

WEST SALEM MIDDLE SCHOOL

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SPECIAL POINTS OF INTEREST:

- *Winter Wellness - Feb 7
- *NO SCHOOL - Feb 8
- *Early Release - Feb 13

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Volume 7 - Issue 7

2019

Dear Parents,

In last month's newsletter, I mentioned that at WSMS we wanted to work with you to approach the New Year with purpose for our students. I would say we're off to a great start! January was filled with unique learning opportunities and activities for our students. It was also filled with record breaking weather patterns that caused some school related cancelations and re-scheduling. Please read through our newsletter and scan our website for events to either confirm dates or look for events/activities that may have been altered due to these conditions.

This February we look to continue this momentum with parent/teacher conferences and a calendar full of activities to help our students learn, grow, and develop. At WSMS, our extracurricular activities provide wonderful opportunities for some of this development. Our Panther basketball, Mathcounts, and Forensics teams have competition during the month and Odyssey of the Mind teams continue to meet after school. Good luck to all our participants!

Our Winter Wellness Committee has completed its organization of the activities for our Winter Wellness Day on February 7. Students have an opportunity to participate in an activity to promote physical and mental wellness. Our Winter Wellness Day continues to be an activity that our students recall as having a positive impact on them during their middle school experience. It is great for both the staff and students to have an opportunity to interact in this setting. We are looking forward to great day of learning, physical activity, and, hopefully, a little bit of fun as well!

As always, we look forward to continuing to work 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.

Go Panthers!

Ben Wopat
Principal
[Wwwwtwitter.com/coachwopat](https://www.twitter.com/coachwopat)
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"Meet Us in the Middle"



President's Day

The Washington's Birthday public holiday is more commonly referred to as Presidents' Day in the United States and is dedicated to honoring George Washington, the first president of the United States. It is considered to be the first public holiday declared specifically to celebrate the life and accomplishments of one individual.

The public holiday is observed on the third Monday in February; however, George Washington's actual birthday was February 22, 1732. Because the observed date of Washington's birthday is not set for the third Monday in February, it is impossible for the holiday to ever fall on Washington's actual birthday. The latest possible date for the public holiday is February 21.

The holiday has been observed on a Monday since 1971. The United States Senate has a long-standing tradition to read Washington's Farewell Address every year in observance of his birthday. This tradition first started in 1862 and is still being practiced today.



WINTER WELLNESS

THURSDAY, FEBRUARY 7

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



Calendar of Events...

- 4 - Parent/Teacher Conference
- 4 - Forensics level I @ Holmen Middle
- 5 - GBB vs Sparta 4pm
- 7 - WINTER WELLNESS
- 7 - GBB @ G-E-T 4:15pm
- 8 - NO SCHOOL
- 11 - Gr. 8 Freshman mtg
- 12 - GBB @ Longfellow 4pm
- 13 - EARLY RELEASE
- 14 - GBB vs Westby 4:15pm
- 15 - Gr. 7 School Forest - Science A day kids

- 18 - Gr. 7 School Forest - Science B day kids
- 18 - GBB @ Onalaska 4pm
- 19 - GBB vs Tomah 4:15pm
- 19 - Forensics level II @ Bangor
- 25 - GBB @ Winona 4:15pm
- 25 - Gr. 8 Fundraiser kickoff



Counselor Comments...

In Homeroom, we wrapped up January with lessons on positive identity pointing out the two aspects of the sense of self (self-concept and self-esteem). This asset helps to increase self-esteem, a sense of purpose, and strengthen our personal power. We also touched on some career and college readiness with a Kahoot activity on post-secondary terminology...helping students become more aware of some of the terms that are used as they look at what to do beyond high school. Speaking of high school, the high school counselors will be coming over to talk to the 8th graders early February regarding high school registration. There will be an 8th grade parent/student meeting on Monday, February 11 at 6:00pm in the Heider Center going over high school registration.

Cabin fever tends to set in as we approach February. Our annual Winter Wellness is scheduled for Thursday, February 7. When else can I push a student down the hill and they come back up and ask me to do it again but this time with a spin!!! I cannot express enough how positive and valuable this interaction is between students and adults...as well as a great way to rejuvenate as we head into the home stretch of the school year!

Thank you to all of the parents who stopped in to meet with teachers and/or advisors during conferences. We will have another "drop-in" style conference in April. Please do not hesitate to contact teachers in order to address any concerns whenever they may arise. Communicating with teachers is a good way to show our youth that everyone is working together to help support them and to ignite creativity, passion, and excellence for them.

Healthy Living...

We will be welcoming some UW-LaCrosse future Physical Education educators into our classrooms two mornings a week. We always look forward to the opportunity to work with future educators, as do our students. We are continually reminding students to take home their Healthy Living clothing to be washed and encouraging personal hygiene. We would appreciate your help in reminding them of this as well. We will be continuing to assess SHAPE Standard 4: Exhibits responsible personal and social behavior that respects self and others. 5th and 6th graders will be learning a brand new game, Quidditch, while the 7th and 8th graders will be finishing up archery and starting some intramurals.



"Meet Us in the Middle"



5th Grade



Math Update:

Students are starting their next unit which focuses on multiplying whole numbers and decimals. They will review multiplying multi-digit numbers and apply that knowledge to multiplying decimal numbers. A big part of this unit is focuses on the power of 10 as well.

Science Update:

Students will be finalizing and presenting their space projects. They got to choose different space topics and present their information using different visual options.

Social Studies Update:

After science finishes, students will start to study the colonies and the events that lead to the American Revolution.

Reading Update:

Students have been focusing on nonfiction reading and comprehension skills. We will start to transition back to fiction by doing a book study on The Sign of the Beaver. This book will tie into the time period that they are studying in their Social Studies class.

Writing Update:

Students will continue working on nonfiction writing by researching and organizing information for their space project. After they finish their space project, they will begin to work on their DARE paper and project.

DARE Update:

Students will continue to work through lessons with the DARE officer, Deputy Bauer. During February, students will complete a short paper and project focused on one of the topics they learned about in DARE. They will be graduating from DARE on February 28th at the Heider Center.



Spanish - Ms. Rose

Fifth graders are learning about food, likes and dislikes. They are able to ask others about foods they like and answer. They are also learning about foods in Spanish-speaking countries. As the food unit wraps up, they will have an opportunity to try authentic recipes in class!

Art - Mrs. Hemker

5th graders will be finishing up their portrait unit with a large-scale painted portrait. They will then move on to non-traditional canvas paintings. Each student will be bringing in an object from home to paint. This could be an actual canvas or an alternative surface. Watch for more information about this coming after the portraits are completed.



Reading - Mrs. Schultz

6th grade has started reading their novels centering around Civil Rights and social diversity in America during the mid 1900s. While reading these novels students will be focusing on the following:

- Choosing appropriate reading strategies to help better understand and remember the novel
- Analyze and identify social issues and instances of discrimination that were happening in the novel through personal reactions
- Make connections between background knowledge and the novel
- Use quotes from the novel in discussions, including personal reactions

Students are able to bring the books home and are assigned their first novel based on interest and reading level. Ask your student about his or her novel and

find out what he or she have learned about their characters and this era so far!

We continue with our fantasy and science fiction genre studies. The fantasy genre is full of magic and elements that are not possible in our world. Monstrous creatures, fairies, vampires, werewolves, supernatural beings are some examples of characters found in this genre. Science Fiction is all about scientific possibilities, hypotheticals, or futuristic societies. These are things like time travel, aliens/space exploration, genetically engineered animals, etc... The second and third paragraphs about their genre study book are due mid-month, and the final paragraphs are due at the end of the month.

Hello, Parents! My name is Anne Dillon. I will be student teaching in Mrs. Schultz's 6th grade reading class for the rest of the year. I am a senior at UW-La Crosse studying English education. Student

teaching is my last step before

graduating and having a classroom of my own. I am very excited to get to know the students and take on a larger role in the classroom.



Social Studies - Mrs. Jeranek

During the month of February, we will study what life was like for Ancient Romans. By the end of the unit, your 6th grader should be able to...

- Explain how the geography and climate of this region affected the rise of the Roman Civilization.
- Describe how the resources and geography of this region affected how people lived and worked.
- Explain how and why this civilization fell.
- Analyze their accomplishments/contributions and how they relate to our world today.
- Identify the evidence that remains of this civilization today.



English - Mrs. Buisman

In 6th grade English, we will continue argument/opinion writing. Students will be researching a topic, making a claim, and supporting the claim with facts and examples. In grammar, we will be continuing to focus on possessive nouns and pronouns.



"Meet Us in the Middle"



Science - Mrs. Jarosh

The month of January was fun and exciting as students worked to learn how magnets work. They used iron filings to see the magnetic field and made their own compass!

We will be studying Electricity throughout the month of February. The learning outcomes are listed below as guiding questions we will look to answer.

ELECTRICITY

How do electric charges interact?

What is an electric field?

How is an electric current produced?

How are conductors different from insulators?

What causes electric charges to flow in a current?

How does resistance affect current?

What are the basic features of an electric current?

How do you calculate electric power?



Spanish - Ms. Rose

Sixth graders are learning about breakfast and lunch. They are developing skills to discuss which foods they like and dislike. They are also learning about cultural differences of meal times in Spanish-speaking countries. Coming up, we will be working on describing ourselves and making sugar skulls!

Art - Mrs. Hemker

During the month of February, 6th graders will finish all of their clay work. They will glaze at least one piece and paint at least one piece. They will be bringing home a face/mask/head sculpture, a container and then a project of their choosing. After clay, we will be working with Artist Trading Cards. These 2.5 x 3.5 inch works of art will be completed in a variety of materials and techniques.



Math - Mrs. Jehn & Mrs. Adams

Regular Math

We have been working in Chapter 5 which includes ratios, rates, unit rates, percents, and converting measures. If you haven't yet, ask your child to help you shop. They are working on finding the better buy with unit rate. They should be able to help you figure out the gas mileage for your car or any other unit rate situation. We will finish the unit with percent. Practice using coupons and helping find sale prices will support their learning in this. Time to take them shopping with you!

In February, students will be starting Chapter 6 Integers and the Coordinate Plane. Understanding positive and negative integers typically comes easily to students because they have grown up seeing positive and negative temperatures. Later, when students learn to use the basic math operations with positive and negative integers, this concept becomes a little more difficult. Students will really have to extend their understanding of integers.

Accelerated Math - Mrs. Jehn

We finished the 6th grade textbook in January! These kids have been troopers handling the quick pace of accelerated math very well. Chapters 8 and 9 were short and focused on surface area, volume, and statistical measures. The concepts of measures of variation and mean absolute deviation were new to students and may bring back fond memories of a statistics course you might have taken years ago. Although they are difficult topics and very abstract for 6th grade minds, students worked diligently to apply what they had learned.

Of course, these skills were necessary for us to be able to start Chapter 10 which is the last chapter of the book and how we will spend the end of January and start of February. This chapter is all about data displays including stem-and-leaf plots, histograms, box-and-whisker plots. They will need to use what they learned about measures of center, measures of variation, and statistical questions in the previous chapter to describe the center, spread, and shape of the displays.

Students will spend February in the first chapter of 7th grade material which covers integers and integer rules including adding, subtracting, multiplying, and dividing positive and negative numbers. With lots of practice, students will become very fluent in working with negative numbers. As February ends, we will move into Chapter 12 which builds on these skills but applies them to rational numbers.



Success Center

The Success Center is a resource room for students before and after school. Here, students can receive help from staff who attend WSMS classes and are equipped to walk students through information they may have missed or just do not understand. It is also the place where students can make up tests and quizzes. It is open from 7am until 7:45am and again from 3:10pm until 4pm. If students attend the Success Center, parents are responsible for transportation to and from school.

Homework

Students should expect to have homework in math and reading on a regular basis. Math homework will be an extension of what is learned during class. Students will be given class time to work, but most will have to take the homework home to complete. In reading, students are expected to read an independent reading book nightly for a minimum of 20 minutes. Most other classes will have homework on an intermittent basis. You should not expect more than an hour of homework nightly. When absent, students should be getting the information missed off Google Classroom.





Reading - Mrs. Rochester

7th grade students are reading Gathering Fireflies as a read aloud.

It is a novel in verse that follows 13 year old Kashia as he discovers the roots of his Hmong heritage. Kashia only hears bits and pieces of his Hmong heritage. Kashia learns about his family's hardship after the Vietnam War in Laos, the crowded refugee camps in Thailand, and the struggles of life in the United States. His heart begins to change as his eyes are opened to what it means to survive, belong to a family, and have a cultural identity. In addition to reading Gathering Fireflies, students will be reading companion novels in verse and/or companion novels about the Vietnam War. While reading these two books, students will be looking for similarities of the experiences of the characters in both books. As a final project, students will be creating their own poems that include important passages from Gathering Fireflies as well as the companion novel.

Looking ahead to the end of the month, students will be starting an environmental unit. During this unit, the students will read fiction books related to an environmental issue. Upon completion of the novel, the students will conduct research about a specific environmental issue and use the research to create a documentary in a small group. The students will also continue working with Greek and Latin roots. Seventh graders should also be reading at least 25 pages between reading classes.

Science - Mr. Baker

We finally finished up our genetics unit with a few fun labs including one of my favorites, "Supertasters!" With that out of the way, we began to delve into the inner workings of DNA and molecular genetics! How does DNA code for all the things in your body? To find out, we will be creating our own secret messages using DNA as the code.

Our winter school forest dates are set for February 14 or 15! These dates may be adjusted if we get any snow days

between now and then, but be on the look out for more information as these dates approach. Half of the seventh graders go to the forest on the first day and the other half go on the second to try snowshoeing and cross country skiing while learning about winter adaptations, forest management, wolf behavior, and ecological succession. Students will be outside for much of the day, so dress for the weather!!

Social Studies - Mr. Mahlum

In 7th grade social studies the students will start looking at the three branches of government. We will focus on each one individually. Students will understand the functions of these branches along with the jobs and responsibilities. They will also know who represents them and how laws are made in our country.



English - Mrs. Martinson/ Ms. Bice - sub

Students in seventh grade language arts will be writing argument paragraphs in February. They will choose a topic, research the topic, and then write a one-paragraph piece arguing their point of view on the topic. The paragraph will include a topic sentence, facts, a counter argument and rebuttal, and a concluding statement restating the topic.

Students continue to journal and work on parts of speech. We are also identifying subject and verb in simple and compound sentences. To practice listening skills, I'm reading All of the Above by Shelley Pearsall.

Spanish - Ms. Rose

Seventh graders are really increasing their vocabulary! They are able to describe themselves, talk about where they come from and ask questions. The next topic is the verb tener - what, how, and why it is used.

Art - Mrs. Hemker

7th grade students will continue to work on improving their drawing skills using different techniques, styles and approaches. The two main projects are a planned composition collage and varying views of shoes.

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

In 7th grade STEM, we have been learning about bridge design and what makes a bridge stronger. The students have compiled research and then were given a paper bridge challenge activity. They were to create a bridge that could hold 100 pennies using only 2 sheets of computer paper and glue. After some unsuccessful tests to their bridge design, the students had to go back to the design process with a 3rd sheet of construction paper to add to their bridge design. Overall, this was a fun, challenging project.

During the month of February, the students will apply their knowledge from the paper bridge challenge to build a truss bridge using toothpicks and glue. This will be a much longer process with more planning up front from the students. Once we build our toothpick bridges, we are going to test them to see how much weight our design can hold. This should be a fun friendly competition to see which group can design a bridge which holds the most weight.



Math - Mrs. Weber

Regular Math

As we finish up percents in January, we will be moving on to the study of expressions and equations. This is an introduction to algebra and the use of variables in those expressions and/or equations. Completing homework is helpful in getting the practice needed to understand the concepts we cover. Homework is found on Homework Hotline and Google classroom.

Advanced Math

We will be continuing our work in the 8th grade math book. Our first focus this month will be graphing and writing linear equations. We will be graphing linear equations using slope intercept and standard form. We will also learn to write equations using both of these forms. In order to get through most of the 8th grade book, we will continue to complete 2 sections in most class periods. We also continue to include the Mathcounts work in our weekly practice. This work will continue through the middle of March. Please encourage your child to complete a few problems each night so they don't become overwhelmed with trying to do all 10 problems on the night before they are due.

Half Math - Mrs. Coe

Regular Half Math:

Students in seventh grade half math are working on application of percents. We will look at the percent, proportion and equation, markup and discount and real world application of all percent problems once we have mastered the skills. Students will be able to dive into their percent problems and take a shopping trip to calculate discount, tax and tip at the end of their trip.

Half Accelerated Math:

Students will continue to be working on the construction of circles, semicircles, parallelograms, and triangles. They will be perfecting their rough draft blueprints of their house/castle. They are now going to a final draft of their blueprints and finding the measurements of their homes. The students will be drawing out their blueprints using composite figures and creating a realistic scale factor and blueprint of a house.

Trees for Tomorrow Trip

On January 9-12 twelve seventh grade students made the journey to Trees for Tomorrow located in Eagle River, WI. Along the way we stopped at the UW-Stevens Point planetarium to learn about stars and planets in our night sky! The purpose of this trip was for students to learn about winter animal adaptations, forestry, and field science skills while practicing healthy lifestyle activities like snowshoeing and cross country skiing.

No matter the temperature outside, we were out in a forest on snowshoes identifying trees and looking for signs of animal activity. Being in the forest creates a unique opportunity for students to experience the science content rather than simply being taught it in a classroom, making it much more meaningful. At the same time, it allows for many of Mrs. Olson's "life lessons" to be put to the test. Perseverance, a positive attitude, and problem solving were all put into play while hiking through the woods on snowshoes!

The final phase of this trip will give students a chance to become leaders by teaching what they learned to the rest of the seventh graders while at our own school forest in February. This will be a chance for all of the seventh graders to experience the science content, practice life skills, and try some healthy winter activities that they don't normally get to do. When all is said and done, my goal is to create a positive experience that will stick with students beyond things like the detailed structure of a cell or how DNA makes proteins.



Feeding the chickadees



Snowshoeing



Forest measurements





Math - Mrs. Bentzen

Regular Math (Chapter 6)

We will learn about functions in Chapter 6.

The objectives for Chapter 6:

- *understand the definition of a function
- *compare and write functions represented in different ways (words, tables, graphs)
- *understand that $y = mx + b$ is a linear function and recognize nonlinear functions
- *interpret the rate of change and initial value of a function
- *analyze and sketch graphs of linear and nonlinear functions

Algebra (Chapter 8)

We will learn about exponents in Chapter 8.

The objectives for Chapter 8:

- *use properties of exponents involving products and quotients
- *apply the product of powers property, the power of a power property, the quotient of powers property, and the power of a quotient property
- *use zero and negative exponents

Half Math - Mrs. Coe

Regular Half Math:

8th grade math students are going to begin working on a statistics and probability unit. They are going to start with outcomes and events, move to simple probability and the likelihood an event will occur, and start to work on theoretical and experimental probability. They will relate many real life experiences to these topics and find the probability of their own experiments.

Half Algebra:

In half algebra, the students are beginning to solve systems of equations using the three methods of graphing, substitution and elimination. They will learn about special systems of equations and how that can apply to real life business models. They will continue to work on their Mathcounts

practice sheets, and application of real-life problems.



Science - Ms. Smith-Waller

It is hard to believe we are more than half-way through this school year already! We will be finishing up our study on Geologic Time this month. To end this unit students will be creating a timeline of Earth's history. From there we will be learning about the Earth's interior focusing on plate tectonics, earthquakes, volcanoes, and mineral and rock classifications. We will start

*read, write, and compute with numbers in scientific notation

*graph and write rules for exponential growth and exponential decay functions

English - Mrs. Sackett

In 8th grade English, we are working hard to finish our research papers. It's been a long process, but all of the work we've put in has helped immensely for the final product. The next genre of writing we will tackle is an argument piece. This year, students will be able to select a topic of their choice for their argument. As we continue to strive to write a variety of sentence types, the improvement is obvious. We continue to practice on a regular basis and have gotten strong at both compound and complex sentences. In our parts of speech studies, conjunctions will be the next we will review and learn more about.

Gr. 6-8 Spelling Bee finalists:

Ben Bakkum and Ivy Engen

Regional Competition - Feb. 7

this study by learning how to identify minerals and rocks. If you have any cool rocks or minerals you would like to share, feel free to bring them in. Keep up the great work as we go through the second half of the year!

Unit Objectives:

1. I can construct a scientific explanation of how the geologic time scale is used to organize Earth's history.
2. I can analyze data of the distribution of fossils and rocks.
3. I can interpret data of the distribution of fossils and rocks.



Reading - Ms. Friell

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

Independent Reading: Students have been reading books of their choice since the second week of school. They should be reading these books at home on a daily basis (a minimum of 20 minutes). They are also given 20 minutes to read their choice books during Reading class. Please ask your son/daughter to tell you about what he/she is reading. Students must have their individual read selections finished by Monday, Feb. 11th.

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

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

We will also continue our read aloud, *We Are All Made of Molecules*, by Susan Nielsen.

Social Studies - Ms. Morgan

The 8th graders have finished their National History Day Projects. We are currently in the process of sharing their research findings to determine which are the best of the best which will compete at the regional competition at UW-La Crosse in mid-March. Watch next month's newsletter for more details on who will represent WSMS at the competition.

February marks the arrival President Washington's birthday, so it's a perfect time to explore the early years of our country's history. We will look at the challenges presented by creating a government which had to that point in history never existed and the role of early presidents in shaping our democracy.

Following our exploration this month, students should be able to:

- explain the roles Presidents Washington, Adams and Jefferson

ushering the U.S. through the early years of our country's history

- describe challenges faced by the new country following the Revolution.

Congratulations to 8th Grader Kate Holm for winning the West Salem Middle School Geography Bee. Kate recently took the state qualifying exam, and we look forward to hearing if she qualifies to compete at the state level this spring.

Art - Mrs. Hemker

In February 8th graders will be completing projects that deal with self representation. The month starts with their completion of the wall block. They then design their interpretation of what the 8th grade promotion t-shirt should look like. Our last major project of the trimester will be a giant thumbprint identity project.

Spanish - Ms. Rose

Eighth graders are working on discussing likes and dislikes. They have been practicing these skills by role playing and question answer activities. As we move on to the second half of the trimester, we will be learning new vocabulary and developing verb conjugation skills. Culturally, we will look into the celebration of the Quinceañera!

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

During the month of January, our 8th graders have been working hard learning how to program robots using Robot C on the computers. They have also learned how to wire these programs to make our test beds do different tasks. During the month of February (and for most of the rest of the school year), we will be designing and programming to make the VEX kits do different tasks. This month students will be building Robot Dragsters, Spinning Signs, and Turnstile Bridges. They will also be programming these to work based on various challenges. Feel free to look up my youtube channel WSMS STEM periodically as I will post some of their solutions throughout the year.



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

The students have been working on learning how to read music on the grand staff. They have begun playing two fingers at the same time and are even playing both hands together in isolated spots. They are learning about intervals (2nd, 3rd, 4th) and the difference between melodic and harmonic intervals.

They will be starting to learn about how the music affects our mood, learning and memory, as well as learning about the Science of Sound: sound production, how we hear, and the prevention of hearing loss. As hearing loss is occurring at a much younger age than in the past, it is an important subject to understand why it is happening and what we need to do to prevent it. They will learn which sounds that they can listen to at a safe decibel and how long they can listen before hearing damage could occur.

The students have been learning about a variety of instruments in the Music Alive magazine including the saxophone, the string instruments, the drum set, and the pitched percussion instruments. This month they will be learning about the Grammy Awards, the tuba, and Olympic music.

General Music 5 Music - Mrs. Glasel

The first half of the year had a focus of learning to read basic rhythms (ta, ti-ti, tu-u, and rest). Now the emphasis will be on pitch reading and the terminology that goes along with reading music.

The beginning of the year is a great time to think of resolutions and change. The students wrote resolution lyrics to a rhythm chant, and also learned the songs “Let There Be Peace on Earth” and “What A Wonderful World”. For Martin Luther King, Jr. day, we learned about the protest song “We Shall Overcome” and studied the form of the song “The Dream of Martin Luther King”.

UWEC Middle School Honors Band Festival - Friday, February 1

Congratulations to Kate S., Sawyer H., Alena D., Grace W., and Alyssa K. for being selected.

District Solo & Ensemble at Bangor High School - Saturday, February 23



“Meet Us In the Middle”



FORENSICS

Level I Meet will be held on Monday,
February 4, 2019 at Holmen Middle School.

Level II meet which will be held at Bangor
Middle/High School on Tuesday, February 19

8th grade baby pictures for the Yearbook

Don't forget to send in a baby photo of your 8th grader.... deadline has been pushed back to Feb. 12. You can e-mail a picture at friell.nicole@wsalem.k12.wi.us or bring it into school, and it will be scanned and returned to you.



8th grade fundraiser for end of the year class trip/activities.

8th graders will be selling Joyful Traditions Cake Rolls as a fundraiser,

Order sheets will be **handed out on February 25** and will be **due back to their 8th grade teachers on March 11**. The cake rolls will be **delivered on March 21 at 2pm**.

Families have two options for pickup: have an adult with a vehicle pickup the pastries at school between 2:30-4:30 on March 21 or have the student carry them home after school that day. We are unable to store the boxes of cake rolls due to no freezer access.

Cake Rolls come in 3 flavors - Pumpkin, Red Velvet and Carrot and will be \$14.00. **The student will receive \$7.00 for every box sold.**

This is an individual fundraiser -- each student will have his/her profit deducted from the cost of the last week of school activities (either the DC trip or from the cost of the field trips back here at school during the last week of school).



Can you believe that your 8th grader is moving on to high school?

The Class of 2023

West Salem High School Registration Meeting

Monday, February 11th

at 6:00pm in the Heider Center Auditorium.

Bring your 8th grader and a pen or pencil so notes can be taken. We will be handing out a **REQUIRED** course selection form that needs to be filled out and returned to Mrs. Bentzen on or before Friday, February 15th.

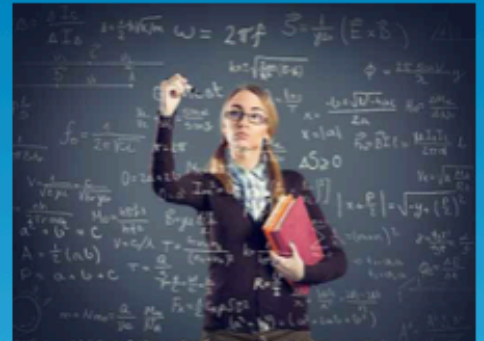
***The high school counselors, Julie Arentz/Jessica Tripp will be meeting with the 8th graders in Mrs. Bentzen's math class to meet the students and tell them a little about high school before this meeting.

WSHS INDEPENDENT LEARNING ACADEMY

This program is offered to 9th grade students and was created to provide flexibility in the schedule for self-motivated, creative students who want to learn core content (Science and English) at an accelerated pace, allowing more opportunity for elective classes.

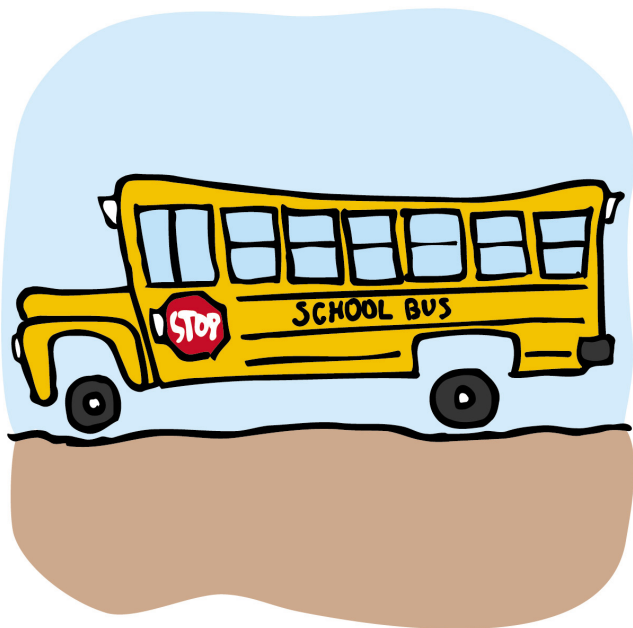
Students apply in February of their 8th grade year and interviews are conducted in March. More information as well as applications will be presented to students and parents at the conclusion of the 8th grade Registration Meeting which is being held on Monday, February 11, at 6:00 pm in the Heider Center.

It will challenge students to direct their own learning and demonstrate competency by a combination of various assessment tools including innovative & creative projects, standardized assessments, and traditional tests.



"Meet Us in the Middle"





Early Release Dates

Wednesdays - Release at 12:20

Buses leave at 12:30

February 13

March 6

May 8

NEEDED

Substitute Teachers

Substitute Paraprofessionals (aides)

NEEDED

If interested, go to www.wsalem.k12.wi.us
under Employment Opportunities for a substitute
application or stop at the District Office
at 405 East Hamlin Street, West Salem
OR call 608-786-0700.

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"Meet Us in the Middle"



Chances are your devices already include robust protection features. You just need to activate (and in some cases download) them. Here's how to do it on the most popular devices:

Android Parental Controls

Features: You can restrict apps, games, movies, and TV your child tries to download from the Google Play Store.

Limits/Tracking: You need to download the [Family Link app](#), then create a Google account for your child. From there, select your child's name and tap the Daily limits card, then select Edit limits and follow the instructions. Your kid will get a notification when time is almost up and the device is about to be locked. You can also keep track of your child's device's location when it's turned on.

Can You Set Up Separate Accounts? Yes, you can create an account for each kid in Family Link.

Best For: Any age. For an older kid, download a third-party app to filter mature content.

Where To Start: Open the Play Store app. From the top left Menu, choose Settings, then turn Parental controls. Here you'll select a PIN so that only people who know the PIN can change the parental control settings. Next, select the type of content you want to filter and how you want to restrict access.

Keep In Mind: Make sure your device works with Google Play (some lower-end models don't) so you can download mainstream apps.

IOS Parental Controls

Features: Use Screen Time to [restrict the use of built-in apps](#) and block iTunes and app store purchases such as movies, music, and TV with specific ratings. You can also limit your child's browsing to sites you specify.

Limits/Tracking: Go to Settings > General > Accessibility. Under Learning, select Guided Access > tap Time Limits. Once that's enabled, you can [set time limits on any app](#) by clicking the Home button three times in a row when the app is open.

Can You Set Up Separate Accounts? Unless you're using a shared iPad purchased for an educational setting, there's no simple solution for multiple user profiles on one device.

Best For: Kids 6 and older who are ready for their own device.

Where To Start: Go to Settings > Screen Time and create a passcode your kids don't know.

Keep In Mind: Unless you hide your own past purchases by logging into iTunes, your child will be able to see every app, song, and movie you buy.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 From the Grill <ul style="list-style-type: none"> Pepperoni Pizza - Slice Whole Kernel Sweet Corn Home Style <ul style="list-style-type: none"> Cheese Pizza or Homemade Taco Pizza Whole Kernel Sweet Corn Deli <ul style="list-style-type: none"> Garden Salad with Diced Chicken White Chicken Chili Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack
4 From the Grill <ul style="list-style-type: none"> Bakalar's Hot Dog on WG Bun Side of Mac n' Cheese Green Peas Home Style <ul style="list-style-type: none"> Creamy Mac N' Cheese or Bacon Mac! (new) Italian Breadsticks Green Peas Deli <ul style="list-style-type: none"> Ham & Swiss on WG Croissant Chicken Noodle Soup Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack 	5 Breakfast for Lunch! From the Grill <ul style="list-style-type: none"> French Toast Sticks Jones Dairy Sausage Links Warm Cinnamon Apples Home Style <ul style="list-style-type: none"> Colby Cheese Omelet Jones Dairy Sausage Links Warm Cinnamon Apples Honey Bun Goldfish Deli <ul style="list-style-type: none"> Turkey BLT on WG Sub Roll Broccoli Cheese Soup Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack 	6 From the Grill <ul style="list-style-type: none"> Texas Style BBQ Pulled Pork Sandwich Carolina Style Pulled Pork Sandwich Mashed Potatoes Home Style <ul style="list-style-type: none"> Meatballs & Gravy with Buttermilk Biscuit Mashed Potatoes Deli <ul style="list-style-type: none"> Chef Salad w/Chicken & Cheese Creamy Chicken Pot Pie Soup Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack 	7 Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Winter Wellness Day! Pre-packaged Panther Packs will be available to purchase for trips. These will be available during the breakfast service.	8 No School - Teacher Inservice
11 From the Grill <ul style="list-style-type: none"> Mozzarella Stuffed Breadstick with Marinara Dipping Cup Mixed Vegetables Home Style <ul style="list-style-type: none"> Tater Tot Hot Dish Buttermilk Biscuit Mixed Vegetables Deli <ul style="list-style-type: none"> Ham, Turkey and Cheddar Sub Beef and Vegetable soup Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack 	12 Taco Tuesday! From the Grill <ul style="list-style-type: none"> Chicken and Cheese Quesadilla Refried Beans Home Style <ul style="list-style-type: none"> Walking Taco Nacho Chips Refried Beans Deli <ul style="list-style-type: none"> Homemade Grilled Cheese Creamy Tomato Soup Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack 	13 Early Release! From the Grill <ul style="list-style-type: none"> "Chicken and Waffles!" Natural Chicken Tenders WG Waffle Waffle Fries Home Style <ul style="list-style-type: none"> General Tso's Chicken Vegetable "Not Fried" Rice Deli <ul style="list-style-type: none"> Southwest Chicken Salad Brown Chicken & Wild Rice Soup Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack 	14 Happy Valentine's Day! From the Grill <ul style="list-style-type: none"> Meatball Marinara Sub on Hoagie Roll Garlic Roasted Green Beans Home Style <ul style="list-style-type: none"> Pasta with Meatballs in Marinara Pasta with Italian Meat Sauce Italian Breadsticks Garlic Roasted Green Beans Deli <ul style="list-style-type: none"> Chicken Caesar Wrap Potato, Cheese & Ham Soup Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack 	15 From the Grill <ul style="list-style-type: none"> Cheesy Garlic French Bread Pizza Whole Kernel Sweet Corn Home Style <ul style="list-style-type: none"> Pepperoni Pizza Dippers Marinara Dipping Cup Whole Kernel Sweet Corn Deli <ul style="list-style-type: none"> Garden Salad with Cottage Cheese Chicken Tortilla Soup Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack
18 From the Grill <ul style="list-style-type: none"> Homemade Sloppy Joe on WG Bun Crispy Coleslaw Home Style <ul style="list-style-type: none"> Oven Roasted Chicken Basket Crispy Coleslaw Sun Chip Snack Mix Deli <ul style="list-style-type: none"> Ham and Swiss on Croissant Chicken Noodle Soup Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack 	19 Taco Tuesday! From the Grill <ul style="list-style-type: none"> Taco Truck Burritos (New!) in TWO VARIETIES! with Cilantro Lime Rice and Pinto Beans Home Style <ul style="list-style-type: none"> (Low-Fat) Loaded Beef Nachos with Cilantro Lime Rice and Pinto Beans Taco Topping Bar Deli <ul style="list-style-type: none"> Turkey BLT on Sub Roll Broccoli Cheese Soup Grab and Go	20 From the Grill <ul style="list-style-type: none"> Chicken Nuggets with WG Dinner Roll Mashed Potatoes Home Style <ul style="list-style-type: none"> Turkey Pot Roast in Gravy with WG Dinner Roll Mashed Potatoes Deli <ul style="list-style-type: none"> Chef Salad w/Chicken & Cheese Creamy Chicken Pot Pie Soup Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack 	21 From the Grill <ul style="list-style-type: none"> (Cheese) Hamburger on WG Bun Potato Stars Home Style <ul style="list-style-type: none"> (Cheese) Hamburger on WG Bun Potato Stars Deli <ul style="list-style-type: none"> Cuban Flatbread Sandwich Chicken Dumpling Soup Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack 	22 From the Grill <ul style="list-style-type: none"> Stuffed Crust Pepperoni Pizza Peas & Carrots Home Style <ul style="list-style-type: none"> Stuffed Crust Cheese Pizza Chicken Pesto Flatbread Pizza Peas & Carrots Deli <ul style="list-style-type: none"> Turkey Sub Vegetarian Minestrone Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack



WEST SALEM SCHOOL DISTRICT 2019-2020 CALENDAR

AUGUST 2019				
M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

SEPTEMBER 2019					20
M	T	W	T	F	
NS	3	4	5	6	
9	10	11	12	13	
16	17	18	19	20	
23	24	25	26	27	
30					

OCTOBER 2019					21
M	T	W	T	F	
	1	ER	3	4	
7	8	9	10	11	
14	15	16	17	NS	
21	22	23	24	NS*	
28	29	30	31		

NOVEMBER 2019					18
M	T	W	T	F	
				1	
4	5	ER	7	8	
11	12	13	14	15	
18	19	20	21	22	
25	26	NS	NS	NS	

DECEMBER 2019					15
M	T	W	T	F	
2	3	ER	5	6	
9	10	11	12	13	
16	17	18	19	20	
NS	NS	NS	NS	NS	
NS	NS				

JANUARY 2020					21
M	T	W	T	F	
		NS	2	3	
6	7	8	9	10	
13	14	15	16	17	
NS*	21	22	23	24	
27	28	29	30	31	

FEBRUARY 2020					19
M	T	W	T	F	
3	4	ER	6	7	
10	11	12	13	NS	
17	18	19	20	21	
24	25	26	27	28	

MARCH 2020					20
M	T	W	T	F	
2	3	ER	5	6	
9	10	11	12	SD	
16	17	18	19	20	
23	24	25	26	NS*	
30	31				

APRIL 2020					20
M	T	W	T	F	
		1	2	3	
6	7	8	9	NS	
NS	14	15	16	17	
20	21	22	23	24	
27	28	29	30		

MAY 2020					20
M	T	W	T	F	
				1	
4	5	6	7	8	
11	12	ER	14	15	
18	19	20	21	22	
NS	26	27	28	29	

JUNE 2020					4
M	T	W	T	F	
1	2	3	4	SD	
8	9	10	11	12	
15	16	17	18	19	
22	23	24	25	26	
29	30				

First Day of School: September 3, 2019
Last Day of School: June 4, 2020
Graduation Day: May 24, 2020
Early Release Days:
 October 2, November 6,
 December 4 February 5,
 March 4, May 13
October 21: Annual Meeting (tentative)

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 dates (March 13, June 5)

*** = Teacher Inservice (August 27 & 28, October 25, January 20, March 27 + 2 Floating)**

11/27/17

Middle Years

Working Together for School Success



Short Stops

Making up work

When your child returns to school after being absent, remind her to ask her teachers about make up work. She'll avoid missing out on learning, and she'll make sure she has material that may appear on a quiz or test. At home, have her set aside time to complete the assignments.

Find the similarity

Play this game to stretch your youngster's thinking. Take turns naming two unrelated objects (flower, skyscraper). Encourage him to think about each object's attributes and come up with creative ways that they're alike (both stand up tall).

Follow through

An apology means more if your tween follows up on it. When she makes a mistake, ask how she plans to avoid a repeat. For example, say your trash can overflows because she forgot to put it out on pickup day. After she says, "I'm sorry," she might tape a reminder on the fridge ("Trash: Tuesday and Friday").

Worth quoting

"There is nothing like a dream to create the future." Victor Hugo

Just for fun

Q: When you look at me, I look at you. When you raise your left arm, I raise the right. What am I?

A: A mirror.



Solid research skills

With so much information available, there's plenty for your tween to draw on when he does research for reports, essays, or presentations. The key is knowing how to dig through the material and determine what he needs. Share these tips.

Stay on topic

Encourage your child to use specific search terms online so that what turns up will be closer to what he's looking for. Say he's writing a science paper on earthquakes. Simply typing "earthquakes" into a search engine may bring up news on recent quakes. He'll get better results if he instead tries "earthquake science" or "What is an earthquake?"

Get organized

Suggest that your middle grader develop a note-taking system that works well for him. For instance, he might write each fact and its source on a separate index card. When he's finished, he



could sort the cards into categories. He'll be able to see holes in his research, such as main ideas that need more supporting evidence.

Consider the source

Your tween should choose sites that are up to date, in-depth, and credible. Sites published by schools or universities (ending in .edu), government agencies (.gov), and nonprofit organizations (.org), tend to be more trustworthy. Also, it's important to verify facts by finding them in at least three places. 👍

Mindfulness for middle graders

Twens face stress from daily activities like handling homework and navigating friendships. Being *mindful*, or present in the moment, may ease the pressure. Help your child practice with these ideas.

■ **Create a "calming jar."** Let your tween fill a clear jar with water and sprinkle in glitter. Have her screw on the lid and shake the jar, focusing on her feelings as she watches the glitter settle. Point out that when the glitter is still, it's easier to see through the jar—much like being calm helps her see a situation more clearly.

■ **Take a walk.** Pay attention to what you and your middle grader feel, hear, see, and smell as you walk together. What sound do your feet make when they hit the ground? What does the breeze feel like on your face? What scents come from the homes you pass? 👍



Is it bullying?

What does bullying look like, and what can you and your middle schooler do about it? Consider this advice to help her recognize and respond to bullying.

Be aware of “silent bullying.” Some bullying is easy to spot, such as one student deliberately tripping another. But it can also be less obvious. A child might take another student's belongings or threaten a classmate when no one else is around. Encourage your middle grader to reach out to a classmate who seems fearful or withdrawn. A simple



“Hey, is everything okay?” could give a person who is being bullied the courage to confide in her.

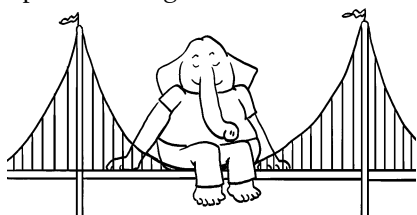
Know when behavior crosses the line.

Your tween may not realize that she is being bullied. Say a classmate repeatedly makes unwanted comments about her appearance—that's a form of bullying. Let her know she can come to you if

she feels uncomfortable with how she's being treated. Together, you could decide how to handle it (for instance, talking to her school counselor). 👍

Engineer a suspension bridge

Suspension bridges rely on cables to support the weight of vehicles traveling across them. Your child can explore engineering by making his own model suspension bridge.



First, have him look for suspension bridges when you're on the road, in books, or online. What features does he notice? *Examples:* towers, cables, a deck.

Now let him select household materials and build the strongest suspension bridge he can. He might use paper towel tubes for the towers, fishing line for the cables, and heavy cardboard for the deck. How will he attach the cables to the towers and the deck?

He can test his bridge by counting how many toy cars it holds without sagging. Then, suggest that he redesign to build a stronger bridge that holds even more cars! 👍

OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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Q & A

Pleasant chats with tweens

Q Whenever I try to have a nice conversation with my son, he ends up getting annoyed. Why is he acting this way, and how can we communicate better?

A There are several reasons your son may become easily irritated. At this age, he wants to be more independent—yet he knows he still needs your guidance, which may feel annoying to him. Plus, he's dealing with changing hormones.

You might find that you have nicer conversations when you're doing something side by side, such as putting away groceries or shopping to find a gift for a relative. It could also help to talk when your middle grader is relaxed like at bedtime or on a weekend afternoon while you're sitting on the porch.

Finally, you're more likely to keep the conversation upbeat if you ask about things he's interested in, perhaps what happened in drama club today or in the last episode of his favorite podcast. 👍



Parent to Parent

Foreign language: Learn together

My daughter Kelsey is taking French this year. While she was studying for a quiz recently, I recognized a couple of the vocabulary words from when I took French. So I asked Kelsey if she would teach me more words.

She had fun helping me pronounce the words and quizzing me on their meanings. I learned that *la pomme* means

apple and *l'oiseau* is *bird*. Throughout the week, she even tried to weave the words into our conversations to see if I'd remember them.

Then, for family movie night, I surprised Kelsey by downloading a movie in French with English subtitles. As we watched, we listened for words we recognized.

Kelsey is doing well in French class—I think speaking and hearing the language at home is really helping. 👍

