WCES JANUARY NEWSLETTER

PTO Book Fair Huge Success

The USD 108 Parent-Teacher Organization (PTO) held a very successful bookfair. The bookfair raised over $1000 for PTO. Also, thanks to generous donations, our library and classrooms were given 53 books. This event would not be possible without the dedication of the book fair chair, Melissa Baker. We would also like to thank Schanah Miller, Staci Peters, Denise Dragastin, Rayna Shaw, Brooke Rosebaugh and Annie Yungeberg for their help with the bookfair.

PTO uses the money raised to support elementary field trips in the spring, money for teacher supplies in the fall, scholarships for seniors, and many other items throughout the school year.

The book fair held in the spring raises funds to put books in the hands of all our students for the summer.

T.I.G.E.R.

The “G” in Tiger is for grit. This is our focus in the third 9-weeks.

Upcoming Events

Monday, Dec. 22nd - Monday, Jan. 5th - Winter Break

Tuesday, Jan. 6th - School Resumes

Wednesday, Jan. 7th - January Birthday Lunch

Friday, Jan. 9th - Tiger Friday (wear any Tiger or red/black shirt)

Wednesday, Jan. 14th - July Birthday Lunch

Friday, Jan. 16th - Tiger Friday (wear any Tiger or red/black shirt)

Monday, Jan. 19th - No School - Teacher Professional Development

Friday, Jan. 23rd - Tiger Friday (wear any Tiger or red/black shirt)

Friday, Jan. 30th - Tiger Friday (wear any Tiger or red/black shirt)

MENU

USD 108 January 2026 Menus

Menus are subject to change with or without notice. **MILK IS SERVED WITH EVERY MEAL.**

5	6	7	8	9
	breakfast pancake wrap rosy applesauce / juice **lunch** pepperoni pizza corn fruit cocktail fresh fruit & vegetable bar	**breakfast** pb & j fruit cocktail / juice **Birthday Lunch** oven fried chicken leg mashed potatoes / gravy green beans mandarin oranges birthday cake	**breakfast** mini donuts mandarin oranges / juice **lunch** tiger rib peas pears fresh fruit & vegetable bar	**breakfast** chicken breakfast sandwich pears / juice **lunch** teriyaki chicken stir fry vegetables mango fresh fruit & vegetable bar
12	13	14	15	16
breakfast glazed donut mango / juice **lunch** chicken quesadilla carrots pineapple fresh fruit & vegetable bar	**breakfast** sausage breakfast sandwich pineapple / juice **lunch** ham patty sandwich broccoli with cheese sauce peaches fresh fruit & vegetable bar	**breakfast** muffin peaches / juice **1/2 BIRTHDAY LUNCH-JULY** chicken drummies baked beans fruit cup brownie fresh fruit & vegetable bar	**breakfast** breakfast pizza fruit cup / juice **lunch** hamburger in a bun corn rosy applesauce fresh fruit & vegetable bar	**breakfast** waffle rosy applesauce / juice **lunch** crispito / corn chips broccoli fruit cocktail fresh fruit & vegetable bar
19	20	21	22	23
NO SCHOOL PROFESSIONAL DEVOPMENT DAY FOR TEACHERS	**breakfast** selection of cereal fruit cocktail / juice **lunch** hot dog in a bun natural cut potatoes peas applesauce fresh fruit & vegetable bar	**breakfast** breakfast bowl applesauce / juice **lunch** chicken strips carrots mandarin oranges cookie fresh fruit & vegetable bar	**breakfast** pb & j mandarin oranges / juice **lunch** soft shell taco corn pears fresh fruit & vegetable bar	**breakfast** french toast sticks pears / juice **lunch** scalloped ham & potatoes broccoli / dinner roll pineapple fresh fruit & vegetable bar
26	27	28	29	30
breakfast ham & cheese croissant pineapple / juice **lunch** chicken wrap green beans peaches fresh fruit & vegetable bar	**breakfast** breakfast pizza peaches / juice **lunch** deli ham & cheese sandwich peas rosy applesauce fresh fruit & vegetable bar	**breakfast** strawberry bagel rosy applesauce / juice **lunch** sloppy joe sandwich tri tater carrots strawberries & bananas fresh fruit & vegetable bar	**breakfast** selection of cereal strawberries & bananas / juice **lunch** pork fritter sandwich baked beans fruit cocktail fresh fruit & vegetable bar	**breakfast** cinn minis fruit cocktail / juice **lunch** chicken nuggets french fries fruit cocktail fresh fruit & vegetable bar

Days identified with the Power Tiger are serving items that were made with locally donated beef or pork. Call 785-325-2261 x 3 for more information on Farm to School donations. Thank you for your generosity!

Together we are #TigerStrong!!

This institution is an equal opportunity provider.

Counselor's Corner

January, 2026

CONNECTION POINT

Sleep is essential for supporting healthy growth and helping children focus and manage emotions. When bedtime feels challenging, a steady routine can make all the difference. Try brushing teeth, reading a story, then turning on a nightlight or sound machine. You might say, "Your body and brain need rest to get stronger." If they resist, stay calm and follow the same steps each night. Predictable routines build healthy sleep habits that set children up for success.

CONTACT INFO

Please feel free to reach out to me if you have any concerns about your child(ren).

Fallon Craig
fcraig@usd108.org
(785) 325-2261 ext. 125

Please remember we are in the time of year when the weather/temperature can change quickly. We encourage you to always send a coat, hat, and gloves to school with your student. If you need help providing any of these items for your child please reach out to me.

THIS MONTH AT WCES

In January our focus will be on Grit. K-4th grades will be working on grit and perseverance. We will be learning different skills on how we can push through the challenges even when it seems impossible! Sometimes it is easier to just ask someone else to do it for us, but we are going to learn that we are capable of doing hard things ourselves!

5th grade is going to work on a Media Literacy project. This is called the Whole Story Project. Students will learn think about media and the messages they are sending and feelings they are creating. They will then be able to identify if they believe these messages.

6th grade will be starting their Passion projects! I am very excited to start this project with the students and see where their creativity takes them!



January

Common Winter Health Issues:

Infections
- Colds, Flu, COVID-19, Strep Throat, Pnuemonia and Norovirus are all common infections/illnesses that occur during the winter season.

Mental Health
- Seasonal Affective Disorder is more common due to lack of sunlight

Physical
- Frostbite, hypothermia, and winter sports injuries are more common

Respiratory
- Asthma attacks can be triggered by cold air

Skin
- Dry, itchy skin, eczema and psoriasis are more common in the cold, dry winter months

Prevention & Wellness Strategies:

Hydration, Nutrition & Hygiene-
- Drink plenty of water; Eat balanced meals with fruits/veggies; Wash hands frequently; Cover coughs/sneezes; Disinfect surfaces; Avoid touching face.

Respiratory & Skin Care-
- Use humidifier at night to help with congestion/breathing.
- Moisturize after showers; Use chapstick.

Vaccinations-
- Flu Shots & COVID-19 boosters, and others as recommended.

Activity, Sunlight & Dress Smart-
- Stay physically active indoors/outdoors (with proper gear); Get safe sun exposure to help with Vitamin D; Protect extremities- wear hats, gloves/mittens; Layer loose clothing.

Even in colder weather, it's crucial to stay hydrated. Drink water regularly, as the cold temperatures, dry air, and indoor heating can contribute to dehydration.

Don't like water? Sipping on warm drinks like herbal teas and enjoying nourishing soups can also be comforting and contribute to overall well-being. Try foods with high water content like cucumbers and oranges.

Dry skin can be a sign of dehydration. Remember to nourish your skin to prevent dryness and itching. Use moisturizers to keep your skin hydrated. Helping your child to apply lotions after bathing will improve skin condition.

Lisa Ouellette, LPN
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785-747-6843

Help your child dress for the weather. Start with a moisture-wicking base layer, add a flannel or something with fleece, and then cover with a waterproof coat. A warm hat that covers the ears, winter gloves/mittens, and a pair of snow boots will help during the colder days!

ACCUWEATHER

Click on the link!

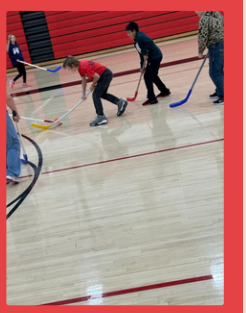
Stay home if:

***VOMITING OR DIARRHEA *FEVER OVER 100 DEGREES**
(Be symptom-free for 24 hours before returning.)
***SORE THROAT WITH FEVER OR SWOLLEN GLANDS**
***PINK EYE(S) WITH YELLOW DISCHARGE**
***SEVERE OR PERSISTENT EARACHE**
***SHARP OR PERSISTENT ABDOMINAL PAIN**
***HEAD LICE UNTIL TREATED ONCE**

December Clubs for 3rd–6th Grades

Hockey



STEM - Junk Robot





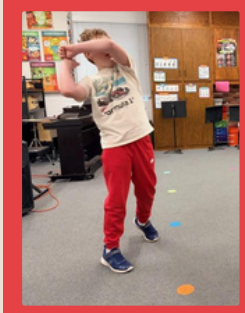

Pinecone Craft






Charades



6th Grade - Preparing fun activities for K-2nd

