



# Afton Elementary Newsletter

January 2023

## Report Cards

Report Cards will be sent home with your student on Wednesday, January 11. Please check your students backpack.

## Honors Students

The following students have received their 1st Honors: Yukon Hathaway, Stafford Sloan, Adam Harris, Faith Whitten, Emilee Hirschi, Lizzie Erickson, Bria Hill, Kyson Bame, Laney Laycock, Kaylee Merritt, Charles Hale, Brityn Linford, and Collyn Mackey.

Earning their 2nd Honors are Taysom Rose and Chase Allred.

Congratulations to all of these students! They worked really hard to achieve this.

## Coming Events

Jan. 3.....School Resumes

Jan. 10.....PTO Meeting  
8AM

Jan. 11.....Report Cards  
Sent Home

Jan 13.....No School

Jan. 16.....Martin Luther  
King Jr. Day

Jan. 20.....No School

Jan. 27.....No School

Parents, our annual Early Childhood Census is now happening! We ask that you go to [www.lscd2.org](http://www.lscd2.org) and click on the link provided or use this QR Code or direct link to access the census and fill it out for any of your children who are **birth to 5 years old** and **not** enrolled in kindergarten yet. The district uses this information to plan for future needs of our schools and to get important information to you the year before your child will enter kindergarten. In January, there will be a census worker in your area that will contact you if you have not filled out the census online. The census will be open now through January 25. Thank you for taking the time to complete this census! If you have any questions about the census or have trouble accessing it, please contact Emily Isaacson 307-885-7129.

<https://forms.gle/uJ6oikTZWRthHxHv9>



## Learning Update

**Kindergarten** - January is an exciting month for kindergarteners! It is the month that kindergarteners begin taking home books to read with their parents. Also, kindergarten writers learn more detailed ways to add to their writing. We also begin our number operations in math. January is a month that begins to really show your child's learning journey in kindergarten!

We are also had our own kindergarten November/December sing along with citizenship awards. This sing was held Wednesday, December 21<sup>st</sup>. Kindergarteners receiving the **Bucket Filler Award** for kindness was Lyrika Strong, Weston Humbert, Adeline Wadsworth Holden Hyde, Knox Avila, and BoDee Booth. The **Super Helper Award** was earned by Jeffery Page, Adly Dockstader, Zayne Smith, Jaylee Call, and Mackenzie Klein. Next, the **Hard Worker Award** was given to Weston McGee, Kamryn Ritchie, Carter Brewer, Trayson Humbert, Porter Hinton, and Johanna Stoker. **Tidy at Lunch Awards** were earned by Taiden Draney, Rowan Nielsen, Daniel Hickey, Everly Hill, Remi Mumford, and Gwen Andrus. **Best Friend to Others** was given to Ramona Parry, Chansy Barnes, Clark Jardine, Tate Bunn, Jazmin Preciado, and Mac Allred!

Kindergarten Rocks!

**1st Grade** - WOW! December really flew by and we are looking forward to the new year of 2023! We are ready to kick off our Nonfiction writing unit where we get to share the things we are experts on. First graders will enjoy sharing what they know, from bicycles or cooking, to animals and dinosaurs. We love that first graders are curious, and ask why. In combination with our Nonfiction writing unit, we will be learning about the world through Nonfiction books, and answering many of those questions. In Math, we will be working with numbers up to 40. We are so excited for the growth we have seen in 2022, and we are excited to see all the new things 2023 will bring for first grade!

**2nd Grade** - Happy New Year! January is an exciting month in second grade! We are learning to add and subtract two and three- digit numbers. We are also starting an informational writing unit. We get to learn about all kinds of interesting subjects and then write about them. It is fun to see the growth that happens in January!

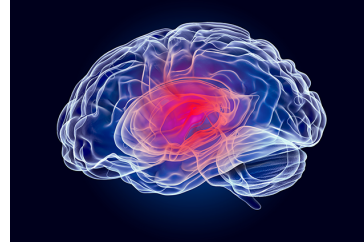
Now, more than ever, it is important that our students are fluent in their basic math facts. They need to quickly recall them to solve the math they are being asked to do. Please make sure they practice at home every night. Also, remember to send your child in a warm coat with a hat. It is turning out to be a super cold winter! Thank you for all you do for kids.

**3rd Grade** - December was a fast and furious month. We are working on opinion writing. We are getting really good at persuading others to see our points of view. We wrapped up another reading period. Wow! We have some great readers in third grade. Altogether, we have read hundreds of books in the last six weeks. In math, we wrapped up our multiplication, addition, and subtraction units. Please keep helping your students work on basic math facts. We'll start our perimeter unit in January, followed by fractions! We wrapped up the month of December with our annual Minute to Win It competition. We had fun watching and participating in the various events. It was the perfect end to our crazy month!

## Nurses Corner

### January is National Winter Sports Traumatic Brain Injury Awareness Month.

Many popular winter sports such as skiing, snowboarding, snowmobiling, ice skating, and even sledding can be high risk for concussion or serious brain injury. Every year, thousands of people are treated for head injuries associated with these winter activities, which can be serious or even fatal. Whether you are a parent, sports coach, student, or teacher, it is important to be able to recognize, respond to, and minimize the risk of concussion or other serious brain injury.



### What Is a Concussion?

A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around in the skull, damaging brain cells.

### Prevent Concussions with Helmet Safety

A properly fitted helmet can reduce the risk of head injuries **by nearly half**.

Your child's helmet should fit properly and be:

- Well maintained
- Age appropriate
- Worn consistently and correctly
- Appropriately certified for use



### Concussion Signs and Symptoms

#### Concussion Signs Observed

- Can't recall events prior to or after a hit or fall.
- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows mood, behavior, or personality changes.

#### Concussion Symptoms Reported

- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not "feeling right," or "feeling down"

Signs and symptoms generally show up soon after the injury. However, you may not know how serious the injury is at first and some symptoms **may not show up for hours or days**. If your child or teen's concussion **signs or symptoms get worse, you should take him or her to the emergency department right away**.



### **Dangerous Signs & Symptoms**

**Call 9-1-1** right away, or take your child or teen to the emergency department if he or she has one or more of the following danger signs after a bump, blow, or jolt to the head or body:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.

For more information about **recovering from a concussion**, click [here](#)



January 2023

# Breakfast Afton, Etna, Osmond, Thayne

Monday		Tuesday		Wednesday		Thursday		Friday	
2		3	Mini Cinnis Mateys Cereal String Cheese <b>--Served With--</b> 100% Juice Variety Orange Smiles	4	Breakfast Burrito <b>-or-</b> Smore's Bar Yogurt <b>--Served With--</b> Diced Pear Cup Dried Cranberries	5	Chocolate Chip Muffin <b>-or-</b> Cocoa Cherry Bar Yogurt <b>--Served With--</b> Fresh Apple Slices Watermelon Raisels	6	Sausage Pancake Wrap <b>-or-</b> Cinnamon Toasters Cereal String Cheese <b>--Served With--</b> 100% Juice Variety Diced Peach Cup
9	Apple Frudel <b>-or-</b> Cocoa Cherry Bar Yogurt <b>--Served With--</b> Mandarin Orange Cup Dried Cranberries	10	Egg & Cheese Muffin <b>-or-</b> Mateys Cereal String Cheese <b>--Served With--</b> 100% Juice Variety Pineapple Tidbits	11	Mini Strawberry Bagel <b>-or-</b> Smore's Bar Yogurt <b>--Served With--</b> Fresh Apple Slices Watermelon Raisels	12	Yogurt Parfait <b>-or-</b> Cinnamon Toasters Cereal String Cheese <b>--Served With--</b> 100% Juice Variety Diced Peach Cup	13	
16	Banana Bread <b>-or-</b> Smore's Bar Yogurt <b>--Served With--</b> Diced Pear Cup Dried Cranberries	17	Ham & Egg Quesadilla <b>-or-</b> Mateys Cereal String Cheese <b>--Served With--</b> 100% Juice Variety Applesauce Cup	18	Blueberry Muffin <b>-or-</b> Cocoa Cherry Bar Yogurt <b>--Served With--</b> Fresh Apple Slices Watermelon Raisels	19	Mini Apple Bites <b>-or-</b> Cinnamon Toasters Cereal String Cheese <b>--Served With--</b> 100% Juice Variety Orange Smiles	20	
23	Ham & Egg On Bagel <b>-or-</b> Cocoa Cherry Bar Yogurt <b>--Served With--</b> Mandarin Orange Cup Dried Cranberries	24	Pumpkin Bread <b>-or-</b> Mateys Cereal String Cheese <b>--Served With--</b> 100% Juice Variety Diced Pear Cup	25	Yogurt Parfait <b>-or-</b> Smore's Bar Yogurt <b>--Served With--</b> Fresh Apple Slices Watermelon Raisels	26	French Toast Sticks <b>-or-</b> Cinnamon Toasters Cereal String Cheese <b>--Served With--</b> 100% Juice Variety Strawberry Applesauce Cup	27	
30	Breakfast Pizza <b>-or-</b> Cocoa Cherry Bar Yogurt <b>--Served With--</b> Pineapple Tidbits Dried Cranberries	31	Vanilla Waffle <b>-or-</b> Mateys Cereal String Cheese <b>--Served With--</b> 100% Juice Variety Tropical Fruit Cup						

*This institution is an equal opportunity provider  
Menus are subject to change without notice*

**Milk Variety Served Daily:**  
**View Milk Nutritionals**



# January 2023

## Afton, Etna, Osmond, Thayne

### Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

[Milk Variety Served Daily:](#)  
[View Milk Nutritional](#)

*Menus are subject to change without notice*

*This institution is an equal opportunity provider*