

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 WSMS Families,

Congratulations to students, parents and staff on a very successful school year! Looking back on the year, we have all had opportunities to grow as individuals and as a community of learners. We wish our 8th graders the best as they continue their educational journey at the high school. We know you'll do very well in the next stage of your education. You're ready!

I want to draw your attention to the many items contained within this newsletter. Some are year-end items and others are items that pertain to next school year. Please feel free to keep this newsletter someplace handy, as you may want to reference it over the next couple of months.

As always, we encourage you to take an active role in building relationships with your child, our staff and community. We thank you for your continued support of our efforts as we work together to provide the best middle school experience for your child.

Have a great summer with family and friends.

Ben Wopat
 Principal
 Twitter.com/coachwopat

Last Day of School
 June 3
 Early Release

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School Starts at 7:50!!

Student Artwork Displayed at Pump House Regional Art Center



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.

Messages called into the office after 1:30 may not get to your child before dismissal.

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.

From the Nurse

All student medication must be picked up by 4pm on the last day of school or it will be thrown away. This includes all over the counter, prescription, epi-pens and inhalers.

As you prepare for the 22-23 school year, **anyone who has an allergy and has needed an epi-pen in the past** will need to have their own epi-pen in the office. Also, **asthmatics with inhaler needs** will need to have one in the health office, as this is the surest way to obtain one quickly for the student in an emergency. They may also have an order to carry one on them.

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

June 3

Middle School Newsletters

can be found on the district website -
www.wsaalem.k12.wi.us.

An e-mail reminder will be sent each month to let you know when it is available with the newsletter attached. 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.

West Salem K-8 Summer School There Are Still Spaces Available!



Here's a Link!

Register on the West Salem School District Website:

Schools > Summer School > Registration

or contact Julie Kamla at kamla.julie@wsalem.k12.wi.us if you need assistance or have questions



"Meet Us in the Middle"



BAND NEWS - Mr. Waldhart

Saturday, June 4

June Dairy Days Parade

The WSMS Marching Band **will not be participating** because of the conflict with the 8th Grade DC Trip.

SAVE THE DATE!!!!

The Staff and Students of
West Salem High School

Invite the Class of 2026
to our annual

LINK CREW FRESHMAN ORIENTATION

8:00 A.M. - 12:00 P.M.

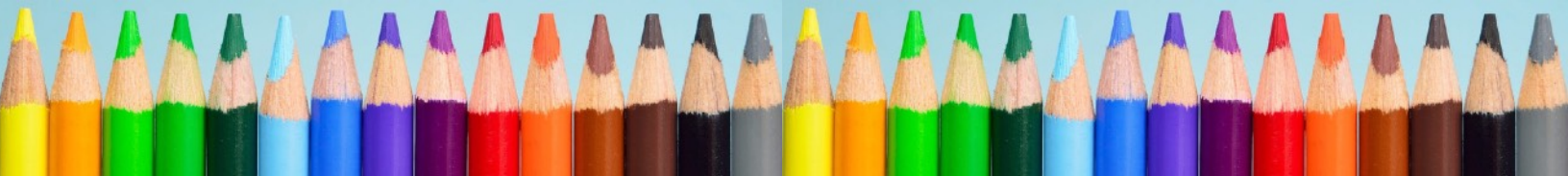
Friday, August 19, 2022

HS Gymnasium

8th Grade

The purpose of this orientation is to make the transition from middle school to high school a positive one. Seniors and juniors will be serving as leaders and mentors to the freshmen. Large and small group activities are designed to address students' needs and concerns in an enjoyable manner. Students should wear comfortable shoes and clothing, as this will be an active day! Lunch will be served at this event. Students are expected to attend and stay for the duration of the event.

If you have any questions, please contact any of the Link Crew Coordinators:
Missy Haas (haas.melissa@wsalem.k12.wi.us) or Jamie Olson (Olson.Jamie@wsalem.k12.wi.us)



Art - Mrs. Hemker

Looking for Summer Opportunities?

*Recycled Art, Artist Trading Cards, Jewelry, Exploration of Clay and Plein Air Painting
will be happening here during Summer School

*Check out UWL's offering <https://www.uwlax.edu/ex/youth-programs/art-adventures-camp/welcome/>

*Check out what Viterbo has going on www.viterbo.edu/creative-arts-camp

Thank you for the donations from the last call! If you are spring or summer cleaning,

We could still use (partially used is perfect):

Nail Polish	Beads or buttons
broken jewelry	Partial skeins of yarn
Hair dryer(s)	Toaster oven
Stickers, tape or scrap booking papers	

MS LUNCH MENU [HERE](#)

Dear Families,

The summer meals program is a federal program. Due to changes at the federal level, our program will unfortunately no longer be able to provide summer meals. However, we are dedicated to connecting children and the community with nutritious meals at nearby sites.

Feed Our Children will be serving summer lunches on Tuesdays and Thursdays starting June 7th and ending August 18th. Meals can be picked up at Our Savior's Lutheran Church in West Salem at the East Avenue entrance between 11:00am-12:30pm. Local delivery will be available. For updates visit <https://www.facebook.com/Feed-Our-Children-West-Salem-2027447527549243>.

To find additional summer meal sites near you:

- [Summer Meals Site Finder](#) - the map is updated weekly
- Call 2-1-1
 - 2-1-1 is a free, easy-to-remember phone number connecting callers with health and human services in their community.
- Text 'food' to 304-304

Additional Resources

In need of additional information on how to obtain food? Hunger Free America operates the [National Hunger Hotline](#) on behalf of USDA. The hotline is a resource for individuals and families seeking information on how to obtain food. The National Hunger Hotline staff connects callers with emergency food providers in their community, government assistance programs, and various social services. The hotline can be reached at 1-866-3-HUNGRY (1-866-348-6479) or 1-877-8-HAMBRE (for Spanish) from Monday through Friday, 6 a.m. to 9 p.m. CT.

If you have questions, don't hesitate to call West Salem School District at 608-786-0700 or visit <https://www.wsalem.k12.wi.us/content/s/school-district-of-west-salem-school-nutrition-services> for more information.

Sincerely,
Emily Klunk

Director of School Nutrition

STUDENTS WITH DIETARY RESTRICTIONS

Accommodations can be made by the food service department for some dietary restrictions. The food allergy or intolerance must be diagnosed by a medical professional and must fit the criteria of a disability as defined by the ADA. A [medical form](#) is required before meal accommodations can be made. Please refer to the [School Nutrition Services webpage](#) for more information.

Thanks,
Emily Klunk, RDN

HARVEST OF THE MONTH
 NEWSLETTER 06/2022



FUN FACTS

- Snap peas are also known as sugar snap peas, and are a cross between snow and garden peas.
- Half of the sugar content of peas will turn to starch within 6 hours if kept at room temperature after harvest. Peas are sweetest right off the vine!

NUTRITION INFO

½ cup of snap peas has 15 calories and provides vitamins A & C.

PICK

Choose peas that have smooth, bright green, crisp pods with no signs of wilting. Fresh snap peas should *snap* when broken in half.

STORE

Store unwashed peas in a perforated bag and use within a few days. Blanched peas can be frozen and used within 12 months.

PREPARE

Before use, wash under running water and trim the stem end. Snap peas can be consumed raw or cooked. Remember, the whole pod is edible!

USE

Serve fresh raw snap peas with dip as a snack or as an addition to summer salads. Top steamed or roasted peas with a drizzle of olive oil and toasted almonds. Snap peas can also be sautéed or stir fried.



Veggie Sesame Dip

Serves 10

Ingredients:

- 5 cups sugar snap peas (or any vegetable)
- ¼ cup honey
- ¼ cup low sodium tamari or soy sauce
- ½ tsp. ground ginger
- 1 Tbsp. canola oil
- 1 Tbsp. sesame oil
- 1 Tbsp. lemon juice
- ¼ tsp. lemon zest

Directions:

Remove strings from snap peas. Process honey, tamari/soy sauce, ginger, canola oil, sesame oil, lemon juice and zest in a food processor fitted with a steel blade until smooth. Serve with the snap peas.

Per Serving (1/2 cup): 54 calories, 3g fat, .3g saturated fat, 1g protein, 8g carbohydrate, .8g fiber, 230mg sodium

for more information visit www.laxf2s.org

22-23 CALENDAR



WEST SALEM SCHOOL DISTRICT 2022-2023 CALENDAR - REVISED



AUGUST 2022					3
M	T	W	T	F	
1	2	3	4	5	
8	9	10	11	12	
15	16	17	18	19	
22	23	24	25	26	
29	30	31			

SEPTEMBER 2022					21
M	T	W	T	F	
			1	2	
NS	6	7	8	9	
12	13	14	15	16	
19	20	21	22	23	
26	27	28	29	30	

OCTOBER 2022					19
M	T	W	T	F	
3	4	5	6	7	
10	11	ER	13	14	
17	18	19	20	NS	
24	25	26	27	NS*	
31					

NOVEMBER 2022					19
M	T	W	T	F	
	1	2	3	4	
7	8	9	10	11	
14	15	16	17	18	
21	22	NS	NS	NS	
28	29	30			

DECEMBER 2022					16
M	T	W	T	F	
			1	2	
5	6	7	8	9	
12	13	14	15	16	
19	20	21	22	NS	
NS	NS	NS	NS	NS	

JANUARY 2023					20
M	T	W	T	F	
NS	3	4	5	6	
9	10	11	12	13	
16	17	18	19	20	
NS*	24	25	26	27	
30	31				

FEBRUARY 2023					19
M	T	W	T	F	
		1	2	3	
6	7	ER	9	10	
13	14	15	16	NS	
20	21	22	23	24	
27	28				

MARCH 2023					21
M	T	W	T	F	
		1	2	3	
6	7	8	9	10	
13	14	15	16	NS*	
SD	21	22	23	24	
27	28	29	30	31	

APRIL 2023					17
M	T	W	T	F	
3	4	5	6	NS	
NS	SD	12	13	14	
17	18	19	20	21	
24	25	26	27	28	

MAY 2023					22
M	T	W	T	F	
1	2	3	4	5	
8	9	ER	11	12	
15	16	17	18	19	
22	23	24	25	26	
NS	30	31			

May 10-ER
*ER K-8 Only
*9-11 No School
*12-SEP presentation day

JUNE 2023					1
M	T	W	T	F	
			1	2	
5	6	7	8	9	
12	13	14	15	16	
19	20	21	22	23	
26	27	28	29	30	

First Day of School: August 29, 2022
Last Day of School: June 1, 2023
Graduation Day: May 28, 2023

SERVE WITH PASSION TO IGNITE
CREATIVITY, INNOVATION, AND
EXCELLENCE

NS = No School for All students
ER = Early Release (Students dismissed at 12:20, Buses leave at 12:30 on October 12, February 8, May 10)
SD = Snow Day or Make-up date (March 20 & April 11)
*** = Teacher Inservice (August 22 & 23, October 28, January 23, March 17 + 2 Floating)**