

WEST SALEM MIDDLE SCHOOL



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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 17 & 21. 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 come to an end and our winter sports seasons begin. Our annual Veterans Day Program will be held on Monday, November 11, 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 6. Students are dismissed at 12:20. Buses leave at 12:30. Our first trimester ends on November 26, and we will not have school November 27 – December 1 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://www.wsalem.k12.wi.us/content/schools/middle-school>

<https://twitter.com/CoachWopat>

<https://twitter.com/WestSalemMS>



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Calendar of Events

NOVEMBER



- 6 - EARLY RELEASE 12:20 dismissal
- 7 - BBB vs Onalaska 4:00
- 11 - Veterans Day Program 7:50
BBB @ Aquinas 4:00
- 14 - BBB vs Holman 4:00
- 18 - BBB @ Logan Middle 3:45
- 19 - BBB vs Lincoln Middle 4:00
Wrestling @ Westby HS 4:30

- 21 - BBB vs Sparta 4:00
- 25 - Wrestling HOME 4:30
- 26 - Ends of Trimester
- 27-29 NO SCHOOL

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 continued to talk about the *kindness* essential of being *CharacterStrong*. One of our Character Dares was to 'stay in touch.' We challenged (or Dared) students to write a hand-written letter or note to someone. There was some good discussions as to why this was a challenging or difficult task. If they didn't write a letter, there is still time to send a note off to that person of interest! As we enter November, we will continue to explore the 8 *Essentials of CharacterStrong* as well

as discuss goal setting. Of course, November reminds us to be thankful for the many blessings we have in life. 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 Monday, November 11, starting at 7:50 am. All veterans are welcome to attend!

This year's theme is the 5 Branches of the Military.

The United States Armed Forces are the federal military forces of the United States. They consist of the Army, Navy, Marine corps, Air force and Coast Guard.

All branches work together during operations and joint missions.

Army - As the oldest branch of the Military, the Army protects the security of the United States and it's resources.

Navy - The Navy defends the right to travel and trade freely on the world's oceans and protects national interests overseas.

Marine Corps - Works closely with the Navy, the Marine Corps is often first on the ground in combat situations.

Air Force - The Air Force protects American interests at home and abroad with a focus on air power.

Coast Guard - The Coast Guard is a military, multi-mission, maritime service with in the Dept. of Homeland Security. Its core roles are to protect the public, the environment and U.S. economic and security interests in any maritime region, including international waters and America's coasts, ports and inland waterways.



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.wsaalem.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 6

December 4

February 5

March 4

May 13





Grade 8



Samantha L.



AJ. J.



Doug D.

Grade 7



Gabrielle B.



Drew H.



Lavender E.

Grade 6



Mason C.



Ella O.



Elliot W.

Grade 5



Breckin C.



Brianna P.



Tristan S.

5th Grade Update

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.

We will continue to work on our reading strategies to help reach our reading goals. Students should continue to read at home and fill out reading logs. After we finish comparing characters, our lessons will start to shift to nonfiction aspects and reading strategies.

Writing will start to change their focus to informational writing. They will learn different aspects and features of information writing and apply that to their own writing pieces.

In science, we will be finishing up our Matter Unit. Then we will be taking a break from science in order to focus on social studies. Our next unit will be about space.

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".

Important Dates:

- November 6th-Early Release
- November 11th-Veteran's Day Program
- November 26th-First Trimester Ends
- November 27th-No School
- November 28th-No School
(Happy Thanksgiving!)
- November 29th-No School





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 to combine like terms and simplify expressions. 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

Sixth graders have wrapped up their first large writing piece. Our writing focus in November will be writing quality paragraphs. Students will read about different Greek Gods and Goddesses and write paragraph summaries to practice this skill. In grammar we will continue to work on quality sentences. We will practice combining sentences and practice editing skills in written work.

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 thinking 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!

Social Studies - Mrs. Jeranek

We may not have made it to the School Forest, but that didn't stop us from trying out fire starting techniques early people may have used.

During the month of November, we will continue to work on note-taking and informational reading strategies through CNN-10 as well as multiple reading sources during class. Our main civilization is Ancient Egypt. Students will learn about the mummification process, pyramid building, and Egyptian pharaohs. By the end of the unit, students will be able to:

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



Science - Mrs. Jarosh

Atoms, molecules and more! Students have been busy exploring molecular movement in all phases of matter. They will most likely have "The Periodic Table" song stuck in their head for the next month! If you haven't heard it, ask them to share it with you! Coming up this month, students will be choosing an element for a research project and have the opportunity to build a model or draw a diagram!

Periodic Table of the Elements

The periodic table shows elements arranged in rows and columns. The legend at the top indicates the following categories:

- State of matter (color of box):**
 - Red: Solid
 - Orange: Liquid
 - Green: Gas
 - Blue: Plasma
- Subgroup (border of box):**
 - Red: s-block
 - Orange: p-block
 - Green: d-block
 - Blue: f-block
- Other properties:**
 - Yellow: Noble gases
 - Pink: Halogens
 - Light blue: Alkali metals
 - Light green: Transition metals
 - Light purple: Lanthanides
 - Light orange: Actinides
 - Light yellow: Metalloids
 - Light blue: Nonmetals
 - Light green: Rare earth elements
 - Light purple: Noble gases
 - Light blue: Radioactive elements

**WANTED**

Looking for donations of embroidery floss (DMC) to make friendship bracelets to send with a UW-LaCrosse professor who will be visiting India in June.

Professor Melissa Collum talked with 7th and 8th graders about the garbage dumps in India in connection with the read aloud The Bridge Home.

Donations can be brought to the middle school office.

Thank you

**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. 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. 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 & Mrs. Coe

We will be starting unit 3 in November. In this unit we will begin our study of algebra. We learn to solve algebraic equations using all operations, both one and two step. It is one of our favorite units so we think kids will love it too!!

Pre-Algebra - Mrs. Weber

We have been flying through the units so far this year. Most kids are doing really well at keeping up. We will finish up our study of circles to start the month. From there we will move on to unit 2 from our 8th grade book. Here we will explore different transformations such as translations, reflections, and rotations.

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 dimension the drawings on paper. These isometric and orthographic drawings will help as we work with a program called Tinkercad 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 grade ELA students will be finishing up their paragraph writing. They will be choosing one of their character sketches to revise, peer conference, edit, and type to hand in for assessment. They will also be writing a summary paragraph of The Bridge Home and The Outsiders. Again they will choose one to go through the writing process and turn in for assessment. The students will be returning letters to their pen pals in Scottsdale, AZ. They will share their thoughts about The Bridge Home. Students continue working on parts of speech and compound sentences. The classroom spelling bee will be at the end of the month.

Social Studies - Mr. Mahlum

In 7th grade Social Studies for the month of November we will be studying the Constitutional Convention and then starting to look at the Constitution itself. Students will also take part in the preliminary rounds of the annual National Geography Bee. These rounds will help get us the finalists who will compete in the all-school competition later in the year.

Science - Mr. Baker

In science we traveled to the Trempealeau Wildlife Refuge and Perrot State Park for some fall ecology work. The refuge and park 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, try their hand at canoeing, hike up Brady Bluff, and take in all the sights and sounds created on a marsh! The focus was on making quality observations of the environment around them and there was no shortage of things to see here! In class we are finishing up with cells and will be moving into body systems where we will dissect deer hearts!



From our hike



Quiet journaling



Pond group shot



Canoe Crew





Math - Mrs. Bentzen & Mrs. Coe Regular Math (Chapter 3 & 4)

We will complete Chapter 3 called “Angles and Triangles” mid-November. We will then begin Chapter 4 called “Graphing and Writing Linear Equations. We will continue in this chapter into

early 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 any polygon 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 & 6) Mrs. Bentzen

We started Chapter 5 called “Writing Linear Equations” on October 17th. We will finish this chapter on November 12th. We will then take our semester exam on Chapters 1-5 (good practice for high school) before Thanksgiving break. We will start Chapter 6 on “Linear Inequalities” shortly after that. We will continue with our weekly Mathcounts sheets. Our first in-school Mathcounts competition will be November 14th. Our next two competitions will be on November 22nd and December 10th. 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

The beginning objectives for Chapter 6:

- *write, solve and graph one-step and multi-step inequalities
- *learn to reverse an inequality sign when multiplying or dividing by a negative number
- *solve and graph compound inequalities using “and” and “or”

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 a 3D printing project. This “challenge” will involve 3D printing parts to complete a task that I assign to the students. This should be a fun interactive project.

English - Mrs. Sackett & Mr. Tashner

The 8th grade English classes are continuing to write paragraphs. We have written character sketch paragraphs and summary paragraphs. The next paragraph will be a descriptive paragraph; for this paragraph we will focus on the details around us.

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.

After paragraph writing, 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 “Breaking Barriers in History”. 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 the American Revolution. When completed, students will be able to:

- explain how the Revolution shaped the future of our country
- discuss the importance of the Declaration of Independence
- describe significant battles of the Revolution and important contributions of early Americans in the establishment of our country.



Supplies: To be prepared for class, students must bring the following to class every day: pen/pencil, iPad, book of choice (fiction or non-fiction), and a Reading binder. The students' Reading binders will stay in the classroom, so they only have to get it off the shelf at the beginning of class.




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

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

During November students will apply reading strategies and elements of literature to short stories.

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

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

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

By the end of 6th 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)



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 begin looking at the history of Earth, then we will 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:

- Developing and Using Models: developing, using, and revising models to describe, test, and predict more abstract phenomena and design systems.
 - Develop and use a model to describe the role of gravity in the motions within galaxies and the solar system.
 - Describe the relationship between mass, distance and gravity for objects in the solar system
- Analyzing and Interpreting Data: analyzing and interpreting data to determine similarities and differences in findings.
 - Analyze and interpret data to determine scale properties of objects in the solar system.
 - Compare and contrast the physical properties and locations of asteroids, meteors, and comets.
 - Explain the formation of galaxies and compare/contrast the properties of different types of galaxies.





Music 5 - Mrs. Glasel (Kjos) and Ms. Nimm (Burdick)

October has been a busy but fun month for making music. The students continued to accompany their singing on the autoharps and barred instruments, but they also got to try something new - Bucket Drumming. Using ice cream buckets with chopsticks to make a classroom full of drums, they played rhythm patterns to some rock songs.

A big focus this month was on the 4 families of instruments - Woodwinds, Brass, Percussion, and Strings. Through videos, interactive websites, worksheets, and briefly trying some instruments, the students learned what makes each family and each instrument different. The unit concluded with a neat book called "The Remarkable Farkle McBride".

The students continue to reinforce rhythm learning by writing rhythm patterns, adding lyrics, and performing. Then, after reviewing the names of the lines and spaces of the treble staff, they began adding melodies to those rhythms.

SQUILT - Super Quiet Un-Interrupted Listening Time - is when the students listen to short pieces of music to identify tempo (speed of music), timbre (sound qualities), and mood. Then they respond by writing a short comment on the music. As the students do this more often, the music selection will get longer and they will be

asked to listen for more qualities of the music.

The list of folk songs that they are learning is growing. Their singing has really improved since their shy singing at the beginning of the year. Ms. Nimm and Mrs. Glasel hopes that the students are sharing those songs with you at home.

General Music 6 - Mrs. Glasel

Music Reading - 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 grand staff (bass and treble clefs). They have been practicing pitch reading by using the apps (Flashnote Derby and Staff Wars).

Music Appreciation - The students will be working on different types of composing. The first project will be a musical parody. We read an article about parodies and now will write one on our own to the tune of "Jingle Bells" using a music writing program on the iPad. The lyrics focus on something about the autumn season. They will divide the words so fit with the rhythm of the music. Ask your child to show you their finished product.

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

General Music 7 - Mrs. Glasel

The students are continuing to play songs on the guitar. They had moved to the second string and added the pitches of B, C, and D. They are able to play songs going back and forth between the 1st and 2nd strings. They will also be adding half notes, dotted half notes, and whole notes to their songs.

After learning about the parts of a musical, the students learned a little about Broadway. They were introduced to the musical Hello, Dolly and are shocked by the different lifestyle in the 1890s.



What's new in the WSMS Bands:

6th Grade: We just had our first concert and the students did a fantastic job! We are working on new sheet music for a concert in January. Students should be able to play ALL songs up to page 13 by Thanksgiving. Please remember that students are required to practice at home, a minimum of 60 minutes per week as they prepare for their lessons.

7th & 8th Grade: Both bands are working on music for their Holiday Concert on Tuesday, December 10th. The concerts will include traditional band literature and a few winter/holiday themes. Students should be continuously preparing for lessons with at least 60 minutes of at-home practice each week.

Jazz Band: Our Jazz Band is rolling and has 50 members! Thank you parents for getting them to school by 6:55am on Wednesdays! They are off to an incredible start this season.



The weather is getting COLD so the Healthy Living department is moving indoors. We will be starting our Net/Wall games, Archery, and the Dangers of Risky Health Behaviors. Please remind your children to have proper athletic shoes and athletic clothing (7th/8th grade) for class. Also please have your 7th and 8th graders bring their clothes home to be washed at least weekly. We are sad to say goodbye to Ms. Serres (Olson's student teacher) as she moves on to her next placement. Happy Fall!

Mr. Brewer - Gr. 5, 6, 7, 8
Mrs. Olson - Gr. 5, 6, 7, 8
Ms. Becker - Gr. 6 and Adaptive PE



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.

WSMS will not have a Middle School musical production this school year. Interested students should look for summer opportunities when they are released.

Winter Sports.....

Boys basketball and Wrestling practice will started on Monday, October 28 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 17 for a Winter Sports schedule.





5th Grade

In November, 5th graders will be moving on to non-traditional canvas paintings. Each student will be bringing in an object from home to paint. This could be an actual canvas or an alternative surface. Watch for more information about this coming soon. If time allows, we will also be working with CLAY!

6th Grade

6th graders will be working on plaster masks during November. We will touch upon masks as they were used in Greek Theater as well as a sculptural art form. These will each be personalized to represent the student.

7th Grade

Drawing in different styles and with different materials continues to be the focus in grade 7. We will finish up drawing from one point perspective and touch on two point. We will then move to drawing from the imagination as well as collage as a medium.

8th Grade

8th graders finally get to paint their wall block in November! We have done many things to prepare for this! With the remaining time students have a self-selected project (which includes prior planning work) to complete as well as a 2-D monument to an important person.

Spanish - Mrs. Phillips

6th gr. -

Sixth grade Spanish is learning to discuss likes, dislikes and food. We are talking about authentic recipes and traditional dishes. The last part of the trimester will be focusing on the Day of the Dead traditions, which includes making sugar skulls!

7th gr. -

The seventh grade Spanish classes have been working on describing themselves and friends. In the month of November students will discuss classes and school schedules in Spanish. They are also practicing to tell time and compare daily schedules. ¿Qué hora es?

8th gr. -

Students in 8th grade Spanish have been learning to describe and talk about themselves and family members. To wrap up the trimester, students will talk about families, birthdays and celebrations. Culturally, we will learn all about the quinceañera!



8TH GRADE WASHINGTON D.C. TRIP

Information for the D.C. trip was sent home with students. The trip will be May 31 - June 5, 2020. 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.

The cost of this year's trip is \$748. 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 \$875. Those parents interested in chaperoning should complete the chaperone portion of the permission slip that was sent home. You will be notified in early 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 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 18.

- * 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 19 - \$250 - to secure seat

February 7 - \$250

April 20 - 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"



2019-20 West Salem Middle School Panthers Winter Athletics Schedule



BOLD FACE EVENTS ARE AT HOME

7th & 8th GRADE BOYS' BASKETBALL

Monday 10/28 First Day of Practice

Thursday 11/7 4:00pm Home vs. Onalaska Middle

Monday 11/11 4:00pm @ Aquinas Middle
(7th Grade @ Mathy BGC, 8th Grade @ Aquinas Middle)

Thursday 11/14 4:00pm Home vs. Holmen Middle

Monday 11/18 3:45pm @ Logan Middle

Tuesday 11/19 4:00pm Home vs. Lincoln Middle

Thursday 11/21 4:00pm Home vs. Sparta Middle

Tuesday 12/3 4:15pm @ G-E-T Middle
(7th Grade @ Ettrick Elementary, 8th Grade @ G-E-T Middle)

Thursday 12/5 4:00pm @ Longfellow Middle

Monday 12/9 4:15pm Home vs. Westby Middle

Thursday 12/12 4:15pm Home vs. Tomah Middle

Tuesday 12/17 4:00pm @ Winona Middle



WRESTLING

Tuesday	10/28		First Day of Practice
Tuesday	11/19	4:30pm	@ Westby HS vs. Westby, Sparta, & Tomah Middle
Monday	11/25	4:30pm	Home vs. Holmen, Longfellow, & Tomah Middle
Thursday	12/5	4:30pm	@ Sparta Meadowview vs. Sparta, Logan, & Longfellow Middle
Monday	12/9	4:30pm	@ Onalaska Middle vs. Onalaska, Logan, & Longfellow Middle
Saturday	12/14	9:30am	@ Marshfield High School (Marshfield Invitational)
Monday	12/16	4:30pm	@ Tomah High vs. Tomah, Logan, & Onalaska Middle
Thursday	12/19	4:30pm	@ Logan Middle (Conference Tournament)



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.

November 2019

Middle Years

Working Together for School Success



Short Stops

Asking about school

It may take a little creativity to get your tween talking about school. Instead of asking "How was school?" try "What made you laugh today?" or "What was the most interesting thing a teacher said?" *Idea:* Share something about your day first. Your child may be more likely to open up.

Eat your fruits and veggies

Encourage your middle grader to get more fruits and vegetables with her cafeteria lunch. She might add salad bar veggies like lettuce and tomato to her burger or chicken sandwich. And for a healthy dessert, she could dip fresh fruit like apple slices or pineapple chunks into yogurt.

DID YOU KNOW?

Checking your tween's grades online helps you know how he's doing. However, it's important to keep in mind that grades aren't always updated every day. If you notice a low grade or a missing assignment, ask your child about it. He might have a reasonable explanation, or it's possible his teacher hasn't entered everything yet.

Worth quoting

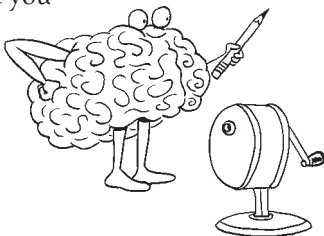
"Remember that happiness is a way of travel, not a destination."

Roy M. Goodman

Just for fun

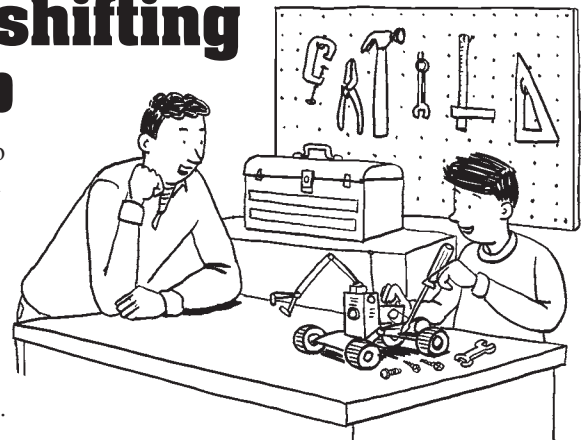
Q: What gets sharper the more you use it?

A: Your brain.



Tweens: A shifting relationship

Watching your child grow into an adolescent can be fun. You get a peek at his future adult self as his interests, opinions, and sense of humor develop. It may also be confusing, though, as he becomes more independent. Try these strategies for maintaining a strong relationship.



Allow some space

Does your tween prefer to hang out with friends rather than with you? Does he often hole up in his room? Those behaviors are normal. Stay connected by making some family activities, such as weekend outings or dinners, non-negotiable. Also, be sure to spend time chatting with him each day. He'll find it comforting to know you're there.

Find the positives

When your middle grader is moody, think about what you enjoy about him, such as his sense of humor or his compassion for animals. Try framing his

negative behaviors as positives. For instance, his ability to argue could be seen as a knack for debate. Or his insistence on doing things his way shows he's thinking for himself.

Avoid comparisons

Focus on who your child is instead of comparing him to yourself at his age or to other tweens. Perhaps you played sports in middle school but he wants to build robots and join the environment club. Show interest in his activities, and ask questions to learn more about them. ("What can your robot do?" "How was the watershed cleanup?") 👍

Effort = results

The better your middle grader understands that hard work contributes to success, the more likely she is to put in effort. Help her see the connection with these suggestions.

■ **Focus on her actions.** Rather than saying what a great writer your child is, you might point out that all the time she spent editing her essay made it better. She'll learn that she has control over the results she gets.

■ **Encourage persistence.** When your tween faces a setback, recommend that she make adjustments rather than give up. Say she receives a lower-than-expected score on a civics quiz. She could set aside more time to study for the next quiz. 👍



Hooked on a book

Reading for pleasure will build your tween's background knowledge and vocabulary. Inspire her to read more with these ideas.

Make reading a priority. When your family sits around in the evening, have each person read silently instead of watching TV. Visit the library regularly so you always have books in your home. Talk to your child about what you're reading, and ask about her book.

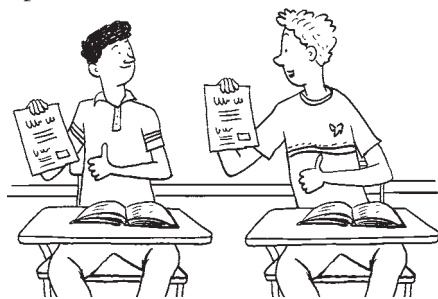


Read about authors. If your middle grader likes particular books, she could visit authors' websites to learn more about them. She might search the internet to find interviews with the authors and reviews of their other books—and discover something new to read.

Take material along. Reading a few minutes here and there adds up. Your teen could plan ahead by packing a book everywhere she goes! That way, she can read on the subway, in the dentist's office, or while waiting for her ride home. Suggest that she grab a magazine for her purse, keep a novel in her backpack, or download an e-book so she always has something to read. 👍

Q & A Think first

Q My son sometimes makes decisions without thinking them through. How can I teach him not to make impulsive decisions?



A Your tween's brain is still developing—especially the part of it that controls decision making.

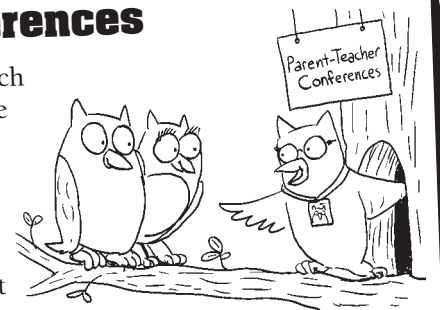
Let him know that to make good choices, he needs to consider the facts. For example, maybe he needs to pick partners for a group project. His first instinct may be to work with his best friend. But encourage him to think about who has good work habits and won't leave him doing all the work.

Also, give him experience making everyday decisions like picking out gifts for relatives or choosing the film for family movie night. For instance, rather than picking the first gift that looks cool, he should consider your family's budget and each relative's interest. 👍

Make the most of conferences

Use fall parent-teacher conferences to touch base with teachers early in the year and share information to support your middle grader's learning. Consider these tips:

- Get your child's input. Ask if there's anything specific he'd like you to bring up. He may want a teacher to know he feels hesitant about raising his hand in class, for instance.
- Ask about your tween's strengths as well as areas where he could improve. Maybe you'll find out that he loves helping other students but needs to manage his time better in class. Also, get advice on how you can support him at home.
- Point out what you notice at home. Perhaps he's enjoying a math game the teacher recommended, or maybe he's struggling with a science project. This gives teachers useful information for challenging and assisting your child. 👍



Parent to Parent Empathy can prevent bullying

My sister's son was being bullied in school. Thankfully, she worked with the counselor and the situation was resolved—and my sister learned something interesting that she shared with me.

The counselor told my sister that empathy is an antidote to bullying. He said when kids really understand and care about how others feel, they're far less likely to bully. That got me thinking about ways I could approach the subject with my daughter Dara.

When she mentioned that a classmate's parent was sick, I encouraged her to call the girl regularly and perhaps even send a card or cookies.

I also try to show empathy for Dara if she's upset about something, rather than saying, "You'll be fine." When a boy she liked didn't feel the same way about her, I related a similar experience I had in middle school.

I'm hopeful that our focus on empathy will help Dara be kind toward others and never participate in bullying. 👍



OUR PURPOSE

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

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

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

4

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

5

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

6

- Early Release Day!**
- From the Grill**
 - Carolina Style Pulled Pork Sandwich
 - Coleslaw
 - Mashed Potatoes
- Home Style**
 - Meatballs & Gravy with Buttermilk Biscuit
 - Mashed Potatoes
- Deli**
 - Chicken Bacon Ranch Wrap
 - Sliced Apples with Caramel Cup
- Grab and Go**
 - Panther PBJ Pack
 - Panther YOGURT Pack

7

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

8

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

11

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

12

- Taco Tuesday!**
- From the Grill**
 - Chicken and Cheese Quesadilla
 - Refried Beans
- Home Style**
 - Walking Taco on Nacho Dorito Chips
 - Refried Beans
- Deli**
 - Chicken Caesar Wrap
 - Bow Tie Pasta Salad
- Grab and Go**
 - Panther PBJ Pack
 - Panther YOGURT Pack

13

- From the Grill**
 - "Chicken and Waffles!"
 - Natural Chicken Tenders WG Waffle
 - Tri Tators
- Home Style**
 - "Chicken and Waffles!"
 - Natural Chicken Tenders WG Waffle
 - Tri Tators
- Deli**
 - Southwest Chicken Salad
 - Brown Chicken & Wild Rice Soup
- Grab and Go**
 - Panther PBJ Pack
 - Panther YOGURT Pack

14

- 100% Fruit Juice Slushy Offered with meals in all lines
- From the Grill**
 - Meatball Marinara Sub on Hoagie Roll
 - Garlic Roasted Green Beans
- Home Style**
 - Farm to School Chili with Cinnamon Roll
- Deli**
 - Farm to School Chili with Cinnamon Roll
- Grab and Go**
 - Panther PBJ Pack
 - Panther YOGURT Pack

15

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

18**From the Grill**

- Homemade Sloppy Joe on WG Bun
- Oven Baked French Fries

Home Style

- Mr. Rib Sandwich
- Oven Baked French Fries

Deli

- Ham and Swiss on Croissant
- Chicken Noodle Soup

Grab and Go

- Panther PBJ Pack
- Panther YOGURT Pack

19**Taco Tuesday!****From the Grill**

- Taco Truck Burritos (New!) in TWO VARIETIES! with Cilantro Lime Rice

Home Style

- (Low-Fat) Loaded Beef Nachos with Cilantro Lime Rice
- Taco Topping Bar

Deli

- Turkey BLT on Sub Roll
- Broccoli Cheese Soup

Grab and Go

- Panther PBJ Pack
- Panther YOGURT Pack

20**From the Grill**

- Chicken Nuggets with WG Dinner Roll
- Mashed Potatoes

Home Style

- Turkey Pot Roast in Gravy with WG Dinner Roll
- Mashed Potatoes

Deli

- Chef Salad w/Chicken & Cheese
- Creamy Chicken Pot Pie Soup

Grab and Go

- Panther PBJ Pack
- Panther YOGURT Pack

21**From the Grill**

- (Cheese) Hamburger on WG Bun
- Potato Stars

Home Style

- (Cheese) Hamburger on WG Bun
- Potato Stars

Deli

- Cuban Flatbread Sandwich
- Chicken Dumpling Soup

Grab and Go

- Panther PBJ Pack
- Panther YOGURT Pack

22**From the Grill**

- Stuffed Crust Pepperoni Pizza
- Peas & Carrots

Home Style

- Stuffed Crust Cheese Pizza
- Peas & Carrots

Deli

- Turkey Sub
- Vegetarian Minestrone

Grab and Go

- Panther PBJ Pack
- Panther YOGURT Pack

25**From the Grill**

- Chicken Patty - Hot and Spicy Whole Grain Bun
- Steamed Broccoli

Home Style

- Veggie Burger Spicy Black Bean (Morningstar, nut free)
- Steamed Broccoli

Deli

- Ham, Salami & Provolone Cheese Sub
- Beef and Vegetable Soup

Grab and Go

- Panther PBJ Pack
- Panther YOGURT Pack

26**Taco Tuesday!****From the Grill**

- Pork Taco on Soft Shell Tortilla
- Refried Beans

Home Style

- Chicken Taco on Soft Shell Tortilla
- Refried Beans

Deli

- Homemade Grilled Cheese
- Creamy Tomato Soup

Grab and Go

- Panther PBJ Pack
- Panther YOGURT Pack

27

No School

28

Thanksgiving - No School

29

No School

More Details: wsalem.nutrislice.com/menu/west-salem-middle-school/lunch/

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