

# FRANKLIN FALCON NEWS



## FEBRUARY IS AMERICAN HEART HEALTHY MONTH!

American Heart Month is celebrated each February to help motivate Americans to adopt healthy lifestyles and prevent heart disease. **Heart disease is the leading cause of death in the United States!** For this reason, it's important that we teach children at a young age how to keep their heart healthy. The average heart beats about 100,000 times per day. That is a lot of work! To keep our hearts strong, healthy and performing their best, it's important to take time to share the love. Get moving and fuel your body with some ideas below!

- ♥ Get a daily dose of physical activity
- ♥ Aim for 7-8 hours of sleep each night
- ♥ Fill your diet with colorful fruits and veggies, whole grains, and healthy fats
- ♥ Limit screen time
- ♥ Manage stress by meditation, yoga, walking, or reading
- ♥ Try to reach and maintain a healthy weight
- ♥ Keep up with medical and dental appointments
- ♥ Take medication as prescribed

## KIDS HEART CHALLENGE UPDATE

So far, we have raised \$2,161.72! We are almost halfway to our goal of \$5,000.00! Way to go! Because the fundraiser ends Friday, February 23, you still have a lot of time to save someone's life. It's FREE to sign up online. Another way to help us raise money for this challenge is by purchasing a Jump Rope for Heart spirit stick, which was designed by last year's top fundraiser. Half of the profits from the spirit stick will be donated towards the Kids Heart Challenge. If we reach our \$5,000.00 goal, the entire school will earn an 80's themed dance party after school on a Friday in April.



## Jump Rope for Heart incentives:

**First place - top student:** The top fundraising student will have the gym named after them! The student will also earn a medal, as well as another prize, and the student will spend the entire day with Ms. Ganser.

**Second place - top student:** The student who raises the second most will earn a medal as well as another prize and will spend half a day with Ms. Ganser.

The class that raises the most will win a movie and popcorn party, and the top classes that registered the most students for the Kids Heart Challenge will receive brand new kick balls and jump ropes for recess.

**Green Bay Gamblers:** Any student who raises any amount (at least \$1.00) will receive a free voucher to attend a Gambler game the weekend of March 16.

**NFL bonus:** The American Heart Association is excited to extend our work with the NFL to support improving health outcomes at home and beyond through the "Hands-Only CPR" education. Students who complete the Finn's Mission learning module will earn an entry for two tickets to Super Bowl LIX in 2025, and our school will be entered into a drawing to receive a \$10,000.00 fitness equipment makeover for every 18 completed Finn's Mission learning modules.

Finally, the following spirit days are scheduled to keep the excitement going:

**Wednesday, February 21: Workout Wednesday "Sweat it out"** - Show your commitment to 60 minutes of exercise each day by wearing your sweatpants and sweatshirts!

**Thursday, February 22: Throwback Thursday - 80's day** - Make your own 80's outfit by wearing bright colors, a loose top, jeans, jumpsuits, tie-dye shirts and denim jackets. Channel the spirit of the 80's with a teased hairstyle, sweatband and sunglasses.

**Friday, February 23: Heart Day** - Wear anything with hearts or red to school. Think smart...protect your heart! If you have one, you can also wear last year's Kids Heart Challenge black shirt.

### PARENT/TEACHER CONFERENCES

Parent/Teacher conferences will be held on Thursday, February 15, 2024, from 8:00 a.m.-7:00 p.m. A Google form will be shared with all families via IC messenger. Click on your child's teacher's link, and it will take you to the teacher's calendar. Then, click on the time slot you want. If you have any questions, please reach out to your child's teacher or the office.



### FRANKLIN'S ALL SCHOOL CONCERT

We are so excited to announce that our students have been hard at work practicing for our school-wide concert! The concert will be held on **Tuesday, March 12**, and the performances are as follows:

Kindergarten and first grade: 1:10-1:40 p.m.

Second and third grade: 1:50-2:20 p.m.

Fourth and fifth grade: 2:30-3:00 p.m.

We look forward to seeing everyone at this concert.

### SFA HOMEWORK

This has been an exciting year for our students as we have shifted to the Success for All literacy program! Moving forward, Manitowoc Public School District is continuing our expectation that students read for 20 minutes Mondays through Thursdays. How can you help? All students have a new reading baggie including book(s) and a gold sheet for the week called *Read and Respond*. After your child has read for 20 minutes, either independently or to you, **please sign off to verify!**

### Roots Readers (first grade level)

If your child is reading at a first grade level, the books that are sent home are called *Shared Stories* and they come from the SFA program. These books have been practiced at school and are going home to be reread so your child can build their fluency skills. Please know you can also read other books from your home to match your child's interest. How can you help if your child is stuck on a word? Try having them **sound it out** by blending the letter

sounds. Try **chunking it**, which means breaking a long word into its parts. You can also encourage your child to **read on** as sometimes completing the sentence and circling back helps.

### Wings Readers (second-fifth+ grade level)

If your child is in a second through fifth+ grade reading level, there will be some additional areas on the sheet your child will independently complete. *Reaction* is where they write down their thoughts about what they read. *Vocabulary Voucher* is where they write down any vocabulary words they encountered in their book that matched the vocabulary words which they learned at school that day. It is also worth noting that students reading at this level do not have homework books assigned by the SFA program. Instead, your child is choosing an interesting book from the school library, classroom, or reading materials from your home. Encourage your child to select material that is not too easy nor too difficult.

Thank you for your support in your child's reading success! Please reach out with questions!

Ms. Heideman, Franklin SFA Coordinator  
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## **Rahr Memorial School Forest Winter Fest**

*Fun for families and nature lovers of all ages*

**Saturday, February 10<sup>th</sup>, 10:00 a.m. to 1:00 p.m.  
at YOUR School Forest**



Set your own pace as you explore the trails and take part in on-going and scheduled nature activities. Stay for an hour or the entire event. Scan the QR code to register. Check the Rahr Memorial School Forest [website](#) for additional information, directions and updates.

### **NURSING NEWS**

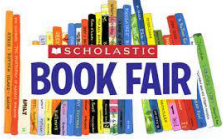
February is Children's Dental Health Month. Caring for your child's teeth from the moment they first sprout a tooth is so important. Poor dental health can lead to a lifetime of dental issues and also other health concerns. Here are a few tips to help keep their teeth healthy:

- Avoid putting babies to bed with a bottle.
- Brush your child's teeth twice a day with fluoride toothpaste.
- Limit drinks and food with added sugars.
- Schedule regular dental cleaning appointments for your child.

The dental clinic from Lakeshore Community Health Care visits our schools at least once per school year and have just recently started their visits for this year. If you are interested in your child being seen by the dental clinic at school, but haven't signed him/her up, please contact the school office.

## PTA NOTES

Happy February Franklin families!



A wise person once said, "A book is a gift you can open again and again and again." Our Scholastic spring book fair will be returning for the final time this school year beginning Monday, February 12, through Thursday, February 15. Students will have the opportunity to walk through the book fair and make wish lists with their class on Friday, February 9, and again on Monday, February 12. The book fair will be open to the families beginning Monday, February 12, from 3:00-4:00 p.m.; Tuesday and Wednesday, February 13-14 from 11:00 a.m.-12:45 p.m. and 3:00-4:00 p.m.; and all day on Thursday, February 15, 2024. You do not have to send money to school with your child; e-wallet is a safe and effective way to give shopping independence to your bookworm. We still need volunteers to help us with the book fair. If you are interested in volunteering, please contact Samantha Grunow via Facebook Messenger (Franklin PTA) or e-mail at [FranklinPTA@mpsd.school](mailto:FranklinPTA@mpsd.school). Please visit our website for additional information at <https://www.scholastic.com/bf/franklinelementaryschool41>.

Read Across America week is February 26 through March 1, which means we will be planning some fun dress-up days and a family Bingo event on Wednesday, February 28! Bring the entire family to play Bingo and have pizza in the gym from 4:00-5:30 p.m. In order to make sure we have enough pizza for everyone, please make sure you return the sign-up sheet that was sent home in Friday folders. If you do not have a Bingo sign-up sheet, please let the office know.

Spirit sticks will be sold before and after school on Wednesday, February 7, outside the art room, and during lunch on Wednesday, February 21. All spirit sticks cost \$1.00. If you are interested in purchasing our limited edition Jump Rope for Heart spirit stick that was designed by last year's top fundraiser, please complete the order form and return it to school. Half of the profits from this special spirit stick will be donated towards the Kids Heart Challenge!



Our next PTA meeting will be held on Wednesday, February 21, at 6:00 p.m. in the library. Hope to see you there!

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## FEBRUARY DATES TO REMEMBER

February	Black History Month Heart Healthy Month Children's Dental Health Month
February 7	Spirit stick sale - before and after school outside the art room
February 8	Band large group rehearsal, 7:30 a.m.
February 10	School Forest Winter Fest, 10:00 a.m.-1:00 p.m.
February 12-15	Scholastic Book Fair
February 14	Valentine's Day
February 15	Parent/teacher conferences, 8:00 a.m.-7:00 p.m. (no school for students)
February 16	<b>No school for students or staff</b>
February 19	Staff development day ( <b>No school for students</b> )
February 21	Spirit stick sale - during lunch in the gym PTA meeting, library, 6:00 p.m.
February 22	Orchestra large group rehearsal, 7:30 a.m.
February 29	Band large group rehearsal, 7:30 a.m.

# What's on the Menu?

## MPSD Elementary School February 2024 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	 <p><b>**Smart Snack</b></p>		<p>1 Chicken Nuggets w/ Dinner Roll</p> <p>or</p> <p>Hot Dog on a Bun</p> <p>Baked Beans</p>	<p>2 Corn Dog on a Stick</p> <p>or</p> <p>Macaroni &amp; Cheese w/ Garlic Breadstick</p> <p>Tater Tot Day Tater Tots</p> 
<p>5 Cheese Stuffed Breadsticks w/ Sauce</p> <p>or</p> <p>Meatball Sub w/ Cheese</p> <p>Carrots</p>	<p>6 Walking Taco</p> <p>or</p> <p>Chicken &amp; Cheese Quesadilla</p> <p><b>**Roasted Garbanzo Beans</b></p>	<p>7 Pretzel Bites w/ <b>**Cheese Sauce Cup &amp; **String Cheese</b></p> <p>or</p> <p>Chicken Patty</p> <p>Baked Beans</p>	<p>8 French Toast Sticks Sausage Links</p> <p>or</p> <p>Turkey &amp; Cheese Wrap</p> <p>Peas</p>	<p><b><u>National Pizza Day</u></b></p> <p>Big Daddy's Cheese Pizza</p> <p>or</p> <p>Egg Patty with Biscuit Green Beans</p> 
<p>12 Cheese Pizza Crunchers w/ Sauce</p> <p>or</p> <p>Chicken Tenders w/Dinner Roll Carrots</p>	<p><b><u>National Pancake Day</u></b></p> <p>Pancake Bites w/ Sausage Patty</p> <p>or</p> <p>Jr Italian Sub</p> <p>Green Beans</p>	<p><i>Happy Valentines Day</i></p> <p>Nachos w/ Cheese Sauce</p> <p>or</p> <p>Pbj w/ <b>**String Cheese Corn</b> Chocolate Chip Cookie</p> 	<p>15 No School</p> 	<p>16 No School</p>
<p>19 No School</p>	<p><b><u>National Muffin Day</u></b></p> <p>Soft Shell Tacos</p> <p>or</p> <p>Chocolate Muffin</p> <p><b>** Goldfish Crackers</b> Yogurt Cup</p>  <p>Corn</p>	<p>21 Popcorn Chicken w/ Dinner Roll</p> <p>or</p> <p>Fish Sticks</p> <p>Baked Beans</p>	<p>22 Teriyaki Chicken over Rice</p> <p>or</p> <p>Strawberry Parfait</p> <p>Broccoli</p>	<p>23 <b>Big Daddy's Pepperoni Pizza</b></p> <p>or</p> <p><b>Lasagna Roll Up w/ Garlic Bread</b></p> <p>Green Beans</p>
<p>26 Chicken Drumstick w/ Dinner Roll</p> <p>or</p> <p>Cheese Pizza Bagels Carrots</p>	<p>27 Cheeseburger</p> <p>or</p> <p>Hot Ham &amp; Cheese Sandwich Curly Fries</p>	<p>28 Turkey &amp; Gravy w/ Dinner Roll</p> <p>or</p> <p>Mini Corn Dogs</p> <p>Mashed Potatoes</p>	<p>29 Blueberry Bash Waffles w/ Yogurt</p> <p>or</p> <p>Italian Meat Sauce over Spaghetti</p> <p>Green Beans</p>	<p><b><u>Meal Prices</u></b></p> <p>Ala Carte Milk \$0.45</p> <p>Adult \$4.95</p>