

WEST SALEM MIDDLE SCHOOL



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SPECIAL POINTS OF INTEREST:

- *END OF TRIMESTER - March 1
- *NO SCHOOL - March 15
- *SNOW DAY - March 28
- *NO SCHOOL - March 29
- *NO SCHOOL - April 1

Dear WSMS Families,

Winter sports have ended and we seem to have settled into an early spring. A big thank you to our staff, students, and parents in ensuring we maintain a focus on learning during the winter months. Our Trimester ended on March 1st.

We held our annual Winter Wellness day on Friday, February 23rd. It was great to witness the impact this day had for both our students and staff. This experience provides an opportunity for them to interact in a different setting than the day-to-day school experience. PANTHER PRIDE was on display in the community as our students were Practicing Kindness, Acting Respectfully, and Working Hard in the settings we visited.

I would like to pass along a few attendance reminders. First, from our Handbook: **School Attendance is the responsibility of students and parents/guardians. It is the responsibility of the parent/guardian to telephone the middle school office at 786-2090 on the day of the absence relative to the reason for the absence. Second, students should be free from vomiting and fever for 24 hours prior to returning to school from illness. Following these guidelines helps ensure we know your child is excused, and keeps illness from spreading around the building.**

In March, we continue to provide engaging and enriching activities for our students: State Math Counts, WSMS Band Extravaganza, and our 5th Grade D.A.R.E. Graduation. On behalf of our staff, I want to thank you for your continued support. We look forward to working together as a team to provide your child with the 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



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STUDENT OF THE MONTH

*Each month, teachers send nominations for Student of the Month. February's focus was **Kindness**. Below is a list of three students from each grade level that exemplified **Kindness**. Mr. Wopat, Ms. Beld, Ms. Becker and Mr. Lang notified parents of this accomplishment. Mr. Wopat and Ms. Beld met with them as a group and took individual and group photos.*

Grade 5

*Kinsley Clements
Sadie Hanuska
Madelyn Lee*

Grade 6

*Mason Crawford
Ellie Hyer
Roman Quackenbush*

Grade 7

*Ryleigh Anderson
Alexander Gutierrez Nunez
Peyton Oelfke*

Grade 8

*Cassie Goyette
Zain LaRoque
Hunter Stello*

CONGRATULATIONS for making a difference in others lives!

We appreciate YOU!

Band - Mr. Waldhart



UPCOMING BAND CONCERTS/EVENTS

Thursday, March 14

WWSMA Middle School Solo & Ensemble Event at WSMS

4:00 p.m. - 9:00 p.m. (a full, detailed schedule to follow)

Tuesday, March 19

West Salem Middle School Band Extravaganza

7:00 p.m. - West Salem Middle School Gym

Monday, March 25

5th Grade Instrument Testing Day (details to follow)

Tuesday, March 26

5th Grade Band Informational Meeting and Ice Cream Social

6:00 p.m. - ice cream and music provided by West Salem High School Jazz!

6:30 p.m. - informational meeting

West Salem Middle School Commons



Panther Time & Spanish with Señor Hinman

5th & 6th Grade Panther Time

March 4th starts off our next Panther Time rotation. The 5th grade will be doing something different. They will be working with Alex Olson, Mrs. Fink's student teacher, in my room for their Forward Missed Topic plans. Then, for the last rotation, I will be keeping that same group for Spanish enrichment. The 6th grade group will be starting off doing Spanish enrichment learning greetings and farewells, and will be learning the Spanish alphabet and numbers 0-100.

7th & 8th Grade Panther Time

In 7th and 8th grade PT, we will be learning about Spain and the culture related to that country. From there, we will explore the cultural aspects of Mexico as well as some of the hispanic nations of the Caribbean as well as some of Central America.

7th Grade Spanish

We'll be continuing with our story-telling. Again, these stories have a humorous twist to them and contain words which we can also act out. In between the stories we can do some filler activities - those things that they will need to know for high school Spanish down the road.

8th Grade Spanish

In 8th grade Spanish, we are still working on completing the curriculum work from the high school's Spanish 1 classes. I'm hoping we can get through two units this trimester. Our next unit is called, *La corrida de toros*, which will engage students' interests in the spectacle of bullfighting.

School Events

- March 1 - Trimester 2 Ends
- March 14 - WSMS Band Extravaganza (see page 3 above for details)
- March 15 - NO SCHOOL - Teacher In-Service
- March 28 - NO SCHOOL (makeup snow day)
- March 29 - NO SCHOOL (Easter break)
- April 1 - NO SCHOOL (Easter break)



Counselor's Corner

Winter Wellness 2024 is officially in the books. We were a bit worried if we were going to be able to participate in the outdoor activities. While most of us appreciate the warmer winter, it did make some of our options tricky. Nevertheless, the day went off without a hitch, and a good time was had by all. This day of wellness helps to break that cabin fever and rejuvenates our mental and physical health that is so needed this time of year. It is always fascinating to see the positive student and staff interactions that take place.

February homeroom lessons covered communication and managing stress. Our homerooms also participated in a kindness movement which will be on display soon. We were able to visit 6th, 7th and 8th grade classrooms and wrap up career exploration lessons. Our learners will now be able to demonstrate to you their interests and post secondary ambitions. Ask them to show you their Xello page!

Lastly, State testing is near and we are preparing your students to do their best. 6th and 7th grade will test the week of April 8-12 and 5th and 8th grade will test April 15-19. Please partner with us to have your child well-rested, well-fed, healthy and ready to apply the knowledge they have to test. We are fortunate that West Salem shines as an example of an outstanding education system, and we are confident we can keep that trend going.

Mr. Lang & Ms. Becker

Healthy Living - Brewer, Olson, Serres

The Healthy Living Team would like to welcome our three UW-LaCrosse field students. They will be working with our 5th and 6th graders twice a week for the rest of the year. We really enjoyed a few nice days outside with net/wall activities in February. We hope the weather continues to allow us to get outside as much as possible! Please remind your child about wearing athletic footwear on the days they have Healthy Living.

STEM - Mr. Jones

6th Grade STEM

Students in 6th grade are currently learning about the engineering design process. The students are using the engineering design process to develop an anklefoot orthosis for a child in need out of recycled materials. After successfully completing this challenge the students will present their results to the class.

7th Grade STEM

Students in 7th grade are experiencing some "technical drawings" which challenges them to draw from three perspectives. The students are learning how to multi-view sketch objects, measure them to the nearest 1/16 of an inch, and dimension the drawings on paper. These isometric and orthographic drawings will help as we work with a program called Tinkercad to generate 3D models on the computer. Soon we will be using our knowledge of sketching to create our own puzzle cubes to take home.

8th Grade STEM

The 8th grade students are working hard on a paper roller coaster project. We are trying to see who can come up with the longest lasting coaster when a marble gets sent down the track. The students are working their way through the design process and being creative with their work! It'll be fun to see who comes up with the best design.

Robotics

In robotics students have already learned about many mechanisms and how to program a motor to make those mechanisms move. Now students are using sensors to determine movement and color of objects.

Art - Mrs. Hemker

Grade 5

Welcome to the newest group of grade 5 families! This trimester, Ms. Folkers and Ms. Schrader's classes will attend art. We begin the trimester working on an abstract painting of our names. After that will be working on a variety of portraits. A painting of an animal that represents them is the first focus. We will also be creating some artwork of Cranes (the bird) Later this month, portraits will turn to a more realistic style where we will look at facial features and proportions.

Grade 6

As we begin the Trimester, 6th grade will be working on some mini-works in various styles. Our first project will include creating a portfolio for storage. Students will fill this portfolio with completed works by the end of the trimester. Our first large scale project will guide a review of material use by creating a portrait sampler. Students will then move on to some artist research and will create an informational poster as well as a parody.

Grade 7

7th graders will spend the month of March experimenting with drawing from different points of view. One of the projects will require students to create the entire drawing from start to finish by observing an inanimate object of their choice. We will also be working on a unit focusing on one point perspective.

Grade 8

Students in 8th grade will be working on projects that represent themselves this trimester. Our first project will be a design that will be considered for this year's class t-shirt. We will then move on to practicing Acrylic Paint techniques. 8th graders will also begin to design their wall block as a lasting way to represent their 8th grade self.

8th Grade Elective

In March, the elective class will finally be working in both liquid water color and printmaking. Linoleum cut prints in two sizes as well as some monoprints using gel plates as our surface. They continue to work on their books experimenting with various materials.



Congratulations to our middle school students who had worked on the display at the Wisconsin Art Education Association's West Central Regional Art show in February. Each art teacher in the LaCrosse and Eau Claire areas can submit only 5 works of art for this show.



Math: Students are continuing to work with whole numbers and decimal operations. After we wrap up multiplying, we will be doing a mini unit on number patterns and graphing on the coordinate plane. Then we will switch to division at the end of the month. This unit will include long division with multi-digit divisors and decimal numbers! Keep working on those multiplication and division facts at home.

Reading: All classes will be wrapping up the R.A.C.E. strategy to answer questions about both fiction and nonfiction text. They will start a Historical Fiction unit and eventually be put into American Revolution book clubs. This will also focus on analyzing the author's point of view and comparing primary and secondary sources.

Writing: Students just completed their DARE project and presented it in class. During March, students will work on a letter writing unit and have pen pals. They will also choose a famous author and write a letter to him or her.

Social Studies: We are wrapping up our early colonies unit. Learning about the 13 colonies will prepare the students as we move into the American Revolution. Students have also started mapping the regions of the United States. New England and Middle Atlantic maps are already complete. *Keep practicing those states and capitals! There are Apps on iPads to study states!*

Science: A new trimester brings forth a new science unit. We will be learning about the four Earth systems: hydrosphere, atmosphere, geosphere, and biosphere. As we learn about these systems, we will also explore how each system interacts with one another, and how the biosphere could not exist without the other three.



Reading - Mrs. Schultz



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Mid-March, we will be wrapping up our Social Issues unit surrounding the Civil Rights Era. Many students had the opportunity to read all 10 of the Civil Rights novel options and some even choose to continue reading the novels during free read time! We also will be working with the suffixes -ology and -phobia, which are always fun and interesting for students. Students will have FREE READ time again at the end of the month. This is independent reading where students can choose any book they want to read for enjoyment.

Our next area of study will take on similar social issues, looking at them with a global perspective. Students will choose a Human Rights topic and conduct some intense research on this, which will be used for their final product to be completed in English class with Mrs. Buisman. While researching, students will use a variety of non-fiction reading strategies when delving into their different resources. They will begin in hardcopy sources, which will be the basis of their information so they can decipher what information on the internet is valid and what isn't.

Happy Reading! - Mrs. Schultz

Social Studies - Mrs. Jeranek

We finish Ancient Greece with the study Alexander from Macedonia throughout March. Then move west to the Ancient Romans. Throughout the Roman Unit, we will use various text structured graphic organizers to learn the many ways Romans used the geographic landscape of the Italian peninsula to prosper, govern and conquer lands throughout the Mediterranean Region.

Regular Math with Mrs. Alo and Mrs. Jehn

At the start of March students will have just completed working in Chapter 7 which covered geometry topics including area, surface area, and volume. During the rest of March students will be working in Chapter 8 - Integers, Number Lines, and the Coordinate Plane. Understanding positive and negative integers typically is easy for students because they have grown up in Wisconsin. Students previously worked with graphing ordered pairs in one quadrant and will now use their integers skills to graph in all four quadrants. In the second half of the chapter students will recall skills they learned to write and solve equations and apply those to writing and solving inequalities.

Advanced Math with Mrs. Jehn

March brings us into the 7th grade textbook and Chapters A and B during which students will learn the integer rules using them to add, subtract, multiply, and divide integers and rational numbers. These chapters are a bit like elementary school when students first encountered fast facts because they will need to make time to do some fast fact practice on their own at home to be successful.



“Meet Us in the Middle”





English - Mrs. Buisman

In sixth grade English, we are switching gears to informational text. We will be focusing on text structure and text features this month. We will continue practicing grammar daily focusing on possessive nouns and pronouns.

6th Grade Science - Mrs. Jarosh

Magnetic fields and measuring magnetic strength have provided many hands-on opportunities. Students will continue to explore how the Earth is like a magnet and even pull iron out of breakfast cereal! Students are practicing reading informational text and focusing on vocabulary!





Reading - Mrs. Rochester and Mrs. Friell

Agendas/Lessons: Work to be turned in for grade is posted on the Homework Hotline. The specific daily plan is posted in Google Classroom. If a student needs to miss school, please check GC for required work.

Writing and Language: Each class period, we practice working on sentences and/or parts of speech. In March we will work on compound and complex sentences. We will also continue to review the parts of speech we've reviewed so far (noun, verb, adjective, and preposition). Word work will continue to include learning roots and spelling words.

We will be practicing/preparing for the state test.

We will also be creating a One-Pager for the dystopian novel. This project will focus on theme, symbolism, character traits, setting, and conflict.

Reading: In March, students will be reading a choice book as we finish up the project for the dystopian book.

Science - Mr. Baker

We ended February by finishing up our genetics unit with one of my favorite labs, SuperTasters!!! With that out of the way, we are now writing secret messages using DNA and will start into evolution and classification. We will be taking a look at all the different types of animals and what adaptations they need to survive.



Social Studies - Mr. Mahlum

In 7th grade social studies the students will continue to look at the three branches of government. We will turn our attention to the Legislative branch and the Judicial branch. Students will understand the importance of both and how they are set up. To finish the month, the students will look at a Supreme Court case they find interesting and research it.

Math 7- Mrs. Weber and Mrs. Piersma

Happy Spring, or at least it sure has felt like it. We had a fast and busy month in February finishing up our proportions and ratios unit and starting percentages. We also had parent teacher conferences. Thank you to everyone who was able to attend. The last trimester will go fast, please remember to email or call with any questions or concerns.

Pre-Algebra. Mrs. Weber

Thank you to everyone who stopped in for parent teacher conferences. We are already in our 3rd trimester and the kids are working hard. We will finish up with our last mathcounts the first week of March. We are now learning about systems of equations and will move on to data displays in Unit 6. Let's hope our spring weather sticks around.



GRADE 8

newsletter



MARCH EDITION

ELA- Mrs. Meyer & Ms. Sackett

The 8th graders just finished their research papers. They should be proud of the effort they put in the last couple of months researching and writing these papers, and we all agree that it feels good to be done. Before we start our next big unit, we are going to spend some time with poetry. We will learn to analyze poetry and will even spend some time writing our own poems. Students are back to reading a choice book for their STRAW reading time which gives them material for their journal writes. We continue to work on compound and complex sentences with the end goal of using these correctly and consistently in their writing. At the end of March, we will begin working on our argument writing project.

Targets covered in March:

- R.1 Make logical inferences from a text
- R.2 Cite textual evidence that strongly supports an analysis of a text
- R.4 Provide an objective summary
- R.5 Analyze how parts of a text reveals aspects of a character
- L.1 Correctly write compound sentences
- L.2 Correctly write complex sentences
- L.4 Demonstrate appropriate use of the conventions of standardized English grammar and usage when writing or speaking
- S.2 Analyze the purpose of information presented in diverse media and formats
- S.3 Evaluate the effectiveness of media presentations



ALGEBRA- Mrs. Coe

The students finished up Polynomial Equations and Factoring in February and will begin Unit 8 on Graphing Quadratic Functions. We competed in the Regional Mathcounts Competition in February and one team of 4 placed 2nd and 1 individual competitor are moving on to state!. We will compete on March 2nd in Sheboygan. Send good luck wishes to all of our competitors!

The learning targets for Unit 8:

- 8.1: Graph and describe fcns of the form $f(x)=ax^2$.
- 8.2: Graph and describe fcns of the form $f(x)=ax^2+c$.
- 8.3: Graph and describe fcns of the form $f(x)=ax^2+bx +c$.
- 8.4: Graph and describe fcns of the form $f(x)=a(x-h)^2+k$.
- 8.5: Graph and use fcns in intercept form.
- 8.6: Compare the characteristics of linear, exponential, and quadratic fcns

MATH 8- Mrs. Coe & Mrs. Snook

Regular Math (Unit 8) - Mrs. Coe and Mrs. Snook

We finished up our Data Analysis and Displays unit in February and started Unit 8 on Exponents and Scientific Notation.

The learning targets for Unit 8:

- 8.1: Use exponents to write and evaluate expressions.
- 8.2: Generate equivalent expressions involving products of powers.
- 8.3: Generate equivalent expressions involving quotients of powers.
- 8.4: Understand the concepts of zero and negative exponents.
- 8.6: Understand the concept of scientific notation.
- 8.7: Perform operations with numbers written in scientific notation.



SCIENCE- Ms. Smith- Waller

We are finishing up our study of Earth's History. To finish up this unit students will complete a project creating a timeline of Earth's history that will be 5 meters long (just under 15 feet). After finishing up our unit on Earth History, we will move into our Astronomy unit. We will begin by looking specifically at the Earth-moon-sun system and how those objects interact with each other. Our first focus will be the phases of the moon. We will complete a few activities demonstrating how the phases change and why we see what we see. Stay tuned for information about the upcoming Solar Eclipse coming up in April!

Essential Learning Outcomes:

- Develop and use a model to predict and/or describe phenomena.
 - MS-ESS1-1: Develop and use a model of the Earth-sun-moon system to describe the cyclic patterns of lunar phases, eclipses of the sun and moon, and seasons.

SOCIAL STUDIES- Ms. Morgan

March finds 8th Grade Social Studies exploring the beginnings of our nation from the establishment of a functioning government to the achievements of the Washington, Adams, Jefferson, and Madison Presidencies. We will also delve into a look at the impact the growth of the US had on the indigenous people already occupying the land. This will include a look at what was going on in our own backyards related to relocation of the natives. We will also explore the reason behind Act 31 which requires all Wisconsin students to learn about Wisconsin tribal sovereignty at least once in middle school.

Our learning targets for March will focus on:

- 8.JE.1: Critiquing the changes in Jefferson's political ideology
- 8.JE.2: Assessing the Louisiana Purchase and the exploration of the region
- 8.JE.3: Summarize the causes and impacts of the War of 1812
- 8.JE.4 Interpret the role of important individuals and events of the Jeffersonian Era and the War of 1812
- 8.GN.1: Critique the Indian Removal Act and its impact on Native American Tribes
- 8.GN.2: Compare the larger national narrative of the Indian Removal Act with events going on here in Wisconsin

Looking to explore Wisconsin Native American History. Check out the [Wisconsin First Nations website](#) or [The Ways Videos](#).

Washington DC Students

Final payments will be due by March 11. In early March, following the fundraising completion in late February, students will be provided an invoice showing what is owed on the trip. A tentative itinerary will be provided by late April and at this time students will also select their partners for the trip. Continue to watch for details in your emails and via Skyward as we get closer to departure.

LMC - Creative Computing



In 7th grade Creative Computing, students have completed their Scratch projects as well as a short project where they learned about how AI works and some of its uses in our lives today. We are now diving into Python coding and physical computing with Raspberry Pi! This marks an exciting shift in their coding journey, where they'll explore new realms of creativity and problem-solving. Stay tuned for updates on their progress and amazing creations!

We're thrilled to share the incredible journey our 5th graders have embarked on this trimester in the LMC! From honing their coding skills in Hopscotch to crafting captivating book trailers and diving into research projects about national parks, they've been busy exploring, learning, and creating. As we near the end of the trimester, our students are putting their newfound knowledge to the test with a digital scavenger hunt. This engaging activity allows them to showcase everything they've learned about the LMC in a fun and interactive way.



General Music/Choir - Nimm

Small Choir 6 - Students have just finished a project called "The Soundtrack of My Life" in which they picked some of their favorite songs to describe. They continue to work on playing the recorder using Recorder Karate. All students have become yellow belts and will soon be testing for their orange belts.

Soundscapes - Students have just finished publishing their magazine articles. They researched a topic of their choosing and then wrote a four paragraph article. The magazine articles will be printed and shared. The next unit for Soundscapes will focus on how The Beatles changed music forever!

African Drumming - Students continue to play a variety of instrumental ensembles from African countries. They have been focusing on what they can do individually to make the performances more successful. Students have also completed a project on composing their own music for a Video Game.

Choir 6 - Students continue to rehearse new concert music, and practice their sight-singing abilities. They were recently introduced to a new note in the Solfege scale - La. This is the fifth note they have learned, and it creates a pentatonic scale that will be fun to use in class.

Choir 7 - Students continue to rehearse new concert music, and practice their sight-singing abilities. They were recently introduced to a new note in the Solfege scale - Fa. This is the sixth note they have learned, and it can be difficult to hear the intervals using Fa. We'll practice as a class, and in choir lessons to master the pitch relationship.

Choir 8 - Choir 8 selected all of their own music for our May concert. While they wait for the music to arrive, we have been learning about proper singing techniques - breathing, alignment, the larynx, vowel shapes, and diction.





Music - Kinstler

5th Grade: Our Trimester 2 music classes are finishing up their 5th grade music class and will move on to a new Allied on March 4. We finished up the trimester refining our listening skills by completing a few SQUILTS (Super Quiet Un-Interrupted Listening Time) where students carefully listen to a piece of music and try to identify the type of instruments and/or voices, the instrument timbres, and moods portrayed. Students also played songs that contained four different notes on the recorder and learned "Twinkle, Twinkle" in bass clef on the piano keyboards. Ms Nimm and Mrs. Kinstler really enjoyed the 5th grade music classes this semester and are looking forward to the next 5th grade classes.

6th Grade: Keyboards and more took some time off of playing piano keyboards and learned about the explosion of Rock n Roll in the 1950s. Students created their own rock grooves in GarageBand by imitating a rock beat on a drum set, using bass, guitar and piano autoplays to change chords and adding a brass ensemble. Next students are diving into the 1960s! They are seeing how the historical events that took place in the 1960s affected the pop music of the time.

7th Grade Guitars and Musicals: Now that students have learned how to read TAB and standard notation on the top three strings of the guitar, they are now learning some simple melodies and chords to go along with them. Their first melodic performance assessment was "Hush Little Baby" and then they learned how to play the C and G chords that go along with that melody. Students will also be exploring the bass notes using the lower three strings on the guitar.

Engineering, Technology and Careers

As we wrap up the trimester, the kids are taking home some pretty cool projects.

Our 6th graders finished their test on CorelDraw and have been implementing their skills to make a Sign to take home. They got a base introduction to the woodshop as they chose a router profile for the edges of their signs, and they got an introduction to the sanding and staining procedure.

7th graders are taking home their sewing and woodshop projects. The students had to only complete one project during the trimester but had a ton of options to choose from. They could build an armrest holder for their couch, a gumball machine, a wall shelf, or a cutting board. For sewing projects they could make a drawstring backpack, pillow case, cooking apron, a pet bandana, or a zipper pencil pouch.

The 8th graders will start bring home their custom LED signs. Be sure to look for these really cool projects where they implemented skills ranging from wood working to soldering, all the way to graphic design.



Activities to Support Reading at Home

Your child should read at least 20 minutes outside of school to maintain or increase their reading abilities. Research has shown that the best way to develop strong readers is to have them read more, with books at their level that are interesting to them. Let your child choose what to read within these guidelines.

The following are some suggestions for how to support reading at home:

- Have discussions about the current classroom novel or their independent reading book. Find out your student's opinions of them and what he/she think may happen as they continue to read. Revisit this discussion days later.
- Encourage your child to read to a younger sibling, a pet, or to you!
- Expose your child to sophisticated vocabulary. This will assist with understanding vocabulary he/she may encounter in their independent reading. Explain any challenging words you use.
- Subscribe to magazines that will interest your child.
- Read the newspaper together. Discuss interesting articles or editorials.
- Take your child to the public library. Check out books together. Check out audio versions of difficult text to follow along with. Read a book that was made into a movie and watch the movie together as a reward for finishing the book. Discuss similarities and differences.
- Find a book to read together. Read it aloud or individually, but stop every once in a while to discuss the text and see if your child has any questions or confusions to clear up.
- Listen to books in the car.
- Limit the amount of time spent watching TV and playing video games.
- Provide time and space for your child to read. Children love converting closets or corners of rooms into reading nooks with bean bags and reading lights!
- When out and about, have your student read aloud information. For example, at restaurants have your student read the descriptions of menu items. At a museum have him or her read the information available for the different exhibits. Pick up brochures for upcoming trips, and let your student read it to the family in preparation.
- Make reading fun and enjoyable!



Dear Parent/Guardian:

We are already excited for the 2024-2025 school year! Please note that there have been changes to the immunization requirements that became effective for the 2023-2024 school year.

Compliance is required by the 30th day of school. Compliance means that the immunization has been administered (with documentation) or a signed personal or religious waiver has been signed and submitted.

The Wisconsin Student Immunization Law requires students starting grades K-6th grade during the 2024-2025 school year to have the below list of vaccines, or a waiver on file. (Many students receive these prior to entering Kindergarten).

- **4 DTP** – diphtheria, tetanus, pertussis (whooping cough) one dose must be received on or after the fourth birthday (4 days or less before fourth birthday is acceptable). If a student receives the 3rd dose after their 4th birthday a fourth dose is not required.
- **4 Polio** - If a student receives the 3rd dose after their 4th birthday a fourth dose is not required (4 days or less before fourth birthday is acceptable).
- **2 MMR** –Measles, mumps, rubella (German measles) the first dose must be received on or after the first birthday. Lab evidence of immunity is also acceptable.
- **3 Hepatitis B** - Lab evidence of immunity is also acceptable.
- **2 Varicella** – Chicken pox. Chickenpox disease history verified by a qualified healthcare provider (parent-reported cases are no longer accepted) or evidence of lab immunity is also acceptable.

The Wisconsin Student Immunization Law still requires students entering 7th grade during the 2024-2025 school year to have the below vaccine, or a waiver on file:

- **1-Tdap** - an adolescent tetanus, diphtheria, and acellular pertussis combination vaccine. If a student received a dose of tetanus-containing vaccine, such as Td, within five years before entering 6th grade, the student is compliant and a Tdap is not required.

The school will need a record of all the immunizations your student has received if they were received outside of Wisconsin. A Student Immunization Record/Waiver Form will be available from the school for you to fill out. It is also available [online](#). If you are vaccinating your student, you are encouraged to make this appointment as soon as possible to avoid the late summer rush at vaccination clinics. Vaccines are available through your regular clinic. Some vaccines are available through the La Crosse County Health Department. Dial 211 for help finding additional clinic locations and for information on the Vaccines for Children program providing no or low-cost vaccines for those that are eligible.

We look forward to serving your student(s)!

In partnership,

Kate Brohmer RN, BSN
 West Salem District School Nurse
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 (608) 451-1185

HARVEST OF THE MONTH NEWSLETTER MARCH 2024



With **POWER UP SWEET POTATO**



Select – Choose sweet potatoes that are firm and smooth.

Store – Store in a cool, dark place for 3-5 weeks.

Prepare – Rinse under cool, running water and scrub to remove dirt.

Sweet Potatoes are the Harvest of the Month!

Add sweet potatoes to your favorite family meals:

- Slice, toss with oil and seasonings, and bake to make sweet potato fries.
- Mash with butter and cinnamon for a sweet side dish.
- Bake whole and top with black beans & salsa or maple syrup & toasted pecans.

Make meals and memories together. It's a lesson kids will use for life.

Did you know?

Sometimes people call sweet potatoes yams, but yams and sweet potatoes are different vegetables! Sweet potatoes are root vegetables that came from the tropical regions of Central and South America. Yams are large, starchy roots from Africa and Asia.



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs.

Recipe of the month

Chocolate Sweet Potato Pudding

Serves 4

Ingredients:

- 2 medium mashed sweet potatoes
- 1/4 cup cocoa powder
- 3 Tablespoons sweetener (sugar, brown sugar, maple syrup, honey)
- 1 teaspoons vanilla extract
- 1/4-1/2 cup liquid (milk, water)

Place all ingredients in a blender or food processor and blend until smooth. Chill and serve.

Per serving: 117 calories, 1g fat, 2g protein, 27g carbohydrate, 2g fiber, 37mg sodium


Source: laxf2s.org




March 2024

West Salem Middle School

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				From the Grill <ul style="list-style-type: none"> • Pepperoni Pizza • Honey-Glazed Carrots Home Style <ul style="list-style-type: none"> • Cheese Pizza • Honey-Glazed Carrots Deli Line <ul style="list-style-type: none"> • Cuban Flatbread Sandwich • Chicken Dumpling Soup Grab and Go <ul style="list-style-type: none"> • Panther YOGURT Pack • Panther PBJ Pack
4	5	6	7	8
From the Grill <ul style="list-style-type: none"> • Bakalar's Hot Dog on WG Bun • Mac n' Cheese Home Style <ul style="list-style-type: none"> • Bratwurst on a Bun • Mac n' Cheese Deli Line <ul style="list-style-type: none"> • Ham, Turkey and Cheddar Sub • Brown Chicken & Wild Rice Soup Grab and Go <ul style="list-style-type: none"> • Panther YOGURT Pack • Panther PBJ Pack 	From the Grill <ul style="list-style-type: none"> • Diced Chicken & Gravy with Buttermilk Biscuit • Mashed Potatoes Home Style <ul style="list-style-type: none"> • Meatballs & Gravy with Buttermilk Biscuit • Mashed Potatoes Deli Line <ul style="list-style-type: none"> • Turkey and Swiss on WG Sandwich Bread • Cottage Cheese Grab and Go <ul style="list-style-type: none"> • Panther YOGURT Pack • Panther PBJ Pack 	From the Grill <ul style="list-style-type: none"> • Chicken Potstickers • Seasoned Brown Rice • Cooked Carrots Home Style <ul style="list-style-type: none"> • Orange Chicken Seasoned Brown Rice • Cooked Carrots Deli Line <ul style="list-style-type: none"> • Garden Salad with Choice of Meat/Yogurt/Cottage Cheese • White Chicken Chili Grab and Go <ul style="list-style-type: none"> • Panther YOGURT Pack • Panther PBJ Pack 	Sweet Treat Thursday!! <ul style="list-style-type: none"> • 100% Fruit Juice Slushy From the Grill <ul style="list-style-type: none"> • Polish Kielbasa with Potato & Cheese Pierogies • Garlic Roasted Green Beans Home Style <ul style="list-style-type: none"> • Chicken Tenders • Animal Crackers • Garlic Roasted Green Beans Deli Line <ul style="list-style-type: none"> • Crispy Chicken Wrap • Goldfish Crackers Grab and Go <ul style="list-style-type: none"> • Panther YOGURT Pack • Panther PBJ Pack 	From the Grill <ul style="list-style-type: none"> • Sausage Pizza • Green Peas Home Style <ul style="list-style-type: none"> • Garlic Mozzarella Cheese Twists with Marinara Dipping Cup • Green Peas Deli Line <ul style="list-style-type: none"> • Ham & Cheese Wrap • Broccoli Cheese Soup Grab and Go <ul style="list-style-type: none"> • Panther YOGURT Pack • Panther PBJ Pack
11	12	13	14	15
From the Grill <ul style="list-style-type: none"> • BBQ Rib Sandwich • Waffle Fries Home Style <ul style="list-style-type: none"> • Pulled Pork Sandwich • Waffle Fries Deli Line <ul style="list-style-type: none"> • Southwest Chicken Salad • Corn Bread Muffin Grab and Go <ul style="list-style-type: none"> • Panther YOGURT Pack • Panther PBJ Pack 	 From the Grill <ul style="list-style-type: none"> • Cinnamon French Toast Sticks and Jones Dairy Sausage Links • Warm Cinnamon Apples Home Style <ul style="list-style-type: none"> • Cinnamon French Toast Sticks with Colby Cheese Omelet • Warm Cinnamon Apples Deli Line <ul style="list-style-type: none"> • Turkey Bacon on Sub Roll • Creamy Tomato Soup Grab and Go <ul style="list-style-type: none"> • Panther YOGURT Pack • Panther PBJ Pack 	From the Grill <ul style="list-style-type: none"> • Breaded Chicken Patty Sandwich on WG Bun • Peas & Carrots Home Style <ul style="list-style-type: none"> • Cheese Pizza • Peas & Carrots Deli Line <ul style="list-style-type: none"> • Ham & Cheese Wrap • Cottage Cheese Grab and Go <ul style="list-style-type: none"> • Panther YOGURT Pack • Panther PBJ Pack 	From the Grill <ul style="list-style-type: none"> • Pasta with Italian Meat Sauce • Garlic Breadstick • California Blend Vegetables Home Style <ul style="list-style-type: none"> • Pasta with Marinara Sauce • Garlic Breadstick • California Blend Vegetables Deli Line <ul style="list-style-type: none"> • Turkey and Swiss on WG Croissant • Chicken Noodle Soup Grab and Go <ul style="list-style-type: none"> • Panther YOGURT Pack • Panther PBJ Pack 	No School

18	19	20	21	22
<p>From the Grill</p> <ul style="list-style-type: none"> • (Cheese) Hamburger on WG Bun • Potato Smiles <p>Home Style</p> <ul style="list-style-type: none"> • Breaded Ravioli Squares with Marinara Sauce <p>Deli Line</p> <ul style="list-style-type: none"> • Southwest Chicken Salad • Corn Bread Muffin <p>Grab and Go</p> <ul style="list-style-type: none"> • Panther YOGURT Pack • Panther PBJ Pack 	<p>Home Style</p> <ul style="list-style-type: none"> • Saucy Orange Popcorn • Chicken Seasoned Brown Rice • Whole Kernel Sweet Corn <p>From the Grill</p> <ul style="list-style-type: none"> • Popcorn Chicken Seasoned Brown Rice • Whole Kernel Sweet Corn <p>Deli Line</p> <ul style="list-style-type: none"> • Chicken Caesar Wrap • Cheez-It Crackers <p>Grab and Go</p> <ul style="list-style-type: none"> • Panther YOGURT Pack • Panther PBJ Pack 	<p>From the Grill</p> <ul style="list-style-type: none"> • Pepperoni Calzone • Garlic Breadstick • Roasted Broccoli <p>Home Style</p> <ul style="list-style-type: none"> • Pasta with Chicken Alfredo • Garlic Breadstick • Roasted Broccoli <p>Deli Line</p> <ul style="list-style-type: none"> • Grilled Cheese • Creamy Tomato Soup <p>Grab and Go</p> <ul style="list-style-type: none"> • Panther YOGURT Pack • Panther PBJ Pack 	<p>Sweet Treat Thursday!!</p> <p>Ice Cream Sandwich</p> <p>From the Grill</p> <ul style="list-style-type: none"> • Pepperoni Pizza <p>Home Style</p> <ul style="list-style-type: none"> • Asparagus <p>Home Style</p> <ul style="list-style-type: none"> • BBQ Pulled Pork Sandwich • Asparagus <p>Deli Line</p> <ul style="list-style-type: none"> • Turkey Club Wrap • Simply Chex - Cheddar <p>Grab and Go</p> <ul style="list-style-type: none"> • Panther YOGURT Pack • Panther PBJ Pack 	<p>From the Grill</p> <ul style="list-style-type: none"> • Polish Kielbasa on a Bun • HomeStyle Baked Beans <p>Home Style</p> <ul style="list-style-type: none"> • Bakalar's Hot Dog on WG Bun • HomeStyle Baked Beans <p>Deli Line</p> <ul style="list-style-type: none"> • Ham & Cheese on White Wheat Sandwich bread • Chicken Noodle Soup <p>Grab and Go</p> <ul style="list-style-type: none"> • Panther YOGURT Pack • Panther PBJ Pack
25	26	27	28	29
<p>From the Grill</p> <ul style="list-style-type: none"> • Chicken Patty - Hot and Spicy • Whole Grain Bun • Baked Sweet Potato Crinkle Fries <p>Home Style</p> <ul style="list-style-type: none"> • Breaded Chicken Patty Sandwich on WG Bun • Baked Sweet Potato Crinkle Fries <p>Deli Line</p> <ul style="list-style-type: none"> • Chicken Bacon Ranch Wrap • White Chicken Chili <p>Grab and Go</p> <ul style="list-style-type: none"> • Panther YOGURT Pack • Panther PBJ Pack 	<p>From the Grill</p> <ul style="list-style-type: none"> • Cheese Quesadilla • Refried Beans <p>Home Style</p> <ul style="list-style-type: none"> • Pork Taco on Soft Shell Tortilla • Refried Beans • Taco Topping Bar <p>Deli Line</p> <ul style="list-style-type: none"> • Ham & Swiss on WG Croissant • Baked Scoop Chips and Salsa <p>Grab and Go</p> <ul style="list-style-type: none"> • Panther YOGURT Pack • Panther PBJ Pack 	<p>From the Grill</p> <ul style="list-style-type: none"> • Chicken and Waffles - Chicken Tenders served with Belgian Waffles • Whole Kernel Sweet Corn <p>Home Style</p> <ul style="list-style-type: none"> • Chicken and Waffles - Chicken Tenders served with Belgian Waffles • Whole Kernel Sweet Corn <p>Deli Line</p> <ul style="list-style-type: none"> • Garden Salad with Choice of Meat/Yogurt/Cottage Cheese • Creamy Chicken Pot Pie Soup <p>Grab and Go</p> <ul style="list-style-type: none"> • Panther YOGURT Pack • Panther PBJ Pack 	 <p>Snow Day</p>	<p>No School</p>

Menu likely to change based on product availability.
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