



WEST SALEM MIDDLE SCHOOL

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Volume 8
Issue 6

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

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.

We ended the month of December with a student awards assembly and Homeroom based games. Honor Roll and High Honor Roll students were recognized along with student participants in school activities. A great activity for the entire building! 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 fill 65 food baskets for local families in time for Christmas. Well Done Panthers!

I wanted to take a moment to share a few cold weather FYI's as they relate to school. Any cancellations of afterschool 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 and remind students to dress for the weather when they go outside.

Our Trimester 2 Parent-Teacher Conferences will be held on Monday, February 3rd from 3:00 – 7:00pm. For these conferences, we will have a drop-in format where families can visit teachers in their rooms. More details on this and other calendar events can be found on page 2.

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.

Warmly,

Ben Wopat
Principal
Twitter.com/coachwopat



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Calendar of Events...

- 6 - Girls BB 1st day of practice
- 17 - Mid - Term 2
- 20 - NO SCHOOL -teacher inservice
- 21 - Gr. 6 Band/Choir Concert 7:00
- 21 - Girls BB at Onalaska Middle 4:00
- 23 - Girls BB vs Aquinas 4:00
- 28 - Girls BB at Holmen Middle 3:45
- 30 - Girls BB vs Logan Middle 4:00



Counselor Comments...

We certainly ended another year on a very positive and supportive note. In conjunction with the West Salem Lions Club, we once again helped to assemble boxes of food/paper products for area families! What a tremendous example of people (kids and adults alike) caring for other people. Panther Pride at its best! A huge "thank you" to everyone who helped support this community service project. We will ring in the new year with our all-school Spelling and Geography Bees. Congratulations and good luck to all of our participants. Everyone is leading busy and hectic lives, yet 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!

THANK YOU: The Barre Co-Ed Lions Club has made two donations totaling 25 charging stations to the West Salem School District. These have been distributed to all three buildings. They have come in quite handy when iPads and laptops "aren't quite charged" for the day! We would like to express our sincere appreciation to the Barre Co-Ed Lions for helping to support our students.



Parent/Teacher conferences Trimester 2 mid-term conferences will be held on Monday, February 3. The format will be "drop-in" style where parents/students will go directly to the rooms of the teachers they want to see. You will not sign up for a timeslot with your child's advisor. However, advisors/homeroom teacher would still like to say "hi" to you if you are in the building! These Parent-Teacher-Student conferences will run from 3:30 - 7:00 on this night.

Famous Birthdays in January -

Cuba Gooding

Eli Manning

Kate Middleton

Drew Brees

Muhammad Ali

Dwyane Wade

Michelle Obama

Oprah Winfrey



"Meet Us in the Middle"



WSMS Students of the Month



Grade 8

Landon B.

Kenzie M.

Corbin F.



Grade 7

Kyle H.

Drew A.

Sophia G.



Grade 6

David E.



Madison E.



Jack I.



Grade 5

Lydia R.



Luke G.



Natalie C.



JANUARY

5th Grade Update

Math:

Students will be finishing up 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. They will be wrapping up finding the main idea and supporting details. Then they will start to work on different nonfiction text structures.

Writing:

Students will finish their nonfiction writing projects. They got to choose a historical topic and create a Google Slides book about that topic. The students are focusing on creating well organized paragraphs and integrating text features into their writing.



Science:

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

D.A.R.E.:

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



Social Studies:

Students will be taking a break from their Social Studies curriculum during their Science unit. Their next unit will be focused on colonization and the American Revolution.

-5th Grade Teachers:

Mrs. Burdick, Mrs. Czajka, Miss Fink,
Mrs. Kjos, Mrs. Lassig, and Mr. Ringlien

January newsletter:**Music 5 - Mrs. Glasel (Czajka) and Ms. Nimm (Lassig)**

Our music standards are based on 4 concepts - Perform, Create, Respond, and Connect, and all year we will be doing activities that focus on these areas.



To begin the trimester, we searched for our singing voices with a lot of welcome songs including “Good Morning” and “Hello to All The Children of the World” which includes some foreign words to greet each other. We start every class with a song. So far these songs included “America”, “Fifty Nifty United States”, and “My Favorite Things”. Ask your child to sing some for you.

Beat and rhythm are big topics in our classes. Many activities from playing instruments, passing a beach ball, rhythm sticks, and doing movement activities stress the importance of feeling that steady beat.

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 beat and improvisation on the xylophones, glockenspiels, and metallophones on the “Barred Instrument Rondo”.

We spent time learning some holiday songs, and even adding instruments to them, such as “O Hanukah”, “Feliz Navidad”, “Winter Fantasy”, and “Troika”. We sang in our winter song packets filled with great winter and holiday songs. Our listening time will be on “Sleigh Ride” and “Trepek” from The Nutcracker.

Cancellations

If there are any after school programs/events or co-curricular activities that get cancelled due to inclement weather please go to our school district website www.wsalem.k12.wi.us go to Middle School then click on the Cancellation page.

We will try and update this page as promptly as possible.

Thank you.



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 6th grade unit on Social Issues. During this unit students will learn about discrimination, on 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 2019!

Social Studies - Mrs. Jeranek

With the New Year, comes new adventures in 6th Grade Social Studies!
 In December we learned about Greece's geography and had fun with our own Greek Olympics. January's adventures will be various Greek governments and important battles between Greek city-states, such as Athens and Sparta. We'll also learn about the leadership of Alexander the Great and his impact on Greece! Bring on the cold weather, our classroom will be filled with heated



battles in January of 2020!



Science - Mrs. Jarosh

Happy New Year! As we move into 2020, students will be exploring properties, magnets, and how magnetism works. This unit is filled with hands on activities. Students will be working to understand the following:
 What are the properties of a magnet?
 How do magnetic poles interact?
 How can magnets be changed?
 How is the Earth like a magnet?
 What are the effects of Earth's magnetic field?

English - Mrs. Buisman

In sixth grade English, students will be focusing on argumentative writing in the month of January. Students will make a claim and support it with factual evidence. We will explore many topics as we work on this style of writing. Students will continue working on writing stamina and grammar practice.



Meet Us in the Middle

Math - Mrs. Jehn & Mrs Adams

Regular Math

January begins in Chapter 5 which includes ratios, ratio tables, rates, unit rates, comparing ratios and rates, percents, and converting measures. This is one of our favorite chapters 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.

Spanish - Ms. Rose

¡Feliz Año Nuevo! Sixth grade will be introduced to describing themselves and each other using the verb ser. We will work on asking and answering questions in Spanish. Students will also begin to read short stories.

Art - Mrs. Hemker

In January, 6th graders will be working in two main areas. The first is the exploration of a masterpiece. After choosing a famous artist and work of art, they will create an informational poster, complete a reproduction painting and create a parody of the same piece. The other main project will be a self portrait. During this unit students will use MANY types of media.



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

The students have been working on learning how to read music on the grand staff. They are still only playing one hand at a time, but learning how to play slurs, ties, and in the 3/4 time signature. They are also learning to play the harmonica.

They used the GarageBand app to create a composition using pre-recorded loops. They worked on getting the loops to sound good together in a musical way through balance, layering, and good compositional techniques. Even though we were not writing the music, we were still learning how to arrange the music to make a great sounding composition. It also helped them learn how to use more of the GarageBand's features.

Our Music Alive magazine articles for January will focus on percussion instruments - the drum set and keyboard percussion instruments.



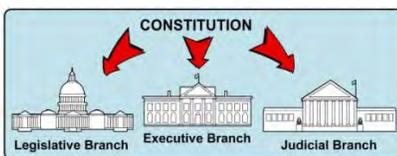
7

Reading - Mrs. Rochester

7th graders will be finishing their dystopian books in the middle 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. 7th graders should also be reading at least 25 pages between reading classes.

Social Studies - Mr. Mahlum

In January the 7th grade students will continue to focus on the different Amendments to the Constitution. After this unit the students will shift their attention to the three branches of government. We will look at how each branch operates and examine how each one works with the others.

**Math - Mrs. Weber & Mrs. Coe
Regular Math**

Happy 2020!! We hope everyone enjoyed their break. We will be starting a brand new unit. In Unit 4, we will be solving and graphing inequalities. There are many similarities to the unit we just

finished on equations so our hope is this will make for a smooth transition.

Advanced Math - Mrs. Weber

Happy 2020! We finished up our math counts competitions in December. Congratulations to those kids who made the team. We will be practicing on Mondays and Thursdays for the next month and a half. Everyone will continue with the math counts homework through the middle of February. I am impressed with how well the kids are doing on these. In class, we will begin our study of angles and triangles when we return from break. Keep working hard!!

English - Mrs. Martinson

7th graders will be starting to work on the basics of the argument by looking at different articles on dog training. Then we will be listening to and discussing Jack London's novel, The Call of the Wild, in preparation for the movie based on this beloved classic. Students will continue presenting their verb slide shows and working on compound sentences.



Science - Mr. Baker

Before winter break, students finished up with respiration, photosynthesis, and fermentation experiments and we dissected deer hearts! Students have started working on their body system experiments which will last the entire trimester. Each student starts with a question about one body system, designs an experiment, and then collects data that system throughout the trimester before creating a final display of their discoveries. Ask them about what they are doing and have them explain it to you!!

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

The 7th grade students have been excited to take their puzzle cubes home. Hopefully you got a chance to try out your child's puzzle! Coming up the 7th graders will be researching bridge design and creating their own paper bridges. After they learn about the various

strengths and weaknesses of bridge design they will be putting their knowledge to the test. We will work in groups to construct bridges using only toothpicks and glue. This activity will use all of the areas of Science, Technology, Engineering, and Math to see which group can hold the most weight on their bridge. Stay tuned...

Art - Mrs. Hemker

7th graders will continue experimenting with drawing from different points of view. One point perspective drawings will take many class periods. There will be practice and technique lessons that lead in to this. Students will also continue drawing by observing an inanimate objects.

Spanish - Mrs. Phillips

When seventh graders return in January, they will continue discussing the weather in different parts of the Spanish speaking world. Students will also work to expand their vocabulary by describing themselves and others.

General Music 7 “Guitars and Musicals” - Mrs. Glasel

The students are continuing to practice guitar songs, and they are now adding the 3rd string pitches in their songs.

The students wrote a composition for their guitar, using the 6 pitches and 4 notes that we know. They performed their song for me. They should have a printed copy to show you or you can have them show you on their iPads.

At the end of December, the students watched The Muppet Christmas Carol for their musical to coincide with the reading of Dicken's Christmas Carol in English. The next musical, Fiddler on the Roof, is a more serious musical with a look at the Jewish culture, their traditions, and how those traditions change throughout the musical.



“Meet Us in the Middle”





**Math - Mrs.
Bentzen &
Mrs. Coe
Regular Math
(Chapter 5)**

We will learn how to solve systems of linear equations.

The objectives for Chapter 5:

- *write and solve systems of linear equations by graphing
- *write and solve systems of linear equations by substitution
- *write and solve systems of linear equations by elimination
- *solve systems of linear equations with no solution or infinitely many solution
- *solve real-life problems by using systems

**Algebra (Chapter 7, Chapter 8)
- Mrs. Bentzen**

We will review how to solve systems of linear equations and inequalities. We will also learn about exponents.

The objectives for Chapter 7:

- *write and solve systems of linear equations by graphing
- *write and solve systems of linear equations by substitution
- *write and solve systems of linear equations by elimination
- *solve systems of linear equations with no solution or infinitely many solution
- *write and solve systems of linear inequalities
- *solve real-life problems by using systems

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

Social Studies - Ms. Morgan

Students are wrapping up their NHD research and will begin developing their product types for presenting their research. Students can create a website, a documentary, a performance, or a historical paper. Students will present their research later in January.

In addition to NHD, students will be looking at the establishment of the government under President Washington.

Students should be able to:

- explain the function of the cabinet
- describe some of the challenges that Washington's and Adams' administrations faced in first years of our country
- discuss challenges growth of the United States presented the new country

Congratulations to the 8th Grade Geo Bee participants: Haley C., Brennan G., and Nick J. Watch the February newsletter to see how they did!

English - Mrs. Sackett & Mr. Tashner

Winter Break was needed, and now we are back and ready to continue to improve our writing. Before break, we were beginning to work on our research papers. We will continue where we left off in the writing process and eventually get to the point of publishing our work. First, we will use our notes to complete the outline. Next, we will draft and revise. Finally, we will edit and publish. We are learning to start with a strong thesis to guide the rest of the paper. Part of the process of writing this paper is learning about and using proper parenthetical citations to credit the sources from our research.

Additionally, we will continue to learn more about parts of speech as well as practice the one we've already reviewed. As always, we will continue to practice writing compound and complex sentences.



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 will 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 their books of choice since the beginning of the year. We've decided to have a little friendly competition between the classes this year! Everyone must read this choice book for 20 minutes each Reading class period. Ideally, students should also be reading these books at home on a daily basis. Please ask your son/daughter to tell you about what he/she is reading.

Vocabulary: In addition to "A Word A Day" (from the book *100 Words Every Middle Schooler Should Know*), 8th graders have been working with vocabulary from materials we're reading in class. They are also learning Greek and Latin roots.

During January we will continue applying reading strategies and elements of literature to a few more short stories. Then, students will move to reading primarily non-fiction.

If you are interested in reading any of the texts, they are posted in Google Classroom. Most selections will be read as a whole class. Either way, an audio of the text will be provided in Google Classroom along with the text.



WINTER WELLNESS

Thursday, February 13

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



"Meet Us in the Middle"



Science - Ms. Smith-Waller

Happy New Year! As we move into the new year, we will continue working on our Earth History unit. We will learn about fossils and some significant events throughout Earth's 4.6 billion-year-old history. As a final project, students will work together to create an Earth History Timeline that is accurate and to scale. When we finish looking at Earth's history, we will learn about what is inside the Earth as we study about plate tectonics, earthquakes, and volcanoes and eventually mineral and rock classifications. Glad to have you all back in the classroom!

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 the natural world operate today as they did in the past and will continue to do so in the future.
- 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.



Spanish - Mrs. Phillips

¡Me gusta! Eighth grade Spanish students will share and describe likes and dislikes, particularly with food. We will continue to discuss likes and dislikes with more variety. Students will also work with the verb SER on writing descriptions.

Art - Mrs. Hemker

In January, students will create two main projects. One will be an artwork dedicated to another person. There will be many choices for each artist to make before creating these. When those are complete, they will officially begin the planning and painting of their individual wall blocks.

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

S.T.E.M. - Mr. Jones Next up...programming. We will start off in January learning the basics of programming. Then students will get a chance to put their knowledge to the test. They will construct and program a spinning sign, a robot dragster, a traffic light, a toll booth, grandma's chair lift, a turnstile bridge, a pick and place robot, and an elevator. I can't wait to see the various ways that students create their projects.

Mathcounts

The following students made the 2020
WSMS Mathcounts Team:

Celia M., Haley C., Braeden D., Reece S.,
Joey M., Rylan R., Ben B., Luke J., Sam
S., Reice K., and Kate F..

Congratulations everyone! Our first
practice will be Monday, January 6th from
3:15-5:00 in Mrs. Bentzen's room. We
will compete at the regional competition in
Onalaska on February 7th.



Meet Us in The Middle



The WSMS Music Dept.

WSMS Gr. 6 Choir & Band Winter Concert

January 21 - 7pm - Marie W. Heider Center for the Arts
Students should report in band uniform by 6:30pm

*Students are required to wear their Panther Music shirt, black pants, black socks and black shoes.

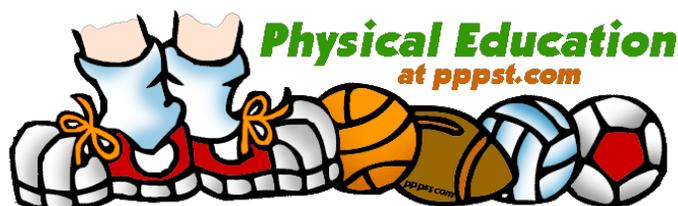


7th & 8th Girls
Basketball will start on
Monday, January 6th
from 3:30-5pm



The Healthy Living team would like to wish you all a Happy Holiday Season. We hope that you get a chance to get outside and be active over break. When students return, they will be continuing where they left off before break. We hope you all enjoyed your time off together.

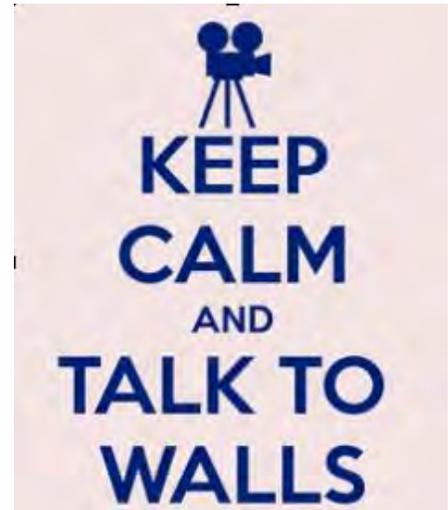
Mr. Brewer, Mrs. Olson, Mrs. Dellenbach and Ms. Becker



This great co-curricular activity continues in grades 9-12 and helps students develop speaking skills they will use throughout life. Students practice during their lunch/recess. They are also able to practice before and after school, so involvement doesn't conflict with their other activities. Contact Ms. Friell at friell.nicole@wsalem.k12.wi.us for more information.

Level 1 meet is Monday, February 3 in Holmen Middle

Level II meet is Monday, February 17 in Whitehall Middle/High



Submitting Baby Pictures of 8th graders for the Yearbook

It's time to submit baby/early childhood pictures of our 8th graders for the yearbook. This has become tradition at WSMS. Some people actually submit a "baby" picture. I suggest sticking with in your first couple of years (you don't want the pictures to be "too" obvious). If you have a scanner at home, you can email the picture to friell.nicole@wsalem.k12.wi.us. If you want me to scan it for you, bring it to school. I'll scan it and return it to you.

Eighth graders (or their parent/guardians) have until February 1st to submit the picture. Our goal is to get a photo of every 8th grader, so please don't forget!

Students should put the picture in the envelope taped to Ms. Friell's front board (they will be scanned and returned).





Spelling Bee Finalists

6th Gr. - Joseph T., Jaimyn G., Lane J., Emma E., Aiden K.

7th Gr. - Jovey M., Katy N., Allyssa L., McKinlee M., Kaylee C.

8th Gr. - Molly A., Leah B., Maria C., Ivy E., Scarlet F.

School level Spelling bee will be on January 7th



Geographic Bee Finalists

5th gr. - Luke G., Josiah W. and Alternate Tula M.

6th gr. - Grace B., Sydni S. and Alternat Lexus N.

7th gr. - Jason L., Gavin L. And Gideon W.

8th gr. - Nick J., Haley C., Brennan G., Alternates Sam S., and Taylor B.

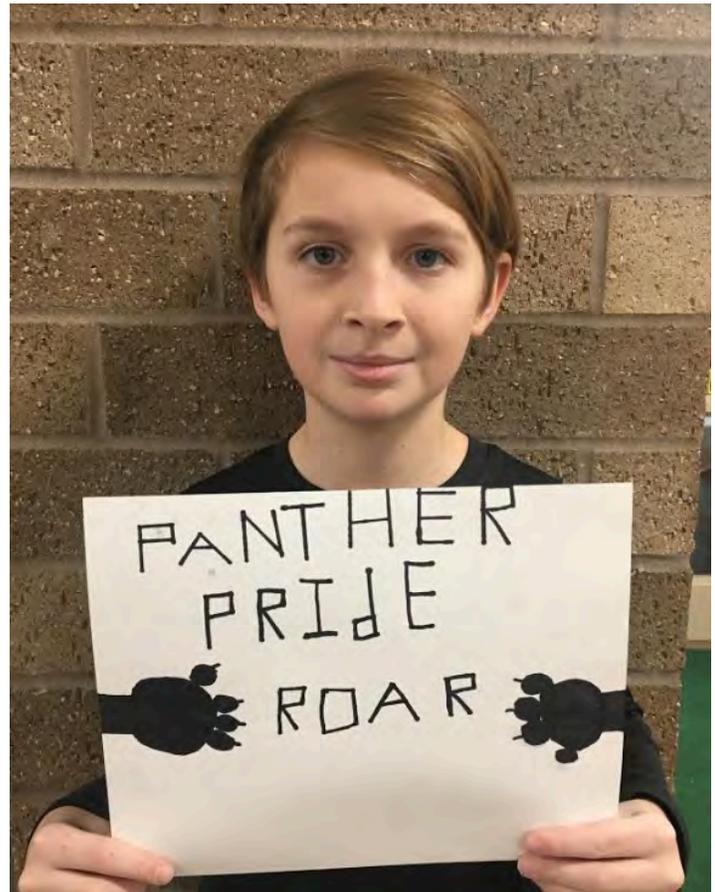
School level Geography bee will be on January 6th

WSMS Panther Pride Post Card Artists!!



Students in Art class were able to create a new design for our Panther Pride Cards.

Above: Tula M.



Right: Bernie R.



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.



Early Release Dates

Wednesdays - Release at 12:20
Buses Leave at 12:30

February 5
March 4
May 13

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.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

New Year's Day - No School

2

- Rice Krispie Treat Offered with meals in all lines
- From the Grill**
 - Mini Corn Dogs
 - Chex Mix - Cheddar
 - Honey-Glazed Carrots
- Home Style**
 - Pasta with Chicken Alfredo or Pasta with Chicken Cajun Alfredo Garlic Breadstick
 - Honey-Glazed Carrots
- Deli**
 - Chicken Caesar Wrap
 - Parmesan Peppercorn Pasta
- Grab and Go**
 - Panther PBJ Pack
 - Panther YOGURT Pack

3

- From the Grill**
 - Pepperoni Pizza - Slice
 - Whole Kernel Sweet Corn
- Home Style**
 - Cheese Pizza or
 - Homemade Taco Pizza
 - Whole Kernel Sweet Corn
- Deli**
 - Garden Salad with Diced Chicken
 - White Chicken Chili
- Grab and Go**
 - Panther PBJ Pack
 - Panther YOGURT Pack

6

- From the Grill**
 - Bakalar's Hot Dog on WG Bun Side of Mac n' Cheese Green Peas
- Homestyle**
 - Creamy Mac N' Cheese or
 - Bacon Mac! (new) Italian Breadsticks Green Peas
- Deli**
 - Ham & Swiss on WG Croissant Baked Scoop
 - Chips and Salsa
- Grab and Go**
 - Panther PBJ Pack
 - Panther YOGURT Pack

7

- Breakfast for Lunch!**
- From the Grill**
 - French Toast Sticks Jones Dairy Sausage
 - Links Warm Cinnamon Apples
- Home Style**
 - Colby Cheese Omelet Jones Dairy Sausage
 - Links Warm Cinnamon Apples Honey Bun Goldfish
- Deli**
 - Turkey BLT on WG Sub Roll
 - Broccoli Cheese Soup
- Grab and Go**
 - Panther PBJ Pack
 - Panther YOGURT Pack

8

- From the Grill**
 - Carolina Style Pulled Pork Sandwich
 - Coleslaw
- Home Style**
 - Meatballs with Gravy with Dinner Roll
 - Mashed Potatoes
- Deli**
 - Chicken Bacon Ranch Wrap
 - Sliced Apples with Caramel Cup
- Grab and Go**
 - Panther PBJ Pack
 - Panther YOGURT Pack

9

- From the Grill**
 - Popcorn Chicken
 - Vegetable "Not Fried" Rice
- Home Style**
 - Saucy Orange Popcorn Chicken
 - Vegetable "Not Fried" Rice
- Deli**
 - Turkey Sub
 - Chicken Dumpling Soup
- Grab and Go**
 - Panther PBJ Pack
 - Panther YOGURT Pack

10

- From the Grill**
 - Cheese Pizza - Personal Pan
 - Hawaiian Pizza - Person Pan
 - Honey-Glazed Carrots
- Home Style**
 - Pepperoni Pizza - Personal Pan
 - Honey-Glazed Carrots
- Deli**
 - Chef Salad w/Chicken & Cheese
 - Cottage Cheese Cup
- Grab and Go**
 - Panther PBJ Pack
 - Panther YOGURT Pack

13

- From the Grill**
 - Mozzarella Stuffed Breadstick with Marinara
 - Dipping Cup
 - Mixed Vegetables
- Home Style**
 - Tater Tot Hot Dish Mixed Vegetables WG Dinner Roll
- Deli**
 - Ham, Turkey and Cheddar Sub
 - Steakhouse Potato Salad
- Grab and Go**
 - Panther PBJ Pack
 - Panther YOGURT Pack

14

- Taco Tuesday!**
- From the Grill**
 - Chicken and Cheese Quesadilla Refried Beans
- Home Style**
 - Walking Taco on Nacho Dorito Chips Refried Beans
- Deli**
 - Homemade Grilled Cheese
 - Creamy Tomato Soup
- Grab and Go**
 - Panther PBJ Pack
 - Panther YOGURT Pack

15

- From the Grill**
 - "Chicken and Waffles!" Natural Chicken
 - Tenders WG Waffle Waffle Fries
- Home Style**
 - "Chicken and Waffles!" Natural Chicken
 - Tenders WG Waffle Waffle Fries
- Deli**
 - Chicken Caesar Wrap
 - Bow Tie Pasta Salad
- Grab and Go**
 - Panther PBJ Pack
 - Panther YOGURT Pack

16

- 100% Fruit Juice Slushy Offered with meals in all lines
- From the Grill**
 - Meatball Marinara Sub on Hoagie Roll
 - Roasted Green Beans
- Home Style**
 - Pasta with Italian Meat Sauce Garlic Knots
 - Pasta with Marinara Sauce Garlic Knots
 - Garlic Roasted Green Beans
- Deli**
 - Southwest Chicken Salad
 - Brown Chicken & Wild Rice Soup
- Grab and Go**
 - Panther PBJ Pack
 - Panther YOGURT Pack

17

- From the Grill**
 - Cheesy Garlic French Bread Pizza Whole Kernel Sweet Corn
- Home Style**
 - Pepperoni Pizza Dippers Marinara Dipping Cup Whole Kernel Sweet Corn
- Deli**
 - Crab Salad on Croissant Or Egg Salad on Croissant
 - Fresh Fruit Deluxe Salad
- Grab and Go**
 - Panther PBJ Pack
 - Panther YOGURT Pack

20

No School

21

- Taco Tuesday!**
- From the Grill**
 - Taco Truck Burritos (New!) in TWO VARIETIES! with Cilantro Lime Rice
- Home Style**
 - (Low-Fat) Loaded Beef Nachos with Cilantro Lime Rice
 - Taco Topping Bar
- Deli**
 - Turkey BLT on Sub Roll
 - Broccoli Cheese Soup
- Grab and Go**
 - Panther PBJ Pack
 - Panther YOGURT Pack

22

- From the Grill**
 - Chicken Nuggets with WG Dinner Roll
 - Mashed Potatoes
- Home Style**
 - Turkey Pot Roast in Gravy with WG Dinner Roll
 - Mashed Potatoes
- Deli**
 - Chef Salad w/Chicken & Cheese
 - Creamy Chicken Pot Pie Soup
- Grab and Go**
 - Panther PBJ Pack
 - Panther YOGURT Pack

23

- From the Grill**
 - (Cheese) Hamburger on WG Bun
 - Potato Stars
- Home Style**
 - (Cheese) Hamburger on WG Bun
 - Potato Stars
- Deli**
 - Cuban Flatbread Sandwich
 - Chicken Dumpling Soup
- Grab and Go**
 - Panther PBJ Pack
 - Panther YOGURT Pack

24

- From the Grill**
 - Stuffed Crust Pepperoni Pizza Honey-Glazed Carrots
- Home Style**
 - Stuffed Crust Cheese Pizza Honey-Glazed Carrots
- Deli**
 - Turkey Sub
 - Vegetarian Minestrone
- Grab and Go**
 - Panther PBJ Pack
 - Panther YOGURT Pack

27

- From the Grill**
 - Chicken Patty - Hot and Spicy Whole Grain Bun Tater Tots
- Home Style**
 - Veggie Burger Spicy Black Bean (Morningstar, nut free) Tater Tots OR (Cheese) Hamburger on WG Bun Tater Tots
- Deli**
 - Ham, Salami & Provolone Cheese Sub
 - Beef and Vegetable Soup
- Grab and Go**
 - Panther PBJ Pack
 - Panther YOGURT Pack

28

- Taco Tuesday!**
- From the Grill**
 - Pork Taco on Soft Shell Tortilla
 - Refried Beans
- Home Style**
 - Chicken Taco on Soft Shell Tortilla
 - Refried Beans
- Deli**
 - Homemade Grilled Cheese
 - Creamy Tomato Soup
- Grab and Go**
 - Panther PBJ Pack
 - Panther YOGURT Pack

29

- From the Grill**
 - Kick'n Chicken-Crispy Patty with Pepper Jack Cheese Whole Grain Bun
 - Oven Baked French Fries
- Home Style**
 - BBQ Teriyaki Chicken Seasoned Brown Rice
 - Mixed Vegetables
- Deli**
 - Southwest Chicken Salad
 - Brown Chicken & Wild Rice Soup
- Grab and Go**
 - Panther PBJ Pack
 - Panther YOGURT Pack

30

- Rice Krispie Treat Offered with meals in all lines
- From the Grill**
 - Mini Corn Dogs
 - Chex Mix - Cheddar
 - Honey-Glazed Carrots
- Home Style**
 - Pasta with Chicken Alfredo or Pasta with Chicken Cajun Alfredo Garlic Breadstick
 - Honey-Glazed Carrots
- Deli**
 - Chicken Caesar Wrap
 - Parmesan Peppercorn Pasta
- Grab and Go**
 - Panther PBJ Pack
 - Panther YOGURT Pack

31

- From the Grill**
 - Pepperoni Pizza - Slice
 - Whole Kernel Sweet Corn
- Home Style**
 - Cheese Pizza or
 - Homemade Taco Pizza
 - Whole Kernel Sweet Corn
- Deli**
 - Garden Salad with Diced Chicken
 - White Chicken Chili
- Grab and Go**
 - Panther PBJ Pack
 - Panther YOGURT Pack

January 2020

Middle Years

Working Together for School Success



Short Stops

Write while you read

Textbooks pack in a lot of information. To see if your child understands what she's reading, suggest that she stop every few paragraphs and jot down a few facts and ideas. If she can easily explain the material in writing, it's likely she's on track. If not, it's a good idea for her to reread the part she's unclear about.

A good start

Pleasant goodbyes set a nice tone for the day. Get in the habit of saying, "Have a terrific day!" to your tween before going off to school and work. Or give him a high-five or a hug on the way out the door. Leaving on an upbeat note will help both of you feel good about the day ahead.

Choosing electives

Time to sign up for next year's electives? Look over options with your middle grader, and encourage her to pick courses that sound interesting or help her meet requirements. Perhaps she'll try art one semester and robotics the other. If she needs several years of a foreign language for college, she might get started now.

Worth quoting

"Act as if what you do makes a difference. It does." *William James*

Just for fun



Q: What never asks questions but has to be answered?

A: A phone.

Manage homework like a pro

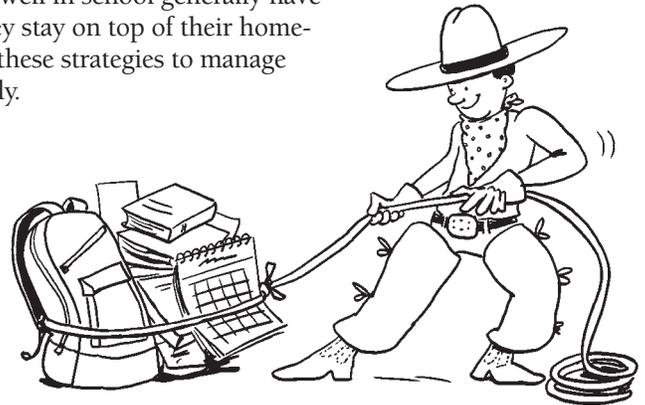
Middle graders who do well in school generally have one thing in common: They stay on top of their homework. Your tween can use these strategies to manage his assignments successfully.

Make it a priority

Have your child put homework on his calendar and plan other activities around it. To decide how long he needs, he could add time estimates to his planner as he writes down assignments. *Examples:* "Read chapters 7 and 8 in novel, 30 minutes." "Find five sources for social studies presentation, 20 minutes." Over time, his estimates will get more accurate.

Identify what works

Recommend that your tween find strategies and habits that fit him best. Say he finds it easier to work earlier in the evening. He might decide to do harder assignments before dinner and easier ones afterward. Or if he finds his



mind wandering, he could take a snack break or walk around the room as he reviews his notes.

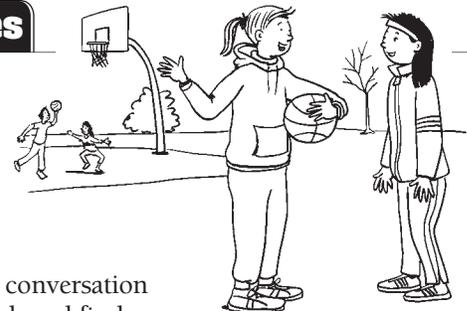
Have help ready

Be sure your middle grader knows how to get help easily. Suggest that he put classmates' phone numbers and email addresses in his contacts. He should also write down teachers' office hours and keep a list of approved homework-help websites and student portals. 👍

Appreciating differences

While your child may naturally feel drawn to people who are like her, she can broaden her circle of friends—and learn a lot—by getting to know kids who are different from her. Suggest these ideas:

- Encourage your tween to strike up a conversation with a classmate who is learning English and find ways to communicate. Perhaps she'll shiver and hug herself while saying, "It's cold out today!" or point to the basketball hoop and ask, "Do you want to play?"
- Introduce your middle grader to other cultures. Suggest that she read fiction and memoirs by authors from other countries. Find music from other cultures to listen to, and attend heritage festivals together. Talk about how the cultures are similar to and different from your own. 👍



Rules that grow with tweens

The rules you set for your middle grader grow and change—just like she does. Use this advice to keep her safe as she becomes more independent.

Let her make a case. Say your tween wants to go to the movies with friends and no adult. Explain your concerns, and together, think of ways to address them. For instance, maybe you could drop her off with her friends, and afterward they have to stay inside the theater until you pick them up.



Consider a trial basis. Lay out clear expectations for your child, such as seeing a movie you approve of and silencing her phone and obeying other theater rules. Then, allow her to go just with friends once. If she follows the guidelines, she can go again. If she doesn't, it's off the table until she shows more maturity.

Note: Let your middle grader know what you won't compromise on. Good examples include safety rules (like no vaping), going to school every day unless she's sick, and treating people with respect. 👍



Q & A Working together

Q My middle grader has more group work in middle school than he did in elementary school. Why is that, and how can I support him?

A Teachers assign group work to help students learn collaboration skills. This prepares them for the future, when they'll need to team up with classmates in college or coworkers on the job.



You can help by offering to host your son's group or drive him to meetings. Ask him how it's going. Is everyone doing their part? If not, help him brainstorm solutions like having group members check in with each other more frequently or setting deadlines to keep everyone accountable.

You might also point out talents your tween has that he could share with his group. For instance, if he has an eagle eye, he might proofread their final paper or poster. 👍

Parent to Parent

New Year's resolutions

During winter break, my daughter Jessica had an interesting homework assignment: Come up with two New Year's resolutions, one academic and the other related to good character.

The assignment inspired our whole family to make resolutions along the same lines. We decided to tackle the character one together by resolving to do community service as a family once a month. Jessica offered to take the lead on researching local volunteer opportunities online.

Then for her academic resolution, Jessica wanted to bring up her math grade. She talked to a friend who does well in math but struggles in history, and they agreed to tutor each other. Since my wife and I aren't students, we made our "academic" resolutions about work.

Finally, Jessica listed our resolutions on the refrigerator so they're right there in plain sight—and we all promised to help each other stick to them. 👍



Present yourself well online

As your child approaches the age where he can open social media accounts, talk to him about how to leave a good impression online. Share this advice.

Think about your audience. Have your tween imagine that every post will be seen by someone he admires. Before he posts a video or comments on a blog, he should ask himself if he'd want his coach or his grandpa to see it.

Be positive. Encourage your middle grader to follow the rule "If you don't have anything nice to say, don't say anything at all." It's a good idea for him to keep complaints to himself and instead offer encouragement and helpful information.

"Like" the good stuff. Putting a "like" on a questionable photo, video, or comment tells others that he's okay with it. Point out that your child shouldn't endorse anything he wouldn't post himself. 👍



OUR PURPOSE

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

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