

# KEGONSA FAMILY NEWSLETTER

APRIL 10, 2020



Illustration by [Jocelyn Tsaih](#)

*"There are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who need caregiving." — Rosalynn Carter*

## HAPPY FRIDAY!

Week 2 was a success. Thank you for your support as we work to make this experience as positive for all our students. Please continue to reach out to our teaching team, and to me, with any questions and concerns you may have.

Don't forget that our Student Services staff is available via phone, email, or zoom to work with students who may be experiencing symptoms of increased anxiety. Please reach out. We are here for you.

I will leave you with this cute video that made me laugh—we are all just cute penguins learning to go downstairs together. It's not easy, but we are doing it one stair at a time:-)

Happy long-weekend - Erin

Penguins going down stairs



Have you heard about me?

YES ☐ NO ☐

And how do you feel when you hear my name?

 Relaxed	 Confused	 Worried
 Curious	 Nervous	 Sad

## ANXIETY AND COPING WITH THE CORONAVIRUS- CHILD MIND INSTITUTE

"We're all on edge because of the [coronavirus](#). Our daily lives have been disrupted, we aren't sure what tomorrow may bring, and for many of us the nonstop news and social media coverage isn't helping.

Our experts say that dealing with your own anxiety can be the most powerful way to make sure your kids feel secure. If you or your children are feeling worried, learning how to deal with that anxiety in a [healthy way](#) can help the whole family be more resilient, both now and when the pandemic is finally over." . . .  
Read [more here](#)

## OTHER GOOD RESOURCES

- [National Association of School Psychologists and National Association of School Nurses](#): This document provides guidance to parents on how to provide accurate prevention information and facts to students without causing undue alarm.

[Talking to Children About COVID-19 \(Coronavirus\)](#)

- [The Center for the Study of Traumatic Stress](#) has a dedicated [webpage](#) - "Coronavirus and Emerging Infectious Disease Outbreaks Response" with fact sheets for the public that address how to care for self/others to reduce distress and allow people to function more effectively
- [Helping Homebound Children during COVID-19](#)

# KEGONSA APRIL THEME DAYS

Monday	Tuesday	Wednesday	Thursday	Friday
	April 7 Hat Day (Wear a hat all day!)		April 9 Pajama Day (Wear PJs all day!)	
	April 14 Mismatch Day (Wear mismatched clothes all day!)		April 16 Jersey Day!! (Wear a jersey today!)	
April 20 Stuffle Day (Carry around your favorite stuffed animal all day!)		April 22 Earth Day (Wear green all day long!)		April 24 Pet Day! (Bring pets into any videos you have during the day!- If you don't have a pet then bring a toy or stuffed animal!)
	April 28 Stoughton Day (Wear Stoughton clothing or purple!)		April 30 Blankie Day (Carry around your favorite blanket!)	



## SASD MEAL SERVICE GOES DOOR-TO-DOOR

This communication is in regards to daily school meals available to all children aged 18 and under and students aged 19-21 who have not yet graduated, regardless of free & reduced meal status.

Currently the district offers daily meal pickup at four locations via a sign up form. In an effort to better serve our students and support the current stay at home order, **we will be moving to door to door delivery effective April 17, 2020**. We will also provide meals for the weekend. This service will continue until school resumes.

Families currently picking up meals will be automatically moved to the new process below effective April 17. The district will call families already on our sign up list starting the week of April 13 to confirm and review the new process.

Families not signed up but who would like to may do so by [clicking here](#). Please note a SEPARATE FORM for each child is needed to ensure each meal is included in our daily count. You will receive a confirmation phone call after submission which will review the delivery protocol.

If you do not receive a call within 24 hours, please contact Jenny McKenna at [jenny.mckenna@Stoughton.k12.wi.us](mailto:jenny.mckenna@Stoughton.k12.wi.us).

### Door to Door Delivery Process



- Deliveries will be made on Monday, Wednesday and Friday between 11 a.m. and 12 p.m. Each household will receive a call from the district with the review of protocol.
- Monday delivery will include: lunch for Monday; breakfast and lunch for Tuesday; and breakfast for Wednesday.
- Wednesday delivery will include: lunch for Wednesday; breakfast and lunch for Thursday; and breakfast for Friday.
- Friday delivery will include: lunch for Friday; breakfast and lunch for Saturday; breakfast and lunch for Sunday; and breakfast for Monday.

If you have any questions or concerns, please contact Jenny McKenna at [jenny.mckenna@Stoughton.k12.wi.us](mailto:jenny.mckenna@Stoughton.k12.wi.us) or leave a message at 608.877.5012.

Finally, I would like to thank ALL of our staff who are making this possible.

Tim Onsager, District Administrator

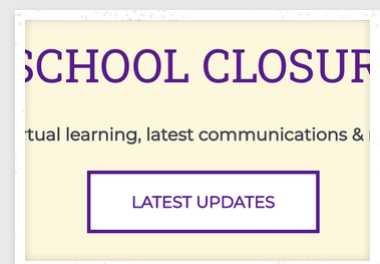
## VIRTUAL LEARNING PHOTO CALL

Photo call! We want to feature your kids learning virtually on our district social media channels.

Send your submissions to [socialmedia@stoughton.k12.wi.us](mailto:socialmedia@stoughton.k12.wi.us) with your child(ren)'s name and grade. Photo ideas might be your child(ren) working on their device or packets or your child and their furry companion reading a book.

## SCHOOL CLOSURE TAB ON OUR DISTRICT WEBSITE

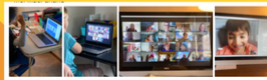
Continue to stay up to date with our [School Closure Tab](#) on the district website. This tab includes information on technology repair, meals, special education, resources for parents, mental health resources and more.



## HIGHLIGHTS FROM OUR EDUCATORS

I love seeing all of the kids "tune in" for their daily meetings. They are excited to see each other, eager to try a morning greeting or game, and ready to learn. Kids are so adaptable--learn from home, no problem! A huge shout-out to all of the parents who are working hard and helping their kids to have learning places at home.  
Mrs. Dietrich

STARTING THE DAY WITH MORNING ANNOUNCEMENTS AND THE MINDFULNESS MOMENT SETS THE TONE OF THE DAY FOR LEARNING AND BRINGS A SENSE OF NORMALCY AND ROUTINE TO OUR LIFE. I APPRECIATE EVERYTHING TEACHERS ARE DOING TO INCLUDE ALL STUDENTS. ZOOM MEETINGS, FACETIME, GOOGLE HANGOUTS, VOX, AND MORE WAYS TO CONNECT WITH STAFF AND STUDENTS HAS HELPED TO CREATE A VIRTUAL ENVIRONMENT THAT EMBODIES THE SUPPORT OF OUR KEGONSA FAMILY.  
~ MS. MACFARLAND



I HAVE BEEN SO EXCITED TO SEE STUDENTS AND FAMILIES IN CLASS MEETINGS AND VIRTUAL OFFICE HOURS THIS WEEK! EVERYONE IS WORKING SO HARD TO LEARN NEW TECHNOLOGY AND YOU ALL ARE DOING INCREDIBLE THINGS WITH IT. STUDENTS ARE ALREADY JUMPING RIGHT IN ON THEIR MUSIC WORK, PRACTICING SONGS AND DANCES, REFLECTING ON THEIR LEARNING IN GOOGLE FORMS, AND MAKING AWESOME VIDEOS TO SHOW THEIR PERFORMING SKILLS. I AM SO GLAD TO BE PART OF THE KEGONSA FAMILY AND I CAN'T WAIT TO SEE THE AWESOME THINGS WE CAN ACCOMPLISH TOGETHER!

MRS. BENSON



My daily Zoom meetings with my class make my heart SO HAPPY! I am also amazed at how quickly the students embraced online learning - both the joys and challenges! I am so proud of the hard work they are doing!

MRS. LAPOINTE



MRS. RADAI

I am so grateful to work with such wonderful students, families, and colleagues! Everyone has really come together to support each other in this time of unknowns. I love seeing my students in our daily Zoom meetings and having a chance to connect with them. It is fun to know what everyone is up to while staying at home. Even though this is a very unusual situation, everyone has been kind and encouraging and making the best of it. It makes me proud to be part of the Kegonsa family. - Mrs. Radai

All I have to say is WOW... for so many reasons, I am thankful that I work with so many AMAZING educators and leaders!!! The kiddos at Kegonsa are so embracing this "NEW" way of learning, and HOW COOL IS THAT!!! We have taught them silent lessons along the way...1) to embrace new adventures, 2) YOU CAN DO ANYTHING 3) Think outside the box, get creative...there are so many more!!! Leading with your heart, like we have, will impact them and they truly know that their education is a priority for us!!! Love checking in with the students for ZOOM morning meetings...such sweet faces to start your day with!!! Virtual hugs to all!!!! - Ms. Hart <3

*I AM SO PROUD OF OUR STAFF FOR LIFTING VIRTUAL INSTRUCTION WITH JUST A WEEK TO PLAN AND OUR STUDENTS AND FAMILIES FOR SO BEAUTIFULLY NAVIGATING OUR VIRTUAL WORLD. I SMILE WIDELY THINKING ABOUT ALL THAT WE HAVE DONE COLLECTIVELY.  
#WEAREKEGONSA  
#WEARESTOUGHTON -  
MS.CONRAD*







# KEGONSA ELEMENTARY SCHOOL

 Facebook  @WeAreStoughton

Ms. Conrad, Principal (877-5201)

Mrs. Sannes, Dean of Students (208-3468)

Mrs. Moe, Admin Assistant (877-5202)


Mr. Schultz, School Counselor (877-5229)

Mrs. McDermot, School Social Worker (440-0270)

Mrs. Wirag, Health Assistant (877-5204)

 Kegonsa Elementary School, V...

 [erin.conrad@stoughton.k12.wi...](mailto:erin.conrad@stoughton.k12.wi...)

 608-877-5202

 [stoughton.k12.wi.us/page.cfm...](http://stoughton.k12.wi.us/page.cfm...)

