

2024

January Hawks Tale

Dates To
Remember

- | | |
|--------|--|
| Jan 2 | Classes resume |
| Jan 11 | 6:00 PTO Meeting |
| Jan 15 | No School |
| Jan 17 | PTO Family Night Out
Freddy's 4-8 |
| Jan 18 | 6:00 Gr. 5 concert
6:45 Gr. 6 concert |
| Jan 22 | No School |



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.



JANUARY

MUSIC CONCERT

We are so excited to showcase our students' work in music for you on Thursday, January 18, 2024 at their concert. This concert evening will feature students in the 4/5 split with 5th grade and the 5/6 split with 6th grade. Students are encouraged to dress nicely for this very special event!

We ask that all students in **Mrs. Vanevenhoven (4/5), Mr. Blank (5) and Mr. Harvath's (5)** classes 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 students in **Ms. Gorzelitz (5/6), Mrs. Bjork (6) and Mr. Shufelt's (6)** classes 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



What's on the Menu?

AASD Elementary Breakfast January 2024

	2	3	4	5
	Mini Maple Madness Waffles Raisins Assorted Juice Fat Free or 1% Milk	Pancake & Sausage on a Stick Fresh Apple Slices Assorted Juice Fat Free or 1% Milk	Nature Valley Breakfast Round (Banana Chocolate Chip) Banana Assorted Juice Fat Free or 1% Milk	Soft Filled Cinnamon Toast Crunch Fresh Whole Apple Assorted Juice Fat Free or 1% Milk
8	9	10	11	12
Blueberry Muffin with String Cheese Fresh Apple Slices Assorted Juice Fat Free or 1% Milk	Mini French Toast Craisins Assorted Juice Fat Free or 1% Milk	UBR - Cinnamon Fresh Pear Assorted Juice Fat Free or 1% Milk	Soft Bagel stuffed with Strawberry Cream Cheese (Pillsbury) Applesauce Cup Assorted Juice Fat Free or 1% Milk	Apple Frudel Raisins Assorted Juice Fat Free or 1% Milk
15	16	17	18	19
No School	Turkey Sausage, Egg, & Cheese Breakfast Pocket 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 Fresh Apple Slices Assorted Juice Fat Free or 1% Milk	Soft Filled Cinnamon Toast Crunch Cherry Craisins Assorted Juice Fat Free or 1% Milk
22	23	24	25	26
No School	Nature Valley Breakfast Round (Banana Chocolate Chip) Fresh Apple Slices Assorted Juice Fat Free or 1% Milk	Mini Blueberry Waffles Fresh Pear Assorted Juice Fat Free or 1% Milk	Scooby Grahams with Strawberry Cottage Cheese Applesauce Cup Assorted Juice Fat Free or 1% Milk	UBR - Chocolate Chip Banana Assorted Juice Fat Free or 1% Milk
29	30	31		
Apple Cinnamon Muffin with String Cheese Craisins Assorted Juice Fat Free or 1% Milk	Mini Maple Madness Waffles Fresh 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		

This institution is an equal opportunity provider.



What's on the Menu?

AASD Elementary Lunch
January 2024

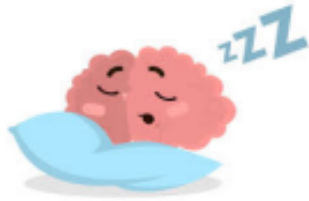
	2	3	4	5
	Galaxy Cheese Pizza or Sunbutter Fun Lunch with Apple Slices and Graham Crackers Seasoned Green Peas Fresh Baby Carrots Fresh Apple Slices Chilled Peaches	Mac N Doritos or Fish Sticks with Goldfish Seasoned Green Beans Grape Tomatoes Fresh Whole Pear Chilled Mixed Fruit	Spaghetti & Meatballs or Hot Ham and Cheese Sandwich Steamed Carrots Fresh Cucumber Slices Banana Chilled Pears	French Toast Sticks with a Sausage Patty & Syrup or Hot Dog on a Bun Steamed Corn Fresh Broccoli Blueberries Chilled Applesauce Cup
8	9	10	11	12
Boneless Chicken Wings with Garlic Bread or Italian Meatball Sub Seasoned Green Beans Fresh Broccoli Fresh Pear Chilled Mixed Fruit	Cheeseburger or Chicken Caesar Salad with Cheddar Goldfish Baked Beans Fresh Celery Sticks Fresh Gala Apple Chilled Pineapple	Tony's Pepperoni Pizza or Teriyaki Chicken with Brown Rice and Dinner Roll Seasoned Broccoli Fresh Grape Tomatoes Fresh Apple Slices Chilled Pears	Mini Corn Dogs or Turkey & Cheese Sub Steamed Carrots Fresh Cucumber Slices Banana Rosy Applesauce	Apple Cinnamon Muffin Fun Lunch (Muffin, Goldfish, Yogurt, String Cheese) or Sloppy Joes Steamed Green Peas Fresh Cauliflower Orange Wedges Chilled Peaches
15	Bagel Day! 16	17	18	Cheese Lover's Day! 19
No School	Chicken Tenders and a Breadstick or Cheese Pizza Bagels Steamed Corn Fresh Broccoli Fresh Apple Slices Strawberry Mango Sidekick	Cheesy Italian Pull Apart with Marinara Sauce or Orange Chicken with Brown Rice Seasoned Mixed Vegetables Fresh Cauliflower Fresh Pear Chilled Peaches	Waffles with Yogurt and Syrup or Hummus Fun Lunch (Homemade Hummus, Flatbread, Carrot Sticks) Seasoned Green Beans Fresh Carrot Sticks Chilled Blueberries Applesauce Cup	Cheeseburger or Cheese Quesadilla Seasoned Carrots Fresh Cucumber Slices Fresh Orange Wedges Warm Baked Cinnamon Apples
22	Lucky Tray Day! 23	24	25	26
No School	Chicken Nuggets with Bug Bites or Turkey & Cheese Sub Baked Beans Fresh Celery Sticks Fresh Pear Cherry Lemon Sidekick	Mini Corn Dogs or Teriyaki Chicken with Brown Rice and Dinner Roll Steamed Broccoli Fresh Baby Carrots Orange Wedges Applesauce Cup	Galaxy Cheese Pizza or Italian Meatballs and Sauce with Rotini and Garlic Bread Seasoned Green Beans Fresh Grape Tomatoes Fresh Banana Chilled Peaches	Blueberry Muffin Fun Lunch (Muffin, Goldfish Crackers, Yogurt, and String Cheese) or Sloppy Joes Seasoned Corn Fresh Cauliflower Fresh Whole Apple Chilled Mandarin Oranges
29	30	31		
Tony's Cheese Pizza or Pulled Pork Sandwich Steamed Carrots Fresh Broccoli Fresh Apple Slices Chilled Pears	Chicken Nuggets with Dinner Roll or Ham and Cheese Wrap Tater Tots Fresh Baby Carrots Fresh Gala Apple Chilled Mixed Fruit	Cheeseburger or Cheesy Bread Twists with Marinara Sauce Baked Beans Cucumber Slices Fresh Orange Wedges Strawberry Cups		



APPLETON AREA SCHOOL DISTRICT

HEALTH SERVICES * P.O. Box 2019, Appleton, WI 54911 * 920-852-5344

Healthy Sleep



Like eating well and being physically active, getting a good night's sleep is essential 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.

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.

Here is the CDC's recommended hours of sleep:

Preschool	3–5 years	10–13 hours per 24 hours (including naps)
School Age	6–12 years	9–12 hours per 24 hours
Teen	13–18 years	8–10 hours per 24 hours
Adult	18–60 years	7 or more hours per night
	61–64 years	7–9 hours
	65 years and older	7–8 hours

Here are some of their suggestions to improve sleep health:

- Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature
- Remove electronic devices, such as TVs, computers, and smartphones, from the bedroom
- Avoid large meals, caffeine, and alcohol before bedtime
- Get some exercise. Being physically active during the day can help you fall asleep more easily at night.