

# Tiger Tracks



December, 2018

Dear Rosenow Families,

As part of our “Active School” initiative, we will again be offering morning open gym opportunities for our students beginning in December. (Please see the December open gym calendar on page 3 of this newsletter). Below are the basic times and rules associated with the open gym mornings. Please note that we have designated days for students according to their last names to avoid overcrowding on any given day.

- Families with the last name A-M attend on Tuesdays, N-Z attend on Wednesdays.
- Open gym is 7:50 a.m. - 8:20 a.m.
- Students planning to attend open gym should meet on the playground near the entrance by the 2nd/3rd grade bathrooms at 7:50 a.m. Any students arriving after 7:55 a.m. will not be able to attend open gym that day.
- All student belongings will be stored in the gym hallway along the wall. Please keep wet winter gear out of the gym.
- Students will stay in the gym the entire time (no classrooms/hooks).
- Students must have appropriate gym shoes.
- Dismiss students who wish to go to breakfast at 8:10 a.m.
- Dismiss students out the same doors they entered at 8:20 a.m.
- Any misbehavior = missing the next open gym opportunity.

-- Mike Mockert

## **Important December dates: Mark Your Calendars!**

### December

7	Early Release Day	11:30
13	K-2 Holiday Concert (HS PAC)	6:30
14	PTO Craft Day	5:30
14	Popcorn Friday	
21	Cardinal Singers visit Rosenow	10:30
21	Due Date for January Healthy Snack Payment (\$5.25 -- 21 days)	
24 - 31	No School -- Winter Break	

Visit the school website at: <http://fonddulac.esvbeta.com/>

# Fond du Lac



to think of at least 20 additional vegetables? How many of those have you tried? Which ones did you like? Were you able to try any new vegetables since last year? Remember to consume a “rainbow” of vegetables to get essential vitamins and nutrients!

**December 3:** In October we talked about increasing our fruit and vegetable consumption. It’s not only good to increase consumption, but also to increase the variety we are eating! For the next two weeks, I challenge you to think of as many different fruits and vegetables as you can!

**December 10:** Since we talked about this last year, were you able to think of at least 20 additional fruits? How many of those have you tried? Which ones did you like? Were you able to try any new fruits since last year? Remember to consume a “rainbow” of fruits to get essential vitamins and nutrients!

**December 17:** We also touched on this last year. Were you able

# MAC

*Mindfully Active Community*

Inspired by Fun - Driven To Health - Perfected with Science

# Rosenow Open Gym Calendar

December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 7:50-8:20 a.m. Last Name A-M Straddle Ball	5 7:50-8:20 a.m. Last Name N-Z Straddle Ball	6	7
10	11 7:50-8:20 a.m. Last Name A-M Tag Games	12 7:50-8:20 a.m. Last Name N-Z Tag Games	13	14
17	18 7:50-8:20 a.m. Last Name A-M Basketball	19 7:50-8:20 a.m. Last Name N-Z Basketball	20	21
24 No School	25 No School	26 No School	27 No School	28 No School

## Attendance Matters!

- Missing just 2 days of school a month negatively affects academic performance.
- Poor attendance can influence whether children read proficiently by the end of 3rd grade.
- By 6th grade, chronic absence becomes a leading indicator that a student will drop out of high school.
- When students improve their attendance rates, they improve their academic prospects and chances of graduating.

Thanks for partnering with us to make regular attendance a priority!

