

Guidance Notes



January 5, 2018

← Important information for students & parents →

GRATITUDE is the word of the season!!

BY: Shelly Meisner, PK-12 Counselor

WHY????

Reason #1) The Lena School Guidance Office looked like **Santa's Workshop** last month before Christmas!!

A **BIG** thank you to all individuals involved in making the 2017 Lena Adopt-A-Family Program such a success!! There were **SIX** families adopted this year, serving 32 individuals! Our school district adopted three families, and three families were adopted by very generous local families. The receiving families involved in the program will be given items to hopefully make their holidays much brighter.

The Adopt-A-Family Program provides wrapped presents, along with a Christmas meal and all the fixings that go with a ham or turkey, boxes of non-perishable food items, a box of fresh fruit, boxes of cleaning supplies, boxes of personal hygiene products, and let's not forget the plate of homemade goodies!

This program would not be possible without the generous donations from many individuals, regardless if it is monetary, shopping for the items, wrapping the presents, preparing the boxes, going door-to-door on a food scavenger hunt, labeling presents, or delivering the items.

Mrs. Jones and the **National Honor Society** students (pictured right) play a **HUGE** part in making the Adopt-A-Family program so successful! They put in many hours to make sure these families have a special Christmas! Thank you!



Also, thank you to Mrs. Jensen and her foods students for all the yummy goodies they provide!

Again, **many** thanks to all for making this a brighter holiday season for so many!

Reason #2) **Winter warmth! In Wisconsin??** No way!! **YES**, the students at Lena Public School District will be warm this winter! On behalf of the students and families, thank you to so many individuals that have brought in donations of hats, mittens, boots, jackets and snow pants; new or used for our School Support and Supply Closet!! All items are needed and very much appreciated!!

Reason #3) **Back Pack Snack Program.** Students that are part of the free/reduced lunch program are given the opportunity to take part in a Back Pack Snack Program. This program's purpose is to curb childhood hunger. Each week on Friday, students that are a part of this program are given a bag of food items to help them through the weekend without being hungry. Typically each bag has approximately 5 items in it ranging from soup, vegetables, to crackers and fruit. Other items may include applesauce, popcorn, and fruit snacks and so on. The ideas are endless and the families seem to really enjoy the food they do receive.

So, **GRATITUDE** is definitely the word of the season!! Thank you again for making our small community of **Lena**, a community that is **HUGE** in giving!!

RED RIBBON WEEK CELEBRATED JANUARY 8 –JANUARY 12, 2018
GRADES PK-12

What is Red Ribbon Week/Why Do We Celebrate It?

Red Ribbon Week came into existence out of the tragic death of Drug Enforcement Administration Special Agent Enrique “Kiki” Camarena. In 1985, Camarena was abducted, tortured and brutally murdered while in Mexico investigating drug traffickers. A wife and three children survived him. Friends and family in Camarena’s hometown of Calexico, California started a movement to honor him and stop the destruction caused by drugs. A red ribbon became the symbol of this fight against drug abuse. In 1988, the United States Congress proclaimed Red Ribbon Week. Now, more than 100,000 schools and civic organizations participate.

Lena Public School District (PK-12) will celebrate Red Ribbon Week in January this year. There will be dress up days on Monday through Friday during the week of the 8th-12th. Below is the dress up days to help celebrate Red Ribbon week.

DRESS-UP DAYS

<u>Monday</u>	1/8 “Hats Off to Being Drug Free”-Wear a hat
<u>Tuesday</u>	1/9 “Staying Away from Drugs is no SWEAT”-Wear sweatpants/sweatshirt
<u>Wednesday</u>	1/10 “I’m A “JEAN”-ius, I’m Drug Free.”-Wear blue jeans
<u>Thursday</u>	1/11 “My future is BRIGHT-I’m drug free!”-Wear bright clothes
<u>Friday</u>	1/12 “Red Ribbon Day”-Wear red clothes

JAR GUESSES (GRADES PK-5;6-8;9-12)

Students in grades PK-5, 6th-8th, & 9th-12th, will have a chance to guess the total amount of “goodies” in their grade level jars, located in the elementary and HS offices (each jar labeled K-5; 6-8; 9-12). One guess per student will be accepted . The student closest to the actual # in their jar, gets all the “goodies”. YUMMY!!

“Be a Smarty, Don’t Do Drugs”-Smarties (Pre-Kindergarten-5th Grade)

“Drugs Can Burst Your Dreams”-Startbursts (Middle School; 6th-8th Grade)

“Don’t be a Dumb Dumb, Stay Away from Drugs”- Dum Dum Suckers (High School; 9th-12th Grade)

TAKING PLACE ALL WEEK..... CANNED FOOD DRIVE

“We CAN Be Drug Free”- Canned food drive for local families in need. Please drop off food items in the High School Office for grades 6-12 and in the Elementary Office for grades PK-5.

ANIMAL SHELTER ITEMS COLLECTION

“These Paws Don’t Touch Drugs” – The following items are always needed at the Animal Shelter: Dog/Cat food(preferably Purina), non-clumping cat litter, toys (ex. Rolled rawhide chips, Kongs, stuffed toys, etc.), fleece blankets & small rugs, bleach, liquid laundry detergent, towels, industrial mop heads, large contractor garbage bags, copy paper, HP ink cartridge #901-color and/or black. Again, please drop items off in the High School Office for grades 6-12 and in the Elementary Office for grades PK-5.



RED RIBBON WEEK JANUARY 8TH-12TH



DRESS-UP DAYS

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Tuesday “Staying Away from Drugs is no SWEAT” – Wear Sweatpants/sweatshirt

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Friday “Red Ribbon Day” – Wear red clothes

***Don’t forget to try and guess the number of candy pieces in the jar in the office!!**

Upcoming Events

Attention Juniors & Seniors!!

There will be a military recruiter, with the US Army National Guard, here on Wednesday, January 10th, during lunchtime, to meet with anyone who would like more information on their branch of military. He will be here to answer any questions you may have, so stop by his table to talk with him.

Upcoming Speaker

On Thursday, January 11th, from 9:30 – 10:30, guest speaker Brigette Henschel, will be here to talk to students in 9th-12th grades, about the dangers of drugs, to inspire teens to make good decisions, and motivate them to overcome peer influence and pressure. Brigette's mission is to share her story through "Amalia's Hope", a powerful message that will deeply touch and impact anyone who hears it. Parents and community are welcome to attend. For more insight into Brigette Henschel and "Amalia's Hope", please visit www.AmaliasHope.org.

Community Events



Dr. Debra Munes and Team

248 North Main Street
Oconto Falls, WI 54154
P: 920-846-2171
www.ocontofallsdental.com

Free Dental Care for children ages 3-17 that are from low income families in **Oconto County**.

One Day Only Wednesday, February 14, 2018

- In recognition of national children's dental health month
- Parent or legal guardian **MUST** be present with child day of appointment
- Must be Oconto County resident
- For low income families
- Pre-registration deadline February 7, 2018
- Please call to receive qualification requirements and to set up appointment.
8:00-12:00 and 1:00-3:00; (Tuesday thru Thursday)
- Appointment will be made once paperwork is complete.