



When you get the vaccine, you *and* your healthcare worker will both need to wear masks.

CDC recommends that during the pandemic, people wear a mask that covers their nose and mouth when in contact with others outside their household, when in healthcare facilities, and when receiving any vaccine, including a COVID-19 vaccine.



Even after you get your vaccine, you will need to keep wearing a mask that covers your nose and mouth, washing your hands often, and staying at least 6 feet from other people you do not live with. This gives you and others the best protection from catching the virus. Right now, experts don't know how long the vaccine will protect you, so it's a good idea to continue following the guidelines from CDC and your health department. **We also know not everyone will be able to get vaccinated right away, so it's still important to protect yourself and others.**

April 1, 2021 – July 31, 2021

Events subject to change.

Thurs., April 1	No School – Spring Break
Fri., April 2	No School – Spring Break
Mon., April 5	No School – Teacher In-service 4K/Head Start Registration, 11am-6
Wed., April 7	Early Out Wednesday
Thurs., April 8	CTSO Meetings, 7:45 am
Fri., April 9	Baseball Open Gym, 3:30 – 5:30
Wed., April 14	Early Out Wednesday MS/HS P-T Conferences, 3:30-7:30
Thur., April 15	CTSO Meetings, 7:45 am
Mon., April 19	Softball Starts Baseball Starts HS Track Starts
Wed., April 21	Early Out Wednesday
Thur., April 22	CTSO Meetings, 7:45 am
Sat., April 24	Softball @ Neillsville, 9:00 am Prom, 8:00pm – 12:00 midnight
Mon., April 26	School Board Meeting, 5:30 pm
Tues., April 27	Softball @ Augusta, 5:00 pm Baseball @ Augusta, 5:00 pm
Wed., April 28	Early Out Wednesday
Thurs., April 29	CTSO Meetings, 7:45 am Softball Home vs WHTL, 5:00 pm Baseball Home vs WHTL, 5:00 pm HS Track @ Royall, 5:00 pm
Fri., April 30	Softball Home vs CFC, 5:00 pm Baseball @ CFC, 5:00 pm
Mon., May 3	Softball @ EC Immanuel, 5:00 pm (doubleheader) Baseball @ EC Immanuel, 5:00 pm
Tues., May 4	Softball Home vs BRF, 5:00 pm HS Track @ Whitehall, 5:00 pm
Wed., May 5	Early Out Wednesday
Thurs., May 6	CTSO Meetings, 7:45 am SB Home vs Eleva-Strum, 5:00 pm BB Home vs Eleva-Strum, 5:00 pm
Fri., May 7	SB @ Indee/Gilmanton, 5:00 pm BB @ Independence, 5:00 pm
Sat., May 8	SB Tournament @ Arcadia (V & JV), 9:00 am
Mon., May 10	SB (JV only) Home vs Pepin/Alma, 5:00 pm BB (JV only) Home vs Pepin/Alma, 5:00 pm
Tues., May 11	Softball Home vs Lincoln, 5:00 pm Baseball Home vs Lincoln, 5:00 pm HS Track Home, 5:00 pm
Wed., May 12	Early Out Wednesday
Thurs., May 13	CTSO Meetings, 7:45 am Softball @ Mel-Min, 5:00 pm Baseball @ Mel-Min, 5:00 pm HS Track @ CFC, 5:00 pm
Fri., May 14	Softball Home vs Pepin/Alma, 5pm Baseball Home vs Pepin, 5:00 pm

Mon., May 17	SB (JV only) @ Pepin/Alma, 5pm School Board Meeting, 5:30 pm
Tues., May 18	Softball Home vs Augusta, 5:00 pm Baseball Home vs Augusta, 5pm
Wed., May 19	Early Out Wednesday
Thurs., May 20	CTSO Meetings, 7:45 am Softball @ Whitehall, 5:00 pm Baseball @ Whitehall, 5:00 pm HS Track Home, 5:00 pm
Sat., May 22	Softball @ Greenwood, 10:00 am
Mon., May 24	Softball @ CFC, 5:00 pm Baseball @ CFC, 5:00 pm HS Track Home, 5:00 pm
Wed., May 26	Early Out Wednesday
Thurs., May 27	CTSO Meetings, 7:45 am BB Home vs EC Immanuel, 5pm HS Track @ Indee, 5:00 pm
Fri., May 28	Last Student Day Softball @ Eleva-Strum, 5:00 pm Baseball @ Eleva-Strum, 5:00 pm
Sat., May 29	High School Graduation, 1:00 pm
Tues., 6/1	Teacher In-Service SB Home vs Indee/Gilmanton, 5pm BB Home vs Indee, 5:00 pm
Thurs., 6/3	Softball @ Lincoln, 5:00 pm Baseball @ Lincoln, 5:00 pm HS Track @ Eleva-Strum, 5:00 pm
Fri., 6/4	Softball Home vs Mel-Min, 5pm Baseball Home vs Mel-Min, 5pm
Mon., 6/7	HS Track @ Indee (Conference Meet), 4:00 pm Softball @ Pepin/Alma, 5:00 pm Baseball @ Pepin/Alma, 5:00 pm
Wed., 6/9	Softball Regionals TBD
Thurs., 6/10	Baseball Regional TBD
Mon., 6/14	Softball Regionals TBD HS Track Regional TBD
Tues., 6/15	Baseball Regional TBD
Wed., 6/16	Softball Regionals TBD Baseball Regional TBD
Thurs., 6/17	HS Track Sectional TBD
Mon., 6/21	Softball Sectionals TBD School Board Meeting, 5:30 pm
Tues., 6/22	Baseball Sectional TBD
Wed., 6/23	Softball Sectionals TBD
Fri., 6/25	HS Track - State
Mon., 6/28	Softball State Tournament
Tues., 6/29	Softball State Tournament Baseball STATE
Wed., 6/30	Softball State Tournament Baseball STATE
Mon., July 19	School Board Meeting, 5:30 pm
Be sure to check the calendar on the district website for the most up-to-date information: https://www.btsd.k12.wi.us/schools/high/calendar.cfm	



Baseball 2021

Dates may be subject to change.

April 27	at Augusta
April 29	Whitehall
April 30	CFC
May 3	at Immanuel
May 6	Eleva-Strum
May 7	at Independence
May 11	Lincoln
May 13	at Mel-Min
May 14	Pepin
May 18	Augusta
May 20	at Whitehall
May 24	at CFC
May 27	Immanuel
May 28	at Eleva-Strum
June 1	Indee
June 3	at Lincoln
June 4	Mel-Min
June 7	at Pepin/Alma
June 10, 15, 16	Regionals
June 22	Sectional
June 29+30	State



Softball, 2021

Dates may be subject to change.

April 24	at Neillsville (Scrimmage), 9am
April 27	at Augusta
April 29	Whitehall
April 30	CFC
May 3	at Immanuel (doubleheader)
May 4	BRF
May 6	Eleva-Strum
May 7	at Independence
May 8	at Arcadia Tourney, 9am; JV and V. (Eik Mound)
May 11	Lincoln
May 13	at Mel-Min
May 14	Pepin/Alma
May 18	Augusta
May 20	at Whitehall
May 22	at Greenwood 10am
May 24	at CFC
May 28	at Eleva-Strum
June 1	Indee
June 3	at Lincoln
June 4	Mel-Min
June 7	at Pepin/Alma
June 9, 14 16	Regionals
June 21 + 23	Sectional
June 29-30	State



Track 2021

Dates may be subject to change.

April 29	at Royall, 4:00
May 4	at Whitehall
May 11	at Blair-Taylor CFC/MM & Bisek/Walek
May 13	at CFC
May 20	at B-T E-S, AP, WHTL, Bisek/Walek
May 24	at B-T Indee, Lincoln, Walek Bromerich???
May 27	at Indee
June 3	at E-S
June 7	at Indee (Conference)
June 14	Regional
June 17	Sectional
June 25	State

Please continue to check the calendar on the school district website, in case of changes:

<https://www.btsd.k12.wi.us/district/calendar.cfm>

Open Enrollment



The regular open enrollment period for the 2021-2022 school year ends April 30, 2021.

Please visit this page on the district website for more information about what Blair-Taylor School District has to offer: <https://www.btsd.k12.wi.us/district/open-enrollment.cfm>

Open enrollment applications are available in the district office or online: <https://dpi.wi.gov/open-enrollment>.

A flyer with more information appeared in the winter newsletter, which also is available online: <https://www.btsd.k12.wi.us/district/district-news.cfm>

April, 2021

8	29	30	31	1 No School	2 No School
4 Menu items may change without notice.	5 No School	6 Cereal or Cereal Bar Cheese stick Applesauce Juice Milk BBQ Rib Hoagie Bun Tater tots Broccoli Peaches Milk	7 Strawberry cream cheese Pastry Cheese stick Blueberries Juice Milk Pizza Peas Pears Sidekick Milk	8 Cinnamon Roll Cheese stick Craisins Juice Milk Nacho Bake Tortilla Chips Corn Pineapple Milk	9 Pancakes Cheese stick Banana Juice Milk Chicken Nuggets Sweet potato fries Green Beans Apple slices Milk
11 A variety of milk served daily	12 Waffles Cheese stick Blueberries Juice Milk Turkey Gravy Mashed Potatoes Corn Dinner roll Applesauce Milk	13 Breakfast Pizza Cheese stick Banana Juice Milk Pulled pork Hoagie Bun Potato Wedges Baked Beans Peaches Milk	14 Muffin Yogurt Apple slices Juice Milk Meat & Cheese sandwich Sunchips Cheese stick Side salad Strawberry Cup Milk	15 Scrambled eggs Sausage patty Cheese stick Raisins Juice Milk Meatloaf Au Gratin Potatoes WG Crackers Carrots Apple slices Milk	16 Cheese omelet Cheese stick Pear Juice Milk Chicken Fries Hashbrown Green Beans Peaches Milk
18 All grains are WG or WGR	19 Bagel Cream Cheese Hard Boiled Egg Cheese stick Strawberry cup Juice Milk Fish sticks Smile fries California Blend Applesauce Milk	20 Breakfast Sandwich Cheese stick Banana Juice Milk Orange Chicken Brown Rice Chow Mein Noodles Carrots Apple slices Milk	21 Cereal Hard boiled egg Cheese stick Pear Juice Milk Breakfast for Lunch Cheese Omelet Sausage Patty Deli Roasters Appleway Bar Banana Raisins Milk	22 Cinnamon Roll Cheese stick Apple Juice Milk Taco Burrito Corn Side Salad Peaches Milk	23 Pancakes Cheese stick Craisins Juice Milk Pizza Peas Fruit Cocktail Sidekick Milk
25 This institution is an equal opportunity provider.	26 Yogurt Muffin Cheese stick Blueberries Juice milk Quesadilla Salsa/Sr Cream Corn Refried Beans Pears Milk	27 Frittata Cheese stick Banana Juice Milk Meatballs/Gravy Mashed Potatoes Dinner roll Green Beans Craisins Milk	28 Banana Bread Hard boiled egg Cheese stick Craisins Juice Milk Meat & Cheese Sandwich WG Chips Side Salad Apple slices Milk	29 Mini Bagel Cheese stick Apple slices Juice Milk Ravioli Breadstick Broccoli Applesauce Milk	30 Waffles Cheese stick Applesauce Juice Milk Hamburger Bun French fries Carrots Peaches Milk

May, 2021 ~ Breakfast Menus Only

**Due to the potential for limited availability of some products, lunch menus for May are subject to change. Please check the menu on the district website for the most accurate information:
<https://www.btsd.k12.wi.us/parents/menus.cfm>.**

Sun	Mon	Tue	Wed	Thu	Fri
2	3 Pancakes Cheese stick Apple Juice Milk	4 Breakfast Pizza Cheese stick Banana Juice Milk	5 Frudel Cheese stick Apricot Cup Juice Milk	6 Cinnamon Roll Cheese stick Craisins Juice Milk	7 Muffin Cheese stick Grapes Juice Milk
9 Menu items may change without notice	10 Cereal Bar Cheese stick Apple slices Juice Milk	11 Cheese Omelet Cheese stick Pear Juice Milk	12 Yogurt Granola Blueberries Juice Milk	13 Mini Donuts Cheese stick Craisins Juice Milk	14 Waffles Cheese stick Orange slices Juice Milk
16 All grains are WG or WGR	17 COOK'S CHOICE	18 COOK'S CHOICE	19 COOK'S CHOICE	20 COOK'S CHOICE	21 Cook's Choice
23 A variety of milk served daily	24 COOK'S CHOICE	25 COOK'S CHOICE	26 COOK'S CHOICE	27 COOK'S CHOICE	28 Cook's Choice

Summer Food Program – Free Meals

The Blair-Taylor School District is happy to announce it will once again sponsor the Summer Food Service Program. This program helps fill a void when regular school meals are not available, helping to meet the nutritional needs of children during the summer. The Summer Food Service Program (SFSP) is funded by the U.S. Department of Agriculture (USDA) and is administered by the Wisconsin Department of Public Instruction (DPI). Free meals will be offered to all children 18 years of age and under. Persons over 18 years of age who are determined by a state or local public educational agency to be mentally or physically disabled and who also participate in a public or private non-profit school program during the regular school year may receive free meals as well. Meals are provided to children regardless of race, color, national origin, age, gender, or disability. Discrimination is prohibited.

The SFSP meals will be available Monday through Friday, June 14-25, 2021, and will coincide with summer school at the Blair-Taylor Elementary School, N31024 Elland Road, Blair, WI 54616. Breakfast will be offered from 8:00-8:30am and lunch will be available 11:30-noon. Children do not need to be enrolled in summer school to receive free meals but will need to pick up meals on a daily basis.

The SFSP will also offer one week's worth of meals per child per week starting Wednesday, July 7th, and continue through August 11th, 2021. The distribution will be similar to last summer. Weekly meals will be available every Wednesday morning from 8:00-10:00 outside the Blair-Taylor Elementary office entrance. Please contact the Blair-Taylor Elementary Office at (608)989-9835 with any questions you may have.

The USDA prohibits discrimination against its customers, employees, and applicants based on "race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, (and) political beliefs." The USDA also forbids "reprisal and retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA.

Source: <https://www.fns.usda.gov/usda-nondiscrimination-statement>

If you wish to file a complaint of discrimination, complete the USDA Program Discrimination Complaint form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html. Or call (866) 632-9992 to request the form.

USDA is an equal opportunity provider.



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 this: 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 have to work harder these days to ensure strong mental health, simply because there are so many ways that life impacts our emotional well-being.

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 engage 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 of what you eat—and don't eat—affects 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 replacing 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, and 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 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 benefiting 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.

~ Katie Belitz, School Psychologist/Special Education Director

Virtual B-T Calming Room



Looking for ways to relieve stress and unwind?

One avenue you can try is the virtual B-T Calming Room, which was created by elementary counselor Hilary Walters and middle school counselor Sarah Kyes.

This website includes a wide variety of activities to help individuals to relax.

Some activities on the site include: relaxing sounds, music, and videos; coloring and art; games and puzzles; meditation; journaling; yoga; and exercises pertaining to mindfulness.

Visit the virtual B-T Calming room here:

<https://sites.google.com/btsd.k12.wi.us/bt-virtual-calming-room/home>

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

Finishing the Year Strong!

With spring finally here, many of us are feeling the excitement and freedom that comes with nicer weather. Students and teachers alike are looking forward to summer break. As we near the end of the year, it's important to encourage our students to stay motivated and keep up with their schoolwork. Here are some suggestions for how to help:

1. **Be engaged in your child's learning-** Ask your child open-ended questions about their classes. For example, you can ask, "What are you learning about in science?" and "What can you do to be more successful in reading?"
2. **Make goals-** Work with your child to create goals for the end of the school year. Maybe a goal about doing two 30-minute sessions of homework each night? Make sure to place these goals somewhere they can be seen daily.
3. **Keep distractions to a minimum-** When possible, try to offer your child a place that is quiet and free from distractions like video games, cell phones, TV, and loud noises. You can even consider asking your child to give you their cell phone while they're doing homework and they can have it back when they've completed their work.
4. **Make a list of assignments-** After school, encourage your child to create a list of assignments that need to be completed, in order from most to least urgent. As your child completes their list, they can check off what they've completed and track their progress.
5. **Encourage your child-** Stay positive and offer words of encouragement. Remind them how important academics are, support their efforts to engage with schoolwork, and praise them when they complete it!

If you are looking for more resources, reach out to your student's school counselor or teachers. We are here to help.

Elementary School Counselor- Hilary Walters
Middle School Counselor- Sarah Kyes
High School Counselor- Cole Van Schyndel

~Sarah Kyes, Middle School Counselor



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!

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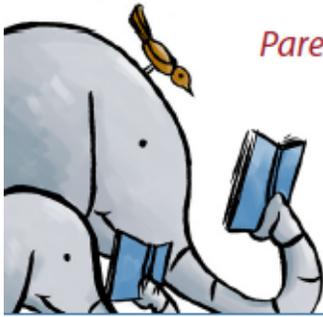


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Parent tips for raising strong readers and writers

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)

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- Graduate Receiving *Summa Cum Laude* Honors
- Messages from the Superintendent & Principals
- Meals Menus
- Upcoming Events
- HS Spring Sports Schedules
- Literacy Information
- Health News
- Information about 4K/Head Start Registration
- School Board Members
- Health News
- And MORE!



WILDCAT NEWS

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

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