

PANTHER POST



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



440 EAST AVE, WEST SALEM, WI 54669
OFFICE: 608-786-2090 FAX: 608-786-1081

Dear WSMS Families,

Winter sports have ended and everyone seems ready for spring. A big thank you to our staff, students, and parents in ensuring we maintain a focus on learning during the winter months. Our Trimester ends on March 6th.

We held our annual Winter Wellness day on Thursday, February 27th. It was great to witness the impact this day had for both our students and staff. This experience provides an opportunity for them to interact in a different setting than the day-to-day school experience. **PANTHER PRIDE** was on display in the community as our students were **Practicing Kindness, Acting Respectfully, and Working Hard** in the settings we visited.

In March we continue to provide engaging and enriching activities for our students: State Math Counts, WSMS Band Extravaganza, and our 5th Grade D.A.R.E. Graduation. Our highly qualified staff continue to live our WSMS Mission Statement every day. **Guide all students to become Independent, Kind, & Confident lifelong Learners.** This is the focus of our work each day, and on behalf of our staff, I want to thank you for your continued support.

Lastly, I would like to pass along an attendance reminder. From our Handbook: *School Attendance is the responsibility of students and parents/guardians. It is the responsibility of the parent/guardian to telephone the middle school office at 786-2090 on the day of the absence relative to the reason for the absence.* Quality attendance is crucial for student success and helps us live the above Mission Statement.

We look forward to working together as a team to provide your child with an educational experience that strives to meet the DISTRICT'S mission - **Serve with Passion to Ignite Creativity, Innovation, and Excellence.**

Go Panthers!

Ben Wopat
Principal
www.twitter.com/coachwopat

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Please use the links below to view our newsletter in

SPANISH or
GUJARATI

IMPORTANT INFORMATION

WSMS STUDENT DROP OFF AND PICK UP

Buses will drop off students at the high school sidewalk, then they will use the new sidewalk by the track/football field to walk to the middle school.

In the interest of your child's safety, all students dropped off or picked up by parents needs to take place on East Avenue. Temporarily stopping your vehicle on Mark Street to have students get out is NOT safe, as Mark Street is very busy during peak morning and afternoon hours.

Please pull forward all the way to the end of the sidewalk to drop off your child so that more cars can get out of the street and into the lot.

MORNING PROCEDURES

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

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

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

NEWSLETTERS

Middle School newsletters can be found on the district website under the Families tab along the top. An e-mail reminder will be sent each month to let you know when it is available, along with a link to the actual newsletter. If you would like a hard copy of the newsletter, please let the Middle School office know.

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

**WEST SALEM MIDDLE SCHOOL
MISSION STATEMENT**



IMPORTANT INFORMATION

STUDENT CELL PHONE USE

Students at our middle school are NOT allowed to carry cell phones with them throughout the school day. If a student brings a cell phone to school it:

- Must be turned off

- Must be kept in the student's locker

Cell phones are absolutely NOT allowed on the playground or in the bathroom/locker room.

Students are NOT allowed to use cell phones to take video recordings of other students at school. Students not following the guidelines will be subject to disciplinary action. Please call if you have any questions.

ALLERGIES

We have several students in the district who have severe allergies to peanuts, tree-nuts and latex. For this reason we are asking that you follow the district policy below:

Our schools are latex-controlled schools. Materials that contain high concentrations of latex, such as most balloons, are prohibited. Our schools are also peanut/tree-nut aware. Please do not send any foods that contain peanuts or tree-nuts (cashews, almonds, pecans, etc.). Please contact the office or the school nurse w/questions regarding any product or material you may wish to bring to the school before bringing the item into the school.

EMERGENCY CONTACT INFORMATION

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

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

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

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

SCHOOL SECURITY

The middle school doors will be locked during the school hours of 8:00am - 3:10pm. When coming to the middle school, you will need to be buzzed into the building by using the button located on the east wall of the main entrance on East Ave (door A). Once you enter the building, please sign in in the office.

ATTENDANCE

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

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

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

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

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

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

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

FORWARD TESTING

6th & 7th Grade: Week of April 7-10

5th & 8th Grade: Week of April 13-17



If you have any planned vacations during your child's testing dates, please contact the middle school office as soon as possible.

Please try to avoid scheduling appointments during your child's testing dates and reschedule any conflicts if you are able to.

Thank you!

SAVE THE DATE

**West Salem
K - 8
Summer School**

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

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

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

**Go
Panthers!**

CALENDAR OF EVENTS

MARCH 6	TRIMESTER 2 ENDS 5th Grade DARE field trip
MARCH 10	WSMA DISTRICT SOLO & ENSEMBLE
MARCH 11 & 12	7th Grade at School forest
MARCH 13	NO SCHOOL
MARCH 17	WSMS BAND EXTRAVAGANZA
MARCH 19	WSMA PIANO SOLO & ENSEMBLE
MARCH 19-20	SHREK THE MUSICAL KIDS PERFORMANCES
MARCH 24	5th Grade Beginner Band ice cream social and informational meeting

ATHLETICS SCHEDULES

SPRING SPORTS SCHEDULE LINK

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

7th and 8th grade Girls SOFTBALL
6th - 8th grade track and field

Lunch Menu



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

MARCH LUNCH MENU



BAND EXTRAVAGANZA



2026

The WSMS 6th, 7th & 8th Grade Bands, Jazz Ensemble & Percussion Ensemble will present their Annual BAND EXTRAVAGANZA CONCERT on Tuesday, March 17th starting at 7pm in the WSMS Gym.

Students are asked to be in their seats by 6:30pm wearing their black WSMS Music Uniform.

There is no charge for the concert, but donations are very appreciated.



**MARCH 17
7:00PM | WSMS GYM**

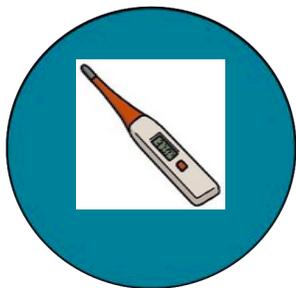
All 3 Grade-Level Bands will combine forces for two songs at the end of the evening.





TOO SICK FOR SCHOOL?

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



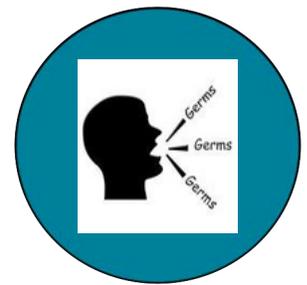
FEVER

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



VOMITING/DIARRHEA

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



COUGH

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



RASH

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



SKIN LESIONS/SORES

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



OTHER

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

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



STUDENT OF THE MONTH



Each month, teachers send nominations for Student of the Month. February's focus was **Practice Kindness - Use positive words to show a positive attitude toward their peers and adults.**

Below is a list of three students from each grade level that exemplified this focus. Mr. Wopat, Ms. Beld, Ms. Becker and Ms. Broughton notified parents of this accomplishment.

GRADE 5



ABBY FRY
ALIYAH GUZY
GINNY RADKE

GRADE 6

BENTLEY
GRITZMACHER-HOFMEISTER
ADDISON HINKEL
JOEY HUBING

GRADE 7

PEYTON FORTNEY
AGNES HEGER
FLYNN STINE

GRADE 8

ELI GREIL
CHASE KOUDELKA
TAYLOR MAHLUM



CONGRATULATIONS
for making a difference
in others lives!
We appreciate YOU!





Math: Students are continuing to work with whole numbers and decimal operations. This unit will include multiplication and long division with multi-digit divisors and decimal numbers! Keep working on those multiplication and division facts at home.

Reading: We will start a nonfiction unit about the ocean. Students will learn about the different ocean ecosystems around the world as well as the ecosystems in different depths of the ocean.

Writing: Students just completed their DARE project and presented it in class. During March, students will be introduced to letter writing. They will have the opportunity to write to an author of their choice.

Social Studies: We have wrapped up our learning about the 13 colonies. This prepared the students as we move into the American Revolution. Students have also started mapping the regions of the United States. New England and Middle Atlantic maps are already complete. *Keep practicing those states, capitals, abbreviations, and geography! There are maps in their notebooks!*

Science: We will be wrapping up our Matter Properties unit in the middle of March. Students have learned to identify properties of unhealthy matter in water. For the remainder of the unit, students will learn steps that can be taken to make the water healthy again. Then, we will be beginning our last unit- space!



6TH GRADE NEWSLETTER

MARCH 2026

Math – Mrs. Alo & Mrs. Jehn

At the start of March students will have just completed working in Chapter 7 which covered geometry topics including area, surface area, and volume. During the rest of March students will be working in Chapter 8 – Integers, Number Lines, and the Coordinate Plane. Understanding positive and negative integers typically is easy for students because they have grown up in Wisconsin. Students previously worked with graphing ordered pairs in one quadrant and will now use their integers skills to graph in all four quadrants. In the second half of the chapter, students will recall skills they learned to write and solve equations and apply those to writing and solving inequalities.

Accelerated Math – Mrs. Jehn

March brings us into the 7th grade textbook and Chapters A and B during which students will learn the integer rules using them to add, subtract, multiply, and divide integers and rational numbers. These chapters are a bit like elementary school when students first encountered fast facts because they will need to make time to do some fast fact practice on their own at home to be successful.

Social Studies – Mrs. Jeranek

We finish Ancient Greece with the study Alexander from Macedonia throughout March. Then we move west to Ancient Rome. Throughout the Roman Unit, we will use various text structured graphic organizers to learn the many ways Romans used the geographic landscape of the Italian peninsula to prosper, govern and conquer lands throughout the Mediterranean Region.



English – Mrs. Buisman

In March, 6th-grade English students will practice reading and writing across different text structures. This work will prepare us for our informational writing unit coming this spring. We will also use the laptops and practice creating text features in Google Slides. These will also be incorporated into our informational writing unit. In grammar, our focus will be on pronouns, but we will also continue to review other areas.

Reading – Mrs. Schultz

In March we will be wrapping up our Social Issues unit surrounding the Civil Rights Era. Many students had the opportunity to read all 10 of the Civil Rights novel options and some even choose to continue reading the novels during free read time! We also will be working with the suffixes -ology and -phobia, which are always fun and interesting for students. Students will have FREE READ time again at the end of the month. This is independent reading where students can choose any book they want to read for enjoyment.

Our next area of study will take on similar social issues, looking at them with a global perspective. Students will choose a Human Rights topic and conduct some intense research on this, which will be used for their final product to be completed in English class with Mrs. Buisman. While researching, students will use a variety of non-fiction reading strategies when delving into their different resources. They will begin in hardcopy sources, which will be the basis of their information so they can decipher what information on the internet is valid and what isn't.

Happy Reading! – Mrs. Schultz

Science – Mrs. Jarosh

Science in Action: Exploring Invisible Forces!

Our 6th-grade scientists have been "attracted" to some pretty amazing discoveries this week! We've moved beyond just sticking magnets to fridges and started investigating the invisible forces that govern our world.

Mapping the Invisible

Using **iron filings** and **bar magnets**, students were able to visualize the magnetic field lines that normally stay hidden. It was incredible to see their faces light up as the "invisible" became visible right on their desks!

Earth: The Giant Magnet

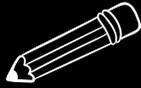
The Compass Challenge: To prove it, students put their skills to the test by creating their own **DIY compasses**. By magnetizing a needle and allowing it to float freely, they were able to find Magnetic North—just like explorers have done for centuries!



7th Grade March Newsletter



ELA



Ms. Friell and Mrs. Rochester

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

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

Writing and Language: Each class period, we practice working on sentences and/or parts of speech. Word Work also includes learning roots and spelling words. Student have been reviewing and learning strategies to write paragraphs and summaries. During March, we will be finishing our argument unit. Students will able to choose to write about zoos or social media.

Reading: During the month of March, students will be reading choice books and nonfiction articles.

Dates to Know



March 6- End of Trimester 2

March 11- Mrs. Piersma's math classes at school forest

March 12- Mrs. Weber's math classes at school forest

March 13- No School



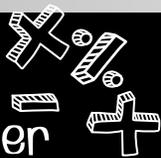
Tips/Helpful Links

PLEASE CHARGE YOUR IPAD EVERY NIGHT

[HOMEWORK HOTLINE](#)

Math

Mrs. Piersma and Mrs. Weber



We just wrapped up our unit on ratios and proportions. We will now be learning how to solve percent problems in both the equation and proportion format. Kids will be encouraged to use the one they find easier. We had a great time at Winter Wellness. And finally, thank you to all those parents that took the time to stop in during conferences. It is always nice to touch base with you.

Pre-Algebra

Mrs. Weber



We finished our unit on slope and are now learning to solve systems of equations in a variety of ways. We are moving quickly in hopes to get through most of the 8th grade book before they take algebra next year. A big congratulations to Quinn H., who competed in the regional MathCounts competition on Feb. 6th at WTC. He placed in the top 20!

Science Mr. Baker



We ended February by finishing up genetics and writing secret messages using DNA! March will now be a month for evolution and classification. We will start taking a look at all the different types of animals and what adaptations they need to survive. We are also planning to head out to the school forest on March 11 and 12 to wrap up some winter forest ecology!

Social Studies Mr. Mahlum



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



GRADE 8

newsletter



MARCH EDITION

ELA- Mrs. Meyer & Ms. Sackett

The 8th graders just finished their research papers. They should be proud of the effort they put in the last couple of months researching and writing these papers, and we all agree that it feels good to be done. Before we start our next big unit, we are going to spend some time with poetry. We will learn to analyze poetry and will even spend some time writing our own poems. Students are back to reading a choice book for their STRAW reading time which gives them material for their journal entries. We continue to work on compound and complex sentences with the end goal of using these correctly and consistently in their writing. At the end of March, we will begin working on our argument writing project.

Targets covered in March:

R.1 Make logical inferences from a text

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

R.5 Analyze how parts of a text reveals aspects of a character

W.1 Write a clear claim

L.1 Correctly write compound sentences

L.2 Correctly write complex sentences

L.4 Demonstrate appropriate use of the conventions of standardized English grammar and usage when writing or speaking

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

S.3 Evaluate the effectiveness of media presentations

SOCIAL STUDIES- Ms. Morgan

As we begin our final trimester, 8th grade students are putting the finishing touches on their "Revolutionary Voices" podcasts. These projects highlight important people and stories from the American Revolution in honor of the upcoming 250th anniversary of the Revolution and the Declaration of Independence. Be sure to ask an 8th grader in your life to share their podcast—you'll hear some impressive historical storytelling!

In the coming weeks, we will continue exploring how the United States grew as a nation and government during the early presidencies. We will also take time to prepare for our upcoming trip to Viterbo University, where students will hear from a Holocaust survivor. This experience supports Wisconsin's state requirement that students learn about the Holocaust and other genocides, and it is always a meaningful and impactful opportunity for our students.

Current Learning Targets

- Examine how events and individuals shaped the era of the Jefferson–Monroe presidencies
- Use content-specific historical vocabulary
- Analyze changes in Thomas Jefferson's political views
- Evaluate the significance of the Louisiana Purchase and western exploration
- Explain the causes of the War of 1812

Fundraiser Pick-Up Reminder

If your student sold Butter Braids to support end-of-year field trips, pick-up will be March 16, 2:30–5:30 PM in the middle school commons. Students can typically carry about 5–6 items on the bus; larger orders will need adult pick-up. Because these products must remain frozen, please plan to take them home promptly.

ALGEBRA- Mrs. Coe

The students finished up Polynomial Equations and Factoring in February and will begin Unit 8 on Graphing Quadratic Functions. We competed in the Regional Mathcounts Competition in February. One team of 4 placed 3rd and Lydia Weber took 4th place overall. We will compete on Pi Day!! (March 14th) in Sheboygan. Send good luck wishes to all of our competitors!

The learning targets for Unit 8:

- 8.1: Graph and describe fcn's of the form $f(x)=ax^2$.
- 8.2: Graph and describe fcn's of the form $f(x)=ax^2+c$.
- 8.3: Graph and describe fcn's of the form $f(x)=ax^2+bx +c$.
- 8.4: Graph and describe fcn's of the form $f(x)=a(x-h)^2+k$.
- 8.5: Graph and use fcn's in intercept form.
- 8.6: Compare the characteristics of linear, exponential, and quadratic fcn's



MATH 8- Mrs. Coe & Mrs. Snook

We finished up our Data Analysis and Displays unit in February and started Unit 8 on Exponents and Scientific Notation.

The learning targets for Unit 8:

- 8.1: Use exponents to write and evaluate expressions.
- 8.2: Generate equivalent expressions involving products of powers.
- 8.3: Generate equivalent expressions involving quotients of powers.
- 8.4: Understand the concepts of zero and negative exponents.
- 8.6: Understand the concept of scientific notation.
- 8.7: Perform operations with numbers written in scientific notation.

SCIENCE- Ms. Smith- Waller

We have been focused on plate tectonics, volcanos, earthquakes, and locations of fossils around the world. We have been looking at the progression of ideas on the Theory of Plate Tectonics. There will be a group project where students will research a topic supporting Plate Tectonic Theory, then present their findings to the class. We will use strategies in our research that you learned in ELA. That information will then be used to complete a Claim-Evidence-Analysis Assessment on how the distribution of fossils and rocks, continental shapes, and seafloor structures provide evidence of the past plate motions. After we finish up this unit on plate tectonics, we will move on to learn more about Earth's history and Geologic Time. Bring on the warm weather!

Essential Learning Outcomes:

- PT3-1: Show understanding that plate tectonics is the unifying theory that explains movement of rocks at Earth's surface and geological history. Maps are used to display evidence of plate movement.
- PT3-2: Show understanding that energy flows and matter cycles within and among Earth's systems. Plate tectonics is one result of these processes.



STEM AND ROBOTICS

MARCH 2026
MR. JONES

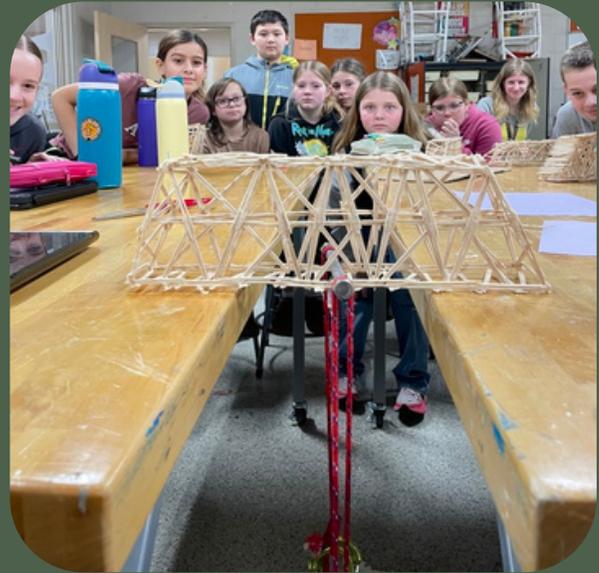
STEM AND ROBOTICS CLASSES

6th Grade STEM: Designing Toothpick Bridges and Testing to see how much weight it can hold

7th Grade STEM: Statistics with our Puzzle Cubes

8th Grade STEM: Making Cardboard Choice Project

Robotics: Learning about optical sensors that read movement and color



MR. JONES' PANTHER TIMES

6th Grade: Housing Design on Computer

7th Grade: Sphero Robots

8th Grade: Building Paper RollerCoasters



LA CLASE DE ESPAÑOL



MARZO
2026

Look What We Learned

GRADO 7



In 7th grade Spanish, we learned subject pronouns and practiced conjugating present tense verbs. Students are already using them in speaking and writing activities. This month, we're starting a book called *Soy Carlos* to keep building our Super 7 verbs through reading and fun class discussions!

GRADO 8



We just finished reading Brandon Brown Dice La Verdad and wrapped up some great discussions and activities around the novel. Now, we're shifting our focus to verb conjugation and learning how to use tener + que + infinitive to express what someone "has to" do. Students are building stronger sentence skills and gaining confidence with real-life Spanish structures.



What's New



LOCURA DE MARZO

The Spanish music version of March Madness! Students will listen to songs, learn about culture and instruments, and vote for their favorites as they move through the bracket. Feel free to follow along and cast your votes, too!

Wishlist



We love taking Spanish class outdoors and using chalk for activities. If you have extra sidewalk chalk at home that you are not using and would be willing to donate to the Spanish program, we would greatly appreciate it.

Upcoming



- 2/20-3/17 Locura de Marzo
- 3/6- End of Term 2

NEWS FROM THE ART ROOM

MARCH 2026

WHAT WE ARE LEARNING

- This month we are both finishing up a trimester and starting another for all grades. This switch occurs around the middle of the month.
- We are preparing for Youth Art Month and several pieces of art will soon be on display at the Heider Center.
- 5th and 6th graders who chose to submit their Water Posters to the Wisconsin Rural Water Association have been mailed.
- and lastly all students 5-8 who chose to participate in the June Dairy Days button contest all await the results of that.

YOUTH ART MONTH

- STATE Brooklyn Pedrin
- STATE Henley Justin-Vogelsberg
- STATE Antje Nagy

Art on display at the
BRF Public Library

Regional Qualifiers

Finn Phelps
Adelyn Kriebich



State Art

AFTER SCHOOL ART DATES:

- Feb. 26
- March 5
- March 12 - Last Day

- Check Google Classroom for Daily Projects

CURRENT WISH LIST

Paper shopping Bags
Used Irons
Endrolls of ribbon and/or yarn
Ice Cream Buckets
Cereal Boxes - Empty
donations requested are for
gently used items

ETC UPDATE

WSMS NEWSLETTER

6TH GRADE

- Starting Website Design
- Career Planning on Xello
- Intro to Graphic Designs

7TH GRADE

- Online Safety Test
- In Person Safety Test
- Measurement Test
 - September 20th

8TH GRADE

- Online Safety Test
- In Person Safety Test
- Measurement Test
 - September 13th



SAFETY GLASSES

New 7th and 8th Graders need Safety Glasses for ETC. We have a used bin for students but they are not in the best shape



New Crews for WSMS Live, and our annual cardboard boats competition is starting



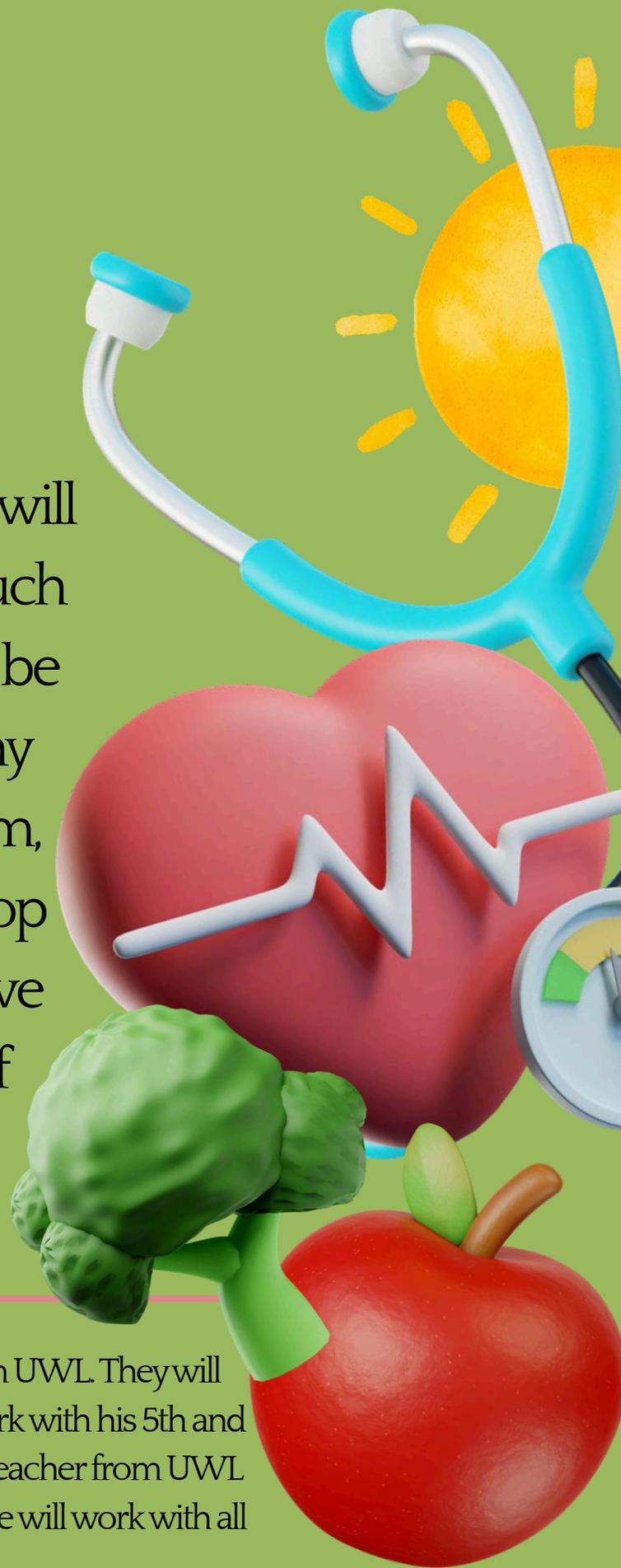
PCR

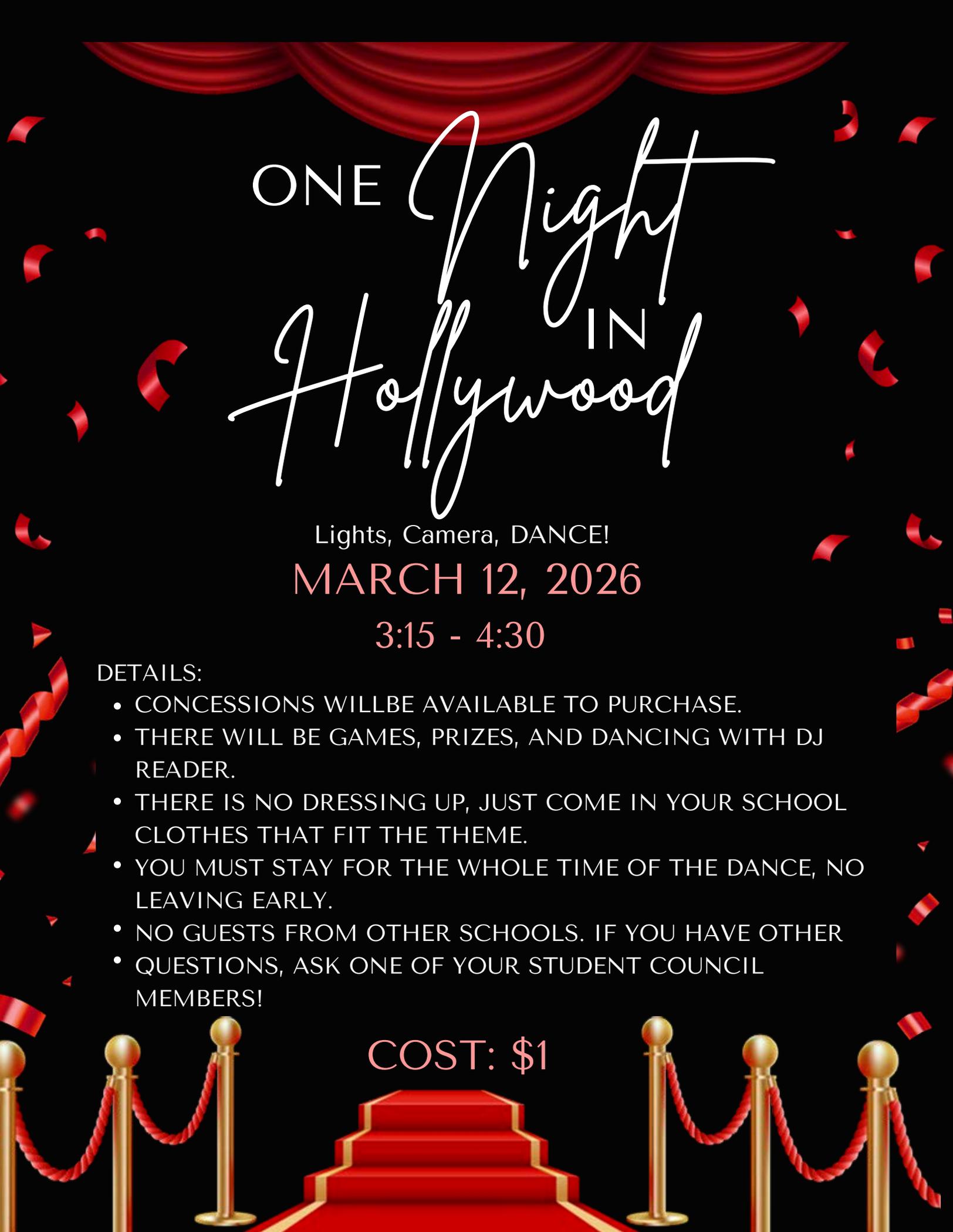
Students are presenting on their build a business projects at the start of the month, and will be going into their Instructional Project Series.

Healthy *Living*

We would like to remind students and families that we will utilize our time outside as much as possible. Students should be prepared to go outside at any time. We will enjoy any warm, beautiful weather that will pop up! With that said, please have your student bring a pair of athletic shoes that can go outside.

Mr. Brewer has two guest teachers joining us from UWL. They will be coming in on Mondays and Wednesdays to work with his 5th and 6th grade classes. Ms. Serres will also have a guest teacher from UWL and she will stay until the end of the school year. She will work with all of Ms. Serres' classes.





ONE Night IN Hollywood

Lights, Camera, DANCE!

MARCH 12, 2026

3:15 - 4:30

DETAILS:

- CONCESSIONS WILL BE AVAILABLE TO PURCHASE.
- THERE WILL BE GAMES, PRIZES, AND DANCING WITH DJ READER.
- THERE IS NO DRESSING UP, JUST COME IN YOUR SCHOOL CLOTHES THAT FIT THE THEME.
- YOU MUST STAY FOR THE WHOLE TIME OF THE DANCE, NO LEAVING EARLY.
- NO GUESTS FROM OTHER SCHOOLS. IF YOU HAVE OTHER
- QUESTIONS, ASK ONE OF YOUR STUDENT COUNCIL MEMBERS!

COST: \$1





BOOK FAIR

PassGO... and collect some great books!

Located in the WS Elem School Assembly Room

BOOK FAIR HOURS

March 10 & March 12

1:30 – 7:00 P.M.

Open during Parent-Teacher Conferences

SPECIAL RECESS SHOPPING

3rd & 4th Grade Students

March 4, 5, 6, 9, 11

1:30 – 2:30 P.M.

COMMUNITY CHEST

Cash • Credit • eWallet

Family can add funds to an eWallet

CHANCE

Shop the Online Book Fair

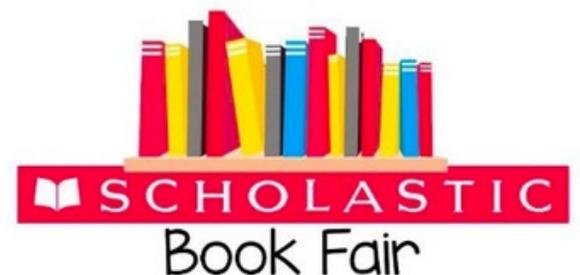
Free shipping on \$35+ (books)

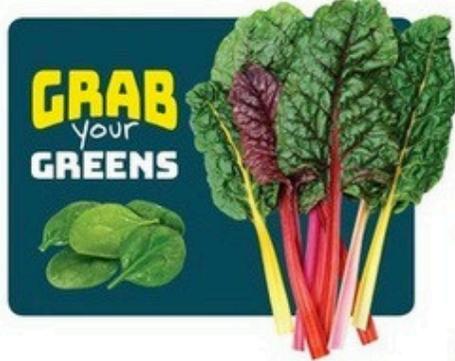
Supports our school

ADVANCE TO GO

Shop & set up eWallet

scholastic.com/bf/westsalemelementaryschool1





Select – Look for greens that are a deep green color and have crisp leaves.

Store – Refrigerate in a plastic bag for 3-5 days.

Prepare – Rinse, then tear or chop the leaves.

Greens are the Harvest of the Month!

Add greens to your favorite family meals:

- Add fresh spinach to your smoothie.
- Use fresh or frozen spinach in lasagna, casseroles, or soups.
- Saute Swiss chard with garlic and add to eggs or top a pizza.

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

Did you know?

"Super green" refers to dark green vegetables that contain extra amounts of key nutrients like vitamins A and C, potassium, and dietary fiber. These dark green vegetables are important to eat often to grow and stay healthy. Try a variety of "super green" vegetables including spinach, Swiss chard, kale, collard greens, romaine lettuce, watercress, bok choy, and mustard greens.



Nutritious, Delicious, Wisconsin!
#WISharvestoftheMonth

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs.

Recipe of the month

Chickpeas and Spinach Saute

Serves 4

Ingredients:

- 1 tablespoon vegetable oil
- 1 yellow onion (peeled and chopped)
- 1 clove garlic (peeled and minced)
- 1 celery stalk (chopped)
- 1 carrot (chopped)
- 1 can (14.5 oz) diced tomatoes, no salt added (including liquid)
- 1 can (16 oz) low-sodium chickpeas (drained and rinsed with cold water)
- 1/4 cup water
- 1 package (10 oz) frozen spinach (kale can be used instead of spinach)
- 1 teaspoon fresh lemon juice (or red vinegar)
- 1/4 teaspoon crushed red pepper flakes

Directions:

1. Put a skillet on the stove on medium high heat. When the skillet is hot, add oil.
2. Add onion, garlic, celery and carrot and cook about 15 minutes until the mixture is soft and the onions are lightly browned.
3. Raise the heat to high and add the tomatoes, beans (white beans instead of chickpeas) and water and cook for 5 minutes. Lower the heat to low and top the mixture with the spinach (don't worry about stirring). Cover and cook until the spinach has thawed and heated throughout, about 10 minutes. Stir well.
4. Add the lemon juice and red pepper flakes and stir thoroughly.
5. Serve with cooked quinoa or brown rice.

Per serving: 193 calories, 1 g fat, 10 g protein, 27 g carbohydrate, 11 g fiber, 244 mg sodium

Source: laxf2s.org



UW-MADISON EXTENSION

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