



BEST 4K-3 FAMILY CONNECTION

February Events

February 9- PD
Day/Asynchronous
Learning Day (no school on site)

February 10- 100th day of school!

February 13- Valentine's Day Dance in gym 6:00-7:00

February 17- PAWS Meeting (Parent Group) 6:00pm in LMC

March 4 & 5- Parent/Teacher Conference Nights & Scholastic Book Fair in the gym

March 6- No School

We Can Do It!

We are getting closer to the 100th day of school! This year has been filled with exciting learning opportunities as well as social opportunities for our students. There have been challenges for our students also.

One thing that we work on quite a bit, is the "growth mindset" and resilience strategies. It's not unusual for us to hear teachers giving students pep talks including phrases like, "You can do hard things," or, "Mistakes help us learn and grow." When asking your child about their day at school, if they express that school was hard or that they had a bad day, provide a listening ear and a word of encouragement. A few encouraging words can make the difference between giving up and staying motivated. If you are concerned that there is a pattern of hard days, please reach out.

Sincerely, 4K-3 Principals

Important School Placement Information

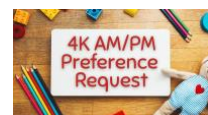
In Milton, our 4K-3 students are assigned an attendance area school based on their primary residence. Families may submit a form to request that their student attend an alternate school outside of their attendance area.

This request must be **submitted annually**. All requests must be submitted by 4:00pm on March 6, 2026. No late requests will be accepted. [Annual Transfer Request Form LINK](#)

The form will be shared as a link on our district's main page under "Resource Center." Reminder: This form is **ONLY** for those who want their student to attend a school outside of their assigned attendance area. Please be aware that if placed, the child may have to be transferred back to his/her attendance area school if class size, teacher-student ratio, or other specified criteria are no longer feasible to maintain.

Families are responsible for transportation to/from school. This form is a request only and **not a guarantee** of placement. Preliminary school assignment and parent notification for resident and non-resident students will be made by mid-June. Changes could be made after this time based on classroom space availability.

For those families with incoming 4K students who have a preference between AM or PM, you MUST fill out the 4K request form linked here: [4K AM or PM request form for 2026-27](#)



PRODUCTIVE STRUGGLE

It's okay to struggle. We need to remind ourselves
WE CAN DO HARD THINGS
Learning happens in these moments.

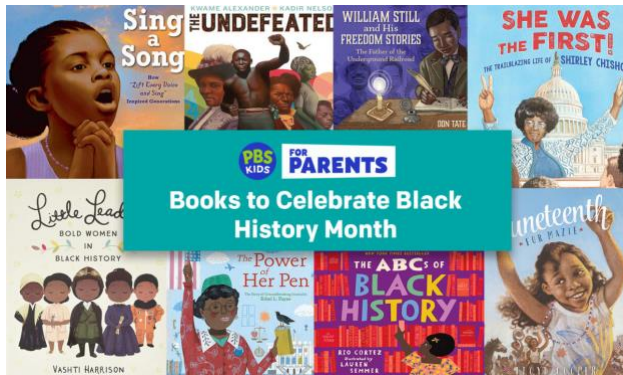
If you...

- feel overwhelmed
- feel stressed
- don't understand

You can...

- try again
- use a new strategy
- ask for help (teacher or friend)
- use your resources
- break the task up into parts
- take a break

Black History Month Reading Resources:



[PBS Kids: Children's Books to Celebrate Black History Month](#)

February is Black History Month, a time for remembrance and celebration of the accomplishments of Black pioneers and trailblazers. Story time is one of many ways to teach young children about Black history. *Check out the link above to learn about 12 books to celebrate Black history this month and those to follow.*

Bus Driver Appreciation Week- February 9-13

The week of February 9 through February 13 is School Bus Appreciation Week. Join us in celebrating the hard work and driving our students to and from school and field trips!



Crossing Guard Appreciation Week- February 16-20, 2026

Our elementary schools are served by several dedicated crossing guards. We are so fortunate to have their smiling faces greet our students and families as they safely cross streets on their way to and from school each day. They are there for our students every school day and through all types of weather. They set a great example of dedication, hard work, and kindness for our students every day! Let's all reach out to show our appreciation for their hard work during the week of February 16-20.




Sleep Matters!

We have noticed a trend of more and more students who express being tired at school, and families who express challenges with getting their children to go to sleep and stay asleep. Sometimes students tell us they wake up to watch a sibling play video games, or to check something on their tablet or phone. Other times they don't know why they are tired, they just are. Sleep is important for

young children as they are learning and growing. Here are some resources for you to support you in improving your child's sleep patterns.

BENEFITS OF ENOUGH SLEEP



Better Brain
Improved memory and concentration



Better Body
Improved energy




Better Mood
Improved emotional resilience

Children	Recommended Sleep	Teens	Recommended Sleep
5 - 13 years	9 - 11 hours	14 - 17 years	8 - 10 hours

4 TIPS TO GET GOOD SLEEP

- Turn off all screens at least 1-2 hours before bed.
- Get to bed and wake up at the same time each day.
- Spend time outdoors: Natural sunlight during the day helps you to sleep better at night.
- Set up a relaxing bedtime routine; shower, brush your teeth, read a book, listen to calming music, count slowly in your head, do breathing exercises.



WholeHearted School Counseling

Library

Book Reminders

As a reminder, all students need to take good care of library books. We've seen more damaged books returned this year than in past years, so we would appreciate parents and guardians reviewing how important it is to make sure we take good care of the books. Please remind students to keep water bottles in outside backpack pockets away from their library books. Families are charged replacement costs for damaged books, so it will may help save you money too! Our teachers provide reminders every time we have library check out day as well.

BOOK CARE RULES

- 1
☆ ☆

Keep books clean and dry


- 2
☆ ☆

Keep your library books away from food and drinks


- 3

Do not draw, write or color in or on a library book


- 4

Always use a flat bookmark


- 5

Remove your book from the shelf by the middle of the spine


- 6
☺

Be responsible and return your books on time



PAWS TRACKS

Happy February, West Families!

After School Reminder— All students must leave school grounds right when the bell rings at the end of the day. Only students supervised by their parent/guardian are allowed to stay and play. There is NOT school staff supervision after school, so it is our policy that everyone must leave school grounds right after school. Under no circumstances should students be allowed to stay and play alone to be picked up later.

We have a fun and busy month ahead—thank you for your continued support of PAWS and our school community!



Valentine's Dance



Friday, February 13



6:00–7:00 PM



Milton West Gym

Join us for a sweet evening of music, dancing, and fun! We can't wait to see our students and families there.



PAWS Meeting



Monday, February 16



6:00–7:30 PM



Milton West Library

All parents and caregivers are welcome! Come hear updates, share ideas, and help us plan upcoming events.



Teacher Appreciation – Soup & Salad Lunch



Monday, February 16

We are showing our appreciation for our amazing teachers with a Soup & Salad lunch.

Please consider signing up to bring an item using the **SignUpGenius link**. Every contribution helps make this special for our staff—thank you!

<https://m.signupgenius.com/#/showSignUp/10C0E4AA8A72CA4FFC43-61957185-soup>



Looking Ahead: Scholastic Book Fair




March 3–4 (during conferences)

The Book Fair will be here before we know it! Volunteers will be needed to help make it a success. **Stay tuned for a SignUpGenius link** coming soon.



Ongoing Fundraisers

- **Box Tops for Education:** Thanks to your scanning, we've already earned **over \$300!**  Our goal is **\$500 by the end of the year**, so keep scanning those receipts—it really adds up!
- **Raise Right:** A great way to earn money for our school while shopping for things you already buy.

If you have questions about our ongoing fundraisers or how to get signed up, please reach out to any of the PAWS board members.

February 2026



BACKPACK NEWS

Tips for Parents

Leave a note in your child's lunch, share a hug before school, listen without distractions, or say "I'm proud of you." Little moments of love build trust, confidence, and lifelong kindness not only in February, but all times of the year!

School Nurse Expertise

From Shannon Tuscic BSN, RN, School Nurse for the Fort Atkinson School District:

"This month, we're focusing on heart health and the power of kindness — two things that help everyone in our school community feel their best! Kindness is contagious — and so is healthy living! Let's work together to take care of our hearts and each other. Stay kind and healthy!"

Heart Healthy Movement

Your heart is a muscle and just like any muscle, it gets stronger when you use it!

Movement helps pump oxygen-rich blood through your body, keeps your heart strong, and even boosts your mood.

The American Heart Association recommends kids and teens get **at least 60 minutes of activity every day**. That could mean jumping rope, dancing to your favorite song, riding your bike, or joining a sport.

Even small bursts of movement add up, like taking the stairs, stretching between classes, or have a quick game of tag with friends.

The best part? You'll feel more energized, sleep better, and keep your heart happy for life. So, don't be afraid to lace up those sneakers, turn on the music, and get moving! Your heart will thank you.

Smart Snacks – Red & Pink Power Foods

February and Valentine's colors aren't just pretty, they can be healthy, too!

Many red and pink fruits and veggies are packed with vitamins, fiber, and antioxidants that help protect your heart and body.

Red/Pink Snacks

Strawberries, raspberries, cherries, apples and watermelon are all fruits that are packed with good vitamins and nutrients. You can even mix these into smoothies or yogurt for a fun Valentine's-themed treat.

Looking for a savory option? Try red peppers or cherry tomatoes with hummus or another dip. These snacks aren't just tasty -- they help keep your body fueled, your skin glowing, and your immune system strong.

The next time you're hungry, think "red and pink" for a snack that's as good for you as it looks!