

# Kegonsa Family Newsletter

APRIL 24, 2020

## SPRING WEATHER AHEAD

This week we finished our first four weeks of virtual learning. This is not easy or ideal for any of us—students, families and teachers alike. Thank you for your continued support as we navigate these historical times. As always, please reach out to your child's teachers and Student Services staff with questions, concerns....and successes too! We are here for you.



In partnership,  
Erin and the Kegonsa Staff



## FROM THE NYT - BIG PANDEMIC FEELINGS

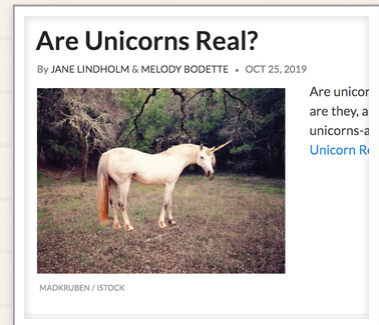
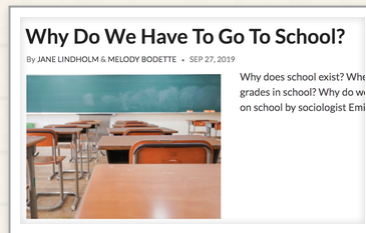
"A couple of weeks (months? years?) into the quarantine, my 7-year-old daughter burst into tears as I dried her hair after a shower. "Please, Mama," she wailed. "I need to go to school. I need to. School is what makes me, ME." These words should have broken my heart, but instead I just registered them as heartbreaking as they sank into the dull, empty place where my heart usually is.

But I got it. On a clear, cellular level, I absolutely understood what she meant. I barely know who I am right now either...."

[Read more here](#)

## WHY? PODCAST FOR CURIOUS KIDS

*But Why* is a show led by you, kids! You ask the questions and we find the answers. It's a big interesting world out there. On *But Why*, we tackle topics large and small, about nature, words, even the end of the world. Click here to see all the [episodes](#).



## UPDATE FROM ART

To date, 4/24/20, Kegonsa artists have submitted 555 works of art! Students have studied themes of nature, animals, meditation, and gratitude.

[Kegonsa Art Page](#)



## SUMMER EXCEL UPDATE

No Summer Excel registration on April 27

[Read in Albanian and Spanish.](#)

Dear SASD families and staff,

In light of Governor Evers' recent updates to the Safer at Home order, **we will not be holding Summer Excel registration on Monday, April 27**. Please note that this is an update from a previously reported SASD Summer Excel announcement. Thank you for your continued flexibility.

We are currently considering a variety of options for 2020 Summer Excel programming. Updates will be in family e-news and messaging when available. We will let you know ASAP when decisions have been made.

Thank you for your patience as work to determine the safest and best options for our students.

Sincerely - Tim Onsager, District Administrator

## A REMINDER

All Stoughton Area School District Playgrounds are closed until further notice.



## A MESSAGE FROM OUR DISTRICT ADMINISTRATOR

Family Video Apr 20, 2020

**We are door-to-door!**

- **Who can sign up?** All children aged 18 and under, as well as students aged 19-21 who have not yet graduated, regardless of free & reduced meal status.
- **What's new?**
  - NO meal pick-up
  - A delivery to your home address
  - Now includes weekend meals!
- **How do I sign up?**
  - If you haven't signed up with us yet, find the Google Form on our district website under the "School Closure" tab
- **When can I expect my first meal after I sign up?**
  - Because we need time to add you to the bus routes, first meal delivery dates will vary. Within 24 business hours of your submission, you will receive a call confirming your first delivery.

**Meal Service Update**

**SASD**

## STAYING HEALTHY AT HOME

There are many things we can't do during this time. That's why our SASD district nurse and health assistants share what you CAN do to stay healthy at home in [this video](#). What CAN you



do? Send us your #WeCan photos to [socialmedia@stoughton.k12.wi.us](mailto:socialmedia@stoughton.k12.wi.us) and we will feature you on social media!

We CAN Stay Healthy at Home - Tips from our district nurse & health assistants



## A MESSAGE FROM MAPEL

Dear Kegonsa Students and Families,

We are working to make it easier and more consistent for students to keep participating in our specials: Music, Art, Phy Ed, Library, and Guidance. Starting the week of April 27th, the whole school will have an assigned special for each day of the week. Because the assignments are the same for every grade, students with Kegonsa siblings in different grades can work together on their specials.

Starting Monday the 27th, this will be the Kegonsa specials schedule every week:

Monday: Phy Ed

Tuesday: Art

Wednesday: Guidance

Thursday: Music

Friday: Library

For students and families that want to do more, we will also continue to post lots of optional, supplemental specials activities throughout the week.

Thank you so much for all your amazing work during our adventures in virtual learning. Please reach out if there are any other ways that we can support you and your family during this time

## KEGONSA PARENT CLASS INPUT FORM FOR 20 - 21

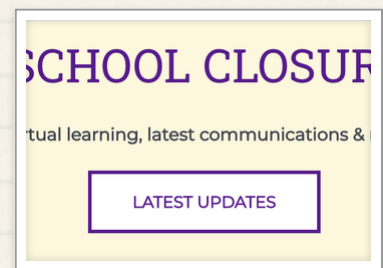
Dear Parent/Guardian:

From time to time, parents ask whether they can request a classroom or classroom teacher for their child. At the three elementary schools we do not accept teacher requests from parents/guardians, however, we take classroom placement very seriously. We have a tremendous staff at Kegonsa Elementary School that excels at meeting every child's individual needs. Our staff has a strong understanding of the various learning styles of children and goes above and beyond to meet those needs.

We believe that you, as a parent/guardian, know your child best. We are asking for your help as we begin to develop class rosters for next year. On the enclosed form, we are giving you an opportunity to provide us with valuable information about your child. Please do not indicate a teacher name but rather personality characteristics that work best with your child. Please note, THIS IS NOT A CLASSROOM OR TEACHER REQUEST FORM. ([read more and see form](#))

## 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.



## FOOD PANTRY OPEN

Stoughton Food Pantry is open and following new no-contact protocols (call ahead to 608-873-8103). Households may qualify who have not in the past, if they recently lost their jobs. You can find more information [here](#).

## SURVIVING A GLOBAL PANDEMIC WHILE BUILDING YOUR CHILD'S INNER WEALTH

**Surviving a global pandemic while building your child's inner wealth**

### **From the Virtual Desk of the NHA...**

Greetings from Amy Ruck and Karla Cornell-Wevley coming to you from the virtual desk of Stoughton's Nurtured Heart Approach (NHA).

For those of you who don't know us, Karla is an 8th grade English Language Arts teacher at River Bluff Middle School with 30 years of teaching under her belt who loves succulents, reading young adult fiction, and her dog Wingo. Amy loves gardening, multimedia journaling, the work of Brene Brown and is a 27 year veteran teacher currently working with staff across the district. We have been friends for years and have a shared passion in the Nurtured Heart

Approach. Over the past three years we have done numerous staff and family workshops and seen the positive effect NHA has had on students in our school buildings and have received great feedback on improved family relationships from those who attended the workshops.

In this wonky time that we are living in, where your kitchen table has become the new brick and mortar schoolhouse, we will be translating the NHA workshops into bite-sized, actionable practices that we're hoping will help you navigate this temporary "new normal" we find ourselves in through weekly communications. Our goal is that you can use the three stands of NHA to bring peace to your home while building "inner wealth" in your children, and relationships in your family.

If you have attended a NHA workshop, this will be a great reminder of the concepts you learned. If this is your first experience with NHA...WELCOME! We are so glad you are here.

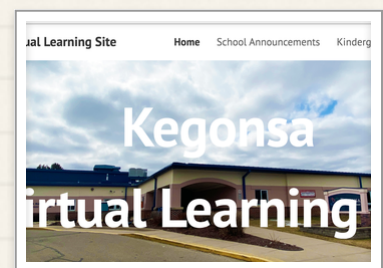
Click [HERE](#) for the first installment.

To Your GREATNESS, SIGNIFICANCE & HUMANITY...

Amy and Karla

## KEGONSA VIRTUAL LEARNING

[Link to our Kegonsa Page](#)



## 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...

608-877-5202

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

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