

Stepping Stones

Ripon Area School District * Student Services Department * October 2016



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Welcome!

Julie Krackow

My name is Julie Krackow and I am the Student Services Director for the Ripon Area School District. I am happy and excited as this new school new gets under way! A bit of background about me: I recently served as the Pupil Services Director for the School District of Holmen. Holmen is located in west central Wisconsin near LaCrosse. Prior to that I worked for CESA #4 in West Salem, WI as the Special Education Director and Regional Service Network Director.

The Student Services Department provides learning supports and services to promote the success of all students. This department includes special education services, school counseling services, as well as school nursing, and school psychology. The staff in the department work hard every day to address individual needs of students as well as promote student success in all areas. I am proud of our Student Services Team and all they have to offer our students. We cannot do this work alone. It takes our team along with parents and the community to be the most effective. I thank everyone for your support.

I am committed to providing the highest level of student services and supports. I look forward to working with staff, students, and parents to contribute to the Ripon Area School District's mission of inspiring learners, engaging community, enriching the world.

Bullying Awareness Day 2016

Julie Krackow

In recognition of Wisconsin's Bullying Awareness Day (September 28, 2016), the Student Services Team conducted activities with Ripon Area School District children. Elementary students received a Bullying Brochure to share with parents. Middle and High School families received the brochure via email. The brochures are also accessible on the Student Services webpage at http://www.ripon.k12.wi.us/district/student_services.cfm.

Information about Wisconsin's Bullying Awareness Day can be found on <http://dpi.wi.gov/sspw/safe-schools/bullying-prevention>. Bullying Awareness Day was established to bring attention to the harmful effects of bullying in the school setting.

UNITE

AGAINST
BULLYING!

Contact Us

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New to the Department

Student Services Staff

Jolene Schatzinger

School Counselor

Hello, I'm the new school counselor at the high school. Already, I am loving being part of the Tiger family. I am passionate about inspiring students to live out their academic and career aspirations, and it is something that I have shown throughout my career. Before joining the high school Student Services team, I was a school counselor at Fond du Lac High School, an academic advisor at UW Oshkosh with Student Support Services (A TRIO Program), an outreach coordinator with the Ripon Area Chamber of Commerce, and a college admission counselor at both Ripon College, and before that, at Mount Mary University. I am a proud past 4-H member and adult volunteer, Kiwanian, and a lifetime member of the FFA. I am happily married to a Politics and Government professor at Ripon College, and that means there is never a dull conversation. We recently adopted a cat from an area shelter, and I enjoy exploring local businesses and restaurants. Most of all, I am looking forward to getting to know the Ripon High School students and families so that I can best serve the academic, social, and emotional needs of our high school students. Please know that I am only an email or phone call away.

Emmy Marvin

School Counselor

Hi! My name is Emmy, and I'm the School Counselor at Murray Park/Quest Elementary School. I am so excited to begin my first year as a school Counselor, and I couldn't think of anywhere I'd rather do it than right here in Ripon! Prior to coming to the Ripon Area School District, I was an Academic Advisor for four years at UW Oshkosh, working with college students. I also completed my Masters in Professional Counseling at UW Oshkosh during that time, as I knew I wanted to pursue a career working with younger children. I am ecstatic to be here this year, and I cannot wait to begin putting my many plans for the Counseling Program into action. Feel free to send me an email, call, or stop by anytime! I know it's going to be a great year!

Ashley Zoller

Early Childhood Teacher

Hello! My name is Ashley Zoller and I am the "new" Early Childhood teacher at Barlow Park Elementary. I began teaching at Barlow Park in January 2016 as a long-term substitute, a week after completing my degree! I completed my education through UW-Oshkosh as a dual major in Early-Middle Childhood Elementary Education and Early Childhood Special Education. While attending college I also worked with the Fox Valley Autism Program for 4 ½ years and completed more than 5000 hours of in-home therapy working with children with autism and their families. Currently I have an early childhood class of three and four year olds in the morning and then work with kindergarteners in the afternoon. I have a passion for early childhood and special education and take great pride in knowing that I am making a difference in the lives of all the children that I have the opportunity to work with as I am laying the foundation for their educational career.

I am originally from Johnson Creek, but am currently living in Oshkosh with my fiancé and sister. Over the summer we bought a house and got a German Shepherd puppy named Jäger. We are also planning our wedding as we are getting married in one short month! In our free time, we both enjoy being outdoors and take lots of walks/bike rides around the city. We love to explore! I am looking forward to a great year both personally and as a member of the Ripon School District. Go Tigers!

Jan Rupe

School Psychologist

Hi, I am a licensed school psychologist and have worked full time for 34 years. I retired in 2015, but found that I missed the kids and the pleasure of working with teachers and parents, so I am now working part-time in the Ripon District. In my spare time, I am an avid quilter, and enjoy reading history and mysteries, as well as taking walks and hanging out with friends.

What's Next?

Wendy Hoepfner

Have you thought about what your child will do after high school? What kind of jobs are out there? What kind of skills will my child need some day? Sooner or later, many parents begin to wonder what the next step will be. That is why it is so important to start asking these questions and start planning that next step as early as possible. Many high school students think the future is far away and much less interesting than what is happening tonight or this weekend. Maybe students don't feel they have much control over their long range plans, but major life transitions will occur with or without planning. Students will or will not graduate from school. Students will or will not get a job or continue their education. Students will or will not learn how to function independently as young adults. There is much research that shows that many students do not make the transition from high school to adult living very successfully for a wide variety of reasons. Therefore, **PLANNING FOR YOUR FUTURE IS IMPORTANT. START NOW!**

The following are some activities to think about as students' progress through high school that can help make the transition from high school to adult living successful:

Freshman Year:

- Know what's in your IEP and use the resources that are there to help you in your classes.
- Practice good time management - get to school on time, attend daily, complete work
- Develop good study skills and learn how to study for exams
- Set aside time to do homework on a regular basis
- Check grades often - communicate with your teachers about your progress
- Participate in Extracurricular Activities
- Take appropriate courses that will help prepare you for a career of interest
- Take an interest inventory. Start to explore what kinds of jobs interest you

Sophomore Year:

- Identify career interests and aptitudes
- Attend college, job/career, and transition fairs.
- Visit technical colleges, colleges and other training options.
- Find out what disability services technical colleges and colleges offer.
- Participate in volunteer work experiences or find a part time job.
- Continue to use school resources and successfully pass your classes.
- Consider applying for DVR services to help with transition planning.

Junior Year (Time to really focus on your plan):

- Continue to work part time
- Continue to visit area technical colleges and colleges.
- Research the process to apply to technical colleges and colleges.
- Study and prepare to take ACT exam in Spring of junior year.
- Apply for DVR services to assist with school to work planning.
- Check grades regularly - be in charge of your progress
- Attend your IEP meetings

Senior Year:

- Pick the technical college or college program you interested in
- Submit applications during first semester
- Obtain copies of high school transcripts, IEP, Evaluation reports, etc. for your records
- Share IEP information with technical college or college.
- Visit the college Student Services to develop accommodations plans after high school
- Know your legal responsibilities after age 18.
- Apply for Financial Aid

If you decide not to continue further education, work with your DVR counselor on work experiences. Develop a resume and cover letter when applying for jobs. Practice your interviewing skills. Attend job fairs in the area. Visit local Job Centers for information on jobs and help with job applications.

What's Next? Resources

Wendy Hoepfner

<http://dpi.wi.gov/sites/default/files/imce/sped/pdf/tran-new-way-of-thinking.pdf>
<http://dpi.wi.gov/sites/default/files/imce/sped/pdf/tranopndrs-self-determination.pdf>
<http://dpi.wi.gov/sites/default/files/imce/sped/pdf/tranopndrs.pdf>
<https://dwd.wisconsin.gov/dvr/>

The Flu: A Guide for Parents

Are your child's immunizations up to date?

Below is information from the CDC regarding Influenza, (the flu), what parents can do to help protect their child, and what to do if your child gets sick with the flu. The Fond du Lac County Public Health Department will be providing an in-school flu vaccination clinic on Thursday, November 3 in all of our school buildings. In the next few weeks a letter will be sent home with further details for you to read, and a consent form for you to sign and return to your child's school if you would like your student to receive this immunization. Please consider having your child get the flu shot for their health, your family's health, and the overall health of the students in our school district.

What can I do if my child gets sick?

Talk to your doctor early if you are worried about your child's illness.

Make sure your child gets plenty of rest and drinks enough fluids. If your child is 5 years and older and does not have other health problems and gets flu symptoms, including a fever and/or cough, consult your doctor as needed.

Can my child go to school, day care or camp if he or she is sick?

No. Your child should stay home to rest and to avoid giving the flu to other children or caregivers.

When can my child go back to school after having the flu?

Keep your child home from school, daycare, or camp for at least 24 hours after their fever is gone. (The fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F or higher.



What are some of the ways I can protect my child against the flu?

In addition to getting vaccinated, you and your children can take everyday steps to help prevent the spread of germs:

- Stay away from people who are sick.
- If your child is sick with flu illness, try to keep him or her in a separate room from others in the household, if possible.
- CDC recommends that your sick child stay home for at least 24 hours after his or her fever is gone, expect to get medical care or for other necessities. The fever should be gone without the use of fever-reducing medicine.
- Cover your mouth and nose with a tissue when you cough or sneeze. Throw the tissue in the trash after it has been used.
- Wash hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect hard surfaces and objects that may be contaminated with germs.

These everyday steps are a good way to reduce your chances of getting sick. However, a yearly flu vaccine is the best protection against flu illness.

For more information, visit www.cdc.gov/flu or call 800-CDC-INFO

Safety Reminders

SRO Lindsey Michels

The 2016-17 School Year is off to a great start! Although school has been in session for about a month already, I just wanted to take the time to remind you about the importance of safety in the school zones. The safety of our students, staff, parents, and community members is of utmost importance! Please take the time to SLOW DOWN in the school zones when dropping off, picking up a child, or just driving by them. Please be sure to obey all traffic signs, speed limits, and crossing guards. We know that there are situations where people run a little late, or have places to go after picking up their child, but it is important to keep the safety of all those around in mind. Being late a few minutes is a lot better than a traffic ticket or an accident. This is just a friendly reminder, especially since some of our school zones have changed with the new construction!

Also, in case you haven't heard, there are new state regulations for school buses and traffic in Wisconsin. The following is a press release from the State Patrol:

Under a new state regulation, school buses in Wisconsin built after January 1, 2005 must have amber lights to alert drivers that the bus is about to activate its flashing red warning lights while coming to a stop. The new regulation goes into effect on August 16, 2016.

"Flashing amber lights are a signal that the school bus is preparing to stop, so drivers need to slow down, pay attention and proceed carefully. Drivers are allowed to pass a moving bus with flashing amber lights, but they should do so cautiously," says State Patrol Lieutenant Karl Mittelstadt. "However, once the bus displays flashing red warning lights, drivers both in front of and behind the bus must stop at least 20 feet from the bus and remain stopped until the red lights are turned off or the bus resumes travel. Drivers must stop even if the red stop-sign arm on the side of the bus is not extended."

Stopping for red flashing lights on buses has been a state law for decades. Violating the law results in a minimum fine of \$326.50 and four demerit points. The law does not apply to vehicles traveling in the opposite direction of a school bus on a divided highway separated by a median or other physical barrier. However, the law does apply if there is no median or barrier on a multiple-lane road.

According to the National Highway Traffic Safety Administration, school buses are the safest form of transportation for students going to and from school and extra-curricular activities.

"With amber lights as a cautionary signal, school buses will be even safer for transporting children," Mittelstadt said.

To help maintain this commendable safety record, the State Patrol inspects every school bus in Wisconsin every year for a total of about 11,000 inspections annually.

A WisDOT You Tube video explains the new amber light regulation and what drivers should do when approaching school buses. WisDOT also offers an online brochure explaining the new requirement.

As always, if you ever have any questions or concerns, please feel free to contact the Ripon Police Department at (920) 748-2888 or myself, School Resource Officer Lindsey Michels at (920) 748-4670. Thank you!



New School Year, New Routines

Randi Schmidt

Welcome back everyone! With the start of a new school year it is a good time to think about routines. You may question, are routines really that necessary for children? Simply put, yes. Routines reassure children that their needs will be met. They also provide opportunities for children to experience success in what they are doing, which then promotes self-control and self-esteem.

As adults, we have control over many aspects of our lives. We feel uncomfortable if we have no idea what to expect in our day. Children don't have the privilege of arranging their days the way adults do. Consequently, children try to find ways to control their surroundings. This often results in undesirable outcomes, such as tantrums, defiance, and other inappropriate behaviors. Routines and schedules help kids make sense of their day--morning, noon, and night--and know what to expect. Routines reduce anxiety and allows for more time for kids to enjoy and learn from their surroundings instead of stressing out about them.

Dr. Laura Markham, on her website yourparentingsolutions.com outlines the following "benefits for using routines with your kids:"

- 1. Routines eliminate power struggles** because you aren't bossing them around. This activity (brushing teeth, napping, turning off the TV to come to dinner) is just what we do at this time of day. The parent stops being the bad guy, and nagging is greatly reduced.
- 2. Routines help kids cooperate** by reducing stress and anxiety for everyone. We all know what comes next, we get fair warning for transitions, and no one feels pushed around.
- 3. Routines help kids learn to take charge of their own activities.** Over time, kids learn to brush their teeth, pack their backpacks, etc., without constant reminders. Kids love being in charge of themselves. This feeling increases their sense of mastery and competence. Kids who feel more independent and in charge of themselves have less need to rebel and be oppositional.
- 4. Kids learn the concept of "looking forward"** to things they enjoy, which is an important part of making a happy accommodation with the demands of a schedule. He may want to go to the playground now, but he can learn that we always go to the playground in the afternoon, and he can look forward to it then.
- 5. Regular routines help kids get on a schedule,** so that they fall asleep more easily at night.
- 6. Schedules help parents maintain consistency in expectations.** If everything is a fight, parents end up settling: more TV, skip brushing teeth for tonight, etc. With a routine, parents are more likely to stick to healthy expectations for everyone in the family, because that's just the way we do things in our household. The result: a family with healthy habits, where everything runs more smoothly.

Hopefully you have already settled into some new routines for the school year. If not, now is the perfect time to start!

Standardized Testing- What's the Score?

Steve Hazell

Standardized testing has become a nation-wide issue in the last few years, and Wisconsin is definitely one of the states that have been affected by the increase in standardized testing. Whether more testing is good or bad depends on your point of view. Certainly, test scores can provide teachers with valuable data that can be used to identify areas that need additional attention, but there are other aspects of standardized testing that aren't as cut and dried.

How much testing is too much? Excessive testing takes time away from teaching. Additionally, if education is tailored to improve test scores, doesn't that give those who write the tests a questionable influence over the direction education takes? There has been speculation that, in the future, the scores that students get on standardized tests will be one of the things that determine a teacher's salary or employment status. Is it fair for a teacher to be judged on the basis of test scores, some of which have no impact on the student taking the test?

My own opinion is that it is overly simplistic to think you can reduce a human being or the impact of education to a series of numbers. Teachers often make a difference because of the relationship they have with a student. You cannot put a numerical value on inspiration, or motivation, or an improvement in self-confidence; yet those are the things that can change a student's life forever. Certainly standardized testing has its place, but let's not lose sight of the fact that test scores are only one way to measure learning.

Do you know how to contact our Student Services Team?

Britnie Meyer

Staff Member	Title	Location	Phone	Email
Ashley Hinze	Special Education Teacher	RMS/Catalyst	748-4638	hinzea@ripon.k12.wi.us
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Wendy Hoepfner	Special Education Teacher	RHS/Lumen	748-4638	hoepfnerw@ripon.k12.wi.us



YScreen is the emotional health screen offered to all 9th grade students at the high schools in Fond du Lac County to identify risk factors for depression, anxiety and suicide.

October 2016

The Relationship Between Mental Health & Academics

According to the Substance Abuse and Mental Health Administration (SAMSHA) in 2012, 5 to 9 percent of children aged 9 to 17 experience a serious emotional disturbance in any given year that affects their ability to function at home, in school or in the community. Children's emotional and mental health plays a large role in how well a child succeeds in school or does not succeed in school.

Mental health disorders include but are not limited to ADHD, anxiety disorders, depression, bipolar disorder, disordered eating and substance abuse. Furthermore, stress and psychological experiences like divorce, grief and loss, violence, child abuse, natural disasters and military deployments can also impact a child's academic performance.

Fond du Lac County: ALCOHOL, TOBACCO AND OTHER DRUG AND HEALTH EXPERIENCE AND ATTITUDES JULY 2016

- In 2016, 22% of 8th, 10th and 11th grade students reported feeling sad, blue or depressed always or nearly always
- In 2016, 17% seriously considered suicide in the past year
- In 2016, 8% attempted suicide in the past year

YScreen can help identify signs of stress and anxiety that may impact a student's academics. YScreen staff can also help connect teens and their families to the appropriate community resources that can address these concerns and help them cope. YScreen is available to teens in Fond du Lac County. If you would like to request screening for your child or would like more information about YScreen, please contact us at (920) 906-6700 ext. 4714.

The Fond du Lac Area YScreen Program is administered through Fond du Lac School District with guidance from the YScreen Advisory Board. The Fond du Lac Area YScreen program is proud to be supported in part by the Fond du Lac Area United Way and Agnesian HealthCare.