



Dear Families,

As we ring in 2019, I can't help but think about what a great year 2018 was and look forward to the fresh start in the year ahead. Some of you are working on those new year's resolutions and creating opportunities to better yourselves and your families. Whatever your challenge is, I want to wish you the best of luck and let you know that we will continue to work hard to promote student learning and keep up the great progress that we have had from the beginning of this school year. One of the beliefs that we all have at Wilson and WSTEM is to strive for continuous improvement in all that we do. With our Harry Potter-themed month, we will continue to discuss traits that will help us all improve in all that we do!

Our staff will be working with students to discuss goal setting as we do MAP assessments in 5K through 5th grades during the month of January. This is a good half-way check for us as a staff on our progress toward our school goals and also for each student to check their progress, as well. As always, there are multiple ways to assess the learning in the classroom and to help us in guiding our students on their learning journey and MAP assessments is one tool we utilize.

Our concerts were a great way to wrap up the holiday season and I cannot say enough about how great our kids looked and sounded this year. I wanted to thank our music department and our staff for their flexibility and hard work that went into this year's concert season. I personally was very impressed and I appreciate all of you that reached out to me to let me know how much you enjoyed the concerts.

As the calendar turns to a new year, we start to plan the end of this school year and also begin planning for the 2019–20 school year. Please continue to have open lines of communication with staff and myself as we are here to help support your family in 2019! We feel extremely fortunate to be able to work with the great families that we have here at Wilson and WSTEM. Happy New Year!

Sincerely,

A handwritten signature in black ink that reads "Mike Heun".

Mike Heun
Principal

Save the Dates

January 11

WSTEM to Little Switzerland

January 18

WSTEM to Little Switzerland

January 25

WSTEM to Little Switzerland

January 25

Wilson/WSTEM Family Night

January 30

WSTEM 4/5 to First Stage

Birthdays

Henry Hilgers

Leona Hahn

James Malcom

George Paul

Vivian Wiegman

Dennis Mesoloras

Charles Bohmann

Brayden Graham

Goran Novalija

Noah Borgwardt

Dakota Acevedo

Lee Lawson

Jenny Mei

Ajax O'Neal

Attendance Phone Line (414) 773-1902

When your child is absent, please make sure to call in.

If your child is late (the bell has rung), you must come to the office and sign them in. Thank you.

Find us on Twitter and Facebook

www.facebook.com/TosaWilson

Twitter @TosaWilson

www.facebook.com/Wauwatosastem

Twitter @Wauwatosastem

News

FAMILY NIGHT

January 25, 6-8pm: Family Fun Night

February 18–20: Scholastic Book Fair

March 2: Parents' Night Out

PTSA UPCOMING EVENTS

The PTSA board would like to give a big shout-out to Lauren Christie and Diana Mader! These ladies have given countless hours of their time to plan and execute monthly Student Green Team meetings. We greatly appreciate all that you do in turning our school green!

VOLUNTEER SHOUT-OUTS

Thank you Julia Hornung, Katie Nunag and committee for organizing the Teacher Holiday Cookie Exchange! It was a great way to share holiday cheer with our wonderful teachers!

Art Update

ART SPECIALISTS

At WSTEM, the 4/5 classes started the year with a large-scale painted mandala. We borrowed hula hoops from Mrs. Schmidt to make our circles. The students started by painting a dot in the middle and then grew their design by repeating simple shapes, lines or designs. They are very striking! We looked at some examples of ephemeral art mandalas made from salt and created with a rake on the beach. The students created and assembled small mobiles from kiln-fired earth clay and just finished up a challenging drawing project. Their task was to draw an instrument from real life, but look at it from an interesting perspective and crop it so they weren't drawing the whole thing. Thank you to our band teacher Mr. Pforr and orchestra teacher Ms. Thompson for letting us borrow instruments so we didn't just have to work from photographs!

The 4th and 5th grade Wilson artists have been hard at work in the art room! Both grades have been working on their drawing skills, touching on the "engage and persist" and "envision" artist habits of mind. The 4th graders have been working on a James Rizzi-inspired drawing/painting where they must represent their family in the style of Rizzi (colorful, expressive, and very playful)! Many of them are using city buildings, animals, objects, and facial expressions to represent each family member. The 5th graders just started a project focusing on the element of "depth." The challenge is to demonstrate the six parts of depth within a drawing/painting, and base their drawing on a place of their choice. These places include somewhere they visited over the summer, places they'd like to go someday, restaurants, and the city of Wauwatosa itself!

Mrs. Abbey Finn
Art Specialist

Physical Education Update

Wilson /WSTEM Families,

Happy New Year! I'm looking forward to a great 2019. I hope you are as well, with many New Year's resolutions to stay/get healthier or improve your overall wellness. This year, I am challenging all students in all grades to make it a resolution or goal to have a growth mindset in physical education. Meaning, they should try to improve skills, behavior or sportsmanship from whatever level they are currently at. Focus, good listening skills, teamwork and cooperation will help us accomplish and achieve more. I am looking forward to a great second half of the year.

Getting students to find fun in being active continues to be one of my goals within the curriculum of my classes. In addition to traditional sports and game skills and activities, I am introducing them to lifetime activities they can enjoy with their families now and in the future. One such activity is to snowshoe with the 4th and 5th grades as weather and schedules permit. A letter or all-school alert will notify you of this as it will be important to have your child dressed appropriately for the weather. I hope you are able to make use of the winter months to get out and participate in other winter sports such as skating, sledding, skiing or building forts and snowmen – when the snow comes – which are all excellent sources of exercise for you as well as your kids.

I am attaching an article in this newsletter about how video games and other devices such as iPads, computers and phones are changing the brains of our kids. The information is interesting – and alarming. I encourage all parents to read through the article and use the information to evaluate your child's device time and determine whether or not you need to set limits.

Happy New Year to All!

Mrs. Wendy Schmidt
Physical Education Specialist

From the PTSA President

Dear Wilson and WSTEM parents,

Welcome back! I hope you all had a wonderful winter break. I'm looking forward to all that is in store for us this new year.

In just a few weeks we have another new (and free) event that I'm really excited about. Join us on Friday, January 25, for Family Fun Night! We have Ruckus & Glee coming with some awesome board games; Tosa Block Party is bringing some LEGO challenges; and for those competitive folks, challenge your kids in a game of Human Hungry Hippos! As always, there will be crafts and endless nachos.

February brings us to another great event – the book fair! Follow the sounds and smells of the popcorn machine to the gym and pick up your favorite titles. Funds raised at the fair go directly back to our school in the form of, you guessed it, BOOKS!

Have an interest in helping or fresh ideas to share? Join us! We meet the first Wednesday of every month at 7 pm in the library. We hope to see you there.

Happy 2019!

With Gratitude,
Ali Wergin
Wilson/WSTEM PTSA President

Calendar

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ICWW-Mad Science 2:20-4 pm, Gym
 DI-Wiese/Lawson 2:20-4 pm, PTSA Kitchen
 WSTEM Governance Board Mtg. 5:30-7 pm, Library
 PTSA Meeting 7-8:15 pm, Library

3

We Care Club 11:45-12:30, Library

4

2nd Grade Brownies Meeting 3:30-5 pm, Library

8

Green Team Meeting 3:20-4:45 pm, Room 115/116
 DI-Malcom 3:30-4:45 pm, PTSA Kitchen
 DI-La Macchia 3:30-4:30 pm, Room 110

9

ICWW-Mad Science 2:20-4 pm, Gym
 DI-Wiese/Lawson 2:20-4 pm, PTSA Kitchen
 DI-Rising Stars 4-5:30 pm, Art Room

10

We Care Club 11:45-12:30 pm, Library

11

WSTEM to Little Switzerland 8:30-3 pm, Little Switzerland
 3rd Grade Girl Scouts Meeting 3:30-5:30 pm, Art Room

15

Young Rembrandts 3:25-4:25 pm, Art Room
 DI-Malcom 3:30-4:45 pm, PTSA Kitchen
 DI-La Macchia 3:30-4:30 pm, Room 110
 SK Daisy Scouts Meeting 3:30-4:30 pm, Library

16

ICWW-Mad Science 2:20-4 pm, Gym
 DI-Wiese/Lawson 2:20-4 pm, PTSA Kitchen
 DI-Rising Stars 4-5:30 pm, Art Room

17

We Care Club 11:45-12:30 pm, Library
 4/5 Girl Scouts Meeting 3:20-4:45 pm, Library
 Cub Scout Pack 148 Meeting 6-8 pm, Cafeteria

18

WSTEM to Little Switzerland 8:30-3 pm, Little Switzerland

22

Young Rembrandts 3:25-4:25 pm, Art Room
 DI-Malcom 3:30-4:45 pm, PTSA Kitchen
 DI-La Macchia 3:30-4:30 pm, Room 110

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ICWW-Mad Science 2:20-4 pm, Gym
 DI-Wiese/Lawson 2:20-4 pm, PTSA Kitchen
 DI-Rising Stars 4-5:30 pm, Art Room

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We Care Club 11:45-12:30 pm, Library

25

WSTEM to Little Switzerland 8:30-3 pm, Little Switzerland
 Wilson/WSTEM Family Night 6-8 pm, Gym, Cafeteria, Rm 110

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Young Rembrandts 3:25-4:25 pm, Art Room
 DI-Malcom 3:30-4:45 pm, PTSA Kitchen
 DI-La Macchia 3:30-4:30 pm, Room 110

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WSTEM 4/5 to First Stage 11-2 pm, First Stage
 ICWW-Art Blast 2:20-4 pm, Gym
 DI-Wiese/Lawson 2:20-4 pm, PTSA Kitchen
 DI-Rising Stars 4-5:30 pm, Art Room

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We Care Club 11:45-12:30 pm, Library

WILL TECHNOLOGY RUIN YOUR CHILD'S DEVELOPMENT?

By Dhruvin Patel, MCOptom

Technology has completely changed virtually every aspect of our society over the past few decades, from the way we work to the way we socialize and everything in between. One of the differences that has been most noticeable is the change in the way that children play and interact with each other from previous generations. Although technology does provide many positive benefits for learning, it also can have several negative effects on child development and quality of life.

One of the biggest differences in the way that children live today is that they don't get as much exercise as they used to. This is because technology such as computers, smartphones and television encourages them to be sedentary when they get home from school, as opposed to going outside and playing with other kids. Child obesity rates have risen dramatically over the past several decades. In 2012, the child obesity rate was measured to be 18 percent, which is an 11-point difference from the obesity rate in 1980. While many schools and parents have made strides to change this by promoting organized exercise both during and after school, we still have a long way to go in helping kids playing in more conventional ways.

In addition to not getting enough exercise, many kids do not experience the benefits of spending time outdoors when they are heavily reliant on technology for entertainment purposes. Spending time outdoors has a huge number of positive effects on the body—it provides you with exposure to sunlight, which supplies your body with vitamin D. This helps to fight infections and keep your skin healthy. Additionally, regular exposure to sunlight helps to keep your sleep cycle regular by influencing the body's production of melatonin. Recent research has shown screens from devices such as tablets and smart phones emit harmful blue light that can cause headaches, eye strain and irritated eyes for children. Furthermore, sleep is also disturbed by harmful blue light when children are exposed to screen time in the evening due to the suppression of the hormone melatonin which regulates the sleep-wake cycle. This makes it increasingly difficult for a child's body to effectively prepare to get ready for a good night's sleep.

Technology also has profound impacts on the way children think and feel. Since technology is full of stimuli and often requires paying attention to many different things at once, children who play many video games or spend most of their time online tend to have less of an ability to focus than kids who use technology minimally. It can also affect the way kids process information—when kids are exposed to high levels of technology, they tend to think through things only superficially and don't develop the ability to think critically or be creative when learning new concepts.

Technology changes the way kids socialize and interact with others, which can have huge impacts on their mental and emotional well-being. It has now become common knowledge that high levels of social media use, in both kids and adults, can lower self-esteem and create negative moods. However, all types of technology can actually have negative effects

WILL TECHNOLOGY RUIN YOUR CHILD'S DEVELOPMENT? (CONT.)

on children when used in excess, because they lower children's frequency of interacting with their peers. This makes it more difficult for them to pick up on social cues and develop meaningful relationships with others—something that can have serious negative consequences as they grow and develop. They also have a difficult time developing emotions the same way other kids would if they spend too much of their time with technology and not enough time being engaged while in the presence of others.

This isn't to say that all technology is bad, or that children should never use technology. Technology provides tons of positive opportunities for learning, entertaining, and socializing, but it should be monitored and used appropriately. Here are some tips to help head off these problems and encourage responsible technology use with your children. Instead of prohibiting technology use altogether, set daily limits for how long children can use technology each day. Talk with them about what seems reasonable and keep their schedules in mind. For many kids, once they get their initial fix of technology after a long day at school, they'll get the same level of satisfaction that they would if they'd been using the technology for hours. If your children are fighting you on these rules, try explaining to them the negative effects that technology can have—this will help them understand why it's important.

If your kids are eager to participate in exercise, spend time outdoors, or socialize with friends in "real life" instead of online. Encourage them by helping them sign up for a sport or schedule a playdate, or let them meet up with friends for an informal game of tag (in a safe place, of course). If you show your support for these beneficial activities more than you encourage them to use technology, kids will feel more comfortable making them part of their routine.

When you and your kids do use technology, use it purposefully. During their designated screen time, encourage your kid to pick a TV show they are really excited to watch, or have them only use their social media when they want to send a message to friends. This will help them enjoy technology more and will prevent the mindless usage that is problematic for many people.

Set a good example as a parent. If your kids see you on your phone or computer constantly, they will also want to use technology all the time.

Although navigating this world of technology can be quite tricky, it can also have many benefits for both kids and adults. We have to remember technology is relatively new and long-term studies for the effects on the development of children in the digital age aren't available as of yet. By putting limits on technology usage and being aware of the potential negative consequences of overuse, both kids and adults can have peace of mind and get more from the technology that they use. Find out more at www.ocushield.com.