



West Salem Elementary School

475 Mark Street North, West Salem, WI 54669

*Phone 608-786-1662 * Fax 608-786-3415*

2023 NEWSLETTER

WSES Parents –

I hope you enjoyed a restful holiday break resolved to tackle 2023 with gusto. Speaking of resolve, this is the season for new year's resolutions. The turning of the calendar to a new year seems to spark desire for change.

Each year at this time I am reminded of advice offered by Steven Covey, author of *The Seven Habits of Highly Effective People*, and many other books on leadership and personal success. Covey asserts that change happens not by breaking old habits but by making new and better habits. He also offers that research indicates it takes the average person 21 days to make a new habit. The following example highlights Covey's advice. Resolving to lose weight or to stop eating sugar focuses on negative behaviors and rarely produces the desired result. A better option may be resolving to "move more and eat better" followed by keeping track of your exercise and diet for 21 days. Chances are you will make a few small changes that will result in better health and maybe fewer pounds.

This is a great thing to do with your children. Set aside some time in January to make some positive goals. Keep track of their progress with a fun 21-day chart, and celebrate the creation of new positive habits. Think of small meaningful changes to allow for success. Things like cleaning up after play, getting ready for school, reading, or cooperating with others. It might also be fun to set goals for yourself and share your progress as a way of modeling the creation of new and better habits. Everyone can get better at "getting better."

Thank you for allowing our wonderful team to serve you and your family. 2022 was a wonderful year with much to be grateful for here at West Salem Elementary School. We "resolve" to make 2023 even better.

Troy Gunderson, Co-Interim Principal

Roger Fruit, Co-interim Principal

Charlie Alexander, Associate Principal

DATES TO NOTE:

January 23 - No School

February 8 - Early Release

February 14 & 16 - Parent/Teacher Conf.

February 17 - No School

Kindergarten Registration 2023-2024

If you have a student who will be five years old by Sept. 1, 2023 and your child does not attend our 4K program, please contact the elementary school office at 608-786-1662 or email frank.jane@wsalem.k12.wi.us to pre-register.

All current 4K students will automatically receive kindergarten registration information.

Four-Year-Old Kindergarten Registration/Screening

Mark your calendars now! 4K registration will take place in the evening on Monday, February 20th and Thursday, February 23rd. If you have a student who will be four years old by September 1, 2023 please join us.

Additional information will be shared as we get closer.

Contact the elementary office at 786-1662 or email frank.jane@wsalem.k12.wi.us to register prior to the event.

WINTER WEATHER REMINDERS

Remember that students should have a change of clothing that is appropriate for the season at school especially for our lower grades. If you have borrowed clothing from the nurse's office, please wash them and return them.



If anyone has any gently used pants (elastic waist band preferably) and/or underwear that their child has outgrown, we are in need of boys and girls sizes 5-8.

Please send snow pants, hats and mittens daily with your children. They will be outside daily if weather permits. Extra gloves and hats packed in backpack would be a great idea for those sloppy wet snowy days.



**West Salem School District 3 yr. old Child
Development Days**
Thursday, Feb. 24, from 3:30-5:30PM
OR
Friday, Feb. 25, from 9-11AM

As part of on-going Child-Find efforts our district will be hosting free developmental screening clinics at West Salem Elementary School. We will be using the Ages and Stages online questionnaire, paired with in-person screening sessions. Early Childhood staff and a speech therapist will be available to interact with your child while looking for specific developmental milestones.

If you have a child who will be three years old by September 1, 2022 please contact Amber Clark at 608-786-1662 ext 3117 or clark.amber@wsalem.k12.wi.us in order to get a link for the online ASQ and to sign-up for a screening time. Please plan on the whole process taking approximately 30-45 minutes.

ASK AMBER ABOUT THIS

NEWS FROM PE

**Thursday, January 12 from 6:30-7:30
for 2nd grade**

**Thursday, January 19 from 6:30-7:30
for 1st grade**

**Thursday, March 30 from 6:00-7:00
for kindergarten**



Hello WSES Families -
Your WSES PTO is having
our monthly meeting

January 12th at 6:30 p.m.

at the elementary school LMC. Enter
the elementary school through "E"
Doors, on the north side of the
building. We'll be discussing upcoming
events that include
volunteer
opportunities and
fundraisers.



If Zoom is a better
option for you to attend, send us your
email to get on the list at:
WestSalemPTO@wsalem.k12.wi.us

Can't wait to see you!

Nursing Notes:

In an effort to better serve your student's health needs,
we are offering over counter medications at school.

If you are interested, we will need your consent in order
to administer any of the items listed on the 'Over the
Counter Medical Consent Form'. The fillable form can be
found [here](#) or on our district website under the
Elementary School/Families/Parent Resources.

**Completed forms can be sent to
wsnurses@wsalem.k12.wi.us.**

Medications will be given per bottle instructions. Generic
or name brand may be used.



January 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 ES - NO SCHOOL NO SCHOOL	3 Cassie Connell Odyssey of the Mind Meeting	4	5 ES - After School Art	6	7
8	9 School Board Meeting	10 Cassie Connell Odyssey of the Mind Meeting	11	12 ES - After School Art PTO Meeting ES - Gr2 PE Night	13	14
15	16	17 Cassie Connell Odyssey of the Mind Meeting	18	19 ES - After School Art ES - Gr1 PE Night	20	21
22	23 ES - NO SCHOOL NO SCHOOL School Board Meeting	24 Cassie Connell Odyssey of the Mind Meeting	25	26 ES - After School Art	27	28
29	30	31 Cassie Connell Odyssey of the Mind Meeting	1	2	3	4