

West Salem School District

September 2010



Newsletter

Trust Takes Everyone

Troy M. Gunderson, Superintendent

In his book “The Speed of Trust”, Steven M. R. Covey cites recent opinion polls and research projects that reveal a rapid erosion of societal trust. The data indicate less than 34% of all Americans trust other people, less than 25% trust the government, and the percentages for big business and the media dip into the single digits. This pervasive lack of societal trust, especially in the area of publically funded organizations, has a damaging affect on public schools.

Successful public education requires significant amounts of trust on many levels. Consider the moment when a parent releases their young child into the care of a school employee. This simple act requires a tremendous amount of trust. Parents must trust the bus driver is a competent, alert, and safe driver; trust the school support employee is a compassionate, watchful, and capable supervisor; trust the teacher is a skillful, professional, and dedicated educator. Earning and honoring this trust is vital to the success of our educational system.

Our success also requires the basic trust of our tax-paying community. Schools must earn and keep community trust by demonstrating good stewardship through the efficient offering of effective programming. In a time when government at all levels is struggling with accountability, confidence and funding, it is even more critical your local school district provide the best value possible. We remain committed to providing the most for our students by getting the most out of our resources. In October, we will provide a performance report as part of the required Annual School District Meeting. It is our opportunity for transparency and accountability. We thank you for your generous support.

Trust also serves as the fundamental currency within our daily operation. In fact, the higher the trust levels, the more efficient we become. When we trust in each other’s work, we are able to move forward with speed and confidence. High trust promotes efficiency, cooperation and synergy. It allows us to focus more of our energy on serving our students and less of our energy on redundancy and protectionism. Our students and tax-payers simply cannot afford the high cost of a low trust work environment. Our school district is a complex work environment with more than 300 employees. Creating a culture based on trust and service is critical to achieving our mission.

We all have a role to play in the restoration of trust. At the most basic level, we can simply decide to be more trusting – to resist the temptations of doubt and suspicion. Think of the power and inspiration given when someone says “I trust you.” The gift of initial trust is extended from a trusting person in hopes of another person keeping their commitment to meet expectations. We can also do our part in becoming more “trusted” by keeping our word, meeting expectations and demonstrating integrity. While initial trust is a gift, continued trust is earned.

Finally, Wednesday, September 1 marks the beginning of another exciting school year. It is a special day for students, families and employees. It is a day when we ask for the gift of your initial trust – trust in our ability to keep our children safe; trust we will provide the finest possible programming; trust we will make the most of each and every dollar; and trust in our commitment to excellence. Beginning Thursday, September 2, we hope to earn your continued trust with our outstanding performance.

Look for this icon on the right side of the school’s web page to read Mr. Gunderson’s Blog.
<www.wsalem.k12.wi.us>





Here we go again! Another "Open Forest!" And You're Invited!

Saturday, September 18. Noon to 4:00!

Family fun for everyone!

Tour our remodeled lodge.

Food!

Archery for the children.

Geo-caching!

Lumberjack-athon!
Test your skills on this course.
Saw a log. Log roll. Set up a tent.

Wagon rides!

And more!

Tree identification.

Wood turning demonstration! **Bucket Raffle!**

Interpretive Hikes.

Or hike alone...we'll supply maps.



Many of the day's activities come directly from our school's Outdoor Education Curriculum.

Directions: Take I-90 to the Hwy. 16 exit at Sparta. Left off exit—turn right on to Theater Road. Wagon rides await!

SCHOOL BOARD MEETINGS

ANNUAL MEETING

The West Salem School District Annual Meeting will be held on Monday, October 18, 2010 at 7:00 p.m.

BUDGET HEARING

The West Salem School District Budget Hearing will be held on Monday, October 18, 2010 at 6:30 p.m.

BOARD MEETINGS

The meetings of the West Salem Board of Education are on the second and fourth Monday of each month.

Board meeting agendas are posted at Union State Bank, First Community Credit Union, St. Joe Country Market, River Bank-Barre Mills, West Salem Post Office, Village of West Salem, at each school, on the district web site, and at the district office.

PUBLIC INPUT

Members of the public may request permission to speak on any item on the agenda. Residents requesting to speak on a specific topic of their choice must have item placed on the agenda prior to the publishing of the agenda, approximately four (4) days ahead of the meeting. This requirement is part of the open meeting law that all discussion must be detailed on the published agenda. Please contact the district office at 405 E. Hamlin Street (786-0700) to have your item placed on the agenda under "Public Input."

8th Annual West Salem Holiday Craft Show

Saturday, October 30, 2010

8:00 a.m. to 2:00 p.m.

West Salem Elementary School
475 N. Mark Street, West Salem

The Craft Show, sponsored by the Heider Center Arts Board, is FREE and open to the public.

A Pancake Breakfast sponsored by the West Salem Lions Club will also take place from 7:00 – 10:00 a.m.

Cost: \$5.00 Adults
\$2.00 for 12 yrs. and under

Pancakes, sausage, applesauce, milk, coffee, juice

For vendor information: www.heidercenter.org

OEC Visits

Many West Salem students will be visiting the West Salem Outdoor Education Center this fall. La Crosse and surrounding counties are commonly populated with deer ticks which can cause Lyme Disease. It is important for people who work or recreate outdoors to learn the facts about the disease and how to prevent it. By taking some simple precautions, we can all continue to safely enjoy the pleasures and benefits of outdoor activity.

WHAT IS LYME DISEASE?

Cause: Deer tick bite. A deer tick is half the size of a wood tick.



Symptoms: Vary a great deal. Within 3-32 days after a tick bite, a person may experience fever, fatigue, headache, aching joints, nausea and/or a rash which is roughly circular in shape and is usually found at the site of the tick bite. Don't panic if someone gets bitten by a deer tick. It is not necessary to be examined by a doctor unless symptoms occur.

Precautions: When in wooded areas, wear long sleeves, long pants and high socks (with pants tucked into socks). Light colored clothing will make ticks easier to find and remove. Walk in the center of trails to avoid brushing against vegetation. Conduct thorough "tick checks" on yourself and children regularly when out in wooded areas for any length of time. Prompt removal of ticks, even after they have attached, can drastically reduce disease transmission. To remove a tick, grasp it firmly with tweezers as close to the skin as possible and gently pull it straight out. If tweezers are not available, grasp the tick through a piece of tissue. Once the tick has been removed, wash the bite area with soap and water and apply an anti-septic to the site. See a doctor if symptoms occur.

When outdoors, you may wish to use aerosol repellents for deer ticks. Please follow the directions on the product you are using. It is suggested you apply repellents on clothing only, from the armpits down.

District and School Report Cards

The reauthorized Federal Elementary and Secondary Education Act (ESEA), also known as the No Child Left Behind Act of 2001, requires additional data collection and reporting by both state and local educational agencies. One of the additional reporting requirements is to issue local report cards. State and local report cards should include:

- Aggregate student achievement data at each proficiency level on the WKCE
- Disaggregate student achievement data on the WKCE
- Comparisons between actual achievement levels for the district and the state
- Percentage of students not tested on the WKCE
- Two-year-trend data of student achievement in each subject area at each grade level
- Information on graduation and attendance rates
- Information regarding AYP for each category
- Number and percentage of Schools Identified For Improvement (SIFI) and how long the schools have been identified
- Professional qualifications of teachers and para-professionals
- Information on the acquisition of English proficiency by students with limited English proficiency.

The Department of Public Instruction has data available in many of these areas; however, in a few cases the data collection and management system is being revised to comply with the federal requirements. The WINSS website at the Department of Public Instruction will serve as the official state report card.

To access the West Salem School District's Report Card on the WINSS website, you can either go to the district's website at <<http://www.wsalem.k12.wi.us/>> or go to <<http://www.dpi.state.wi.us/sig/index.html>> and click on "Data Analysis". If you need computer access, you can go to the public library.

The West Salem School District does not discriminate against pupils on the basis of sex, race, national origin, ancestry, creed, pregnancy, marital or parental status, religion, sexual orientation, or physical, mental, emotional, or learning disabilities or handicap in its education programs or activities. Federal law prohibits discrimination in employment on the basis of age, race, color, national origin, sex, or handicap.

The West Salem School's Maintenance Department has adopted an Integrated Pest Management (IPM) Policy. This is a voluntary program sponsored by the Wisconsin Department of Agriculture, Trade and Consumer Protection and the University of Wisconsin Extension Service. The IPM in schools protects human health by

- Suppressing pests that may carry diseases
- Reducing pest damage
- Reducing environmental pollution
- Reducing human exposure to pesticides.

IPM requires continuous assessment of a situation. Four key questions that must be answered before implementing any management strategy are

- Is treatment necessary?
- Where should treatment take place?
- When should action be taken?
- What strategies should be used?

If all other control methods (traps, physical repellents, screens, etc.) are not successful and chemicals are necessary, they would not be used when staff and students are present. If your child is chemically fragile, please notify the school district.

Take a Moment To Nominate a Teacher!

Each year, Senator Herb Kohl generously acknowledges the efforts of 100 of the finest classroom educators in Wisconsin, naming them recipients of a Kohl Teacher Fellowship. The teachers and their schools each receive \$1,000, which they almost always use to improve teaching and learning. One cannot help but be impressed with the depth of the teachers commitment and the breadth of their creativity. Parents and students alike attest to the influence these teachers have not only in the classroom but also in the community.

Before the memory of great teachers can fade in the summer sun, please take a moment to nominate a super teacher for a Kohl Fellowship. The only way a teacher can be considered for this honor is to be nominated. While nomination forms will be sent to all schools in the fall, you can submit a nomination on line at any time during the year. Completing the form takes less than five minutes. To access a Kohl Teacher Fellowship nomination form, go to <www.kohleducation.org>

Outstanding pre-K through grade 12 Wisconsin teachers may be nominated for the Herb Kohl 2010-2011 Fellowship until October 1, 2010.

Welcome New Staff Members

Stephanie Zais	Grade 2 Teacher
Chad Hayes	Grade 5 Teacher
Jennifer Wheeler	Grade 1 Teacher
Jill Kreibich	4K Teacher
Jennifer Mick	Speech & Language
Ruby Kerkman	Speech & Language
Amber Temp	ES Resource Teacher
Jeremy Hoff	ES Resource Teacher
Becky Tower	MS Spanish Teacher
Erika Olson	MS PE/Health Teacher
Stacy Rel	MS Resource Teacher
Brad Skaer	Adaptive PE Teacher



Baseball Team Pitches In

Under the direction of coaches Ihle and Olson the West Salem High School baseball team moves furnishings at CESA #4 during their recent carpet replacement project.



“Our employees along with our carpet installer commented on the great work ethic of the team members and their willingness to help us out.”

—Guy Leavitt, CESA #4 Administrator



School District of West Salem
Regular Board Meeting Minutes
July 12, 2010
Marie Heider Meeting Room – 7:00 p.m.

Convene

The meeting was called to order at 7:00 p.m. by President Tom Ward. The meeting was noticed to the Coulee News, La Crosse Tribune, WLSU Radio 89 FM, WXOW TV-19, WKBT-TV, WKTY, WIZM, Union State Bank, First Community Credit Union, St. Joe Country Market, River Bank-Barre Mills, West Salem Post Office, Village of West Salem, posted at each school, district web site, and district office on July 8, 2010.

Pledge of Allegiance to the American Flag

Linda Brown led everyone in the recitation of the Pledge of Allegiance and Scott Scafe recited the District Mission Statement.

Roll Call

Present: Ken Spraetz, Jason Falck, Tom Ward, Errol Kindschy, Scott Scafe, Linda Brown, and Thomas Helgeson. Also in attendance – Administrators: Troy Gunderson, Dean Buchanan, Eric Jensen, John Smalley, and Michael St. Pierre; Student representative: Christina Locante. Accounts Manager: Davita Molling, Recording secretary: Patrick Bahr. Excused: Mark Carlson, Lisa Gerke, Barb Buswell, and Kolton Christenson.

Approval of Agenda

Mr. Helgeson moved, Mr. Scafe seconded to approve the agenda as presented. Motion carried unanimously.

Connection with the Community

Christina Locante reported on:

1. The summer musical production of the Wizard of Oz was a success.
2. As part of Christina's Senior Exit Project, she will have a swim-a-thon on August 14, 2010.

Correspondence—None.

Public comments on non-agenda items – None.

Written and Oral Reports

Policy Committee – Mr. Spraetz reviewed the policies that were discussed at their meeting earlier in the night.

Administrator reports were reviewed by the Board.

Consent Agenda

Mrs. Brown requested to pull the closed session minutes of the June 28, 2010, meeting for further review. Mrs. Brown moved, Mr. Falck seconded to approve the Regular Board Meeting Open Session minutes of June 28, 2010. A roll vote was taken: Mr. Falck Aye, Mrs. Brown Aye, Mr. Scafe Abstained, Mr. Spraetz Aye, Mr. Helgeson Abstained, Mr. Ward Aye, and Mr. Kindschy Aye. Motion carried.

Discussion/Action Items:

Softball Coach Brian Babiash presented his request for a spring of 2012 softball trip. Mrs. Brown moved, Mr. Scafe seconded to approve the 2012 softball trip with final details coming to the Board prior to the trip. Motion carried unanimously.

Mr. Jensen reviewed the 66.0301 Contract with Bangor with the Board. Mr. Scafe moved, Mr. Helgeson seconded to approve the 66.0301 Contract with the Bangor School District for Early Childhood Services. Motion carried unanimously.

Mr. Smalley reviewed the changes to the 2010-11 elementary Student and Parent Handbook. Mr. Spraetz moved, Mr. Kindschy seconded to approve the 2010-11 elementary Student and Parent Handbook with changes. Motion carried unanimously.

No resignations/retirements were presented for Board consideration.

Mr. Kindschy moved, Mr. Helgeson seconded to remove the additional section of Kindergarten from being tabled. Motion carried unanimously. Mr. Kindschy moved, Mr. Scafe seconded to approve an additional section of kindergarten up to eight sections with the condition that the administration bring forth for adoption of a formal policy recommendation regarding class size. Motion carried unanimously.

Mrs. Brown moved, Mr. Helgeson seconded to approve the August summer school classes and contracts as presented. Motion carried unanimously.

Mr. Kindschy moved, Mr. Scafe seconded that the Board convene in closed session at 7:41 p.m. A roll vote was taken: Mr. Falck Aye, Mrs. Brown Aye, Mr. Scafe Aye, Mr. Spraetz Aye, Mr. Helgeson Aye, Mr. Ward Aye, and Mr. Kindschy Aye. Motion carried unanimously.

The Board will discuss, consider and, if appropriate, take action regarding the administrator contract under Wis. Stats §19.85(1)(e) Deliberating or negotiating the purchasing of public properties, the investing of public

funds, or conducting other specified public business, whenever competitive or bargaining reasons require a closed session; and non-union district employee contracts for the 2010-11 school year under Wis. Stats §19.85(1) (c) Considering employment, promotion, compensation or performance evaluation data of any public employee over which the governmental body has jurisdiction or exercises responsibility.

Closed Session

Mr. Scafe moved, Mr. Falck seconded to reconvene into open session at 8:05 p.m. Motion carried unanimously.

Open Session

Mr. Kindschy moved, Mr. Scafe seconded to approve the administrator contract with the language changes. Motion carried unanimously.

Adjournment

Mrs. Brown moved, Mr. Scafe seconded to adjourn at 8:06 p.m. Motion carried unanimously.

Respectfully submitted,
Linda A. Brown, Clerk

School District of West Salem
Regular Board Meeting Minutes
July 26, 2010
Marie Heider Meeting Room – 7:00 p.m.

Convene

The meeting was called to order at 7:00 p.m. by President Tom Ward. The meeting was noticed to the Coulee News, La Crosse Tribune, WLSU Radio 89 FM, WXOW TV-19, WKBT-TV, WKTY, WIZM, Union State Bank, First Community Credit Union, St. Joe Country Market, River Bank-Barre Mills, West Salem Post Office, Village of West Salem, posted at each school, district web site, and district office on July 22, 2010.

Pledge of Allegiance to the American Flag

Kolton Christenson led everyone in the recitation of the Pledge of Allegiance and Tom Ward recited the District Mission Statement.

Roll Call

Present: Ken Spraetz, Jason Falck, Tom Ward, Errol Kindschy, Linda Brown, and Thomas Helgeson. Also in attendance – Administrators: Troy Gunderson, Mark Carlson, Barb Buswell, and John Smalley; Student representatives: Christina Locante and Kolton Christenson.

Accounts Manager: Davita Molling, Recording secretary: Patrick Bahr. Excused: Scott Scafe, Dean Buchanan, Eric Jensen, Michael St. Pierre, and Lisa Gerke.

Approval of Agenda

Mr. Helgeson moved, Mr. Kindschy seconded to approve the agenda as presented. Motion carried unanimously.

Connection with the Community

Christina Locante reported on:

The baseball team will be participating at state later this week.

Kolton Christenson reported on:

1. About 20 high school Spanish students returned from Costa Rica. The group will make a presentation to the board this fall.
2. The high school fall sports meeting will be August 2, 2010.

Correspondence—None

Public comments on non-agenda items – None.

Written and Oral Reports

WASB Presidents Conference – Mr. Ward reported on the conference that he attended this month.

Finance Committee – Mr. Kindschy reported at their last meeting the committee reviewed the 2009-10 budget and a preview of the 2010-11 budget. The committee also discussed the functions of the committee, the upcoming audit and set the next meeting for the end of September.

CESA #4 Report – Mr. Kindschy reported at their last meeting that he was re-elected to the CESA Board of Control for La Crosse County, they set Mr. Leavitt's salary, and the carpet has been installed at CESA #4 with the assistance of the baseball team moving furniture.

Buildings and Grounds Committee – Mrs. Brown reported the committee met on August 21 and discussed the middle school special education room, SEP soccer building project and the district long range plans.

Personnel Committee – Mrs. Brown reported that the committee will be bringing forward a recommendation to the full Board.

Transportation Committee – Mrs. Brown reported that the committee met earlier tonight and discussed the following: busing for Christ/St. Johns students, 4K busing, bids for a new bus, bus routes for 2010-11 and policy 751.1 Rule.

Policy Committee – Mr. Spratz reported that three policies will be coming to the next board meeting for first reading. There are also three policies tonight for first reading.

Supervisor reports were reviewed by the Board.

Consent Agenda

Mrs. Brown moved, Mr. Helgeson seconded to approve the closed session minutes of the Regular Board meeting of June 28, 2010; the Regular Board Meeting minutes of July 12, 2010; and invoices to be paid. Motion carried unanimously.

Discussion/Action Items:

Mr. Falck moved, Mr. Spratz seconded to accept the donation from Fox Hollow Golf Course for the West Salem Golf Team. Motion carried unanimously.

Mrs. Brown moved, Mr. Falck seconded to hire Chad Hayes as a fifth grade teacher at the elementary school. Motion carried unanimously.

Mr. Kindschy moved, Mr. Spratz seconded to approve the awarding of the Bread Bid to IBC (Wonder Bread) and the Dairy Bid to Prairie Farms (Swiss Valley). Motion carried unanimously.

Mr. Helgeson moved, Mr. Kindschy seconded to remove from being tabled – Form a committee to work on Human Growth and Development policy/curriculum. Motion carried unanimously. Mr. Spratz moved, Mr. Helgeson seconded to direct the administration to review and compare the current curriculum to the state statute and bring back a recommendation to the Board. Motion carried unanimously.

A presentation on a proposed high school schedule was made by Mark Carlson, Lynn Browne, Antoinette Key, Amy Hanson, Kathy Hilby, and Barb Buswell.

No resignations/retirements were presented for Board consideration.

Mr. Spratz moved, Mr. Helgeson seconded to approve for the first reading of policy #421 Entrance Age, #907 Director of Pupil Services/School Psychologist, #732 Buildings and Grounds Maintenance. Motion carried unanimously.

Mrs. Brown moved, Mr. Helgeson seconded to approve the bus routes for the 2010-11 school year. Motion carried unanimously.

Mrs. Brown moved, Mr. Kindschy seconded to approve the recommendation from Mr. Kline to purchase a 2012 39-passenger/4 wheel chair bus from Freightliner for \$99,924; final funding sources to be determined at a later date. Motion carried unanimously.

Mr. Kindschy moved, Mr. Helgeson seconded that the Board convene in closed session at 8:51 p.m. A roll vote was taken: Mr. Falck Aye, Mrs. Brown Aye, Mr. Spratz Aye, Mr. Helgeson Aye, Mr. Ward Aye, and Mr. Kindschy Aye. Motion carried unanimously.

The Board will discuss, consider and, if appropriate, take action regarding the superintendent contract and non-union district employee contracts for the 2010-11 school year under Wis. Stats §19.85(1)(c) Considering employment, promotion, compensation or performance evaluation data of any public employee over which the governmental body has jurisdiction or exercises responsibility.

Closed Session

Mrs. Brown moved, Mr. Helgeson seconded to reconvene into open session at 9:07 p.m. Motion carried unanimously.

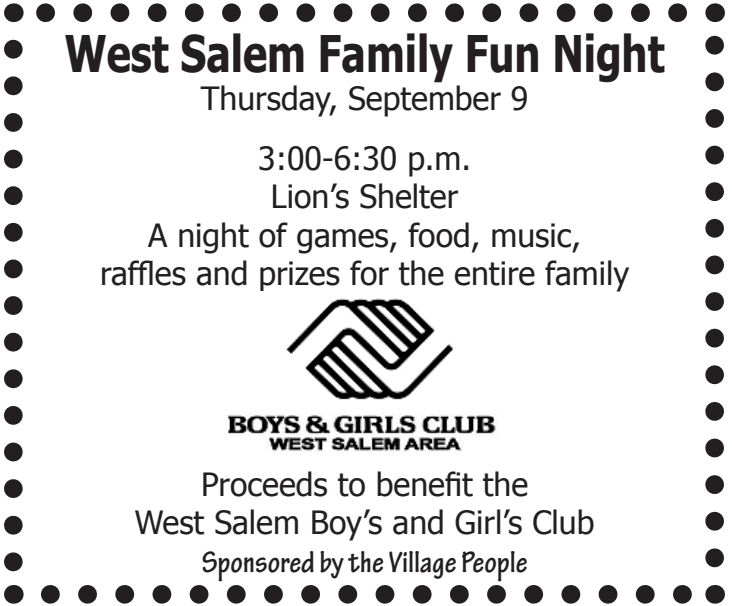
Open Session

Mr. Ward announced that in closed session the board approved changes to the non-union district employee contract and changes to the superintendent contract.

Adjournment

Mr. Kindschy moved, Mr. Helgeson seconded to adjourn at 9:08 p.m. Motion carried unanimously.

Respectfully submitted,
Linda A. Brown, Clerk



West Salem Family Fun Night


 Thursday, September 9

 3:00-6:30 p.m.

 Lion's Shelter

 A night of games, food, music,

 raffles and prizes for the entire family



BOYS & GIRLS CLUB

 WEST SALEM AREA

 Proceeds to benefit the

 West Salem Boy's and Girl's Club

 Sponsored by the Village People

West Salem Community Fitness Center

Brad Frahm, Fitness Director

Nutrition before, during, and after exercise for optimal performance

Proper nutrition is essential to develop peak performance. A well-designed nutrition plan can play a critical role in replacing energy stores, repairing muscle tissue, and making maximal athletic gains. Aerobic and anaerobic exercise both use a combination of fat and carbohydrate as energy sources. How hard and long you work out, your level of fitness and your diet will affect the amount of each type of fuel your body uses.

Electrolytes are nutrients that affect fluid balance in the body and are necessary for our nerves and muscles to function. Sodium and potassium are the two electrolytes most often added to sports drinks. Generally, electrolyte replacement is not needed during short bursts of exercise since sweat is approximately 99% water and less than 1% electrolytes. A well-balanced diet along with water will restore normal fluid and electrolyte levels in the body. However, replacing electrolytes in activity lasting longer than 2 hours may be beneficial, especially in a hot environment or at a high intensity.

Before exercising, have some high carbohydrate foods like bananas, bagels or fruit juices. These foods are broken down quickly and provide glucose to the muscles. Research has shown that eating something from 1 to 4 hours before exercise helps keep plenty of blood glucose available for working muscles. Drink plenty of cool water before exercise to keep muscles hydrated. Start with a large drink, about 16 oz., 2 hours before going out to exercise. This gives your body plenty of time to regulate its fluid level prior to exercise.

During exercise, perspiration and exertion rob the body of fluids and can lead to dehydration if fluids are not replaced. Staying hydrated during the course of exercise is crucial because water is what delivers oxygen to the muscles, fueling them throughout each workout. Without adequate fluids, the cardiovascular system is strained, the probability of heat injury greatly increases, and performance is impaired. During exercise it is very important to drink before becoming thirsty and to drink at frequent intervals to replace fluid lost through sweating. It takes approximately eight fluid ounces of fluid to replace each pound of body weight lost.

Using a sweetened or flavored drink, such as an energy drink, may decrease the likelihood of not consuming enough fluids because better tasting drinks are often consumed in greater quantity. By the time thirst is felt, one is already partially dehydrated. Usually there is no need to worry about replacing carbohydrates unless the exercise lasts over 90 minutes and is

intense and continuous. However, when your sports drink has too much sugar it stays in your stomach for an extended amount of time. This causes one's body to cramp up. To prevent this, choose a drink that has less than 20 grams of carbohydrate per eight ounces or dilute it with water.

After a strenuous, long-lasting exercise session, glycogen stores may need refueling. Consuming foods and beverages high in carbohydrates right after exercise will replenish glycogen stores if they are low after exercising. No matter the intensity of the exercise, it's important to drink plenty of water and eat a nutritious, balanced meal that has lots of carbohydrate rich foods such as grains, pastas, potatoes, vegetables and fruits.

As we have discussed, proper nutrition and hydration plays a significant role in preparation for athletic activity, maintenance of fluid balance and effective energy release during exercise, and recovery from fluid and nutrient depletion. Anyone, from the occasional walker to world class athletes, may utilize these strategies to enjoy a more productive workout, while gaining better post-exercise results. Use these tips to enjoy and enhance your healthy, safe and active lifestyle.

Current fitness center hours are Monday–Friday mornings 5:00–8:00 a.m., Monday–Thursday evenings 3:00–9:00 p.m., Fridays 3:00–7:00 p.m., Sunday 4:00–7:00 p.m. The hours have been adjusted to school year hours. Yogalates is held on Wednesdays at 6:30 p.m. All West Salem students and fitness center guests with a year membership may attend classes FREE of charge. Fitness center gift certificates are available for holiday or special occasions gifts. Give the gift of health to someone you care about. Check with your insurance provider to see if they offer a reimbursement for your fitness center membership. Blue Cross/Blue Shield and other insurance companies along with some employers offer a full or partial reimbursement for fitness center memberships. Check with your employer to see if you qualify.

Clean shoes are required to enter the fitness center and indoor track. Current fitness center hours and class schedules are specified on the school website www.wsalem.k12.wi.us. Click on the fitness center icon to get the latest information about your community fitness center. You may call 786-1220 extension 2275. Fitness center T- shirts, sweatshirts, are available at wholesale prices.

Heider Center Events

Marie W. Heider Center for the Arts

Community Production of Alice In Wonderland

Fri. & Sat., Oct. 8 & 9, 2010 • 7:00 p.m.

Sunday, Oct. 10, 2010 • 2:00 p.m.

Billy McLaughlin Trio

Saturday, October 16, 2010 7:30 p.m.

Free Outreach Program with Billy - "The Power of Persistence" 3:00 p.m.

Todd Werner, Children's Musician

Friday, November 19, 2010 7:00 p.m.

Dallas Brass

Friday, December 17, 2010 7:30 p.m.

Sleeping Beauty

Call the box office for audition information.

Saturday, January 22, 2011 2:00 & 7:00 p.m.

A Closer Walk With Patsy Cline

Saturday, February 19, 2011 7:30 p.m.

Paul Halter "The Juggling Poet"

Saturday, February 12, 2011 2:00 p.m.

Barrage - Animado!

Thursday, April 7, 2011 7:30 p.m.

Bottom Line Duo

Friday, April 15, 2011 7:30 p.m.

Tickets for individual shows will go on sale September 1, 2010.



BOX OFFICE

405 East Hamlin Street

West Salem, WI 54669

(608) 786-1220 ext. 4

Monday ~ Noon – 7:00 p.m.

Wednesday & Friday

Noon – 4:00 p.m.

Hours will vary during the summer

Visual Arts Series

"Labor Land" Marc Manke

September 1 – September 30

Reception to be announced

"Human/Nature"

Contemporary Figures & Flora

Matt Duckett & Jen Bushman

October 1 – October 31

Reception: Thursday, October 21, 6:00–7:30p.m.

"Representational Art & Traditional Subjects"

Emily Jarrett

November 1 – November 30

Reception: Thursday, November 18, 6:00–7:30p.m.

"Community Art Exhibit"

December 1 – December 31

Reception: Thursday, December 16, 6:00–7:30p.m.

"The Magic of Oils: Painted Illusions"

Jim Romskog

January 1 – January 31

Reception: Wednesday, January 19, 6:00–7:30p.m.

"The Strands of Life"

Becky Herlitzke & Deloras Vind

February 1 – February 28

No Reception

K–12 District Honors Show

March 1 – March 31

Reception: Thursday, March 24, 6:00–7:30p.m.

"Bon Appetite"

Marti Schwem & Martina Scobic

April 1 – April 30

Reception: Thursday, April 14, 6:00–7:30p.m.

W.S.H.S Senior Art Show

May 1 – May 31

Reception: Thursday, May 19, 6:00–7:30p.m.

**Check Out the website for the Heider Center.
www.heidercenter.org**

Substitutes Needed

If interested in subbing as a teacher, (only accepting applications from people that have a certified teaching license, not a substitute license) paraprofessional, food service, custodian, or bus driver (will train), please stop at the District Office at 405 East Hamlin Street, West Salem OR call 608-786-0700 OR go to <www.wsalem.k12.wi.us> for a substitute application. If you subbed last year and would like to continue this year, you do not have to fill out another application.

Tracy Christopherson, Administrative Assistant
608-786-0700 Ext. 5

Village Bus Stops

Please Note: Stops M, U and V have been revised since this list was published in the August Newsletter.

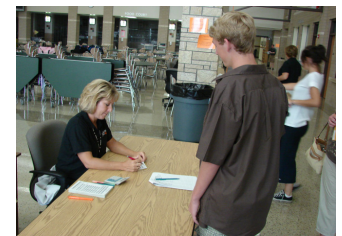
The stops are as follows:

Stop	Bus #	
A	19	West Avenue & Brickl Road
B	19	Wagon Drive & Brickl Road
C	20	Branding Iron Rd & 1/2 way between Wagon & Campfire Drive
D	20	Boundary Drive & 1st Road (A) through A.M.H.P.
E	29	Boundary Drive & 3rd Road (C) through A.M.H.P.
F	29	Boundary Drive & 5th Road (E) through A.M.H.P.
G	19	Lee Drive & Brickl Road
H	5	Lee Drive & Branding Iron
I	16	Greenfield Lane & Waterloo Avenue
K	16	Martin Lane & Waterloo Avenue
L	27	Vista Court & Crestwood Avenue
M	8	Dottie Court & Crestwood Avenue
N	6	Susan Court & West Elm/CTH B
O	6	South Vera Lane & West Elm/CTH B
Q	28	West Franklin & Griswold Avenue
R	28	North Marigold Lane & Franklin Street
S	28	North Erickson Court & Franklin Street
U	7	Mill Street South & Rhyme Street
V	7	Rhyme Street & O'Fallon Court

The week of August 16 - the schools were buzzing with activity.



Student Registration



Summer Drama Camp for Kids



Rehearsing for Disney's The Jungle Book Kids



Mr. Buchanan assists a student with one of the new lockers that were installed over the summer at the middle School

Calendar of Events

SEPTEMBER

1 **FIRST DAY OF SCHOOL**

- 2 Volleyball-C/JV/V at GET - 6:00/7:30
Soccer-JV/V (H) Central- 5:00/7:00
FFA Officers' Meeting - 7:00 p.m.
- 3 MS & HS Bands perform for football game
Football-V (H) Onalaska - 7:00
Tennis-JV/V (H) Sparta - 4:00
- 4 Cross Country-V/JV at Marshfield Columbus Invite - 9:00
- 7 Tennis-JV/V at Onalaska Luther (Conference) - 4:00
Football-JV (H) Onalaska - 5:30
Volleyball-C/JV/V (H) BRF - 6:00/7:30
FFA Officers' Meeting - 7:00 p.m.
- 9 Soccer-JV/V at Aquinas at Fields for Kids - 5:00/7:00
Volleyball-C/JV/V at Viroqua - 6:00/7:30
Football-FR (H) Holmen - 5:30
- 10 Football-V at Lancaster - 7:00
- 11 Cross Country-V/JV at Gale Johnson Invite at Onalaska - 9:00
Soccer-V at Sauk Prairie Invite - 9:00
Tennis-JV/V (H) WS Triangular (Sparta/Dells) - 10:00
Volleyball-C (H) WS Invite - 9:00
- 12 Kellogg Watermelon Days - HS band performs
Cashton Parade - MS band performs
- 13 Football-JV at Adams-Friendship - 5:00
Volleyball-C at Mel-Min Tourney - 5:00
FFA Back To School Picnic/1st Meeting
- 14 Soccer-JV/V (H) Holmen - 5:00/7:00
Tennis-V/JV (H) Mauston (Conference) - 4:00
Volleyball-C/JV/V (H) Onalaska Luther - 6:00/7:30
- 16 Tennis-JV/V (H) BRF (Conference) - 4:00
- 17 Football-V (H) Platteville - 7:00
- 18 Volleyball-V at Iowa-Grant Invite - 10:00
Cross Country-V/JV at Bill Smiley Invite at Wausau - 8:30
Tennis-V at Coulee Conference Meet at BRF
OPEN FOREST - Noon-4:00 p.m.
- 19 La Crescent Applefest - HS band performs
- 20 Football-JV at GET - 5:30
Volleyball-JV at Mel-Min Tourney - 5:00
- 21 Football-FR at GET - 5:30
Soccer-JV/V at Onalaska - 5:00/7:00
Volleyball-C/JV/V (H) Arcadia - 6:00/7:30
FFA Sectional Leadership Workshop at Viroqua
- 23 Soccer-JV/V at Logan at Fields for Kids - 5:00/7:00
Tennis-JV/V at Reedsburg - 4:30
Volleyball-C/JV/V (H) Westby - 6:00/7:30
- 24 **Homecoming**
Parade - MS & HS bands perform
Football-V (H) BRF - 7:00

- 25 La Crosse Oktoberfest - HS band performs
Cross Country-V/JV at Fennimore Relay Invite - 9:00
Soccer-JV/V (H) Lodi - 11:00/1:00
- 26 Warrens Cranfest Parade - MS & HS band perform
- 27 Football-JV (H) BRF - 5:30
- 28 Soccer-V/JV at Caledonia - 5:00/7:00
Football-FR (H) BRF - 5:30
Tennis-JV/V (H) Viroqua - 4:00
Volleyball-C-JV/V (H) GET - 6:00/7:30
- 30 Cross Country-V/JV at Dick Mitchell Invite at Central - 3:45
Volleyball-C/JV/V at BRF - 6:00/7:30

OCTOBER

- 1 Football-V at Westby - 7:00
- 2 FFA Fire Conference at UW-Madison
Soccer-JV/V at Dodgeville - 11:00/1:00
Volleyball-JV/C at Tomah Invite
- 4 FFA Meeting - 7:00 p.m.
Football-JV at Westby - 5:30
Soccer-JV/V (H) La Crescent - 5:00/7:00
- 4-5 Tennis-Sub-Sectional at Aquinas
- 5 Football-FR at Westby - 5:30
Volleyball-C/JV/V (H) Viroqua - 6:00/7:30
- 6-7 Tennis-Sectionals at Durand
- 7 Volleyball-C/JV/V at Onalaska Luther - 6:00/7:30
Soccer-JV/V (H) Mauston - 5:00/7:00
- 8 Football-V at Arcadia - 7:00
- 9 FFA Fire Conference at UW-River Falls
Cross Country-V/JV at Arcadia Invite @ Schultz Farm - 9:50
Volleyball-V at Logan Invite - 8:30
- 11 Football-JV at Arcadia - 5:30
- 12 Football-FR at Arcadia - 5:30
Soccer-Regional Semi-Finals
- 14 Volleyball-FR/JV/V at Arcadia - 6:00/7:30
Soccer-Regional Finals
- 14-16 Tennis-Individual State at Madison
- 15 Football-V (H) Viroqua - 7:00
- 16 Cross Country-V/JV at Coulee Conference Meet at Arcadia
- 18 Football-JV (H) Viroqua - 5:30
- 19 Football-FR (H) Viroqua - 5:30
Volleyball-Regional Quarter-Finals
- 19-23 National FFA Conference
- 21 Football-V at GET - 7:00
Soccer-Sectional Semi-Finals
- 22 Volleyball-Regional Semi-Finals
- 22-23 Tennis-WIAA Team State at Madison
- 23 Cross Country-Sectional Meet at Arcadia
Soccer-Sectional Finals
Volleyball-Regional Finals
- 25 FFA Fruit Sale Starts
FFA Haunted House/Corn Maze

Superintendent's Letter
Open Forest Event
Family Fun Night
New Staff
Heider Center Events
Nominate a Teacher
Baseball Team Pitches In
Substitutes Needed
Community Fitness Center
Calendar of Events
School Board Minutes
OEC Visits
Holiday Craft Show &
Pancake Breakfast

IN
THIS
ISSUE

B-A-O-AB?
Donate Blood
It takes all blood types,
all generations...Especially Yours

West Salem Blood Drive

Monday, September 27, 2010

12:30 - 5:30 p.m.

Presbyterian Church

625 West Franklin Street, West Salem, WI

Blood donor card or driver's license or two other
forms of ID required at check-in.

American Red Cross



Appointments call 786-0684. Walk-ins are Welcome.

For a full-color version of this and past newsletters,
check out the West Salem School District Website at
<www.wsalem.k12.wi.us>

School District of West Salem
405 East Hamlin Street
West Salem, WI 54669

NONPROFIT ORG.
U.S. POSTAGE
PAID
WEST SALEM, WI
PERMIT NO. 38