



WEST SALEM MIDDLE SCHOOL

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School Starts at 7:50!!

Dear Families,

The holiday season is upon us, and our students are continuing to learn and grow as we make our way towards winter break. The monthly newsletter is one of the ways in which we communicate the efforts in developing WSMS students both academically and emotionally through our instructional and homeroom programming. As such, I would like to draw your attention to a yearly tradition that highlights a part of our district mission statement: *To Serve With Passion.*

In December, we focus on the spirit of giving and service with an annual Christmas Baskets food drive. We hold this drive in conjunction with the West Salem Lions Club. Last year we provided **over 50** holiday food baskets to families and senior citizens in the West Salem area. We will continue this proud tradition of community service this year. Look for more details within the "Counselor Comments" section.

We will have no school on December 24 - January 2. School resumes on January 3. Our 1st trimester ended on November 23rd and we will be mailing home your child's report card shortly. If you do not receive your child's report card by December 17th, please contact our office. A reminder that our [P.A.W.](#) scores will be a part of our report card this year. Behavioral/Life Skills will be assessed within each class using defined rubrics in the following areas: **PRACTICE KINDNESS, ACT RESPECTFULLY, WORK HARD.** We're excited to report out not just student academic progress, but also how students are showing their **PANTHER PRIDE** in the classroom.

Speaking of report cards.... recently, School Report Cards were released throughout the state. We are proud to report that WSMS ranked #1 within our local cohort with a distinction of "Exceeds Expectations." Congratulations to our students, staff and community for this great accomplishment.

On behalf of our staff, we hope you have a great Winter Break with your children, family and friends. We look forward to continuing to work together as a team with you to provide your child with the best educational experience here at West Salem Middle School. There is no greater gift than to have a positive impact on a child's life. This holiday season, I'm reminded how fortunate we all are with the opportunity to share in this gift.

At WSMS, It's a Wonderful Life!

Ben Wopat

WSMS Principal

www.twitter.com/coachwopat



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Happy Holidays from all of us at West Salem Middle School!

MORNING PROCEDURES

Doors open at 7:30. At this time, students will be allowed into the building, or they may stay outside on the playground until 7:43, when the bell rings.

Students are expected to be in their classrooms and ready for instruction at 7:50.

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 mailbox, 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 or send a note to the office with any pre-planned absences. We will document it, and you will not have to call again on the day of the absence.

If you notify your student's teachers, PLEASE notify us as well, as sometimes the information doesn't make it to the office.

If your child needs to be picked up for an appointment, please send a note or call the office ahead of time so that your child can be given an out-pass in advance. We appreciate advance notification as it eliminates the need for us to find your child at the last minute when they are 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 they leave for school.

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 east wall of the main entrance (on East Ave). Once you enter the building, please sign in in the office.



“Meet Us in the Middle”



Student Drop Off and Pick Up

Buses will drop off students at the high school sidewalk, then they will use the new sidewalk by the track/football field to walk to the middle school.

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 on Mark St. to have students get out is NOT safe**, as Mark St. is very busy during peak morning and afternoon hours.

Please pull forward all the way to the end of the sidewalk to drop off your child so that more cars can get out of the street and into the lot.

Early Release Dates
 Wednesdays - Release at 12:20
 Buses leave at 12:30
 February 9
 May 11

Substitutes Needed

For the 2021-2022 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, call 608-786-0700, OR go to
www.wsaalem.k12.wi.us for a substitute application.

The Middle School Newsletters

can be found on the district website - www.wsaalem.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.



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



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



"Meet Us in the Middle"





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.



WSMS Band & Choir Holiday Concerts

Tuesday, December 14

Marie W. Heider Center for the Arts

7th Grade Concert begins at 6pm. Report time = 5:30.

8th Grade Concert Begins at 7:30pm. Report Time = 7:00pm.

All Students are to report in concert black
(Black WSMS music polo, black pants, black socks, & black shoes)

Happy December! With a focus on gratitude and giving we will be spreading kindness to our community for the month of December. Once again, the middle school will join forces with the West Salem Lions Club to put together food baskets for local families. We will collect non perishable items at school, and members of the Lions Club will deliver them to area families in need. What may seem to be a small gesture of giving certainly goes a long way for the people on the receiving end!

We will kick off this event on Wednesday, December 1st and run it through Wednesday, December 15. Members of our local Lions Club will pick up the baskets on Friday, December 17. They will add additional items such as fruit and vegetables and deliver them before Christmas. Please see “Christmas Basket” below for a list of suggested items. Items will be collected during Homeroom times, so please feel free to send an item or two to school with your student. Thank you in advance for your generosity, kindness, and support.


~Ms. Becker & Mr. Lang

Christmas Baskets

Helping others during the holiday season can bring cheer for those involved. For this reason, the West Salem Middle School students, in conjunction with the West Salem Lions Club, have decided once again to sponsor a project that will provide holiday food baskets to families and senior citizens in the West Salem area. Last year, we put together over 50 boxes! This year is proving to be a challenging time for many families, so we are hoping to rise to this challenge and be just as successful! Please consider donating some of the suggested non perishable items:

Cans of fruit Canned juices
Brownie/cake mixes
Cans of vegetables
Peanut butter & jellies
Spaghetti sauce and noodles
Cans of soup
Macaroni and Cheese
Oatmeal/cereal
Meat/Tuna Helpers
Cans of tuna or chicken

Sugar
Stuffing / Rice
Box potatoes
Flour
Crackers
Baby food
Kleenex/Facial Tissue
Toilet paper
Paper towels, Napkins
Plastic silverware
Dish soap



It's not how much
we give
but how much love
we put
into giving.

MOTHER THERESA

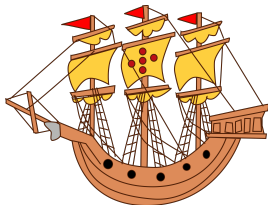


5th Grade December Update



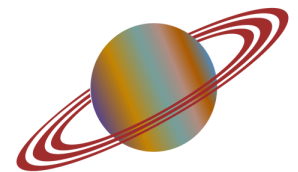
Math: After finishing our 2nd unit, we will be doing an ugly sweater project. This project will apply what the students learned in the first trimester. Then, we will be starting our third unit. This unit focuses on multiplying and dividing fractions. As always, knowing your multiplication and division facts is extremely important for this unit!

Reading and Writing: With the new trimester, we are shifting our focus to informational text and writing. We focus on finding the main ideas and details, recognizing text features, and looking at different text structures. Students will apply that knowledge to their informational writing.



Social Studies: Students will continue to study different explorers. They will focus more on the Western Hemisphere exploration. After they complete their explorer simulation, they will start to focus more on the first English settlements in America.

Science: Students will start their next science unit in December. This unit will focus on planets and space. As part of this unit, students will complete a project about a space-related topic. The majority of the project will be completed during science class in the month of January.



D.A.R.E.:

Students will begin weekly D.A.R.E. lessons with La Crosse County Deputy Cody Bernhardt. This program gives kids the skills they need to handle the pressures that adolescence brings. This will eventually lead to a reflection paper and visual project. Our D.A.R.E. program will end with a graduation ceremony on Thursday, March 10th.



“Meet Us in the Middle”



Math - Ms. McKinney and Mrs. Jehn

In November, we completed Chapter 3 which includes algebraic expressions and properties. Students really had to work hard to wrap their minds around using letters in math rather than numbers. They are learning that a numerical expression has numbers and operations but an algebraic expression has numbers, operations, and symbols. Terms, variables, coefficients, and constants are just a few of the new vocabulary words they have worked with to write and simplify expressions. This unit is a building block to future work in algebra.

We will spend December in Chapter 4 using the area of a parallelogram to derive the area formulas of triangles, trapezoids, and composite figures as well as how to graph them in the coordinate plane.

Accelerated Math - Mrs. Jehn

At the end of November, students completed Chapter 5. Please continue to encourage your child to help you figure out how to tip someone, how to find the discounted price using coupons, or how to find the better buy using unit price when comparing products and prices. These are great life skills to have!

In December, students will also finish Chapter 6 - Integers and the Coordinate Plane. For most students in our state, understanding positive and negative integers comes easily because they have grown up in a place seeing positive and negative temperatures. Later this year, when students learn to use the basic math operations with positive and negative integers, this concept becomes a little more difficult, and students really have to extend their understanding of integers.

Science: Mrs. Jarosh

Students have been working hard learning about the Periodic Table. They demonstrated their ability to recognize the first 20 elements and have enjoyed "The Periodic Table" song! This work sets the foundation for students to be able to draw models of simple molecules and understand the basics of chemical reactions. Each student will be choosing their own element to research!

Combined Reading & English: Mrs. Buisman & Mrs. Schultz

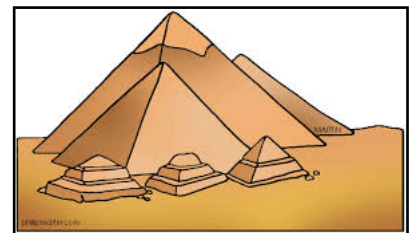
OMG-N-G! Oh My Gods and Goddess, we are studying Greek Mythology! Gods, Goddesses- the immortals; men, women, and heroes- the mortals; these beings will be the focus of our next unit of study on myths. Myths are stories which teach morals or lessons and proper human behavior. In some instances, myths give explanations of nature and why things are as they are. This December, we will be combining Reading and English to explore Ancient Greek myths and Greek Drama. Students will investigate fractured fairy tales to see how authors have given those traditional stories a modern twist with added humor. Then, in groups, the sixth graders will create and perform a skit involving one of the myths studied, giving it their special twist to "fracture" it. At the end of December, the Greek Drama Festival will feature the best groups from each class and their mythological creation! We plan on live streaming and recording this performance so the adults can enjoy the creations as well. Be sure to find out your student's favorite Greek myth, god, goddess, or hero!

Social Studies: Mrs. Jeranek

Ancient Egypt has been our focus for the last few weeks of November. We explored the location and geography of Egypt, researched the unintended (nature-made) and intended (man-made) technologies that improved Ancient Egyptian lives. Some of those technologies are still used throughout the world today!

Throughout December, we continue our studies of Ancient Egypt with a focus on Economy: the jobs people held and the conflicts that occurred between social classes. Egyptian Religion allows us to study scientific and mathematical developments necessary for pyramid construction and mummification to reach the afterlife. We will also look at Egyptian gods and goddesses and Israelites movement out of Egypt to reach the Promise Land.

To culminate our unit, students will be asked to research an Egyptian topic they'd like to know more about. Focusing on informational text, note taking, and summarizing, students will share their findings with their classmates. As this develops, more details will be provided!



Language Arts - Ms. Friell

Classroom Supplies:All students are required to have a binder and two composition notebooks (one for grammar and one for writing).The binder and notebooks are left in the classroom so they are never lost and remain easily accessible.

Agendas/Lessons:A general plan is posted on the Homework Hotline.The specific plan (along with any materials) is posted in Google Classroom. If a student needs to miss school, please check GC for required work.

Each class period, we practice working on sentences and parts of speech.We've reviewed nouns, verbs, and adjectives and are working on writing complete and compound sentences. In December, students will practice writing the following: paragraphs using the R.A.C.E.S. strategy, compare/contrast paragraphs, and summaries.

Math 7- Mrs. Weber and Mrs. Piersma

We hope you had a wonderful Thanksgiving. We have just finished up our first trimester. It is crazy to think we are in December already. We started a new unit on inequalities. It uses many of the skills from Unit 3 so hopefully it will seem easy to the kids. Happy Holidays to everyone.

Pre-Algebra- Mrs. Weber

I hope you all had a great Thanksgiving break. It is hard to believe it is already December. We have completed 2 of the in-school mathcounts competitions, with one left at the end of December. There are six 7th graders in the top 12 right now with a great chance of making the mathcounts team! That is amazing. Keep working hard, everyone, and congrats on finishing up the first trimester strong!!

Reading - Mrs. Rochester

The 7th graders will be getting into their dystopian books.A dystopia is a undesirable society that usually has a group of people making negative decisions for the rest of the society. During this unit, the students were given a choice of nine books to read. If they did not like one of the nine books, they were given the choice to go to the LMC and choose a dystopian book for this unit. Some of the topics the students will analyze and write about will be characterization, setting, conflict, rebellion, and theme.As a whole group, the students will be discussing characteristics of dystopias, finding examples in the book they are reading as well as looking at real life examples. Students will be expected to complete the assigned reading in 14 class days.The students will have more reading with this unit, therefore, they should be bringing their dystopian books home to finish reading that was not done in class. There will not be quizzes during this unit. Instead, the students will be keeping a journal.The topics the students will write about will also be the topics they discuss with other classmates. 7th grade students will continue to study Greek and Latin roots.

Social Studies - Mr. Mahlum

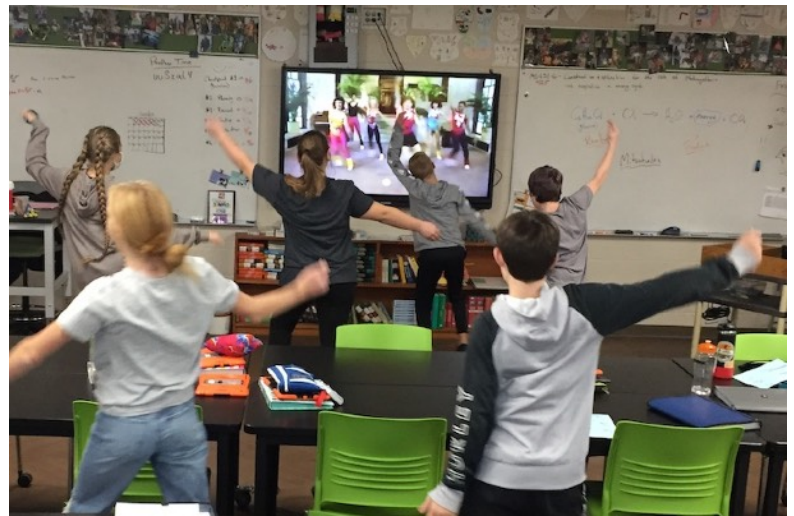
For 7th Grade Social Studies, the students will start to look at the different Amendments to the Constitution.We will first look at the Bill of Rights.Then, we will turn our attention to some of the other Amendments. Students will see the importance of all of these rights and how they have shaped our country.

Science - Mr. Baker

Throughout November, we have been learning all about how cells get their energy.This involved photosynthesis, respiration, and fermentation! Students got their heart rates up to an 80's workout or just Dance videos for our respiration lab, measured the amount of oxygen produced in plants, and inflated gloves for our fermentation lab! Some students may have even made bread at home as part of a bonus activity! December is all about body systems, so ask them what body system they are working with and have them explain what experiment they are doing!



Mr. Baker's 7th Grade Science Class



Science - Ms. Smith-Waller

The first trimester of school is over, and we are continuing to focus on plate tectonics, volcanos, earthquakes, and locations of fossils around the world. We will be working on a group project where students will research a topic supporting Plate Tectonic Theory, then present their findings to the class. That information will then be used to write an essay on how the distribution of fossils and rocks, continental shapes, and seafloor structures provide evidence of the past plate motions. After we finish up this unit on plate tectonics, we will move on to learn more about Earth's history and Geologic Time. Here's to another great trimester!

Essential Learning Outcomes:

- Analyze and interpret data to provide evidence for phenomena.
 - MS-ESS2-3: Analyze and interpret data on the distribution of fossils and rocks, continental shapes, and seafloor structures to provide evidence of the past plate motions.
- Construct a scientific explanation based on valid and reliable evidence obtained from sources and the assumption that theories and laws that describe nature operate today as they did in the past and will continue to do so in the future.
 - MS-ESS1-4: Construct a scientific explanation based on evidence from rock strata for how the geologic time scale is used to organize Earth's 4.6-billion-year-old history



Social Studies - Ms. Morgan

Early December finds us brushing up on the basics of our U.S. government and looking at the history behind its creation. Did you know that Act 55 requires every Wisconsin high school student to score at least a 65% on their districts Civics Test for Graduation? We've been brushing up on some of the facts. How well do you think you could do? Give it a try at <https://www.uscis.gov/sites/default/files/document/questions-and-answers/100q.pdf>.

After our study of the U.S. government, students should be able to:

1. Explain why people form governments.
2. Compare and contrast the Articles of Confederation to the Constitution.
3. Provide a basic description of the functions, powers, and requirements of each of the branches of the U.S. government.

Looking ahead, if your student is going to Washington DC, remember your second payment will be due Jan 7th. This will be \$300 minus their profits for candle sales. Detail information on this will be forwarded in a couple of weeks.

Math - Mrs. Coe & Mrs. Bentzen

Regular Math (Chapter 5) Mrs. Bentzen and Mrs. Coe

We finished up Chapter 4 at the end of November. We will be covering Chapter 4 called "Systems of Linear Equations" in the month of December.

The objectives for Chapter 5:

- *write and solve systems of linear equations by graphing
- *write and solve systems of linear equations by substitution
- *write and solve systems of linear equations by elimination
- *solve systems of linear equations that have special solutions

Algebra (Chapters 7) - Mrs. Bentzen

We will finish chapter 6 in November. We will learn about systems of equations and inequalities in chapter 7 in December. We completed our second in-school Mathcounts competition before Thanksgiving. We will do our third competition before Christmas break.

The objectives for Chapter 7:

- *write and solve systems of linear equations by graphing
- *write and solve systems of linear equations by substitution
- *write and solve systems of linear equations by elimination
- *solve systems of linear equations that have special solutions
- *graph and solve systems of linear inequalities

English/Language Arts - Ms. Meyer and Ms. Sackett

In 8th grade ELA, we have been focusing on identity since the start of the year. Beginning in December, we will transition from identity to diversity where students will choose a book to read with a character representing a diverse group. We will use the topics from their selected books to generate ideas for their research pieces. Students will do some practice note taking with the teachers to prepare them for eventually taking their own notes for a research paper. Although our major writing focus is changing, our classroom routine is staying the same, allowing for plenty of practice reading and writing a variety of pieces.

Trimester 1, Music 5 - Mrs. Glasel (Kjos) and Ms. Nimm (Burdick)

This past month we continued singing and talking about folk music. Our emphasis was on spirituals and their hidden messages. We also sang patriotic songs in celebration of Veterans Day and studied the history of the Star Spangled Banner. We listened and watched 5 versions of the song and used our music vocabulary to describe the music. It was great to hear which one they chose as their favorite and why.

We also were introduced to SQUILT (Super Quiet Un-Interrupted Listening Time). We listened to some well known music and had to pick out the tempo (speed), timbre (tone qualities), and mood of the music. Then, using the music vocabulary that we learned this trimester, we wrote a response about the music.

We continued to accompany our singing on the autoharps and barred instruments, and continued to play the bucket drums, recorders, and cups to reinforce our pitch and rhythm learning.

It will be sad to see these groups of students leave our music classes to move on to their next Allied class. We had fun singing, playing instruments, and doing a lot of movement activities this trimester. Looking forward to seeing you in a music class in 6th grade!

Trimester 2, Music 5 - Mrs. Glasel (Czajka) and Ms. Nimm (Massig)

Your music class will take on a little different format by having music every day for a trimester. Let's meet your teachers.

Mrs. Glasel is in her 32nd year of teaching, all here at West Salem. Along with band, she taught 5th grade for the first 16 years before moving completely to the middle school to teach 6th - 8th grade general music and band lessons. When the 5th grade moved to the middle school four years ago, she began to teach 5th grade again and realized how much she missed teaching these energetic kids.

Ms. Nimm is in her 16th year of teaching, all here at West Salem, just like Mrs. Glasel! She also teaches Choir (6, 7, 8), Soundscapes (7), and African Drumming (8).

Our classes will be based around the four main concepts of performing, creating, responding and connecting, so that will involve a lot of moving, singing, listening, and rhythm/pitch activities. We learn about songs reflecting American history and culture as well as different holidays.

General Music 6 - Mrs. Glasel

Music Reading - The students are continuing to play the keyboards. Now they are now reading music on the grand staff (bass and treble clefs), but are still only playing one hand at a time and learning musical elements of dynamics, slurs, ties, and intervals.

Music Appreciation - We are finishing up the Elements of Music packet, and we now will be able to use that terminology while composing. Our next composition will be the GarageBand Loops project which uses pre-recorded short musical segments called loops.

Our Music Alive magazine articles this month will focus on different string instruments.

General Music 7 - Mrs. Glasel

The students are continuing to play songs on the guitar. They just added the third string to their songs.

The students just finished up watching the musical Hello, Dolly, in which they learned about the complexity of storylines and character development. The next musical, Fiddler on the Roof, is a more serious musical with a look at the Jewish culture, their traditions, and how those traditions change throughout the musical.

6th Grade Choir - Ms. Nimm

Students have been continuing to rehearse choir music in preparation for their January concert. They have also been working on reading music using Do, Re, Mi, and Sol. We will have a few Holiday song sing-along days before Winter Break to help celebrate the season.

7th and 8th Grade Choirs - Ms. Nimm

The choirs will be presenting their concerts on Tuesday, December 14 at the Heider Center! The 7th grade students should report to the high school by 5:30pm, and the concert starts at 6pm. Their concert music features songs from around the world. 8th grade students should report to the high school by 7pm, and the concert starts at 7:30pm. Their concert music features tried and true 8th grade favorites from past years.

All students should wear their black music polo, black pants, black socks, and black shoes.

Soundscapes - Ms. Nimm

Throughout December, students in Soundscapes will be diving into a variety of music genres using Music Alive Magazine. They will read about, discuss, and listen to music from each genre.

African Drumming - Ms. Nimm

Students have recently finished How-To videos for Ensemble 5. These videos will be shared with students in the 7th grade Soundscapes class. The next unit will focus on non-traditional instruments and creating rhythmic patterns using the group "STOMP" as inspiration.

Spanish - Mrs. Phillips

6th Grade

¡Bienvenidos! Welcome to second trimester Spanish sixth grade! Our first unit will include introductions and basic vocabulary. We will practice letter sounds, numbers, calendar and weather vocabulary. We will also talk about different songs and cultural practices of Mexico and Central America. ¡Feliz Navidad, prospero año y felicidad!

7th Grade

¡Bienvenidos a la clase de español! The 2nd trimester 7th grade Spanish class will begin by reviewing basic conversations and asking each other questions in Spanish. We will also talk about cognates and discuss different parts of the song ¿Puedo ir al baño?.

8th Grade

¡Bienvenidos a la clase de español! The 2nd trimester 8th grade Spanish class will review introductions, classroom phrases and get to know each other through special person interviews - en español! Students will be developing speaking skills by describing themselves and others.

Spanish I/8th Grade Elective

Spanish elective students are making a lot of progress in reading and building confidence in speaking. During the month of December we will read the book “Brandon Brown Quiere un Perro” and continue working with high frequency vocabulary.

Healthy Living - Mr. Brewer, Mrs. Olson, Ms. Serres, Mr. Reader

The Healthy Living team will be teaching some activities from around the world. Students will be experiencing Cricket, Rugby, and Wrestling this month. With the cold weather and snow approaching, we are transitioning indoors. Please make sure that your child has athletic shoes for the days that they wear boots to school. Happy Holidays!

STEM - Mr. Jones

6th Grade STEM

A new trimester means new students for STEM class. My new students will spend the month of December designing and creating a foot orthosis for a child in need. Throughout this process, the students will learn about the design process in engineering.

7th Grade STEM

We will be learning about multiview sketches and technical drawings in 7th grade STEM. We will use what we've learned with those sketches to design and create a puzzle cube to bring home.

8th Grade STEM

Students coming in will spend the month of December starting their paper roller coaster designs. Students are given a budget to create a roller coaster that last the longest when sending a marble down the track.

Robotics

My robotics students have been working hard creating a pull toy out of vex parts. These pull toys took a little longer than I planned for, mostly because of the intricate designs that the students came up with! We are almost finished and will soon begin our learning of programming. It won't be long until we will be seeing robot dragsters zooming the middle school hallway



“Meet Us in the Middle”



Art - Mrs. Hemker

Grade 5

Welcome to MS, grade 5 families! This month, 5th graders will be working on a variety of portraits. A painting of a dog or another animal that represents them is the first focus. Later this month, portraits will turn to a more realistic style where we will look at facial features and proportions. If time allows, we will also be working on an abstract painting of our names.

Grade 6

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

Grade 7

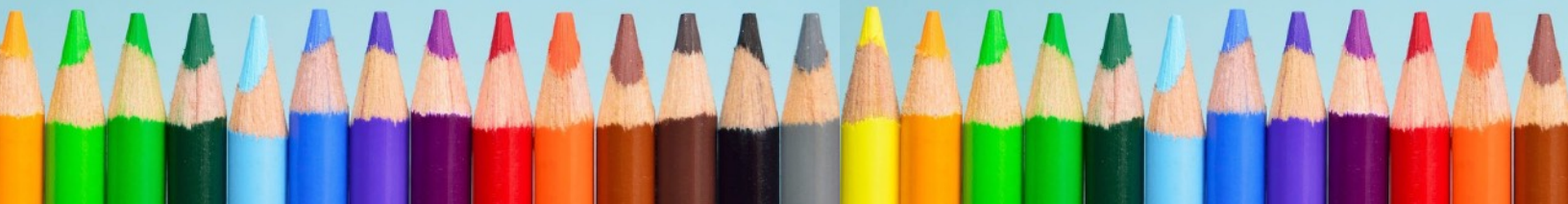
7th graders will spend the month of December experimenting with drawing from different points of view. One of the projects will require students to create the entire drawing from start to finish by observing an inanimate object of their choice. We will also be working on observational drawings of shoes, which will include a shading review.

Grade 8

Students in 8th grade will be working on projects that represent themselves this trimester. Our first project will be a design that will be considered for this year's class t-shirt. The next will be a poster featuring a quote that describes them. The poster will include a hand written font. 8th graders will also begin to design their wall block as a lasting way to represent their 8th grade self.

8th Grade Elective

This month we will be glazing and using our handmade clay watercolor palettes and completing our cardboard sculptures. If time allows, we will also be working on color pencil skills and abstract drawings.



During our Healthy Living Inclusion Activities, students had the opportunity to experience sitting volleyball. We introduced the activity by watching a clip from the Paralympics.



SPORTS INFO

December MS Schedule

7th - Boys' BB @ Logan Middle, 3:45
7th - Wrestling @ Home, 4:00
9th - Boys' BB vs Holmen Middle, 3:45
13th - Wrestling @ Longfellow Middle, 4:30

Click [HERE](#) to see the student-created November Edition of "Black Cat News" (this is page 1)

West Salem Middle School Newsletter

Black Cat News

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The Inside Scoop

By Raegan H. & Ava J.

The Coulee Cheese Castle is the hotspot of West Salem. Everyone knows where it is and who to call when they're craving a fresh scoop of ice cream: Nick, the West Salem mascot, the ice cream man. Although we all know Nick, we might not know everything about him. Nick is a lot of things; not only is he the ice cream man, but an entrepreneur. In this month's feed we decided to interview the one and only, Nick Miller.

Tell us a little bit about yourself: "I grew up on a farm right outside of West Salem and graduated from West Salem High School in 1998. I graduated from UW-L with a degree in Management in 2001 and bought Le Coulee Cheese Castle in June of 2003. After graduating from college, I began searching for a job in the area and discovered that the owners of Le Coulee Cheese were thinking of retiring. So in June of 2003, I purchased the building and business. I had great memories of this business so I didn't want to see it close."

What is your favorite ice cream flavor?: "My favorite flavor of ice cream is anything with caramel."

What does a typical day look like?: "A typical day at the Cheese Castle starts at 7am with completing any orders that are to be picked up that day. After those are completed, I cut and package cheese, fill ice cream containers, stock products and help customers who stop in. I close at 5:00 each day and typically have about 1 and 1/2 hours of cleanup."

Have you had any other previous jobs?:"I previously worked on my parent's dairy farm while attending school."

What do you like to do outside of work?: "Outside of work, I spend my time working in my yard, helping my parents on the farm, or spending time with family and friends."

continued on page 2

"Meet Us in the Middle"

HARVEST OF THE MONTH
NEWSLETTER 12/2021



FUN FACTS

- Cabbage is one of the oldest known vegetables! Red cabbage is one of the many varieties grown around the world.
- Cabbage is Russia's national food. Russians eat about seven times as much cabbage as the average North American.

NUTRITION INFO

One cup of raw cabbage has 22 calories and provides fiber and vitamins A & C.

PICK

Choose firm, heavy cabbage heads with unblemished leaves. Cabbage can be found as whole heads or shredded near bagged salad mixes.

STORE

Store cabbage tightly wrapped in the refrigerator and use within a few weeks. Once cut, place the remainder in a plastic bag or covered container and use within a few days.

PREPARE

To prepare cabbage, remove the thick outer leaves, slice in half, and remove the hard white core. Wash thoroughly and slice into desired thickness.

USE

Cabbage can be steamed, microwaved, boiled, roasted, or made into coleslaw or sauerkraut. Cabbage is a great addition to casseroles, stews, salads and soups.

Savory Roasted Cabbage

Serves 5

Ingredients:

- 1-pound cabbage, roughly chopped with core removed
- 2 Tbsp. olive oil
- ½ tsp. salt
- ¼ tsp black pepper

Directions:

Preheat oven to 400°F. Place cabbage in a large bowl. Add olive oil, salt and pepper; toss until evenly coated. Spread seasoned cabbage onto a sheet pan and place in oven for 10-15 minutes, stirring occasionally. When edges begin to brown, remove from oven and serve warm.

Per serving (1/2 cup): 70 calories, 6g fat, 1g saturated fat, 1g protein, 5g carbohydrate, 2g fiber, 250mg sodium

for more information visit www.laxf2s.org

Coulee Region Farm to School is a partnership between La Crosse County Health Department, Mayo Clinic Health System – Franciscan Healthcare, Gundersen Health System, and the School Districts of Bangor, Holmen, La Crescent-Hokah, La Crosse, Onalaska, and West Salem.



MAYO CLINIC
HEALTH SYSTEM

GUNDERSEN
HEALTH SYSTEM

FUNDRAISER FOR WSSD

[The Chef Ann Foundation](#) is partnering with [Organic Valley/CROPP](#) to support a fundraiser for local school districts in our area, including West Salem. Now through December 31, 2021, every Organic Valley product sold in the CROPP Retail Stores in Cashton and LaFarge will trigger a \$1 donation (up to \$4,999) to local school food programs!



Click [HERE](#) for this Virtual Cooking Class on YouTube!

ROASTED GARLIC PARMESAN BRUSSELS SPROUTS

INGREDIENTS:

- 16 oz Brussels sprouts, rinsed and cut in half
- 1 tablespoon olive oil
- 1 teaspoon Italian seasoning
- ½ teaspoon garlic powder
- ¼ cup grated parmesan cheese
- Salt and Pepper to taste

DIRECTIONS:

1. Preheat your oven to 400°F (200°C).
2. Wash Brussels sprouts to remove any dirt. Remove any yellow or damaged leaves.
3. Trim the bottom of the Brussels sprouts, and slice each Brussels sprout in half, top to bottom. Prepare a large baking sheet (you can line it with foil or parchment paper if you like).
4. Pat the Brussels sprouts dry with paper towels and place them in a large bowl. Add olive oil, Italian seasoning, garlic, salt, and pepper. Toss gently to coat the Brussels sprouts evenly. Sprinkle parmesan and stir to coat.
5. Place the Brussels sprouts on the prepared baking sheet, spreading evenly into one layer. Bake the parmesan Brussels sprouts on the center rack for 25 to 30 minutes – Adjust the time depending on your oven. The vegetables should be golden brown.
6. Transfer the parmesan roasted Brussels sprouts to a serving bowl or plate and enjoy!



December 2021

West Salem Middle School

Lunch

MONDAY**TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****1****From the Grill**

- Mozzarella Stuffed Breadstick with Marinara Dipping Cup
- Mixed Vegetables

Home Style

- Tater Tot Hot Dish Mixed Vegetables WG Dinner Roll

Deli

- Homemade Grilled Cheese
- Creamy Tomato Soup

Grab and Go

- Panther PBJ Pack
- Panther YOGURT Pack

2**From the Grill**

- Meatball Marinara Sub on Hoagie Roll Garlic Roasted Green Beans

Home Style

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

Deli

- Turkey Club Wrap
- Simply Chex - Cheddar

Grab and Go

- Panther PBJ Pack
- Panther YOGURT Pack

3**Sweet Treat Friday!**

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

From the Grill

- Cheesy Garlic French Bread Pizza Whole Kernel Sweet Corn

Home Style

- Pepperoni Calzone Whole Kernel Sweet Corn

Deli

- Turkey and Swiss on WG Croissant
- Chicken Noodle Soup

Grab and Go

- Panther PBJ Pack
- Panther YOGURT Pack

6**From the Grill**

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

Home Style

- Creamy Mac N' Cheese or Bacon Mac & Cheese Italian Breadsticks Green Peas

Deli

- Turkey BLT on WG Sub Roll
- Vegetable Beef Soup

Grab and Go

- Panther PBJ Pack
- Panther YOGURT Pack

7**Breakfast for Lunch!****From the Grill**

- French Toast Sticks Jones Dairy Sausage Links Warm Cinnamon Apples

Home Style

- French Toast Sticks Colby Cheese Omelet Warm Cinnamon Apples

Deli

- Ham & Swiss on WG Croissant Baked Scoop
- Chips and Salsa

Grab and Go

- Panther PBJ Pack
- Panther YOGURT Pack

8**From the Grill**

- Mr. Rib Sandwich Tri Tators

Home Style

- Meatballs with Gravy with Dinner Roll Mashed Potatoes

Deli

- Chicken Bacon Ranch Wrap
- Broccoli Cheese Soup

Grab and Go

- Panther PBJ Pack
- Panther YOGURT Pack

9**From the Grill**

- Popcorn Chicken
- Vegetable "Not Fried" Rice

Home Style

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

Deli

- Garden Salad with Choice of Meat/Yogurt/Cottage Cheese
- Cheez-It Crackers

Grab and Go

- Panther PBJ Pack
- Panther YOGURT Pack

10**From the Grill**

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

Home Style

- Pepperoni Pizza - Personal Pan
- Honey-Glazed Carrots

Deli

- Turkey Sub
- White Chicken Chili

Grab and Go

- Panther PBJ Pack
- Panther YOGURT Pack

13**From the Grill**

- Chicken Nuggets with WG Dinner Roll Mixed Vegetables

Home Style

- Kick'n Chicken-Crispy Patty with Pepper Jack Cheese Whole Grain Bun Mixed Vegetables

Deli

- Southwest Chicken Salad
- Brown Chicken & Wild Rice Soup

Grab and Go

- Panther PBJ Pack
- Panther YOGURT Pack

14**Taco Tuesday!****From the Grill**

- Taco Truck Burritos Bean and Cheese De Chile Relleno (Vegetarian) Cilantro Lime Rice

Home Style

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

Deli

- Ham and Swiss on Croissant
- Fresh Fruit Deluxe Salad

Grab and Go

- Panther PBJ Pack
- Panther YOGURT Pack

15**From the Grill**

- Homemade Sloppy Joe on WG Bun Tri Tators

Home Style

- Carolina Style Pulled Pork Sandwich Colestlaw

Deli

- Homemade Grilled Cheese
- Creamy Tomato Soup

Grab and Go

- Panther PBJ Pack
- Panther YOGURT Pack

16**From the Grill**

- (Cheese) Hamburger on WG Bun
- Potato Smiles

Home Style

- (Cheese) Hamburger on WG Bun
- Potato Smiles

Deli

- Turkey and Cheddar on WG Bun
- Cottage Cheese

Grab and Go

- Panther PBJ Pack
- Panther YOGURT Pack

17**Sweet Treat Friday!**

- Rice Krispie Treat Offered with meals in all lines

From the Grill

- Pepperoni Pizza - Slice
- Whole Kernel Sweet Corn

Home Style

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

Deli

- Cuban Flatbread Sandwich
- Chicken Dumpling Soup

Grab and Go

- Panther PBJ Pack
- Panther YOGURT Pack

20**From the Grill**

- Chicken Patty - Hot and Spicy Whole Grain Bun Tater Tots

Home Style

- Breaded Chicken Patty Sandwich on WG Bun Tater Tots

Deli

- Ham, Salami & Provolone Cheese Sub
- Broccoli Cheese Soup

Grab and Go

- Panther PBJ Pack
- Panther YOGURT Pack

21**Taco Tuesday!****From the Grill**

- Beef Taco Wedge
- Refried Beans

Home Style

- Chicken Taco on Soft Shell Tortilla
- Refried Beans

Deli

- Turkey BLT on Sub Roll
- Sliced Apples with Caramel Cup

Grab and Go

- Panther PBJ Pack
- Panther YOGURT Pack

22**From the Grill**

- Veggie Burger Spicy Black Bean (Morningstar, nut free) Oven Baked French Fries OR

- (Cheese) Hamburger on WG Bun Oven Baked French Fries

Home Style

- Sweet & Sour Chicken Seasoned Brown Rice
- Mixed Vegetables

Deli

- Garden Salad with Choice of Meat/Yogurt/Cottage Cheese
- Creamy Chicken Pot Pie Soup

Grab and Go

- Panther PBJ Pack
- Panther YOGURT Pack

23**From the Grill**

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

Home Style

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

Deli

- Chicken Caesar Wrap
- Parmesan Peppercorn Pasta

Grab and Go

- Panther PBJ Pack
- Panther YOGURT Pack

24**27****28****29****30****31**

Menu likely to change based on product availability.

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WEST SALEM SCHOOL DISTRICT 2021-2022 CALENDAR



AUGUST 2021				
M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

SEPTEMBER 2021					21
M	T	W	T	F	
		1	2	3	
NS	7	8	9	10	
13	14	15	16	17	
20	21	22	23	24	
27	28	29	30		

OCTOBER 2021					19
M	T	W	T	F	
				1	
4	5	6	7	8	
11	12	ER	14	15	
18	19	20	21	22#	
25	26	27	28	NS*	

#No School for Elementary & Middle students only. High in school.

NOVEMBER 2021					19
M	T	W	T	F	
1	2	3	4	5	
8	9	10	11	12	
15	16	17§	18	19	
22	23	NS	NS	NS	
29	30				

DECEMBER 2021					17
M	T	W	T	F	
		1	2	3	
6	7	8§	9	10	
13	14	15	16	17	
20	21	22	23	NS	
NS	NS	NS	NS	NS	

JANUARY 2022					20
M	T	W	T	F	
3	4	5	6	7	
10	11	12	13	14	
NS*	18	19	20	21	
24	25	26	27	28	
31					

FEBRUARY 2022					19
M	T	W	T	F	
	1	2	3	4	
7	8	ER	10	11	
14	15	16	17	18#	
21	22	23	24	25	
28					

MARCH 2022					21
M	T	W	T	F	
	1	2§	3	4	
7	8	9	10	SD	
14	15	16	17	NS*	
21	22	23	24	25	
28	29	30	31		

APRIL 2022					18
M	T	W	T	F	
				1	
4	5	6§	7	8	
11	12	13	14	NS	
NS	SD	20	21	22	
25	26	27	28	29	

#No school for Elementary & Middle students only. High in school.

MAY 2022					21
M	T	W	T	F	
2	3	4	5	6	
9	10	ER	12	13	
16	17	18	19	20	
23	24	25	26	27	
NS	31				

May 11-ER
*ER K-8 Only
*9-11 No School
*12-SEP presentation day

JUNE 2022					3
M	T	W	T	F	
		1	2	3	
6	7	8	9	10	
13	14	15	16	17	
20	21	22	23	24	
27	28	29	30		

First Day of School: September 1, 2021
Last Day of School: June 3, 2022
Graduation Day: May 29, 2022

SERVE WITH PASSION TO IGNITE
CREATIVITY, INNOVATION, AND
EXCELLENCE

NS = No School for All students
= No School for Elementary & Middle School students
ER = Early Release (K-12 Students dismissed at 12:20, Buses leave at 12:30 on October 13, February 9, May 11)
§ = High School students (dismissed at 12:00 on November 17, December 8, March 2, April 6)
SD = Snow Day or Make-up date (March 11 & April 19)
*** = Teacher Inservice (August 24 & 25, October 29, January 17, March 18 + 2 Floating)**