

# WEST SALEM MIDDLE SCHOOL

450 North Mark St.  
West Salem, WI 54669  
Phone - (608) 786-2090  
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## SPECIAL POINTS OF INTEREST:

**School Starts at  
7:50!!**

### Inside this Issue:

Morning Procedures	2
Calendar of Events Notes from Office	3
Nurse Info Drop off/Pickup	4
Cell Phone Usage Early Release Dates	5
Counselor Comments	6
Edmodo Info	7
Grade 6	8
Band/Gen. Music	9
Grade 7	10
Grade 8	11
Healthy Living Success Center	13
Gr. 8 Important Dates Student Council Info	15
Drop off/pickup photo	16
Bus line up photo	17
Middle Years	18
17-18 School Calendar	24
Breakfast/Lunch Menu	25



2017

Volume 6 - Issue 2

Dear WSMS Families,

The 2017-2018 school year is off to a great start at West Salem Middle School. Staff members have been hard at work preparing and planning for the start of school and the arrival of our students. We are looking forward to working together as a team to provide your child the very best educational experience. Our newsletter is one way in which we maintain communication between school and home. It contains a variety of academic updates, important dates, and items of interest. Thank you for taking the time to read it.

The Middle School remodel process is well underway. We have adjusted our recess location on campus with safety in mind and taken the first few days to communicate those procedures to students. We are also planning on giving student tours of the facility, so they can see the current status, and we can explain where we are at in the process. Tours will take place for students on 9/8/17. This is an exciting time for our building, but it doesn't come without temporary inconveniences. One of those is parking. Please note that there is more information on parking within this newsletter. We will continue giving you updates on the construction progress, so that we can work together to maintain a safe and positive place for our student.

WSMS is committed to ensuring a positive learning environment for all. This commitment comes with a focus on learning, consistent attendance, and adherence to the school rules. Consistency in these three areas will allow our students the opportunity to develop the positive habits that will make them successful young adults. While we recognize that students in middle school should be able to be in charge of their own success, parents/guardians can have a great impact in setting the stage. How? Here are a few ideas:

#### Learning

- Let your child know you think school is important. Talk to him/her about what they're learning.
- Encourage persistence: Children learn persistence when they are successful at a challenging task. Let them know that not everything comes easy. This will help them gain confidence and successfully negotiate difficult situations when they are older.
- Talk to them about their future: School success is one of the keys to a successful future. Talk with them about their dreams/goals and make the connection to how school fits within this vision.

#### Attendance

- Encourage your child to get enough sleep to ensure that he/she is able to get up in the morning.
- Leave home with plenty of time to get to school.
- Try to schedule appointments before or after school hours.

#### School Rules

- Familiarize yourself with the school rules, guidelines, and expectations in our handbook.
- Reinforce that school is currently their "job" and just like your job, there are expectations. This will help them prepare for high school and beyond.
- Talk to your kids about the rules at your job. Compare them. For example, what is the dress code at your job? This helps students understand the purpose of school rules.

Finally, encourage your child to develop a great work ethic. Vince Lombardi was quoted as saying, "The only place success comes before work is in the dictionary." A good work ethic will help develop personal pride and ensure that your student feels in control. Hard work pays off!

I feel blessed to be a part of such a strong learning community here in West Salem. We look forward to partnering with you to continue Serving With Passion to Ignite Creativity, Innovation, and Excellence in all of our students. Let's have a great year!

Proud to be a Panther!

Ben Wopat  
Principal  
Twitter.com/coachwopat



# Morning Procedures

Students who report to school prior to 7:43 may report to our cafeteria.

Students may report to the Success Center at 7:00 a.m. Students should buzz in and report directly to the Success Center classroom. Doors open for students to have breakfast or report to cafeteria at 7:15.

Students with band instruments may enter through the gym doors and report directly to the band area to drop off instruments and then go to the cafeteria.

Students are not to be in the halls at any other time before 7:43 unless they have a pass from a teacher. **First period starts at 7:50 a.m.** and all students will be expected to be in their appropriate classrooms at that time.



## Calendar of Events



4 - NO SCHOOL (Labor Day)

16 - CC @ Brookwood 10:30

18 - VB vs Holmen 3:45

19 - FB - 7 squad 1 vs Holmen I 4:00  
FB - 7 squad 2 vs Longfellow 5:30

20 - EARLY RELEASE

21 - VB @GET 4:15  
FB - 8 vs Logan 4:00

25 - VB - vs Aquinas 4:15

26 - VB @ Westby High 4:15  
CC HOME 4:15

FB 8 @ Holmen 2 4:00  
FB 7 both squads @ Logan 4:00

28 - Torch Light Parade

29 - Homecoming Parade 2pm

### Middle School Security...

The middle school doors will be locked during school hours of 8:00am - 3:10pm. When coming to the middle school, you will need to be buzzed into the building by using the button located on the south wall of the main entrance. Once you enter the building, please report to the office to sign in.

## From the Office

### Absences, appointments, and messages

If your child will be absent from school, please call the office by **7:50** in the morning. In the event you receive the voice mail, leave a message that includes your child's name, grade, and the reason for the absence. If your child is ill, **please be specific with his/her symptoms**. We are required by state law to report numbers of students ill with strep throat, stomach flu, colds, and chicken pox, so it is important that we have accurate count. We do not report student names, just numbers. If your child's absence is not called in to the school in a timely manner, it is considered an unexcused absence and consequences may be assigned to the student.

You may also call ahead with any pre-planned absences, and we will document it. Therefore you will not have to call again the day of the absence.

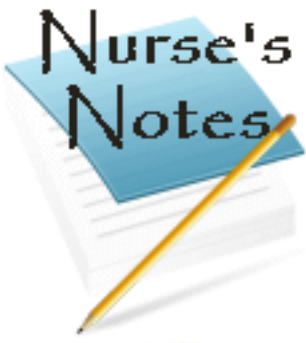
If your child needs to be picked up for an appointment, please send a note or call the office so that your child can be given an out pass in advance. We appreciate advance notification as it eliminates the need for us to try and find your child at the last minute when he/she is being picked up. If your child brings a note from the medical or dental appointment as verification, it is not counted toward the 10 days allowed for your child to be absent from school. Thank you for your cooperation in keeping your child's attendance up to date and informing the school of absences in a timely manner.

We receive many calls daily from parents asking us to relay messages to their children. Please make every attempt to relay these messages to your child before he or she leaves for school. Messages called into the office after 1:30 may not get to your child before dismissal.



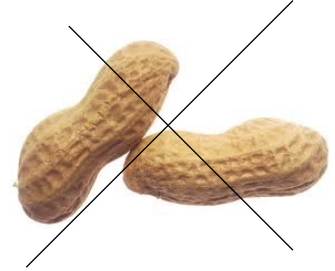
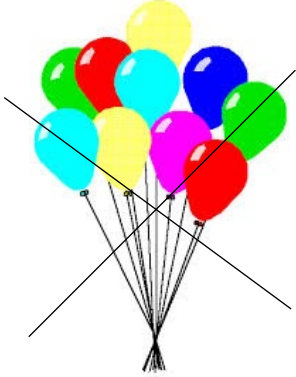
*Meet Us in the Middle*





We have several students in the district who have severe allergies to peanuts, tree-nuts and latex. For this reason we are asking that you follow the district policy below:

Our schools are designated as latex-controlled schools. Materials that contain high concentrations of latex, such as most balloons, are prohibited. Our schools are also designated peanut/tree-nut aware. We ask that you do not send any foods that contain peanuts or tree-nuts (cashews, almonds, pecans, etc.). If you have questions regarding any product or material you may wish to bring to the school, please contact the office or the school nurse before bringing the item into the school.



## Student Drop Off and Pick Up

On page 16 you will find an aerial photo of the middle school drop off/pick up areas for this school year. The **BLACK** arrows are for vehicle traffic and the **ORANGE** arrows are for the sidewalk/walking traffic. Buses will drop off middle school students at the elementary (the same as in the past) the students will then cross at the crosswalk with a crossing guard to assist them across Mark St. They will then proceed on the sidewalk and enter in the middle school's current entrance.

On page 17 you will also find a diagram of the new enhanced bus drop off/pick up area. The front loop of the elementary, and the new bus-loading zone is for bus loading only.

In the interest of your child's safety, all students dropped off or picked up by parents needs to take place on East Avenue. **Temporarily stopping your vehicle in front of the building entrance on Mark St. to have students get out is NOT safe.** Mark St. is very busy during peak morning and afternoon hours.

We appreciate your patience and understanding during this school year. We are hoping that our new parking space on East Ave. when completed will be much more convenient, safer, and allow for better traffic flow for the entire campus.



**The Middle School Newsletters** can be found on the district website - [www.salem.k12.wi.us](http://www.salem.k12.wi.us). An e-mail reminder will be sent each month to let you know when it is available along with a link to the actual newsletter. If you would like a hard copy of the newsletter, please let the Middle School office know.



### Student Cell Phone Use

Students at our middle school are **NOT allowed to carry cell phones** with them throughout the school day. If a student brings a cell phone to school it:

- **Must be turned off**
- **Must be kept in the student's locker**

Cell phones are absolutely **NOT allowed on the playground or in the bathroom/locker room.**

Students are NOT allowed to use cell phones to take video recordings of other students at school. Students not following the guidelines will be subject to disciplinary action. Please call if you have any questions.



### Early Release Dates

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

September 20

November 15

December 13

February 14

March 7

May 9





## Counselor Comments from Mr. Lang...

**WELCOME** to all students new to the middle school and  
**WELCOME BACK** to all of our returning students!!!  
 Looking forward to a great year!

For our Advisor/Advisee Program, we use the Search Institute's 40 Developmental Assets as our foundation for the program. As we kick off the new school year, our initial focus will be on Bonding/Connecting/Getting to Know each other in A/As (of course, this will be a year-long process!). We will quickly turn our focus to the asset of Commitment to Learning: achievement, motivation, school engagement, homework, bonding to school, and reading for pleasure. Students who are focused and ready to learn right away will have a solid foundation to continue to be motivated and connected to school/learning for the whole year...and beyond!

Our advisors have "assigned" parents the first homework of the year. You received your In a Million Words or Less assignment at registration. Please take some time to tell us (more) about your child...even if we have known him/her the past couple of years. So much can happen over the course of the summer. We appreciate you taking the time to help us make connections with your child and your family. We are looking forward to a fun-filled educational year. There will be so much going on that it may feel overwhelming at times for students and parents. Please be patient as the year unfolds and new endeavors occur. Certainly, reach out and ask questions if you are not certain about something your child is involved with at the middle school. We want this to be the most positive experience for your child.

### Substitutes Needed

For the 2017-2018 School Year  
 In the following areas:

Secretarial	Paraprofessionals
Food Service	Custodians
Bus Drivers	Teachers

If interested, please stop at the District Office at  
 405 East Hamlin St, West Salem OR call  
 608-786-0700 OR go to [www.wsalem.k12.wi.us](http://www.wsalem.k12.wi.us)  
 for a substitute application



Parents,

Again this year, we are using **Edmodo** in our classrooms. **Edmodo** is a free and secure social learning network for teachers, students and schools. It provides a safe and easy way for us to connect, share content and access homework and classroom updates, topics and discussion. When absent students should check Edmodo to see what they missed in classes.



**Edmodo** also offers parent accounts. You will be able to view your child's homework assignments and due dates as well as receive updates on class events.

**Edmodo** is accessible online and on any mobile device with internet capabilities. They also offer a free iPhone and Android app. You can access your account on the go, and adjust your notification settings within **Edmodo** to receive alerts via text or email.

To join our classrooms on **Edmodo**, follow these steps:

- \* Go to [www.edmodo.com](http://www.edmodo.com)
- \* Have your child login
- \* On the "Home Page" you will see a Parent Code, then below that the code is in **BLUE** - **write down this code, then log out of your child's account.**
- \* Go back to the main login screen
- \* Select "Parent Signup" (the link is located below the student and teacher sign up buttons)
- \* Key in your **parent code** then create your unique username and password (that you will remember)
- \* Select Sign Up

If you have more than one student you can "add a student." You will, however, need to have your other child's login, follow the steps above to get the parent code. Then log back in as a parent, and at the top of the screen, you will see "Add a Student" click on this button." It will then ask you for your child's parent code.

After you sign up for the first time, you will no longer need the parent code. You'll login using your unique username and password.

That's all there is to it!



## Welcome to middle school!

Thank you for the great turnout to WEB orientation and open house. For those of you who couldn't make it or those of you who were overwhelmed with the amount of information, we wanted to remind you of a few things.

Personal responsibility is very important in middle school. Included in that is attendance, which is critical with block scheduling since we only see students every other day. However, please have your child stay home if he/she is truly sick. If your child is absent, there are several ways to get caught up. Students should go speak with their teachers about what they missed, but they should also check Edmodo, call or email friends, and utilize the Success Center to receive support in homework completion and understanding.

Edmodo is an educational app we use to inform students of homework, assessments, classroom activities, etc. Students are also able to view information from classes they may have missed and will need to make up.

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 7:00 a.m. until 7:45 a.m., at lunch, and again from 3:10 until 4:00 p.m. If students attend the Success Center, parents are responsible for transportation to and from school.

Speaking of homework, students should expect to have homework in math and reading on a nightly 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. Please encourage your child to complete their homework the same night they had class, so they are able to recall what they learned more readily.

During the first few weeks of school, the 6th grade team will be working with your student to make the transition run as smoothly as possible. Your child is in good hands!

We are looking forward to a great year!

The 6th Grade Team

Alyssa Jarosh - Science  
Heather Jehn - Math  
Sara Jeranek - Social Studies  
Kari Schultz - Reading  
Kaylin Lotspaih - Art  
Becky Buisman - English  
Amy Marshall - Special Education







### General Music ~ Mrs. Glasel

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

This month will focus on getting to know the 6th grade students and making them feel comfortable with middle school. They will learn some basic music skills to get started at learning the piano keyboard and music reading while also doing activities on their musical tastes and interests. We also read articles from a music magazine called *Music Alive*. Articles this month will focus on marching bands, billboard charts, and music from the 80s.

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

The students will begin to learn basic skills on the guitar this month, along with basic music reading, and will begin to learn some simple songs on the first string. Also, they will learn about what is a musical and some terminology related to musicals.

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

The students will be choosing which instrument they will learn this trimester. They have the choice of learning one instrument all year or splitting up learning one instrument for a trimester and one instrument for two trimesters. This month will start with the basic knowledge of the instrument they have chosen and will begin to learn some songs on that instrument.

### The WSMS Marching Band will be performing twice in the month of September...

Band Night at WSHS Football game  
Friday, Sept. 15  
Logan High School  
Report time TBD

"TORCH LIGHT PARADE"  
Thursday, Sept. 28  
Northside of LaCrosse  
Report Time TBD - Full Uniform



# September Thoughts from the 7th Grade Teachers:

WELCOME TO 7TH GRADE!  
WE ARE HAPPY YOU ARE  
HERE!

Mr. Mahlum - social studies  
Mrs. Rochester - reading  
Mr. Jones - math  
Mr. Baker - science  
Mrs. Martinson - ELA  
Mrs. Tofstad - Spanish



**Attendance** - Please be in school when you are feeling well. We want students to be in our classes!



We only get to see you every other day. A lot of what we do in class cannot be made up.

**Edmodo** - This website is the students' lifeline! Teachers post to Edmodo **daily**. The posts include the daily plan and handouts students need. When you are absent, it is **your responsibility** to check it and talk with the teacher about make up work.



**Skyward** - Advisors check grades on Skyward weekly. Students and parents can check Skyward, too. Teachers usually enter grades weekly. Please be patient with teachers to get grades entered after a test or project.

**Please, please, please** keep your iPad charged! Plug it in every night.



**Snacks** - 7th graders eat lunch at 12:30; therefore, you will be hungry in the morning! You may bring an **individual** snack to 2A or 2B. Healthy **individual** snacks are encouraged: fruit, crackers, or crackers (not chips).



## Math - Mrs. Bentzen

### Regular Math (Chapter 1)

This will be our fourth year in a new textbook series called “Big Ideas Math.” This series exposes students to highly motivating and relevant problems. Woven throughout the series are the depth and rigor students need to prepare for career-readiness and other college-level courses. In addition, the “Big Ideas Math” series prepares students to meet the challenge of state testing.

The objectives for Chapter 1:

- \*solve simple equations using addition, subtraction, multiplication or division
- \*use inverse operations to solve multi-step equations
- \*use Distributive Property to solve multi-step equations
- \*solve equations with variables on both sides
- \*determine whether equations have no solution or infinitely many solutions

\*rewrite equations to solve for one variable in terms of the other variable(s)

### Algebra (Quick Review Chapters 1 and 2, Chapter 3)

We will be practicing some basic skills of algebra while learning about the real number system. We will solve linear equations. We will start Mathcounts early in the month. Students will be required to complete a problem solving worksheet every week.

The objectives for Chapter 1:

- \*write and evaluate expressions, equations and inequalities
- \*apply the order of operations to solve real world problems
- \*represent functions as rules and as tables
- \*graph functions given a rule or table of values

The objectives of Chapter 2:

- \*classify real numbers/compare and order integers and rational numbers

\*perform basic operations and find square roots

- \*apply properties to evaluate and simplify expressions
- \*use the Distributive Property to write equivalent expressions
- \*use conditional statements and logical reasoning to reason with real numbers

The objectives of Chapter 3:

- \*use properties of equality to solve one-step, two-step and multi-step equations in one variable
- \*use properties of equality and the distributive property to solve equations with variables on both sides
- \*write ratios and proportions, solve proportions using cross products
- \*solve percent problems, such as finding the percent of a number, a base, and part of a base
- \*rewrite equations in function form
- \*solve formulas and literal equations for one variable

## English - Mrs. Sackett

In 8th grade English, we are beginning the year by getting to know each other and establishing our classroom routine. We begin each class with a journal write and then move on to lessons developing writing skills. The first writing piece of the year will be the narrative. As a model, we will read a well-known mystery novel. We will also start the year reviewing some of the grammatical principles learned in 7th grade; for example, we will review parts of speech and

compound sentences. I am excited to work with this group of 8th graders and look forward to a great year!

### Project & Inquiry ~ Mrs. Ebert

In eighth grade Project and Inquiry, students will experience hands-on activities utilizing VEX kits to build a variety of mechanisms. What are VEX kits? Think: erector sets on steroids! After learning about the mechanisms and how they can be constructed with the VEX

materials, students will apply their skills and knowledge in some fun engineering design challenges. Finally, students will experience ROBOT-C programming to bring mechanisms to life through robotics. Along the way we'll explore STEM topics and careers as well. During the trimester, ask your child to show you photos and videos of his/her team's work. Remember you're always welcome to stop in Room 3 to see what we're doing.



**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 will stay in the classroom, so they only have to get it off the shelf at the beginning of class!

**Independent Reading:** Students have been to the library and have selected books of their choice. 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.). Along with the journal, students are required to keep many worksheets in the binder. We refer to the worksheets throughout the year for reference. Students have been told that if the paper is three-hole-punched it stays in the binder the entire school year.

**Vocabulary:** In addition to "A Word A Day" (from the book 100 Words Every Middle Schooler Should Know), we continue to work on vocabulary in the following ways: studying Greek and Latin roots (we practice a different root every week), working with new words in the fiction and non-fiction works we read as a class (often coordinating with other 8th grade curricular areas), and by keeping an independent vocabulary list in our journals.

Students will begin the year by completing an independent project about an abstract word. The project will demonstrate their understanding of denotation and connotation, literary devices, and how to use reference materials.

**Science - Ms. Smith-Waller**

Welcome back everyone! I am very excited to be starting another year here at West Salem Middle School. I hope you have enjoyed your summer break and are eager for a fun-filled year in 8th grade science. I am excited to get to teach you all about the Earth! Before we dig into learning about many aspects of our amazing planet Earth, we will be learning how to become better scientists. We will be using the scientific method to solve problems and will introduce the scientific way of measuring by using the metric system. These first few units are full of hands-on activity and experiments that will keep you engaged and will re-ignite your passion for learning about science! Please don't hesitate to contact me with questions or concerns, and once again, welcome!

Specific Learning Targets for Unit One:

- 1) Solve a problem using the PHEOC Method (Problem, Hypothesis, Experiment, Observation, and Conclusion)
- 2) Create and conduct a scientific experiment including posing a question, creating and testing a hypothesis, collecting and analyzing data, making observations, and drawing conclusions.
- 3) Measure and convert measurements using the metric system.

**Social Studies ~ Ms. Morgan**

This year in 8th grade Social Studies we explore the history of our nation from the events that led to the American Revolution through the Civil War which nearly tore the country apart. Students will be creating a research project revolving around the Medal of Honor criteria and will be developing a short iBook based on their research. Please watch for information on the DC trip later this month.

During September, students will be able to:

- \*Explain pop culture and historical events that occurred within their lifetimes
- \*Describe important facts (who, what, when, where, why) of current events
- \*Develop an argument about why the American Revolution was justified



## Healthy Living Team ~ Mr. Brewer, Mrs. Olson, Mr. Running

Welcome back!! We are excited for a new year! More information will be coming on our new standards based grading, however, know that things will look a bit different for Healthy Living this year. We are really excited about our new bikes we earned from a Riding for Focus grant. Our bikes should be arriving shortly, look for pictures soon!



**Daily Physical Activity!**  
*It can happen!*

## Looking ahead to TESTING dates!!!

**PLEASE** put these dates on your calendar so you can avoid appointments.....

WI Forward for 6th grade - April 3-6  
WI Forward for 7th grade - March 26-29  
WI Forward for 8th grade - March 19-23

### 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](#).



## **Important 8th grade dates:**

Candle Fundraiser (for end of year trips) - Mid October

Puffin Pastry Fundraiser (for end of year trips) - February

Career Day in La Crosse - January

Civil Way Day - May 18

Promotion - May 31

Washington DC trip - June 3-8 (tentatively)

## **Student Council -**

Want to be a positive role model for West Salem Middle School? Want to make fun videos and plan team building activities for the whole school? Then you should sign up for student council!

Student council will be starting up right away this school year. We have many activities to plan in the community and throughout the school year to make it an exciting year. We will plan activities for homecoming, fundraisers to raise money for the school, and many more activities.

This year, student council meetings will be on Friday mornings from 7:00-7:30am.

Applications will be in the office and in Mr. Tashner's room. More information will be made during morning announcements.

If you have any questions feel free to email me, [tashner.benjamin@wsalem.k12.wi.us](mailto:tashner.benjamin@wsalem.k12.wi.us) or call the school.



If you have children at both ES & MS, please drop off at ES. Buses will also drop off at the Elementary School. A crossing guard will get your child safely to the Middle School.

Parent Drop Off at Side Door along East Ave.

Kids will walk to front entrance.





**DRIVERS AND ASSIGNED VEHICLES**

- S. Tauscher .....#2
- A. Tauscher .....#5
- K. Morgan .....#7
- C. Friet .....#8
- R. Erickson.....#9
- B. Schloesser.....#12
- K. Bina .....#13
- C. Kotek .....#14
- G. Miller.....#16
- E. Manke .....#20
- B. Vick .....#21
- T. Lord.....#22
- D. Tarasewicz.....#23
- B. Hanson.....#25
- B. Kortbein.....#27
- C. Berg .....#28
- D. Kammel.....#29
- C. Bockenfeld .....Para
- J. Every .....Para

All students catching buses at stops listed should be at those stops by 7:20. Drop-off in the evening will be carried out by the same bus and will range from 3:20-3:40. For the first few weeks, many changes are possible due to child distribution and other factors. **Please be patient!**



**Emergency Radio Stations for school delay or closing information**

- |                   |                   |
|-------------------|-------------------|
| WIZM - 1410 A.M.  | WLFN - 1490 A.M.  |
| Z-93 - 93.3 F.M.  | WKBH - 100.1 F.M. |
| WRQT - 95.7 F.M.  | WFBZ - 105.5 F.M. |
| WKTY - 580 A.M.   | WCOW - 97.1 F.M.  |
| KCLH - 94.7 F.M.  | WKLJ - 1290 A.M.  |
| KQEG - 102.7 F.M. | WXOW - TV-19      |
| WLXR - 104.9 F.M. | WKBTV - TV-8      |
| WQCC - 106.3 F.M. |                   |

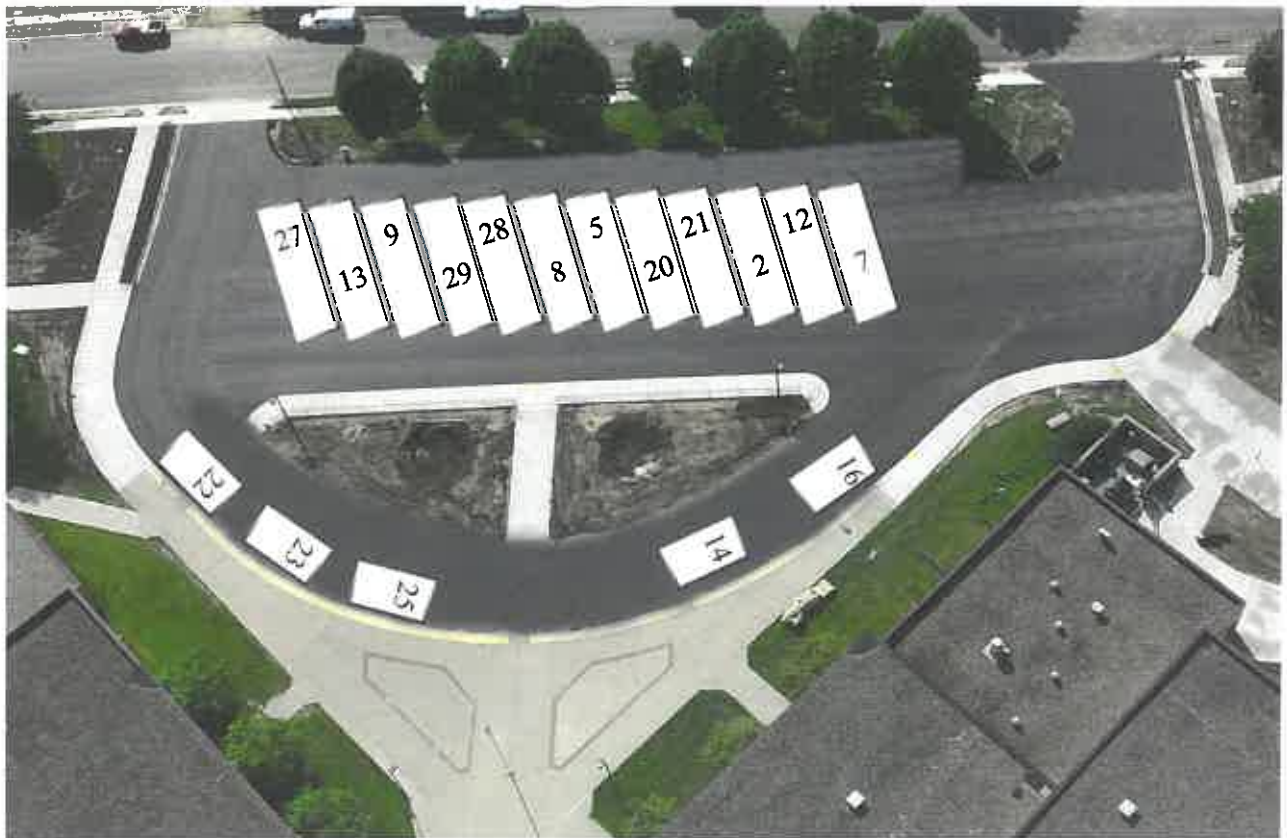
**Evening Pick-up**

Coulee Christian School	Bus #8	3:00
Christ-St. John's Lutheran School	Bus #5	3:00

**School Times**

	<u>Start</u>	<u>End</u>
Elementary	8:00	3:08
		3:12
Middle	7:50	3:10
High	7:50	3:10
Christ-St. John's Lutheran	8:00	2:55
Coulee Christian School	8:10	3:00
Logan High School	7:40	3:20
Luther High School	7:50	2:50

2017-18 ~ Bus Loading at Elementary



village stops.indd

# Middle Years

Working Together for School Success



## Short Stops

### On that note

Middle school courses cover a lot of ground.

Taking good notes will help your child keep up. Encourage her to write down key points instead of every word, noticing items the teacher emphasizes or repeats. Also, note taking will go faster if she uses shorthand like symbols, abbreviations, or the first letters of words (“&” for *and*, “imp” for *important*).

### Together time

Spending even a few minutes one-on-one with your middle grader each day will help you stay connected. Look for ways to make the time enjoyable. Invite him to show you how to do his latest Frisbee trick, for example, or tell him a funny story from your day.

### Meet the staff

Secretaries and other staff play huge roles in running your tween’s school—and they can be a terrific resource. Say hello when you’re in the office, and encourage your child to do the same. The staff will feel appreciated, and you’ll both feel more comfortable asking for help if you need something.

### Worth quoting

“The expert at anything was once a beginner.” *Helen Hayes*

### Just for fun

**Q:** When you lose something, why is it always in the last place you look?

**A:** Because when you find it, you stop looking!



## In gear for a new year

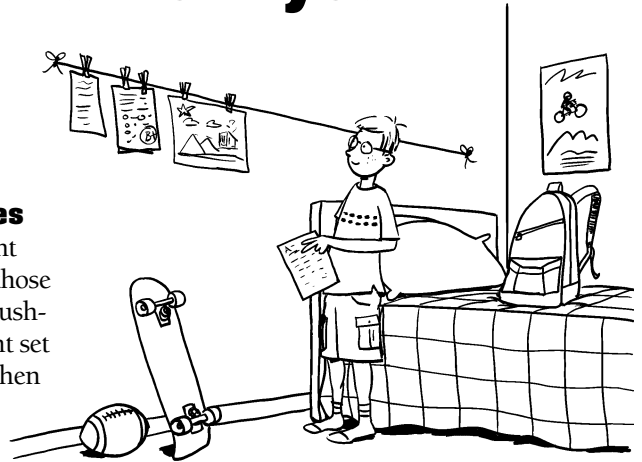
As the new school year gets under way, encourage your middle grader to set himself up for success with these strategies.

### Sticking to my routines

Let your tween experiment with routines until he finds those that work best. If he’s often rushing to catch the bus, he might set his alarm 5 minutes earlier, then 10 minutes earlier, until his mornings go smoothly. For his evening routine, perhaps he’ll do homework after dinner on days he has sports practices and right after school on other days. Once he has routines he likes, have him write them down so he’ll remember them.

### Expecting my best

Encourage your child to decide what he expects from himself. Where does he want to improve? He might focus on paying attention to detail if he lost points last year by not filling out science lab reports thoroughly. Or maybe he’ll create a plan for spreading out long-term projects so



he’s not scrambling at the last minute. He’ll gain satisfaction from a job well done when he follows through.

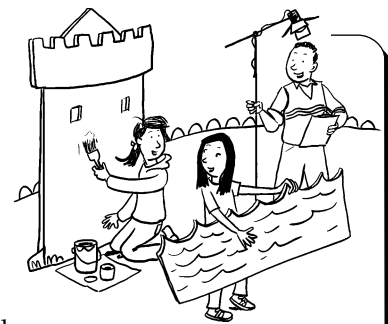
### Watching my progress

Suggest that your middle grader hang a school year “timeline” in his bedroom. He could string yarn from one corner to another and use clothespins to clip on assignments or tests he’s proud of. Perhaps he’ll display an essay on a favorite novel or a self-portrait he drew in art. Seeing his progress can motivate him to keep working hard. 👍

## Extra worth it

Are extracurricular activities worth the time when your tween has a lot on her plate? Share these reasons for giving them a try.

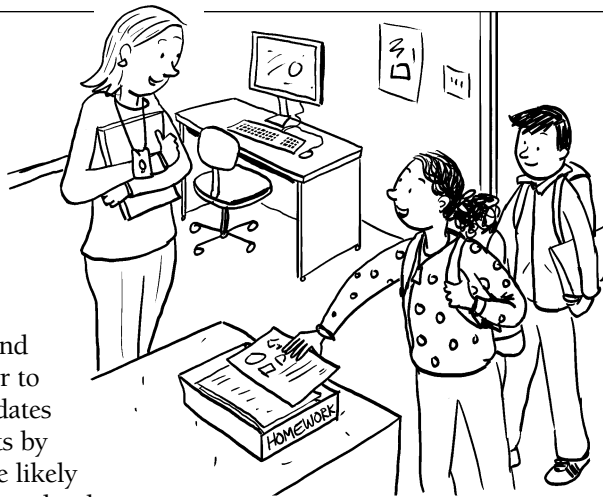
1. She’ll get to know classmates and teachers. As she builds sets in drama club, for example, she’ll bond with peers who have similar interests. And forming connections with club advisers can lead to networking for the future.
2. She’ll learn to set priorities. If her robotics club has a competition coming up, she’ll have to organize her study schedule around team meetings.
3. Gaining new skills will boost her confidence—and translate into school success. Playing doubles tennis encourages teamwork, for instance, while working on the yearbook helps with writing and editing. 👍



# Responsibility? It's all mine!

Tweens take on more responsibility in middle school. Help your child understand what she's responsible for now—and how she can meet her obligations.

**Do your work.** Teachers might not remind middle graders when homework is due or to hand it in. Your tween should write due dates in her planner and put completed projects by the front door. That way, she will be more likely to complete assignments and take them to school.



Or perhaps a teacher wants finished work placed in a tray. Your child might get in the habit of not sitting down until hers is turned in.

**Do your part.** When others depend on your tween, it's up to her to do her part. For group projects, she could meet with members to get work done and let them know how her section is coming along. To prepare for a band concert, she may set goals for her practice sessions.

Then, at concert time, her performance will be stronger, and she'll feel good about holding up her end. 👍

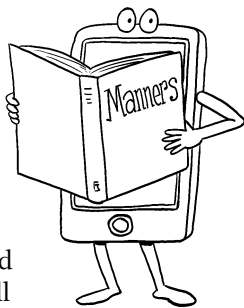
## Parent to Parent

### Mobile manners

I was in line with my son James at the store when his cell phone rang. He proceeded to carry on a conversation while the cashier rang up his purchase.

After we left, I told James it was rude to talk on his phone while he was being waited on. When he said, "Everyone does it," I knew it was a good time to discuss cell phone manners. I said people tend to talk loudly on their phones, disturbing others and turning private conversations into public ones.

James said he hadn't thought about it that way. He agreed to put his phone on vibrate when we're out and to return calls later. My son can't imagine what it was like growing up without cell phones. But I'm trying to help him understand that just because we have them, we don't need to use them all the time—and that good manners still apply. 👍



## Read to relax

Reading for pleasure can help your middle grader unwind—and has the added benefit of boosting reading skills along the way. Suggest these two ideas to encourage reading for fun.

### 1. Go on a "blind date"

Your child could swap books with friends using this interesting twist: Each person wraps a novel in paper and writes or draws clues about it. Everyone gets together and selects a book based on the clues. Then, they open it to reveal what book they have a "date" with.

### 2. Play reading bingo

Let your tween turn reading into a game by making a bingo card on a sheet of cardboard. In each box, have him write a reading category, such as mystery, science fiction, graphic novel, poetry, and autobiography. As he reads each type, he should X out a matching square. How quickly will he cross out a row? How about the whole bingo board? 👍



## On the same team

**Q** My oldest child just started middle school. Now that she has different teachers for each subject, how can I partner with all of them?

**A** To put faces with names, try attending an upcoming event to meet them, such as an open house or a curriculum night. You could also introduce yourself by writing a short message and copying and pasting it into an email for each teacher.



Either way, let them know you want to help your tween succeed, and ask what you can do to support her at home. Also, ask the teachers how they want to be approached (email, phone call, note).

Finally, find out if they want your child to come to them directly before you contact them. A middle school teacher may prefer that a student take the first step if she needs help or has a question. 👍

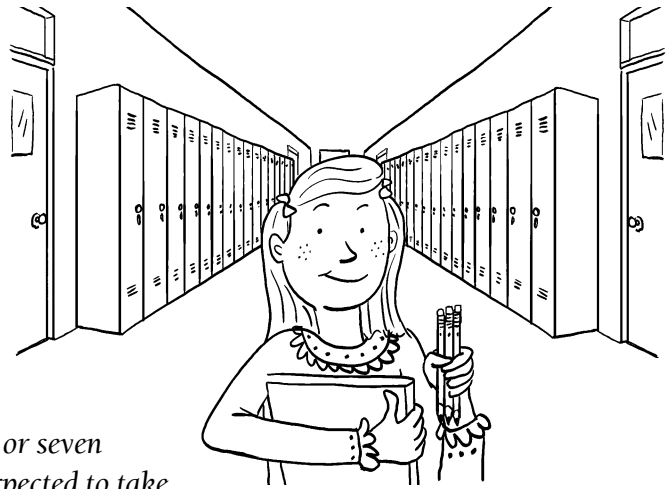
### OUR PURPOSE

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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# Organized for School Success



Now that your child is in middle school, she may have six or seven desks, classrooms, and teachers—plus a locker! And she's expected to take increasing responsibility for her own learning and success, laying the groundwork for even more responsibility in high school and beyond.

All of that change means organization is more important than ever. Here are ways to help your tween organize her time, study efficiently, and make sure assignments are finished and turned in.

## Manage time wisely

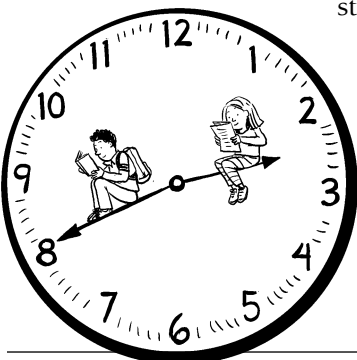
Being a good time manager includes knowing what you *have* to do and what you *want* to do, as well as accurately judging how long each activity will take. Consider these ideas for helping your child learn to manage time well so she can maximize her learning.

### Write it down

Encourage your tween to think of her student planner as her sidekick on her journey through middle school. Suggest that she use one color to write required tasks (homework, band practice) and another color for those she'd like to make time for (riding bikes with friends, organizing her photos). Let her know in advance about appointments or family events so she can include those, too. Having all of her commitments written down in one spot will let her see them at a glance so she always knows what's ahead.

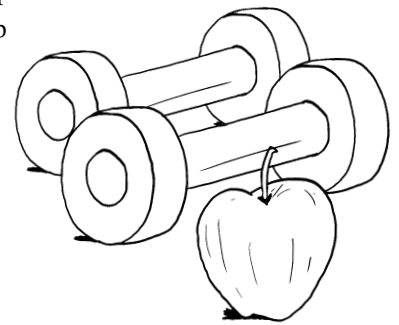
### Learn to estimate time

Have your middle grader time himself doing activities like studying or researching. For instance, he may plan to spend 30 minutes on Saturday doing library research for a social studies report, but find out that it actually takes him an hour. By paying attention to his start and stop times, he can estimate more accurately in the future and set aside the time he will need.



## Stick to routines

Regular daily routines often lead to better organization and greater school success. Suggest that your tween develop the ones that work best for him. They should include 9–11 hours of sleep, healthy meals and snacks, at least an hour of exercise, and time for family and friends. Help him make adjustments if a routine isn't working. If it's hard for him to get started on homework right after school, perhaps he'll decide to relax for 15 minutes rather than jumping in immediately.



## Set mini-deadlines

Your tween can manage time better by breaking tasks into chunks. She could write down deadlines for specific parts of her work. If she starts studying for a history test at 5 p.m., she might plan to read and take notes on one chapter by 5:30 p.m., then quiz herself until 6 p.m. If she has a science project due in two weeks, she could give herself one week to complete the experiment, two days to write up her findings, two days to make a poster, and three days to practice presenting her project.

*continued*

## Arrange homework space

Your child is in charge of doing his own homework, but you can help by making sure he has what he needs. Try these tips for creating a well-stocked homework spot where he can focus on his assignments and do his best work.

### Pick a place

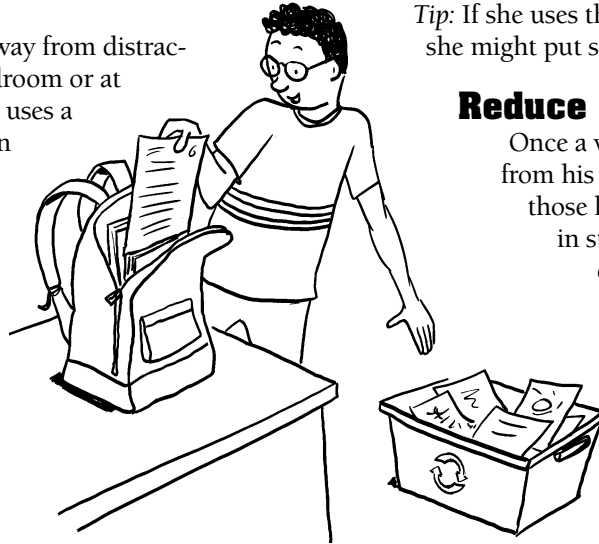
Have him choose a well-lit location away from distractions. He could work at a desk in his bedroom or at the dining room table, for example. If he uses a shared spot like the kitchen, cut down on noise by making homework time “quiet time” for everyone. Younger siblings might read or color, and perhaps you’ll also read or do paperwork.

### Stock supplies

Let your middle grader decide how to organize her supplies. She could decorate glass jars for storing scissors, pens, and pencils. Zipper bags might hold paper clips, erasers, and sticky notes. And shoeboxes are ideal for items like

a tape dispenser, a pencil sharpener, a hole punch, a ruler, a stapler, and index cards. Suggest that she keep a dictionary handy and notebook paper and graph paper in a magazine file or a drawer. For work on a laptop or tablet, she should keep her charger close by and monitor the battery level.

*Tip:* If she uses the kitchen table for homework, she might put supplies on a shelf in a cabinet.



### Reduce clutter

Once a week, he could clear old papers from his backpack. He should throw out those he doesn’t need and store the rest in stacked plastic trays for future reference. For example, he might save old quizzes and tests to study for final exams. This will help him find what he needs quickly and make sure important papers don’t get lost.

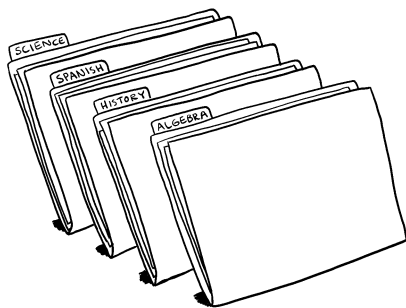
## Stay on top of schoolwork

Middle school courses require your tween to juggle a range of assignments, papers, and projects. She’ll need to take materials back and forth—from home to her locker to the right class—and be sure everything gets turned in on time. Here are suggestions for organizing assignments.

### Pack wisely

At the end of each school day, she can glance at her assignments in her student planner to see which textbooks and other supplies she has to take home. For example, she may need her trumpet to practice a new song or her English study guide to prepare for a test on a novel.

### File assignments immediately



Have your middle grader label a separate folder or binder for each subject and keep his backpack nearby when he does homework. As he finishes each assignment, he can put it in the

correct folder or binder and into his backpack right away. That way, he’ll be sure to take completed work with him rather than leaving assignments on his desk or on the kitchen table in the morning.

### Turn it in

Remind your tween that taking homework to school is just part of her job—she won’t get credit if it’s left in her backpack or locker! She should make a habit of taking out her homework as soon as she arrives in class and putting it in the designated spot to be graded. Then, she can check it off in her planner so she knows she turned it in. *Tip:* If your child is absent, point out that she is responsible for asking her teachers what she missed so she can make it up.



## Middle Years

# Navigating the Middle Years



The tween years can have their challenges, but they also have their joys! These tips will help you steer your way through the middle grades with success—and enjoyment—for both you and your middle grader.

## Connect with your tween

Getting your child to communicate with you may just be a matter of finding the right time and place. Try a different setting, such as in the car on the way to soccer practice or while taking a walk around the block. He may open up more than he would if you were just staring at each other. Also, listen for openings that he gives you. If he mentions a topic he's interested in or brings up something funny that happened in school, be ready to listen and follow his lead.



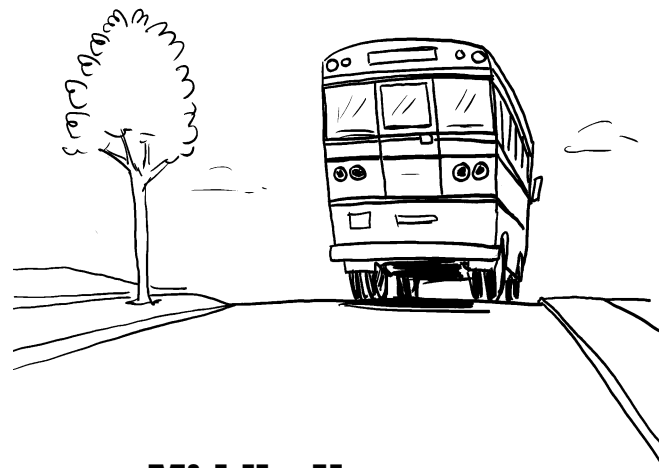
casm or negative language, and she'll be more likely to respond in kind. A good rule of thumb: Don't say anything you wouldn't want someone else to say to her.

## Think before you speak

Your middle grader missed the bus for the second time this week, and you have to drive him to school again! Before bringing up a topic that makes you angry, use strategies to calm down, such as breathing deeply or simply waiting

## Model respect

Set the stage for better interactions—and a better relationship—by treating your tween with respect. When you chat, put away distractions like your phone, and look her in the eye. Speak nicely, avoiding sar-



a few minutes. Then, start the conversation on a positive note by saying something like, "You know I love you no matter what. Here's what we need to work on..." Your discussion will be more peaceful and productive if he feels loved and understood from the beginning.

## Agree on guidelines

Make a plan to ensure civil discussions with your tween. For instance, you might say that each person should be able to speak without being interrupted. Or set ground rules about no put-downs or yelling. Also, try to use *I* messages so no one feels attacked. You could say to her, "I feel worried when you don't come straight home from school," instead of "You never follow my rules!" Then, to avoid recycling old fights, only bring up past issues if they relate to the matter at hand.

## Listen to problems

When your child is faced with a challenge, such as an argument with a friend, try to avoid jumping right in with your opinion. Instead, ask how he thinks he should handle the situation. If he needs help, share how you dealt with a similar issue (perhaps you asked a mutual friend for help in making up). You'll give your middle grader valuable problem-solving practice, and you'll reduce the chances that he'll get defensive.

*continued*



**Compromise wisely**

If you find yourselves at odds, remember this: It might be possible for you both to get what you want. In fact, you'll help your tween develop conflict-resolution skills by negotiating solutions. Say she wants to sleep at a friend's house, but you want her to get a good night's rest for her game the next day. You might suggest that she go to her friend's for a while but come home to sleep. Or she may ask if her friend can sleep over at your house instead, and you could make sure they get to bed on time. Encourage her to listen to your suggestions with an open mind, and you do the same for her.

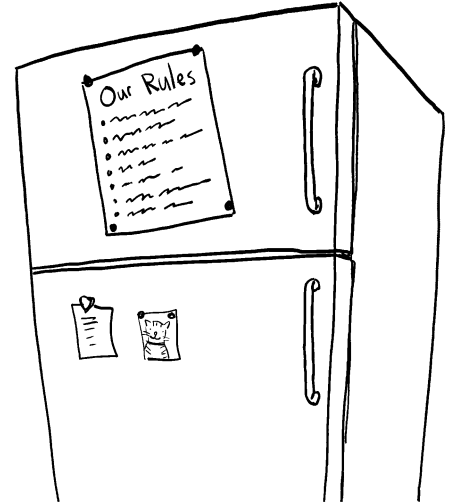
**Notice good behavior**

Middle graders still aim to please you—especially if they feel appreciated. Recognize good deeds with a high five, a “Way to go!” or a sincere thank-you. Consider giving an extra privilege from time to time. For instance, if your child volunteers to help a younger sibling with homework or cleans the family room without being asked, you might let him choose your weekend family activity or pick the film for movie night.



**Put it in writing**

Making your expectations clear will put you and your middle grader on the same page. Together, make a list of household rules covering safety (drugs, Internet use), school (attendance, homework), and family life (chores, meals). Then lay out consequences for breaking rules (grounding, loss of phone privileges). *Tip:* Having fewer rules makes them easier for your child to remember—and for you to enforce—so try sticking to the ones that matter most (“Finish homework before playing video games”). If she argues, simply point to the rule and walk away. She'll get the message, and you won't invite a fight.



**Find opportunity in mistakes**

Every mistake can be an important learning opportunity. If your middle grader is upset because he didn't spend enough time studying for a big math test and got a poor grade, encourage him to come up with a plan for next time. He might set up a calendar and organize study guides. Let him know there will be more chances to do well—and that you're proud of him for thinking ahead.

**Choose your battles**

Along with your child's desire for more independence comes a need to control her own environment. Try to decide what's most important to you. Maybe you can overlook a messy room or loud music, but you probably want to put your foot down about school attendance or dating. Letting the “little stuff” go will give her small victories that will mean a lot to her.

**Take care of yourself**

Calm, happy parents tend to have calmer, happier kids. Think of ways to relax when parenting your middle grader becomes stressful. For example, you might read a book or take a bath. It's also helpful to chat with friends who are parents of tweens and share tips on handling parenting situations. You will feel better knowing you're not alone—and you may even find solutions you hadn't thought of!

**Middle Years**

# 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





# October 2017

## West Salem Middle School Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<ul style="list-style-type: none"> <li>• Scrambled Eggs</li> <li>• Whole Wheat Toast</li> <li>• Reduced Sugar WG Cereal Variety</li> <li>• Orange Slices</li> <li>• 100% Fruit Juice Cup</li> </ul>	<ul style="list-style-type: none"> <li>• Mini Pancake Strawberry Splash</li> <li>• Mini Pancake Maple Burst'n</li> <li>• Reduced Sugar WG Cereal Variety</li> <li>• Tropical Fruit Mix</li> <li>• 100% Fruit Juice Cup</li> </ul>	<ul style="list-style-type: none"> <li>• Sweet Tart</li> <li>• Lemon Custard Greek Yogurt</li> <li>• Blueberry Lemon Wafer Bites</li> <li>• Reduced Sugar WG Cereal Variety</li> <li>• Applesauce Cup</li> <li>• 100% Fruit Juice Cup</li> </ul>	<ul style="list-style-type: none"> <li>• Glazed Donut Holes</li> <li>• Reduced Sugar WG Cereal Variety</li> <li>• Craisin</li> <li>• 100% Fruit Juice Cup</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast Sandwich - Sausage, Egg &amp; Cheese</li> <li>• Reduced Sugar WG Cereal Variety</li> <li>• Grapes</li> <li>• 100% Fruit Juice Cup</li> </ul>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<ul style="list-style-type: none"> <li>• Pancake on a Stick</li> <li>• Reduced Sugar WG Cereal Variety</li> <li>• 100% Fruit Juice Cup</li> <li>• Orange Slices</li> </ul>	<ul style="list-style-type: none"> <li>• Egg, Cheese &amp; Sausage Breakfast Pocket</li> <li>• Reduced Sugar WG Cereal Variety</li> <li>• 100% Fruit Juice Cup</li> <li>• Tropical Fruit Mix</li> </ul>	<ul style="list-style-type: none"> <li>• Cinnamon Raisin Bagels</li> <li>• Plain Bagel</li> <li>• Cream Cheese Cup</li> <li>• Reduced Sugar WG Cereal Variety</li> <li>• 100% Fruit Juice Cup</li> <li>• Applesauce Cup</li> </ul>	<ul style="list-style-type: none"> <li>• Cereal Muffins</li> <li>• Reduced Sugar WG Cereal Variety</li> <li>• 100% Fruit Juice Cup</li> <li>• Craisin</li> </ul>	<ul style="list-style-type: none"> <li>• Colby Cheese Omelet</li> <li>• Whole Wheat Toast</li> <li>• Reduced Sugar WG Cereal Variety</li> <li>• 100% Fruit Juice Cup</li> <li>• Grapes</li> </ul>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<ul style="list-style-type: none"> <li>• Bacon Breakfast Scramble Pizza</li> <li>• Reduced Sugar WG Cereal Variety</li> <li>• Mandarin Oranges</li> <li>• 100% Fruit Juice Cup</li> </ul>	<ul style="list-style-type: none"> <li>• WG Cinnamon Roll</li> <li>• Reduced Sugar WG Cereal Variety</li> <li>• Tropical Fruit Mix</li> <li>• 100% Fruit Juice Cup</li> </ul>	<ul style="list-style-type: none"> <li>• Banana Bread</li> <li>• Cheese Stick - Colby Jack</li> <li>• Reduced Sugar WG Cereal Variety</li> <li>• Applesauce Cup</li> <li>• 100% Fruit Juice Cup</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit and Yogurt Parfait</li> <li>• Granola - Nut Free</li> <li>• Reduced Sugar WG Cereal Variety</li> <li>• Craisin</li> <li>• 100% Fruit Juice Cup</li> </ul>	No School
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<ul style="list-style-type: none"> <li>• Scrambled Eggs</li> <li>• Whole Wheat Toast</li> <li>• Reduced Sugar WG Cereal Variety</li> <li>• Orange Slices</li> <li>• 100% Fruit Juice Cup</li> </ul>	<ul style="list-style-type: none"> <li>• Mini Pancake Strawberry Splash</li> <li>• Mini Pancake Maple Burst'n</li> <li>• Reduced Sugar WG Cereal Variety</li> <li>• Tropical Fruit Mix</li> <li>• 100% Fruit Juice Cup</li> </ul>	<ul style="list-style-type: none"> <li>• Sweet Tart</li> <li>• Lemon Custard Greek Yogurt</li> <li>• Blueberry Lemon Wafer Bites</li> <li>• Reduced Sugar WG Cereal Variety</li> <li>• Applesauce Cup</li> <li>• 100% Fruit Juice Cup</li> </ul>	Teacher Inservice - No School	Teacher Inservice - No School
<b>30</b>	<b>31</b>			
<ul style="list-style-type: none"> <li>• Pancake on a Stick</li> <li>• Reduced Sugar WG Cereal Variety</li> <li>• 100% Fruit Juice Cup</li> <li>• Orange Slices</li> </ul>	<ul style="list-style-type: none"> <li>• Egg, Cheese &amp; Sausage Breakfast Pocket</li> <li>• Reduced Sugar WG Cereal Variety</li> <li>• 100% Fruit Juice Cup</li> <li>• Tropical Fruit Mix</li> </ul>			

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

## West Salem Middle School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<ul style="list-style-type: none"> <li>Cinnamon French Toast</li> <li>Sausage Links</li> <li>Turkey Sub</li> <li>Hashbrown Patty</li> <li>Warm Cinnamon Apples</li> </ul>	<ul style="list-style-type: none"> <li>Diced Chicken &amp; Gravy</li> <li>Corn Bread Muffin</li> <li>BBQ Pulled Pork Sandwich</li> <li>Mashed Potatoes</li> <li>Strawberries</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Nuggets with Cheez-It Crackers</li> <li>Alaskan Pollock Fish Sandwich on WG Bun</li> <li>Roasted Brussel Sprouts</li> <li>Fresh Sliced Apples</li> <li>Fruit Smoothie Pops</li> </ul>	<ul style="list-style-type: none"> <li>Pasta with Marinara Sauce</li> <li>Pasta with Meatballs in Marinara</li> <li>Garlic Toast</li> <li>Asparagus</li> <li>Watermelon Chunks</li> </ul>	<ul style="list-style-type: none"> <li>Mini Corn Dogs</li> <li>Mozzarella Stuffed Breadstick with Marinara Dipping Cup</li> <li>Baked Sweet Potato Crinkle Fries</li> <li>Bananas</li> </ul>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<ul style="list-style-type: none"> <li>Meatball Marinara Sub on Hoagie Roll</li> <li>BBQ Pork Rib Sandwich</li> <li>Peas &amp; Carrots</li> <li>Craisin</li> </ul>	<ul style="list-style-type: none"> <li>Turkey Pot Roast in Gravy with WG Dinner Roll</li> <li>Ham, Salami &amp; Provolone Cheese Sub</li> <li>Mashed Potatoes</li> <li>Strawberries</li> </ul>	<ul style="list-style-type: none"> <li>Cheesy Garlic French Bread Pizza</li> <li>Marinara Dipping Cup</li> <li>Chicken Bacon Ranch Wrap</li> <li>Island Blend Vegetables</li> <li>Red Grapefruit Sections</li> </ul>	<ul style="list-style-type: none"> <li>Classic Lasagna</li> <li>Cheesy Mac Bake</li> <li>Garlic Breadstick</li> <li>Green Beans</li> <li>Orange Slices</li> </ul>	<ul style="list-style-type: none"> <li>Pork Taco on Soft Shell Tortilla</li> <li>Chicken and Cheese Quesadilla</li> <li>Whole Kernel Sweet Corn</li> <li>Grapes</li> <li>Taco Topping Bar</li> </ul>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<ul style="list-style-type: none"> <li>Tater Tot Hot Dish</li> <li>WG Dinner Roll</li> <li>Grilled Chicken Breast Filet Sandwich on WG Bun</li> <li>Garlic Roasted Green Beans</li> <li>Fresh Pineapple Chunks</li> </ul>	<ul style="list-style-type: none"> <li>Meatballs &amp; Gravy with Buttermilk Biscuit</li> <li>Chicken Tenders</li> <li>Mashed Potatoes</li> <li>Strawberries</li> </ul>	<ul style="list-style-type: none"> <li>Wild Mike's Pepperoni Pizza</li> <li>Creamy Mac N' Cheese</li> <li>Harvest Moon Blend Vegetables</li> <li>Fresh Sliced Apples</li> </ul>	<ul style="list-style-type: none"> <li>Turkey Stir Fry Rice Bowl</li> <li>Buffalo Chicken Pizza</li> <li>Stir Fry Vegetable Blend</li> <li>Grapes</li> <li>MixMi Frozen Yogurt Cup</li> </ul>	No School
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<ul style="list-style-type: none"> <li>Homemade Sloppy Joe on WG Bun</li> <li>Cuban Flatbread Sandwich</li> <li>Peas</li> <li>Cantaloupe Chunks</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Patty - Hot and Spicy</li> <li>Golden Crunchy Fish Sticks and Goldfish Crackers</li> <li>Corn on the Cob</li> <li>Blueberries</li> </ul>	<ul style="list-style-type: none"> <li>Three Cheese Calzone</li> <li>Bratwurst on a Bun</li> <li>Roasted Broccoli</li> <li>Watermelon Chunks</li> <li>100% Fruit Juice Slushy</li> </ul>	Teacher Inservice - No School	Teacher Inservice - No School
<b>30</b>	<b>31</b>			
<ul style="list-style-type: none"> <li>Bakalar's Hot Dog on WG Bun</li> <li>Chef Salad w/Chicken &amp; Cheese</li> <li>Oven Baked French Fries</li> <li>Raisins</li> </ul>	<ul style="list-style-type: none"> <li>Beef Stroganoff over Noodles</li> <li>Turkey BLT on White Wheat Sandwich Bread</li> <li>Wisconsin Winter - Vegetable Blend</li> <li>Strawberries</li> </ul>			

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