

Kara Rakowski, 4K Principal krakowsk@wausauschools.org
Program office: 715-261-0265
First Student: 715-842-2268
4K Secretary: Sarah safisher@wausauschools.org
4K Newsletter: Jess jnapiwoc@wausauschools.org

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Tenth Issue... February 5, 2021

WSD 4K and Early Childhood Program Website: http://www.wausauschools.org/schools_facilities/4_k_programming
Link to WSD E-Flyers: <http://www.wausauschools.org/e-flyers> Click on the E-flyers tab to see a listing of all current school flyers.
Link to District Handbook: http://wausauschools.org/parents/parent_student_handbook/english

Principal's Piece...

When children learn how to calm themselves down, use language to express their feelings and treat others with kindness, they are laying the foundation for future success and wellness. Many studies indicate preschoolers who participate in social-emotional skills programs exhibit less aggression and anxiety and become better social problem solvers.

As early childhood educators and parents, we can do a lot to build young children's emotional literacy. At school with the help of Tucker Turtle, your child is talking about feelings and learning strategies to manage their emotions.

What can you do at home?

1) Name emotions

Parents and teachers can "listen" to children's *behavior* – be it yelling, pushing, crying or withdrawing – reflect it back and help them name what they are feeling. It might sound like this: "You are mad! Baby brother ripped your picture and you are MAD."

2) Normalize emotions

Emotions should not be classified as good or bad. Even so, strong emotions can scare or overwhelm kids, so normalizing their response to stimuli – helping them see that everyone feels mad, sad or scared sometimes – can comfort them and build their perspective-taking skills.

3) 'Read' pictures

When a happy, scary or frustrating event occurs in a story, pause and look at the picture together. "Look at her – how do you think she's feeling right now?" Examine characters' facial expressions, how they are standing and what they are doing. Use this same technique when you watch media together.

Ultimately, emotional literacy is as foundational as learning the ABCs. As psychologist Daniel Goleman reminds us, "If your emotional abilities aren't in hand, if you don't have self-awareness, if you are not able to manage your distressing emotions, if you can't have empathy and have effective relationships, then no matter how smart you are, you are not going to get very far."

- Kara Rakowski, 4K Principal & Early Childhood Coordinator

Curriculum corner

Our current unit is The Nightingale

'I can'

I CAN: point to words from left to right in a book
show first, next, and last
find long words and short words
make an "X"
draw a circle around a picture

Targeted Vocabulary

I can use and say these words: emperor, nightingale, jewels, palace

Social/Emotional 'I can'

I can show my teacher with my face and body how I look when I am happy, mad and sad.

FYI

When families and schools work together, we provide the best education possible for our children!



Mark your calendars

For 4K students at all sites

Country Mouse City Mouse Virtual Family Event - February 15th - March 5th

Reminder: No classes on Fridays
Mar. 29 - Apr 2 - Spring Break - No Classes

Spring Conferences:

Jefferson: Feb. 9th & 11th 3:30 - 7:30

Jones: Feb. 25th & March 4th 3:30 - 6:30

Hawthorn: Feb. 25th & March 4th 2:30 7:00

Riverview: Feb. 25th & March 4th 3:45 - 7:45

Transition to Kindergarten Tips

- Students living in the Wausau School District that are currently enrolled and attending 4K have been rolled up in Infinite Campus to attend their neighborhood school.
- If your child is currently living in Wausau and attending a Wausau School District 4K Program - you do not need to complete online enrollment for kindergarten.
- If you have moved, have a new address or your child will not attend kindergarten in the Wausau School District - please contact the 4K office at 715-261-0265.
- As a reminder, our 4K program is designed to be a one year program. Requesting a second year of 4K is considered retention and will be subject to Wausau School District policy that requires a case-by-case approval.
- We work hard to prepare your child for the transition to kindergarten and are happy to answer any questions you have!
- For enrollment questions call the 4K office at 715-261-0265

Feelings Song

(To the tune of Row, Row, Row Your Boat)

Happy



Happy, Happy smiling face,
Look at my big grin.
I am happy, see my face
Making a big grin.

Sad



Sad, sad, frowning face,
Look at me boohoo
I am sad, see my face
Crying big boohoos.

Mad



Mad, mad is my face.
I'm so angry now.
I purse my lips or yell a lot
I'm so angry now.



Wausau School District

PUPIL SERVICES

Funding to provide appropriate staffing levels and support the behavioral, physical, social, emotional, and mental health of our students. Creating full teams to help all students achieve the best outcomes.

Psychologists

Provide support, interventions, and consultations for students

School Counselors

Help students with academic, career, and social-emotional development

Social Workers

Coordinate school, family, and community resources

Behavior Interventionists and Health Aides

TEAMS INCLUDE



TEAMS PROVIDE

- Academic and behavioral evaluations, assessments, and strategies
- Crisis prevention, response, and intervention
- Family, teacher, and health provider consultations
- Behavioral, classroom, and academic support
- School, community, and family resource coordination
- Mental health assessments
- Student, group, and family counseling
- Health and wellness services

TEAMS SUPPORT STUDENTS, TEACHERS, AND FAMILIES WITH



ACADEMIC ACHIEVEMENT
Assess, develop, and support diverse learners



POSITIVE BEHAVIORS
Facilitate, develop, and support appropriate social interactions



MENTAL HEALTH & WELLNESS
Identify, evaluate, and support mental health/wellness strategies

REFERENDUM QUESTION #1 → \$4 MILLION → ZERO TAX IMPACT

NEEDS

- Our staff is split between schools, and student to staff ratios for Pupil Services are significantly higher than the Wisconsin Department of Public Instruction recommends:

Recommended	WSD Staffing
Counselors – 250:1	321:1
Psychologists – 700:1	900:1
Social Workers – 250:1	827:1

SOLUTION

- Add Psychologists, Behavior Interventionists, Social Workers, School Counselors, and Health Aides at our Elementary Schools.
- Add Psychologists, Social Workers, School Counselors, and Health Aides at our Secondary Schools.

STAFF & SPACE

- Question 1 provides funding to hire additional Pupil Services Staff.
- The second referendum question (mailer #2) provides funding to add Pupil Services Spaces.
- If passed, both questions provide funding to support Pupil Services while maintaining a stable tax rate.

QUESTIONS | dwhite@wausauschools.org

VOTE APRIL 6 2021



On April 6, voters in the Wausau School District will have the opportunity to vote on 2 referendum questions. Question #1 would add 36 additional Pupil Services staff and Question #2 would make upgrades to ALL of our schools for NO tax increase.

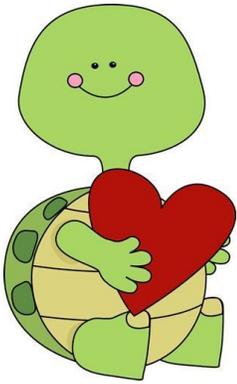
You can learn more about the referendum, and get any questions answered by attending our first informational presentation on February 10 at 6 p.m. in the Wausau East High School Auditorium. In the meantime, learn more here --> <https://wausau.referendumfacts.org/>

Remember to vote on April 6!

Public School Open Enrollment

The open enrollment application period for the 2021-22 school year is February 1 - April 30, 2021.





COVID-19 & Valentine Exchange

As we get closer to celebrating Valentine's Day in a safe way, our Wausau School District Nurses have developed a protocol so that classes who choose to participate in Valentine exchanges can do so safely. Please note the following safety plans for classes participating in Valentine exchanges:

- Students can exchange cards and pre-packaged candy or trinkets.
- Students need to bring any Valentines to school by Monday, February 8th.
- We will "quarantine" the bag of Valentines for each student until Thursday, February 11th.
- Students will bring their Valentines home with them on Thursday, February 11th and can open them at home with the guidance of their parent/guardian.
- Due to COVID precautions, we are not able to have shared food items at school such as cupcakes or other treats.

Families who would prefer to not have their child bring a bag of Valentines home on Thursday, February 11th should let their child's teacher know by Wednesday, February 10th.

Classroom teachers will share their plan with their class and families. Not all classes exchange cards on Valentine's Day and that is an individual teacher decision.

Thank you.

4K Family Night

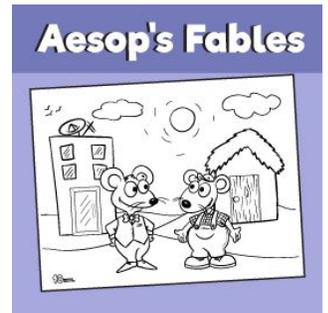
Please join us for a virtual family fun night.

Time: family time (when it works best for your family)

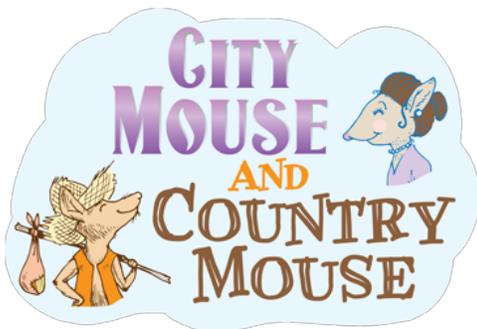
Date: any day between

February 15th & March 5th

Where: the comfort of your own home



City Mouse / Country Mouse Let's build a House



The City Mouse and Country Mouse both live in amazing homes that have unique characteristics to meet their individual needs. Some features are the same while others are different. Drive or walk around your neighborhood to look at different types of houses, notice the size, shape, and color. How many doors or windows do you see? Do you see any similarities to your house? Once you have talked

about the characteristics, it is time to get creative and design your home. Together as a family create a country home or a city home. Get creative and build a house out of items found around your home. Feel free to use art supplies, recycled materials, blocks, legos, blankets, snow, etc. We can't wait to see the home you design together. Please send your child's teacher a picture of your house by March 7th.
Happy building!



2021-2022 Registration for 4K Learning Academies and Community Sites

Begins February 1, 2021

Registration for the free, half-day 4K Program is a two-step process for all eligible children
(Four years of age on or before September 1, 2021)

- 1** Visit the 4K registration tab at www.wausauschools.org
Complete and submit the online form. You will receive an electronic confirmation following the completion of Step 1. The online registration indicates your interest in 4K and preferred site of attendance; however, the registration form must be verified (Step 2) before your child is fully registered and assigned to a site.

If you do not have computer access or need assistance completing the online form, please contact the 4K office at 715-261-0265 or email 4K@wausauschools.org.

- 2** Registration verification and enrollment
Please follow the instructions outlined in the email you will receive from the 4K Office to finalize your child's 4K enrollment and secure a spot.

ATTEND 4K AT ONE OF THESE 8 SITES:

WAUSAU SCHOOL DISTRICT 4K LEARNING ACADEMIES (Busing is available at elementary school sites with some qualifications)



**G.D. Jones
Elementary School**
(4K & Early Childhood Programs Office)
1018 South 12th Avenue
Wausau WI 54401
715-261-0950



**Riverview
Elementary School**
4303 Troy Street
Wausau WI 54403
715-261-0030



**Thomas Jefferson
Elementary School**
500 West Randolph Street
Wausau WI 54401
715-261-0175



**Hawthorn Hills
Elementary School**
1600 Kickbusch Street
Wausau WI 54403
715-261-0045

WAUSAU SCHOOL DISTRICT COMMUNITY 4K SITES (Busing is not available)



**Mountain View
Montessori**
1500 Merrill Avenue
Wausau WI 54401
715-298-3832



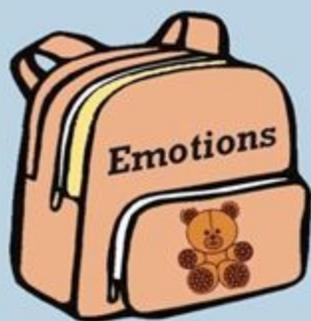
**Newman Catholic
St. Michael**
615 Stark Street
Wausau WI 54403
715-848-0206



Wausau Child Care - West
505 N. 28th Avenue
Wausau WI 54401
715-848-1437



YMCA
707 3rd Street
Wausau WI 54403
715-845-2177



Backpack Connection Series

About this Series

The *Backpack Connection Series* was created by TACSEI to provide a way for teachers and parents/caregivers to work together to help young children develop social emotional skills and reduce challenging behavior. Teachers may choose to send a handout home in each child's backpack when a new strategy or skill is introduced to the class. Each *Backpack Connection* handout provides information that helps parents stay informed about what their child is learning at school and specific ideas on how to use the strategy or skill at home.

The Pyramid Model



The Pyramid Model is a framework that provides programs with guidance on how to promote social emotional competence in all children and design effective interventions that support young children who might have persistent challenging behavior. It also provides practices to ensure that children with social emotional delays receive intentional teaching. Programs that implement the Pyramid Model are eager to work together with families to meet every child's individualized learning and support needs. To learn more about the Pyramid Model, please visit challengingbehavior.org.

More Information

For more information about this topic, visit TACSEI's website at challengingbehavior.org and type "label emotions" in the Search Box in the upper-right corner of the screen.



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How to Help Your Child Recognize & Understand Sadness

Alyson Jiron, Brooke Brogle & Jill Giacomini

Sadness is one of the easiest emotions for young children to understand, and one of the first emotions that they can learn to recognize in others. Everyone feels sad at one time or another for a variety of reasons. As parents, we want to empower our children to recognize when they are feeling sad and, if needed, take steps to help themselves feel better or ask someone else for help. When you help your child recognize the physical features that accompany feeling sad and understand the reasons why someone might feel sad, you are helping your child create the necessary building blocks for him to manage his own emotions and relationships. Sometimes simply acknowledging your child's sadness is all that is needed. For example, saying to your child "You are so sad that it is time to leave the park."



Try This at Home

- Notice and label when you, your child or others are sad. You might say:
 - » About yourself, "I'm feeling really sad that Grandma went home. Maybe I'll call her."
 - » About your child: "It looks like you are sad. You have tears in your eyes and your head is down."
 - » About others: "That little boy looks really sad. I wonder what might make him feel better?"
- Read books about being sad. Talk with your child about what the character is feeling and experiencing and come up with ideas that might help. You can find many books and corresponding activities to help your child learn about emotions at: <http://csefel.vanderbilt.edu/resources/strategies.html#list>
- Share with your child times when you felt sad. What happened? What did you do? Did you stay sad forever? It is important for children to learn that emotions can (and do!) change.
- Use your child's play as a way to act out sad situations. For example, you could say, "Oh no, this train is super sad. All the other trains are playing together and he feels sad and lonely."



Practice at School

Whether a child is sad because a parent left, a toy broke or they fell down, there are many opportunities for him to learn what to do when someone feels sad. Teachers label the emotion for the child, (i.e. saying "You look sad") and then begin to let the child come up with a solution to help him feel better. This may be a hug, a story or a special object. As children become more capable, they themselves learn to offer comfort to their peers.



The Bottom Line

The way a child feels and behaves are closely related. Children who can manage their own emotions are better prepared to control their behavior. Children who can recognize their own feelings are better able to remain calm and use words, rather than challenging behavior, to communicate.



www.challengingbehavior.org

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