

# Ontonagon Area School District

## WELCOME BACK

Dear Parents

Welcome back to school! We hope you have had a fun-filled summer with your family. I'm looking forward to meeting all of the Ontonagon school families during this upcoming 2022-23 school year. I thought I'd give you a little background on me. I have been in education for 21 years. I started my career as a classroom teacher before moving to working to support staff in coaching and mentoring in curriculum and instruction work. I have been a school administrator for seven years, most recently supporting extended learning and summer school programs in the Green Bay Area Public School District. I am excited to be working with the amazing staff at Ontonagon this year and look forward to meeting all families.

The school staff has been hard at work throughout the summer to prepare for the new school year. We look forward to creating a fun and engaging learning experience for the school year. In our school community we are committed to providing a high quality education in a safe, secure, and nurturing environment designed to inspire and enrich life long learning for students.

The first day of school is August 23rd! As the school year approaches, we wanted to share a few items that may assist you in preparing for the year. We encourage you to review the resources in the newsletter to learn more about our school.

Sincerely,

Lisa Johnson  
Superintendent



The mission of the Ontonagon Area School District in concert with the community is to educate all students to reach their highest potential and be productive members of society.

Ontonagon School District  
701 Parker Ave  
Ontonagon, MI 49953

Office Phone: 906-813-0614

## SCHOOL HOURS

### ELEMENTARY:

8:30 A.M. – 3:11 P.M.

### SECONDARY:

8:30—3:13 P.M.

STUDENTS ARE ASKED TO NOT SEND OR DROP OFF THEIR CHILDREN UNTIL 8:00 A.M. PLAYGROUND AND BREAKFAST SUPERVISORS ARE NOT ON DUTY UNTIL 8:00. STUDENTS WILL NOT BE PERMITTED TO ENTER THE SCHOOL UNTIL 8:00 A.M.

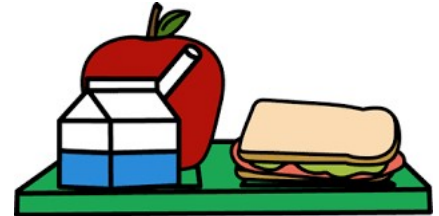
AT DISMISSAL TIME, PLEASE DO NOT DRIVE IN THE FRONT CIRCLE WITH THE BUSES. WE ASK THAT PARENTS WAIT OUTSIDE FOR STUDENTS AT DISMISSAL. IF YOU NEED TO ENTER THE BUILDING TO TALK WITH A TEACHER, THE DOORS WILL OPEN AT 3:10. I APPRECIATE EVERYONE'S COOPERATION WITH THIS MATTER TO MAKE OUR PARKING LOT AND SCHOOL SAFER FOR THE STUDENTS.



## FOOD SERVICE

The school district serves breakfast and lunch meals daily. Breakfast is available free of charge to all students. Free and/or reduced price lunches are available to qualified students based on Federal Government Income Guidelines. Application forms are sent home with students on their first day of school. Eligible families are encouraged to apply even if their child(ren) do not always eat hot lunch. Menus are printed in the Ontonagon Herald, posted in the classrooms on a monthly basis, and are posted on the

O.A.S. website. Students may pick up a monthly menu for home from the office.



## STUDENT ATTENDANCE/ABSENCES

We need you help to ensure that we are providing your child with the best possible education. So please bring them to school every day and on time. Please make sure that you are planning your family vacations around the school calendar whenever possible. It is imperative that your child attends school every day. Students and parents/guardians are responsible for being familiar with the attendance policy/general procedures. These can be found in the student handbook online and more info will be sent home on the first day of school.

When your child is absent make sure that you inform the school office to alert the school. Call the school office at 906.813.0614 ext. 1 each day they are absent.

## TRANSPORTATION

Transportation is provided for eligible students. The cooperation of students, parents and school personnel are essential for a smooth operation. Families will be contacted with any changes to pickup times or locations from last year. Any new families will receive a message from the school with information regarding pickup times. Problems or questions concerning the transportation of students can be addressed to the Transportation Director at 906.813.0614 or 906.884.2912.



## WELCOME NEW STAFF

Please welcome the following new staff to the Ontonagon School Team. All together our new staff are coming in with over sixty years of teaching experience and we look forward to having them on staff.

Kindergarten

Lori Kosey

Grade 5

Tavia Kotchon

Physical Education

Tyler Thomas

Elementary Principal/Title 1 Director

Liz Grenke-Leach

## IMPORTANT UPCOMING DATES

August 23	First Day of School
August 25	Tailgate and First Home Football Game
August 26	No School
August 29	No School
August 31	School Picture Day
September 2	No School
September 5	No School



The full school year calendar can be found on the districts website.

*“Welcome to the new school year! Our staff is anxiously awaiting to see you soon!”*

## SLEEP AND TRANSITION BACK TO SCHOOL

Summer schedules can be quite different than throughout the school term. Many of our students tend to shift their bedtimes back a few hours during these relaxing months.

Sleep is very important to each child's health and education. The American Academy of Pediatrics (AAP, 2016) issued a Statement of Endorsement supporting the American Academy of Sleep Medicine (AASM) guidelines outlining recommended sleep duration for children from infants to teens. The group recommends the following:

- Children 3 to 5 years of age should sleep 10 to 13 hours per 24 hours on a regular basis to promote optimal health.
- Children 6 to 12 years of age should sleep 9 to 12 hours per 24 hours on a regular basis to promote optimal health.
- Teenagers 13 to 18 years of age should sleep 8 to 10 hours per 24 hours on a regular basis to promote optimal health

The group found that adequate sleep duration for age on a regular basis leads to improved attention, behavior, learning, memory, emo-

tional regulation, quality of life, and mental and physical health. Not getting enough sleep each night is also associated with an increase in other medical concerns.

In addition to these recommendations, the AAP suggests that all screens be turned off 30 minutes before bedtime and that TV, computers and other screens not be allowed in children's bedrooms. For young children, establishing a bedtime routine is important to ensuring children get adequate sleep each night.

This is a summary of the statement from AAP, you can find the entire article here: <https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/AmericanAcademy-of-Pediatrics-Supports-Childhood-Sleep-Guidelines.aspx>

We encourage you to consider these guidelines as you begin shifting bedtime back into the school routine. Together we can partner to ensure all students are well-rested and ready to learn!



Join us on Thursday, August 25th for a tailgate party, in the school parking lot with kids games followed by the first home football game. At the game the new scoreboard, donated by Citizens State Bank, will be unveiled.

5:00 PM— Tailgate Party, sponsored by the booster club with fun games for all ages

7:00 PM Game Time