



WEST 4K-3 FAMILY CONNECTION

January Events

January 12- Child Development Screening Day (more info in newsletter)

January 16- Last day of first semester

January 19- NO SCHOOL (NO virtual learning) - Dr. Martin Luther King, Jr. Day

January 19- PAWS mtg. 6:00pm in LMC

January 23- Family Fun Night-PAWS Movie night 5:30-7pm in the gym

Happy and Healthy New Year!

January is a time to reflect on the growth and accomplishments of the prior year while setting new goals for the year ahead. While adults may refer to New Year's Resolutions, our young students can relate by talking about their hopes and dreams for the year.

Setting goals as a family is a practice that can really bring a family together. If you work together on setting the goals, everyone will be more invested in working to achieve them. Here are a few examples of goals... maybe one of these will appeal to your family.

- Spend more time together as a family
- Get involved in extracurricular activities
- Eat healthier as a family
- Get the whole family involved in volunteering
- Spend more one-on-one time with each family member
- Have family game nights
- Read together as a family

We are including information to support a healthy start to the New Year in this newsletter. Our school nurse is always helpful in providing resources to pass along to families!

Whatever your goals, we wish you all the best in 2026!
- 4k-3 Principals

Winter Fun...Let it Snow!

Please make sure your student is prepared with proper winter snow gear (boots, snow pants,

hat, gloves/mittens, winter coat). Students are outside as long as the temperature and wind chill are above zero. We hope the snow is coming, as our students generally love snow play at school.

Is your family looking for ways to get active and enjoy the outdoors this winter? Here are some of the area hills to check out. Have fun!



Martin Luther King, Jr. Day- January 19

Martin Luther King, Jr. was a leader of the American civil rights movement in the 1950s and 1960s. Before his assassination in 1968, he received the Nobel Peace Prize for his efforts to use nonviolent resistance to achieve

equality for African Americans. His efforts contributed to the passage of the Civil Rights Act of 1964 and the Voting Rights Act of 1965.

We celebrate diversity in our elementary schools and will be working to learn more about Martin Luther King, Jr. and his contributions to our country through literature, current events publications, and our social studies lessons. The following is from the Wisconsin Department of Public Instruction (www.dpi.state.wi.us):

“Honoring observance days can teach the elements of tradition that preserve U.S. society and foster an awareness of our cultural heritage. Observance days can be part of a rich social studies curriculum that gives these individuals and events proper emphasis, both in the context of Wisconsin and U.S. history and in relation to their effect on or improvement of our political, economic, and social institutions.”

First Semester Report Cards

As we near the end of the semester, we want to take this opportunity to share a little bit of information about the 4K-3 Report Card. Our elementary schools are using a standards-based report card again this year. This report card is designed to provide you with specific information regarding your student's progress towards end-of-the-year grade level benchmarks.

Below is the performance skill level key that teachers use to report progress. Working together, it is our goal to have all students reach “Meeting Expectations” **by the end of the year**.

Our semester ends on January 16 and parents/guardians will get an email when report cards are posted and ready to view in Skyward.

Skill Level Key			
Meeting Expectations (ME):	Approaching Expectations (AP):	Beginning (BE):	Not Applicable (NA):
Student consistently demonstrates understanding of concepts related to grade level standard.	Student is developing understanding and is approaching grade level standard.	Student begins to show initial understanding of grade level standard.	Not assessed at this time.

Sincerely, 4K-3 Principals

Resource Share:








Developing Fine Motor Skills is so important... check out this article for tons of ideas on ways you can help your child practice their skills at home! <https://www.weareteachers.com/fine-motor-activities/>

When To Stay Home From School

(At A Glance Reference Sheet)



To help reduce the spread of illness to students and staff, please monitor for symptoms daily and stay home from school for the following reasons*:

Symptom	May return after...
 Fever of 100.4°F or higher	You have been fever free for 24 hours without fever-reducing medication (such as Tylenol/acetaminophen or Motrin/ibuprofen) and you are feeling well enough to actively participate in normal daily activities.
 Vomit / Diarrhea	You have not vomited for 24 hours, are diarrhea-free for 24 hours without the use of medication, and you are feeling well enough to actively participate in normal daily activities.
 Sore Throat, Swollen Glands, or Other Communicable Illness (CONTACT YOUR DOCTOR)	You have been on an antibiotic for at least 24 hours OR a healthcare provider has provided a note clearing you to return OR symptoms have significantly improved and you are feeling well enough to actively participate in normal daily activities.
 Persistent Cough / Congestion	Your cough has become sporadic, no other symptoms are present, and you are feeling well enough to actively participate in normal daily activities.
 Pink or Red Eyes With Discharge (CONTACT YOUR DOCTOR)	For pink/red eyes not associated with allergies or other benign causes, you may return when symptoms have significantly improved with no further drainage OR you have been on antibiotics for at least 24 hours.
 Rash (CONTACT YOUR DOCTOR)	Please consult with your healthcare provider regarding the cause of the rash. Please discuss with a District Nurse before returning to school.
 Household Contact of Communicable Illness	If a household member is diagnosed with a communicable illness or virus of concern (i.e. measles, whooping cough, etc.) please follow the recommendations of the Rock County Health Department and consult with a District Nurse on when you may return to school.

When returning to school following an illness...

To support a healthy school environment, continuing precautions when around others may be necessary. **To prevent the spread of respiratory illnesses such as RSV, COVID-19 and influenza, this may include physical distancing, masks, and increased hand hygiene for five days upon your return to school.** Please consult with one of our District Nurses if you have any questions.

*This chart includes common ailments and symptoms only. If you have questions about your specific illness or symptoms not included in this chart, please contact one of our District Nurses for guidance.

MILTON CHILD DEVELOPMENT Screening Day

Families, childcare providers, and doctors who have concerns regarding a child's development (ages 3-5) are asked to contact us to request a free screening.



Play-Based Assessments

District early childhood staff will conduct play-based screenings with each child to assess speech, language, preschool readiness, motor, self-help, and social skills.



Connect with Resources

While your child is participating in their screening, district staff will be available to answer questions and discuss potential resources to support your child's development.



By Appointment Only

To ensure optimal assessments of each individual child's potential needs, appointments are **required** for evaluations.

Our Next Screening Day Is

**Monday
Jan 12th, 2026**

To Request An Appointment



Contact Us
608-868-9245



All Assessments Will Be At Milton West Elementary
825 W Madison Ave, Milton, Wisconsin



PAWS January Updates

Happy New Year, West Families!

PAWS January Meeting



Monday, January 19



6:00–7:00 PM



Milton West Library

All parents and caregivers are welcome to attend! Come hear updates, share ideas, and learn how PAWS supports our school and students.

Family Movie Night



Friday, January 23



5:30 PM



Milton West Gym

Join us for a cozy family movie night! Pizza, popcorn, and other concessions will be available for purchase.



Have a movie suggestion? Share it on the PAWS Facebook page.

Mark Your Calendars



Valentine's Dance



Friday, February 13 6-7pm



Milton West Gym

Yearbook Orders

Don't forget to order your **2026 Milton West Yearbook!**



Cost: \$16



Order here:

https://www.jostens.com/apps/store/productBrowse/1116796/MILTON-WEST-ELEMENTARY-SCHOOL/2026-Yearbook/20250809042325787155/CATALOG_SHOP

Ongoing Fundraising

Support PAWS all year long with these easy options:

- **Raise Right** – Earn money for our school through gift card purchases you're already making.
- **Box Tops for Education** – Scan your receipts in the Box Tops app to help support West School.

Thank you for your continued support of **PAWS** and **Milton West**. We look forward to seeing you at our January events!

January 2026



BACKPACK NEWS

Tips for Parents

Kick off the new year with simple wellness goals like daily movement, better sleep, and less screen time. Small changes can help families stay healthy, active, and connected all winter.

School Nurse Expertise

From Elisa Eikland, School Nurse at Cambridge School District:

"A good night's sleep is essential for students' health, focus, and mood. School-aged children need 9-12 hours of sleep each night to support growth, learning, and emotional well-being. Help your child wind down with a consistent bedtime routine and limiting screens before bed. Well-rested kids are healthier, happier, and ready to learn!"

Family Wellness Resolutions for the New Year

New year, new goals! What a great way to make them together as a family?

Wellness doesn't have to be overwhelming, and you can try these simple swaps to start 2026 strong:

Drink More Water

Replace one sugary drink a day with water. Add fruit or vegetable slices to make it fun and fresh.

Screen Swap

Trade 15 minutes of screen time for 15 minutes of movement, which can include walking, stretching, dancing or sports!

Set Mini Goals

Instead of big resolutions, pick one small habit to work on each week. Celebrate progress, not perfection.

Sleep Smarter:

Try winding down for bed 10-15 minutes earlier each night until you cozy up under the blankets.

Wellness is all about balance, and when families set goals together, it becomes easier and more fun!

Staying Active When it's Cold

Brrrr! When it's cold outside, it's tempting to stay inside curled up on the couch. Moving your body in winter is extra important, because it helps you stay strong, boost your mood, and warm up naturally! Check out these ideas below:

Bundle up and head outside for a snowball toss, frozen scavenger hunt, or a winter walk around the block. Challenge your family to see who can spot the most animal tracks or icicles!

Too cold? No problem! Indoor fun counts too. Try dance parties, hallway obstacle courses, or a game of "fitness dice" (jumping jacks, squats, toe touches: roll the dice and go!). You can even turn commercials or screen breaks into quick movement breaks.

Set a family movement goal, like 20 minutes a day, and celebrate your success with a fun prize or silly victory dance.

Staying active doesn't have to be boring when you get creative and make it fun all winter long!