

PANTHER POST



WEST SALEM MIDDLE SCHOOL
BEN WOPAT, PRINCIPAL
AMANDA BELD, ASSOCIATE PRINCIPAL



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Dear Families,

Spring seems to be here. Let's hope the lack of snowfall lately isn't Mother Nature playing an April Fools' joke on us! On March 28th we held our Trimester 2 awards ceremony. There's nothing quite like the opportunity to honor the talents, hard work, and achievements of our students. Panther Pride is certainly on display at WSMS when we celebrate our student accomplishments. At WSMS, we are focused on working together to "sprint through the finish line" of our school year. There is some very important information related to upcoming spring events and activities within this edition of our school newsletter.

In April your child will be taking the Wisconsin Forward Exam. The Wisconsin Forward Exam is a computer based, state mandated test. The Wisconsin Forward Exam asks students questions that are aligned with the State of Wisconsin standards. Our students in grades 5, 6 and 7 have taken tests in English/ Language Arts and Math. Students in grade 8 will test in English/Language Arts, Math, Science, and Social Studies. As with any assessment, this is only one measure of your student's academic performance. We believe that through multiple assessments (teacher developed assessments, state and district assessments) we are able to develop a clearer picture of your student's current level of performance as well as their growth over time. At WSMS, we believe in educating the WHOLE child. We want our students to learn and grow into educated, good, and happy adults.

On behalf of our staff, I want to thank you for your continued support. I feel very blessed to work with such wonderful students and committed adults each and every day. We look forward to working together as a team to provide your child with an educational experience that strives to meet the district's mission – "Serve with Passion to Ignite Creativity, Innovation, and Excellence."

Ben Wopat
Principal
[Twitter.com/coachwopat](https://twitter.com/coachwopat)

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WEST SALEM
MIDDLE SCHOOL

CALENDAR OF EVENTS

TRACK AND FIELD

DATE	TIME	SITE	PARTICIPATING SCHOOLS
APRIL 10	4:00PM	WEST SALEM	LOGAN, LONGFELLOW, SPARTA
APRIL 1	4:15PM	WESTBY HIGH	WESTBY, LOGAN
APRIL 22	4:00PM	CENTRAL HIGH	LONGFELLOW, WINONA
MAY 1	4:30PM	PAUL GIEL FIELD	WINONA, HOLMEN
MAY 6	4:30PM	TOMAH HIGH	TOMAH, HOLMEN, ONALASKA
MAY 12	4:30PM	WEST SALEM	LONGFELLOW, TOMAH
MAY 16	4:30PM	SPARTA HIGH	CONFERENCE

SOFTBALL

DATE	TIME	SITE	OPPONENT
APRIL 14	4:00PM	WEST SALEM HIGH SCHOOL	AQUINAS
APRIL 15	4:00PM	ONALASKA MIDDLE SCHOOL	ONALASKA
APRIL 22	4:15PM	TOMAH HIGH SCHOOL	TOMAH
APRIL 24	3:45PM	WEST SALEM HIGH SCHOOL	HOLMEN
APRIL 29	4:30PM	WESTBY MIDDLE SCHOOL	WESTBY
MAY 1	4:30PM	VIROQUA HIGH SCHOOL	VIROQUA
MAY 6	4:15PM	SPARTA MEADOWVIEW	SPARTA
MAY 8	4:15PM	WEST SALEM JV SOFTBALL	TOMAH
MAY 13	4:15PM	HOLMEN MIDDLE SCHOOL	HOLMEN
MAY 15	4:15PM	WEST SALEM JV SOFTBALL	WESTBY
MAY 20	4:15PM	WEST SALEM HIGH SCHOOL	VIROQUA

ALL SOFTBALL GAMES WILL BE PLAYED 7TH GRADE FIRST, FOLLOWED BY 8TH GRADE

SCHOOL EVENTS

APRIL 1- 3	7TH GRADE FORWARD TESTING
APRIL 1-4, 14-15	6TH GRADE FORWARD TESTING
APRIL 5	DISTRICT SOLO & ENSEMBLE COMPETITION
APRIL 8-11	8TH GRADE FORWARD TESTING
APRIL 8-10	5TH GRADE FORWARD TESTING
APRIL 16	MID TRIMESTER 3 & EARTH DAY CLEAN UP
APRIL 17	NO SCHOOL - SNOW MAKE UP DAY
APRIL 18-21	NO SCHOOL
APRIL 26	STATE SOLO & ENSEMBLE
MAY 7	EARLY RELEASE - STUDENTS DISMISSED AT 12:20PM, BUSES DEPART AT 12:30PM
MAY 13	6TH & 7TH BAND & CHOIR CONCERT - MORE DETAILS TO COME
MAY 15	STEM SCIENCE FAIR
MAY 19-23	7TH GRADE OEC CAMPOUT - MORE DETAILS TO COME
MAY 20	8TH GRADE BAND & CHOIR CONCERT
MAY 20 & 21	5TH GRADE LA CROSSE QUEEN TRIP - MORE DETAILS TO COME
MAY 22	8TH GRADE PROMOTION
MAY 26	NO SCHOOL
MAY 26-31	8TH GRADE WASHINGTON DC TRIP
MAY 28	6TH GRADE OEC TRIP - MORE DETAILS TO COME
MAY 29	6TH GRADE JELLYSTONE TRIP - MORE DETAILS TO COME
MAY 30	LAST DAY OF SCHOOL
	5TH GRADE TO VET'S PARK

ASL *Wiffleball* SCHEDULE

TUES
04/01

4:00

At Logan High School

THU
04/03

4:15

At Central High School

TUES
04/08

4:15

VS Onalaska

THU
04/10

4:15

VS BRF *Non conference game*

TUES
04/15

4:15

VS Holmen

TUES
04/22

4:15

VS Logan *Senior night*

THU
04/24

4:15

At Onalaska High School

TUES
04/29

4:15

VS Central *Family night*



THU
05/01

4:15

At Holmen High School



STUDENT OF THE MONTH



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

GRADE 5



LILY COOPER
HALEY HESS
MACY PETERSON

GRADE 6


LAKEN BOLAND
CALEB CLARK
KAYLIN KELLOGG

GRADE 7


LIAM RISCH
TEAGAN STANEK
CAMDEN FOSBINDER

GRADE 8

NOAH CHAMBERS
SOPHIA PETERSEN
WILLIAM TAYLOR



CONGRATULATIONS
for making a difference
in others lives!
We appreciate YOU!





Summer SCHOOL

Join us for summer school July 7-25 for students going into grades K-8! Check out the [summer school registration and course offerings booklet](#) now to find some classes of interest. Registration is open April 1-15. Most classes will register through Skyward, and links to register for swimming lessons or Middle School Conditioning and Training (CAT) will be shared by email on April 1. If you have any questions about summer school, please reach out to Ms. Beld at beld.amanda@wsalem.k12.wi.us.

ATTENDANCE REPORTING

Each day we are in school, it is important for us to have the most up-to-date attendance for our students. There are several ways to report absences for illness, appointments, vacations, etc:

We highly encourage you to **report any absences, appointments, or vacations by 8:00 a.m.** each day. Even if your child was sick the day before and will be out again, we still need to hear from you. If you are not in contact us, we then have to call each family that has not reported their child's absence, which can become very time-consuming.

You can call 608-786-2090, Option 2, and leave a message at any time of the day or night.

You can leave all absence messages on this voicemail. You can even leave information that is scheduled weeks to months in advance. We keep a yearly spreadsheet with all absences that are reported to us.

You can email at msoffice@wsalem.k12.wi.us. The office will be able to update your child's attendance in Skyward and call you back if there are any questions.

While we understand that appointments are sometimes forgotten, **advanced notification** allows us to have your child ready for pickup in a timely manner.

Final reminder....if your child has an appointment with a medical professional, **please try your best to get a doctor's note** so that we can verify the time away from school. Students are allotted 10 absences per year, and these doctor's notes are used so that appointments are not counted in the 10-day total.

Our goal is to work side-by-side with families to ensure that all students are safe and accounted for each day!

5th Grade News!



Reading: We will be wrapping up our second Amplify unit of The Phantom Tollbooth. We will then pilot a poetry unit from a different curriculum.

Writing: Students are also wrapping up our latest Amplify unit in writing class. We will be going into our poetry unit for writing class, as well as doing some Forward Test prep.



Math: We are working on dividing whole and decimal numbers. Students are applying their knowledge of long division and base ten to divide decimal numbers. Our next unit will focus on algebraic patterns. This unit will include order of operations and evaluating expressions.

Social Studies: We are learning about the events that led to the American Revolution. Topics of discussion will include everything from the Boston Tea Party to the Declaration of Independence. Students will complete the Midwest and Western US maps in April. Map study resources are sent home and glued into their notebooks.

Science: The students have been introduced to the four complex, closed Earth systems: Biosphere, Hydrosphere, Atmosphere, and Geosphere. We will run various science experiments involving plants in order to look at how the four systems can affect the plant's growth.

Forward Testing: Forward Testing will take place April 8-10 for 5th grade. Students will need to have headphones at school. iPads will stay at school during this week. Please try to avoid these days when scheduling future appointments.

6th Grade News!

April 2025



Reading- Mrs. Schultz & English- Mrs. Buisman

During the month of April students will be diving into research on a Human Rights topic. This research will be used in their final product, an informational book/presentation. The informational book will have 4 chapters. The first is focused on an explanation of their topic. The second chapter is about Human Rights that are violated as a result of their topic. Chapter 3 contains interesting facts, and the final chapter will hone in on a specific person, place, group or event that connects to their topic.

In Reading, we will be working on independent reading of a fiction novel for a Digital Project, and in English continued work will be done with grammar. Happy Researching!

Math- Mrs. Alo and Mrs. Jehn

In April, students will study Chapter 9 titled Statistical Measures and will cover the three measures of center including the mean, median, and mode as well as the three measures of variation including range, interquartile range, and mean absolute deviation. These concepts may bring back fond memories of a statistics course you might have taken years ago; however, they are difficult topics and very abstract for 6th grade minds. These skills are necessary for us to be able to complete Chapter 10. We will spend a few days this month reviewing 6th grade concepts for the Wisconsin Forward Exam as well as taking the exam.

Advanced Math- Mrs. Jehn

In April, we will be working in Chapters C and D. Chapter C is titled Expressions. Students will reacquaint themselves with concepts from earlier chapters of the 6th grade book such as like terms and simplifying expressions. They will use these to add, subtract, and factor linear expressions. Chapter D is titled Ratios and Proportions and builds on their prior knowledge from the 6th grade book as well. Students will solve and graph ratios, rates, and proportions. They will use these skills to work with scale drawings and find scale factor.

Science- Mrs. Jarosh

Students are working hard to demonstrate and explain the force of Magnetism. For the assessment they will be making a video demonstration using content specific vocabulary. Our second target includes analyzing data and asking questions.

Learning Targets:

Q.2 Magnetism/Electricity Ask questions about data to determine the factors that affect the strength of the electric and magnetic forces.
PI.3 Provide evidence that fields exist between objects exerting forces on each other even though the objects are not in contact.



Social Studies- Mrs. Jeranek

In the month of April we will continue to learn about Ancient Rome. The Romans created a Republic form of government, but it soon was overrun by a rebellion. As the Republic changed to an Empire, we focus on differences in governmental processes along with citizen rights and responsibilities. Throughout this Roman unit, students will learn various Roman Emperors and discuss how Rome was able to conquer lands that surrounded the Mediterranean Sea region.



Reminders:

- Students need headphones at school every
- Students need to bring a charged iPad to school each day.
- Gum is not allowed in 6th grade.
- If students are absent, they need to check Google Classroom and Homework Hotline and get themselves caught up.



7th Grade April Newsletter

ELA

Ms. Friell and Mrs. Rochester



Class Supplies: All students are required to have their binder and composition notebook. Both are left in the classroom to ensure they are never lost and are easily accessible. In addition, students should bring headphones and an independent book to class each day.

Lessons: Work to be turned in for a grade is posted on the homework hotline. 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. Word Work also includes learning roots and spelling words. Student have been reviewing and learning strategies to write paragraphs and summaries.

Reading: During the month of April, we will be reading a dystopian choice book. Students will be assessed on reading and writing learning targets as they read the novel. We will also continue reading short fiction and nonfiction pieces as they pertain to class topics.

Math

Mrs. Piersma and Mrs. Weber



Welcome Spring!! (hopefully!)
We are off to a good start for Trimester 3. We celebrated Chief's 3rd birthday this month.
We will be state testing April 2, 3 and 4th. Please try to have your kids at school these days if at all possible.

Dates to Know



April 1-4- 7th grade State Testing in ELA and math

April 16- All School Earth Day Clean Up Day

April 17- No School (unless there is another snow day)

April 18-21- No School (Easter Break)



Tips/Helpful Links

PLEASE CHARGE YOUR IPAD EVERY NIGHT

[HOMEWORK HOTLINE](#)

Pre-Algebra

Mrs. Weber



Welcome Spring!! (hopefully!)
We are off to a good start for Trimester 3. We celebrated Chief's 3rd birthday this month.
We will be state testing April 2, 3 and 4th. Please try to have your kids at school these days if at all possible.

Science Mr. Baker



We are entering the final stretch! We just finished talking about natural selection and are in the middle of classifying living things. Moving forward, we will be comparing and contrasting all the different groups of animals from sponges to insects to mammals and everything in between. The 7th grade forest experience is on the horizon as well! This is a great opportunity for our students to share an experience that some never get. Watch for details about this trip to be coming home soon!

Social Studies Mr. Mahlum



In 7th grade Social Studies the students will turn their attention to learning about laws in our country. Students will look at the four different types of laws. They will also take a closer look at the difference between civil and criminal law. Finally, students will understand how juveniles and the law work.



GRADE 8

newsletter



APRIL EDITION

ELA- Mrs. Meyer & Ms. Sackett

Students will start the month working on Argumentative Writing. We will begin the unit by studying different debates and arguments so that we can model our own writing after polished examples. Students will write several drafts of different arguments before selecting their best argument to develop further into their final piece. Also in April comes the Wisconsin Forward Exam. Some great news is that the ELA portion of the exam has been reduced to only three sessions with no long writing portion. The week of testing we will take a break from our regular ELA routine to allow students to focus completely on the exam. Our next literature unit in ELA is historical fiction based on the 20th century: 1900s-1970s. Students will be in literature circles reading and discussing the same text from one of the decades. Students will first browse through the sixteen options for texts for this unit and will have the opportunity to select books they would be most interested in reading. Two of the choices contain a couple inappropriate words. If this is something you would prefer your child avoid, please communicate that with him/her; there are fourteen other fantastic options.

Targets scored in April

Reading

R.1 Make logical inferences from a text

R.2 Cite textual evidence that strongly supports an analysis of a text

Speaking

S.1 Engage effectively in a range of collaborative discussions

S.2 Analyze the purpose of information presented in diverse media and formats

S.3 Evaluate the effectiveness of the presentation

Language / Writing

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

W.1 Write a clear claim/thesis

W.2 Acknowledge and distinguish the claim(s) from alternate or opposing claims.

W.5 Create writing that utilized effective transitions

W.7 Produce writing authentic to task, purpose and audience.

ALGEBRA- Mrs. Coe

In March, we completed Units 7 and 8 on Polynomial Equations and Factoring and Graphing Quadratic Functions. We did a quick review of 8th grade math learning targets and then started Unit 9 on Solving Quadratic Equations.

The learning targets for Unit 9:

- 9.1: Use properties of radicals to write equivalent expressions.
- 9.2: Use graphs to solve quadratic equations and find zero of functions.
- 9.3: Solve quadratic equations using square roots.
- 9.4: Solve quadratic equations and find max and min values of quadratic fcn's by completing the square.
- 9.5: Use the Quadratic Formula and its discriminant to solve and analyze quadratic equations.
- 9.6: Solve nonlinear systems graphically and algebraically.

MATH 8- Mrs. Coe & Mrs. Snook

Regular Math (Unit 7) - Mrs. Coe and Mrs. Snook

In March, we completed Unit 8 on Exponents and Scientific Notation and Unit 9 on Real Numbers and The Pythagorean Theorem and started preparing the students for state testing. We are ready to go back to Unit 7 to wrap up Functions for the year.

The learning targets for Unit 7:

- 7.1: Understand the concept of a function
- 7.2: Represent functions in a variety of ways.
- 7.3: Use functions to model linear relationships.
- 7.4: Understand differences between linear and nonlinear functions.
- 7.5: Use graphs of functions to describe relationships between quantities.

SCIENCE- Ms. Smith- Waller

It has been so wonderful getting some warmer weather! In Science class we have been learning about Plate Tectonics and this month we will finish up a group project. For this project, groups will research a topic supporting Plate Tectonic Theory and then present their work to the rest of the class. We will conclude that unit with an assessment. After our assessment we will be moving on to focus on Earth's history and Geologic Time. We will learn to determine the relative age of rocks and how to match layers of rock from different locations. Then we will complete an activity to demonstrate how radioactive decay of elements is used to find the absolute age of rocks. To round out this unit, we will learn about fossils and look more closely at the eras of Earth's history as well as the significant events that help us organize our history into the geologic time scale. As a unit project students will create a timeline of Earth's history using a predetermined scale. Happy Spring.

Essential Learning Outcomes:

- PT3-1: Show understanding that plate tectonics is the unifying theory that explains movement of rocks at Earth's surface and geological history. Maps are used to display evidence of plate movement.
- PT3-2: Show understanding that energy flows and matter cycles within and among Earth's systems. Plate tectonics is one result of these processes.
- EH4-1: Show understanding that rock strata and the fossil record can be used to organize the relative occurrence of major historical events in Earth's history.
- EH4-2: Show understanding that the fossil record documents the existence, diversity, extinction, and change of many life forms throughout history.

SOCIAL STUDIES- Ms. Morgan

In April, we will focus on the expansion of the United States beyond the Appalachian Mountains, with a particular emphasis on the future state of Wisconsin. We will explore the conflicts that arose in Wisconsin between the indigenous population and the influx of new settlers. Our study will include key events such as the Treaty of Prairie du Chien (1825), the Black Hawk War (1832), and more recent disputes over tribal sovereignty, which led to the passage of Act 31. This law mandates that all public school students in Wisconsin learn about tribal sovereignty from elementary through high school. Additionally, students will be finalizing their "Unheard Voices" podcast episodes, showcasing their research on often overlooked stories in history.

Our learning targets for this month include:

- 8.GN.1: Critique the Indian Removal Act and its impact on Native American tribes.
- 8.GN.2: Compare the broader national narrative of the Indian Removal Act with the specific events that occurred in Wisconsin.
- 8.GN.3: Analyze the lasting effects of the Indian Removal era on tribes, both nationally and within Wisconsin today.

April 2025

ART NEWSLETTER

CLASSES AT A GLANCE

Grade 5 - Variety of drawings and clay
 Grade 6 - Famous Artists, elements of art and portraits
 Grade 7 - One point perspective
 Grade 8 - Wall Block Preparation and color study
 Elect. Art - Shadow Boxes and printmaking
 Panther Time - trashion fashion



"THE AFTER SCHOOL ART SEASON IS COMPLETE"

40 students participated this year!

YOUTH ART MONTH

Aubrey And Emmitt (featured to the right) had artwork on display at the Black River Falls Public Library in March. Their art was part of the West Central Wisconsin Regional Show. Congrats to them!



GARAGE SALE SEASON REQUESTS

yarn
 ribbon
 buttons
 used irons
 used blenders
 used glue guns
 brown paper bags
 empty cereal boxes
 ice cream buckets

Contact Mrs. Hemker with any questions

HEMKER.ANGIE@WSALEM.K12.WI.US



STEM AND ROBOTICS

APRIL 2025
MR. JONES

STEM AND ROBOTICS CLASSES

6th Grade STEM: Designing Toothpick Bridges

7th Grade STEM: Learning about Multiview Drawings

8th Grade STEM: Making Cardboard Pinball Machines

Robotics: Using optical sensors to sense color and distance



MR. JONES' PANTHER TIMES

6th Grade: Designing 3D Printed Keychains

7th Grade: Beginning Building of Cardboard Boats

8th Grade: Toothpick Bridges

ETC**UPDATE**

APRIL 2025

WSMS NEWSLETTER**6TH GRADE**

- Finishing Measurement Unit
- Starting Graphic Design

7TH GRADE

- Nightstand Valet
 - Design and introduction to the woodshop

8TH GRADE

- Working on LED signs
- Should start building the wood base

**PANTHER CREATIONS & RETAIL**

Our next project in PCR will be our T-Shirt Unit. The class has been tasked with designing this years Staff T-Shirt using our new school Mission Statement.

Alongside this design, students will be creating their WS themed T Shirt that they will make themselves. Once we have the final designs, we will order in the transfers from ninja transfer and then learn to utilize our heat presses in the room to properly align and press T Shirts

**PANTHER TIME NEWS**

6th Grade Panther time is finishing up their finger puppet projects and now learning how to use sewing machines which is a new experience for many of our students. They will then choose a choice sewing project to complete the rest of the trimester.

7th Grade Panther Time has completed rigorous testing of the pinewood derby cars and have now started designing and building their first batch of cars. Students can design up to 3 cars for the race.

Our 8th Grade Panther Time has been running the news the last couple of weeks and have been doing a great job on the morning announcements.

shrake.tyler@wsalem.k12.wi.us



HEALTHY LIVING

Stay healthy by exercising.



WE HAVE OFFICIALLY EXPERIENCED EVERY SEASON OVER THE PAST MONTH! WE WILL BE TRANSITIONING FROM NET/WALL GAMES TO INVASION GAMES, FIELDING/STRIKING GAMES, AND YARD GAMES. THESE ACTIVITIES ARE MORE IN LINE WITH SUMMER ACTIVITIES SO WE WILL BE PREPARING OUR STUDENTS TO BE ACTIVE THIS SUMMER. WE ARE ALSO WELCOMING MS. KING TO OUR CLASSROOM AS SHE WILL BE STUDENT-TEACHING WITH MS. SERRES. THE LAST THING WE WOULD LIKE TO REMIND FAMILIES IS TO HAVE THEIR STUDENT(S) PREPARED FOR THE WEATHER FOR OUR CLASS. IF WE ARE GOING OUTSIDE, WE WILL NEED TO HAVE PROPER CLOTHING INCASE OF COLDER WEATHER AND PROPER FOOTWEAR. AN EXTRA PAIR OF SHOES AT SCHOOL WILL BE VERY HELPFUL!

PANTHER TIME AND SPANISH

with Señor Hinman

5th & 6th Grade Panther Time

On April 16th, the 5th grade Panther Time rotation ends and then April 22nd, the next (and last) will begin. As with the other rotations, we will be covering Spanish enrichment activities for exploratory Spanish. For the 5th grade, they will be learning greetings and farewells, the Spanish alphabet and the numbers 0-100. For the 6th grade, they will be learning days of the week and months of the year, time-telling, weather and seasons, and colors.

7th & 8th Grade Panther Time

For the 7th grade Panther Time class, I have taken over for Mr. Baker to head one of the iReady classes. We will be doing this till the end of the year. For 8th grade PT, we will be learning about some of the cultural aspects related to Western and Eastern Europe along with Asia, a little bit about the Middle East, and a bit of Africa.

7th Grade Spanish

For 7th grade Spanish, we'll be delving more into our book, Pobre Ana. We'll also be doing some more culture related activities particularly with the countries of South America. In between the stories, we will do some filler activities - those things that they will need to know for high school Spanish down the road. And finally, we also have a fiesta coming up for Cinco de mayo. Since it's on a Monday this year, A-day students will have their fiesta on Friday, May 2nd, and the B-day group will have theirs on Thursday, May 1st, so mark your calendars.

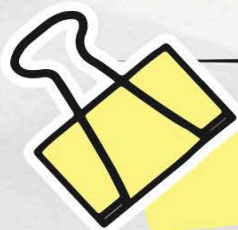
8th Grade Spanish

In 8th grade Spanish, we are still working on completing the curriculum work from the high school's Spanish 1 classes. I'm planning on getting through two more stories before the trimester is through. I'm also thinking of doing the Pobre Ana book with them, which is a book the 7th graders have been working on, but we will see depending on the amount of time we have. In between the



stories, we will do some filler activities - those things that they will need to know for high school Spanish down the road. And finally, we also have a fiesta coming up for Cinco de mayo. Since it's on a Monday this year, A-day students will have their fiesta on Friday, May 2nd, and the B-day group will have theirs on Thursday, May 1st, so mark your calendars.

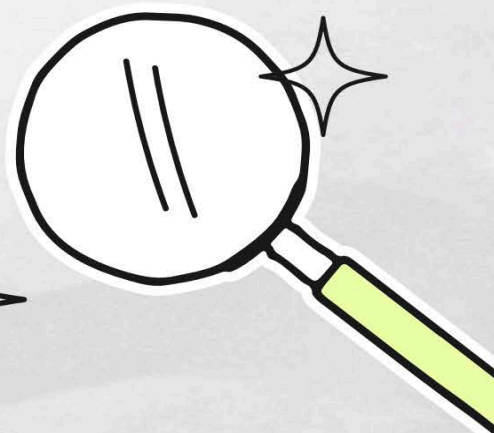
5TH GRADE LMC



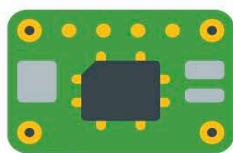
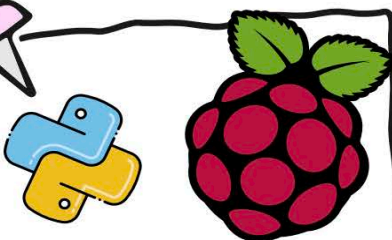
LMC - KJOS & FANTZ

In the month of March, 5th grade students in Mrs. Fantz and Mrs. Kjos's classes started LMC class. Over the last few weeks, we have been learning about different genres in the LMC and getting to know ourselves as readers and where we might find new books that are interesting based on our reading preferences.

In the coming month, we will begin using Destiny Discover to practice searching for fiction and nonfiction books. We will also begin learning some basic coding concepts using an app called Hopscotch.



CREATIVE COMPUTING



Students in Creative Computing have begun writing code using Python. We are currently learning how to get input from the user, save information as variables and write some programs to perform basic math functions. In the coming month, we will be learning how our Raspberry Pi computers work and begin setting up basic circuits. Using our Python programming knowledge, we will then begin to control those circuits by writing programs. Eventually, this exploration will lead us into some engineering and design challenges where students will be creating their own automated devices.

HARVEST OF THE MONTH NEWSLETTER APRIL 2025



Lettuce is The Harvest of the Month!

Add lettuce to your favorite family meals:

- Serve tuna, chicken, or egg salad on a bed of lettuce.
- Use lettuce instead of a bun for a burger or sandwich.
- Ran out of tortillas? Use a large leaf as a taco shell for leftover fillings.

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

Select – Choose lettuce with fresh, crisp leaves.

Store – Keep lettuce in a plastic bag with small holes. Store in refrigerator for up to 1 week.

Prepare – Rinse carefully under cool running water and allow it to dry well.

Did you know?

The four main types of lettuce include butterhead (Boston, bibb), crisphead (iceberg), looseleaf (red leaf, green leaf) and romaine. Lettuce leaves that are darker in color contain more vitamins and minerals than the paler color varieties.



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth



Extension
UNIVERSITY OF WISCONSIN-MADISON

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. Funding for this publication was made possible by the U.S. Department of Agriculture's (USDA) Agricultural Marketing Service through grant AM200100XXXXG060. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.

Recipe of the month

Hummus Lettuce Wraps

Serves 8

Ingredients:

- 8 romaine lettuce leaves
- 1 cup roasted red pepper hummus
- 1 red pepper
- 1 yellow pepper
- ½ cup shredded carrots
- 1 medium zucchini
- ½ white onion
- 2 cup spinach, chiffonade

Directions:

Slice the vegetables into strips and set aside. Finely cut the spinach, set aside. Spread 2 tablespoons hummus on the lettuce leaf and place 3-4 strips of each vegetable onto the leaf, 1 tablespoon of carrots, and a little spinach. Roll and enjoy.

Per serving: 90 calories, 4.5g fat, 3g protein, 11g carbohydrate, 2g fiber, 150mg sodium

Source: laxf2s.org



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Coulee Region Farm to School is a partnership between UW-Madison Division of Extension, LaCrosse County Health Department, Mayo Clinic Health System-Franciscan Healthcare, Gundersen Health System, and the School Districts of Bangor, LaCrescent-Hokah, Holmen, LaCrosse, Onalaska, and West Salem.

April

Middle School
Middle Lunch 2024-25

	<div>Lunch Entree</div> <div>Walking Taco on Fritos</div> <div>Bean and Cheese Burrito</div> <div>Ham & Swiss on WG Croissant</div> <div>With</div> <div>Tropical Fruit</div> <div>Panther PBJ Pack</div> <div>Panther YOGURT Pack</div> <div>Vegetables</div> <div>Garlic Seasoned Corn</div> <div>Taco Topping Bar</div> <div>Spring Mix Lettuce Blend</div> <div>Baby Carrots</div> <div>Celery Sticks</div> <div>Fruit</div> <div>Tropical Fruit</div> <div>Fresh Kiwi</div> <div>Milk</div> <div>FF Chocolate Milk</div> <div>1% White Milk</div> <div>FF Strawberry Milk</div>	1	<div>Lunch Entree</div> <div>BBQ Chicken Teriyaki</div> <div>Sweet and Sour Chicken</div> <div>Both With</div> <div>Fortune Cookie</div> <div>Beef Snack Stick and String Cheese Charcuterie Box</div> <div>Panther PBJ Pack</div> <div>Panther YOGURT Pack</div> <div>Grains</div> <div>Seasoned Brown Rice</div> <div>Vegetables</div> <div>Stir Fry Vegetables</div> <div>Spring Mix Lettuce Blend</div> <div>Fresh Red and Yellow Pepper Strips</div> <div>Grape Tomatoes</div> <div>Fruit</div> <div>Fresh Banana</div> <div>Craisins, Cherry</div> <div>Craisins, Orange</div> <div>Craisins, Strawberry</div> <div>Milk</div> <div>FF Chocolate Milk</div> <div>1% White Milk</div> <div>FF Strawberry Milk</div>	2	<div>Sweet Treat Thursday!</div> <div>Assorted Ice Cream Cup</div> <div>Lunch Entree</div> <div>6" Round Pepperoni Pizza</div> <div>6" Round Taco Pizza</div> <div>Ham & Cheese Wrap</div> <div>With</div> <div>Cottage Cheese</div> <div>Panther PBJ Pack</div> <div>Panther YOGURT Pack</div> <div>Vegetables</div> <div>Steamed Season Peas and Carrots</div> <div>Spring Mix Lettuce Blend</div> <div>Baby Carrots</div> <div>Hummus</div> <div>Fruit</div> <div>Mandarin Oranges</div> <div>Sliced Apples</div> <div>Milk</div> <div>FF Chocolate Milk</div> <div>1% White Milk</div> <div>FF Strawberry Milk</div>	3	<div>Happy National Ramen Noodle Day!</div> <div>Lunch Entree</div> <div>Chicken Ramen Bowl</div> <div>Meatball Ramen Bowl</div> <div>Both With</div> <div>Ramen Bowl Vegetable Toppings</div> <div>Garlic Mozzarella Cheese Twists with Marinara Dipping Cup</div> <div>Panther PBJ Pack</div> <div>Panther YOGURT Pack</div> <div>Vegetables</div> <div>Spring Mix Lettuce Blend</div> <div>Broccoli Florets</div> <div>Cucumber Slices</div> <div>Fruit</div> <div>Diced Peaches</div> <div>Applesauce</div> <div>Milk</div> <div>FF Chocolate Milk</div> <div>1% White Milk</div> <div>FF Strawberry Milk</div>	4	
<div>Lunch Entree</div> <div>Breaded Chicken Patty on a WG Bun</div> <div>Hot & Spicy Breaded Chicken Patty on a WG Bun</div> <div>Ham, Turkey, and Cheddar Sub</div> <div>With</div> <div>Chicken and Wild Rice Soup</div> <div>Panther PBJ Pack</div> <div>Panther YOGURT Pack</div> <div>Vegetables</div> <div>Waffle Fries</div> <div>Spring Mix Lettuce Blend</div> <div>Broccoli Florets</div> <div>Hummus</div> <div>Fruit</div> <div>Pineapple Tidbits</div> <div>Fresh Apple</div> <div>Milk</div> <div>FF Chocolate Milk</div> <div>1% White Milk</div> <div>FF Strawberry Milk</div>	7	<div>Lunch Entree</div> <div>French Toast Sticks with Colby Cheese Omelet</div> <div>French Toast Sticks with Sausage Links (2)</div> <div>Both With</div> <div>Syrup</div> <div>Chicken Caesar Wrap</div> <div>With</div> <div>Cheez It Crackers</div> <div>Panther PBJ Pack</div> <div>Panther YOGURT Pack</div> <div>Vegetables</div> <div>Spring Mix Lettuce Blend</div> <div>Cauliflower Florets</div> <div>Radishes</div> <div>Fruit</div> <div>Warm Cinnamon Apples</div> <div>Mandarin Oranges</div> <div>Strawberry Cup</div> <div>Milk</div> <div>FF Chocolate Milk</div> <div>1% White Milk</div> <div>FF Strawberry Milk</div>	8	<div>Lunch Entree</div> <div>Beef Meatballs and LS Gravy with Buttermilk Biscuit</div> <div>Diced Chicken and LS Gravy with Buttermilk Biscuit</div> <div>Hot Ham & Cheese Sandwich</div> <div>With</div> <div>Baked Potato Chips</div> <div>Panther PBJ Pack</div> <div>Panther YOGURT Pack</div> <div>Vegetables</div> <div>Mashed Potatoes</div> <div>Spring Mix Lettuce Blend</div> <div>Baby Carrots</div> <div>Cucumber Slices</div> <div>Fruit</div> <div>Diced Pears</div> <div>Fresh Banana</div> <div>Milk</div> <div>FF Chocolate Milk</div> <div>1% White Milk</div> <div>FF Strawberry Milk</div>	9	<div>Lunch Entree</div> <div>Stuffed Crust Pepperoni Pizza</div> <div>Stuffed Crust Cheese Pizza</div> <div>Garden Salad w/ Choice of Meat, Yogurt, Cottage Cheese</div> <div>With</div> <div>Minestrone Soup</div> <div>Panther PBJ Pack</div> <div>Panther YOGURT Pack</div> <div>Vegetables</div> <div>Seasoned Cooked Broccoli</div> <div>Spring Mix Lettuce Blend</div> <div>Broccoli Florets</div> <div>Hummus</div> <div>Fruit</div> <div>Cinnamon Applesauce</div> <div>Blueberries</div> <div>Milk</div> <div>FF Chocolate Milk</div> <div>1% White Milk</div> <div>FF Strawberry Milk</div>	10	<div>Lunch Entree</div> <div>Breaded Fish Sticks with Goldfish Crackers</div> <div>Popcorn Chicken with Goldfish Crackers</div> <div>Turkey Bacon Sandwich on WG Roll</div> <div>With</div> <div>Guacamole and Tortilla Chips</div> <div>Panther PBJ Pack</div> <div>Panther YOGURT Pack</div> <div>Vegetables</div> <div>Glazed Carrots</div> <div>Spring Mix Lettuce Blend</div> <div>Baby Carrots</div> <div>Red Bell Pepper Strips</div> <div>Fruit</div> <div>Diced Peaches</div> <div>Fresh Orange</div> <div>Milk</div> <div>FF Chocolate Milk</div> <div>1% White Milk</div> <div>FF Strawberry Milk</div>	11

Continued on next page

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Lunch Entree	28	Lunch Entree	29	Lunch Entree	30		
Breaded Ravioli and Marinara Sauce Chicken Tenders <i>With</i> Cinnamon Bug Bites Turkey and Cheddar on a WG Bun <i>With</i> Sliced Apples with Caramel Dip Panther PBJ Pack Panther YOGURT Pack Vegetables Steamed Seasoned Mixed Veggies Spring Mix Lettuce Blend Broccoli Florets Hummus Fruit Pineapple Tidbits Fresh Apple Milk FF Chocolate Milk 1% White Milk FF Strawberry Milk		Pork Taco on Soft Shell Chicken Fajita Taco on Soft Shell Crunchy Hawaiian Turkey Wrap <i>With</i> Pineapple Salsa <i>And</i> Baked Tortilla Chips Panther PBJ Pack Panther YOGURT Pack Vegetables Refried Beans Taco Topping Bar Spring Mix Lettuce Blend Baby Carrots Celery Sticks Fruit Diced Pears Fresh Kiwi Milk FF Chocolate Milk 1% White Milk FF Strawberry Milk		Pasta with Italian Meat Sauce Pasta with Spaghetti Sauce (Vegetarian) <i>Both With</i> Breadstick Ham & Cheese Chef Salad with Goldfish Crackers <i>With</i> Broccoli & Cheese Soup Panther PBJ Pack Panther YOGURT Pack Vegetables Seasoned California Blend Vegetables Spring Mix Lettuce Blend Fresh Red and Yellow Pepper Strips Grape Tomatoes Fruit Fresh Banana Craisins, Cherry Craisins, Orange Craisins, Strawberry Milk FF Chocolate Milk 1% White Milk FF Strawberry Milk			
Menu likely to change based on product availability. This institution is an equal opportunity provider.							



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