



# Menomonie Middle School Newsletter

November/December 2018

## Mark Your Calendar

Thurs. Nov. 8:  
Conferences: 4-7:30pm

Tues. Nov. 13:  
Conferences: 4-7:30pm

Tues. Nov. 20: BINGO –  
Stout Ale House – 7pm

Tues. Nov. 20: 8<sup>th</sup> Grade  
Field Trip

Wed. Nov. 21: No School –  
PD Day

Thurs. Nov. 22: No  
School

Fri. Nov. 22: No School

Tues. Dec. 4:  
Parent/Guardian  
Alliance Meeting 5:30

Tues. Dec. 11: 7<sup>th</sup> Grade  
Music Concert – 7pm

Mon. Dec. 17: 6<sup>th</sup> Grade  
Music Concert – 7pm

Tues. Dec. 18: 8<sup>th</sup> Grade  
Music Concert – 7pm

Thurs. Dec. 20:  
Gymnastics Performance  
Night – 7pm

Mon. Dec. 24 – Mon. Jan.  
1: No School – Winter  
Break

Tuesday, Jan. 2: School  
Resumes

## Greetings from Principal Boettcher!

The month of November always gives me a sense of pause to reflect on all the things that I am thankful for. We celebrate two holidays in November that are focused on being thankful. Veterans Day is a day to recognize and thank all of the men and women who have and are serving our country. Thanksgiving is a day to give thanks and gather with family and friends. As the principal of Menomonie Middle School, I am thankful for all of the students that we get to work with on a daily basis. I am thankful for all of the students that bring a joy of learning to school each and every day. I am thankful for all of the highly qualified teachers and support staff that care so much about each student. I am thankful for a staff that develops students to be lifelong learners, caring individuals and responsible citizens. I am thankful for parents who support all students on their educational journey. I am thankful to live and work in a community that values education. We have a lot to be thankful for.

Thank you,

**Bart Boettcher - Principal**  
**Attitude + Effort = Success**

## Let's WIN

We have made a number of changes to WIN (What I Need) this year and I encourage you to talk to your student's CARES teacher about the opportunities available to them. We have math and reading labs available to all students who need an opportunity to sharpen their skills. We also have enrichment opportunities for students who are excelling in their classes. We have also implemented a resource time for students each Wednesday where all students report to their CARES to catch up on assignments or read. Parent Conferences would be a good time to ask questions or share any concerns you might have regarding WIN.

We have started a new attendance procedure for **WIN only** called Positive Attendance. Each student enters their code in the computer when they enter the classroom. This counts them as present. You will notice that in Family Access your student shows U-WI for 7<sup>th</sup> period every day. Once your student punches in, the U-WI will come off the record.

Please contact us if you have questions regarding Positive Attendance.

## MMS Is Tree Nut / Peanut Allergy Aware

Severe allergies related to tree nuts and peanuts and other related food products are on the rise. To protect the health and safety of all students who experience this type of life-threatening allergic reaction to tree nuts, peanuts, and/or products containing trace elements of these nuts- **MMS is a tree nut / peanut free school zone.** Students and families are reminded to refrain from the consumption or use of nuts at MMS. Your awareness and cooperation could save a human life!



## MMS IS A BULLY FREE SCHOOL ZONE

Principals, teachers, counselors, and other staff members at Menomonie Middle School are always willing to listen to and consider the ideas, concerns, and needs of our students and parents/guardians. Several options for communication exist:



- **Talk to an adult you trust face to face**  
*Choose an adult staff member you trust and talk! We like talking with students and parents/guardians! If the adult you trust seems busy, ask to set up an appointment to share later.*
- **Call an Adult You Trust**  
*Using the telephone to communicate is perfectly OK!*
- **Write to an Adult You Trust**  
*If talking face to face or on the telephone is too hard, write a message to an adult you trust. Written messages can be delivered to an office or classroom. We will respond to you in a timely manner.*
- **Use Our MMS Idea Box**  
*Written messages can be dropped off in our Idea Boxes located in the middle school hallways. Paper forms are available next to each box.*
- **Send an Email to an Adult You Trust**  
*Sending an email to an adult you trust is a safe and easy way to share. We will respond in a timely manner.*

**All students should feel safe at school! No concern is too small! “Stand up” for yourself and “stand up” for your friends and peers. Together, we can eliminate bullying in our school!**

## Do You Have Questions About How to Use “Skyward Family Access”?

If you have questions about how to use our Skyward grading data base “Family Access”, you are not alone. Parents/guardians often have questions or difficulty when navigating this site. Do not hesitate to contact our front office for guidance when this occurs. We are ready and willing to assist you. To login to Family Access, go to the Parents & Community tab, go to Parent Tools and a drop down menu will come up with Skyward Family Access on it. Click on this option to access Family Access.



## Notes from the Front Office:

### RE: Student Bus Passes, Student Appointments, Student Messages



Middle school students are busy young people!

The MMS front office assistants are available to support families and students when the need for a bus pass, pass from class, or student message occurs. To better serve you and to minimize classroom interruptions, keep the following guidelines in mind:

- ✓ Students can be notified at lunch about messages or deliveries.
- ✓ Students cannot be paged during the school day: 7:43 am through 2:54 pm.
- ✓ Bus passes must be requested by students/families in writing prior to 11:00 am. Text messages are not accepted.
- ✓ Bus pass requests after 11:00 am may not be authorized due to passenger count.
- ✓ Students can be released from class to attend appointments by securing a Classroom Pass Release from the front office. A Classroom Pass Release requires a written excuse from a parent/guardian. This excuse must include the following information: date, time of appointment, and general reason. The time listed on the excuse will be the time the student is released from class.
- ✓ **Written excuses are preferred rather than parent/guardian phone calls to avoid unnecessary interruptions to the classroom. Please try to avoid showing up to pick up students at the last minute.**
- ✓ Students released from class during the school day must wait in the front office reception area for a parent/guardian to arrive. Parents must come to the front office and sign their student out on the registry prior to leaving the school building.
- ✓ Students returning to school after appointments must check in the front office before returning to class. Students must sign the front office registry and get a pass back to class upon their return.
- ✓ Please do not text students during class. Try to make arrangements prior to the beginning of the school day.

Thank you for supporting our MMS front office.

## Parent/Guardian Alliance Group!

The MMS Parent/Guardian Alliance is a group of parents/guardians and teachers who actively foster a spirit of cooperation and a sense of support, pride and enthusiasm for education. Nurturing a sense of community and engagement for families is our ambition.

Our next meeting will be held on Tuesday, December 4<sup>th</sup>,  
from 5:30 – 6:30 pm in the MS commons.

We are scheduled to meet on February 5<sup>th</sup> and April 2<sup>nd</sup>.

For more information please email: [MenomonieMSAlliance@gmail.com](mailto:MenomonieMSAlliance@gmail.com)

We also have a Facebook page: Parent/Guardian Alliance of MMS

**All are welcome and encouraged to attend!**



**We're here to help you! Sometimes it can be confusing to know who to talk to. Here are a few of the main phone numbers and people to talk to.**

**Main School Number: (715) 232-1673**

**Attendance Secretary – Kelly Steinmeyer - ext. 30100**

Student will not be at school

Student is leaving school early—appointment

Student has a planned absence—vacation

Have a question about your student's attendance.

**Nurse's Office - Cindy Beaupre/Judy Olson — ext. 30103**

Student is sick and would like to leave school

Questions regarding medications and plans

**Food Service - Julie Neubrand - (715) 232-2606 ext. 42124**

Food Service is located at the High School

Questions about lunch accounts

**Guidance Office - Jason Mountin - ext. 30108**

Questions regarding students with last name beginning A-L

**Guidance Office - Nancy Horner - ext. 30112**

Questions regarding students with last name beginning M-Z

**Main Office - Tina Liestman—ext. 30111**

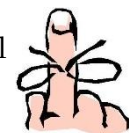
Have a question about your student's fees—tech, print fee, athletic/club fees, etc.

**Parent/Family Online Access**

Online Family Access is available for all families in the district. To obtain a username and password, contact our district office at (715) 232-1642. Please, for security reasons, do NOT share your parent login with your child. Go to [www.sdmaonline.com](http://www.sdmaonline.com) and click on the **Family Access Login** link on the left side. You can access your child's attendance, grades, fees and lunch balance.

**Attendance Reminder**

Good school attendance is one predicator of academic success. All Menomonie Middle School students are required to be in attendance from 7:43 am to 2:55 pm. Additionally, students are reminded that they have a maximum of 10 school days that can be missed during the school year for personal illness, religious services, and family activities. If a student needs to attend an appointment during school hours, a note from a parent/guardian or that business office needs to be turned into the Attendance Office the morning of your appointment so we can get your student a pass and that it does not count against those 10 days. If your child is absent, please call the Attendance Office.



**Parents**

Sign up to receive daily announcements, newsletters, and other important updates. The link is available on the middle school website.

Go to Parents & Community, then to Parent Tools. You will see a drop down menu listing Daily Announcements. Click on that link. This will take you to the Middle School Announcements page. On the right side is a Subscribe button. Click on that and follow the prompts.

Please remember to update your information, emergency contacts, and fill out permission forms on Skyward Family Access for your student(s). This is important for field trip permission, student and bus code of conduct, video/photographing permission, computer network agreement, health services standing orders, and more. You can also pay online fees for the middle school and sports fees.

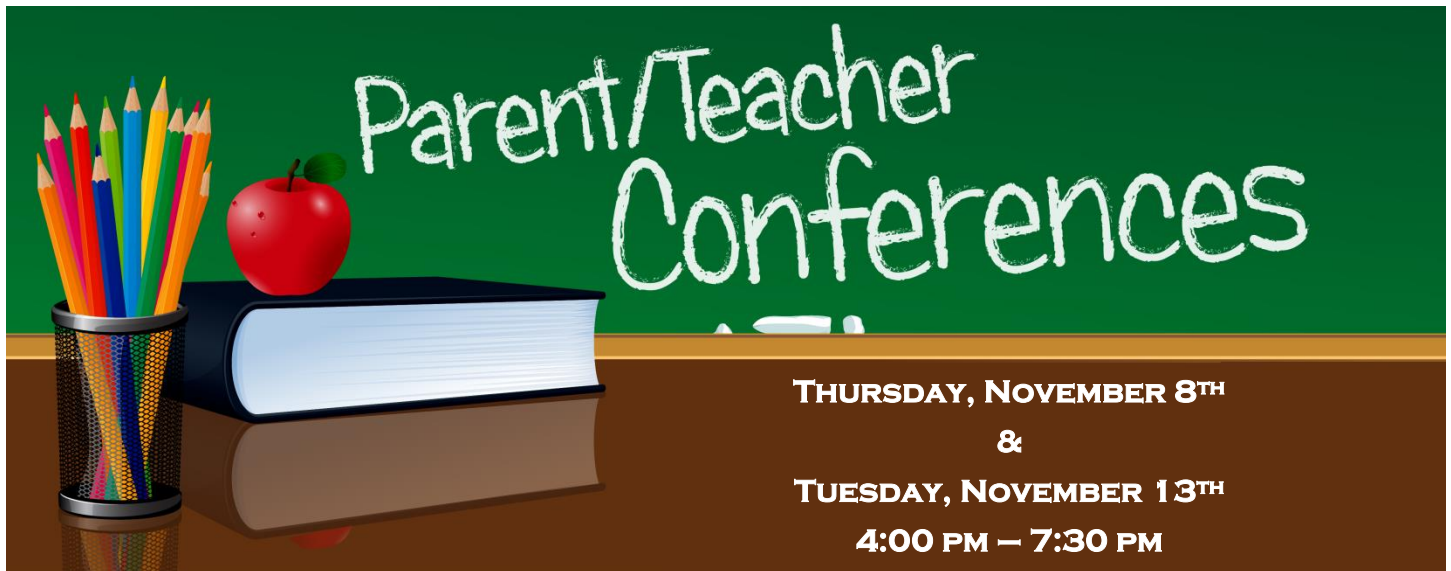


**Free and Reduced Lunch**

Families who may be experiencing financial hardship are encouraged to apply for the free and reduced lunch program. Guidelines change and family circumstances change as well. Applications are available in the middle school office, as well as the district office. Many times our families are struggling to make “ends meet” and if they are eligible for assistance, it could really help their family. In addition, students who meet free and reduced eligibility are often times eligible for other programs. However, if an application is not submitted, they cannot receive that service. To learn more about eligibility criteria or receive an application, contact the Food Service Office at (715) 232-2606 ext. 42124.







## **2018-19 Core Value Poster Winner!**

Congratulations to Liliana Amberson for winning this year's core value post contest. We received over 60 entries! Students voted for their favorite during lunch. All entries were so creative!

The winning poster will be hung on our LMC Wall of Fame and Liliana will be awarded and recognized at our Term 1 school-wide assembly.

Congratulations to Lilliana and thank you to all students for all of the great entries!

You made the decision a hard one.



## **MMS Fall Book Fair**

Our Scholastic Book Fair will be coming to our library November 7th-November 14th. The fair will be open before school, during lunch, after school, and during parent/teacher conferences. This reading event will provide popular books kids want to read. It has a wonderful selection of engaging and affordable books for every reading level. Reading for pleasure inside and outside of school has real and long-lasting benefits. It unlocks the power of information and imagination and helps children discover who they are. Please make plans to come to our Book Fair and be involved in shaping your child's reading habits. **Remember, all purchases benefit our school.** See you at the Book Fair!





# ***Yearbook***

Order your yearbook today! The price of \$19 for the yearbook is available until December 21st. We want to make sure every family can get a yearbook at the lowest price! This year's yearbook staff includes more students, so we are expecting our final product to be amazing! These memory books are an important part of the middle school experience and the book includes portrait pages, athletic events, clubs and activities, along with events and fun features. Order online for more details at [jostensyearbooks.com](http://jostensyearbooks.com).

## **Tim Scott presentation of “The Holocaust – Its Relevance Today” to 7<sup>th</sup> Grade**



Using the Holocaust history to challenge the listener to identify the flames of prejudice, racism, and bias in communities, schools, families and individual hearts.

The Holocaust continues to capture the interest and fascination of Americans young and old. Tim Scott has spoken to thousands of students and adults throughout Wisconsin and Minnesota about this tragic period of history. Much more than a mere historical study of the Holocaust, however, Scott's presentation makes this history relevant for Americans in the nineties by relating it to current developments in our nation, communities and schools.

Through the dramatic use of story, video, and slides, he uses the Holocaust history to challenge the listener to identify the “flames” of prejudice, racism, bias or misunderstanding in his or her own heart. In so doing, the Holocaust becomes much more than tragic history; it becomes a catalyst for positive personal growth and change for individuals, communities and schools.



### **Dental Clinic at MMS**

Bridging Brighter Smiles, Inc. provides preventative dental care right at school! Services offered include, oral screenings, dental cleanings, sealants, fluoride varnish applications, and referral assistance. Visits are held throughout the school year. This program is open to all students in the district 4K through 12th grade.

To enroll your children, simply go to [enrollment.bbsmiles.org](http://enrollment.bbsmiles.org) to complete an enrollment form right online.

Questions? Call Bridging Brighter Smiles at (262) 896-9891, or visit them on the web at [www.bbsmiles.org](http://www.bbsmiles.org).



## **GYMNASTICS PERFORMANCE NIGHT**

### **DECEMBER 20<sup>TH</sup> AT 6:00 PM**

**The gymnastics team does not travel for competition so please join us as our gymnasts “show off” some of the skills they have learned. We have 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade students who will be performing on the floor exercise, balance beam, uneven parallel bars and vault. Our program is designed to prepare middle school students for competition at the high school level. We have all levels of ability. You will be impressed with the routines these students have put together along with the skills they have acquired in such a short time. You will be entertained!**

**The performance night will be held in the large gyms at the Middle School on Dec. 20th at 6:00 pm.**



Winter sports are beginning practice this week. Here is some practice information for parents/guardians. Students will be bringing home competition information once the schedule is set.

**Girls Swim:** Practices will be held after school from 3:15 – 5:00 pm at the high school.

**Boys Basketball:** Practice will be held daily from 3:05 – 4:45 pm. Players need to be ready to start practice and 3:05 and be picked up at 4:45 pm. The first game will likely be during the week of Nov. 13<sup>th</sup>. A detailed schedule will be distributed as soon as we have times and dates.

**Gymnastics:** Practice will be Monday, Tuesday & Thursday from 3:05 – 5:30 pm. Practice on Friday ends at 5:00 pm. No practice on Wednesday! Our end of the season performance night will be on December 21<sup>st</sup> at 6:00 pm. Mark your calendars!

\*Students are charged a once a year athletic fee of \$50. Make checks payable to MMS and turn in to the front office. If payment is a concern, please contact Mr. Boettcher, Principal, Mr. Anderson, Assistant Principal or the front office.



## *MATH HOMEWORK CLUB!*

Mr. Flaten is available after school from 3:00 – 3:25 pm Mondays- Thursdays to help with math questions. Please come to room 721 in the 7<sup>th</sup> Grade Silver Pod in interested. Bring your math problems and questions. This opportunity is for all grade levels.

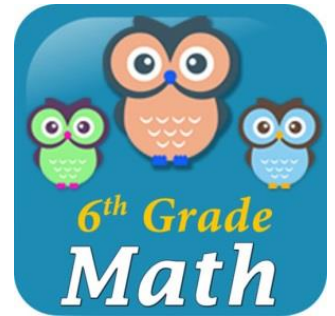
Hello 6<sup>th</sup> Grade Math Families!

This week we began our study of ratios. If you'd like to learn more about what we study and how we study it, please take a look at the family materials found at this link:

<https://im.openupresources.org/6/families/2.html#what-are-ratios>

If you feel like your child needs extra practice and/or support, please consider having them attend our Math Camp, Thursdays after school until 4. Another resource is the Kahn Academy Videos and practice designed for our curriculum. Unit 2 resources can be found at this link:

<https://www.khanacademy.org/math/6th-grade-illustrative-math/unit-2-introducing-ratios>



Please don't hesitate to reach out if you have any questions or concerns!

Amy Zuber Seguin and Kathy Forster  
6th Grade Math Teachers

## *8<sup>th</sup> Grade Science*

8th Grade Science students visit sand mine/glass plant.

All 8th grade science students will again be participating in our annual science field trip to the Covia Sand Plant (Menomonie Sand Mine) and Cardinal FG (glass plant). We are excited about this unique opportunity for our science students! This fall, our students will be learning about rocks and minerals, mineral resources and mining. The Menomonie area is quite unique in the fact that we have a sand mine, a glass factory, and a window factory that converts raw mineral resources into common products! This trip will enhance your student's understanding of the role and importance of mining and mineral resources in our society.

There is no cost for this field trip. Our students will be transported by school bus to each location and will be back at school for lunch. **We thank Covia for their generous donation to cover transportation costs.**





## Music Notes



Thank you to all families and friends who helped support the MMS Music program through our annual magazine sale! We are so grateful for a community that supports the Arts! \*\*\*Did you know that if you missed the sale you can support the Music program by renewing or ordering a subscription through us all year long! Go to the Music Department website and click on the link to place your order.

### **Concert Season is rapidly approaching!**

Please join us for our annual Veteran's Day Program, including performances by the 8th grade Band, Choir, and Orchestra, on Friday, November 9th at 9:45am.

Please take a moment to check in with your student about Winter Concerts - Dates, Call Times, Start Times, and attire expectations.

### **Welcome Mr. Kile!**

Join us in welcoming Mr. Kile! Mr. Kile will be assisting our music department. We are excited to have him!

Thank you again for supporting music in your child's life. If you have any questions please contact any of the music teachers.

James Anderson – Orchestra

Jean Enyeart – Choir

Tara Grubbe - Band



## National Junior Honor Society

Students in 8th grade will have the opportunity to become involved in something new to Menomonie Middle School this year: National Junior Honor Society (NJHS). There are four main requirements:

1. Character: as evidenced by extracurricular and community Involvement
2. Leadership: as evidenced by leadership roles at school and in the community
3. Service/Citizenship: as evidenced by volunteering (10 hours required)
4. Academic Achievement: as evidenced by grades in four core subjects Term 1, 2, & 3

Students were recently given a brief introduction to NJHS during CARES. The first step is to join Google Classroom for NJHS. The code to join is 8vn7f3e. Once students join the Google Classroom, there is a form that students need to fill out. NJHS meetings will be held each month and volunteer opportunities will be made available throughout the year. In April, students will need to turn in the form documenting proof of all four requirements and will need to submit an official letter requesting acceptance into NJHS. Parents/Guardians can also access NJHS information on the MMS home page under the Activities tab. They will be notified in early May and then invited to an induction ceremony, along with their parents/guardians. If you have any questions please contact the NJHS advisor, Kristin Haworth: [kristin\\_haworth@msd.k12.wi.us](mailto:kristin_haworth@msd.k12.wi.us) or call 715-232-1673 ext. 30625.

# MATH COUNTS

## 1ST PRACTICE

**Wednesday, November 7  
3:00-4:00 in Room 727 Silver Pod  
(Mrs. Paull's Room)**

### WHAT IS MATH COUNTS?

Math Counts is a club that runs from November through February. Our team will have 3 competitions against local schools and a Regional competition, with a chance for top competitors to advance on to a state level competition. We travel by bus to our competitions, and they take place during the regular school hours.

### WHEN DO WE PRACTICE?

Practices will be held after school on Wednesdays until 4:00 in Mrs. Paull's Room. We always have a snack before we put our brains to work! If these practice times do not work with your schedule, you may have the option of choosing Math Counts as your 7<sup>th</sup> Hour WIN class for the next rotation. This would allow you to practice right within the school day.

### HOW DO I GET SIGNED UP?

Just show up to the first practice on Wednesday, November 7 to join. We will get you all the sign-up information at this time. If you cannot attend this first meeting, see Mrs. Paull, Mrs. Tavares, or Mrs. Forster to get signed up.

### QUESTIONS?

Mrs. Paull  
(715) 232-1673 x30727  
lindsey\_paull@msd.k12.wi.us

Mrs. Tavares  
(715) 232-1673 x30822  
lisa\_tavares@msd.k12.wi.us

Mrs. Forster  
(715) 232-1673 x30624  
kathy\_forster@msd.k12.wi.us

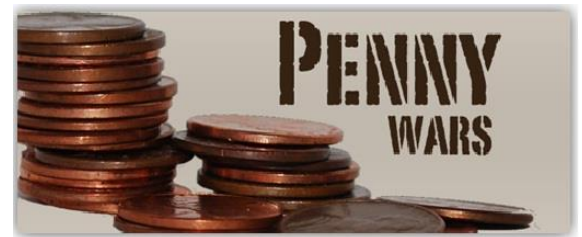
# Multicultural Club



Multi Cultural Club has kicked off the school year with a Butter Braid fundraiser and the election of officers. On October 30th a guest speaker from Mexico came to tell us all about the holiday Dia de los Muertos, the Day of the Dead.

Later this year we are looking forward to speakers from China and Bangladesh/India, a Fiesta in December and the chance to prepare and eat an ethnic meal from India. In the spring we are planning a field trip to the Festival of Nations in St. Paul, Minnesota. Come join the fun of Multi Cultural Club to learn about the world!

The Student Council sponsored a Penny War to raise money for Hurricane Florence Relief. All together the school raised \$850. Of that, \$261.82 was in pennies! Yes, 26,182 pennies! Awesome job MMS students, families and staff. Your generosity is very much appreciated.



## MUSTANG 5K

On Saturday, October 27<sup>th</sup>, we held our MMS Mustang 5K. We had over 100 participants! Thank you to everyone who helped to make this day a great success. A special thank you to all of our sponsors and to all who donated food/drinks for the runners and items for the silent auction.

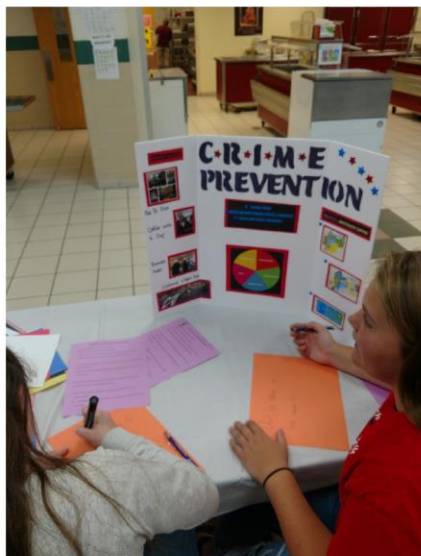




# Smart Girls Rock!

The event *Smart Girls Rock!* took place at Menomonie Middle School on Tuesday October 9, 2018. *Smart Girls Rock!* is a STEAM (Science, Technology, Engineering, Arts, and Mathematics) event meant to spark interest in STEAM careers to middle school girls. While women represent nearly half of the college educated workforce, women continue to be underrepresented in the sciences, making up only 29% of the science and engineering work fields (*National Science Foundation, 2015*). Therefore, it is critical to continue to expose our students to opportunities to learn and pursue careers in the STEAM field. In its fourth year, 168 sixth through eighth grade girls explored 18 different STEAM careers to meet 24 women and ask them questions about their careers. This year showcased women professionals from: the Menomonie Police Department, 3M, Anderson Windows, Mayo Clinic Pediatrician and Physical Therapy, a Veterinarian Technician, Prevea Radiation, Big Dot of Happiness, Marshfield Clinic, an Actuary, a CEO, Menomonie School District's Athletic Trainer, a First Responder, United States Air Force, and departments from UW-Stout Entrepreneurship, Academic Systems, STEPS, and Mechanical Engineering.

*Smart Girls Rock!* attendees. 168 sixth through eighth graders



Menomonie's Police Department talking about Crime Prevention. The girls put together a PSA about anti-bullying.



MMS Rocks! Girls had a STEAM design space



Marshfield Clinic's "Nurses Rock!"



First Responder, Knapp's Principal Kristin Humphrey, teaches the girls how to give CPR and how to put on the gear of a firefighter





## Notes from the Health Office...

### **Protect your family this flu season** (*Health Partners Today – Fall 2007*)

- Get a flu shot in Oct. or Nov., but even Dec. isn't too late.

Flu season usually begins in Jan. and can last through May

Contact your health care provider regarding flu shots

- Encourage family members to wash their hands often
- **Do not** share food, beverages, lip moisturizers or other oral products

**Immunizations** – Parents of students who are behind schedule or have no record on file should have received legal notice(s). This notice states a deadline to provide proof of immunization requirements or an “in process” status. Failure to provide proof of the requirements can result in exclusion from school. The Tdap requirement affects all middle school students for the 2018-19 school year. Thank you to all the families who have already submitted proof of their child's immunization record.

*“Vaccines have cut down the risk of many childhood illnesses by more than 95 percent,” says Priya Sampathkumar, M.D., a Mayo Clinic infectious diseases specialist. When you vaccinate, you're not only keeping your own child safe, but also other people who won't be exposed.”* (Mayo Clinic Hometown Health – Summer 2013)

**Medication** – Parents, please remember to send medication in the original bottle or package to school. We cannot accept **expired medication** to be administered at school. All medication is safely stored in the Health Office as students cannot have medication in their possession. Thank you for your attention to this district policy.

**Emergency Cards** - Several students still need to turn in a completed emergency card to the school office (names are posted in each grade level pod). Please ask your student to bring a card home so a parent can complete this important information. Please remember to notify the office of any changes in work or cell phone numbers throughout the school year (MMS 715-232-1673). If your child becomes ill or injured at school, contacting a parent can be very difficult if we do not have current or up-to-date contact numbers.

## **Lost and Found**

We accumulate many, many clothing items and lunch bags/boxes from the start of the school year. Please take the time to check our “Lost and Found” table when you are in the building. The “Lost and Found” is located in the hallway by the main office. Or even better, encourage your student to look for their missing items.



NOVEMBER

20



# BINGO

**Stout Ale House**  
**7pm - 9pm**

Come support the Menomonie School District's Special Education Program with a fun night of Bingo! Proceeds will go towards field trips and community outings to help our students practice a variety of different social, community, and life skills. \$10 for a book of cards to play all night or \$1 per card per game.

**BINGO DAUBERS WILL BE  
AVAILABLE FOR PURCHASE**

# COLLECTION CORNER!

**Thanks for your continued support collecting and bringing in BOXTOPS & MILKCAPS for our school!**

The *time* and *effort* you give will help those in *Job Skills class* learn skills for the working world. Plus money for our school - it's a WIN WIN!



Go online to win [Bonus Box Tops](#) in one of the many sweepstakes they offer for our school! Boxtops are found on a lot of items in your refrigerator, freezer or pantry and much much more! **Cut them out & bring them in!!**

**Kwik Trip MILK MOOLA** caps and bag top labels can earn 5¢ for each one you bring in to our school. Please rinse the marked milk caps (leave labels on milk caps) &/or **cut out the whole 5¢ strip top bag label** and bring them in for our school!

*The collection bin is located in the office.*

## Thanks for your support!

### Earn Money for Our School!

#### Shoparoo

Turn your shopping receipts into donations for our school. Just download the Shoparoo app and select the school you want to receive the donation. Just download the Shoparoo ap and start scanning your receipts.

Shop: Shop for any product, at any store

Snap: Take a picture of your receipts

Earn: Shoparoo donates to your school

Where does the donation money come from? Their founders are former teachers and retail executives who have found a novel way of matching schools' need for financial support with major consumer brands' need for market research. When you use the Shoparoo app to raise money for your school, your receipt data along with any answers you provide to optional surveys is made anonymous and summarized in market research reports that brands purchase. All research data remains anonymous, and this enables them to give money back to schools!



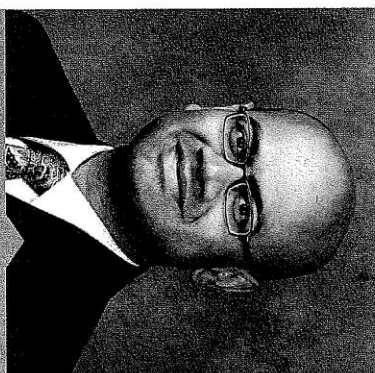


# HPV immunization: Who can benefit from the anti-cancer vaccine?

Each year, around 14 million people in the United States are infected with human papillomavirus, or HPV. Most will never know it. But for some, the infection may prove deadly.

That's because the vast majority of cervical cancer cases are caused by two strains of the virus. And cervical cancer is difficult to treat, especially if it has spread beyond the cervix.

Fortunately, there's a vaccine to prevent HPV, which can also cause genital warts and lead to other life-threatening cancers, including vaginal



*Ganesh Namachivayam, M.D.  
Pediatric & Adolescent Medicine,  
Baron and Rice Lake*

"These are devastating cancers, usually do not cause symptoms to a person until quite advanced, and not easy to treat," says Ganesh Namachivayam, M.D., a pediatrician at Mayo Clinic Health System in Barron and Rice Lake. "I strongly recommend this vaccine to all of my patients."

## Who and when to vaccinate

The best time to receive the HPV vaccine is before exposure to the virus, which is the most common sexually transmitted infection in the United States. The immunization is approved for ages 9 to 26. The Centers for Disease Control and Prevention (CDC) recommends immunizing children beginning when they are 11 or 12.

*"The 11-year well-child exam is a good time to have the first HPV dose," Dr. Namachivayam says. "Most kids are already getting two vaccines at that appointment, so it's an easy*

The CDC recommends that boys and girls ages 9 through 14 receive two doses of the HPV vaccine at least six months apart. Older teens and adults up to age 26 should receive three doses of the vaccine. That's because the immune system's response to the vaccine is not as strong at later ages, and requires an additional dose to ensure protection.

## Side effects and safety

The CDC and Food and Drug Administration monitor vaccines in the United States and have a wealth of data on the safety and effectiveness of the HPV vaccine. Potential side effects are mild and similar to those that might be experienced with other vaccines, such as soreness, swelling or redness at the vaccination site.

Less common side effects include headache, nausea, vomiting, fatigue or weakness. And though rare, the HPV vaccine causes some people to feel dizzy or faint. Sitting for 15 minutes after the injection can lower the risk of fainting.

"The bottom line is that this is a safe, effective vaccine that can prevent several types of cancer in both boys and girls," Dr. Namachivayam says.

"It's an easy way for parents to protect their kids far into the future."

**Vaccines aren't just for kids.** For the recommended vaccine schedule for adults, visit