



Dates to remember

Jan 2	School resumes
Jan 11	Late Start
Jan 12	6:00 PTO Meeting
Jan 16	No School
Jan 24	PTO Family Night Out 4-8 Chipotle by the mall
Jan 25	Late Start
Jan 26	6:00 Gr. 5 concert 6:45 Gr. 6 concert



Change of After School Plans

Please communicate any change of after school plans to your child and their teacher via email prior to the day starting. Messages during the day may not make it to your student in time.



Picking up for an appointment

Please let the office and your child's teacher know of any upcoming appointments so they can be ready for pick up. You can now enter your child's absences on the parent portal.



JANUARY

5TH & 6TH GRADE

MUSIC CONCERT

We are so excited to showcase our 5th and 6th grade students' work in music for you on Thursday, January 26, 2023 at their only concert of the school year. Students are encouraged to dress nicely for this very special event!

We ask that all 5th grade students and families arrive between 5:45 and 5:55 PM and report to their riser spots in the large gym. Their concert will start promptly at 6:00 PM.

We ask that all 6th grade students and families arrive between 6:30 and 6:40 PM and report to their riser spots in the large gym. Please do not arrive prior to this time as traffic and parking will be congested. The concert will start promptly at 6:45 PM.

Thank you for working together as a community to make this a successful night for all!

Sincerely,
Mrs. Sara Crabtree, Houdini Music Teacher
crabtreesara@aasd.k12.wi.us



APPLETON AREA

SCHOOL DISTRICT

HEALTH SERVICES * P.O. Box 2019, Appleton, WI 54911 * 920-997-1399 ext. 2106

Healthy Sleep



Like eating well and being physically active, getting a good night's sleep is vital to the well-being of students and staff. A number of vital tasks carried out during sleep help maintain good health and enable people to function at their best. Not getting enough sleep can be dangerous and contribute to poor health.

Most children need at least 9 hours of sleep each night. Both the amount and quality of sleep affect how well people learn and remember as well as perform tasks like problem-solving and staying focused. Insufficient sleep causes people to be irritable and adversely affects behavior. Poor quality sleep on a regular basis increases the risk of having high blood pressure, obesity, heart disease, and other medical conditions.

GETTING A GOOD NIGHT'S SLEEP:

- Stick to a regular sleep schedule.
- Exercise is great but not too late in the day.
- Avoid caffeine and nicotine which are stimulants.
- Avoid large meals and beverages late at night.
- Don't take naps after 3pm
- Relax before bed by listening to relaxing music or by reading something soothing.
- Turn off all screens an hour before bed.
- Have a good sleeping environment (quiet, dark and cool).
- Have the right sunlight exposure.
- Don't lie in bed awake for an extended length of time. Engage in a relaxing activity until you feel tired.
- See a doctor if you have difficulty sleeping.

What's on the Menu?

AASD Elementary Breakfast January 2023

2	3	4	5	6
Nature Valley Breakfast Round (Apple Cinnamon) Fresh Apple Assorted Juice Fat Free or 1% Milk	Pancake & Sausage on a Stick Fresh Pear Assorted Juice Fat Free or 1% Milk	Cocoa Puffs Cereal Bar with String Cheese Raisins Assorted Juice Fat Free or 1% Milk	Banana Chocolate Chip Benefit Bar Apple Slices Assorted Juice Fat Free or 1% Milk	Soft Filled Cinnamon Toast Crunch Cherry Craisins Assorted Juice Fat Free or 1% Milk
9	10	Late Start 11	12	13
Strawberry Nutrigrain with String Cheese Raisins Assorted Juice Fat Free or 1% Milk	Nature Valley Breakfast Round (Banana Chocolate Chip) Apple Slices Assorted Juice Fat Free or 1% Milk	Mini Blueberry Waffles Fresh Pear Assorted Juice Fat Free or 1% Milk	Scooby Grahams with Danimals Yogurt Banana Assorted Juice Fat Free or 1% Milk	UBR - Chocolate Chip Applesauce Assorted Juice Fat Free or 1% Milk
16	17	18	19	20
No School	Mini Maple Madness Waffles Apple Slices Assorted Juice Fat Free or 1% Milk	Soft Bagel stuffed with Strawberry Cream Cheese (Pillsbury) Fresh Pear Assorted Juice Fat Free or 1% Milk	Golden Grahams Cereal Bar with String Cheese Banana Assorted Juice Fat Free or 1% Milk	Apple Frudel Raisins Assorted Juice Fat Free or 1% Milk
23	24	Late Start 25	26	27
Strawberry Nutrigrain with String Cheese Raisins Assorted Juice Fat Free or 1% Milk	Mini French Toast Fresh Pear Assorted Juice Fat Free or 1% Milk	Nature Valley Breakfast Round (Banana Chocolate Chip) Apple Slices Assorted Juice Fat Free or 1% Milk	Scooby Grahams with Danimals Yogurt Banana Assorted Juice Fat Free or 1% Milk	Soft Filled Cinnamon Toast Crunch Craisins Assorted Juice Fat Free or 1% Milk
30	31			
Blueberry Muffin with String Cheese Apple Slices Assorted Juice Fat Free or 1% Milk	Mini Maple Madness Waffles Craisins Assorted Juice Fat Free or 1% Milk			

"This institution is an equal opportunity provider."

**AASD Elementary Lunch
January 2023**

2	3	4	5	6
<p>Popcorn Chicken with Dinner Roll</p> <p style="text-align: center;">or</p> <p>Hot Dog on a WG Bun</p> <p>Baked Beans Fresh Grape Tomatoes Blueberries Chilled Pears</p>	<p>Beef Nachos</p> <p style="text-align: center;">or</p> <p>Hummus Fun Lunch (Hummus, Flatbread, Carrot Sticks)</p> <p>Steamed Corn Fresh Carrot Sticks Apple Slices Chilled Mixed Fruit</p>	<p>Cheesy Italian Pull Apart with Marinara Sauce</p> <p style="text-align: center;">or</p> <p>Teriyaki Chicken with Brown Rice and Dinner Roll</p> <p>Seasoned Green Peas Fresh Cauliflower Fresh Whole Pears Chilled Peaches</p>	<p>Chicken Tenders and a Breadstick</p> <p style="text-align: center;">Or</p> <p>Cheese Quesadilla</p> <p>Seasoned Carrots Fresh Broccoli Fresh Banana Applesauce Cup</p>	<p>Waffles with Yogurt and Syrup</p> <p style="text-align: center;">or</p> <p>Cheeseburger</p> <p>Seasoned Green Beans Fresh Cucumber Slices Fresh Orange Wedges Warm Baked Cinnamon Apples</p>
9	10	11	12	13
Late Start		National Bean Day!		
<p>Southwest Queso Pull Apart with Salsa Cup</p> <p style="text-align: center;">or</p> <p>BBQ Rib Sandwich</p> <p>Seasoned Mixed Vegetables Baby Carrots and Celery Sticks Fresh Apple Slices Roasted Cinnamon Pineapple</p>	<p>Chicken Nuggets with Elf Grahams</p> <p style="text-align: center;">or</p> <p>Turkey & Cheese Sub</p> <p>Baked Beans Fresh Cucumber Slices Fresh Pear Cherry Lemon Sidekick</p>	<p>Mini Corn Dogs</p> <p style="text-align: center;">or</p> <p>Sweet and Sour Chicken with Brown Rice</p> <p>Steamed Broccoli Fresh Baby Carrots Orange Wedges Applesauce Cup</p>	<p>Galaxy Cheese Pizza</p> <p style="text-align: center;">or</p> <p>Italian Meatballs and Sauce with Rotini and Garlic Bread</p> <p>Seasoned Green Beans Fresh Grape Tomatoes Fresh Banana Chilled Peaches</p>	<p>Blueberry Muffin Fun Lunch (Muffin, Goldfish Crackers, Yogurt, and String Cheese)</p> <p style="text-align: center;">or</p> <p>Crispy Chicken Sandwich</p> <p>Seasoned Corn Fresh Cauliflower Fresh Whole Apple Chilled Mandarin Oranges</p>
16	17	18	19	20
No School		National Popcorn Day!		
National Cheese Lover's Day!				
<p>Chicken Nuggets with Dinner Roll</p> <p style="text-align: center;">or</p> <p>Ham and Cheese Wrap</p> <p>Steamed Carrots Red and Green Bell Peppers Fresh Orange Wedges Chilled Mixed Fruit</p>	<p>Cheeseburger</p> <p style="text-align: center;">or</p> <p>Bosco Sticks with Marinara Sauce</p> <p>Baked Beans Cucumber Slices Fresh Apple Slices Peach Cup</p>	<p>Popcorn Chicken with a Breadstick</p> <p style="text-align: center;">or</p> <p>Crispy Fish and Cheese Sandwich</p> <p>Seasoned Corn Fresh Broccoli Banana Rosy Applesauce</p>	<p>Chicken Corn Dog</p> <p style="text-align: center;">or</p> <p>Toasted Cheese Sandwich</p> <p>Steamed Mixed Vegetables Grape Tomatoes Fresh Whole Pear Strawberry Cup</p>	
23	24	25	26	27
Late Start				
<p>Boneless Wings with a Dinner Roll</p> <p style="text-align: center;">or</p> <p>Hot Ham and Cheese Sandwich</p> <p>Baked Beans Fresh Celery Sticks Fresh Gala Apple Chilled Mandarin Oranges</p>	<p>Tony's Pepperoni Pizza</p> <p style="text-align: center;">or</p> <p>Sunbutter Fun Lunch with Apple Slices and Graham Crackers</p> <p>Seasoned Green Peas Fresh Broccoli Fresh Apple Slices Chilled Peaches</p>	<p>Cheesy Beefaroni</p> <p style="text-align: center;">or</p> <p>Strawberry Parfait</p> <p>Seasoned Green Beans Fresh Cucumber Slices Fresh Whole Pear Chilled Mixed Fruit</p>	<p>French Toast Bites with Sausage & Syrup</p> <p style="text-align: center;">or</p> <p>Cheesy Pull Apart with Marinara Sauce</p> <p>Steamed Carrots Grape Tomatoes Blueberries Chilled Pears</p>	<p>Walking Tacos</p> <p style="text-align: center;">or</p> <p>Hot Dog on a Bun</p> <p>Steamed Corn Carrot Fries Banana Chilled Applesauce Cup</p>
30	31			
<p>Boneless Chicken Wings with Garlic Breadstick</p> <p style="text-align: center;">or</p> <p>Italian Meatball Sub</p> <p>Seasoned Green Beans Fresh Baby Carrots and Celery Sticks Fresh Pear Chilled Mixed Fruit</p>	<p>Cheeseburger</p> <p style="text-align: center;">or</p> <p>Chicken Caesar Salad with Cheddar Goldfish</p> <p>Baked Beans Fresh Broccoli Fresh Gala Apple Strawberry Mango Sidekick</p>			