



## WEST SALEM MIDDLE SCHOOL

Ben Wopat, Principal

Amanda Beld, Associate Principal

440 East Ave West Salem, WI 54669  
 Phone - (608) 786-2090 Fax - (608) 786-1081



Dear Families,

Welcome back! I hope you and your children had the opportunity to spend quality time with family, friends and loved ones during the time away from school. It's important to take advantage of these moments so we can rejuvenate, refocus, and approach the new year with a renewed sense of purpose.

Our annual Christmas Basket food drive held in conjunction with the West Salem Lions Club was also a huge success. Due to the commitment and generosity of students, families, staff, and community members, we were able to help over **70** of our neighbors before the Holidays. Well Done, Panthers!

I wanted to take a moment to share a few cold weather FYIs as they relate to school. Any cancellations of after-school programs or co-curricular activities or events will be placed on our school website as soon as the decision to cancel them has been made. Please be sure to check the website if you think something may be canceled due to inclement weather. On most winter days, students will continue to go outside for recess. This is an opportunity for our middle school students to get outside, move, play, and get some fresh air. We encourage & remind students to dress for the weather when they go outside.

As we make our way through the winter months, let's take advantage of this time and make sure our students continue to approach each school day with purpose. While staying warm may be a seasonal focus right now, it's important to remember that hard work, learning, and achievement develop the *invincible summer* that our students can carry with them through every season.

*In the midst of winter, I found there was,  
 within me, an invincible summer.  
 -Albert Camus-*

Warmly,

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

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

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## **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.wsalem.k12.wi.us](http://www.wsalem.k12.wi.us) for a substitute application.

## The Middle School Newsletters

can be found on the district website - [www.wsalem.k12.wi.us](http://www.wsalem.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.



## Counselor Comments...

THANK YOU! THANK YOU!! THANK YOU!!! As challenging and testing as 2021 was, we certainly ended the year on a very positive and supportive note. We were able to help over 65 of our neighbors with our annual Lions Baskets collection!!! This is due to the fact that West Salem has such caring and empathetic people living in our community. Lions members shared with me how appreciative the people/families were when they dropped off the boxes. Students don't usually get to see this end of the project (the delivery and tears of appreciation), yet everyone on the receiving end was extremely grateful for your generosity. THANK YOU is not enough to those who donated in any way to this worthwhile and heart-warming event.

Everyone is leading busy and hectic lives, but be sure to take the time for people and events that are truly important in life. This will undoubtedly reinforce positive identity in our young adults by increasing their self-esteem and providing them with a sense of purpose! Wishing you a joyous and prosperous new year all throughout the year!

~Mr. Lang & Ms. Becker



## 5th Grade Update

### Math:

Students will be reviewing multiplying fractions and start working on dividing with fractions and whole numbers. The biggest focus will be on problem solving and understanding what is really happening as they multiply and divide fractions.



### Reading:

Students will continue to focus on nonfiction reading and comprehension skills. Some classes will be wrapping up finding the main idea and supporting details. Then they will start to work on different nonfiction text structures and read graphic novels to find the theme.

### Writing:

Students will be creating their own graphic novel that has a theme in the story. Students will write the story and illustrate the pictures. We will continue work on spelling and grammar.

### Science:

Students will continue to learn about space. This month we're focusing on the solar system. 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.



### D.A.R.E:

Students will continue having weekly D.A.R.E. lessons with Deputy Cody. This will eventually lead to a reflection paper and visual project.

### Social Studies:

Colonial America is up next in history. Students will learn about the villages, schools, people, and laws associated with this time period. We'll map the 13 colonies before moving to the US state/capital maps.



-5th Grade Teachers:  
Mrs. Burdick, Mrs. Czajka, Miss Fink,  
Mrs. Kjos, Mrs. Lassig, and Mr. Ringlien





# 6th Grade

## **Math - Ms. McKinney and Mrs. Jehn**

January begins in Chapter 5 which includes ratios, ratio tables, rates, unit rates, comparing ratios and rates, percents, and converting measures. This is a great chapter because it is so applicable to their lives now and forever. Who doesn't want to find the best deal or price and save the most money? When was the last time you had to tip a server or hairdresser? Ask your child to shop with you to help you find unit price, compare purchases, and find the best buy - happy shopping and saving!

## **Accelerated Math - Mrs. Jehn**

We will begin Chapter 7, titled Equations and Inequalities, right after break. Students will learn to write, solve, and graph one-variable equations and inequalities using the four basic operations. They will also work with writing and graphing two-variables equations. Although this chapter is new material and more conceptual than previous chapters, it is typically a favorite chapter for students.

## **Science: Mrs. Jarosh**

As we venture into the new year, 6th graders will explore chemical reactions! These hands-on labs bring bounds of excitement. The questions students ask are amazing. I'm looking forward to experiencing this with them. Happy New Year!

## **English - Mrs. Buisman**

Hello January! In 6th grade English, students will be focusing on writing opinion pieces. Students will learn about researching and providing evidence to support their opinions to make their opinions more credible. Students will continue to journal and practice editing skills each day, as well as continue to focus on combining sentences in grammar.

## **Reading - Mrs. Schultz**

In January, we revisit our word work with prefixes and suffixes, as well as start a fantasy genre study. Towards the end of January, we will begin the 6<sup>th</sup> grade unit on Social Issues. During this unit, students will learn about discrimination, social issues, and read one or more novels dealing with race relations in the mid-1900s. The unit begins with mini-investigations on important events and people of the Civil Rights Era. We will look critically at some of the actions and opinions of people during the Civil Rights Movement and those in the novels, revisiting and connecting with the types of conflicts we explored in *Touching Spirit Bear*. Another aspect of this unit is to realize the diversity of human experience and see this period of our history through the eyes of the newspaper reporters, people who were living at the time, and the characters in our novels. Happy 2022!

## **Social Studies: Mrs. Jeranek**

Throughout January, we will explore the Civilization of Ancient Greece. Our focus will center around geography, economy, social status, governments, religious beliefs, and achievements. Students will compare Athenian and Spartan life, understand the importance of the Trojan War, and study the Greek Olympics. Our curriculum partners with the upcoming Winter Olympics!! So excited to have other games back so soon!



## 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.

We will continue our work on the parts of speech. So far, we've worked on nouns, verbs, adjectives, and prepositions. In January, we'll focus on compound sentences and comma rules as we continue writing paragraphs on a variety of topics. These topics are related to what the students are learning in English class as well as their other core subjects.

## Math 7- Mrs. Weber and Mrs. Piersma

Happy New Year! We hope you all enjoyed your holidays. We finished off the year with our Unit 4 study of inequalities. The kids did really well on this unit. It had many similarities to our Unit 3, so they were able to apply things we learned in a previous unit. We will be starting our unit on rates, ratios and proportions after we Fastbridge test the week we return from break.

## Pre-Algebra- Mrs. Weber

Welcome back and Happy 2022!! We are getting very close to putting our Mathcounts team together and I am excited about how many 7th graders should make the team. I will be letting the kids know who made the team in the next couple weeks.

We will also be Fastbridge testing the Tuesday we come back from break. This is just a mid-year check that kids are making appropriate progress. I am very happy with how things are going and I know they will all do very well.

## Reading - Mrs. Rochester

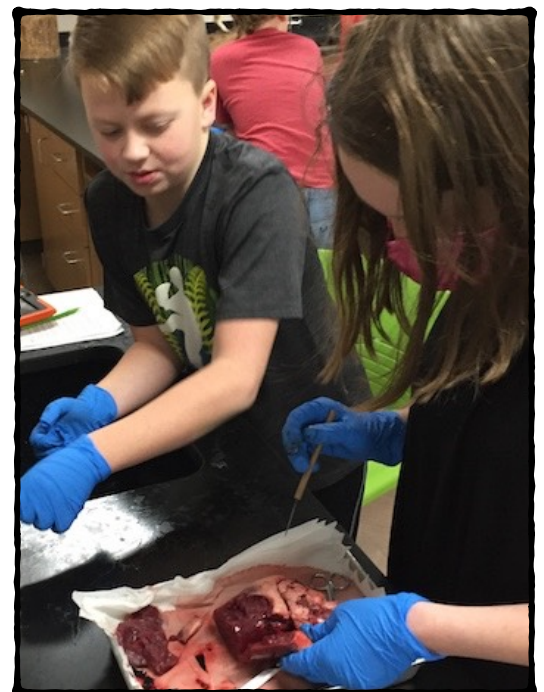
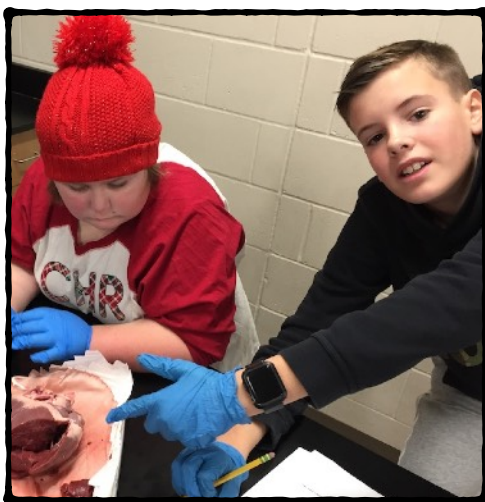
7th graders will be finishing their dystopian books by the end of January. Many of the students have enjoyed reading these books and have read more than one during class! Many of the books chosen are part of a series, so if the students enjoyed the first book, they can continue reading the series on their own. Instead of quizzes during this unit, the students wrote in their journals about specific topics related to dystopias. The students also participated in meaningful discussions with others reading the same book as well as other dystopian books. They discussed many different aspects of the book including character motives and development, theme, and plot. As a culmination of this unit, the students will have a choice of different projects to complete to demonstrate what they learned throughout the novel. The students will be given class time to work on these, however, they may need to finish at home. The students will also continue working with Greek and Latin roots.

## Social Studies - Mr. Mahlum

Students will finish up the unit on the Amendments to the Constitution. Then, they will start to look at the three different branches in our government. We will look at why we have three branches and what each one is responsible for.

## Science - Mr. Baker

Before winter break, students have been working on the body systems and dissected deer hearts! (see pics below) Over break, students should have started working on their body system experiments and have until the end of January to finish them. Each student starts with a question about one body system, designs an experiment, and then collects data from that system before creating a final display of their discoveries. Ask them about what they are doing and have them explain it to you!!



## Science - Ms. Smith-Waller

Happy New Year! Last month we finished up our unit on Plate Tectonics and are now moving on to focus on Earth's history and Geologic Time. We will learn about determining the relative age of rocks and how to match layers of rock from different locations. Then we will complete an activity to demonstrate how radioactive decay of elements is used to find the absolute age of rocks. To round out this unit, we will learn about fossils and look more closely at the eras of Earth's history as well as the significant events that help us organize our history into the geologic time scale. As a unit project, students will create a timeline of Earth's history using a predetermined scale. After finishing up our unit on Earth History, we will finish up the year learning about Astronomy.

Essential Learning Outcomes:

- 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

The new year brings our US history study to investigating our early presidents. We will focus on Washington through Jefferson and look at primary source documents that demonstrate how what they did 2 centuries ago shapes our world and government today. Our exploration will include a look at the 1799 Slave Census at Mount Vernon just before Washington's death and how his own experiences with his enslaved individuals shaped his decision to free some of the enslaved population of Mt. Vernon. We will also delve into the challenges presented to John Adams in the Alien and Sedition Acts and the growth of the nation under President Jefferson.

By the time we are finished with our study, students should be able to:

1. explain the precedents George Washington set for future presidents
2. describe how the decisions made during the early years of our country still impact our world today

## Math - Mrs. Coe & Mrs. Bentzen

### Regular Math (Chapter 6) Mrs. Bentzen and Mrs. Coe

We finished Chapter 5 at the end of December. We will be covering Chapter 6 called "Functions" in the month of January.

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 (Chapters 8) - Mrs. Bentzen

We finished Chapter 7 in December. We completed our second and third Mathcounts competitions in December. The Mathcounts team will be announced in January. We will be covering Chapter 8 called "Exponents" in the month of January.

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 fractional, zero and negative exponents
- \*read, write, and compute with numbers in scientific notation
- \*graph and write rules for exponential growth and exponential decay functions

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

To start the new year, we will continue with our diversity unit by beginning research on the diversity group we have selected. Before break, we reviewed taking good notes, so we use that review as we begin to study what barriers existed for the diversity group and what steps have been taken to break the barrier. Eventually, we will put the research together into a five-paragraph essay. We are still reading our diversity books each day, responding in our journals, and discussing our books with our Diversity Book Groups. Additionally, we will continue to practice writing a variety of sentence types and will incorporate them in our research papers.



## **Music 5 - Mrs. Glasel (Czajka) and Ms. Nimm (Lassig)**

We start every class with a song, and we have been focusing on Patriotic music. We sang and learned about the meanings of the songs "America", "Fifty Nifty United States", "America, the Beautiful", "God Bless America", and "God Bless the U.S.A."

Beat and rhythm are big topics in our class. Many activities from playing instruments, pulling a rope, doing body percussion, writing rhythm raps, and playing rhythm sticks help to reinforce those concepts.

We connected to history by learning about the characteristics of folk music. We played the autoharps on "This Land is Your Land" which also stressed the verse - refrain/chorus form. We played the barred instruments on "Erie Canal", "Haul Away Joe, and "Goin' to Boston". We learned the importance of singing these work songs and sea shanties to help the workers accomplish their jobs, to tell stories, or just to entertain themselves. "The Wellerman" has become our favorite song!

## **General Music 6 - Mrs. Glasel**

**Music Reading** - The students have been continuing to learn some basic skills on the keyboard. They are now learning to play the intervals of a 2nd and 3rd, both melodic (1 finger at a time) and harmonic (2 fingers at a time), but they are still only playing 1 hand at a time.

**Music Appreciation** - The students are reading some articles from the Music Alive magazines. Recently they read about and watched video clips related to various folk string instruments and the string bass. Next month's focus will be on the pitched percussion instruments and the drum set.

They also just completed another composition using GarageBand loops. Using loops made it easier to "write" the music so they could focus on putting the parts together and use good compositional techniques to create a great sounding song.

## **General Music 7 - Mrs. Glasel**

**Guitars** - The students now are playing songs on the first 3 strings. Soon they will add simple 1-finger chords to their music.

**Musicals** - The students just finished up *Fiddler on the Roof* and learned that not all musicals end with happy endings. For the holidays and to make connections to Charles Dickens' *A Christmas Carol* story, the students watched *A Muppet Christmas Carol* musical.

**6th Grade Choir - Ms. Nimm** *Students have their winter concert on Tuesday, January 11 at the Heider Center!* Students should report to the high school by 6:30pm, and the concert starts at 7pm. All music students are expected to wear their black music polo shirts, and black pants. The choir will be singing a variety of songs, including several winter themed selections.

**7th and 8th Grade Choir - Ms. Nimm** Students will be using January to focus on practicing the various markings that we see in our concert music - tempos, dynamics, and articulations. After defining and learning how each marking works, students will be challenged to take a familiar choral warm-up song and change it up with various markings of their own!

**Soundscapes - Ms. Nimm** Students will continue to read articles in Music Alive Magazine in preparation for researching and writing their own articles. Students will have a lot of freedom in selecting the topic of their articles and can focus on their individual music interests.

**African Drumming - Ms. Nimm** Students will be using January to do a deep dive on music from specific countries, regions, and cultures. They will read an article from Music Alive Magazine, find listening examples, and then share their new knowledge with the rest of the class.

## **WSMS 6th Grade Winter Concert**

**Tuesday, January 11**

**Marie W. Heider Center for the Arts**

Choir and Band Students should arrive in their concert attire (WSMS Music Polo, Black Pants, Black Socks, Black Shoes) by 6:30pm. Please enter the main Heider Center Doors. Family members can be seated, while the students warm-up in the High School band/choir rooms.

The concert begins at 7pm with the 6th Choir, followed by the 6th Grade Band. Students will help move equipment back to the band room following the concert.

## Spanish - Mrs. Phillips

### 6th Grade

¡Feliz Año Nuevo! Sixth grade will begin describing themselves and practice this by using adjectives and the word SOY. We will work on asking and answering questions in Spanish. Students will read short stories and have a mock election!

### 7th Grade

When seventh graders return in January, they will continue reviewing basic conversations and ask each other questions in Spanish. Students will work to have conversations with each other and answer the questions ¿Cuándo es tu cumpleaños? and ¿De dónde eres?.

### 8th Grade

¡Me gusta! Eighth grade Spanish students will continue to share and describe likes and dislikes, particularly with food. We will also explore authentic dishes and recipes in Spanish speaking countries. Students will expand their presentation skills as they work on special person interviews.

### 8th Grade Elective

In the month of December eighth grade elective Spanish students have worked really hard reading the book "Brandon Brown Quiere un Perro" and using the super 7 verbs. In January we will continue expanding on the super 7 verbs and also learn about verb conjugation. Students are starting to communicate a lot more in Spanish, which is so exciting! We will practice speaking even more with daily announcements called "anuncios" to share with the class.

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

The Healthy Living Department wants to wish everyone a very Happy Holidays and we hope that you all get the needed time off for family time and relaxation. When we return from break, we will be introducing the students to the invasion game called Quidditch. This is a complex game with many moving parts but the students absolutely love it. We ask that your children continue to have athletic shoes at school just in case they wear boots to school that day. We are hoping that we get a large amount of snow this winter so we can experience some outdoor winter activities such as snowshoeing. HAPPY HOLIDAYS FROM OUR FAMILY TO YOURS!

## STEM - Mr. Jones

### 6th Grade STEM

It has been fun watching kids working hard on those foot orthosis projects. They all looked nice and were presented well. We will soon be learning about the design process, then we will get started designing and building toothpick bridges. It's exciting to see how much weight they can hold when finished!

### 7th Grade STEM

We have been working hard learning how to multiview sketch objects. Many engineers use multiview sketches to design parts and other objects. We will soon be designing and making our own puzzle cube. We will use what we have learned with the sketches to design those cubes. When completed, have fun solving your child's cube!

### 8th Grade STEM

The 8th graders are currently designing and building a paper roller coaster. When finished we will compete to see who can make the marble last the longest on the track!

### Robotics

It was impressive to see what the students came up with for their VEX pull toys. Many mechanisms were combined to engineer these toys. Now the students are learning how to program using Robot C. Once we feel comfortable programming we will be building spinning signs, elevators, and robot dragsters.



**"Meet Us in the Middle"**



## **Art - Mrs. Hemker**

### **Grade 5**

We will begin January with pop art portraits and realistic self portraits. 5th graders will have an opportunity to experience clay this month. They will create a set of three in miniature and also create a cupcake container. Both projects will be a review of a variety of clay techniques that they have learned since they were in Kindergarten. The cupcake will also be glazed before a second firing. We will then move on to a variety of drawing practice projects and the creation of a handmade book to store them all in.

### **Grade 6**

In January, 6th grade will also be working in clay. They will be working on a new technique that involves carving a solid form to create a container. They will also be creating a clay animal rattle or whistle. We will also be working on a variety of projects based on famous artist research.

### **Grade 7**

This month, 7th graders will complete their one-point perspective work. We will also be working on a drawing that includes three different styles in one piece. Our final piece will be a collage painting using magazine pages to add the color to the drawings that we create.

### **Grade 8**

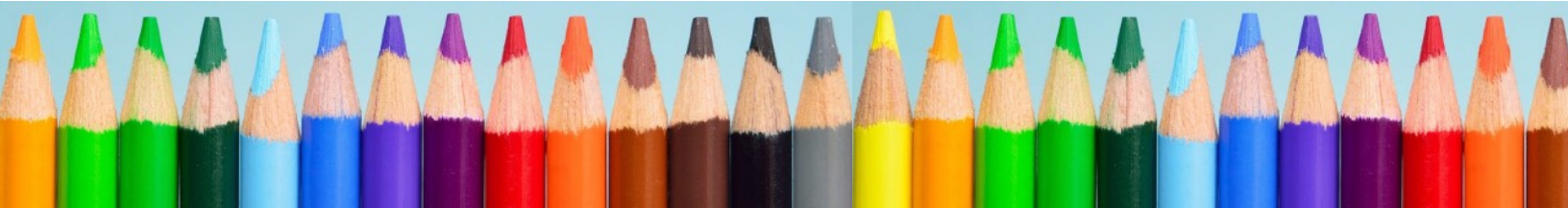
Students in 8th grade will soon begin their wall block designs. They continue to work with acrylic paint to create two large scale abstract paintings that will be woven into a final piece of art. They have also started using Google Drawings to create a mosaic piece of digital art.

### **8th Grade Elective**

We begin the month by using the ceramic watercolor palettes that we finished in December. Students will be using liquid watercolor and create a sampler of techniques as well as a finished piece of art. We will then be moving on to drawings, that include 2 point perspective and advanced value and shading.

### **\*\*\*A Tip for Dealing with Art Spills\*\*\***

Aprons are always available for student use. However, occasionally there is a spill. A quick tip on removing paint from clothing, Mrs. Hemker relies on Windex (yes, the window cleaner) to remove paint spills from her clothing. Spray and soak before washing. Repeat if needed. This almost always works.



## SPORTS INFO

### January MS Schedule

13th - Girls' Basketball (H) vs. GET, 4:30	25th - Girls' Basketball (H) vs. Westby, 4:15
18th - Girls' Basketball @ Logan, 4:00	27th - Girls' Basketball @ Holmen, 4:00
20th - Girls' Basketball (H) vs. Winona, 4:15	

Click [HERE](#) to see the student-created December Edition of "Black Cat News"

Newsletter

December 2021

# Black Cat News

### In This Holiday Issue

A Miracle pg. 4  
 Calendar pg.14  
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 Movies & Shows pg. 7 & 8  
 Puzzles pg. 9  
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## Holly Days!

It's back! After a year off, WSMS celebrated the holidays at school.

During the month of December students once again partnered with the West Salem Lions Club and collected hundreds of goods to be delivered to area families.



Homerooms enjoyed some friendly competition with the following dress up days:

Monday **Ugly Sweater Day**  
 Tuesday **Holly Jolly Day**  
 Wednesday **Holly Jolly Day**  
 Thursday **Holiday Pajamas**

Thursday's schedule included two assemblies. First, in the morning, everyone gathered in the gym for the academic, athletic, and club awards. Then, later in the day, we all met again for some holiday fun. This year's contests between the Homerooms included:

Hungy, Hungry Reindeer  
 Pass the Reindeer  
 Steal the Presents  
 Race to the Clauses  
 Know Your Teacher Trivia



**"Meet Us in the Middle"**





# 2021 ASL *Hockey Season*



@ **Onalaska 1/27**  
High School at 4:15



**vs Onalaska 2/15**  
Elementary School at 4:15



@ **Holmen 2/1**  
High School at 4:15



**vs Holmen 2/17**  
Elementary School at 4:15



@ **Logan 2/3**  
High School at 4:00



**vs Logan 2/22**  
Elementary School at 4:15



@ **Central 2/8**  
High School at 4:15



**vs Central 2/24**  
Elementary School at 4:15

## CONTACT US

Ashly Serres  
Head Coach  
serres.ashly@wsalem.k12.wi.us

Jack Reader  
Head Coach  
reader.jack@wsalem.k12.wi.us

HARVEST OF THE MONTH  
 NEWSLETTER 01/2022



**FUN FACTS**

- In Native American folklore, winter squash was one of the "three sisters", along with corn and beans and were staple foods in their diet.
- There are over 15 different types including: butternut, Delicata, Hubbard, banana, acorn and spaghetti squash.

**NUTRITION INFO**

One cup of cooked, cubed squash has 115 calories and provides vitamins A & C and fiber.

**PICK**

Choose winter squash with firm skin free of nicks, cracks, or soft areas with an attached stem.

**STORE**

Fresh, whole squash can be stored in a cool dark place for several weeks to months depending on variety. Store cooked squash refrigerated for a few days or freeze up to 6 months.

**PREPARE**

Winter squash is versatile. It can be baked, microwaved, roasted, sautéed, boiled, and/or steamed. Use a very sharp knife to cut or peel.

**USE**

Puree cooked squash and add to soups for a creamy texture. The seeds can be roasted and eaten like pumpkin seeds. Try using a spiralizer to make squash noodles. No spiralizer? Try spaghetti squash!



**Roasted Butternut Squash Fries**

Serves 6

**Ingredients:**

- 1 medium butternut squash
- 1 Tbsp. olive oil
- 1 tsp. dried thyme or 1 Tbsp. chopped fresh thyme
- 1 tsp. dried rosemary or 1 Tbsp. chopped fresh rosemary
- ½ tsp. salt

**Directions:**

Heat oven to 425°F. Lightly coat a baking sheet with olive oil. Peel the skin from butternut squash and cut into even sticks, about ½ inch wide and 3 inches long. In a medium bowl, combine the squash, oil, thyme, rosemary and salt; mix until the squash is evenly coated. Spread onto the baking sheet and roast for 15 minutes. Remove the baking sheet from the oven and shake to loosen the squash. Flip squash and place back in the oven for 15-25 minutes until golden brown.

Per serving: 110 calories, 2.5g fat, 0g saturated fat, 2g protein, 23g carbohydrate, 4g fiber, 200mg sodium

for more information visit [www.laxf2s.org](http://www.laxf2s.org)



January 2022

West Salem Middle School

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <b>From the Grill</b> <ul style="list-style-type: none"> <li>Bakalar's Hot Dog on WG Bun Side of Mac n' Cheese Green Peas</li> </ul> <b>Homestyle</b> <ul style="list-style-type: none"> <li>Creamy Mac N' Cheese or</li> <li>Bacon Mac &amp; Cheese Italian Breadsticks Green Peas</li> </ul> <b>Deli</b> <ul style="list-style-type: none"> <li>Turkey BLT on WG Sub Roll</li> <li>Vegetable Beef Soup</li> </ul> <b>Grab and Go</b> <ul style="list-style-type: none"> <li>Panther PBJ Pack</li> <li>Panther YOGURT Pack</li> </ul>	<b>4</b> <b>Breakfast for Lunch!</b> <b>From the Grill</b> <ul style="list-style-type: none"> <li>French Toast Sticks Jones Dairy Sausage Links Warm Cinnamon Apples</li> </ul> <b>Homestyle</b> <ul style="list-style-type: none"> <li>French Toast Sticks Colby Cheese Omelet Warm Cinnamon Apples</li> </ul> <b>Deli</b> <ul style="list-style-type: none"> <li>Ham &amp; Swiss on WG Croissant Baked Scoop</li> <li>Chips and Salsa</li> </ul> <b>Grab and Go</b> <ul style="list-style-type: none"> <li>Panther PBJ Pack</li> <li>Panther YOGURT Pack</li> </ul>	<b>5</b> <b>From the Grill</b> <ul style="list-style-type: none"> <li>Mr. Rib Sandwich Tri Tators</li> </ul> <b>Homestyle</b> <ul style="list-style-type: none"> <li>Meatballs with Gravy with Dinner Roll Mashed Potatoes</li> </ul> <b>Deli</b> <ul style="list-style-type: none"> <li>Chicken Bacon Ranch Wrap</li> <li>Broccoli Cheese Soup</li> </ul> <b>Grab and Go</b> <ul style="list-style-type: none"> <li>Panther PBJ Pack</li> <li>Panther YOGURT Pack</li> </ul>	<b>6</b> <b>From the Grill</b> <ul style="list-style-type: none"> <li>Popcorn Chicken</li> <li>Vegetable "Not Fried" Rice</li> </ul> <b>Homestyle</b> <ul style="list-style-type: none"> <li>Saucy Orange Popcorn Chicken</li> <li>Vegetable "Not Fried" Rice</li> </ul> <b>Deli</b> <ul style="list-style-type: none"> <li>Garden Salad with Choice of Meat/Yogurt/Cottage Cheese</li> <li>Cheezy-It Crackers</li> </ul> <b>Grab and Go</b> <ul style="list-style-type: none"> <li>Panther PBJ Pack</li> <li>Panther YOGURT Pack</li> </ul>	<b>7</b> <b>From the Grill</b> <ul style="list-style-type: none"> <li>Cheese Pizza - Personal Pan</li> <li>Hawaiian Pizza - Personal Pan</li> <li>Honey-Glazed Carrots</li> </ul> <b>Homestyle</b> <ul style="list-style-type: none"> <li>Pepperoni Pizza - Personal Pan</li> <li>Honey-Glazed Carrots</li> </ul> <b>Deli</b> <ul style="list-style-type: none"> <li>Turkey Sub</li> <li>White Chicken Chili</li> </ul> <b>Grab and Go</b> <ul style="list-style-type: none"> <li>Panther PBJ Pack</li> <li>Panther YOGURT Pack</li> </ul>
<b>10</b> <b>From the Grill</b> <ul style="list-style-type: none"> <li>Chicken Nuggets with WG Dinner Roll Mixed Vegetables</li> </ul> <b>Homestyle</b> <ul style="list-style-type: none"> <li>Kick'n Chicken-Crispy Patty with Pepper Jack Cheese Whole Grain Bun Mixed Vegetables</li> </ul> <b>Deli</b> <ul style="list-style-type: none"> <li>Southwest Chicken Salad</li> <li>Brown Chicken &amp; Wild Rice Soup</li> </ul> <b>Grab and Go</b> <ul style="list-style-type: none"> <li>Panther PBJ Pack</li> <li>Panther YOGURT Pack</li> </ul>	<b>11</b> <b>Taco Tuesday!</b> <b>From the Grill</b> <ul style="list-style-type: none"> <li>Taco Truck Burritos Bean and Cheese De Chile Relleno (Vegetarian) Cilantro Lime Rice</li> </ul> <b>Homestyle</b> <ul style="list-style-type: none"> <li>(Low-Fat) Loaded Beef Nachos with Cilantro Lime Rice</li> <li>Taco Topping Bar</li> </ul> <b>Deli</b> <ul style="list-style-type: none"> <li>Ham and Swiss on Croissant</li> <li>Fresh Fruit Deluxe Salad</li> </ul> <b>Grab and Go</b> <ul style="list-style-type: none"> <li>Panther PBJ Pack</li> <li>Panther YOGURT Pack</li> </ul>	<b>12</b> <b>From the Grill</b> <ul style="list-style-type: none"> <li>Homemade Sloppy Joe on WG Bun Tri Tators</li> </ul> <b>Homestyle</b> <ul style="list-style-type: none"> <li>Carolina Style Pulled Pork Sandwich Coleslaw</li> </ul> <b>Deli</b> <ul style="list-style-type: none"> <li>Homemade Grilled Cheese</li> <li>Creamy Tomato Soup</li> </ul> <b>Grab and Go</b> <ul style="list-style-type: none"> <li>Panther PBJ Pack</li> <li>Panther YOGURT Pack</li> </ul>	<b>13</b> <b>From the Grill</b> <ul style="list-style-type: none"> <li>(Cheese) Hamburger on WG Bun</li> <li>Potato Smiles</li> </ul> <b>Homestyle</b> <ul style="list-style-type: none"> <li>(Cheese) Hamburger on WG Bun</li> <li>Potato Smiles</li> </ul> <b>Deli</b> <ul style="list-style-type: none"> <li>Turkey and Cheddar on WG Bun</li> <li>Cottage Cheese</li> </ul> <b>Grab and Go</b> <ul style="list-style-type: none"> <li>Panther PBJ Pack</li> <li>Panther YOGURT Pack</li> </ul>	<b>14</b> <b>Sweet Treat Friday!</b> <ul style="list-style-type: none"> <li>Rice Krispie Treat Offered with meals in all lines</li> </ul> <b>From the Grill</b> <ul style="list-style-type: none"> <li>Pepperoni Pizza - Slice</li> <li>Whole Kernel Sweet Corn</li> </ul> <b>Homestyle</b> <ul style="list-style-type: none"> <li>Cheese Pizza or</li> <li>Homemade Taco Pizza</li> <li>Whole Kernel Sweet Corn</li> </ul> <b>Deli</b> <ul style="list-style-type: none"> <li>Cuban Flatbread Sandwich</li> <li>Chicken Dumpling Soup</li> </ul> <b>Grab and Go</b> <ul style="list-style-type: none"> <li>Panther PBJ Pack</li> <li>Panther YOGURT Pack</li> </ul>
<b>17</b> No School	<b>18</b> <b>Taco Tuesday!</b> <b>From the Grill</b> <ul style="list-style-type: none"> <li>Beef Taco Wedge</li> <li>Refried Beans</li> </ul> <b>Homestyle</b> <ul style="list-style-type: none"> <li>Chicken Taco on Soft Shell Tortilla</li> <li>Refried Beans</li> </ul> <b>Deli</b> <ul style="list-style-type: none"> <li>Turkey BLT on Sub Roll</li> <li>Sliced Apples with Caramel Cup</li> </ul> <b>Grab and Go</b> <ul style="list-style-type: none"> <li>Panther PBJ Pack</li> <li>Panther YOGURT Pack</li> </ul>	<b>19</b> <b>From the Grill</b> <ul style="list-style-type: none"> <li>Chicken Potstickers Seasoned Brown Rice</li> <li>Mixed Vegetables</li> </ul> <b>Homestyle</b> <ul style="list-style-type: none"> <li>Sweet &amp; Sour Chicken Seasoned Brown Rice</li> <li>Mixed Vegetables</li> </ul> <b>Deli</b> <ul style="list-style-type: none"> <li>Garden Salad with Choice of Meat/Yogurt/Cottage Cheese</li> <li>Creamy Chicken Pot Pie Soup</li> </ul> <b>Grab and Go</b> <ul style="list-style-type: none"> <li>Panther PBJ Pack</li> <li>Panther YOGURT Pack</li> </ul>	<b>20</b> <b>From the Grill</b> <ul style="list-style-type: none"> <li>Mini Corn Dogs</li> <li>Chef Mix - Cheddar</li> <li>Honey-Glazed Carrots</li> </ul> <b>Homestyle</b> <ul style="list-style-type: none"> <li>Pasta with Chicken Alfredo or Pasta with Chicken Cajun Alfredo Garlic Breadstick</li> <li>Honey-Glazed Carrots</li> </ul> <b>Deli</b> <ul style="list-style-type: none"> <li>Chicken Caesar Wrap</li> <li>Parmesan Pepperoni Pasta</li> </ul> <b>Grab and Go</b> <ul style="list-style-type: none"> <li>Panther PBJ Pack</li> <li>Panther YOGURT Pack</li> </ul>	<b>21</b> <b>From the Grill</b> <ul style="list-style-type: none"> <li>Stuffed Crust Pepperoni Pizza Honey-Glazed Carrots</li> </ul> <b>Homestyle</b> <ul style="list-style-type: none"> <li>Stuffed Crust Cheese Pizza Honey-Glazed Carrots</li> </ul> <b>Deli</b> <ul style="list-style-type: none"> <li>Turkey Sub</li> <li>Vegetarian Minestrone</li> </ul> <b>Grab and Go</b> <ul style="list-style-type: none"> <li>Panther PBJ Pack</li> <li>Panther YOGURT Pack</li> </ul>
<b>24</b> <b>From the Grill</b> <ul style="list-style-type: none"> <li>"Chicken and Waffles!" Popcorn Chicken WG Waffle Fries</li> </ul> <b>Homestyle</b> <ul style="list-style-type: none"> <li>"Chicken and Waffles!" Popcorn Chicken WG Waffle Fries</li> </ul> <b>Deli</b> <ul style="list-style-type: none"> <li>Southwest Chicken Salad</li> <li>Brown Chicken &amp; Wild Rice Soup</li> </ul> <b>Grab and Go</b> <ul style="list-style-type: none"> <li>Panther PBJ Pack</li> <li>Panther YOGURT Pack</li> </ul>	<b>25</b> <b>Taco Tuesday!</b> <b>From the Grill</b> <ul style="list-style-type: none"> <li>Chicken and Cheese Quesadilla Cowboy Salsa</li> </ul> <b>Homestyle</b> <ul style="list-style-type: none"> <li>Walking Taco on Nacho Dorito Chips Cowboy Salsa</li> </ul> <b>Deli</b> <ul style="list-style-type: none"> <li>Ham, Turkey and Cheddar Sub</li> <li>Cheezy-It Crackers</li> </ul> <b>Grab and Go</b> <ul style="list-style-type: none"> <li>Panther PBJ Pack</li> <li>Panther YOGURT Pack</li> </ul>	<b>26</b> <b>From the Grill</b> <ul style="list-style-type: none"> <li>Mozzarella Stuffed Breadstick with Marinara Dipping Cup</li> <li>Mixed Vegetables</li> </ul> <b>Homestyle</b> <ul style="list-style-type: none"> <li>Tater Tot Hot Dish Mixed Vegetables WG Dinner Roll</li> </ul> <b>Deli</b> <ul style="list-style-type: none"> <li>Homemade Grilled Cheese</li> <li>Creamy Tomato Soup</li> </ul> <b>Grab and Go</b> <ul style="list-style-type: none"> <li>Panther PBJ Pack</li> <li>Panther YOGURT Pack</li> </ul>	<b>27</b> <b>From the Grill</b> <ul style="list-style-type: none"> <li>Meatball Marinara Sub on Hoagie Roll Garlic Roasted Green Beans</li> </ul> <b>Homestyle</b> <ul style="list-style-type: none"> <li>Pasta with Italian Meat Sauce Garlic Knots</li> <li>Pasta with Marinara Sauce Garlic Knots</li> <li>Garlic Roasted Green Beans</li> </ul> <b>Deli</b> <ul style="list-style-type: none"> <li>Turkey Club Wrap</li> <li>Simply Cheezy - Cheddar</li> </ul> <b>Grab and Go</b> <ul style="list-style-type: none"> <li>Panther PBJ Pack</li> <li>Panther YOGURT Pack</li> </ul>	<b>28</b> <b>Sweet Treat Friday!</b> <ul style="list-style-type: none"> <li>100% Fruit Juice Slushy Offered with meals in all lines</li> </ul> <b>From the Grill</b> <ul style="list-style-type: none"> <li>Cheezy Garlic French Bread Pizza Whole Kernel Sweet Corn</li> </ul> <b>Homestyle</b> <ul style="list-style-type: none"> <li>Pepperoni Calzone Whole Kernel Sweet Corn</li> </ul> <b>Deli</b> <ul style="list-style-type: none"> <li>Turkey and Swiss on WG Croissant</li> <li>Chicken Noodle Soup</li> </ul> <b>Grab and Go</b> <ul style="list-style-type: none"> <li>Panther PBJ Pack</li> <li>Panther YOGURT Pack</li> </ul>
<b>31</b> <b>From the Grill</b> <ul style="list-style-type: none"> <li>Bakalar's Hot Dog on WG Bun Side of Mac n' Cheese Green Peas</li> </ul> <b>Homestyle</b> <ul style="list-style-type: none"> <li>Creamy Mac N' Cheese or</li> <li>Bacon Mac &amp; Cheese Italian Breadsticks Green Peas</li> </ul> <b>Deli</b> <ul style="list-style-type: none"> <li>Turkey BLT on WG Sub Roll</li> <li>Vegetable Beef Soup</li> </ul> <b>Grab and Go</b> <ul style="list-style-type: none"> <li>Panther PBJ Pack</li> <li>Panther YOGURT Pack</li> </ul>				

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					

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

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	

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)**