

# Pupil Service News Letter

## November, 1st 2022



### Meet The Pupil Service Team

**Kristina Brigham**, High School Counselor and Success Coach



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This is my 3rd year at Suring but my first year exclusively working with high school students. My role at Suring includes meeting with students

individually for social and emotional support as well as assisting students with all academic challenges and goals. I am the Rural Virtual Academy and the Youth Apprenticeship coordinator, if you have any questions about either of these programs please feel free to reach out. One of the roles I enjoy most here is that of senior advisor. I work closely with the seniors all year on class projects and activity days, scholarships, and graduation.

I also do a lot with academic and career planning, I can help set up college tours, bring in military recruiters and set up career/job tours for students in the spring. I

have been working diligently with CESA to build this program to match area districts.

### **Academic and Career Planning (ACP)**

Throughout October I have taken interested juniors and seniors on college tours. We have gone to UW Oshkosh, UW Green Bay, UW Stevens Point, NWTC, FVTC, and Bellin Health College.

I believe that all students should have the opportunity to see what college is about and that it is never too early to start planning. That is why I have arranged a class tour for freshmen and sophomores in November. More information will be going home with your student about this soon.

If you would like help setting up a college tour with your child I would be happy to help you arrange that. College tours are excused days of absence (1 per year).

### **Financial Aid**

October is FAFSA month! If you have a senior who is planning to attend college, you can now start filling out the FAFSA forms (website below). I would be happy to schedule an appointment with you if you need assistance with this. It is easiest to reach me through email.

[Federal Student Aid](#)

### **College Presentation, Parents Welcomed**

On December 8th the sophomores and juniors will attend a presentation from 2:40-3:20. During this time a representative from NWTC, UWGB, and St. Norberts will all be present to discuss what their programs have to offer and the differences between public, private and technical colleges. Parents are welcome to attend this informational session.

**Carly Lemke K-8 School  
Counselor**

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**Middle School Guidance**

The middle schoolers have been working on awesome SEL standards since the beginning of the year. 7th graders are learning about self awareness by participating in class activities and lessons. The 8th graders have been learning about relationship skills and have also been learning through in class lessons. 6th grade SEL is being done within their health classes so we have been learning a variety of topics.

My name is Carly Lemke and I am the new K-8 School Counselor here at Suring. Prior to coming to Suring I worked as a social worker for three years.

I work individually with students ranging from 4 year old kindergarten all the way up to 8th grade. I also will be implementing small groups within the elementary school and middle school.

The classes that I currently teach are 4 year old kindergarten-2nd grade Guidance classes. Every class sees me two times a week for 30 minutes as part of the special rotation this year. This is so awesome because it is new and going great so far.

I also teach 6th through 8th grade Guidance or Social Emotional Learning (SEL). For the middle school classes I enter into their classroom and do lessons two times a month for the students.

**Elementary School Guidance**

The Elementary Schoolers have been off to an excellent start in Guidance. They have been learning all about life topics with Competent Kids Caring Communities. Some of the lessons we have learned already include friendship, kindness, problem solving, and being great listeners.



**Meagan Keplinger**, District Social Worker  
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920-842-2178 ext. 1051

This is my 1st year at the Suring School District; however, I have eight years of full-time experience in the social work field.

I assist students who are homeless or in foster care and provide them with specific services to enhance their success in school.

I also manage the Community Closet which is located within the school and is filled with items our families can pick out at any time! We have school supplies, clothing, jackets, hats, mittens/gloves, shoes, boots, etc.

I partner with our school nurse, Emily Macha, on other support programs such as weekend meals, Thanksgiving meals, Adopt-A-Family, and Easter meals. The Nurse's Nook makes all of these programs possible!

I teach guidance classes once a week for 3rd, 4th, and 5th grade. You might have helped your student do their weekly homework activity-it has been fun for me to see parents and students working on these sheets together. I also spend time with the 5-year-old Kindergarten class on the playground once a week to teach them social-emotional skills while they are playing with their friends.



**Did you know.....?**

- **Oakridge Counseling uses an office space within the school to provide confidential, outpatient counseling to students while they are in school. Parents-you no longer have to drive your child to outpatient counseling outside of Suring if you are looking to save a little time, and money, and make sure your child misses the least amount of school as possible!**

# Health Room News

## **Cortly School,** School Nurse

I have been here in the Health Office since February 2022. I am responsible for the hands-on nursing duties that take place in the school. I am here 5 days a week, every day school is in session. I graduated from Suring, I have a daughter that graduated from here as well and two more that are still currently here. I love having the opportunity to help keep the children in my community healthy. I fix lots of owies and tummy aches. I pass medications and provide care to students for general health, injury, or illness.

I also work with Mrs Keplinger to maintain the Community Closet that provides families with clothing, shoes, hygiene products and other basic needs. Feel free to contact me with any medical questions you may have regarding your child.

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## **Emily Macha,** District RN

This is my second year here in the Suring Schools as the District's Registered Nurse. As a Registered Nurse, I help provide the school district with services that help protect and promote student health, facilitate optimal development, and advance academic success. I work closely with the rest of the pupil service team to collaborate and advocate for quality student-centered care, bridging the gap between health care and education. I am in the School district every Thursday working with Cortly, and meeting with families and students. Even on days that I am not in school, I am always available by email. [machem@suringk12.org](mailto:machem@suringk12.org)

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Germ and Flu season is in full swing here at school and in the community! Please remember that hand washing with hot water and soap is the best practice to stop the spread of germs. Please follow the chart below for instructions when you are questioning keeping your child home.

## I NEED TO STAY HOME IF...

I HAVE A FEVER	I AM VOMITING	I HAVE DIARRHEA	I HAVE A RASH	I HAVE HEAD LICE	I HAVE AN EYE INFECTION	I HAVE BEEN IN THE HOSPITAL
Temperature of 100 degrees F or higher	Within the past 24 hours	Within the past 24 hours	Body rash with itching or fever	Itchy head, active head lice	Redness, itching, and/or pus draining from eye	Hospital stay and/or emergency room visit

## I AM READY TO GO BACK TO SCHOOL WHEN I AM...

Fever free without the assistance of medication for 24 hours (i.e., Tylenol, Motrin, Advil)	Free from vomiting for 24 hours.	Free from diarrhea for 24 hours.	Free from rash, itching or fever. I have been evaluated by my doctor if needed.	Treated with appropriate lice treatment at home.	Free from drainage and/or have been evaluated by my doctor if needed.	Released by my medical provider to return to school.
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If your child has strep throat or another bacterial infection, he/she should stay home until the antibiotic has been given for at least 24 hours and your health care provider has given permission for your child to return to school. We encourage you to seek medical attention when your child is sick and to follow your health care provider's recommendations about returning to school and other activities.