

PANTHER POST



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



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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 cold, but it went fast.... and was filled with unique learning opportunities and activities.

This February we look to continue that momentum with 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, Adaptive Sports League, and forensics teams have competition during the month. Good luck to all our participants!

Parent Teacher Conferences will be held on February 12th & 16th from 3:30 – 7pm. The format will be open, which allows parents to visit their classroom or homeroom teachers. 5th Grade parents: you will meet with your child's homeroom teacher and a specific time slot will be scheduled via Skyward. There will be more information to come in an email through our Skyward System.

Our Winter Wellness Committee has completed its organization of the activities for our Winter Wellness Day on February 27th. 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 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.*

PRACTICE KINDNESS
ACT RESPECTFULLY
WORK HARD.
Go Panthers!

Ben Wopat
Principal
www.twitter.com/coachwopat

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Please use the links below to view our newsletter in

SPANISH or
GUJARATI

IMPORTANT INFORMATION

WSMS 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 Street to have students get out is NOT safe, as Mark Street 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.

MORNING PROCEDURES

Doors will open for students at 7:15 a.m. when supervision starts. They can report to the Commons or make their way to the Success Center. Breakfast starts at 7:15 a.m. as well.

Unless they have a pass from a teacher, students are to remain in the designated areas only until 7:43 a.m., when the first bell rings

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

NEWSLETTERS

Middle School newsletters can be found on the district website under the Families tab along the top. 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.

**"GUIDE ALL STUDENTS TO BECOME
INDEPENDENT, KIND AND CONFIDENT
LIFELONG LEARNERS."**

**WEST SALEM MIDDLE SCHOOL
MISSION STATEMENT**



IMPORTANT INFORMATION

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.

ALLERGIES

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.

EMERGENCY CONTACT INFORMATION

Please remember to keep the office informed of any changes in your contact information as soon as possible. It is important for us to be able to contact you in the event of an emergency.

If you have caller ID and you have missed a phone call from the middle school, please understand that we are unable to identify the person, extension number, or department that was trying to reach you. Rest assured that if your child is sick or injured, the school nurse will leave a message for you.

Please remind your child to leave a message if they call you.

*Even though students are not allowed to use their cell phones in school, we understand that they may need to text, email or call you if they are not feeling well. Please make sure they have been to the school nurse first and the nurse will then contact you.

SCHOOL SECURITY

The middle school doors will be locked during the 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 (door A). Once you enter the building, please sign in in the office.

ATTENDANCE

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

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

You can call 608-786-2090, Option 1, and leave a message at any time of the day or night. You can leave all absence messages on this voicemail. You can even leave information that is scheduled weeks to months in advance. We keep a yearly spreadsheet with all absences that are reported to us.

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

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

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

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

CALENDAR OF EVENTS

FEBRUARY 4	EARLY RELEASE - STUDENTS DISMISSED AT 12:20PM BUSES LEAVE AT 12:30PM
FEBRUARY 6	MATHCOUNTS - REGIONALS
FEBRUARY 12 - 13	SHOW CHOIR EXTRAVAGANZA
FEBRUARY 12 & 16	PARENT / TEACHER CONFERENCES 3:30-7:00PM
FEBRUARY 20	NO SCHOOL - TEACHER INSERVICE
FEBRUARY 27	WINTER WELLNESS - MORE INFORMATION TO COME
MARCH 6	END TERM 2
MARCH 13	NO SCHOOL

ATHLETICS SCHEDULES

WINTER SPORTS SCHEDULE LINK

PLEASE CLICK ON THE LINK ABOVE TO VIEW GAME SCHEDULES FOR:

7TH AND 8TH GRADE GIRLS BASKETBALL

Lunch Menu



THE MOST UP-TO-DATE
MENU CAN BE FOUND ON
THE SCHOOL DISTRICT
WEBSITE HERE:

FEBRUARY LUNCH MENU



TOO SICK FOR SCHOOL?

Below are guidelines to help parents and school districts determine when to keep children/students home from school. The recommendations are based on guidelines provided by the Centers for Disease Control and Prevention and state public health professionals. They were developed to help prevent the spread of potentially contagious disease. Home is the best place for a child who is ill. If your child is sick with a diagnosed communicable disease, please notify the school as soon as possible. This notification will greatly assist others who, due to medical reasons and/or treatments, have weakened immune systems and may require immediate and specialized care.



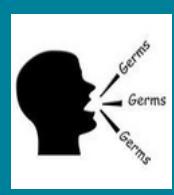
FEVER

With fever greater than 100.4° F*. Student may return when fever-free for **24 hours** (WITHOUT use of fever-reducing medicine).



VOMITING/DIARRHEA

Any unexplained vomiting episode. May return **24 hours** after last episode. Diarrhea = three or more unexplained episodes of watery or loose stool in **24 hours** OR sudden onset of loose stools. May return **24 hours** after last episode.



COUGH

Serious, sustained coughing, shortness of breath, or difficulty breathing.



RASH

Any new rash accompanied by a fever. May return after rash goes away or clearance given by a health care provider.



SKIN LESIONS/SORES



Drainage from a sore that cannot be contained within a bandage OR sores are increasing in size OR new sores are developing day-to-day.




OTHER

Symptoms that prevent the student from active participation in usual school activities OR student is requiring more care than school can safely provide.

* Many authorities use either 100 (37.8 degrees Celsius) or 100.4 F (38.0 degrees Celsius) as a cut-off for fever, but this number actually can range depending on factors such as the method of measurement and the age of the person. CDC has public health recommendations that are based on the presence (or absence) of fever. What is meant by this is that the person's temperature is not elevated beyond their norm. In order to provide clarity the Wisconsin Department of Public Instruction supports the use of 100.4°F.



STUDENT OF THE MONTH



Each month, teachers send nominations for Student of the Month. January's focus was Act Respectfully - Resolving Conflicts: Work out problems independently and being an advocate for themselves appropriately. Below is a list of three students from each grade level that exemplified this focus. Mr. Wopat, Ms. Beld, Ms. Becker and Ms. Broughton notified parents of this accomplishment.

GRADE 5



ITZAMARA BAUTISTA
RORY DEMBRASKI
MAKENNA RYAN

GRADE 7

CLARA JOHNSON
CLAY SCHULZ
IMANI SOUTHALL

GRADE 6

BOWEN BROSE
ANTJE NAGY
AUSTIN NOVY

GRADE 8

CHARLIE KASINGER
JACOB KAINZ
LANEY VAN WINKLE



CONGRATULATIONS

for making a difference
in others lives!

We appreciate YOU!



SAVE THE DATE

**West Salem
K - 8
Summer School**

**Summer School
July 6 - 24,
2026**

**Registration
will be open
April 13-24,
2026**

**More information on class
offerings and registration will
be sent out via Skyward at the
end of March.**

**Go
Panthers!**

Class of 2030 Course Request Timeline

2/4 Step 1. Elective Class Tours

2/5-2/6 Step 2. Counselors Visit 8th Grade Classes

2/9 Step 3. Family & Student Meeting at HS 6:30 PM

2/13 Step 4. Course Request Worksheet Due



Questions

Julie Arentz, Counselor, Last Names A-K
Angela Elsen, Admin Asst.

Abby Kemp, Counselor, Last Names L-Z
Justin Jehn, Principal



Math Update:

Students will continue to focus on multiplying fractions and mixed numbers. They will then apply what they learned about multiplying fractions to dividing with unit fractions and whole numbers. They will also get the opportunity to apply what they learned to a math project that involves adjusting recipes.

Science Update:

We have begun our matter properties unit, and will continue working through this unit during the month of February. Students will be learning how we can identify properties of matter, and how we can use what we know about properties to make water healthier.

Social Studies Update:

The American Colonies are currently being studied. Students will be learning about how the location affects people and places during colonization. In geography, we'll begin to map the New England and Middle Atlantic states and capitals. Hmmmm, the capital of Maine is?

Reading Update:

We will be finishing up our book study on *The Phantom Tollbooth*. Students will then be moving into a nonfiction unit on Oceans. Thank you for continuing to encourage your child to read at home daily.

Writing Update:

Students will be researching a DARE related topic for their DARE project and presenting it at the end of the month. One student from each class will present at DARE Graduation.

DARE Update:

Students will continue to work through lessons with our DARE officer, Deputy Bernhardt. They will be graduating from DARE on March 5th at the Heider Center. Parents are welcome to attend. We will conclude DARE with a field trip to the La Crosse County Courthouse on March 6th.

5th Grade Teachers:

Mrs. Fantz, Mrs. Fink, Ms. Folkers, Mrs. Kjos, Mr. Ringlien, and Ms. Schrader

6TH GRADE NEWSLETTER

FEBRUARY 2026

Math – Mrs. Alo & Mrs. Jehn

During the month of February we will complete Chapter 6 on equations. Although this chapter is brand new material and more conceptual than previous chapters, it is typically a favorite chapter for students.

Students will spend the majority of the month in Chapter 7 which covers a lot of geometry including area, surface area, and volume. Students will learn the areas of parallelograms, triangles, trapezoids, kites, and composite figures. Then they will then learn to find the surface area and volume of three-dimensional figures including prisms and pyramids.

Accelerated Math – Mrs. Jehn

Students will finish working through Chapter 9 – Statistical Measures in February. These skills are necessary for us to be able to work in Chapter 10 which is the last chapter of the 6th grade book. 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. By the end of February students will have completed the entire 6th grade book which is an amazing accomplishment!

Social Studies – Mrs. Jeranek

In 6th Grade Social Studies we have learned many geographical challenges, as well as various Greek governments which made an impact on the way of life for Ancient Greeks. February will find us finishing government books, comparing ancient and modern Olympics and researching Greek battles during the Persian and Peloponnesian Wars. We'll also learn about Alexander the Great and his control of Greek borders and beyond! Bring on the cold weather because our room will be filled with heated battles and activities in February of 2026!



English – Mrs. Buisman

In February, 6th grade writers will be wrapping up their argument/opinion unit with their final draft of their choice argument paper. The next unit students will be working on will be reviewing text structure (cause and effect, descriptive, compare/contrast, sequence, and problem/solution). Students will also be reviewing nouns (plural, possessive, and pronouns).

Science – Mrs. Jarosh

Our sixth graders took learning outdoors as they safely burned steel wool and analyzed its properties before and after to decide if a chemical reaction had occurred. They also built the chemical equation for water using marshmallows, combining learning with a fun (and tasty!) experience. Hands-on science is the best way to learn!





7th Grade February Newsletter

ELA



Ms. Friell and Mrs. Rochester

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

Lessons: Work to be turned in for a grade is posted on the homework hotline. If a student needs to miss school, please check GC for required work.

Writing and Language: Each class period, we practice working on sentences and/or parts of speech. Word Work also includes learning roots and spelling words. Student have been reviewing and learning strategies to write paragraphs and summaries. We will be starting our argument unit.

Reading: During February, we will focus more on nonfiction reading to support our argument unit. Students are reading a choice book as well while we are working on our writing.

Dates to Know



Feb. 4– Early Release

Feb. 12 – Conferences 3:30–7

Feb. 16– Conferences 3:30–7

Feb. 20– No School/Inservice

Feb. 27– Winter Wellness



Tips/Helpful Links

PLEASE CHARGE YOUR IPAD EVERY NIGHT

[HOMEWORK HOTLINE](#)

Math



Mrs. Piersma and Mrs. Weber

Welcome to 2026! We have finished up our unit on inequalities before break and have recently been working on ratios and proportions. We also took our second screener in i-Ready to monitor student growth. It is fun to see the progress students have made so far this year. We appreciate the effort and hard work kids put into this i-Ready test.

Pre-Algebra

Mrs. Weber



Happy 2026! We have been cruising through our unit on types of angles and angle measures in polygons. There is a lot of vocabulary in any geometry unit and the kids did a great job of learning it all. We took our 2nd i-Ready screener which shows me the progress so far this year. This is one measure of growth so far this year. I am proud of how hard they worked on this i-Ready test. Our next unit is learning about the slope of lines.

Science Mr. Baker



We are working our way through the genetics unit with a few fun labs including one of my favorites, "Supertasters!" With that out of the way, we will begin 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. Back in January, twelve students went to Trees for Tomorrow and then all the 7th graders will go to the school forest to learn about winter forest ecology!

Social Studies Mr. Mahlum



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



GRADE 8

newsletter



FEBRUARY EDITION

ELA- Mrs. Meyer & Ms. Sackett

We wrapped up January by spending several days reading and gathering research to support the answers to our research questions. We are now working diligently to complete our barriers research papers, which are due in mid-February. Although the process has been lengthy, all of the effort students have put in has prepared them well to create a strong final product. Along with research, we have returned to reading choice books while continuing to practice key reading strategies and concepts. Students are also analyzing and evaluating multimedia messages to determine their purpose and effectiveness.

Targets scored this month

Reading

R.1 Make logical inferences from a text

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

Speaking

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

S.3 Evaluate the effectiveness of the presentation

Language / Writing

L.1 Correctly write compound sentences

L.2 Correctly write complex sentences

L.6 Demonstrate appropriate use of the conventions of standardized English grammar and usage when writing or speaking

W.2 Write a clear thesis statement

W.3 Clearly introduce an examined topic by beginning with a hook, including background information, and finishing with the thesis statement.

W.6 Create writing that utilizes effective transitions.

W.8 Produce writing authentic to task, purpose, and audience.

W.10 Quote the data and conclusions of others while avoiding plagiarism.

W.11 Paraphrase the data and conclusions of others while avoiding plagiarism.

ALGEBRA- Mrs. Coe

In February we will be working on Unit 6 Data Analysis and Displays. We will also be meeting with the high school counselors to talk about their freshman class schedules. More information to come!

The learning targets for Unit 6:

- 6.1: Use scatter plots to describe patterns and relationships between two quantities.
- 6.2: Use lines of fit to model data.
- 6.3: Use two-way tables to represent data.
- 6.4: Use appropriate data displays to represent situations.

MATH 8- Mrs. Coe & Mrs. Snook

After Exponential Functions and Sequences, we will begin Unit 7 on Polynomial Equations and Factoring. The West Salem Middle School Mathcounts team will be competing at the Regional Competition on February 6th at the Omni Center in Onalaska. Good luck to our competitors!

The learning targets for Unit 7:

- 7.1: Add and subtract polynomials.
- 7.2: Multiply and divide polynomials.
- 7.3: Use patterns to find products of polynomials.
- 7.4: Solve polynomial equations in factored form.
- 7.5: Factor polynomials of the form x^2+bx+c .
- 7.6: Factor polynomials of the form ax^2+bx+c .
- 7.7: Recognize and factor special products.
- 7.8: Factor a polynomial by grouping and recognize when a polynomial is factored completely.

SCIENCE- Ms. Smith- Waller

Over the last month we learned all about how the Earth, moon and sun interact to see phases of the moon, solar and lunar eclipses, and seasons. We also learned about some other topics related to Astronomy including gravity and how it holds our universe together. We finished up the month learning about other objects we find in our solar system and their scale proportions. February will wrap up our Astronomy unit with a Choice Board project where students will show their understanding of all of the topics they learned. That will lead us into Geology for the remainder of the year. We will begin by learning about processes that change the surface of the Earth through plate tectonic movement.

Essential Learning Outcomes:

- ESS5-4: Show understanding that the solar system contains many varied objects held together by gravity
- PT3-: Show understanding that plate tectonics is the unifying theory that explains movement of rocks at Earth's surface and geological history. Maps are used to display evidence of plate movement

SOCIAL STUDIES- Ms. Morgan

8th Grade Social Studies: Exploring the Founding Era

This month, our 8th grade Social Studies students are diving into the founding era of the United States, a pivotal time that shaped the government and nation we know today. Through inquiry, discussion, and project-based learning, students will examine how the early presidencies of George Washington, John Adams, and Thomas Jefferson helped define the role of the presidency and set lasting precedents for the country.

As part of this unit, students are putting the finishing touches on their Revolutionary Voices podcasts, which highlight diverse perspectives from the Revolutionary era and the early republic. These podcasts will be completed by the end of the month—so be sure to ask the 8th grader in your life for a listen and hear history through their eyes (and voices!).

Learning Targets

During this unit, students will work toward the following goals:

- Assess George Washington's and John Adams' contributions to the creation of the presidency
- Critique the changes in Thomas Jefferson's political ideology
- Assess the impact of the Louisiana Purchase and the exploration of the region
- Explain the causes of the War of 1812
-

We are also excited to welcome Abrielle Klawitter (Miss K), who joins our classroom for the rest of the school year as a student teacher. Miss K is completing her education at UW-La Crosse, where she is studying social studies education, and we are thrilled to have her learning and teaching alongside our students.

Through these learning experiences, students will connect early American history to ongoing questions about leadership, power, and national identity, building a deeper understanding of how the founding era continues to shape the United States today.

Final Fundraiser for End of the Year Trips

The 8th grade will be holding their final fundraiser to support end-of-year trips, and this year students will be selling Butter Braids. Sales run from February 4 through February 16, and this is an individual fundraiser, meaning each student's profits will be applied directly to their own trip costs—either the Washington, DC trip or local day trips around West Salem. Butter Braids will be delivered on March 16. Thank you for supporting our 8th graders as they work toward these meaningful end-of-year experiences!



NATIONAL SCHOOL COUNSELING WEEK



FEB. 2-6
2026

**School Counselors
Amplify Student Success**

National School Counseling Week will be celebrated from February 2-6, 2026. The theme for 2026 is "School Counselors Amplify Student Success".

School counselors go beyond guidance to provide comprehensive services, including individual and group counseling, classroom lessons and crisis intervention.

School counselors guide their students toward academic achievement, career planning and social/emotional development to help today's students become tomorrow's productive, contributing members of society.

The Success Center



**Does your student need a little extra support staying on top of assignments?
We're here to help!**



What We Offer:

- Guided homework assistance in all core subjects
- A quiet, structured space for focus and productivity
- Encouragement to build study skills and independence
- Caring, qualified staff who make learning fun!



Hours:

- Mornings before school from 7:15am to 7:45am
- Afternoons after school from 3:15pm to 3:45pm



Location:

- Room 213 (upstairs)



Mrs. Jambois and Mrs. Gross

STEM AND ROBOTICS

FEBRUARY 2026
MR. JONES

2026 SUMMER BACKPACKING TRIP



DO YOU LOVE ADVENTURE? WOULD YOU LIKE TO LEARN MORE ABOUT THE OUTDOORS? IF YOU ARE CURRENTLY IN 7TH OR 8TH GRADE COME TALK TO MR. JONES IF YOU HAVE QUESTIONS AND WOULD LIKE TO GRAB AN APPLICATION.

CLASS DATES: JUNE 29-JULY 2 (8-11 AM) AND JULY 10 (8-11 AM)
TRIP DATES: JULY 6-9

ADVENTURE

LEARNING

FRIENDSHIP



See Mr. Jones for
Details!
Must be able to hike
13 miles a day
carrying a 25 lb
backpack.



STEM AND ROBOTICS CLASSES

6th Grade STEM: Designing Toothpick Bridges

7th Grade STEM: Using CAD to Design 3D Puzzle Cubes

8th Grade STEM: Making Cardboard Pinball Machines

Robotics: Learning about optical sensors that read movement and color



MR. JONES' PANTHER TIMES

6th Grade: Architecture Research

7th Grade: Air Skimmers

8th Grade: Building Paper RollerCoasters



ESPAÑOL

February 2026

What We Are Learning

GRADO 7

Seventh graders are writing and presenting in Spanish about their favorite and least favorite foods. Students used music to support vocabulary and grammar and will apply their learning through a hands-on cooking activity.

GRADO 8

Eighth graders are reading Brandon Brown Dice la Verdad. Ask your eighth grader about the story and what they are learning from the characters and events.

PANTHER TIME

We enjoyed several nice days outside playing ¿Qué hora es, Señor Zorro?, combining our knowledge of numbers while practicing how to tell time in Spanish. We are now exploring what it means to be Hispanic and Latino/a, and students are conducting their own research on a Hispanic figure.

Sonríe

Quizlet Live Relay & Cooking Class



Arepas



- Mix cornmeal, salt, and warm water.
- Shape into small flat discs.
- Cook on a skillet 5–7 minutes per side and add cheese

Reminders

- P/T Conferences- 2/12 & 2/16
- Winter Wellness Day- 2/27

ETC UPDATE

WSMS NEWSLETTER

6TH GRADE

- Finishing Scenario Work
- Finalizing Websites
- Applying Graphic Design skills to the real world.

7TH GRADE

- working on Nighstand Valets
- Sanding
- Finishing Procedure

8TH GRADE

- Sanding Projects
- Soldering
- Joining Projects
- Reflecting on website



PANTHER TIME NEWS

6th Grade Panther time is getting into the thick of their sewing projects. Recently they learned how to use an iron and how to fold and cut fabric correctly.

7th Grade Panther Time are now finished with their pinewood derby testing and are into the designing phase of making their own cars. Students are using the band saws to cut out their own designs.

Our 8th Grade Panther Time has been doing really well the announcements. They are starting to get the swing of it and are putting together some great pieces in the mornings.

REASSESSMENTS

If any students would like to reassess a grade in the grade book (specifically the measurement test) - they can come get a retest ticket out of the orange binder in the front of the room.

PCR

Students finished up their Shark Tank interviews and now working independently on a "Build a Business" project. They will be designing a business for a specific county in the USA.

HEALTHY LIVING

HG&D

In the next couple of weeks we will be sending an email with more information about our Human Growth and Development unit.

Learning

Each grade is going through a rotation of activities with specific focuses. Ask your student what they are learning and what they will be transitioning to in the future.



science



Reminders

Students should always be coming to class with athletic footwear.

2026 ASL FLOOR HOCKEY

WSB @ HOLMEN
12 JANUARY | AT 4:15

WSB VS BRF
20 JANUARY | AT 4:15

WSB @ BRF
29 JANUARY | AT 4:30

WSB VS ONALASKA
3 FEBRUARY | AT 4:15

WSB @ LOGAN
5 FEBRUARY | AT 4:15

WSB VS HOLMEN
17 FEBRUARY | AT 4:15

WSB @ ONALASKA
19 FEBRUARY | AT 4:15

WSB VS CENTRAL
23 FEBRUARY | AT 4:15
*FAMILY NIGHT

WSB

Give blood.

Every 2 seconds someone
in the U.S. needs blood.



Blood Drive
West Salem High School
Library
490 N Mark St

Monday, March 2, 2026
8:00 a.m. to 1:15 p.m.

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: pantherblood to schedule an appointment.



Scan to be
directed to
RapidPass®



**Give in March for a \$15 Gift Card by email & successful
donations get A1C testing! rcblood.org/March**



Scan to
schedule an
appointment.

1-800-RED CROSS | 1-800-733-2767 | redcrossblood.org | Download the Blood Donor App

©2016 The American National Red Cross

NHS *Teen's Clothing Drive*

FOR THE TEEN'S CLOTHES CLOSET IN LACROSSE

Please consider donating at either the events listed below or in the boxes in the WSHS commons the week of Feb. 9-13. Everything is greatly appreciated!

NEW OR GENTLY USED
CLOTHING FOR TEENS,
SIZES S - 5XL.

- HOODIES
- ATHLETIC PANTS
- GRAPHIC T-SHIRTS
- NEW UNDERGARMENTS
(UNDERWEAR, BRAS,
SOCKS)

THE BIGGEST NEED IS
LARGER SIZES (XL AND
BIGGER)

ALSO NEEDED:
- JEWELRY
- TOILETRIES
(NEW)
- ACCESSORIES
(HAIR, BELTS,
WALLETS)

MON, FEB. 9TH
8TH GRADE
REGISTRATION
@HEIDER
CENTER

THURS, FEB. 12TH
SHOW CHOIR
EXTRAVAGANZA
7PM @HEIDER
CENTER

TUES, FEB. 10TH
BOYS
BASKETBALL
@WSHS

TUES, FEB. 10TH
BOYS HOCKEY
@PANTHER DEN

THURS, FEB. 12TH
GIRLS HOCKEY
@PANTHER DEN

FRI, FEB. 13TH
SHOW CHOIR
EXTRAVAGANZA
7PM @HEIDER
CENTER



Herbs are The Harvest of the Month!

Add Herbs to your favorite family meals:

- Dried herbs may be three to four times stronger than fresh herbs.
- Dried herbs can be stored for up to one year and maintain their quality.
- Store dried herbs in an air-tight container in a cool, dark area to preserve freshness.

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

Select –

Handle herbs gently to avoid bruising the plants. Select only enough for immediate use unless they are to be dried or frozen.

Store –

If unable to use harvested herbs right away, trim stems and place in a glass with one inch of water. Refrigerate and store up to a week.

Did you Know?

Cooking with herbs can be a quick way to add interesting flavors to foods without adding salt, sugar, and fat



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth

Recipe of the month

Farm2School Chili

Serves 11

- 1 Tbsp. extra virgin olive oil
- 1 cup diced onions
- 3/4 cup diced carrots
- 3/4 cup diced celery
- 1 tsp. granulated garlic (or garlic powder)
- 1 Tbsp. chili powder
- 1 cup diced green bell pepper
- 1 cup diced red bell peppers
- 1 1/2 cups diced mushrooms
- 1 3/4 cups frozen corn
- 2 (14.5 ounce) cans diced tomatoes, undrained
- 1 (15 ounce) can black beans, undrained
- 1 (15 ounce) can kidney beans, undrained
- 1 Tbsp. ground cumin
- 1/2 Tbsp. dried oregano
- 1/2 Tbsp. dried basil
- 1/2 tsp. salt
- shredded cheddar cheese and ground beef(optional)

Directions:

1. Heat olive oil in a large pot over medium heat. Add onions, celery and carrots and sauté until tender. Stir in the bell peppers, garlic powder and chili powder. Cook about 6 minutes.
2. Stir in the mushrooms and frozen corn. Cook about 5 minutes and test to make sure all vegetables are tender. Add cooking time if needed.
3. Stir in tomatoes, kidney and black. Season with oregano, cumin, basil and salt. Bring to a boil and reduce heat to medium.
4. Cover and simmer for 20 minutes, stirring occasionally. Serve warm, topped with shredded cheddar cheese!

Source: laxf2s.org

Per serving: 145 calories, 2 g fat, 2 g protein, 25 g carbohydrate, 4 g fiber, 480 mg sodium

