

WEST SALEM MIDDLE SCHOOL

450 North Mark St.
West Salem, WI 54669
Phone - (608) 786-2090
Fax - (608) 786-1081

SPECIAL POINTS OF INTEREST:

- *Early Release - Feb 8
- *Winter Wellness - Feb 16

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Volume 5 - Issue 7

2017

Dear Parents,

In last month's newsletter, I mentioned that at WSMS we wanted to work with you to approach the New Year with purpose for our students. I would say we're off to a great start! January was filled not only with snow days, but with unique learning opportunities and activities for our students. We also had well attended parent teacher conferences and professional development opportunities for our staff.

This February we look to continue this momentum with a calendar full of activities to help our students learn, grow, and develop. At WSMS, our extracurricular activities provide wonderful opportunities for some of this development. Our Panther basketball, Mathcounts, and forensics teams have competition during the month and Odyssey of the Mind teams continue to meet after school. Good luck to all our participants!

Our Winter Wellness Committee has completed its organization of the activities for our Winter Wellness Day on February 16. Students have an opportunity to participate in an activity to promote physical and mental wellness. Our Winter Wellness Day continues to be an activity that our students recall as having a positive impact on them during their middle school experience. It is great for both the staff and students to have an opportunity to interact in this setting. I know students and staff are both looking forward to great day of learning, physical activity, and, hopefully, a little bit of fun as well!

As always, we look forward to continuing to work together as a team to provide your child with an educational experience that strives to meet the district's mission - Serve with Passion to Ignite Creativity, Innovation, and Excellence.

Go Panthers!

Ben Wopat
Principal
www.twitter.com/coachwopat
www.twitter.com/westsalemMS



"Meet Us in the Middle"





STUDENT DROP OFF AND PICK UP

For the safety of our staff and students, please **DO NOT** pull into the staff parking lots between 6:30-8:00 a.m. and 2:45-3:30 p.m. The parking lot is for staff parking **ONLY**. The student drop off and pick up area is all along the curb on East Avenue.

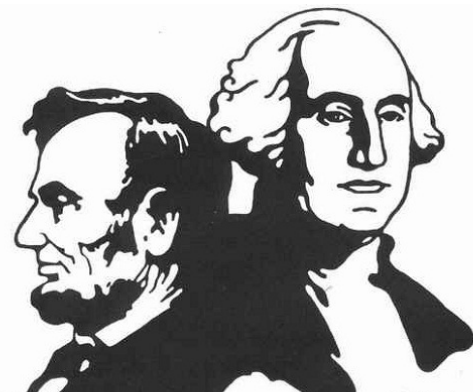
When you ignore this rule and drive into the staff parking lot, you put staff and students in danger of being injured or worse. Please, for the safety of our staff and students, drop off and pick up your child before and after school along the curb on East Avenue only. Thank you for your compliance with this safety rule.

President's Day

The Washington's Birthday public holiday is more commonly referred to as Presidents' Day in the United States and is dedicated to honoring George Washington, the first president of the United States. It is considered to be the first public holiday declared specifically to celebrate the life and accomplishments of one individual.

The public holiday is observed on the third Monday in February; however, George Washington's actual birthday was February 22, 1732. Because the observed date of Washington's birthday is not set for the third Monday in February, it is impossible for the holiday to ever fall on Washington's actual birthday. The latest possible date for the public holiday is February 21.

The holiday has been observed on a Monday since 1971. The United States Senate has a long-standing tradition to read Washington's Farewell Address every year in observance of his birthday. This tradition first started in 1862 and is still being practiced today.



*P*RESIDENTS *D*AY

Calendar of Events...

2 - GBB @ Westby 4pm
3 - Mathcounts Regional
6 - Forensics Level 1 @ Whitehall
7 - GBB @ Aquinas 4pm
8 - EARLY RELEASE - 12:20pm
9 - GBB HOME vs Sparta 4pm
13 - Gr. 8 Puffin Pastry kick off
13 - GBB @ Tomah 4:15pm
13 - Gr. 8 HS meeting 7pm
16 - GBB HOME vs Onalaska 4pm
16 - WINTER WELLNESS

17 - NO SCHOOL
21 - Gr. 7 School Forest
21 - GBB HOME vs Holmen 3:45pm
21 - Forensics Level 2 @ Bangor
22 - Gr. 7 School Forest
22 - Gr. 6 Play @ Heider Center
23 - GBB HOME vs Logan 3:45
27 - Gr. 8 Puffin Pastry orders DUE



Counselor Comments...

In A/A, we wrapped up January with lessons on positive identity pointing out the two aspects of the sense of self (self-concept and self-esteem) as well as taking a step towards career exploration. These lessons help to increase self-esteem, a sense of purpose, and strengthen our personal power. February's asset is positive values. We will focus on areas such as caring, compassion, empathy, gratefulness, and random acts of kindness. See if you can have your child "catch you being good" to others as an example! Cabin fever also tends to set in during February. Our annual Winter Wellness day is scheduled for Thursday, February 16. This is a fun and rewarding interaction between students and staff...as well as a great way to rejuvenate as we head into the home stretch of the school year! Thank you to all of the parents who stopped in to meet with teachers and/or advisors. We will have another "drop-in" style conference in April. Please do not hesitate to contact teachers in order to address any concerns whenever they may arise. Communicating with teachers is a good way to show our youth that everyone is working together to help support them and to ignite creativity, passion, and excellence for them.

Healthy Living...

The Healthy Living department will be starting their Human Growth and Development units this month. If you have any questions, please contact your child's teacher. As a friendly reminder, please remind your child to bring their PE clothes home to be washed weekly. We are hoping the weather starts to warm up so we can get outside!!! Mr. Vis and Ms. Becker are doing a tremendous job working with our students!



"Meet Us in the Middle"



WSMS Students of the Month

December



Grade 8



Annabel C.



Josh S.

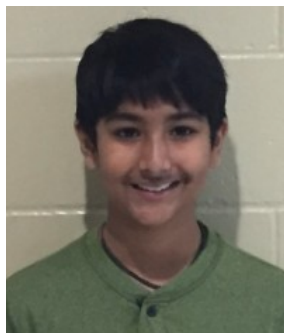


Maddie W.

Grade 7



Emily M.



Krish P.



Molly R.



left - Jacob H.



right - Shiwa X.

Luke N.



WSMS Students of the Month

January



Grade 8



Julia K.



Brady N.



Serena F.

Grade 7



Abby K.



Blaine W.



McKenna S.

Grade 6



left - Kate S.



right - Nick Z.



Madison M.



Reading - Mrs. Schultz

6th grade has started reading their novels centering around Civil Rights and social diversity in America during the mid 1900s. While reading these novels students will be focusing on the following:

- Choosing appropriate reading strategies to help better understand and remember the novel
- Analyze and identify social issues and instances of discrimination that were happening in the novel through personal reactions
- Make connections between background knowledge and the novel

- Use quotes from the novel in discussions, including personal reactions

Students are able to bring the books home and are assigned their first novel based on interest and reading level. Ask your student about their novel and find out what they have learned about their characters and this era so far!



Social Studies - Mrs. Jeranek

During the month of February, we will study what life was like for Ancient Romans. By the end of the unit your 6th grader should be able to...

- Explain how the geography and climate of this region affected the rise of the Roman Civilization.
- Describe how the resources and geography of this region affected how people lived and worked.
- Explain how and why this civilization fell.
- Analyze their accomplishments/contributions and how they relate to our world today.
- Identify the evidence that remains of this civilization today.



English - Mr. Tashner

We are busy, busy, busy working on our argument pieces. We have been breaking each paragraph apart and spending one class period for each paragraph. The paper will be due right before Winter Wellness. Make sure to ask your son/daughter about their topic and where they stand on the issue. We are continuing to work on verbs and review nouns!

**Science - Mrs. Jarosh**

It's electrifying what we have been doing in 6th grade science. We are "current"ly finishing our electricity unit and have completed various experiments with conductors, insulators, resistors, Ohm's law, and circuits. Near the end of the month, we will shift gears from learning about electrical energy to learning about how energy can be transferred in moving objects. We will be starting our force and motion unit after electricity. Below you will find the I can statements for the electricity unit. Happy February!

ELECTRICITY

- How do electric charges interact?
- What is an electric field?
- How is an electric current produced?
- How are conductors different from insulators?
- What causes electric charges to flow in a current?
- How does resistance affect current?
- What are the basic features of an electric current?
- How do you calculate electric power?



Math - Mrs. Jehn**Regular Math**

We are in Chapter 5 which includes ratios, rates, unit rates, percents, and converting measures. Ask your child to help you shop; they are working on finding the better buy using unit rate. They should also be able to help you find the gas mileage for your car or any other unit rate situation. We will finish the unit with percent. Practice using coupons and helping find sale prices will support their learning from this unit. Time to take them shopping with you!

Students will be working on Chapter 6: Integers and the Coordinate Plane starting in mid-February. For most students in our area and state,

understanding positive and negative integers comes easily because they have grown up in a place seeing positive and negative temperatures displayed. Later this year, when students learn to use the basic math operations with positive and negative integers, this concept becomes a little more difficult and students really have to extend their understanding of integers.

Accelerated Math

We finished Chapter 6 in January and rolled right into Chapter 7 titled Equations and Inequalities. Students have learned to write, solve, and graph equations and inequalities. Moving into Chapter 8 students will work on surface area and volume of three-dimensional figures including

prisms and pyramids. Chapter 9 will quickly follow teaching students about statistical measures. More familiar vocabulary for you would be finding the mean, median, and mode as well as quartiles, interquartiles, and range. Students will finish by learning about the mean absolute deviation. Chapters 8 and 9 are both short. They will take us right to the end of February or start of March.

**Success Center**

The Success Center is a resource room for students before and after school to receive help from staff who attend various classes in the building and are equipped to walk students through information they may have missed or just do not understand. It is also the place students make up tests and quizzes. It is open from 7am until 7:45am and again from 3:10pm until 4pm. If students attend the Success Center, parents are responsible for transportation to and from school.

Homework

Students should expect to have homework in math and reading on a regular basis. Math homework will be an extension of what is learned during class. Students will be given class time to work but most will have to take the homework home to complete it. In reading, students are expected to read an independent reading book nightly for a minimum of 20 minutes. Most other classes will have homework on an intermittent basis. You should not expect more than an hour of homework nightly. When absent, students should be getting the information missed off of [Edmodo](#).





Reading - Mrs. Rochester

The students just finished the dystopian unit and completed the project that demonstrated what they understood from the book. The students will continue working on close reading in the month of February. When the students close read, the fiction or nonfiction piece is read three times. Each time is to read for a different

meaning, which includes a general understanding of the piece, summarizing, and asking questions of the author. Seventh graders students will also be reading other pieces of literature, including plays and short stories. They will be looking at elements of literature, such as plot, mood, character motivation, point of view, etc.

Looking ahead to the end of the month, students will be starting an environmental unit. During this

unit, the students will read fiction books related to an environmental issue. Upon completion of the novel, the students will conduct research about a specific environmental issue and use the research to create a documentary in a small group. The students will also continue working with Greek and Latin roots. Seventh graders should also be reading at least 25 pages between reading classes..



Science - Mr. Baker

We are finally finishing up our genetics unit with a few fun labs including one of my favorites, "Supertasters!" Don't be surprised if your kids start questioning you about specific foods you dislike or give an argument as to why they do not like the taste of broccoli. This also mean we will be getting ready for one of the larger unit tests for the year, so encourage your kids to start looking back at their resources as this approaches. Once that is out of the way, we will begin to delve into the inner workings of DNA and molecular genetics! How does DNA code for all the things in your body? To find out, we will be creating our own secret messages using DNA as the code.

Our winter school forest dates are set for February 21 or 22! These dates may be adjusted slightly if we get any snow days between now and then, but be on the look out for more information as these dates approach. Half of the seventh graders go to the forest on the first day and the other half go on the second to try snowshoeing and cross country skiing while learning about winter adaptations, forest management, wolf behavior, and ecological succession.

Students will be outside for much of the day, so dress for the weather!!



Social Studies - Mr. Mahlum

In February students will start the Three Branches of Government Unit. We will begin by looking at the Executive Branch. Students will examine the qualifications, jobs, and roles of the President. Students will also look at the cabinet department and other agencies that make up the executive branch. Towards the end of February we will start on the legislative branch.

Project & Inquiry - Ms. Ebert

Students completed their Air Skimmer after measuring, folding, taping, glueing, testing, and modifying. With the ultimate goal of exceeding 40 feet, some skimmers effortlessly zoomed nearly 60 feet across the cafeteria floor! On the other hand, some skimmers came apart or flipped chaotically when launched. It's a fun project which emphasizes the value of working accurately and following directions.

Earlier this trimester we enjoyed the opportunity to explore 3D modeling via the Tinkercad site, and students were invited to print their creation. We've returned to three-dimensional exploration, this time developing our drawing skills. Students are learning to create multi-view drawings which include orthographic (two-dimensional) and isometric (three-dimensional) views of a particular object. It can be quite challenging for the brain as it gives them a glimpse into the world of technical drawing.

We'll soon apply technical drawing and 3-D knowledge as we work with AutoDesk Inventor, a CAD (computer aided design) program. Using this powerful program gives students a look into the "real world" of 3D design and modeling. AutoDesk Inventor can be used to develop files necessary to manufacture everything from legos to screws to jet engines!

Seventh graders will conclude this year's P&I experience when the trimester ends March 7.



Math - Mr. Jones**Regular Math**

We will be working through Chapter 6: Percents. The common core standards for Chapter 6 are:

- *Compare fractions, decimals, and percents.
- *Use proportionality to solve percent problems.
- *Use the percent equation.
- *Solve percent problems involving percents of increase and decrease, and simple interest.

Advanced Math

We will be finishing Chapter 4: Graphing and Writing Linear Equations, and will start Chapter 5: Systems of Linear Equations. The common core standards for Chapter 4 are:

*Use similar triangles to explain why the slope is the same between any two points on a line.

*Graph proportional relationships, interpreting the unit rate as the slope.

*Compare proportional relationships represented in different ways.

*Derive $y = mx$ and $y = mx + b$

The common core standards for Chapter 5 are:

* Show that a linear equation in one variable has one solution, infinitely many solutions, or no solution by transforming the equation into simpler forms.

*Solve multi-step equations.

*Understand that the solution of a system of two linear equations in two variables corresponds to the point of intersection of their graphs. *Solve systems of two linear equations in two variables graphically and algebraically.

*Solve real-world mathematical problems leading to systems of two linear equations in two variables.

English - Mrs. Martinson

The 7th graders are finishing up their Gathering Fireflies Vietnam War research paper. The students will then be creating a presentation to teach their classmates about their topic. We have taken a bit of a break from our compound sentences, so we will be back to practicing compound sentences. Then students will be reading and discussing several articles in preparation for the argument writing, which is the 3rd trimester writing piece. We will be finishing up verbs in February and get started working on pronouns.

Trees for Tomorrow Trip

On January 11-14 twelve seventh grade students made a treacherous journey to Trees for Tomorrow located in Eagle River, WI. Along the way we stopped at the UW-Stevens Point planetarium to learn about stars and planets in our night sky, which proved very useful on our night hikes later in the week! The purpose of this trip was for students to learn about winter animal adaptations, forestry, and field science skills while practicing healthy lifestyle activities like snowshoeing and cross country skiing.

Even when temperatures were 14 below zero, we were out in a forest on snowshoes identifying trees and looking for signs of animal activity. Being in the forest creates a unique opportunity for students to experience the science content rather than simply being taught it in a classroom, making it much more meaningful. At the same time, it allows for many of Mrs. Olson's "life lessons" to be put to the test. Perseverance, a positive attitude, problem solving, and interpersonal communication were all put into play while trying to traverse hills on cross country skis!





Math - Mrs. Bentzen Regular Math (Chapter 5)

We will learn how to solve systems of linear equations.

The objectives for Chapter 5:

- *write and solve systems of linear equations by graphing
- *write and solve systems of linear equations by substitution
- *write and solve systems of linear equations by elimination
- *solve systems of linear equations with no solution or infinitely many solutions
- *solve linear equations by graphing a system of linear equations
- *solve real-life problems by using systems

Algebra (Chapter 6)

We will learn how to solve and graph linear inequalities.

The objectives for Chapter 6:

- *write, solve and graph one-step and multi-step inequalities
- *learn to reverse an inequality sign when multiplying or dividing by a negative number
- *solve and graph compound inequalities using “and” and “or”
- *solve absolute value equations using “or”

- *solve and graph absolute value inequalities using “and” and “or”
- *graph linear inequalities in two variables

English - Mrs. Sackett

In 8th grade English, we are working hard to finish our NHD research papers. It's been a long process, but all of the work we've put in has helped immensely for the National History Day projects in Social Studies. The next genre of writing we will tackle is an argument piece. This year, students will be able to select a topic of their choice for their argument. As we continue to strive to write a variety of sentence types, the improvement is obvious. We continue to practice on a regular basis and have gotten strong at both compound and complex sentences. In our parts of speech studies, prepositions will be the next we will review and learn more about.

Regional Spelling Bee will be on February 8.

Congrats to Maria Horman and Brynn Hofmeister!



Social Studies - Ms. Morgan

The 8th grade students have nearly completed their National History Day project. Websites, exhibits, performances, historical papers, and documents of all sorts are done. We only have bibliographies, process papers, and presentations to complete. Watch next month for students representing WSMS at the regional competition at UW-La Crosse.

Congratulations to Adam Roggee for being the school level National Geographic Geography Bee. Adam has completed the state qualifying test and awaits word on whether his results will qualify him to participate in the state competition in Madison.

Now that our new president has been inaugurated, we will begin exploring the earlier years of our republic from Washington through Jefferson. It is during this time period that much of

the workings of our government were developed. At the end of our study, students should be able to:

- explain the precedents that George Washington set for future presidents
- describe the challenges the United States faced as a newly formed nation in developing relations with foreign countries such as Great Britain, Spain, and France
- illustrate the growth of our country through the early 1800s and the challenges it presented our country

Science - Ms. Smith-Waller

It is hard to believe we are more than half-way through this school year already! We will be finishing up Earth's surface this month with our end project being a timeline of Earth's geologic history. I am excited to look ahead where we will be learning about the Earth's interior focusing on plate tectonics, earthquakes, volcanoes, and mineral and rock classifications. Keep up

the great work as we go through the second half of the year!

Unit Objectives:

1. Describe the unique geological features in Wisconsin (moraines, drumlins, drift-less area, etc).
2. Describe the events in Earth's history and identify the geological time periods in Earth's history.

Future Objectives

3. Describe the processes of plate tectonics, the types of plate boundaries, sea-floor spreading, and subduction and explain the evidence of why each of these processes happen.
4. Understand how plate tectonics can cause earthquakes, volcanoes, and mountain ranges and use data to predict these events.



Reading - Ms. Friell

Independent Reading: Every student is reading a book of his/her choice. This is required daily reading. They should be reading these books at home on a daily basis (a minimum of 20 minutes). They are also given 20 minutes to read their choice books during every Reading class. Please ask your son/daughter to tell you about what he/she is reading.

Journal Entries: Students are required to complete journal entries (in class) in a notebook that is kept in their binders. They will write about their own books and the class read-aloud. Journal entries ask them to address specific aspects of the books (story elements, literary devices, mood, tone, style, etc.). Journal entries are checked/graded every few weeks.

Vocabulary: In addition to "A Word A Day" (from the book *100 Words Every Middle Schooler Should Know* and www.englishcompanion.com), we have started studying Greek and Latin roots (we practice a different root every week). We also work with new words in the fiction and non-fiction we read as a class.

In the beginning of January students wrote an essay about *Freak the Mighty* by Rodman Philbrick. This taught them essay structure and using supporting details to write about characters, plot, and theme.

Then students materials relating to MLK, Jr. They read a short biography about him and made a timeline of important events in his life. Students also read an editorial about MLK, Jr. and interpreted images related to him.

In conjunction with the 8th grade Career Day (which students unfortunately didn't attend due to weather), they read a resume and wrote one themselves.

During February 8th graders will read *The Diary of Anne Frank* (the play version) in class. They will also read supplemental non-fiction material about WWII, entries from Anne Frank's diary, and learn about propaganda.

Art - Ms. Engen

The 8th graders are currently sculpting an object out of clay that is significant to them. In February, they will be designing and voting on their class t-shirt, as well as painting a canvas piece to represent a favorite quote.





8th grade fundraiser for end of the year class trip/activities.

8th graders will once again be selling Pastry Puffins as a fundraiser

Order sheets will be **handed out on February 13** and will be **due back to their 8th grade teachers on February 27**. The pastries will be **delivered on March 10**.

Pastries come in apple, blueberry-cream, caramel, cinnamon, cream cheese, and strawberry-cream. A box costs \$12.00. **The student will receive \$5.00 for every box sold.**

This is an individual fundraiser -- each student will have his/her profit deducted from the cost of the last week of school activities (either the DC trip or from the cost of the field trips back here at school during the last week of school).

Can you believe that your 8th grader is moving on to high school?

**The Class of 2021
West Salem High School Registration Meeting
Monday, February 13th
at 7:00pm in the Heider Center Auditorium.**

Bring your 8th grader and something to write with so notes can be taken. We will be handing out a REQUIRED course selection form that needs to be filled out and returned to Mr. Lang on or before Thursday, February 16th.

***The high school counselors, Julie Arentz/Maddie Vincent will be meeting with the 8th graders on Feb. 2nd during their scheduled math class to meet the students and tell them a little about high school before this meeting.





Mathcounts News:

Our 2017 team has been determined! We had three in-school competitions (one in November and two in December). The top ten students in grades 6-8 make the team.

The following ten students will be a part of our 2017 team.

Grade 6: Brennan Holst

Grade 7: Adam Chandler, Elsa Mitchell, and Calista Robaczewski

Grade 8: Evan Domnie, Max Goetz, Ethan Heger, Ava Huth, Adam Rogge, and Wolf Weiss

We will travel to UW-LaCrosse on Friday, February 3rd to compete at the Regional level. Students who qualify will then travel to Sheboygan on Friday, March 3rd to compete at the State level. Good luck to all our Mathletes.

Mrs. Bentzen & Mr. Jones



General Music 6 “Keyboards and More” - Mrs. Glasel

The students are continuing to work on their keyboard skills as they are learning about the intervals of a 4th and 5th. More of our songs have both hands playing together and doing two different things at once.

They have also been learning about the music affects our mood, learning and memory, and the Science of Sound: sound production, how we hear, and the prevention of hearing loss. As hearing loss is occurring at a much younger age than in the past, it is an important subject to understand why it is happening and what we need to do to prevent it. They are learning which sounds they can listen to at a safe decibel and how long they can listen before hearing damage could occur.

Our Music Alive magazine articles this month focus on the tuba, the didgeridoo, the Antiphone controller, and Big Band music.

General Music 7 “Guitars and Musicals” - Mrs. Glasel

These students are continuing to advance on the guitar. They are working on being proficient at using the first 3 strings and the 1-finger chords of C, G, and G7. Soon they will be playing songs that add the 4th string.

They will also continue to watch and respond to musicals. They are in the process of watching Fiddler on the Roof, and then they will watch a more lighthearted musical based on 50s pop culture called Bye Bye Birdie.

General Music 8 “Keyboards and Guitars” - Mrs. Glasel

Students who are on their 2nd trimester of their instrument are learning about:

Guitar - pitches on the 5th string and how to read tablature

Keyboard - how to read music in the middle C hand position and tempo markings

Students who are on their 1st trimester of their instrument are learning:

Guitar - more songs working on the first 3 strings along with learning a 1 finger C chord

Keyboard - the intervals of a 2nd, 3rd, and 4th, playing melodies that skip keys, and playing harmonies with 2 or more keys at the same time

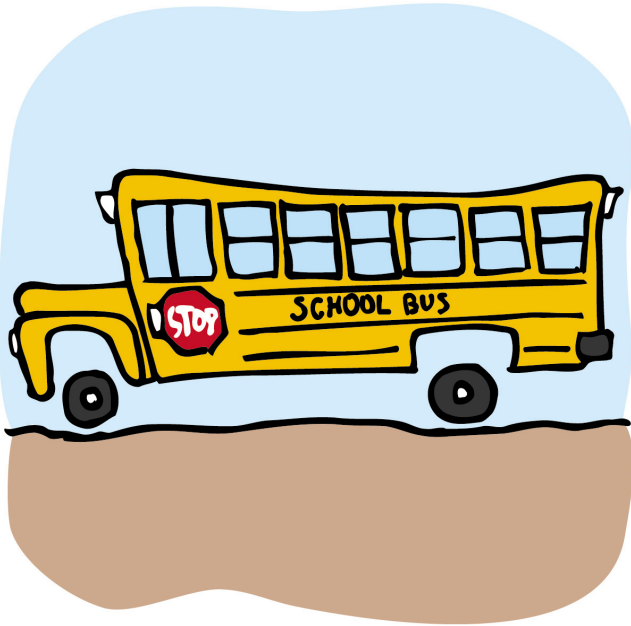
6th Grade Choir Ms. Nimm - 6th grade students will be starting February by completing a written reflection on their January concert and by watching an old movie musical. Before the group begins new concert music, they will learn about choir voicing and how choir music is arranged. This will be very important as they pick out any song they want to for the May concert! In the middle of February, the group will get back into the “swing of things” with regular rehearsals that include warming up, sight-singing, and learning the melody and harmony to new concert music.

7th Grade Choir Ms. Nimm - 7th grade students are exploring music from around the world as they prepare for their concert in May. Students have been learning how to write in pronunciations and translations to help them understand music in a foreign language. Also, through several rounds of voting, the class has chosen a popular song to sing at their concert.

8th Grade Choir Ms. Nimm - 8th grade choir students have been working on a unit about expression in music. They are practicing using different tempos, dynamics, and special markings, to make their performances more interesting to listen to. They are also finishing the process of selecting a program for their May concert. All students submitted a concert program with a theme and songs that the group would be able to sing. The group ranked the programs to come up with a final selection.

Soundscapes Ms. Nimm - Students in Soundscapes will begin a World Drumming unit. They will be learning how to play a variety of percussion instruments, as well as the culture of drumming circles. Students will have the opportunity to learn a complicated drumming ensemble from 8th graders in African Drumming by way of a “How To” video. Soundscapes students will record themselves performing the ensemble and share them back with the African Drumming students!

African Drumming Ms. Nimm - Students in African Drumming are working on Ensemble 5, a complicated ensemble from South America. The assessment for this unit will be creating a “How To” video to be shared with the students in Soundscapes. The 7th grade students will watch the videos and try to put the ensemble together, then make a video of themselves to be sent back to the African Drumming students for evaluation.



Early Release Dates
Wednesdays - Release at 12:20
Buses leave at 12:30

February 8

March 15

May 10

NEEDED **Substitute Teachers** **NEEDED**
Substitute Paraprofessionals (aides)

If interested, go to <www.wsalem.k12.wi.us>
under Employment Opportunities for a substitute
application or stop at the District Office
at 405 East Hamlin Street, West Salem
OR call 608-786-0700.

The West Salem School District prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact the Pupil Services Director at (608) 786-0700. To file a complaint of discrimination write to: Pupil Services Director at 405 East Hamlin Street, West Salem, WI 54669 or call (608)786-0700. The West Salem School District is an equal opportunity provider and employer.



February 2017

West Salem Middle School Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		<ul style="list-style-type: none"> Pancake on a Stick Reduced Sugar WG Cereal Variety Applesauce Cup Fruit Infused Craisin - Orange 	<ul style="list-style-type: none"> Colby Cheese Omelet Whole Wheat Toast Reduced Sugar WG Cereal Variety Bananas Raisins 	<ul style="list-style-type: none"> Breakfast Sandwich - Sausage, Egg & Cheese Reduced Sugar WG Cereal Variety Grapes Assorted Fruit Juice
6	7	8	9	10
<ul style="list-style-type: none"> Egg, Cheese & Sausage Breakfast Pocket Reduced Sugar WG Cereal Variety Mandarin Oranges Whole Fruit Selection 	<ul style="list-style-type: none"> Sausage Breakfast Bagel Reduced Sugar WG Cereal Variety Assorted Fruit Juice Whole Fruit Selection 	<ul style="list-style-type: none"> Plain Bagel Cinnamon Raisin Bagels Cream Cheese Cup Applesauce Cup Fruit Infused Craisin - Cherry 	<ul style="list-style-type: none"> Mini Waffles - Maple Madness Reduced Sugar WG Cereal Variety Bananas Raisins 	<ul style="list-style-type: none"> Fruit and Yogurt Parfait Granola - Nut Free Reduced Sugar WG Cereal Variety Assorted Fruit Juice
13	14	15	16	17
<ul style="list-style-type: none"> Colby Cheese Omelet Whole Wheat Toast Reduced Sugar WG Cereal Variety Mandarin Oranges Whole Fruit Selection 	<ul style="list-style-type: none"> WG Cinnamon Roll Reduced Sugar WG Cereal Variety Assorted Fruit Juice Whole Fruit Selection 	<ul style="list-style-type: none"> Banana Bread Cheese Stick - Colby Jack Reduced Sugar WG Cereal Variety Applesauce Cup Fruit Infused Craisin - Blueberry 	<ul style="list-style-type: none"> Frudel Pastry - Apple Reduced Sugar WG Cereal Variety Bananas Raisins 	No School!
20	21	22	23	24
<ul style="list-style-type: none"> Mini Pancake Maple Burst'n Mini Pancake Strawberry Splash Reduced Sugar WG Cereal Variety Mandarin Oranges Whole Fruit Selection 	<ul style="list-style-type: none"> Scrambled Eggs Whole Wheat Toast Reduced Sugar WG Cereal Variety Assorted Fruit Juice Whole Fruit Selection 	<ul style="list-style-type: none"> Pancake on a Stick Reduced Sugar WG Cereal Variety Applesauce Cup Fruit Infused Craisin - Orange 	<ul style="list-style-type: none"> Colby Cheese Omelet Whole Wheat Toast Reduced Sugar WG Cereal Variety Bananas Raisins 	<ul style="list-style-type: none"> Breakfast Sandwich - Sausage, Egg & Cheese Reduced Sugar WG Cereal Variety Grapes Assorted Fruit Juice
27	28			
<ul style="list-style-type: none"> Egg, Cheese & Sausage Breakfast Pocket Reduced Sugar WG Cereal Variety Mandarin Oranges Whole Fruit Selection 	<ul style="list-style-type: none"> Sausage Breakfast Bagel Reduced Sugar WG Cereal Variety Assorted Fruit Juice Whole Fruit Selection 			

More Details: <http://wsalem.nutrislice.com/menu/west-salem-middle-school/breakfast/>
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February 2017

West Salem Middle School Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

- Cheese Pizza - Personal Pan
- Cheeseburger
- Hamburger
- Capri Vegetable Blend
- Pears

2

- Mini Corn Dogs
- Fish Sticks
- Goldfish Crackers
- Sweet Potato Tater Tots
- Tropical Fruit Salad

3

- Super Bowl Celebration!**
- Boneless Breaded Chicken Wings
 - Bratwurst on a Bun
 - Baked Chips - Original
 - HomeStyle Baked Beans
 - Fresh Sliced Apples
 - Dipping Sauce Bar

6

- Klement's Hot Dog
- Meatball Sub
- Roasted Potato Fusion
- Peaches

7

- Cheesy Garlic French Bread Pizza
- Marinara Dipping Cup
- Buffalo Chicken Pizza
- Green Beans
- Applesauce

8

- Homemade Sloppy Joe
- Chicken Patty - Hot and Spicy
- California Blend Vegetables
- Pears

9

- Cuban Flatbread Sandwich
- Creamy Mac N' Cheese
- Baked Sweet Potato Crinkle Fries
- Mixed Berry Blend

10

- Walking Tacos
- Chicken and Cheese Quesadilla
- Refried Beans
- Orange Halves
- Taco Topping Bar

13

- Chicken Nuggets
- Pepperoni Pizza - Slice
- Animal Crackers
- Redstone Potato Wedge
- Mandarin Oranges

14

- Valentine's Day!**
- Tater Tot Hot Dish
 - Chicken Tortilla Soup
 - Corn Bread Muffin
 - Honey-Glazed Carrots
 - Fruit Smoothie Pops

15

- Bratwurst
- Chicken Bacon Ranch Wrap
- HomeStyle Baked Beans
- Pears

16

- Winter Wellness Day!!
- Mini Corn Dogs
 - Panther Pack
 - Craisin
 - Mixed Vegetables
 - No Garden Bar today

17

No School!

20

- Oven Roasted Chicken
- Turkey BLT on White Wheat Sandwich Bread
- Roasted Brussel Sprouts
- Peaches

21

- Chicken Fajitas
- Pork Taco Meat
- Soft Shell Tortilla
- Tortila Chips, round
- Black Bean Corn Salsa
- Strawberry Cups

22

- BBQ Teriyaki Chicken
- Popcorn Chicken
- Brown Rice
- Stir Fry Vegetable Blend
- Pears

23

- Pasta with Alfredo Sauce
- Pasta with Chicken Cajun Alfredo
- Garlic Breadstick
- Corn
- Mixed Berry Blend

24

- Three Cheese Calzone
- Mozzarella Stuffed Breadstick
- Marinara Dipping Cup
- Potato Smiles
- Applesauce

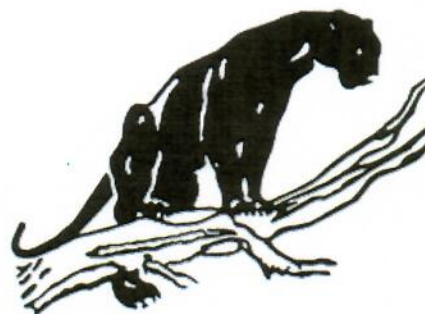
27

- Cheesy Mac Bake
- BBQ Pork Rib Sandwich
- Steamed Broccoli
- Pineapple Tidbits

28

- Chicken Nuggets
- Chef Salad w/ham & cheese
- Cheez-It Crackers
- Harvest Moon Blend Vegetables
- Orange Halves

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WEST SALEM SCHOOL DISTRICT 2017-2018 CALENDAR



AUGUST 2017				
M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29*	30*	31	

SEPTEMBER 2017				
M	T	W	T	F
				NS
NS	5	6	7	8
11	12	13	14	15
18	19	ER	21	22
25	26	27	28	29

OCTOBER 2017				
M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	NS
23	24	25	NS*	NS
30	31			

NOVEMBER 2017				
M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	ER	16	17
20	21	NS	NS	NS
27	28	29	30	

DECEMBER 2017				
M	T	W	T	F
				1
4	5	6	7	8
11	12	ER	14	15
18	19	20	21	NS
NS	NS	NS	NS	NS

JANUARY 2018				
M	T	W	T	F
NS	2	3	4	5
8	9	10	11	12
15	16	17	18	19
NS*	23	24	25	26
29	30	31		

FEBRUARY 2018				
M	T	W	T	F
			1	2
5	6	7	8	NS
12	13	ER	15	16
19	20	21	22	23
26	27	28		

MARCH 2018				
M	T	W	T	F
			1	2
5	6	ER	8	9
12	13	14	15	NS
19	20	21	22	23
26	27	28	29	NS

APRIL 2018				
M	T	W	T	F
NS	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	NS*
30				

MAY 2018				
M	T	W	T	F
	1	2	3	4
7	8	ER	10	11
14	15	16	17	18
21	22	23	24	25
NS	29	30	31	

JUNE 2018				
M	T	W	T	F
				1
4	5	6	7	SD
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

First Day of School: September 5, 2017
Last Day of School: June 7, 2018
Graduation Day: May 27, 2018
Early Release Days:
 September 20, November 15,
 December 13, February 14,
 March 7, May 9
October 16: Annual Meeting

SERVE WITH PASSION TO IGNITE CREATIVITY, INNOVATION, AND EXCELLENCE

NS = No School for students

ER = Early Release (Students dismissed at 12:20, Buses leave at 12:30)

SD = Snow Day or Make-up date (June 8)

*** = Teacher Inservice (August 29 & 30, October 26, January 22, April 27 + 2 Floating)**

11/14/16



Middle Years

Working Together for School Success



Short Stops

In touch with teachers

Your child's teachers are happy to hear from you when things are going well, not just when you have a concern. Consider emailing each one at least once this school year "just because." You could mention an assigned novel your tween enjoyed or a science experiment she found interesting.

E-cig use on the rise

Fewer middle graders are smoking regular cigarettes these days, but more are turning to electronic smoking devices called e-cigs. Make sure your tween knows it's against the law for minors to use them. Plus, using e-cigs could get him hooked on nicotine and start an unhealthy habit.

Look ahead to college

It's not too early to start talking to your tween about higher education. If you attended college, tell her about your favorite courses and extracurricular activities. Or connect her with a neighbor or cousin who's in college now. The student could explain what it's like to apply and choose a school—and maybe even give your youngster a campus tour.

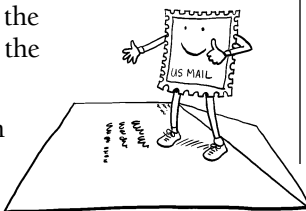
Worth quoting

"That is what learning is. You suddenly understand something you've understood all your life, but in a new way." *Doris Lessing*

Just for fun

Q: What did the stamp say to the envelope?

A: Stick with me and we'll go places!



Handling tween behavior

Middle schoolers can be wonderful—but they can also keep parents on their toes with unpredictable behavior. Consider these ways to deal with typical issues you may face.

Cooperation

Twens want to be more independent, and one way they try to prove it is by not cooperating with adults. When possible, give your child a sense of control by letting him decide how and when he does a task. You could say, "Would you rather shovel snow before you go sledding or when you get back?"

Attitude

If your youngster sometimes has an "attitude," try to speak calmly so you model how you want *him* to speak. And insist on respectful behavior—if he isn't speaking to you nicely, tell him you'll listen when he can be polite. Point out behaviors you want stopped (muttering

under his breath, saying "whatever"), and explain why they are disrespectful.

Privacy

Middle graders often need time alone as they figure out who they are as individuals. The good news is, you can give your tween space without losing touch. For example, knock on his door and ask how he's doing, or invite him to run an errand with you. Also, be sure to have him join in on family outings, even if he protests at first. 👍



Edible engineering

Encourage your tween to combine engineering with food as she learns basic design principles. Try these ideas.

Food on the move. Can your child make a pulley that will move a snack from one place to another? Have her choose a snack and gather paper towel tubes, string, straws, empty ribbon spools, and pieces of cardboard. Let her design her pulley, test it, redesign it to fix any problems, and test it again until she has one that "delivers" her snacks.



Spaghetti "magic." How tall can your middle grader make a spaghetti tower that will support a large marshmallow? She could build it with uncooked spaghetti and marshmallows and then balance a marshmallow on top. Using what she learned from her first attempt, she can try again and aim higher. 👍

Good point!

Making a logical argument is something your child will need to do well in school—and later, on the job. Why not help her practice at home with a fun family debate? Here's how.

1. Choose your topic. First, pick a question that will encourage a friendly debate. *Example:* “What makes a better pet, a cat or a dog?” Then, let one person be a judge, and have everyone else pick a side.



2. Prepare your case. The people on each side write down at least three reasons why others should agree with them, including facts to support opinions. For instance, if you write “Cats are more low maintenance,” a supporting fact might be “They don't need to be walked.” Or if your argument is “Dogs are more fun,” a fact could be “Dogs learn tricks more easily.”

Remember this (and that)

Does your middle grader complain that he studied hard for a test and then forgot some answers when he took it? Suggest strategies like these to strengthen his recall.



3. Defend your side. Take turns stating your arguments and backing them up. It's up to the judge to decide who made a stronger case! Let a person from the winning side become the next judge, and debate again. 👍

A house full of facts

“Placing” information in rooms of a house provides a visual guide. As your tween “walks through” the house in his mind, the rooms will help trigger his memory. To recall figures of speech, he might picture opening a kitchen refrigerator and finding *cold coconut cookies*—that's alliteration. In the living room, he could imagine a couch *as soft as a cloud*—a simile.



Q & A

No more “I can't”

Q Sometimes before my son even tries something, he'll say, “I can't do it!” I'd like to help him be more confident, but how?

A Your child might get rid of his “I can'ts” by putting them on paper. He could write, “I can't do this math formula” or “I'm not good at basketball.” Then, have him tear the paper into pieces and throw them away. He may find that this action gives him a fresh start.

Also, encourage him to add the word “yet” when he says he can't do something. *Examples:* “I can't do that math formula yet” or “I'm not good at three-point shots yet.” That will remind him that it's a matter of time and effort until he *can*. For instance, he may get the wrong answer the first time he uses a new math formula. But with practice and hard work, he'll begin applying the formula correctly. 👍



Silly stories

Suggest that your child make up a sentence or story linking facts he needs to remember. Say he is studying the Minoans, an ancient civilization. He might think: “A Minoan found a bar of bronze on an island made of concrete.” That would help him recall that the Minoans lived in the Bronze Age on an island named Crete. 👍

Parent to Parent

A library helper

Ever since my daughter Riley was little, she has always loved going to the library. We make it a point to go every Saturday morning to check out books and return the ones we've read.

Recently, I found out that our local branch was short on volunteers and was looking for people of all ages. When I mentioned this to Riley, she

asked if we could help. I called the library, and they said they would be thrilled to have us and would train Riley and me together.

Now we volunteer a couple of hours a month. Riley is enjoying the experience. I'm glad to see her providing a community service—plus, she's always bringing home new books to read! 👍



OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

Resources for Educators, a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
540-636-4280 • rfecustomer@wolterskluwer.com
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