

RI Weekly Email from April 18

See email for attachments.



Have a wonderful break with your families and **HAPPY EASTER!!!!**

HIDDEN IN PLAIN SIGHT: You are invited to attend Hidden in Plain Sight: What Every Adult Should Know, a drug prevention program, hosted by Laconia and Cirrus High Schools, Fond du Lac Drug-Free Communities, Agnesian Healthcare, Fond Du Lac Sheriff's Office and Webster's Marketplace. This event will take place on Monday, April 22nd at 6:00 PM in the Laconia auditorium, and provides a life-size bedroom with over 20 "red flags" that can signal drug or alcohol use. For more information please see the attached parent letter and poster or on the RBSD's Facebook page.

ASTOP: For parents of 4th and 5th Grade students: We will be having the annual ASTOP Protective Behaviors presentations in the classrooms this month. See the attached letter and schedule.

TECHNOLOGY USE @ HOME: In an article in *Time*, psychologist Jean Twenge (San Diego State University) says there is credible research linking heavy technology use with the surge in depression and other mental health issues among adolescents. Here are the limits she has established with her three children:

- No phones or tablets in the bedroom at night; the kids use real alarm clocks to wake up.
- No use of devices within an hour of bedtime; the blue light and psychological stimulation interferes with sleep.
- Device use is limited to two hours of leisure time a day, plus legitimate use for homework.

"Put That Phone Away – Now" by Jean Twenge in *Time*, April 1, 2019, no e-link; Twenge can be reached at jtwenge@sdsu.edu.

SUMMER SCHOOL: Online registration for Summer School began on Monday, March 18. Registration link, log in information for each student and instructions for online registration were emailed to families. If you did not receive any information or need additional help please contact the Summer School office at 872-5350 or send an email to Summer School Director Nate Roets at roetnat@rbsd.k12.wi.us or Summer School Scheduling Secretary Jill Englund at engljil@rbsd.k12.wi.us.

****UPDATE: LACONIA SPARTAN STRENGTH & CONDITIONING SPECIAL SESSION DATES:** The Laconia Spartan Strength and Conditioning Special Session Summer School Class dates will be July 22nd - 26th and NOT July 15th - 19th. Sorry for any inconvenience.



2019 8th GRADE DC TRIP: Mr. Herring sent home a student medical release form & letter with the students going to DC for the Washington DC Trip. Please take time to carefully fill it in. Please be especially careful when completing the Daily Medication Section. Be sure to include the medication schedule and dosage. Please do not leave off any medications. This is private information that is only for the lead chaperone to have. It is necessary in the case of an emergency and to ensure that daily medical needs are met. If you have any questions, please contact Mr. Kyle Herring... herrkyl@rbsd.k12.wi.us The due date for the form is April 17. Attached below you will find a copy of the letter and the medical form that was distributed.



2020 WASHINGTON DC TRIP: Tour Dates: June 8-12, 2020. Please follow this link to register: Website: <https://portal.brightsparktravel.com/> and use **Tour Code:**

TQQ8CNL We are able to take 36 students and 4 parent chaperones. The deadline to Register is June 3, 2019. Please see attached documents below for more information! If you have any questions, please contact Kyle Herring at herrkyl@rbsd.k12.wi.us



2020 GERMAN EXCHANGE PROGRAM: The German Exchange Program is currently seeking applicants for our 2020 exchange! All current seventh grade students and their families are encouraged to check out our exchange website to learn more about this unique opportunity. Please apply online by Tuesday, April 30th. Morgan Mattheis would be more than happy to help answers any questions your family may have about the exchange. All inquiries may be sent to mattmor@rbsd.k12.wi.us. Exchange Website: <https://sites.google.com/rbsd.k12.wi.us/exchange/home>

RAISING CARING KIDS: Raising Caring Kids: Is That a Good Choice?

Will children always make the choice we want them to make? No; and that's okay! At times, we may be upset with decisions children make. As children grow older and become more independent, they will make more decisions on their own. It is natural to want to help children make good decisions. It can be hard to let them face a bad outcome and learn how their choices impact themselves and other people. [Read more about how parents and caregivers help children to think through and make responsible choices.](#)

OTHER IMPORTANT DATES:

Spring Break: April 18-22, 2019 (Class resumes April 23rd)
Memorial Day: NO SCHOOL - Monday, May 27th
8th Grade Trip (Mt Olympus): Thursday, May 30th
8th Grade Graduation: Friday, May 31st
2019 DC Trip: June 3-7, 2019



UPCOMING MUSIC DATES:



* May 16th (Thursday) - MS District Band/Choir Concert @ RI - 7:00 pm

OTHER ATTACHMENTS: Rosendale/Brandon Employment Opportunities, Pre-Excused Forms

COMMUNITY NEWS:

Internet Safety Resources for Parents AND Teens: The Wisconsin Department of Justice's Internet Crimes Against Children Task Force and the Department of Public Instruction is teaming up to keep families safe online. The departments have launched a program called "Interact!" that will give parents resources to have conversations with their children about internet safety. Interact is an online, interactive e-course created for parents and guardians to complete with their children with the goal of sparking basic online safety discussions in the home. This 30-minute module provides parents with the opportunity to review their own tech use to set a good example; interactive activities to complete alongside their children, and follow-up resources and activities to keep the discussions going. Learn more: <https://dpi.wi.gov/internet-safety/parents>

LACONIA FOOTBALL CAMP: Please see the attached information sheet and registration. All camp registration forms and fees, need to be mailed to Mark Madigan.

VOLLEYBALL CAMP & OPEN GYM: Please join us for Spiketacular volleyball camp! We will work on skills such as passing, setting, serving, and blocking. A lot of time will also be spent working on rotations and building game sense! All camps will be held at the High School for all incoming 4th graders through High School. Please see the attached registration form and also information on Open Gyms.

2019 LACONIA SOFTBALL CLINIC: Girls who are currently in grades 3rd through 8th, please see the attached registration form for the Softball Clinic! The clinic will run on Saturday, April 27, 2019. ALL forms, are due before April 12th.

UW-Green Bay SUMMER CAMPS: As summer is quickly approaching, we are excited and planning for this year's summer camps here at UW-Green Bay! We have both overnight and day camper options available. Most of our camps are held right here on UW-Green Bay's campus and our overnight campers get to experience staying in the dorms and eating in our main campus cafeteria. Our website is www.uwgbsummercamps.com. Our contact information is 920-465-2775 or camps@uwgb.edu.

PRESCRIPTION FOR A SAFE COMMUNITY: Drug Free Communities of Fond du Lac County's "Prescription for a Safe Community" initiative educates parents and community members about prescription medication safety. The Fond du Lac County Drug Take Back Campaign begins April 15 through April 26, 2019. Please see the attached information flier for more information.

UW LEAPS: LEAPS Summer Camp for students entering grades 2-4. Please see the attached information sheet and register by July 8, 2019.

CHILD ABUSE PREVENTION 5K RUN/WALK: Please see the attached information and registration form for the 2019 CAP Run/Walk taking place on April 28, 2019 in Berlin, WI!

TECH-KNOWLEDGE COLLEGE: Even though it has maybe felt like the longest winter, summer is coming!! That also means that TKC (Tech Knowledge College) is coming up fast too! For those unfamiliar with TKC it is a 3 day summer activity for students going into 6th, 7th and 8th grade. It is held at the Fond du Lac campus on August 6th – 8th. This exciting opportunity allows students to explore careers, experience hands-on learning and have a whole lot of fun! There are a variety of sessions to choose from, with many NEW options this year. The cost is \$115 for the 3 days which also includes bussing from our West Bend and Beaver Dam campuses, lunch, a morning snack and a t-shirt. TKC registration begins on May 1st and fills up quick!! Registration closes on June 28th. **Please see the attached information fliers. ****Fliers are also available in our school office.**