

# WEST SALEM MIDDLE SCHOOL

440 East Ave.

West Salem, WI 54669

Phone - (608) 786-2090

Fax - (608) 786-1081

Principal - Ben Wopat

Associate Principal - Mike Johnson

## SPECIAL POINTS OF INTEREST:

### School Starts at 7:50!!

\*Early Release 11/7

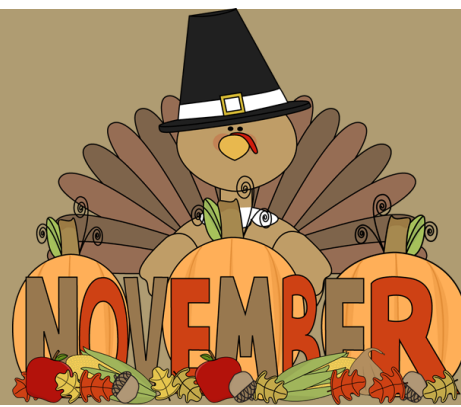
\*Trimester Ends 11/20

\*No School 11/21- 11/23

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Volume 7 - Issue 4



2018

## From the Principal's Desk...



It's November already? It must be, because the leaves are turning, the chill of fall is in the air, and hopefully the school year has settled into a productive and positive routine for your family. Recently, we completed our first trimester mid-term at WSMS. We also completed our student/parent/teacher conferences on October 18 & 22. Thank you to all the students and parents who attended. It's important that students see your support and communication regarding their academic progress. It shows students that you understand how important their education is, and helps them view learning as a priority as they become increasingly more responsible for their education as they grow older. The month of November is full of opportunities and important dates for our students. Our fall sports seasons came to an end and our winter sports seasons have begun. Our annual Veteran's Day Program will be held on Monday, November 12, at 7:50 am in our gym, and you are invited to attend. You can find more information about our program on page 3. We have an Early Release Day for staff development on Wednesday, November 7. Students are dismissed at 12:20. Buses leave at 12:30. Our first trimester ends on November 20, and we will not have school on November 21 - 25 for Thanksgiving break. We look forward to continuing to work together to provide your child with the best educational experience here at West Salem Middle School. On behalf of our staff, we hope you have a great Thanksgiving holiday with your family and friends. This year, I am once again very thankful for the opportunity to lead a student-centered staff, work with supportive parents, and with your incredibly talented children within a strong community.

Thankful to be a Panther,

Benjamin J. Wopat

<https://twitter.com/CoachWopat>

<https://twitter.com/WestSalemMS>



*"Meet Us in the Middle"*



# Calendar of Events

# NOVEMBER



- 7 - EARLY RELEASE 12:20 dismissal
- 12 - Veterans Day Program 8:00  
BBB @ Onalaska 4:00
- 13 - BBB vs Aquinas 4:15
- 15 - BBB @ Holmen 4:00
- 19 - Wrestling @ Westby 4:30  
BBB vs Logan 3:45
- 20 - End of Trimester

21-24 NO SCHOOL

27 - Wrestling HOME 4:30  
BBB @ Lincoln 4:00

29 - BBB @ Sparta 4:00

## Counselor Comments

It is hard to believe that we have passed the mid-term point of first trimester. Not quite sure where the time goes!! While it's important to hang on and enjoy the ride, it is necessary to take time for those "things" that really do matter in our lives! It was nice to meet with parents at conferences. Just because parent-teacher conferences have come and gone, do not hesitate to contact us any time you have a question or concern regarding your child and school. Our goal is the same as your goal: not only to provide the best educational opportunities we can for your child but also have them develop into productive, positive citizens of

society. In homeroom, we wrapped up the month with some awareness on Social Competency as well as some Career and College Readiness with a learning styles activity. As we enter November, we will be focusing on the external asset of Empowerment. This is influence that comes from those around us and includes topics such as Community Values Youth (the perception that the community/adults value our young people), Youth as Resources (young people are given useful roles in the community), Service to Others (young people serve their community on a consistent basis), and Safety (young people feel safe at home, school, neighborhood, and larger community). By working together and being a "team," we will be able to help our

young people (our future) to grow up healthy, compassionate, and responsible. Of course, November reminds us to be thankful for many blessings. If we truly stop to think about all the good in our lives, that list would be endless! Thank you for entrusting us with your children!



## From the Office

If your child will be absent from school, PLEASE call the office at 786-2090 before **7:50** in the morning. In the event you receive the voice mail, 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 an 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 with any pre-planned absences. We will document it, so you will not have to call again the day of the absence.

If your child needs to be picked up for an appointment, please send a note or call the office as far in advance as possible so that your child can be given an out pass in advance. We appreciate advance notification as it eliminates the need for us to try and find your student at the last minute

when he/she is being picked up. If your child returns with a medical or dental appointment verification form, 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.

**Thank you!**



*"Meet Us in the Middle"*



## Veteran's Day

Our Veteran's Day program will be on Wednesday, November 11, starting at 7:50 am. All veterans are welcome to attend!

This year's theme is the Flag Fold Meanings. Traditional flag etiquette prescribes that before an American flag is stored or presented, its handlers should twice fold it in half lengthwise; then (from the end opposite the blue field) make a triangular fold, continuing to fold ten triangles until the other end is reached. This makes a triangular "pillow" of the flag with only the blue starred field showing on the outside. It takes thirteen folds to produce two lengthwise folds and eleven triangular ones.

The American flag isn't folded in this manner because each of the folds has a special symbolic meaning; the flag is folded this way because it provides a dignified ceremonial touch that distinguishes folding a flag from folding an ordinary object such as a bedsheet, also results a visually-pleasing, easy-to-handle shape. This thirteen-fold procedure was a common practice long before the creation of a ceremonial assignation of "meaning" to each of the steps.



## Parent Reminders...

### 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.

\*If your child sends you a text or e-mail about not feeling well, please tell them to go to the nurse or office and then we can contact you. If kids are sick they must go through the nurse or office so we know what is wrong.

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

**VISITORS:** Don't forget to sign in at the office and pick up a visitor badge.



**The Middle School Newsletters** can be found on the district website - [www.wsalem.k12.wi.us](http://www.wsalem.k12.wi.us).

An e-mail reminder will be sent each month to let you know when it is available along with a link to the actual newsletter. If you would like a hard copy of the newsletter, please let the Middle School office know.



### 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, these are the restrictions at WSMS:

- \* **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.



### Early Release Dates

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

November 7

December 5

February 13

March 6

May 8







On Wednesday, October 24 WSMS students and staff celebrated Unity Day, an annual day started by PACER'S National Bullying Prevention Center (NBPC) to unite together against bullying and promote kindness, acceptance and inclusion for all. Students and staff celebrated by wearing orange and talking about the importance of the day and showing kindness and compassion to others. We are proud to show that **#CompassionLivesHere** **#WeAreWS**

\*\*A BIG thank you to Mr. Waldhart for organizing where students and staff should line up. Organizing 570+ students along with 70+ staff members is not a small task, and we were able to get this picture taken in under 15 min!



*"Meet Us In the Middle"*



# 5th Grade Update

<p>During math, we will continue to work with decimals. Students will start to add and subtract decimals and whole numbers. They will also apply that knowledge to various word problems.</p>	<p>During social studies, we will be reading non-fiction text using our Social Studies textbook. We will start by learning about explorers who wanted to discover new parts of the world, like Marco Polo and Ferdinand Magellan. We will then jump into explorers who wanted to travel to the "New World."</p>
<p>Reading and writing will continue to focus on narrative elements. Students will continue to focus on their specific goals and strategies. They will also apply what they are doing in reading to writing narrative stories.</p>	<p>We will be taking a break from science in order to fit in more time for social studies. Our next unit will be about space.</p>

## Important Dates:

November 9th-Trimester Incentive Day  
 November 12th-Veteran's Day Program  
 November 20th-First Trimester Ends  
 November 21st-No School  
 November 22nd-No School (Happy Thanksgiving)  
 November 23rd-No School  
 November 30th-Middle School Musical



*"Meet Us In the Middle"*





## Social Studies - Mrs. Jeranek

During the month of November, we will continue to work on note-taking and reading strategies through Channel One as well as

various reading sources during class. Our main civilization is Ancient Egyptian. Students will learn about the mummification process, pyramid building, and Egyptian pharaohs. By the end of the unit, students will be able to do the following:

1. Explain the importance of the Nile River.
2. Describe the resources Ancient Egyptians used to survive.
3. Analyze their achievements which have changed our world today.
4. Identify evidence that remains of the civilization.
5. Explains how and why this civilization came to an end.



## Math - Mrs. Jehn & Mrs. Adams

October in 6th grade math was all about fractions and decimals. Students spent the month multiplying, dividing, adding, and subtracting them.

November will consist of working in Chapter 3 - Algebraic Expressions and Properties. They will learn to write and evaluate algebraic expressions using coefficients, variables, and constants. Students will also learn about various properties of addition and multiplication including the commutative, associative, and distributive properties. This

will be very new and very abstract for many students.

As November comes to an end, students will begin work in Chapter 4 - Area of Parallelograms. They will learn about the areas of parallelograms, triangles, and trapezoids. Students will also learn how to determine the area of an irregular shape known as a composite figure and how to use a coordinate plane to find the area of a polygon.

## Accelerated Math - Mrs. Jehn

Students will complete Chapter 4 - Areas of Polygons at the start of November and be assessed on areas of parallelograms, triangles, trapezoids, composite figures, and polygons in the coordinate plane. In November students will begin working in Chapter 5 which includes ratios, ratio tables, rates, unit rates, comparing ratio and rates, percents, and converting measures. This is one of my favorite chapters because it is so applicable to their lives now and forever. Who doesn't want to find the best deal to save the most money? Ask them to help you shop. They will have learned to find unit price and compare unit prices - maybe they will be able to help you save money as you shop for Christmas. Happy shopping and saving!

## English - Mrs. Buisman

6th grade writers have finalized their small moment narratives. I am looking forward to reading them. In November, students will focus on writing quality paragraphs as we begin to read a variety of Greek myths. These myths will provide background knowledge for what's to come in reading class.

## Reading - Mrs. Schultz

**SURVIVAL and CHANGES!!** Those are some of the themes of the unit we started mid-October. As students are reading and discussing the class novel, *Touching Spirit Bear* by Ben Mikaelson, they will be identifying and explaining the themes of the novel as well as the types of conflict found within it. We will be focusing on analyzing characters, how to use discussion etiquette, and have meaningful discussions in which all students can participate. At the end of the unit, students will complete an end-of-the-book checkpoint demonstrating their knowledge of theme, conflict, and the changes the characters made throughout the novel. The essential question for this novel has the students recognize how *Touching Spirit Bear* helps them better understand different human experiences. The



question is: How does reading this novel help you understand yourself and others? Talk with your student about the novel and how the characters have been changing throughout the story!

## Art - Mrs. Hemker

As we finish up the trimester, students will have the opportunity to use CLAY! Clay time is always a favorite. Each student will create at least two final pieces. The other main topic of the month will be a flag design. These small graphic design pieces are created in cooperation with the Wisconsin Art Education Association.





### Science - Mrs. Jarosh

"Matter and its Interactions" is the title of our current unit. Students have been working on a drawing diagram to show particle motion of a solid, liquid and gas when thermal energy is added or taken away. They were amazed by the metal ball and ring demonstration... probably because I used a blow torch to heat the metal ball!

We had a great time at the school forest learning about the chemistry of a marshmallow! It's was a cold day, and the warm fire was great!



The only incident was.... a marshmallow mishap!



## School Forest Fun!



### Candid for the Yearbook....

If you have taken pictures at WSMS co-curricular events and think students would enjoy having them in the yearbook, please e-mail them to [friell.nicole@wsalem.k12.wi.us](mailto:friell.nicole@wsalem.k12.wi.us). I'll try to work in as many as possible. Thanks! Ms. Friell







### Reading - Mrs. Rochester

The students have just finished up The Outsiders. Many of the students thoroughly enjoyed the book! It was great to hear the students tell me their

parents read this book when they were the same age and enjoyed it! We will also be watching the movie upon completion of the book. Your son/daughter should have brought home a permission slip to sign since the movie is rated PG-13. The students will continue to work on analyzing the text as you read this month. We will start our dystopian unit this month. A dystopia is a society that usually has a group of people making negative decisions for the rest of the society. The conditions of the society are usually grim due to overcrowding, sickness, lack of food, and misery. The Hunger Games is a perfect example of a dystopia. During this unit, the students will be given a choice of eight novels to read. They will choose one book and participate in meaningful book discussion with other students. They will be discussing characteristics of dystopias and looking at real life examples. Finally, seventh grade students are continuing to study Greek and Latin root words.

### Regular Math - Mrs. Weber

We have been working on using the integer rules we learned in Unit 1 with adding and subtracting with rational numbers. Rational numbers include fractions and decimals, both positive and negative. We will wrap up Unit 2 the first week of November with our unit test. Our next unit will focus on ratios and proportions.

### Pre-Algebra

We just finished up Unit 11 on Inequalities. We will start Unit 12, on Constructions and Scale Drawings the week of October 29th.

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

Students in 7th grade are experiencing some "technical drawings" which challenges them to draw from three perspectives. The students are learning how to multiview sketch objects, measure them to the nearest 1/16 of an inch, and sketch the drawings on paper. These isometric and orthographic drawings will help as we work with a program called SketchUp to generate 3D models on the computer. Soon we will be using our knowledge of sketching to create our own puzzle cubes to take home.

### English - Mrs. Martinson

The 7th graders are finishing The Outsiders in reading class. It is a classic that most students really enjoy. In ELA each student is writing a

character sketch paragraph for one of the four main characters of The Outsiders. They completed the pre write graphic organizer as they read the book in reading class. The final draft is due early November. Then we will be finishing our read aloud Refugee. Each student will choose his/her favorite character and write a summary paragraph of the character's experience. This trimester has been a very productive writing trimester; we have concentrated our writing on paragraphs. Each student wrote seven paragraphs in all. Hopefully this work will transfer to other classes where students are asked to write paragraphs. We continue to work on compound sentences as well as nouns, verbs, pronouns, and adjectives.

### Social Studies - Mr. Mahlum

In 7th Grade Social Studies, we will be finishing up our unit on the Declaration of Independence and the US Constitution. Students will then turn their attention to the Bill of Rights. We will look at the first ten Amendments to the Constitution and then start to look at some of the other major Amendments ratified. Students will also take part in the annual Geography Bee. We will do the preliminary rounds in our Social Studies classes.

### Science - Mr. Baker

This past month in science we traveled to the Trempealeau Wildlife Refuge and Perrot State Park rather than the school forest for some fall ecology work. The refuge gave students an opportunity to work with a marsh ecosystem to study water quality and all the organisms inhabiting a place like this. The trip was amazing! Students were able to get into the marsh with waders to sample macro-invertebrates and take in all the sights and sounds created on a marsh! At Perrot State Park, students tried their hand at canoeing and took a hike up Brady Bluff. The focus for both was on making quality observations of the environment around them. There was no shortage of things to see here! In class we are finishing up with cells and will be moving into basic genetics, which is always one of my favorite units!

### Spanish - Ms. Rose

Students have been working on the verb: tener. They can talk to you about the things they have in their backpacks and what they have to do today. Students will continue working on numbers to be able to count to 100 in Spanish! They are also beginning to learn to talk about telling time and to share and compare daily schedules. ¿Qué hora es?



From our hike



Quiet journaling



Pond group shot





## Math - Mrs. Bentzen Regular Math (Chapter 3)

We will complete Chapter 3 called "Angles and Triangles" in November. We will begin Chapter 4 called "Graphing and Writing Linear Equations" on

November 19. We will continue in this chapter into December.

The objectives for Chapter 3:

- \*identify the angles formed when parallel lines are cut by a transversal
- \*find the measure of the angles formed when parallel lines are cut by transversals
- \*understand that the sum of the interior angle measures of a triangle is 180 degrees
- \*find the measures of interior and exterior angles of triangles
- \*find the sum of the interior angle measures of polygons
- \*understand that the sum of the exterior angle measures of a quadrilateral is 360 degrees
- \*find the measures of interior and exterior angles of polygons
- \*understand the concept of similar triangles
- \*identify similar triangles
- \*use indirect measurement to find missing measures

The beginning objectives for Chapter 4:

- \*understand that lines represent solutions to linear equations
- \*graph linear equations
- \*find slopes of lines by using two points on the line and by using tables
- \*identify parallel and perpendicular lines using slopes

## Algebra (Chapter 5)

We will complete Chapter 5 called "Writing Linear Equations" in November. We will continue with our weekly Mathcounts sheets. Our first in-school Mathcounts competition will be November 19. Our next two competitions will be in December. The regional team will be determined by these three competitions. The top ten scorers on these three competitions will make our Mathcounts Team. They will compete at Regionals in early February. Best of luck to all!

The objectives for Chapter 5:

- \*write equations of lines in slope-intercept form given the slope and y-intercept, the slope and a point, or two points
- \*write and graph equations using slope and a point, using a graph of a line or using real-world data
- \*write equations of lines in standard form and use those equations to solve real-world problems
- \*write and find equations of lines parallel or perpendicular to a given line
- \*make scatterplots of data and use a line of fit to model and interpret data
- \*perform linear regression to find the best-fitting line for data
- \*make predictions using the graph and the equation

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

For the remainder of the trimester, students will be experiencing two big projects. Applying their construction skills and mechanisms knowledge, students are challenged to create "pull toys." Reminiscent of toddler toys, each team/individual will construct a device which utilizes the rotary motion gained from the wheels traveling across the floor to drive some other movement in the device. Decorations can

then be added to jazz up the device. When completed, students will be asked to create a document summarizing the experience.

Meanwhile, when not involved with the Pull Toy Challenge, students will be designing/creating wings for an airplane. I have 3D printed the body of the rubber band airplane for each student. Students are to design the wings (with given constraints, of course) using a program called Tinkercad. Once they complete their design, the students will 3D print their wings. We will shoot them off in class and draw a scatterplot (graph) of the results from class.

## English - Mrs. Sackett

The 8th grade English classes are continuing to write paragraphs. We have written character sketch paragraphs and descriptive paragraphs. The next paragraph will be a summary paragraph; this paragraph will be about the book we are reading in English and Reading: *Refugee*.

Students will write three rough drafts and select the best to bring to a final draft. We will go through the entire writing process with this piece. Revising is hard work; however, this is the step in the writing process where writers truly grow as writers.

The next writing piece we will be working on is an informative/research piece. We will be spending time researching, citing sources, writing an outline, drafting, revising, conferencing, editing, and writing a final draft. This process will take us into the new year.

The 8th graders will also continue reviewing parts of speech as well as continue practicing writing compound and complex sentences.

## Social Studies - Ms. Morgan

November marks the beginning of our adventure into the National History Day project. Over half a million students participate in this competition annually. Students will have the opportunity to dig into a historical topic that is of interest to them. The only requirements for the topic is that the historical event associated with it must have occurred at least 25 years ago, and it must meet the annual theme of "Triumph and Tragedy". Upon completion of their research, students have the opportunity to develop a presentation mode of their choice. Students may choose to create a performance, a website, a historical paper, an exhibit, or a video documentary. Our goal is to complete research by the second week in December and their final product following the holiday break.

While working on this project, we will also be continuing our look at post-Revolutionary America. Upon completion of this unit, students should be able to:

- Explain the challenges the US faced in setting up a new country.
- Describe the key principles contained in the US Constitution
- Evaluate decisions made by the new government
- Draw conclusions about how the economy developed under Alexander Hamilton






**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 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 books of their choice since the second week of school. They should be reading these books at home on a daily basis (a minimum of 20 minutes). They are also given 20 minutes to read their choice books during Reading class. 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*), we continue to work on vocabulary in the following ways: studying Greek and Latin roots, working with new words in the fiction and non-fiction works we read as a class (often coordinating with other 8th grade curricular areas), and by keeping an independent vocabulary list.

In early November we will finish our read aloud, *Refugee* by Alan Gratz. We will be reading non-fiction articles relating to the book's content. Then we will begin reading short stories of different genres. If you are interested in reading any of the texts, they will be posted in google classroom. Students are able to either read the selections silently or follow along with a provided audio of the text.

### Why Can't I Skip My 20 Minutes of Reading Tonight?

Student "A" reads <b>20 minutes</b> each day	Student "B" reads <b>5 minutes</b> each day	Student "C" reads <b>1 minute</b> each day
3600 minutes in a school year	900 minutes in a school year	180 minutes in a school year
<b>1,800,000 words</b>	<b>282,000 words</b>	<b>8,000 words</b>
		
<i>90<sup>th</sup> percentile</i>	<i>50<sup>th</sup> percentile</i>	<i>10<sup>th</sup> percentile</i>

By the end of 6<sup>th</sup> grade Student "A" will have read the equivalent of 60 whole school days. Student "B" will have read only 12 school days. Which student would you expect to have a better vocabulary? Which student would you expect to be more successful in school...and in life? (Nagy & Herman, 1987)

**Spanish - Ms. Rose**

Students in 8th grade Spanish have been talking about likes, dislikes and favorite foods. They are able to ask and answer questions about favorite foods and restaurants. Groups will present skits next week to demonstrate their like, dislike and food vocabulary! To wrap up the trimester, students will talk about families, birthdays and celebrations. Culturally, we will learn all about the quinceañera!



**Science - Ms. Smith-Waller**

I am **thankful** for a beautiful building and a great group of students and staff to work with this year at WSMS. As we near the end of first trimester, the 8th graders will continue learning about astronomy. We will learn about gravity and its role in our universe. We will also look at the rest of our solar system and other objects in space. We should be finishing up astronomy around Thanksgiving. In second trimester, we will start to look inside of the Earth at the materials that make up our planet as well as the cycling of Earth's materials.

Unit Objectives for November:

1. Describe the relationship between mass, distance and gravity for objects in the solar system
2. Analyze and interpret data to determine scale properties and characteristics of the four inner planets and the four outer planets.
3. Compare and contrast the physical properties and locations of asteroids, meteors, and comets.
4. Use a model to compare the size and temperature of stars.
5. Explain the formation of galaxies and compare/contrast the properties of different types of galaxies.







### General Music 6 - Mrs. Glasel

The students are continuing to play the keyboards. The first songs were focused on playing by reading finger numbers and then letter names while counting the rhythms. Now they will begin to read music on the staff in bass clef and treble clef. They have been doing a lot of rhythm reading games/activities and using the pitch reading apps (Flashnote Derby and Staff Wars).

They have also started different types of composing. They learned how to use the iPad app iWriteMusic in which they wrote in the music to "Jingle Bells" and then created a parody by adding fall lyrics. They learned to divide the words to fit with the rhythm of the music. Ask your child to show you his or her finished product.

Our MusicAlive magazine article this month will focus on The Rock and Roll Hall of Fame and the Billboard charts.

### General Music 5 - Mrs. Glasel

The students are continuing to learn many songs including "America", "Fifty-Nifty United States", and "This Land is Your Land". They played the autoharps for the first time and learned what a chord is.

We are continuing to stress beat and rhythms, working on "ta" notes and rests, "ti-ti" and "tu-u" rhythms and finding those examples in our songs. They will be using those rhythms to create group chants in the future.

As we approach Halloween, it is a good time for the students to learn the difference between Major sounds and Minor sounds. They are also involved in S.Q.U.I.L.T. (Super Quiet Un-Interrupted Listening Time) by listening to music and responding to it. A listening guide is completed while listening to the music and verbal responses afterward (Give me a word to describe what you heard; Tell me what image came to mind) helps to build our music vocabulary and our responses to music. "Dance Macabre" and "In the Hall of the Mountain King" will be our first two listening activities.

### Tech Ed 7th grade - Mr. Mathison

Students are learning computer aided design (CAD) using a program call OnShape. OnShape is a cloud-base program so students can use not only their iPads but also a computer or laptop that is connected to the internet. Soon students will learn how to create 3D models in OnShape and then students will create the gumball machine into CAD before we start the woodworking unit.

### Tech Ed 8th grade - Mr. Mathison

Students are currently fabricating the pieces for their framed clocks. Students have already designed an image to have laser engraved into the center. After everything is assembled, students will be applying a finish to the project and installing the clock mechanism. Soon students will be learning how to use the CNC router to create a small object.

### 7th and 8th Grade Encore - Mr. Mathison

Students have been working with Vectornator to design an image to be laser engraved and cut out of a piece of plywood. Students have also taken an image from the internet to have printed onto a shirt using the sublimation printer and heat presses. Students are currently designing their own ideas to be laser engraved onto various materials.

## Winter Sports.....

Boys basketball and Wrestling practice will start on Monday, October 29 after school until 5pm.

Normal practices will be Monday, Tuesday, Thursday and Friday after school until 5pm and Wednesdays after school until 4:30.

On Early Release days there is NO practice. See page 16 for a Winter Sports schedule.





# Healthy Living...

We would like to give our best wishes to Mr. Ryan as he finishes his student teaching and heads into the teaching world. As we finish our first trimester in Healthy Living, we are continuing to assess strategies (Standard 2) as well as safety and including all team members consistently (Standard 4).

Check out our Healthy Living webpage. You can access all of our standards-based grading information through the district webpage. Go to the [www.wsalem.k12.wi.us](http://www.wsalem.k12.wi.us) webpage, click on Our Schools, choose Middle School and then click on Healthy Living. Here you will find a plethora of information. Please don't hesitate to contact us with any questions.

Healthy Living Team

Mr. Brewer, Mrs. Olson & Mr. Running



## 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.

Hello families!

Student Council has started to collect pop tabs for the Ronald McDonald House. The Ronald McDonald house is a place where families can stay while their child is at the hospital. We will be collecting them all year! There will be a container for collection in the Commons Area for students to use during lunch.

Thanks -  
Student Council



*"Meet Us in the Middle"*





### 5th Grade

This month 5th graders will begin working with pen and ink. Each student will be using a real nib pen and ink well to create at least two projects using these materials. The first project will be a crane inspired by their recent trip to the International Crane Foundation.

Students will also be creating a flag design. This graphic design project is in cooperation with the Wisconsin Art Education Association. Last month we added an additional design project called the Panther Pride Poster Design. All students created their own version of a poster that included a panther, the words Panther Pride, Safe, Respectful and Responsible. These black and white designs were very successful and will be turning in new places in the months to come.

### 6th Grade

As we finish up the trimester, 6th grade students will have the opportunity to use CLAY! Clay time is always a favorite. Each student will create at least two final pieces. The other main topic of the month will be a flag design. These small graphic design pieces are created in cooperation with the Wisconsin Art Education Association.

### 7th Grade

We'll continue to work on observational drawing skills. Students will continue to have choice of materials this month while they create a masterpiece reproduction. The other major project will be group work. Small groups will form to create a large piece that represents each artist, the group, and WSMS.

### 8th Grade

During the month of November, 8th graders will finally have a chance to create their wall block. The West Salem tradition will continue! Designs must represent the student artist, be copyright image free, and include multiple elements and principles of art and design before going on the wall. The other main project is a multi-media experience. Students are starting with a black and white photograph (that they took using their iPads) of a portrait (animal or human). These photos were printed and now will be used in multiple ways to create new designs and patterns. While the Pop-Art movement inspired these, the results are extremely varied, expressive and represent the individual 8th grade artist.



*"Meet Us In the Middle"*



## 8TH GRADE WASHINGTON D.C. TRIP

Information for the D.C. trip was sent home with students. The trip will be June 2 - June 7, 2019. They will see the following historical sites: Gettysburg, the Air and Space Museum, the Smithsonian, The White House, Ford's Theater and the U.S. Capitol. They will also see the Lincoln Memorial, the Washington Monument, the Vietnam Memorial, the Korean Memorial and FDR's Memorial. In addition to these stops, we will visit Arlington Cemetery and see the changing of the guards at the Tomb of the Unknown Soldier. Along the way, students will visit the Illinois Holocaust Museum in Skokie, IL and the Flight 93 Memorial in Shanksville, PA. Before returning they will spend a half-day at Six Flags Amusement Park in Maryland.

The cost of this year's trip is \$720. This includes meals, accommodations, tickets to stops that aren't free, travel insurance for participants while in D.C., and the bus ride to and from D.C.

Parent chaperones are welcome, although we may not be able to take all who are interested. The parent chaperone cost is \$850. Those parents interested in chaperoning should complete the chaperone portion of the permission slip that was sent home. You will be notified in November if you will be a chaperone for the trip.

To help defray some of the cost of the trip, there will be a candle fundraiser in the fall and a Puffins Pastry fundraiser in February. These are individual fundraisers. Whatever a student earns will reduce the cost of his/her trip. If a student does not end up going on the trip all money raised will be put back into the 8th grade account and/or put towards the cost of activities we will be doing with students not going to Washington D.C.

Students must have committed to the trip by October 12.

- \* You will be able to make payments through Fee Management in Skyward via Revtrak.
- \* If your child sold candles last spring as a 7th grader, the amount earned will be credited to his or her account.
- \* If you are unable to participate in the trip (no matter the reason) after signing up, a refund will be based on the amount of money returned to us from Ready Bus Line.

### Washington D.C. payment dates:

November 13 - \$240

February 4 - \$240

April 17 - balance

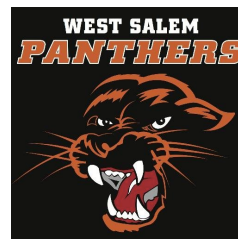
***\*\*Please be sure to pay ON TIME or ahead of schedule as we need to pay Ready Bus Line just after the due dates.***



*"Meet Us in the Middle"*



# 2018 West Salem Middle School Panthers Winter Athletics Schedule



**BOLD FACE EVENTS ARE AT HOME**

## WRESTLING

Thursday	10/25	First Day of Practice
Monday	11/19 4:30pm	Quad @ Westby HS (vs. Westby, Tomah, Sparta) (Bus)
<b>Tuesday</b>	<b>11/27 4:30pm</b>	<b>Quad @ Home (vs. Holmen, Longfellow, Tomah)</b>
Monday	12/3 4:30pm	Quad @ Longfellow MS (vs. Longfellow, Logan, Onalaska) (Bus)
Saturday	12/8 9:30am	Invitational @ Marshfield HS (Bus)
Monday	12/10 4:30pm	Quad @ Sparta Meadowview MS (vs. Sparta, Logan, Longfellow)(Bus)
Thursday	12/20 4:30pm	Conference Tournament @ Holmen MS (Bus)

## BOYS BASKETBALL

Thursday	10/25	First Day of Practice	
Monday	11/12 4:00pm	@ Onalaska	8 - Northern Hills Elementary (Bus) 7 - Onalaska Middle School
<b>Tuesday</b>	<b>11/13 4:15pm</b>	<b>Aquinas</b>	<b>8 - WS Middle School 7 - WS Elementary School</b>
Thursday	11/15 4:00pm	@ Holmen	7/8 - Holmen Middle School (Bus)
<b>Monday</b>	<b>11/19 3:45pm</b>	<b>Logan</b>	<b>8 - WS Middle School 7 - WS Elementary School</b>
Tuesday	11/27 4:00pm	@ Lincoln	7/8 - Lincoln Middle School
Thursday	11/29 4:00pm	@ Sparta	7/8 - Sparta Meadowview Middle School
<b>Monday</b>	<b>12/3 4:15pm</b>	<b>G-E-T</b>	<b>8 - WS Middle School 7 - WS Elementary School</b>
<b>Friday</b>	<b>12/7 4:00pm</b>	<b>Longfellow</b>	<b>8 - WS Middle School 7 - WS Elementary School</b>
Monday	12/10 4:15pm	@ Westby	8 - Westby High School (Bus) 7 - Westby Elementary School
Thursday	12/13 4:15pm	@ Tomah	8 - Tomah Middle School 7 - La Grange Elementary
<b>Monday</b>	<b>12/17 4:00pm</b>	<b>Winona</b>	<b>8 - WS Middle School 7 - WS Elementary School</b>
<b>Thursday</b>	<b>12/20 4:00pm</b>	<b>Onalaska</b>	<b>8 - WS Middle School 7 - WS Elementary School</b>





## GIRLS BASKETBALL



Wednesday	1/2		First Day of Practice	
Thursday	1/17	4:00pm	Onalaska	8 - WS Middle School 7 - WS Elementary School
Tuesday	1/22	4:00pm	@ Aquinas	8 - Aquinas Middle School (Bus) 7 - Mathy Boys and Girls Club
Thursday	1/24	3:45pm	Holmen	8 - WS Middle School 7 - WS Elementary School
Tuesday	1/29	4:00pm	@ Logan	7/8 - Logan Middle School (Bus)
Thursday	1/31	3:45pm	Lincoln	8 - WS Middle School 7 - WS Elementary School
Tuesday	2/5	4:00pm	Sparta	8 - WS Middle School 7 - WS Elementary School
Thursday	2/7	4:15pm	@ G-E-T	8 - G-E-T Middle (Bus) 7 - Ettrick Elementary
Tuesday	2/12	4:00pm	@ Longfellow	7/8 - Longfellow Middle School (Bus)
Thursday	2/14	4:15pm	Westby	8 - WS Middle School 7 - WS Elementary School
Monday	2/18	4:00pm	@ Onalaska	8 - Eagle Bluff Elementary (Bus) 7 - Onalaska Middle School
Tuesday	2/19	4:15pm	Tomah	8 - WS Middle School 7 - WS Elementary School
Tuesday	2/25	4:15pm	@ Winona	7/8 - Winona Middle School (Bus)



# GO PANTHERS!



### Parents/Guardians:

Please make sure that your child is picked up from practices on time. Coaches will work to be consistent in ending practice at the announced time.

For all road contests, only the student's parent or legal guardian may take a student home. The parent/guardian must be there to sign the child out. Students may not leave with another relative, family friend, or another child's parent.

# Middle Years

Working Together for School Success



## Short Stops

### Conferences in middle school

A parent-teacher conference is the perfect opportunity to work with the school to support your child. You may meet with one of his teachers who will share information from all the others. Or you might spend a few minutes with each teacher. If you have questions for specific teachers or need more time with them, call or email to follow up.

### Fit in fitness

An hour of daily physical activity promotes good health. Suggest that your tween calculate how many minutes of exercise she gets each day. She could include walking to school and participating in PE. Encourage her to add more exercise, perhaps by meeting a friend to swim at an indoor pool or by following along with a Zumba video.

### Promptness, please

Being at his desk when the bell rings means your middle grader won't miss class instruction or important announcements. Have him add a five-minute "cushion" to his morning so he has time to deal with the unexpected (missing shoe, early bus).

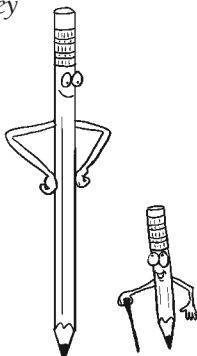
### Worth quoting

"I am not a product of my circumstances. I am a product of my decisions." *Stephen Covey*

### Just for fun

**Q:** What's tall when it's new and short when it's old?

**A:** A pencil.



## Study secrets—revealed

Anna knows what she needs to accomplish when she sits down to study. She stays focused and tends to remember the material. Her secret? Strong study skills! Share these strategies with your tween.



**Skill:** Set goals.

**Strategy:** Encourage your child to jot down specific goals for each study session and check off each one as she meets it. She should be as detailed as possible. *Example:* "Learn 30 vocabulary words before Friday's Spanish test." It may also help to make deals with herself. ("I can take a break after I've learned 15 words.")

**Skill:** Stay focused.

**Strategy:** Suggest that your middle grader eliminate distractions before she studies. For instance, she should silence her phone and put it in another room. Hunger and

fatigue can also make her mind wander, so she could eat a healthy snack or go for a quick jog before she buckles down.

**Skill:** Monitor understanding.

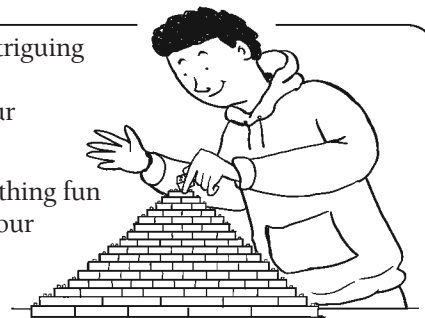
**Strategy:** After your tween reviews her notes, handouts, and textbook, she can make up a quiz. Taking the quiz and checking her answers will show her what she still needs to work on. Have her write anything she doesn't understand on a sticky note and ask her teacher for help. 👍

## Spotlight on history

History is full of fascinating places and intriguing people for your child to discover. With these ideas, he can step into the past—right in your living room:

■ Work separately or together to create something fun that represents a time period. For instance, your family might build a Lego model of an Egyptian pyramid. Or tape large sheets of paper to a wall, and draw or paint an Aztec mural.

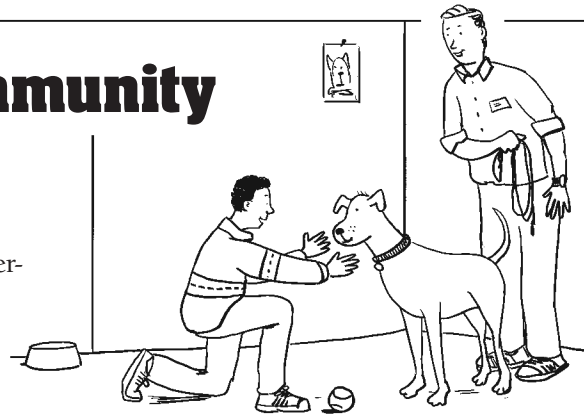
■ Have each person secretly pick a historical figure to research, maybe Benjamin Franklin or Amelia Earhart. Then, host a game show where everyone asks yes-or-no questions to guess each other's characters. 👍



# Serving our community

Volunteering as a family can teach your middle grader about empathy and helping others. Here's how to get started.

**1.** Have your tween research community service opportunities for families. He should list ideas that match the ages of family members, and also jot down the time involved for each job. He could visit websites such as *createthegood.org* and *volunteer match.org*. He might also call or email community centers, shelters, and places of worship to ask if they need help.



**2.** Review your child's list together. Talk about possibilities that interest everyone, and pick one to sign up for. If your family loves animals, maybe you could feed and play with dogs and cats in a shelter. Or if you like to cook together, maybe you'll volunteer at a soup kitchen or a fire station's spaghetti dinner.

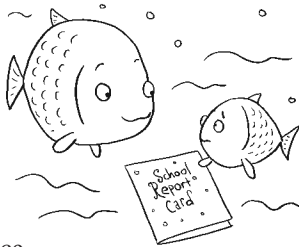
**3.** Talk about those you'll be helping, such as people who don't have enough to eat or animals who need attention and comfort. Considering how others feel will show your middle grader how important it is to help out—and make your volunteer experience more meaningful. 👍

## Parent to Parent Report cards: Find the positives



My sixth-grade daughter just got her first report card with letter grades. In elementary school, she always received "Excellent" or "Good," so I was surprised to see a C in English.

I decided to focus on the positives first. I pointed out Chelsea's good attendance, an A in science, and a nice comment from her chorus teacher.



Then, we discussed her English grade. Chelsea said she had fallen behind on assigned readings. As a result, she struggled to answer comprehension questions and participate in class discussions. We brainstormed solutions, including reading a certain number of pages each night and jotting down points to make in class.

Chelsea said that when she gets her next report card, she hopes that one of the first things I can point out will be a B in English! 👍

## Same answer, different strategies

There's often more than one way to approach a math problem. Try these tips for using family game night to help your tween talk through math strategies—and see that for herself!

**Monopoly.** When a player decides to buy (or not to buy) a property or add houses or hotels, have her share her thinking. Your child might calculate how many times an opponent would need to land on her properties to cover the cost. Or she could total her cash, subtract the cost of the hotels, and consider her liability (the rent she would owe if she lands on other players' properties before getting "paid" again).



**Yahtzee.** Let family members explain how they determine where to record their rolls of the dice. Say your middle grader gets four sixes and one five. Will she score it as four of a kind or as her sixes roll? Perhaps she'll consider the probability of rolling four of a kind again (unlikely) and decide to check off four of a kind rather than risk scoring zero in that spot. Or maybe she'll count it as sixes, which will put her on the path to earning a bonus. 👍

## Concern about anxiety

**Q** Several of my friends and neighbors have mentioned that their kids have anxiety. My son gets stressed out sometimes—could he suffer from anxiety, too?

**A** It's normal for middle graders to feel stressed from time to time about school, friends, or growing up. But if they're excessively anxious for long periods of time and miss

out on activities because of it, that may signal a bigger problem.

Anxiety disorder symptoms include worrying persistently for weeks or months, trouble sleeping, frequent headaches or stomachaches, and avoiding school or friends.

If you notice any of these symptoms in your son, contact your pediatrician. She can refer you to a specialist if necessary. 👍



### OUR PURPOSE

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

Resources for Educators, a division of CCH Incorporated  
 128 N. Royal Avenue • Front Royal, VA 22630  
 800-394-5052 • rfeustomer@wolterskluwer.com  
 www.rfeonline.com  
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**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

1	2
<p><b>Sweet Treat Thursday!</b></p> <ul style="list-style-type: none"> <li>Rice Krispie Treat Offered with meals in all lines</li> </ul> <p><b>From the Grill</b></p> <ul style="list-style-type: none"> <li>Mini Corn Dogs (30g Carbs)</li> <li>Chex Mix - Cheddar</li> <li>Honey-Glazed Carrots (27g Carbs)</li> </ul> <p><b>Home Style</b></p> <ul style="list-style-type: none"> <li>Pasta with Chicken Alfredo or</li> <li>Pasta with Chicken Cajun Alfredo</li> <li>Garlic Breadstick (17g Carbs)</li> <li>Honey-Glazed Carrots (27g Carbs)</li> </ul> <p><b>Deli</b></p> <ul style="list-style-type: none"> <li>Chicken Caesar Wrap (31g Carbs)</li> </ul> <p>Potato, Cheese &amp; Ham Soup</p> <p><b>Grab and Go</b></p> <ul style="list-style-type: none"> <li>Panther PBJ Pack (32g Carbs)</li> </ul>	<p><b>From the Grill</b></p> <ul style="list-style-type: none"> <li>Pepperoni Pizza - Slice (29g Carbs)</li> <li>Whole Kernel Sweet Corn (15g Carbs)</li> </ul> <p><b>Home Style</b></p> <ul style="list-style-type: none"> <li>Cheese Pizza (30g Carbs) or</li> <li>Homemade Taco Pizza (15g Carbs)</li> <li>Whole Kernel Sweet Corn (15g Carbs)</li> </ul> <p><b>Deli</b></p> <ul style="list-style-type: none"> <li>Garden Salad with Diced Chicken</li> <li>Chicken Tortilla Soup</li> </ul> <p><b>Grab and Go</b></p> <ul style="list-style-type: none"> <li>Panther PBJ Pack (32g Carbs)</li> </ul>

5	6	7	8	9
<p><b>From the Grill</b></p> <ul style="list-style-type: none"> <li>Bakalar's Hot Dog on WG Bun (32g Carbs)</li> <li>Side of Mac n' Cheese</li> <li>Green Peas (21g Carbs)</li> </ul> <p><b>Home Style</b></p> <ul style="list-style-type: none"> <li>Creamy Mac N' Cheese (43g Carbs) or</li> <li>Bacon Mac! (new)</li> <li>Italian Breadsticks (18g Carbs)</li> <li>Green Peas (21g Carbs)</li> </ul> <p><b>Deli</b></p> <ul style="list-style-type: none"> <li>Ham &amp; Swiss on WG Croissant</li> <li>Chicken Noodle Soup (36g Carbs)</li> </ul> <p><b>Grab and Go</b></p> <ul style="list-style-type: none"> <li>Panther PBJ Pack (32g Carbs)</li> </ul>	<p><b>Breakfast for Lunch!</b></p> <p><b>From the Grill</b></p> <ul style="list-style-type: none"> <li>French Toast Sticks (28g Carbs)</li> <li>Jones Dairy Sausage Links</li> <li>Warm Cinnamon Apples</li> </ul> <p><b>Home Style</b></p> <ul style="list-style-type: none"> <li>Colby Cheese Omelet (1g Carbs)</li> <li>Jones Dairy Sausage Links</li> <li>Warm Cinnamon Apples</li> <li>Honey Bun Goldfish</li> </ul> <p><b>Deli</b></p> <ul style="list-style-type: none"> <li>Turkey BLT on WG Sub Roll</li> <li>Broccoli Cheese Soup</li> </ul> <p><b>Grab and Go</b></p> <ul style="list-style-type: none"> <li>Panther PBJ Pack (32g Carbs)</li> </ul>	<p><b>Early Release!</b></p> <p><b>From the Grill</b></p> <ul style="list-style-type: none"> <li>Popcorn Chicken (17g Carbs)</li> <li>Vegetable "Not Fried" Rice</li> </ul> <p><b>Home Style</b></p> <ul style="list-style-type: none"> <li>Saucy Orange Popcorn Chicken (43g Carbs)</li> <li>Vegetable "Not Fried" Rice</li> </ul> <p><b>Deli</b></p> <ul style="list-style-type: none"> <li>Turkey Sub (26g Carbs)</li> <li>Vegetarian Minestrone</li> </ul> <p><b>Grab and Go</b></p> <ul style="list-style-type: none"> <li>Panther PBJ Pack (32g Carbs)</li> </ul>	<p><b>From the Grill</b></p> <ul style="list-style-type: none"> <li>Texas Style BBQ Pulled Pork Sandwich</li> <li>Carolina Style Pulled Pork Sandwich</li> <li>Mashed Potatoes (23g Carbs)</li> </ul> <p><b>Home Style</b></p> <ul style="list-style-type: none"> <li>Meatballs &amp; Gravy with Buttermilk Biscuit (13g Carbs)</li> <li>Mashed Potatoes (23g Carbs)</li> </ul> <p><b>Deli</b></p> <ul style="list-style-type: none"> <li>Chicken Bacon Ranch Wrap (26g Carbs)</li> <li>Chicken Dumpling Soup</li> </ul> <p><b>Grab and Go</b></p> <ul style="list-style-type: none"> <li>Panther PBJ Pack (32g Carbs)</li> <li>Panther YOGURT Pack (44g Carbs)</li> </ul>	<p><b>From the Grill</b></p> <ul style="list-style-type: none"> <li>Cheese Pizza - Personal Pan (33g Carbs)</li> <li>Hawaiian Pizza - Personal Pan</li> <li>Honey-Glazed Carrots (27g Carbs)</li> </ul> <p><b>Home Style</b></p> <ul style="list-style-type: none"> <li>Pepperoni Pizza - Personal Pan</li> <li>Honey-Glazed Carrots (27g Carbs)</li> </ul> <p><b>Deli</b></p> <ul style="list-style-type: none"> <li>Chef Salad w/Chicken &amp; Cheese</li> <li>Creamy Chicken Pot Pie Soup</li> </ul> <p><b>Grab and Go</b></p> <ul style="list-style-type: none"> <li>Panther PBJ Pack (32g Carbs)</li> </ul>

12	13	14	15	16
<p><b>From the Grill</b></p> <ul style="list-style-type: none"> <li>Mozzarella Stuffed Breadstick with Marinara Dipping Cup (16g Carbs)</li> <li>Mixed Vegetables (24g Carbs)</li> </ul> <p><b>Home Style</b></p> <ul style="list-style-type: none"> <li>Tater Tot Hot Dish</li> <li>Buttermilk Biscuit</li> <li>Mixed Vegetables (24g Carbs)</li> </ul> <p><b>Deli</b></p> <ul style="list-style-type: none"> <li>Ham, Turkey and Cheddar Sub</li> <li>Beef and Vegetable soup</li> </ul> <p><b>Grab and Go</b></p> <ul style="list-style-type: none"> <li>Panther PBJ Pack (32g Carbs)</li> </ul>	<p><b>Taco Tuesday!</b></p> <p><b>From the Grill</b></p> <ul style="list-style-type: none"> <li>Chicken and Cheese Quesadilla (38g Carbs)</li> <li>Refried Beans (36g Carbs)</li> </ul> <p><b>Home Style</b></p> <ul style="list-style-type: none"> <li>Walking Taco Nacho Chips</li> <li>Refried Beans (36g Carbs)</li> </ul> <p><b>Deli</b></p> <ul style="list-style-type: none"> <li>Homemade Grilled Cheese (29g Carbs)</li> <li>Creamy Tomato Soup</li> </ul> <p><b>Grab and Go</b></p> <ul style="list-style-type: none"> <li>Panther PBJ Pack (32g Carbs)</li> </ul>	<p><b>From the Grill</b></p> <ul style="list-style-type: none"> <li>"Chicken and Waffles!" Natural Chicken Tenders (26g Carbs)</li> <li>WG Waffle</li> <li>Waffle Fries (21g Carbs)</li> </ul> <p><b>Home Style</b></p> <ul style="list-style-type: none"> <li>"Chicken and Waffles!" Natural Chicken Tenders (26g Carbs)</li> <li>WG Waffle</li> <li>Waffle Fries (21g Carbs)</li> </ul> <p><b>Deli</b></p> <ul style="list-style-type: none"> <li>Southwest Chicken Salad</li> <li>Brown Chicken &amp; Wild Rice Soup (14g Carbs)</li> </ul> <p><b>Grab and Go</b></p> <ul style="list-style-type: none"> <li>Panther PBJ Pack (32g Carbs)</li> <li>Panther YOGURT Pack (44g Carbs)</li> </ul>	<p><b>Sweet Treat Thursday!</b></p> <ul style="list-style-type: none"> <li>100% Fruit Juice Slushy Offered with meals in all lines</li> </ul> <p><b>From the Grill</b></p> <ul style="list-style-type: none"> <li>Meatball Marinara Sub on Hoagie Roll (30g Carbs)</li> <li>Garlic Roasted Green Beans (3g Carbs)</li> </ul> <p><b>Home Style</b></p> <ul style="list-style-type: none"> <li>Pasta with Meatballs in Marinara (49g Carbs)</li> <li>Pasta with Italian Meat Sauce (50g Carbs)</li> <li>Italian Breadsticks (18g Carbs)</li> <li>Garlic Roasted Green Beans (3g Carbs)</li> </ul> <p><b>Deli</b></p> <ul style="list-style-type: none"> <li>Chicken Caesar Wrap (31g Carbs)</li> </ul> <p>Potato, Cheese &amp; Ham Soup</p> <p><b>Grab and Go</b></p> <ul style="list-style-type: none"> <li>Panther PBJ Pack (32g Carbs)</li> </ul>	<p><b>From the Grill</b></p> <ul style="list-style-type: none"> <li>Cheesy Garlic French Bread Pizza (29g Carbs)</li> <li>Whole Kernel Sweet Corn (15g Carbs)</li> </ul> <p><b>Home Style</b></p> <ul style="list-style-type: none"> <li>Pepperoni Pizza Dippers</li> <li>Marinara Dipping Cup (11g Carbs)</li> <li>Whole Kernel Sweet Corn (15g Carbs)</li> </ul> <p><b>Deli</b></p> <ul style="list-style-type: none"> <li>Garden Salad with Cottage Cheese</li> <li>Chicken Tortilla Soup</li> </ul> <p><b>Grab and Go</b></p> <ul style="list-style-type: none"> <li>Panther PBJ Pack (32g Carbs)</li> </ul>



19	20	21	22	23
<b>From the Grill</b> <ul style="list-style-type: none"> <li>Homemade Sloppy Joe on WG Bun (42g Carbs) Crispy Coleslaw</li> </ul> <b>Home Style</b> <ul style="list-style-type: none"> <li>Oven Roasted Chicken Basket Crispy Coleslaw Sun Chip Snack Mix</li> </ul> <b>Deli</b> <ul style="list-style-type: none"> <li>Ham and Swiss on Croissant</li> </ul> <b>Chicken Noodle Soup (36g Carbs)</b> <b>Grab and Go</b> <ul style="list-style-type: none"> <li>Panther PBJ Pack (32g Carbs)</li> </ul>	<b>Taco Tuesday!</b> <b>From the Grill</b> <ul style="list-style-type: none"> <li>Taco Truck Burritos (New!) In TWO VARIETIES! with Cilantro Lime Rice and Pinto Beans</li> </ul> <b>Home Style</b> <ul style="list-style-type: none"> <li>(Low-Fat) Loaded Beef Nachos with Cilantro Lime Rice and Pinto Beans</li> <li>Taco Topping Bar</li> </ul> <b>Deli</b> <ul style="list-style-type: none"> <li>Turkey BLT on Sub Roll</li> <li>Broccoli Cheese Soup</li> </ul> <b>Grab and Go</b> <ul style="list-style-type: none"> <li>Panther PBJ Pack (32g Carbs)</li> </ul>	Thanksgiving - No School	Thanksgiving - No School	Thanksgiving - No School
<b>26</b> <b>From the Grill</b> <ul style="list-style-type: none"> <li>Chicken Patty - Hot and Spicy (17g Carbs) Whole Grain Bun</li> <li>Steamed Broccoli (10g Carbs)</li> </ul> <b>Home Style</b> <ul style="list-style-type: none"> <li>Mini Cheese Ravioli (32g Carbs) Choice of Marinara or Italian Cheese Sauce</li> <li>Garlic Toast (14g Carbs)</li> <li>Steamed Broccoli (10g Carbs)</li> </ul> <b>Deli</b> <ul style="list-style-type: none"> <li>Ham, Salami &amp; Provolone Cheese Sub</li> <li>Beef and Vegetable Soup</li> </ul> <b>Grab and Go</b> <ul style="list-style-type: none"> <li>Panther PBJ Pack (32g Carbs)</li> </ul>	<b>Taco Tuesday!</b> <b>From the Grill</b> <ul style="list-style-type: none"> <li>Pork Taco on Soft Shell Tortilla (16g Carbs)</li> <li>Refried Beans (36g Carbs)</li> </ul> <b>Home Style</b> <ul style="list-style-type: none"> <li>Chicken Fajitas (29g Carbs) Soft Shell Tortilla (13g Carbs) Fajita Blend Vegetables</li> </ul> <b>Deli</b> <ul style="list-style-type: none"> <li>Homemade Grilled Cheese (29g Carbs)</li> <li>Creamy Tomato Soup</li> </ul> <b>Grab and Go</b> <ul style="list-style-type: none"> <li>Panther PBJ Pack (32g Carbs)</li> </ul>	<b>28</b> <b>From the Grill</b> <ul style="list-style-type: none"> <li>Kick'n Chicken-Crispy Patty with Pepper Jack Cheese Whole Grain Bun</li> <li>Oven Baked French Fries (22g Carbs)</li> </ul> <b>Home Style</b> <ul style="list-style-type: none"> <li>BBQ Teriyaki Chicken (44g Carbs) Seasoned Brown Rice (68g Carbs)</li> <li>Mixed Vegetables (24g Carbs)</li> </ul> <b>Deli</b> <ul style="list-style-type: none"> <li>Southwest Chicken Salad</li> <li>Brown Chicken &amp; Wild Rice Soup (14g Carbs)</li> </ul> <b>Grab and Go</b> <ul style="list-style-type: none"> <li>Panther PBJ Pack (32g Carbs)</li> <li>Panther YOGURT Pack (44g Carbs)</li> </ul>	<b>29</b> <b>Sweet Treat Thursday!</b> <ul style="list-style-type: none"> <li>Rice Krispie Treat Offered with meals in all lines</li> </ul> <b>From the Grill</b> <ul style="list-style-type: none"> <li>Mini Corn Dogs (30g Carbs) Chex Mix - Cheddar</li> <li>Honey-Glazed Carrots (27g Carbs)</li> </ul> <b>Home Style</b> <ul style="list-style-type: none"> <li>Pasta with Chicken Alfredo or Pasta with Chicken Cajun Alfredo</li> <li>Garlic Breadstick (17g Carbs)</li> <li>Honey-Glazed Carrots (27g Carbs)</li> </ul> <b>Deli</b> <ul style="list-style-type: none"> <li>Chicken Caesar Wrap (31g Carbs)</li> <li>Potato, Cheese &amp; Ham Soup</li> </ul> <b>Grab and Go</b> <ul style="list-style-type: none"> <li>Panther PBJ Pack (32g Carbs)</li> </ul>	<b>30</b> <b>From the Grill</b> <ul style="list-style-type: none"> <li>Pepperoni Pizza - Slice (29g Carbs)</li> <li>Whole Kernel Sweet Corn (15g Carbs)</li> </ul> <b>Home Style</b> <ul style="list-style-type: none"> <li>Cheese Pizza (30g Carbs) or Homemade Taco Pizza (15g Carbs)</li> <li>Whole Kernel Sweet Corn (15g Carbs)</li> </ul> <b>Deli</b> <ul style="list-style-type: none"> <li>Garden Salad with Diced Chicken</li> <li>Chicken Tortilla Soup</li> </ul> <b>Grab and Go</b> <ul style="list-style-type: none"> <li>Panther PBJ Pack (32g Carbs)</li> </ul>

More Details: [wsalem.nutrislice.com/menu/west-salem-middle-school/lunch/](http://wsalem.nutrislice.com/menu/west-salem-middle-school/lunch/)  
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