I can’t believe that the end of another fabulous school year is here and the school days will be replaced with swimming pools! Although the end of the school year is winding down, the PTO is still hard at work and has so many exciting events already in the works for next year to support our amazing schools.

However, before I dive into details, I want to extend a huge thank you to my fellow PTO Board Members, who are often unrecognized yet work tirelessly all year to champion, coordinate, manage, and execute all of our events and activities. These amazing ladies, that I am also lucky enough to call friends, include:

- Katie Glaisner (President Elect)
- Bridget Carlson (Treasurer)
- Tina Kreitlow (Ways and Means)
- Jolena Presti (Administrative Services)
- Megan Girton (Programs)
- Amanda Singh (Cultural Arts and Sciences)

A special thank you also goes out to our three incredible outgoing Board members:
- Laura Pierri (Past President)
- Anne O’Donoghue (School Services)
- Laurie Woods (Secretary)

Thank you all for your invaluable time and service to this important organization!
Special Interest Day at Stormonth was a HUGE success! Thanks to our amazing presenters, our dedicated staff and our helpful volunteers, Stormonth students had an incredible day at school on May 11th.

During **Special Interest Day**, students learned more about recycling, enjoyed getting henna tattoos, built confidence with Girton’s Taekwondo, danced with the Danceworks team, made cookies with Kate’s Kitchen MKE, enjoyed baseball in the library, made paper with artist Sally Duback, learned about dentistry with Dr. David Teplin and so much more! Faces were painted, hair was styled in crazy ways, shirts were tie-dyed, and kids jammed with School of Rock! In between Ninja courses, yoga mindfulness, healthy snacking, drone flights, soccer and First Stage classes, some students toured the school with Ms. Grimm-Nilsen and caught a whiff of the infamous Stormonth pool. Whew!! What a day. The PTO would like to extend a special thanks to event chairs Amy Bazelon and Rachel Weinberg for their extraordinary planning in making this day super-special for our students.

The Fox Point Bayside PTO is excited to introduce our **Artist-In-Residence** for Stormonth Elementary. The artists and educators at True Skool led by veteran artist James Tomasello are collaborating with Stormonth staff and students to create an impactful mural in our school lobby.

The mural will showcase Stormonth’s commitment to inclusion and will serve as a visual celebration of our diversity. True Skool’s mission is to engage, educate and empower youth through the Creative Arts and Hip-Hop Culture. Look for more information on this exciting project in the fall as Stormonth kicks off this creative project and learn more about True Skool on their website, [trueskool.org/](http://trueskool.org/).
School Services

*By Anne O’Donoghue*

We want to extend a MASSIVE THANKS to all those families who contributed to **Teacher Appreciation Week**! It was such a great time and we loved being able to spoil our teachers and staff! Some of the week’s highlights included breakfast on Monday at both schools, adorable cakes and cupcakes delivered to Stormonth and Bayside on Tuesday, lunch on Wednesday at both schools, chair massages throughout the week, and a daily raffle so that all 140+ teachers and staff members could receive an awesome gift. Also, the teachers’ lounges were filled with snacks and cold drinks all week long and spruced up with flowers, colorful decorations, and signs of appreciation. A final thanks is owed to Monica Arnstein who orchestrated this entire week! You are THE BEST!

Summer break is right around the corner! In order to get students ready for a safe and healthy summer, Stormonth hosted its annual **Safety Week/Bike Rodeo** during the week of May 14th. The Bayside and Fox Point Police were on hand to teach K4 through 3rd grade about pedestrian safety, with the 1st graders getting the chance to practice crossing the street. And our 4th graders were allowed to ride their bikes to school and take part in a bike rodeo led by several area police officers. We even had a representative from Wheel & Sprocket at school to tune up all of their bikes! Many thanks to the Fox Point and Bayside Police Departments, Wheel & Sprocket and the many parent volunteers who helped make this week of important activities run smoothly!

A huge thank you to Cheryl Cho, Janet Merk, Alyson Stepke and Carrie O’Connor for organizing a fantastic **End of Year Party** and celebration! Stormonth students had a blast playing on the inflatables, participating in games and enjoying popsicles on the last day of school. Many thanks goes to all of the volunteers who pitched in to make this event possible.

As we head into summer, please consider participating in our **Bus Rider Program** during the first few days of school in September. Parent volunteers ride the bus to help our students feel safe and comfortable. This is a great way to ease the transition back to school and remind everyone of the Stormonth Way. If you are interested in helping out in this capacity, please contact Sara Connemara at saranoelle@uwalumni.com. Thank you!

Do you have what it takes to lead and manage a team or event? We’re looking to fill many different PTO positions for the upcoming year! If you are interested in learning more about the positions available, please contact Laura Pierri at laura.pierri@gmail.com to discuss further. Thank you!
President’s Corner (continued from page 1)

Also, I would like to personally thank our incredible Principals, Karen Grimm-Nilsen and Jodi Hackl, as well as... ...our amazing front office staff at both Stormonth and Bayside who help us everyday by attending our crazy events (even long after school hours), sending out emails, making photocopies, reserving rooms, and generally just making sure have what we need. We are truly grateful for your support and couldn’t do it without you! Finally, please join me in welcoming our new Board members, Melanie Berg as Secretary and Jesse Hillstrom as VP of School Services, who were sworn in last month and will serve two-year terms in these roles. Now it’s onto a rundown of some of our most recent events.

On May 22nd, the PTO hosted a Youth Mental Health Presentation and Discussion with Dr. Steven Dykstra. Dr. Dykstra is a Clinical Psychologist with the Milwaukee Behavioral Health Division and is the director of the County Trauma Response Team. He provided information and insight on many aspects of child mental health, with a special emphasis on bullying, trauma, development, and growing up in our modern age.

Thank you to everyone who attended our Spring Book Fair, which was an incredible success, raising more than $8,000 for our school district! This past Saturday at Stormonth, we had our largest fundraiser of the year - the Cupcake Color Run! I think we can all agree it was a big success! We also want to thank our amazing community partner, Corner Bakery Cafe in Shorewood, who graciously hosted a recent Restaurant Night in May! Mark your calendars for Basking Robbins Ice Cream Night the evening of June 14th!

We also want say a big thanks to those that contributed to Teacher Appreciation Week and all of the volunteers who made it happen! We love being able to spoil our amazing and very deserving teachers and staff! The week of May 14th was Safety Week, which is a fun annual tradition at Stormonth. Finally, our School Services group coordinated the End of the Year Party (i.e., field day) at Stormonth on the last day of school.

Our last Kids’ Night Out event was a huge success with a movie night theme! The 7th and 8th graders participated in their final Bayside Activity Night (BAN) in April and the incoming 5th graders experienced their first BAN with a joint 4th and 5th grade BAN in May.

As part of our Cultural Arts and Sciences funding, the PTO coordinated Special Interest Day on May 11th at Stormonth. Thank you so much to the 30+ presenters who took time out of their busy schedules to participate!

Finally, in our efforts to connect with and provide benefits to our students and school community, the PTO recently conducted an electronic survey that was distributed to all current families in the District. We truly value your input and the results of the survey will help us plan for the 2018-2019 school year. Thank you to all who participated.

It has been an honor for me to serve as President of this wonderful organization

PTO Survey Results

By Jolena Presti

The survey results are in! Thank you to the 150 people who participated in the 2018 PTO survey! Your input has already been useful in the early stages of 2018-2019 school year budget and programming planning.

A few takeaways from the survey results:

- Families join (pay $20 annual PTO dues) to support the schools.
- The District Directory as a benefit of PTO membership is seen as a valuable resource.
- The increased level of communication through weekly folders and social media has been noticed and is appreciated.
- PTO supportive efforts that were most highly ranked: Classroom support (supplies, specials, and field trips) and Events for Students.
- Events that ranked Very Likely to attend: Speakers/Presentations on Topics; Beer Garden/Wine Events; Community Service/Events around Volunteering.

Along with the answers to individual survey questions, the additional comments offered throughout were very useful and will be considered as programs, events, and fund allocations are handled over the coming year. As always, feel free to connect at any time – we value input from our District community members!
# Fund Allocation Committee Update

*By Laura Pierri*

The PTO Fund Allocation Committee has approved more than **$30,600** in new projects for our schools. We are happy to inform you, that through collective efforts, the projects that were evaluated and approved in the last nine months are listed below:

<table>
<thead>
<tr>
<th>School</th>
<th>Project</th>
<th>Objective</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stormonth</td>
<td>Picnic Tables</td>
<td>Create outside space for that teachers can take their classes and that kids can use during recess.</td>
<td>$4,250</td>
</tr>
<tr>
<td>Stormonth</td>
<td>Teaching/ Communication Signs</td>
<td>Teaching tools throughout the school.</td>
<td>$1,600</td>
</tr>
<tr>
<td>Stormonth</td>
<td>Books for all grade levels</td>
<td>Support literacy programs.</td>
<td>$1,750</td>
</tr>
<tr>
<td>Stormonth</td>
<td>STEM Materials</td>
<td>Support Science, Technology, Engineering &amp; Math Programs.</td>
<td>$1,350</td>
</tr>
<tr>
<td>Stormonth</td>
<td>Furniture</td>
<td>Furniture for classrooms.</td>
<td>$920</td>
</tr>
<tr>
<td>Stormonth</td>
<td>Water stations for 1st &amp; 2nd floor</td>
<td>Provide an easier way to fill-up water bottles for students and staff.</td>
<td>$2,300</td>
</tr>
<tr>
<td>Stormonth</td>
<td>70” Smart TV for cafeteria</td>
<td>Use as a communication tool to provide school updates &amp; use for presentations.</td>
<td>$1,200</td>
</tr>
<tr>
<td>Stormonth</td>
<td>Special education Grant</td>
<td>This grant will enable our Special Ed teachers purchase new materials for special education.</td>
<td>$1,000</td>
</tr>
<tr>
<td>BMS</td>
<td>Playground equipment</td>
<td>Equipment for our 5th/6th grade playground.</td>
<td>$1,800</td>
</tr>
<tr>
<td>BMS</td>
<td>8th Grade DC Trip Scholarship</td>
<td>Increase the annual scholarship by $1,200 to address class needs.</td>
<td>$1,200</td>
</tr>
<tr>
<td>BMS</td>
<td>PE Equipment</td>
<td>Buy new soccer nets, dodge balls &amp; Fitness room sound system.</td>
<td>$855</td>
</tr>
<tr>
<td>BMS</td>
<td>Foreign Language support</td>
<td>Purchased headphones &amp; educational posters.</td>
<td>$620</td>
</tr>
<tr>
<td>BMS</td>
<td>New instrument for band</td>
<td>Purchased a marimba for our BMS’s band to introduce our middle schoolers to this instrument.</td>
<td>$1,825</td>
</tr>
<tr>
<td>BMS</td>
<td>GPS for 7th Grade Staff Team</td>
<td>Provide new GPS equipment for the 7th Grade Staff Team for Camp Mac Lean. (Please see photo on page 9.)</td>
<td>$1,770</td>
</tr>
<tr>
<td>BMS</td>
<td>Social Studies walkthrough history project</td>
<td>Enhance the Social Studies walkthrough history project through the purchase of costumes.</td>
<td>$500</td>
</tr>
<tr>
<td>BMS</td>
<td>4th to 5th Grade transition</td>
<td>Fund the transition program for incoming 5th grade students. Including BMS T-Shirts, transportation &amp; transition activities for students and parents.</td>
<td>$1,000</td>
</tr>
<tr>
<td>BMS</td>
<td>Flag</td>
<td>Flag in stand for the stage.</td>
<td>$180</td>
</tr>
<tr>
<td>BMS</td>
<td>Smart TV for Maker space area</td>
<td>Use as a communication tool to provide school updates &amp; use for presentations.</td>
<td>$1,360</td>
</tr>
<tr>
<td>BMS</td>
<td>Books for all grade levels</td>
<td>Support literacy programs at all grade levels.</td>
<td>$5,200</td>
</tr>
</tbody>
</table>
Ways and Means

By Tina Kreitlow

THANK YOU FOR AN AWESOME YEAR!

As the Vice-President of Ways and Means, the fundraising arm of our PTO, I could not be more grateful to all of you who have supported our schools over this past year through our events. Whether you attended Monster Bash, came to one of the Book Fairs, or even bought spirit wear or sold a pizza through Club Choice, please know that your generosity throughout this past year has provided tremendous support to our schools, classrooms and ultimately our students to insure they continue to have the best resources possible.

When walking through the building and outdoor spaces a few items that are easy to spot are the PBIS posters throughout Stormonth and the outdoor picnic tables used for classes. We have also invested in outdoor recess equipment for Bayside, amongst many other items. Additionally, the level of classroom support we provide directly through the Book Fairs is amazing. Teachers get to pick items that are critical to their classroom success with the money that is raised.

The Spring Book Fair was a whopping success. Thanks to all who participated by collecting coins, buying books or donating gift certificates. Altogether, we sold more than $10,000 worth of books, which translates into a profit of more than $5,000 for our school district! That money will be split between Stormonth and Bayside to buy books, classroom supplies and to fulfill other school needs. The money raised from Coin Wars and gift certificates - nearly $3,000 - was divided among Stormonth teachers, who spent it on books at the Book Fair. We hope your students are already enjoying the new reading material. A special thanks to the many volunteers who helped set-up, staff and tear down the book fair: Katerina Brickman, Becky Diamond, Paula Rivet, Laura Pierrer, Alyson Stepke, Liz Sumner, Melanie Berg, Katie McGregor, Grainne Jensen, Helena Laven, Carrie O’Connor, Sarah Feldner, Janet Merk, Angie Biersach, Rosalie O’Meara, Michelle Buerger, Juanita Probst, Jennifer O’Brien, Kitty Brin, Anneliese Dickman, Jill Scheuer, Laurie Woods, Anne O’Donoghue, Christine Duback, Tina Kreitlow, Beth Meece, Bridget Carlson and anyone else who stepped in to lend a helping hand. We couldn't put on these events without help from you!

A huge thank you is owed to one of our local families, the Dimitropoulos’, who own The Corner Bakery in Shorewood and hosted our latest Restaurant Night on May 14th. During the dinner rush, The Corner Bakery donated 20% of all sales to our PTO, which brought in $90; however, the Dimitropoulos Family graciously increased the donation to $150! As a part of this event, The Corner Bakery did a drawing for a Free Catering Event, and we would like to congratulate Kathy Saggio on her win! Thank you to The Corner Bakery and to all who attended the evening out!

Now school is out and I am sure all of our kids will be clamoring to see their friends, and what a better way to do that than at our Baskin Robbins Night Out! Join us on Thursday, June 14th from 6:00 – 9:00 pm at Baskin Robbins, 8820 N. Port Washington Road. Our friendly neighbors at Baskin Robbins are generously donating 10% of all sales that evening to our PTO – and no flyer is needed! So, come and join us with a scoop or three and start your summer indulgences here.

All in all, through Ways and Means events only this year, we will have supported our two schools with an additional $30,000+, which simply assists our educators to continuously Exceed Expectations!

I would be remiss if I didn’t give a huge shout out to all of our chairs and volunteers for the countless events we run. So much time and effort goes into making these events look seamless and it is all due to a relentless group of amazing people who are dedicated to providing amazing opportunities for our kids and families! Now, we’re off to enjoy our summer; we look forward to seeing you in the coming year!
PTO Chair Highlights
By Jolena Presti

We wanted to take a moment to say a special thanks to these amazing women for their hard work over the past months!

My name is Laura Pierrí and my girls are Julianna (4th grade at Stormonth), Giovanna (5th grade at BMS), Carolina (7th Grade at BMS), Isabella (freshman at Nicolet HS) and Lia (our English Cream Golden Retriever).

I grew up in Mexico and came to town through a job assignment. In my mind I was going to stay here for a year, but who would’ve known that here is where I’d meet Pedro, my husband, who was also transferred to Milwaukee from Brazil. Fox Point has been our home for almost 20 years now! We speak both Spanish and Portuguese at home, always trying to give to our family a little of our culture. All the girls have been involved in multiple sports and activities since they were little and as parents we’ve been there to support them; they do it all, from ballet, tennis, swimming, to even football (our 7th grader loves the sport). Our family loves to cheer for all local sport teams, particularly our Green Bay Packers! I enjoy spending time with family and friends and volunteering at our schools.

We have been lucky to be part of this amazing school community since 2007 and throughout the years I’ve volunteered at different PTO events and school activities, such as lunch duty, and math and reading support, among others. In 2015 I accepted the President Elect position. The 2016-2017 year was my President term and when we created the PTO Fund Allocation Committee. It has been a joy to work with this great group of parents and school staff that collaboratively have evaluated numerous projects to determine where should the PTO funds should be allocated in our schools. I want to thank our PTO Fund Allocation Committee - Michelle Buerger, Becky Diamond, Tom Story and Karen Grimm-Nielsen for Stormonth, and Elizabeth Junge, Paul Treffert, Stephanie Traska and Jodi Hackl for BMS - for all the hard work put into this committee and all that you do for our schools.

This is my 3rd and final year as a member of the Fox Point-Bayside PTO Executive Board and as a Stormonth parent. We have so many memories that we will keep in our hearts and are grateful for this opportunity to give back to our community! Wishing you a wonderful Summer Break!

My name is Helena Laven, and I’m mom of Noah, 4th grade, Andreas, 3rd grade, and Adina, K5. My husband is Brett and our family also includes our dog Freya. I grew up in Sweden, but came to the US in 1994 to go to graduate school at the U of C. I have a PhD in immunology, but haven’t worked in science since Noah was born; I’m trying to figure out what to do with that now since all my kids are in school full days. I love pretty much everything outdoors, but also like reading, knitting, and baking. I try to go to Sweden for about a month with the kids each year and about 3 years ago we actually moved to Sweden for 6.5 months while our house was being renovated. I’ve helped out with Monster Bash for the last couple of years and am also a board member of the Fox Point - Bayside Educational foundation. I’ve enjoyed planning the Cupcake Color Run this year together with Laurie Woods, who really has taken on the lion’s share of the organizing of this event.

We wanted to take a moment to say a special thanks to this AMAZING WOMAN for her innovative work and strong presence with the PTO this school year! If you, like many of us, feel you are hearing more about what is going on with the PTO this school year, you have been impacted by our amazing Chair of Marketing and Communications, Megan Smith. Megan took on this newly created role with the PTO just after this school year started – and she gave it her all. Like the megaphone we didn’t...
The Cupcake Color Run 2018 was a BIG success! Thankfully the weather cooperated this year, so there was lots of color powder and smiles everywhere! What a great way to end another fun and prosperous school year in our very special Fox Point-Bayside School District.

Although this was our ninth annual Cupcake Run, this was our first year featuring a color powder station at the end of the race. We had a Zumba warm-up, a 5K run, a 2-mile walk and a kids’ 1-mile fun run. The after-party included our awesome raffle, lots of games, a pie-eating contest, tattoos and face-painting, bounce houses, lots of concessions and, of course, CUPCAKES! Totals on both number of registrants and funds raised are still being tabulated, so you’ll need to wait for the fall newsletter for those final numbers…stay tuned!

The day would not have been possible without the hard working committee of volunteers and many more volunteers the day of the event. Thank you so much for taking time out of your busy schedules to plan a fun event for our school community and raise funds for our schools! The Cupcake Color Run Committee Co-Chairs, Helena Laven and Laurie Woods, have been planning since February and the Committee helped pull it all together: Tina Kreitlow, Matt Wooten, Megan Smith, Karen Rinehart, Laura Pierr, Robin Burns, Andrea Minkin, Kathi Castle, Laura Crum, Rebekka Schneider, Becky Diamond, Melanie Berg, Michelle Buerger, Nicole Cook, Sarah Langerman, Katrina Lipman, Laura Kleczkowski, Monica Arnstein and Christine Duback. So many volunteers the day of the event helped make the day run smoothly: Amy and Luca Jankowski, Johnni Allen, Mike Weidner, Lucy Peterson, Christina Rigby-McCotter, Sarah Krauss, Bridget Carlson, Tina Kreitlow, Laurie Elling, Michelle Buerger, Deb Mortonson, Katie and Mike Glaisner, Christine Duback, Anne Corcoran, Jennifer O’Brien, Amy Bazelon,
Summer PTO News

(continued from page 7) Rachel Weinberg, Becky Kops, Dillon Grimes, Xiaoting Hao, Tammy and... ...Grace Landis, Beth and Chris Meece, Grainne Jensen, Michelle Medeiros, Clare Chadha, Laine Sperry, Amanda and Shantanu Singh, Adria and Alanna Willenson, Laura Pierri, Dina Fregoso Artlip, Rebekka Schneider, Karen Rinehart, Megan and Andrew Smith, Christine and Pete Duback, Risa Brooks, Suzanne Knapp, Angie Biersach, Jolena Presti, Marisol Coriano, Chrissy Kruger-Gruendyke, Katy Grapengieser, Carol DeSisti and Velia Tarnoff. That’s a lot of people!

We also want to extend a heartfelt thanks to Tom Story who set us up with a new website, Amy Bazelon of Amy Bazelon Design who created our new logo, Chrissy Kruger-Gruendyke of Chrissy Rose Photography who took amazing photos the day of the event, and Bobbie McCain and Brittny Dettro for our Zumba warm-up.

Of course, we are very fortunate to have the support of many dedicated sponsors again this year. Thank you to Children’s Hospital, Elite Sports Clubs, Burghardt Sporting Goods, Eggers Imprints, Sendik’s, Mathnasium of Whitefish Bay, Corner Bakery Café of Shorewood, National Bakery and Deli, Stephanie Murphy DDS, Baskin Robbins, Confluence Graphics, InStep Physical Therapy and Running Center, Performance Running Outfitters, and Athleta. And a big thanks to the Village of Fox Point Police Department for keeping our runners and walkers safe!

Some of you are the lucky winners of some wonderful raffle items donated by local businesses. And some of you won twice! Thank you to Peepal Tree (Ruchita Varma), CycleBar Mequon, Mathnasium of Whitefish Bay (Rohita Shah), Shoot the Moon Photography, The Green Bay Packers, Yellow Wood, Girtons ATA Taekwondo (Megan Girton), The Milwaukee Admirals, Stella and Dot (Julie Lutz), BelaBela (Kathi Castle), Rodan and Fields (Cynthia Apfelbach), Wendy Artman, Melanie Vandenberg, Elvia’s Art (Elvia Savage), Sarah Sorts, Chrissy Rose Photography (Chrissy Kruger-Gruendyke), Annie Monahan, Curly Top T’s, North Shore Bank, Random Balance (Kelly Levin), Fitness Advantage Trainer (Jaime Wooten), MyOm Wellbeing (Traci Sanderson), Knowledge Edge, and InStep Physical Therapy and Running Center.

Performance Running Outfitters, the Neubauer Family and the Buerger family donated race Prizes.

Finally, thank you to all of the 330+ runners and walkers who attended the event. The photos taken by Chrissy are a testament to the love we all have for our small community. We came together and celebrated. Thanks SO much!!

2017-2018 PTO Executive Board

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>Christine Duback</td>
<td>President</td>
</tr>
<tr>
<td>Laura Pierri</td>
<td>Past President</td>
</tr>
<tr>
<td>Katie Glaisner</td>
<td>President Elect</td>
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<tr>
<td>Bridget Carlson</td>
<td>Treasurer</td>
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<td>Laurie Woods</td>
<td>Secretary</td>
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<tr>
<td>Tina Kreitlow</td>
<td>VP Ways and Means</td>
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<td>Anne O’Donoghue</td>
<td>VP School Services</td>
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<tr>
<td>Jolena Presti</td>
<td>VP Administrative Services</td>
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<tr>
<td>Megan Girton</td>
<td>VP Programs</td>
</tr>
<tr>
<td>Amanda Singh</td>
<td>VP Cultural Arts and Sciences</td>
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</tbody>
</table>

Treasurer’s Snapshot

By Bridget Carlson

As we wrap up the school year, here are a few updates from the PTO budget.

We are on target for exceeding our budget and will be passing over all income, split between Stormonth and Bayside, to continue to support their classroom needs. This money then is moved into the school accounts, and you’ll see updates on the great ways the money supports our schools through the Fund Allocation Committee.

Since the Cupcake Run is our largest fundraiser of the year and happens at the end of the year, you'll see more information on the results of this fun and colorful effort in the year-end recap I'll include in the first PTO newsletter of the next school year.

As we budget for next year, a few minor adjustments are being made to accommodate for changes we saw trending the last couple years, however for the most part the budget will remain similar so that we can continue to keep event costs low, which will increase participation, and support our teachers and school community.

An important update regarding the Book Fairs - collectively the schools currently have over 58,200 to spend in Scholastic Dollars (for books, classroom supplies and more) from the success of our school’s book fairs! Although this money is not directly budgeted in our hard numbers, this is a serious part of our annual fundraising and we’re so excited to see this direct benefit from these fun events, which inspire reading in our communities!

This summer, please remember to select “Fox Point Bayside PTO” on Amazon Smile; we’ve received almost $500 this school year from Amazon Smile alone!
The return of summer weather means more beach days, more picnics and more outdoor fun with family and friends. But when temperatures and humidity levels spike, being outdoors can get uncomfortable — especially during exercise.

As a pediatric specialist in the Children’s Hospital of Wisconsin Sports Medicine Program, I enjoy helping young athletes by providing care for everything from concussions to rehab to keeping kids healthy on the playing field. While recent research confirms that kids’ bodies handle heat and humidity in a similar way to adults, it’s still important to help kids stay healthy while participating in physical activity and sports in hot weather.

Prevention is the best cure. To avoid dehydration and heat illness, make sure kids are hydrated before exercise. Offer water or other healthy beverages and hydrating foods like fruit during the day prior to activity.

During games or exercise:

- Kids should have frequent water breaks.
- Plain water should do for most kids, although kids in strenuous athletic activity could benefit from electrolyte-supplemented beverages, too.
- Children should NOT consume “energy drinks” as they contain caffeine, which can cause negative side effects.
- Kids with fever or gastrointestinal illness should avoid exercise.

Smart sporting. It’s also a parent’s job to advocate for safe sporting policies at schools and in leagues. Don’t be afraid to ask questions and communicate with coaches to be sure the following best practices are being followed:

- Kids require sufficient recovery and rest periods between sporting events — two hours is the recommended amount of time.
- There should be an adaptation period to a new sport or preseason practice, including gradual exposure over 10-14 days to intensity, duration and amount of physical activity.
- Clothing, uniforms and protective equipment should be appropriate for the weather.
- Coaches should stress proper hydration techniques and ways to reduce heat illness risk.
- Trained personnel should be available at games/practices to treat heat illness if it arises.

Signs of heat illness. The first result of dehydration in kids will be reduced performance on the field. While nobody wants that, more severe consequences call for immediate action.

- Watch for these signs of heat illness:
  - Paleness or flushing
  - Dizziness or headache
  - Lack of sweat
  - Excessive fatigue
  - Vomiting
  - Feeling cold or extremely hot

Any of these signs are reasons for kids to immediately stop participation and get appropriate medical attention, including rest and hydration. Kids with heat illness should not return to practice or competition for the rest of the game.

If you have concerns about your child, including persistent cramping during exercise, be sure to talk to your pediatrician.