

WEST SALEM MIDDLE SCHOOL

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West Salem, WI 54669
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Principal - Ben Wopat
Associate Principal - Mike Johnson

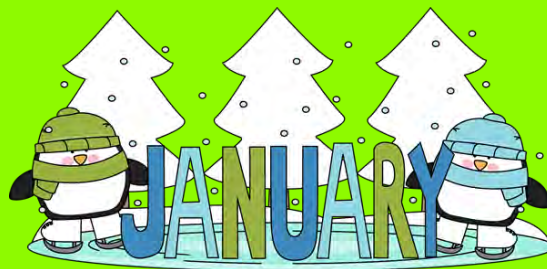
SPECIAL POINTS OF INTEREST:

*Winter Break
December 24 - January 1
*NO SCHOOL January 21

Inside this Issue:

Upcoming Dates Counselor Comments P/T Conference Info	2
Students of the Month	3
Grade 5 news	5
Grade 6 news	6
Grade 7 news	8
Grade 8 news	10
Music Healthy Living	13
Forensics Gr. 8 Baby photo	14
Mathcounts Cancellation info	15
Spelling and Geo Bee	16
Success Center Homework Early Release dates	17
Lunch Menu	18
Bridging Brighter Smiles	19
Middle Years	22

Volume 7 - Issue 6



2019

*In the midst of winter, I found there was,
within me, an invincible summer.*
-Albert Camus-

Dear Families,

Welcome back! I hope you and your children had the opportunity to spend quality time with family, friends, and loved ones during the time away from school. It's important to take advantage of these moments, so we can rejuvenate, refocus, and approach the new year with a renewed sense of purpose.

We ended the month of December with a student awards assembly and talent show. Honor Roll and High Honor Roll students were recognized along with student participants in school activities. A great activity for the entire building! Our annual Christmas Basket food drive held in conjunction with the West Salem Lions Club was also a huge success. Due to the commitment and generosity of students, families, staff, and community members, we were able to fill **50** food baskets for local families in time for Christmas. Well Done Panthers!

I wanted to take a moment to share a few cold weather FYI's as they relate to school. Any cancellations of afterschool programs or co-curricular activities or events will be placed on our school website as soon as the decision to cancel them has been made. Please be sure to check the website if you think something may be canceled due to inclement weather. On most winter days students will continue to go outside for recess. This is an opportunity for our middle school students to get outside, move, play, and get some fresh air. We encourage & remind students to dress for the weather when they go outside.

Our Trimester 2 Parent Teacher Conferences will be held on Monday, February 4th. For these conferences, we will have a drop-in format where families can visit teachers in their rooms. More details on this and other calendar events can be found on page 2.

As we make our way through the winter months let's take advantage of this time and make sure our students continue to approach each school day with purpose. While staying warm may be a seasonal focus right now, it's important to remember that hard work, learning, and achievement develop the *invincible summer* that our students can carry with them through every season.

Warmly,

Ben Wopat
Principal
Twitter.com/coachwopat



"Meet Us in the Middle"



Calendar of Events...

- 3 - School Spelling Bee
- 4 - School Geography Bee
- 17 - Mid - Term 2
- 17 - Girls BB vs Onalaska 4:00
- 21 - NO SCHOOL -teacher inservice
- 22 - Gr. 6 Band/Choir Concert 7:00
- 22 - Grils BB at Aquinas 4:00
- 24 - Girls BB vs Holmen 3:45
- 28 - District Jazz Concert 7:00
- 31 - Girls BB vs Lincoln 3:45



Counselor Comments...

We certainly ended another year on a very positive and supportive note. In conjunction with the West Salem Lions Club, we helped to assemble 50 food boxes for area families! What a tremendous example of people (kids and adults alike) caring for other people! Panther Pride at its best. A huge "thank you" to everyone who helped support our community service projects. We will ring in the new year with our all-school Spelling and Geography Bees. Congratulations and good luck to all of our participants. Positive Identity will be the focus for our Homeroom lessons in January. Topics such as self-esteem, sense of purpose, and personal power will be addressed in our activities. Everyone is leading busy and hectic lives, yet be sure to take the time for people and events that are truly important in life. This will undoubtedly reinforce positive identity in our young adults by increasing their self-esteem and providing them with a sense of purpose!

Wishing you a joyous and prosperous new year all through the year!

Mr. Lang
School Counselor

Parent/Teacher conferences for the 2nd trimester will be held on Monday, February 4. For these conferences we will be stepping away from our "traditional" meet with your child's homeroom teacher. Instead, parents/students will go to the teachers' rooms/locations they feel they need to meet with. Parents will not need to sign up for a conference time as they will be "cafeteria style" with teachers in their classrooms. Conference time with individual teachers should be no more than 10 min each. If you feel you need more time, please contact the specific teacher to either phone or e-mail you. Prior to attending please log into Skyward and review your child's current grades and check if there are any missing assignments. If you need assistance with your login or to re-set your password, please contact the school office at 608-786-2090.

Famous Birthdays in January -

Cuba Gooding

Eli Manning

Kate Middleton

Drew Brees

Muhammad Ali

Dwyane Wade

Michelle Obama

Oprah Winfrey



"Meet Us in the Middle"



WSMS Students of the Month

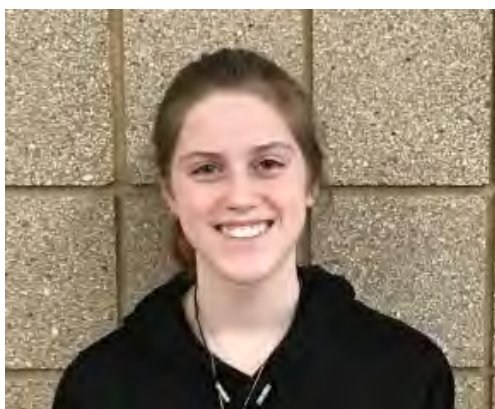


Grade 8

Ever W.

Cameron S.

Jayden H.



Grade 7

Brennon G.

Autumn B.

Hutson H.



Grade 6

Logan O.



Makinlee M.



Ethan H.



Grade 5

Madeline H.



Tyson Labus



Emma G.



JANUARY

5th Grade Update

Math:

Students will be finishing up multiplying fractions and start working on dividing with fractions and whole numbers. The biggest focus will be on problem solving and understanding what is really happening as they multiply and divide fractions.



Reading:

Students will continue to focus on nonfiction reading and comprehension skills. They will be wrapping up finding the main idea and supporting details. Then they will start to work on different nonfiction text structures.

Writing:

Students will finish their nonfiction writing projects. They got to choose a topic and create a Google Slides book about that topic. The students are focusing and on creating well organized paragraphs and integrating text features into their writing.



Art - Mrs. Hemker

We will continue to work on portraits in January. Our first will be Realistic self portraits, created in black and white using shading pencils. Students will also create an altered magazine portrait, using a variety of materials. We also hope to begin our painted portraits this month.

Science:

Students will start their next science unit in January. This unit will focus on planets and space. As part of this unit, student will complete a project about space-related topic. Part of the research and writing might be done during their homeroom classes, but the majority of the project will be completed during science class.



D.A.R.E:

Students will continue having weekly D.A.R.E. lessons with Deputy Bauer. This will eventually lead to a cumulative paper and visual project.

Social Studies:

Students will be taking a break from their Social Studies curriculum during their Science unit. Their next unit will be focused on colonization and the American Revolution.

Spanish - Ms. Rose

¡Feliz Año Nuevo! Fifth graders are wrapping up the Las Posadas unit by finishing their piñatas. We'll continue to talk about cultural traditions including el Día de los Reyes Magos. Students will be able to describe themselves with basic characteristics - yo soy. In January, we are also going to begin our food unit, likes and dislikes. ¡A mí me gusta!

6

Reading - Mrs. Schultz

January will begin the 6th grade unit on Social Issues. During this unit students will explore discrimination and social issues, and read one or more novels dealing with race relations in the mid-1900s. The unit begins with mini-investigations on important events and people of the Civil Rights Era. We will look critically at some of the actions and opinions of people during the Civil Rights Movement and those in the novels, revisiting and connecting with the types of conflicts we explored in *Touching Spirit Bear*. Another aspect of this unit is to realize the diversity of human experience and see this period of our history through the eyes of newspaper reporters, people who were living at the time, and the characters in our novels. Students will also be working with words again this month. Happy 2019!

Social Studies - Mrs. Jeranek

With the New Year, comes new adventures in 6th Grade Social Studies! In December we learned about Greece's geography and economy. January's adventure will be important battles between Greek city-states, such as Athens and Sparta, and Persia. We'll also learn about the leadership of Alexander the Great and his impact on Greece! Bring on the cold weather, our classroom will be filled with heated battles in January of 2019!

**Science - Mrs. Jarosh**

In December, we wrapped up our Matter and its Interactions unit with a Element, Atom Project and test. Students worked very hard to grasp the new concepts and projects reflected their learning!

The new year brings a new unit in science, "Motion and Stability: Forces and Interactions." Students will learn and explore Newton's laws as well as electricity and magnetism. This unit provides many hands on experiences such as using magnetic filings to see the magnetic field lines, building electric circuits, and constructing rubber band cars!

English - Mrs. Buisman

The all-school spelling bee will be held the first week in January. Good luck to all of the spellers! In English class, we will be working on opinion writing. Students will be making claims with details to support their claim. In grammar we will continue working with possessive nouns and pronouns.



"Meet Us in the Middle"



Math - Mrs. Jehn & Mrs Adams**Regular Math**

January begins in Chapter 5 which includes ratios, ratio tables, rates, unit rates, comparing ratio and rates, percents, and converting measures. This is one of my favorite chapters because it is so applicable to their lives now and forever. Who doesn't want to find the best deal or price and save the most money? When was the last time you had to tip a server or hairdresser? Ask your child to shop with you to help you find unit price, compare purchases, and find the best buy - happy shopping and saving!

Accelerated Math - Mrs. Jehn

We finished Chapter 7 titled Equations and Inequalities right before the break. Students learned to write, solve, and graph equations and inequalities. In January we will work on surface area and volume of three-dimensional figures including prisms and pyramids in Chapter 8. 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.

Spanish - Ms. Rose

¡Feliz Año Nuevo! Sixth graders are in full swing this month in Spanish class. We are starting a new unit where we will learn to share what we like to do or what we dislike to do. We will also begin to learn to share our likes and dislikes of different foods. ¿Te gusta comer pizza? Grammatically, we will focus on the verb gustar-to like, as well as the verb ser to be. For many Mexican families, as well as many latino families, the holidays continue with the celebration of Día de los Reyes Magos, celebrated on January 6th. We will briefly investigate some cultural practices of both of these two celebrations.

**Art - Mrs. Hemker**

In January, 6th graders will begin their clay unit. Students will create at least two pieces of clay, one will be sculptural and the other functional. Students will review clay joining techniques during this unit and will have some time to practice prior to their final pieces are created.



7

Reading - Mrs. Rochester

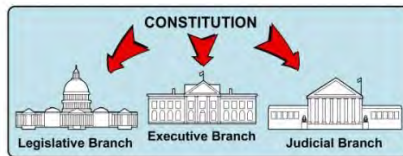
7th graders will be finishing their dystopian books in the

middle of January. Many of the students have enjoyed reading these books and have read more than one during class! Many of the books chosen are part of a series, so if the students enjoyed the first book, they can continue reading the series on their own. Instead of quizzes during this unit, the students wrote in their journals about specific topics related to dystopias. The students also participated in meaningful discussions with others reading the same book as well as other dystopian books. They discussed many different aspects of the book including character motives and development, theme, and plot. As a culmination of this unit, the students will have a choice of different projects to complete to demonstrate what they learned throughout the novel. The students will be given class time to work on these, however, they may need to finish at home. The students will also continue working with Greek and Latin roots. 7th graders should also be reading at least 25 pages between reading classes.

Social Studies - Mr. Mahlum

In 7th grade Social Studies students will be focusing on some of the other Amendments to our Constitution. We will shift away from the Bill of Rights and start to look at other

changes or additions to the US Constitution. Towards the end of the month we will take a little time to look at the history of the Vietnam War. Students will read a book in Reading class and write a paper in English focusing on the Hmong and their role in that war.



Math - Mrs. Weber Regular Math

We will be starting a new unit when returning from winter break. Unit 6 includes the understanding of percentages and decimals, comparing percentages, finding percent of discount and finding percentages of discounts and markups.

Advanced Math

In Pre-Algebra, we will begin unit 2. We will look at how shapes translate, rotate, and reflect on one another. We will look at congruent shapes and find the area of such figures. Once we finish with this we will begin unit 3, the study of angles and triangles.

Half Math - Mrs. Coe

Students are working on mastery and application of the previously learned skills involving integers, rational numbers, and order of operations. Students will be able to apply what they know about fraction and decimal operations, as well as writing and solving inequalities and

equations. They will continue to practice their skills as well as begin using percents and proportions to solve problems.

Half Advanced Math:

Students are going to be working on their construction of circles, semicircles, parallelograms, and triangles. They will be creating blueprints of a house/castle where they will be finding the area and perimeter of each room and the house as a whole. The students will be drawing out their blueprints using composite figures and creating a realistic scale factor and blueprint of a house.

English - Mrs. Martinson

In January, Mrs. Bice will be subbing for me since I will be having minor surgery. She will continue with my lesson plans working on preparing the students for the argument presentation. They will be reading articles about many different topics and writing a claim, which states their opinion. They will be writing a paragraph to include evidence that backs up the claim. New this year with the argument is the counter argument and rebuttal. Both of these concepts are difficult for 7th graders to grasp. She will continue practicing nouns, verbs, pronouns, adjectives, and compound sentences with the students.



Science - Mr. Baker

Before winter break, we finally started talking about genetics! Students have also been working on a family pedigree project where they need to track one trait through their family tree. This is a great time to be talking to your kids about any interesting family history you may have. Genetics will continue through January and students will be modeling genetic inheritance using marshmallows and then testing their tongues to determine how likely they are to enjoy broccoli! Mixed in, we will also be taking a winter trip to the school forest to do some cross country skiing, snowshoeing, and winter forest ecology.

**S.T.E.M.- Mr. Jones**

The 7th grade students have been excited to take their puzzle cubes home. Hopefully you got a chance to try out your child's puzzle! Coming up the 7th graders will be researching bridge design and creating their own paper bridges. After they learn about the various

strengths and weaknesses of bridge design they will be putting their knowledge to the test. We will work in groups to construct bridges using only toothpicks and glue. This activity will use all of the areas of Science, Technology, Engineering, and Math to see which group can hold the most weight on their bridge. Stay tuned...

Starting in January through April the seventh graders will be starting the GREAT program through the La Crosse County with Officer Kevin Bauer. Below is the explanation of what GREAT is:

GREAT: Gang Resistance Education and Training. The program's primary objective is prevention, which is intended as an immunization against delinquency, youth violence and gang membership. It is a 13 lesson program, once a week ranging from: misconceptions about gangs, being part of your community, setting goals, making good decisions, how to effectively communicate, ways to refuse negative peer pressure, managing your anger, calming others, and how to solve conflict. The GREAT program produces attitude and behavioral changes through a unique combination of skills training, cooperative learning, discussion and role playing. Once students have rehearsed these skills, they will be more likely to use them in real-life situations.

Art - Mrs. Hemker

When seventh graders return in January they will continue working on one point perspective drawings. Drawing skills will be the focus of the month. Other projects will include observational drawings and masterpiece reproductions. Each of these lessons focuses on drawing skills and then offers students a choice of materials and subject matter.

Spanish - Miss Rose

Seventh grade Spanish is going to begin working toward having conversations and asking each other questions. School schedules will be the vocabulary that is part of this unit. We will also be comparing cultural differences and similarities between schools in the United States and those of Spanish speaking countries.

Tech Ed - Mr. Mathison

Students have created their own design for their own custom t-shirt using an app called Vectornator. They have also applied their designs onto the shirts. In the middle of this month, students will learn how to use a computer program called CorelDraw to design various items for the laser engraver to engrave or cut out.

Tech Ed Elective - Mr. Mathison

Students have just finished up with safety on the woodworking machines. Students will be broken up into three groups and will rotate between three projects; pen holder, wooden/jewelry box, and gumball machine. The students will be learning how to use the machines to cut all the pieces for each project, the proper sequence to sand and prepare the wood for a finish. Lastly students will learn how to properly apply a finish to each project.





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 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

Half Math - Mrs. Coe

8th grade math students are going to start working on solving systems of equations in the new year. In half math, we will be exploring some of the new concepts before they learn them in full math. We will also be mastering previously learned skills

including solving multiple step equations involving fractions, integers rules and graphing linear equations.

8th Grade Half Algebra:

The 8th grade algebra students are going to be working on application of previously learned skills. They have been working hard on their Mathcounts practice sheets, and we will continue to work on applying the skills we have been working on to real life problems in half math.

S.T.E.M. - Mr. Jones

Our 3D printed airplanes and vex kit pull toys took longer than expected but we got great results. Feel free to watch the video on our pull toys at <https://www.youtube.com/watch?v=qnW9IwhbOG0>. Next up...programming. We will start off in January learning the basics of programming. Then students will get a chance to put their knowledge to the test. They will construct and program a spinning sign, a robot dragster, a traffic light, a toll booth, grandma's chair lift, a turnstile bridge, a pick and place robot, and an elevator. I can't wait to see the various ways that students solve these problems!

Social Studies - Ms. Morgan

Students are wrapping up their NHD research and will begin developing their product types for presenting their research. Students can create a website, a documentary, a performance, or a historical paper. Students will present their research later in January.

In addition to NHD, students will be looking at the establishment of the government under President

Washington. Students should be able to:

- explain the function of the cabinet
- describe some of the challenges that Washington's and Adams' administrations faced in first years of our country
- discuss challenges growth of the United States presented the new country.

English - Mrs. Sackett

Winter Break was needed, and now we are back and ready to continue to improve our writing. Before break, we were in the middle of working on our research papers. We will continue where we left off in the writing process and eventually get to the point of publishing our work. First, we will use our notes to complete the outline. Next, we will draft and revise. Finally, we will edit and publish. We are learning to start with a strong thesis to guide the rest of the paper. Part of the process of writing this paper is learning about and using proper parenthetical citations to credit the sources from our research.

Additionally, we will continue to review and learn more about parts of speech. The next part of speech we will learn is the preposition. As always, we will continue to practice writing compound and complex sentences.



Reading - Ms. Friell

Supplies: To be prepared for class, students must bring the following to class every day: pen/pencil, iPad, book of choice (fiction or non-fiction), and a Reading binder. The students' Reading binders stay in the classroom, so they only have to get it off the shelf at the beginning of class!

Independent Reading: Students have been reading books of their choice since the second week of school. 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 Reading class. Please ask your son/daughter to tell you about what he/she is reading. Students must have their individual read selections finished by Monday, Feb. 11th.

Vocabulary: In addition to "A Word A Day" (from the book *100 Words Every Middle Schooler Should Know*) and studying Greek and Latin roots, students should be using context clues strategies while working with new words in the fiction and non-fiction works we read as a class.

In January we will continue reading short stories and begin reading more non-fiction and informational text. Readings will center around the themes of Enduring Tragedy and Bringing About Change. We will begin with reading materials by and about MLK, Jr. If you are interested in reading any of the texts, they will be posted in google classroom. Students are able to either read the selections silently or follow along with a provided audio (when available).

We will begin the new year with a new read aloud -- *We Are All Made of Molecules* by Susan Nielsen.

Science - Ms. Smith-Waller

Happy New Year! As we completed 2018 we ended our study of Astronomy. In 2019 start the year looking at Earth's history. We will look at how the Earth formed and how long ago that happened. As a final project, students will work together to create an Earth History Timeline that is accurate and to scale. When we finish looking at Earth's history, we will learn about what is inside the Earth as we study about mineral and rock classifications, plate tectonics, earthquakes, and volcanoes. Glad to have you all back in the classroom!

Unit Objectives:

1. Construct a scientific explanation of how the geologic time scale is used to organize Earth's history.
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, 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.



WINTER WELLNESS

Thursday, February 7

*ALL students will be off campus at their activity from approximately 8:30-3:00



"Meet Us in the Middle"



8th Grade Tech Ed ENCORE - Mr. Mathison

Students have created their own design for their own custom t-shirt using an app called Vectornator. They have also applied their designs onto the shirts. In the middle of this month, students will learn how to use a computer program called CorelDraw to design various items for the laser engraver to engrave or cut out.

8th Grade Tech Ed Elective - Mr. Mathison

Students have finished constructing their clocks with an laser engraved image in the center. Students are starting their next woods project. Students performed a little research and voted for the best idea. The winning idea is their next project

Spanish - Miss Rose

Eight grade Spanish has mastered the classroom phrases and is progressing on numbers 1-1000, excelente! We are currently working on stating likes and dislikes. We will continue this and add more to make our conversations complete! We will also be talking about the verb tener and its irregularities.

Art - Mrs. Hemker

During the month of January, 8th graders will finally have a chance to create their wall block. The West Salem tradition will continue! Designs must represent the student artist, be copyright image free, and include multiple elements and principles of art and design before going on the wall. The other main project will be a multi media piece representing a dream. Students will have a variety of choices on how that dream can be visually represented.

Mathcounts

The following students made the 2019 WSMS Mathcounts Team:

Brennan Holst, Jackson Fry, Alyssa Kruse, Celia Mitchell, Peter Lattos, Xavier Valdez, Haley Chandler, Reece Sackett, Amalia Hemker, and Andy Johnson.

Congratulations everyone! Our first practice will be Thursday, January 3rd from 3:15-5:00 in Mrs. Bentzen's room. We will compete at the regional competition in LaCrosse in early February.



The WSMS Music Dept.

District Jazz Band Concert

Monday, January 29

Marie W. Heider Center for the Arts

Report time: 6:30pm

Concert starts at 7pm

WSMS Jazz performs first, followed by WSHS Jazz II & I, and the West Salem Adult Jazz Band.

Students are expected to stay for the entire concert.

WSMS Gr. 6 Choir & Band Winter Concert

January 23 - 7pm - Marie W. Heider Center for the Arts

Students should report in band uniform by 6:30pm

*Students are required to wear their Panther Music shirt, black pants, black socks and black shoes.



7th & 8th Girls
Basketball will start on
Monday, January 7th
from 3:30-5pm



We continue to work on our personal and social responsibility which relates to our Standard 4. Being encouraging to teammates, self regulating rules of games, stopping when the whistle blows are just a few objectives we are focusing on. 7th and 8th graders will be getting the archery opportunities in January. 5th and 6th grade will be talking about some different fitness concepts.

Mr. Brewer, Mrs. Olson, Mr. Running



This great co-curricular activity continues in grades 9-12 and helps students develop speaking skills they will use throughout life. Students practice during their lunch/recess. They are also able to practice before and after school, so involvement doesn't conflict with their other activities. Contact Ms. Friell at friell.nicole@wsalem.k12.wi.us for more information.

Level 1 meet is Monday, February 4 in Holmen

Level II meet is Tuesday, February 19 in Bangor



Submitting Baby Pictures of 8th graders for the Yearbook

It's time to submit baby/early childhood pictures of our 8th graders for the yearbook. This has become tradition at WSMS. Some people actually submit a "baby" picture. I suggest sticking with in your first couple of years (you don't want the pictures to be "too" obvious). If you have a scanner at home, you can email the picture to friell.nicole@wsalem.k12.wi.us. If you want me to scan it for you, bring it to school. I'll scan it and return it to you.

Eighth graders (or their parent/guardians) have until February 1st to submit the picture. Our goal is to get a photo of every 8th grader, so please don't forget!

Students should put the picture in the envelope taped to Ms. Friell's front board (they will be scanned and returned).





Mathcounts News

The following students made the 2019 WSMS Mathcounts Team:

Brennan Holst, Jackson Fry, Alyssa Kruse, Celia Mitchell, Peter Lattos, Xavier Valdez, Haley Chandler, Reece Sackett, Amalia Hemker and Andy Johnson

Congratulations everyone! Our first practice will be on Thursday, January 3rd from 3:15-5:00 in Mrs. Bentzen's room. We will compete at the regional competition in LaCrosse in early February.

Cancellations

If there are any after school programs/events or co-curricular activities that get cancelled due to inclement weather please go to our school district website www.wsaalem.k12.wi.us go to Middle School then click on the Cancellation page.

We will try and update this page as promptly as possible.

Thank you.

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.



Spelling Bee Finalists

6th Gr. - Jovey M., Kyle H., Makinlee M.,
Makena I., and Allyssa L.

7th Gr. -Ivy E., Taylor B., Molly A., Autumn
B., and Ben B.

8th Gr. - Judah H., Keayra K., Nathaniel O.,
Drake T., and Eli Z.

School level Spelling bee will be on January 3rd



Geographic Bee Finalists

6th gr. - Ethan C. and Gideon W.

7th gr. - Noah C., Sam S., Brennan G.

8th gr. - Anna M., Kate H., Conner L.

School level Geography bee will be on January 4th

Success Center

The Success Center is a resource room for students before and after school. Here, students can receive help from staff who attend WSMS classes and are equipped to walk students through information they may have missed or just do not understand. It is also the place where students can 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. 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 Google Classroom.



Early Release Dates

Wednesdays - Release at 12:20

Buses Leave at 12:30

February 13

March 6

May 8



MONDAY

TUESDAY

1



New Year's Day - No School

WEDNESDAY

2

From the Grill

- Kick'n Chicken-Crispy Patty with Pepper Jack Cheese Whole Grain Bun
- Oven Baked French Fries

Home Style

- BBQ Teriyaki Chicken Seasoned Brown Rice

- Mixed Vegetables

Deli

- Southwest Chicken Salad
- Brown Chicken & Wild Rice Soup

Grab and Go

- Panther PBJ Pack
- Panther YOGURT Pack

THURSDAY

3

Sweet Treat Thursday!



- Rice Krispie Treat Offered with meals in all lines

From the Grill

- Mini Corn Dogs
- Chex Mix - Cheddar
- Honey-Glazed Carrots

Home Style

- Pasta with Chicken Alfredo or
- Pasta with Chicken Cajun Alfredo

- Garlic Breadstick
- Honey-Glazed Carrots

Deli

- Chicken Caesar Wrap
- Potato, Cheese & Ham Soup

Grab and Go

- Panther PBJ Pack

FRIDAY

4

From the Grill

- Pepperoni Pizza - Slice
- Whole Kernel Sweet Corn

Home Style

- Cheese Pizza or
- Homemade Taco Pizza
- Whole Kernel Sweet Corn

Deli

- Garden Salad with Diced Chicken
- White Chicken Chili

Grab and Go

- Panther PBJ Pack

7

From the Grill

- Bakalar's Hot Dog on WG Bun
- Side of Mac n' Cheese
- Green Peas

Home Style

- Creamy Mac N' Cheese or
- Bacon MacI (new)
- Italian Breadsticks
- Green Peas

Deli

- Ham & Swiss on WG Croissant
- Chicken Noodle Soup

Grab and Go

- Panther PBJ Pack

8

Breakfast for Lunch!

From the Grill

- French Toast Sticks
- Jones Dairy Sausage Links
- Warm Cinnamon Apples

Home Style

- Colby Cheese Omelet
- Jones Dairy Sausage Links
- Warm Cinnamon Apples
- Honey Bun Goldfish

Deli

- Turkey BLT on WG Sub Roll
- Broccoli Cheese Soup

Grab and Go

- Panther PBJ Pack

9

From the Grill

- Texas Style BBQ Pulled Pork Sandwich
- Carolina Style Pulled Pork Sandwich
- Mashed Potatoes

Home Style

- Meatballs & Gravy with Buttermilk Biscuit
- Mashed Potatoes

Deli

- Chef Salad w/Chicken & Cheese
- Creamy Chicken Pot Pie Soup

Grab and Go

- Panther PBJ Pack
- Panther YOGURT Pack

10

From the Grill

- Popcorn Chicken
- Vegetable "Not Fried" Rice

Home Style

- Saucy Orange Popcorn Chicken
- Vegetable "Not Fried" Rice

Deli

- Chicken Bacon Ranch Wrap
- Chicken Dumpling Soup

Grab and Go

- Panther PBJ Pack

11

From the Grill

- Cheese Pizza - Personal Pan
- Hawaiian Pizza - Personal Pan
- Honey-Glazed Carrots

Home Style

- Pepperoni Pizza - Personal Pan
- Honey-Glazed Carrots

Deli

- Turkey Sub
- Vegetarian Minestrone

Grab and Go

- Panther PBJ Pack

14**From the Grill**

- Mozzarella Stuffed Breadstick with Marinara Dipping Cup
- Mixed Vegetables

Home Style

- Tater Tot Hot Dish
- Buttermilk Biscuit
- Mixed Vegetables

Deli

- Ham, Turkey and Cheddar Sub
- Beef and Vegetable soup

Grab and Go

- Panther PBJ Pack

15**Taco Tuesday!****From the Grill**

- Chicken and Cheese Quesadilla
- Refried Beans

Home Style

- Walking Taco Nacho Chips
- Refried Beans

Deli

- Homemade Grilled Cheese
- Creamy Tomato Soup

Grab and Go

- Panther PBJ Pack

16**From the Grill**

- "Chicken and Waffles!"
- Natural Chicken Tenders
- WG Waffle
- Waffle Fries

Home Style

- "Chicken and Waffles!"
- Natural Chicken Tenders
- WG Waffle
- Waffle Fries

Deli

- Southwest Chicken Salad
- Brown Chicken & Wild Rice Soup

Grab and Go

- Panther PBJ Pack
- Panther YOGURT Pack

17**Sweet Treat Thursday!**

- 100% Fruit Juice Slushy
- Offered with meals in all lines.

From the Grill

- Meatball Marinara Sub on Hoagie Roll
- Garlic Roasted Green Beans

Home Style

- Pasta with Italian Meat Sauce
- Pasta with Marinara Sauce
- Italian Breadsticks
- Garlic Roasted Green Beans

Deli

- Chicken Caesar Wrap
- Potato, Cheese & Ham Soup

Grab and Go

- Panther PBJ Pack

18**From the Grill**

- Cheesy Garlic French Bread Pizza
- Whole Kernel Sweet Corn

Home Style

- Pepperoni Pizza Dippers
- Marinara Dipping Cup

- Whole Kernel Sweet Corn

Deli

- Garden Salad with Cottage Cheese
- Chicken Tortilla Soup

Grab and Go

- Panther PBJ Pack

21

MLK Day - No School

22**Taco Tuesday!****From the Grill**

- Taco Truck Burritos (New!) in TWO VARIETIES! with Cilantro Lime Rice and Pinto Beans

Home Style

- (Low-Fat) Loaded Beef Nachos with Cilantro Lime Rice and Pinto Beans
- Taco Topping Bar

Deli

- Turkey BLT on Sub Roll
- Broccoli Cheese Soup

Grab and Go

- Panther PBJ Pack

23**From the Grill**

- Chicken Nuggets with WG Dinner Roll
- Mashed Potatoes

Home Style

- Turkey Pot Roast in Gravy with WG Dinner Roll
- Mashed Potatoes

Deli

- Chef Salad w/Chicken & Cheese
- Creamy Chicken Pot Pie Soup

Grab and Go

- Panther PBJ Pack
- Panther YOGURT Pack

24**From the Grill**

- (Cheese) Hamburger on WG Bun
- Potato Stars

Home Style

- (Cheese) Hamburger on WG Bun
- Potato Stars

Deli

- Cuban Flatbread Sandwich
- Chicken Dumpling Soup

Grab and Go

- Panther PBJ Pack

25**From the Grill**

- Stuffed Crust Pepperoni Pizza
- Peas & Carrots

Home Style

- Stuffed Crust Cheese Pizza
- Chicken Pesto Flatbread Pizza
- Peas & Carrots

Deli

- Turkey Sub
- Vegetarian Minestrone

Grab and Go

- Panther PBJ Pack

28**From the Grill**

- Chicken Patty - Hot and Spicy
- Whole Grain Bun
- Steamed Broccoli

Home Style

- Mini Cheese Ravioli
- Choice of Marinara or Italian Cheese Sauce
- Garlic Toast
- Steamed Broccoli

Deli

- Ham, Salami & Provolone Cheese Sub
- Beef and Vegetable Soup

Grab and Go

- Panther PBJ Pack

29**Taco Tuesday!****From the Grill**

- Pork Taco on Soft Shell Tortilla
- Refried Beans

Home Style

- Chicken Fajitas
- Soft Shell Tortilla

- Fajita Blend Vegetables

Deli

- Homemade Grilled Cheese
- Creamy Tomato Soup

Grab and Go

- Panther PBJ Pack

30**From the Grill**

- Kick'n Chicken-Crispy Patty with Pepper Jack Cheese
- Whole Grain Bun
- Oven Baked French Fries

Home Style

- BBQ Teriyaki Chicken
- Seasoned Brown Rice

- Mixed Vegetables

Deli

- Southwest Chicken Salad
- Brown Chicken & Wild Rice Soup

Grab and Go

- Panther PBJ Pack
- Panther YOGURT Pack

31**Sweet Treat Thursday!**

- Rice Krispie Treat
- Offered with meals in all lines.

From the Grill

- Mini Corn Dogs
- Chex Mix - Cheddar
- Honey-Glazed Carrots

Home Style

- Pasta with Chicken Alfredo or Panther PBJ Pack
- Pasta with Chicken Cajun Alfredo
- Garlic Breadstick
- Honey-Glazed Carrots

Deli

- Chicken Caesar Wrap
- Potato, Cheese & Ham Soup

Grab and Go

- Panther PBJ Pack

More Details: wsalem.nutrislice.com/menu/west-salem-middle-school/lunch/

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Middle Years

Working Together for School Success



Short Stops

Wait a minute

Tweens are used to getting things quickly, from online information to fast food. Learning patience will help your child cope with stress and frustration when things *don't* happen fast. For example, if his computer crashes and won't reboot, he could take a deep breath or drink a glass of water before tackling the problem.

Eyes up front

How and where your middle grader sits in class may affect how well she pays attention. Suggest that she sit up straight and look at the teacher when he speaks. Also, encourage her to ask for a seat near the front if she finds herself distracted by other students.

DID YOU KNOW?

When your tween wears earbuds to listen to music, he should be able to hear what's going on around him. If he can't, or if his ears ring afterward, he may be damaging his hearing. Share the 60/60 rule: Keep the volume at less than 60 percent, and listen for no longer than 60 minutes at a time.

Worth quoting

"It isn't where you came from; it's where you're going that counts."
Ella Fitzgerald

Just for fun

Q: Why did the kid wear one boot?

A: Because there was a 50 percent chance of snow!



Everyday math

What does shopping have in common with achieving fitness goals? Your tween can use math to do both more effectively! Here are situations where math is sure to come in handy.

Find the bargain

Doing math may save your child money on craft supplies, snacks, and clothing. Have her calculate the best deals when you shop together. Say she has a coupon for 20 percent off if she buys more than one pack of colored duct tape. Should she buy one 6-pack for \$15.99 or two 3-packs for \$8.99 each?

Make more space

Interior designers measure carefully and use spatial reasoning. Maybe your middle grader wants to rearrange her bedroom to make space for a desk she found at a thrift shop. She'll need to measure the walls and furniture to make everything fit. Is her bookcase narrow enough to go in



her closet? Will her bed fit against the wall?

Finish the race

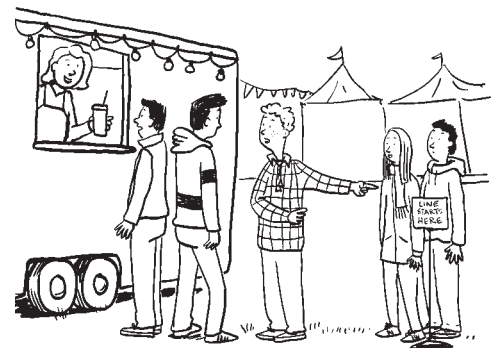
Your tween can do math to reach her workout goals, such as completing a 5K race (3.1 miles) in less than 30 minutes. First, she should figure out what her average pace must be ($30 \text{ minutes} \div 3.1 \text{ miles} = 9.67$, or about 9:40 minutes per mile). Now she can consider her current pace and how many weeks she has to train. Finally, she could plan practice runs so she shaves off enough time each week. 👍

Lessons in assertiveness

Assertive people know how to stand up for themselves firmly yet respectfully. Use these ideas to help your middle grader be assertive:

- Explain to your child that he can be nice to others and speak up for himself at the same time. For instance, if someone cuts in front of him in line, he might politely point out where the line starts.

- Have your middle grader practice saying no when necessary. Tell him that it helps to remember the 3 Cs: Show confidence by looking the other person in the eye, speak clearly, and stay calm. ("The party sounds fun, but I have a big project due Monday.") 👍



Protect your privacy online

Even the most tech-savvy child can share sensitive information online without realizing it. Share these ways to help your tween keep personal details safe.

- **Only interact online with people you know in real life.** Your child shouldn't accept chat invitations or friend requests from strangers. He'll need to use privacy settings on websites and apps to control who sees his posts.
- **Guard accounts.** Tell your tween to set a different password for each device and account. When he uses a shared computer



Also have him opt out of location sharing so strangers don't know where he is. 👍

(say, at the library, in school, or at a friend's house), he shouldn't store passwords, and he should log out of websites and apps after he's finished.

- **Avoid posting identifying information.** This includes your middle grader's full name, school, phone number, home address, and email address.



Family meals with tweens

Did you know that eating together can boost your tween's self-esteem and make her less likely to try risky behaviors? Consider these suggestions for making family dinners pleasant on busy days.

Plan ahead

Have meals ready to go so you're able to focus on each other rather than on what to cook. On weekends, you and your child could make double portions of casseroles or soups. Freeze them to pull out and reheat on weeknights.

Keep conversations light

While you eat, share an upbeat news story you heard or mention something funny your cat did that day. Save conversations about your tween's low test grade or missed curfew for another time. She'll look forward to coming to the table and chatting with you.

Tip: Put electronics in another room and silence them so you're not tempted to check messages or answer calls. 👍



Parent to Parent Motivated to learn

My younger daughter, Ava, seemed to care more about her social life than about learning and grades. I mentioned this to my older daughter, Erin. She thought a glimpse of college life might motivate her little sister in school, so on a recent Saturday, I took Ava to visit Erin on campus.

The girls had a great time. And Erin made sure to mention how much time she spends



attending classes and studying so she can land a teaching job after graduation. Ava came home talking about how she wants to study business one day and open her own "doggy day care."

I'm happy Ava is thinking about the future. When she shows me her assignments, we talk about how what she learns will come in handy one day when she's running her own business! 👍

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
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800-394-5052 • rfeustomer@wolterskluwer.com
www.rfeonline.com
ISSN 1540-5540

Managing ADHD in middle school

Q My son started middle school this year. Now that he has had time to settle in, I want him to take more responsibility for managing his ADHD. What should I do?

A At this age, children start moving into the driver's seat when it comes to learning—and tweens with ADHD are no exception. Suggest that your son make a list of the accommodations included in his IEP (Individualized Education Program) or 504 plan, such as having extra time to complete tests. He could hang the list inside his locker or tape it inside the front cover of his

binder to remind himself to take advantage of them.

Also, discuss strategies he can use at home to help himself. For instance, he might call a friend to double-check on assignments each evening or take a homework break every 20 minutes. Have him experiment with ideas and see what works best for him.

Finally, organization is important for all middle graders. Your child should use a daily planner or to-do list, and sort through his backpack and locker on a weekly basis. 👍

