

**School District of Bayfield**  
**Weekly Update**  
**11/04/20**

Boozhoo,

As we wrap up the first quarter of the 2020-21 school year, I want to thank you all for dedicating such great care and time in supporting your child's education. These months have not been easy. I am proud at the success I am hearing about from our principals, Mr. Peterson and Mrs. Swanson. This week we are experiencing beautifully warm weather that I hope you all can get out and enjoy--we all know how quickly winter can arrive!

Miigwech,

Beth Paap, Interim District Administrator

**Message from Mr. Peterson – Bayfield & LaPointe Elementary Schools**

Boozhoo,

We are wrapping up our first quarter work in the elementary schools this week and it has been quite the journey. Our teachers, students, and families are learning every day how to best navigate the virtual world of education. I would like to commend and congratulate everyone for making it to this point and want to say you all did a fabulous job under tough circumstances. We will be staying virtual, at least for the time being, but I trust that we are making gains academically and socially with our students. If you feel your child needs more support please reach out to their teacher and/or myself and we will work with you to make the adjustments needed for success. I look forward to quarter 2 and the possibility of advancing to the hybrid plan of two days in-person and three days virtual. I can't wait to hear the sounds of children learning and laughing in the rooms and hallways of Bayfield Elementary! Enjoy the beautiful weather that is upon us now, for the cold and snow will be here soon.

Mr. Peterson

*K-2 Happenings*

Agate Fairie Adventure

Every student in Kindergarten, 1st and 2nd grade got materials to make an agate fairie from a grant Lissa Flemming was awarded through the Chequamegon Bay Arts Council.

The students were told stories about agate fairies and how they collect beach treasures and leave them in abandoned birds nests in the fall. The students all watched a video of how to put together an agate fairie, then they were encouraged to make an agate fairie and take it on adventures of their own. Lissa has put together a great program using resources from around the bay. The students will be learning about agates from an Apostle Island National Lakeshore ranger and learning about bird nests with the Wisconsin DNR. Everyone has been enjoying this project a lot!

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The agate fairie project is made possible by a grant from the WI Economic Development Corporation, through Arts Wisconsin, and awarded by the Chequamegon Bay Arts Council. Special thanks to Jonas Heinzerling of Oxygen Imagery and Web Design for creating the video.

Grade 5 Happenings

Students have been presenting their ALL ABOUT ME multimedia writing presentations. We have just begun our STATE TOUR GUIDE research project. After practicing learning which states are in which region, we have moved to practicing identifying all of the 50 states. We have also been practicing reading non-fiction materials in anticipation of our research project. Of course, we took the opportunity of election week to discuss how elections work. We are wrapping up our multiplication unit this week with multiplication word problems using estimation and multiplying 2-digit numbers by larger numbers. Finally, students used Mystery Science to consider: "Why do skeletons have so many bones?" & "Where do all the fallen leaves go?"

**Message from Mrs. Swanson, Principal Middle/High School**

Last week of quarter one! The weather has me thinking it is spring fever and we all need to get outside to enjoy these warm temps before the cold of winter settles back in. Teachers are working hard to get those last minute assignments graded and hopefully your report cards and grades are reflective of all of your hard work. In our staff meeting I was reminded that teachers don't give grades, students EARN those grades. Be very proud of all of your hard work you've had to do being a virtual student to earn those grades. You are learning new skills every day that will benefit you in the future as more and more jobs incorporate technology into everyday tasks.

Blue Light Blocking glasses are still available for pick up in the main office with Ms. Keeley. Some of you have been messaging and emailing me for other arrangements, and I will continue to do deliveries as long as it is safe to do so.

SENIORS: Please check your emails for information regarding Jostens orders this year.

Giigawabamin miinawa~Mrs. Swanson

**Message from Jeff Gordon, Dean of Students/Athletic Director/PBIS Coordinator**

Hello everyone,

Please follow the latest sports information on the link provided for you. The information is for the upcoming month of November as we proceed with "Virtual Only" practices with your coaches.

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**The link is as follows:** <https://youtu.be/1ELPaxQEfsQ>

Also, contact your coach by email to let them know you're interested in participating for a winter sport.

Winter Sports Teams  
November - February

| <i>Team</i>                | <i>Start Date</i> | <i>Coach</i>               | <i>Email</i>   |
|----------------------------|-------------------|----------------------------|--|
| HS GBB                     | Nov. 16th         | Joe Corbine<br>Lori Duffy  | <a href="mailto:jcorbine@bayfield.k12.wi.us">jcorbine@bayfield.k12.wi.us</a> |
| HS BBB                     | Nov 23rd          | Chris Boyd<br>Wayne Basina | <a href="mailto:cboyd@bayfield.k12.wi.us">cboyd@bayfield.k12.wi.us</a>       |
| HS Wrestling<br>W/Washburn | Nov 23rd          | Steve Miller<br>Joe Defoe  | <a href="mailto:smiller@bayfield.k12.wi.us">smiller@bayfield.k12.wi.us</a>   |
| HS Ski Club<br>w/Washburn  | November<br>TBD   | Kathy Radke                | <a href="mailto:kradke119@gmail.com">kradke119@gmail.com</a>                 |
| MS Volleyball              | Mid-January       | Tara Albert                | <a href="mailto:ptara80@yahoo.com">ptara80@yahoo.com</a>                     |

Miigwech,

Mr. Gordon

**Message from Janine Johanik, Dean of Instruction/Rtl Coordinator**

Boozhoo! What beautiful weather we are having this week. It was 75 degrees outside yesterday afternoon. I hope you are all taking the time to be outside to “soak up the warmth and sunshine.” I have an article that I want to share with you that I wrote regarding social media and gaming effects on sleep this week. Stay well and get enough sleep! Miigwech!

*Social Media and Gaming Effects on Sleep*

Having a consistent bedtime routine in your child’s life becomes a pattern. A consistent bedtime routine and plenty of sleep is necessary to be productive in school, sports activities, and other daily routines. Your child should stick to the same sleep schedule every night so their body can find its natural rhythm and settle into a regular sleep-wake cycle. If your child is constantly changing the time they fall asleep and wake up, their body won’t be able to adjust to a set schedule.

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Your child won't feel their best if an inconsistent sleep schedule has thrown off their internal clock. In fact, an irregular sleep schedule can cause irritability, drowsiness, mood swings, concentration and memory problems, headaches, and a decline in cognitive skills. Many children with inconsistent sleep patterns have restless sleep, meaning they never enter the stages of the deep, quality sleep their brain and body need to restore themselves.

The bedtime usage of media devices and gaming videos, or even just their presence in the bedroom, has detrimental sleep outcomes on sleep latency, inadequate sleep quantity, poor sleep quality, and excessive daytime sleepiness.

Children addicted to social media and gaming end up spending hours, each day, watching and playing videos, looking at photos, and viewing other content posted in the accounts they follow. This addiction disrupts other activities, such as school work, sports, study, and other productive routines. They end up wasting a substantial amount of time, every day, resulting in poor grades in school.

Light from TVs and computer screens suppress melatonin and affect the quality of a child's sleep. This is one reason why it is also important to keep devices out of bedrooms. The "no screens before bedtime" rule will get exponentially harder to enforce as kids get older.

| <b>How Much Sleep Do You Really Need?</b> |                    |
|---|--------------------|
| <b>Age</b>                                | <b>Sleep Needs</b> |
| Newborns (0-2 months)                     | 12-18 hours        |
| Infants (3 to 11 months)                  | 14 to 15 hours     |
| Toddlers (1-3 years)                      | 12 to 14 hours     |
| Preschoolers (3-5 years)                  | 11 to 13 hours     |
| School-age children (5-10 years)          | 10 to 11 hours     |
| Teens (10-17)                             | 8.5-9.25 hours     |
| Adults                                    | 7-9 hours          |

Source: National Sleep Foundation

**Message from Stephanie Lewis, Pupil Services Director**

Due to safety concerns regarding several of our Special Education staff who have been working with students in our building, we have suspended all in house services for two weeks.