

WEST SALEM MIDDLE SCHOOL



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Volume 8
Issue 3

SPECIAL POINTS OF INTEREST:

School Starts at 7:50!!

**PICTURE RE-TAKE DAY
TUESDAY, OCT. 8**

**NO SCHOOL
OCT 18 & 25**

Inside this Issue:

Dear Families,

We are a few weeks into the school year and it's been a great start! You may have seen some local media coverage highlighting the State Assessment scores in our district. Our staff has committed to a continuous improvement mindset in order to help your child learn and grow. We thank you for your continued support to make this possible. This year, the staff is already hard at work teaching, assessing, and examining data within teams to ensure student learning. Our students are engaged in learning during the school day and busy with their activities, athletics or interests afterwards. Our parents are hard at work supporting their children while they learn and grow. Given the busy schedules of our entire West Salem Middle School Learning Community, we see our WSMS Newsletter as one of the important ways we maintain communication between school and home. It contains a variety of academic updates as to what your child is learning and provides you with an overview of that learning and additional items about the middle school experience.

The West Salem Middle School staff work together as a team to provide your child the very best educational experience. I want to draw your attention to the Grade Level News section starting on page 6. Our teaching staff has shared the focus of their lessons, instructional objectives/outcomes, and learning activities they have planned for your child. Technology is interwoven throughout the lessons in our I-1 learning environment. This information makes for great conversation at home when you discuss school with your children.

I want to take this opportunity to share with you how our teachers continue to learn about our profession and how they give back to the profession as they mentor future educators. We continue our partnership with UW-La Crosse to create a Professional Development School (PDS). What is a Professional Development School? PDS are schools that have joined with a university to accomplish educational goals that are mutually beneficial. A PDS is a collaboratively planned and implemented partnership for the academic and clinical preparation of teacher candidates. WSMS has a quality team of highly trained educators who continue to develop themselves as professionals while supporting future educators.

Finally, The first day of school we highlighted school wide expectations for our students. We also shared with our students that our core values are to "Be Respectful, Be Responsible, & Be Safe." As our students commit to these core values, they are also committing to: (1) Grow in knowledge & maturity. (2) Learn the norms of a professional environment. (3) Be supportive of one another in a safe environment. Ultimately, they are making a commitment to have "Panther Pride." At WSMS, we are honored to work with you in this endeavor.

Ben Wopat

Principal
Proud to Be a Panther!

www.twitter.com/coachwopat
www.twitter.com/westsalemMS



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Calendar of Events



1 - FB7 vs Onalaska 4:00
FB8 @ Central High vs Lincoln 4:00
CC @Pettibone Park 4:30

2 - EARLY RELEASE 12:20

3 - VB vs Onalaska 4:00

7 - FB8 vs Holmen I 4:00

8 - PICTURE RETAKES
CC @ VanRiper Park Onalaska 4:30
FB7 @ Onalaska Middle 4:00
VB vs Tomah 4:15

10 - VB @ Aquinas Middle 4:00
1/2 Gr. 7 to Refuge

11 - 1/2 Gr. 7 to Refuge

12 CC @ Schultz Farm Arcadia 9:30

14 - VB vs Logan 3:45

15 - FB7 @ Longfellow Middle 4:00

17 - PARENT/TEACHER CONFERENCES
CC @ Pettibone Park 4:30
FB8 vs Longfellow 4:00

18 - NO SCHOOL

21 - PARENT/TEACHER CONFERENCES
CC @ Holmen Conference Meet 4:00

22 - FB7 vs Sparta2 4:00
FB8 @ Winona 4:30
VB vs Holmen 3:45

24 - VB @ G-E-T Middle 4:15

25 - NO SCHOOL - Teacher Inservice

Counselor Comments - Mr. Lang

We ended September on a 'spirited' week showing our Panther Pride and cheering on our various Panther teams. Way to go Panthers! Let's keep up this spirit and enthusiasm all year long! As we roll into October, we will begin to define the 8 Essentials of being CharacterStrong: Patience, Kindness, Humility, Respect, Selflessness, Forgiveness, Honesty, and Commitment. Character can look like a lot of things so this is important to help us to agree what we are working on and expecting of each other.

Homerooms will be coming up with creative ways and places to take their homeroom photos. We enjoy this photo op and proudly display these posters in our rooms. It's always fascinating to see the growth over three years.

Now that school is in full swing, the concern of homework (more specifically, getting homework done) is often a topic of conversation that comes up for parents and students.

The middle school offers two programs that may help with homework completion or support. The first program is our Success Center. This is available now to students in the morning starting at 7:00 and then again after school until 4:00. This is a supervised time for students to stop in as needed to complete their work, take or retake tests if they missed school, or ask for assistance if needed. The Success Center is located in the BGC (basement) in room 25. The second program is our Extended Day Program (EDP). This program runs from 3:15-4:15 Monday through Friday. Students are signed into this program by their parents and are expected to be there every day. Please see the enclosed EDP informational sheet for more details. If students are involved in co-curriculars, they can still utilize either of these programs. Coaches understand that students will be released at 3:35 to attend the rest of practice. (Coaches also appreciate that students are staying current with their classwork!) EDP will start later in the month. We will send out a Skyward message

when this program will be starting. Please contact the middle school with any questions.

Parent Teacher Conferences will be held on Thursday, October 17 and Monday, October 21. You will initially meet with your child's homeroom teacher, but there will be an open time available for you to meet with a specific teacher if needed. More information will be emailed home regarding these conferences. We look forward to meeting with you and your child together at these fall conferences as students are expected to lead these conferences with their homeroom teacher.



"Meet Us in the Middle"



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 accurate count. We do not report student names, just

numbers. If your child's absence is not called into 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!



Parent Reminders...

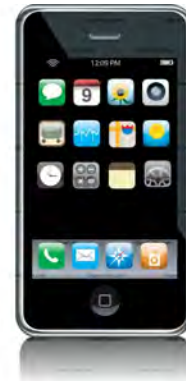
EMERGENCY CONTACT INFORMATION:

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

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

*If your child texts, e-mails or calls you that they are not feeling well please make sure they have been to the school nurse. The nurse will then contact you.



The Middle School Newsletters can be found on the district website - www.salem.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.

ARE YOU READY FOR FLU SEASON?

As we head into winter and spend more time inside buildings, the flu season pays us in Wisconsin a visit. Flu is a common respiratory viral infection. The virus is transmitted by coughing, sneezing, contact with used tissues or contaminated hands and objects. The symptoms of influenza include:

- Fever with body temperature 100 degrees Fahrenheit or more
- Common respiratory problems such as cold and cough
- Congestion and runny nose
- Headache accompanied by muscle pains
- Vomiting
- Diarrhea
- Chills and Fatigue



Prevention can be your best defense. Teach your child proper coughing and sneezing etiquette by using the inside of your elbow instead of your hand. Encourage proper disposal of tissues. Keep hands away from the face area. Frequent hand washing can also be helpful to decrease the spread of infection. Stay home when you are ill. Get plenty of rest and eat a balanced meal. Talk with your medical provider or health department and consider receiving the influenza vaccine to help prevent the influenza infection.

Stay well and carry on!

Beth Clements RN
West Salem School Nurse

PICTURE RE-TAKE DAY..... TUESDAY, OCTOBER 8TH!!!

*if your child is having re-takes you will need to send the original picture packet that you got with your child on re-take day.



The West Salem School District prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact the Pupil Services Director at (608) 786-0700. To file a complaint of discrimination write to: Pupil Services Director at 405 East Hamlin Street, West Salem, WI 54669 or call (608)786-0700. The West Salem School District is an equal opportunity provider and employer.



"Meet Us in the Middle"





Student Cell Phone Use

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

- * Must be turned off
- * Must be kept in the student's locker

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

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



Early Release Dates

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

October 2

November 6

December 4

February 5

March 4

May 13





Academic Updates

Reading: Students are starting to get their reading related goals. They will be working on specific skills and using different strategies to improve their reading ability.

Writing: Students have finished going over the writing process and are publishing their first writing piece. Students will also be working on typing on the iPad and/or using a keyboard to help their writing efficiency. They will be starting Narratives this month.

Word Work: Students have started their spelling program. This includes sorting and spelling words. They are always assigned one choice board assignment each week. At the end of their 6-day cycle, students will take spelling tests. This will continue all school year.

Math: We will finish up our fraction unit in the beginning of October. Students will also be doing a mini-project related to the skills they learned in our first unit. We will start the second unit this month which focuses on adding and subtracting decimals.

Science: Students are starting their matter unit. They will cover concepts from atoms to the states of matter. They will get to do a lot of experiments as well.

Social Studies: Students are wrapping up their map skills unit which included global awareness.

iPads: Students are starting to get more assignments on their iPad. They will continue to leave them at school unless they have homework to complete. Some students continue to struggle with using their iPads appropriately. This is something that can be reinforced at home when their devices are there.

Homework Hotline: This tool is available on the school website. If you go under schools and click on the Middle School, then click on Academics you will see Homework Hotline listed. This is a shared google sheets document that every teacher updates at the beginning of the week. It will list the assignments that were assigned each day. Most are due the next day, but if they have a longer time to work on it, the teacher will list the day it is due. This is extremely helpful if your child is sick or leaves school early. We usually leave the previous and current week up.

Upcoming Dates:

October 8th: Picture retake day

October 17th: Parent Teacher Conferences

October 18th: No School

October 21st: Parent Teacher Conferences

October 25th: No School (Teacher Inservice)





Social Studies - Mrs. Jeranek

During September, we've spent time getting to know each other and daily routines. To stay informed on current events, we watched CNN-10, a daily news program created for middle and high school students, while working on the bullet note-taking strategy. We also have worked to understand map tools analyze map patterns. Asking the question, "Why are the patterns where they are?"

October will begin with Paleolithic and Neolithic time periods as well as ancient civilization of Mesopotamia. Then we will move into Ancient Egypt in late October. Each unit will focus on 6 areas; geography, economy, government, social status/class, religion, and achievements.

History and Current Events allow us to focus on non-fictional reading strategies to formulate main idea and supporting details for better understanding of informational texts.

By the end of The First Civilizations Unit, I will be able to...

1. Compare and contrast Paleolithic and Neolithic time periods.
2. Describe climate and geography of Mesopotamia.
3. Explain why Mesopotamia was a successful civilization.
4. Describe characteristics of an empire.
5. Name several achievements of Mesopotamia's first empire.

By the end of Ancient Egypt Unit, I will be able to...

1. Explain the importance of Egypt's geography and the resources they used to survive.
2. Identify the evidence that remains of this civilization
3. Describe Egyptians contributions to our world.
4. Explain how and why this civilization came to an end.

Math - Mrs. Jehn and Mrs. Adams

Students will be finishing Chapter 1 in October and taking the first chapter test. Please encourage your student to use the online practice quizzes and tests which allow them to take an assessment almost exactly like the one they will take in class. It is scored by the online textbook, so students can see what problems they did incorrectly and what the correct answer should have been.

We will complete Chapter 2 in October which is all about fractions and decimals. Students will spend most of the month working in this chapter. By the end of the chapter, students will be able to multiply and divide fractions and mixed numbers as well as add, subtract, multiply, and divide decimals efficiently.

Accelerated Math - Mrs. Jehn

Students will have finished Chapter 1 at the end of September and taken the first chapter test covering topics such as powers and exponents, order of operations, greatest common factor, and least common multiple.

We will also complete Chapter 2 which is all about fractions and decimals. Students will be able to multiply and divide fractions and mixed numbers as well as add, subtract, multiply, and divide decimals fluently.

Chapter 3 will take up the middle part of October which works on algebraic expressions and properties. At the end of this chapter they will be able to write and evaluate algebraic expressions using the commutative, associative, and distributive properties.

The rest of the month of October will bring Chapter 4 - Areas of Polygons. Students will learn the areas of parallelograms, triangles, trapezoids, and composite figures. Students will also work with polygons in the coordinate plane.

Science - Mrs. Jarosh

We are off to a great start in 6th grade Science. Students are putting the scientific method into action using the acronym of P.H.E.O.C. (problem,

hypothesis, experiment, observations, conclusion) to test their own AlkaSeltzer film canister rockets! The lab report rubric is aligned to the Next Generation Science Standards which encompasses the Science and Engineering Practices. It's so much fun to stand back and watch kids do science!

English - Mrs. Buisman

In 6th grade English, we will continue to work on quality writing and building stamina with writing. The focus in grammar will be sentences. Students will be identifying run-ons and fragments as well as learning to fix them correctly. Students will also practice using dialogue in their writing. During the writing portion of class, students will continue to build their small moments into a more powerful piece of writing.



Reading - Mrs. Schultz

We have started out the word work portion of the year with prefixes. Understanding what different prefixes, suffixes and roots mean will help students develop a larger and stronger vocabulary since the literature they will be reading in the future will include more sophisticated language. Each set of words follow similar routines. We start out by accessing our background knowledge and seeing what words are familiar to us. Students complete sorting activities, play games, and complete other practice activities using what I call their "cheat sheet". Each pair of words end with a quiz. We also have been discussing different learning styles (visual, auditory, and kinesthetic) and students are trying to figure out the best way they learn in order to be successful learners!

SSR and creating a regular routine of independent reading is another focus of 6th grade Reading. Students should be reading at least 20 pages or 20 minutes between class periods. If students read 20 pages every two days, a book of approximately 200 pages should be completed within a month or so. Students know to adjust their reading amount if their book is longer than 200 pages.

We have started a **15 Book Challenge** where students set a goal of how many books they will read this school year. Check in with your student to find out their goal! Some of the books counted will be class novels, but most will be independent. At the beginning of a new independent reading unit, I allow at least 2 class periods for students to browse Destiny Discover, go to the LMC, and choose a book they are interested in reading. My rule is they have to get at least 15-20 pages into a novel before abandoning it for another. This eliminates students picking up a new book each independent reading time, and ensures they will finish their "keeper". Their first choice read Book Critique is due early in October. In November, we will be focusing on the Action/Adventure genre.

The class novel we will begin mid-October, *Touching Spirit Bear*, falls under the genre of action/adventure. This class novel will be read within the class day. I provide the option of listening to the audio version or reading the book independently. This option accompanies only this first novel, the rest of our class novels will be independently read. Please make sure your student has a pair of **earbuds/headphones** that he or she can bring to school on a consistent basis. Students may be bringing their journals home to reflect on the day's reading, but the books stay at school.

Please encourage your child to be vigilant about using their assignment notebook, check emails once a week, and to look over Google Classroom information posted by all 6th grade teachers.

Happy Reading!
Mrs. Schultz



6th Grade Choir & Band
Preview Concert

Tuesday, October 15
7pm

Heider Center

*Students will wear their purchased shirt with
black pants, black socks, and black shoes

*Report time for students is 6:30pm



"Meet Us in the Middle"



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

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

To begin the year, we searched for our singing voices with a lot of welcome songs including "Good Morning" and "Hello to All The Children of the World" which includes some foreign words to greet each other. We start every class with a song. So far these songs included "America", "Fifty Nifty United States", "America, the Beautiful" and "God Bless America". Ask us to sing some for you.

Beat and rhythm are big topics in our class. Many activities from playing instruments, pulling a rope, passing a beach ball, and doing movement activities stress the importance of feeling that steady beat. We also have been playing the rhythm sticks to songs and even writing our own 4 beat rhythm patterns.

We connected to history by learning about the characteristics of folk music. We played the autoharps on "This Land is Your Land" which also stressed the verse - refrain/chorus form. We played the xylophones, glockenspiels, and metallophones on "Erie Canal" and on the sea shanties "Haul Away Joe" and "Goin' to Boston". We learned the importance of singing these work songs to help the workers accomplish their jobs.

At the end of the month, we learned our state and school song to celebrate Homecoming. Oktoberfest time gave us an opportunity to learn about some German culture, including dancing the polka and learning to count to 7 in German.

General Music 6 "Keyboards and More" - Mrs. Glasel

Music Reading - The students have been learning pitch names in the treble and bass clefs, as well as basic rhythms (notes and rests) and terms. They have been doing a lot of activities to review these concepts in preparation for playing the keyboards. When they play the assigned songs for me on the keyboard, they will receive a grade of 3 (proficient), 2 (near proficient), or

1 (emerging). They can keep practicing it until they can reach proficiency. Once they do, the grade will be changed to 3 points no matter how many times they try it.

Music Appreciation - The students did a survey so that I could see their level of interest when it comes to music in their lives. It was interesting to hear the variety of opinions on how and why music is or isn't important to them. They also learned about me through a Musical Me Padlet project, and then they created one of their own. Ask them to share it with you.

We also read articles in our Music Alive magazines on marching bands and the polka. This month will focus on the article about song parodies which will lead us into writing our own parody about autumn using a music writing program.

General Music 5 - Mrs. Glasel

The students have begun to play some of the required songs for me on their guitars. So far, they have only learned the 1st string and using only open string, first finger and third finger on the frets to play E, F and G, respectively. When they play the assigned songs for me on the guitar, they will receive a grade of 3 (proficient), 2 (near proficient), or 1 (emerging). They can keep practicing it until they can reach proficiency. Once they do, the grade will be changed to 3 points no matter how many times they try it.

Some have asked if they could take the guitars home. Even though it is not a requirement since I give them enough time in class to practice, they may do so as long as they know they are responsible for the proper care and handling of the guitar.



Success Center Hours

The Success Center is open before school from 7:00-7:45 and after school until 4pm every day except early release days.



"Meet Us in the Middle"





Reading - Mrs. Rochester

During the month of October, seventh graders will still be continuing to study greek and latin roots, and reading short fiction and nonfiction pieces. They will be studying the elements of fiction and nonfiction as well. We started The Outsiders at the end of September and we will continue into October. The Outsiders explores themes of family, friendship, and growing up. We will be reading the novel in class, but if the students do not finish their assigned reading, they will be bringing the book home. Students also have questions to answer that pertain to each chapter. In addition, the students will also be given an opportunity to listen to The Outsiders in class via Google Classroom. The students can also listen to the book at home because the audio will be posted on Google Classroom. Seventh graders should also be reading at least 25 pages/minutes of their SSR book or The Outsiders between class meetings.

Regular Math - Mrs. Weber & Mrs. Coe

We are moving quickly through our first unit! We have been reviewing integers and will finish this unit up in early October. After that, we will move into the study of rational numbers. Please keep helping your child complete homework if needed. We don't want them falling too far behind. Happy Fall!!

Pre-Algebra

In October we will work through Unit 11, which is solving and graphing inequalities, and Unit 12 about scale drawings. If we have time, we will start Unit 13 on the study of circles. We have also completed the first couple Math Counts. They are quite challenging!

English - Mrs. Martinson

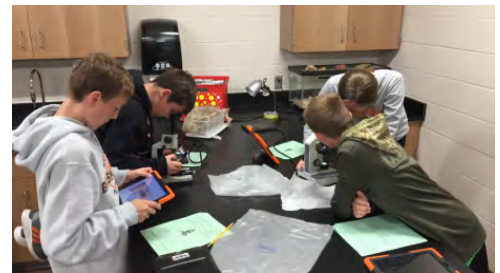
In October, the 7th graders will be finishing the global read aloud The Bridge Home. They are anxiously awaiting a response from their snail mail pen pals in Scottsdale, AZ, who are also reading the book. It is so exciting to get old-fashioned mail! They will be working on their descriptive paragraphs and character sketch paragraphs. They continue to take notes on sentences and parts of speech. Each class period we practice working on sentences and parts of speech.

Social Studies - Mr. Mahlum

In October the students will be finishing up the unit on immigration. Then, we will turn our attention to the beginning of our nation. We will look at what led up to the Revolutionary War and how we started out as a newly independent nation. Towards the end of October we will start looking at the Constitutional Convention and how the people there created the document we still follow today.

Science - Mr. Baker

In science this year, we are starting small and then working our way up to the big stuff! This means the microscopes are out and we are looking at all the things we don't normally get to see. Students have been looking at living creatures in a drop of pond water, bacteria cells in yogurt, and even their own cheek cells! As things finally cool down outside, we will start getting out a little more to create an appreciation for nature through observations and making inferences. On October 9 or 10 students will be visiting the Trempealeau Wildlife Refuge to sample the marsh, canoe, and learn about population dynamics!



S.T.E.M - Mr. Jones**7th Grade STEM**

STEM class is intended to provide students the opportunity to "think outside the box" as they explore the world of STEM. The acronym stands for Science, Technology, Engineering, and Mathematics. As they participate in various curricular challenges or projects, students will hone skills in communication, collaboration, critical thinking, and creative thinking. Throughout the school year, activities will focus on measurement, 2D modeling, 3D modeling, and the design process. The skills developed in seventh grade STEM will be applied and extended during their 8th grade STEM experiences.

**Math - Mrs. Bentzen and Mrs. Coe**

Regular Math (Chapter 2)
We will be taking our test on Chapter 1 (Equations) at the end of September. We will

*find slope of a line and interpret slope as a rate of change

*graph linear equations using slope-intercept form

*write and graph direct variation equations

*use function notation

English - Mrs. Sackett & Mr. Tashner

The first month of the year has flown by, and now we are in our routine and working hard. Paragraph writing is the focus for this trimester, and we will analyze models to understand what makes a paragraph effective and will produce a variety of paragraph types. We are halfway through our global read aloud, *The Bridge Home*, so we will finish that this month; we are working on the global read aloud with Reading class. Part of the benefit of participating in the global read aloud is making connections with other classes from around the world who are also reading. We have paired up with a school from a suburb of Detroit and will be writing pen pal letters throughout the year. Additionally, we are continuing to review parts of speech and sentences through individual, small group, and large group practice.

Social Studies - Ms. Morgan

Eighth grade is off to a great start in Social Studies. We began our year with a look at the historical events and pop culture events that have occurred within our student's lifetimes. Ask your students to share their Google Slide presentation of the history within their lifetimes!

We will be moving into the American Revolution and its causes.

Students will be able to:

- explain the colonial conflict with the British and the roles Indians played in the conflict
- identify what led to the colonists' growing dissatisfaction with British rule

8th Grade STEM

In eighth grade STEM, students will experience hands-on activities utilizing VEX kits to build a variety of mechanisms. What are VEX kits? Think: erector sets on steroids! After learning about the mechanisms and how they can be constructed with the VEX materials, students will apply their skills and knowledge in some fun engineering design challenges. Finally, students will experience ROBOT-C programming to bring mechanisms to life through robotics. Along the way we'll explore STEM topics and careers as well. During the school year, ask your child to show you photos and videos of his/her team's work.

- discuss the events that led Britain and the colonists to the brink of war
- describe how conflict with Britain led to war
- explain what factors turned the tide of the war and led to victory by the colonists

Science - Ms. Smith-Waller

The first month of school has already flown by!!!! We have gotten to know each other a little bit and I have been working on learning names (I remember most of the time). Once we got to know each other, we reviewed the scientific method (PHEOC). We also started our Astronomy unit with a focus on the Earth-sun-moon system. This is a big unit that will take some time so we will start out with phases of the moon. This will include a project that includes recording what the moon looks like on days/nights we have science class. Looking into this month, we will also learn about eclipses of the moon and sun and seasons. Enjoy the fall weather and please let me know if you have questions or concerns.

Essential Learning Outcomes:

- 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 of the Earth-sun-moon system to describe the cyclic patterns of lunar phases, eclipses of the sun and moon, and seasons.

then begin a geometry unit on transformations.

The objectives of Chapter 2:

- *identify congruent figures and name corresponding parts (angles and sides) of congruent figures
- *identify translations and translate figures in the coordinate plane
- *identify reflections and reflect figures in the x-axis and y-axis of the coordinate plane
- *identify rotations and rotate figures in the coordinate plane
- *identify similar figures and name corresponding angles and sides
- *find unknown measures of similar figures
- *understand the relationship between perimeters and areas of similar figures, and find ratios of those perimeters and areas
- *identify dilations and dilate figures in the coordinate plane
- *use more than one transformation to find images of figures

Algebra (Chapter 4)

We will be taking our test on Chapter 3 (Solving Linear Equations) at the end of September. We will then begin our next unit on graphing linear equations and functions. We will continue with our weekly Mathcounts sheets.

The objectives of Chapter 4:

- *identify and plot points in a coordinate plane
- *graph linear equations in a coordinate plane
- *graph linear equations using intercepts



Meet Us in the Middle



Reading - Ms. Friell




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

Independent Reading: Students have been reading their books of choice for the last couple of weeks. While some students are still on their first book, others have already finished multiple books! Good work! 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 *The Bridge Home* (our current read aloud), non-fiction articles, and their choice books. Soon we will begin Greek and Latin roots.

We will finish our current read aloud *The Bridge Home* in the beginning of the month, but work with the novel will continue as we use this book to study figurative language, story structure, cause/effect, conflict, characterization, and theme. I encourage you to ask your child about this novel by Padma Venkatraman.

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	8,000 words
		
90 th percentile	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)

Grade 8 Washington D.C. trip

Information will be handed out the first week of October to eighth grade students about the Washington D.C. trip that will take place May 31-June 5, 2020.

If your child is interested in going the student permission slip is due by October 18.

If you are interested in going as a parent chaperone there is a spot on the permission slip to fill out as well.



Healthy Living...

The Healthy Living classes have gotten off to a great start! Please remind your children to bring their athletic shoes to school so that they can participate freely during class. We have recently welcomed three Professional Development Students from UW-La Crosse into our classrooms. They will be working with our students on Mondays and Wednesdays for this trimester. Happy Fall!!!!



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.





Tech Ed - Mr. Mathison

7th Grade Tech Ed Elective

Students just finished up learning ruler measurement and created some hand drawings using basic hand drafting tools. Students are now learning CAD (computer aided drafting/design) through an app called OnShape. OnShape allows students to create 2D or 3D models and allows them to assemble multiple parts/objects to test and evaluate if the parts align together correctly.

7th & 8th Grade Tech Ed Encore

Students are learning multiple apps that they can design and create graphics that can be printed onto a T-shirt using our new sublimation printer. Students are also learning how to use the laser engraver and utilizing their own designs that can be engraved or burnt into wood or glass.



Art - Mrs. Hemker

Grade 5

5th Graders will continue to work on portraits this month. Our first project will be an altered portrait, that began life as a magazine photo. The next unit will be pen and ink drawings of a face and also a crane (as 5th graders visit the International Crane Foundation this year). The last will be a Pop-Art style self portrait. Many materials are being explored as we look closely at faces.

Grade 6

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

Grade 7

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

Grade 8

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



Spanish - Ms. Rose

Sixth grade Spanish is will continue to learn about different cultures and backgrounds while we celebrate Hispanic Heritage Month. We are also working on describing ourselves and friends to others. ¿Cómo eres?

Seventh grade Spanish students are continuing to expand their vocabulary. We will be working on descriptions and statements about familiar objects. Students will also begin learning about time and discuss schedules.

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



Congratulations to our students that will represent their grade for student council. We will meet on **Mondays at 7:15am in Mr. Tashner's room** that is located in the orange pod! Student will receive a schedule of exact dates at the first meeting on Sept 30th. In reading the applications, we can tell that these students are ready to lead the middle school in a positive, respectful, responsible, and safe way. They are committed to showing PANTHER PRIDE!

5th Grade

Brianna Peterson, Mara McNaughton, Natalie Chambers, Jack Torrance, Sam Chandler, Lily Oldenburg, Cailyn Skrede

6th Grade

Lydia Jothen, Addyson Ferguson, Josie Brudos, Emily Graham, Maya Engen

7th Grade

Tom Stenberg, John Noelke, Tessler Viner, Savana Mesmer, Sydney Martin

8th Grade

Emily Fechner, Kate Fechner, Angelina Lu

Turn Markers



Into Energy!

Dear Parents,

I'm excited to tell you about a very special program I'm coordinating at our school in conjunction with Crayola. It's called Crayola ColorCycle – an amazing program devised to repurpose used markers rather than sending them to landfills!

The ColorCycle program has repurposed more than 70 tons of expended markers in the United States and Canada since 2013, and uses the most advanced plastic conversion technologies available today to make wax compounds for asphalt and roofing shingles as well as to generate electricity that can be used to heat homes, cook food, and power vehicles.

All around West Salem, students and teachers will be collecting used markers that are ready to be discarded. Please help support our efforts by sending your kids in with any used markers you may have around the house- even non-Crayola brands! Highlighters and dry erase markers can also be included. Drop-off boxes will be located around the school for your child to deposit the markers.

Thank you in advance for participating! With the help of parents like you across the country, the Crayola ColorCycle program can continue to keep tons of plastic out of landfills each year.

Remember, don't throw out that used marker—*ColorCycle it!*

Sincerely,

Angie Hemker

Learn more at <http://www.crayola.com/colorcycle>

EXTENDED DAY PROGRAM (EDP)

The West Salem Middle School offers a supervised, after school study time Monday through Friday from 3:15 - 4:15. This time is provided for students who wish to improve their grades by independently working after school, but with adult assistance if needed, to complete their daily work. Students who finish their work early will not be allowed to leave until 3:35. **Please see the reverse side for further information.**

This program is voluntary. However, we do require permission from parents for students to attend. Once a student begins the program, we strongly suggest that he/she remains in the program for a minimum of six weeks. We would need to be notified by a parent if a child will no longer be attending the program.

This program is a voluntary opportunity for students and as such, disruptive behavior will not be tolerated. The following rules and expectations will apply:

- We will provide an initial assignment booklet to students for them to keep track of their assignments. The EDP supervisor will HIGHLIGHT or CIRCLE incomplete work and initial completed work in order to help communicate with parents. It is suggested that parents require their child to bring this notebook home in order to share where they are at with their work.
- Students are expected to attend EDP every day, even if all of their homework is completed. The earliest they can leave is 3:35. They are to bring a book to read or review/study if “all of their work is done.”
- **If a student cannot attend EDP on a certain evening, please notify the office or the EDP supervisor through a phone call or e-mail or a note from a parent.**
- **If a student does not check in with the EDP supervisor, it will be considered an unexcused absence and will receive a Work-It-Out form. We will attempt to notify the parents by telephone or e-mail if a student is not in attendance after school.**
- If a student’s behavior is disruptive to others, they will call home and may be asked to leave, along with receiving a Work-It-Out form.
- If a student is involved in co-curricular activities, he/she needs to stay in EDP until 3:35 p.m. and then report to practice. They are allowed to attend competitions as long as they are in good standing.

We want this program to be a positive experience for students who wish to improve their grades. Students find that if they work in EDP, they can get most, if not all, of their homework completed (and with quality!).

If you have any questions, please contact Mike Lang or Jason Mahlum at the Middle School at 786-2090.

PLEASE SEE REVERSE SIDE FOR FURTHER INFORMATION

I have read the information on both sides of this sheet and give permission for my child to attend EDP under the conditions stated.

Please provide a phone number we can contact you at after school if needed. _____

Student name (printed)

Date

Parent Signature

Date

Middle Years

Working Together for School Success



Short Stops

Making an entrance

Teach your child to enter a room confidently. Have him practice walking into the kitchen or living room with his back straight and head high, then greeting you while looking you in the eye. He'll make a good impression on others and feel more self-confident.

Count on counselors

Remind your middle grader that her school counselor is there to help her in all kinds of ways. She might ask the counselor about opportunities that match her interests, such as an engineering competition or a writing workshop. Her counselor can also listen if your tween needs help with issues like stress or relationships.

Proofing around town

Here's an easy way to show your child why proofreading is important. Together, look for signs on highways or buildings that contain punctuation or spelling errors or confusing wording. *Examples:* "Sport's Store." "Tables for eating customers only." Who can find the funniest example—and then tell how to fix it?

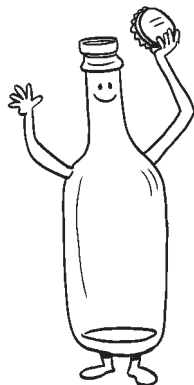
Worth quoting

"We will be known by the tracks we leave behind." *Dakotan proverb*

Just for fun

Q: I have a neck but no head, and I wear a cap. What am I?

A: A bottle.



Brain-friendly studying

Active study strategies like drawing, moving around, and teaching information to others help to cement material in your tween's brain. They also make studying more fun! Share these techniques.

Make a meme

Encourage your middle grader to create memes inspired by topics she's studying. For Newton's laws of motion, she could draw herself as a soccer goalie blocking a shot. This shows that an object in motion (the ball) stops when a force (the goalie) acts upon it. Her caption? "Thanks for the win, Newton!"

Get moving

Combine fitness with studying. Have your tween list six movements, such as lunges, burpees, and toe touches, and number them 1–6. As she finishes studying each page or section, she can roll a die and review out loud while doing the matching exercises (describe the three branches of government as she does three lunges).



Record a podcast

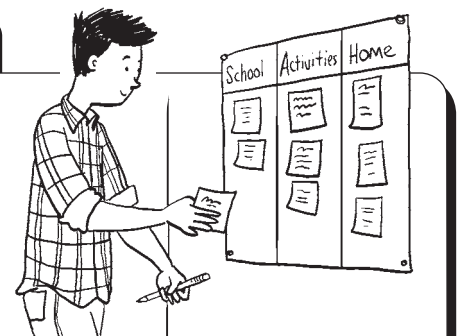
If your child can teach a concept to someone else, that means she really understands it. Suggest that she record a podcast explaining an algebraic formula and share it with a classmate, for example. *Idea:* She and her friends might make a group podcast interviewing each other about a historical event or science lab. 👍

A successful juggling act

Middle graders juggle classes, responsibilities at home, and activities. Help your tween keep all those balls in the air with this system.

Sort tasks. Each week, have your child create a three-column chart for School, Activities, and Home. Then, he could list obligations: "French essay due Thursday" under School, "Get supplies for cross-country car wash Saturday" under Activities, and "Do laundry" under Home.

Use time wisely. Your tween can choose tasks to match his pockets of time. For instance, if you say you'll take him to buy car-wash supplies in 10 minutes, he might sort his laundry in that small time slot. Then, maybe he'll start on his essay when he gets home and has an hour before dinner. 👍

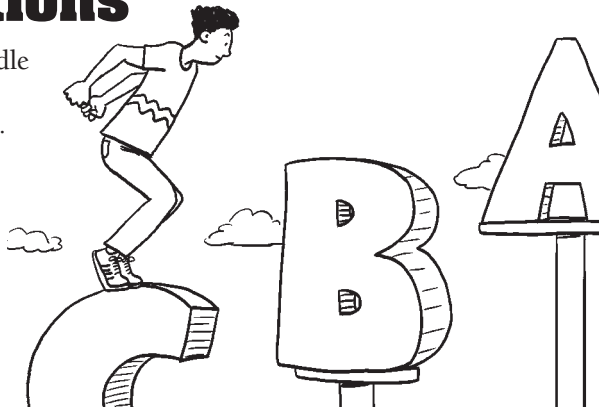


Effective expectations

Setting a high achievement bar for your middle schooler will inspire him to leap high. Follow these steps to put realistic expectations in place.

1. Decide what's doable. Perhaps your child got a C in English last year. Rather than expecting him to earn an A this year, tell him you expect him to bring up his grade.

2. Focus on what matters. Keep communication clear by saying exactly what you mean. If your middle grader wants to quit the debate team, you might say, "I expect you to stick to your commitments" rather than "You have to do debate." That means he'll need to finish the competition



then make a plan to raise it. Or he could plan to spend extra time practicing for his next debate. 👍

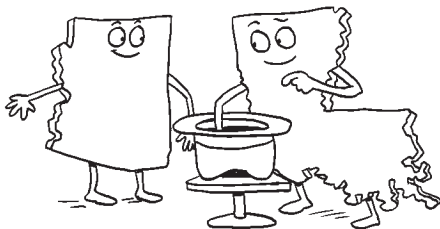
season, but he can switch activities next semester if he still feels the same way.

3. Handle setbacks. Part of meeting expectations involves making adjustments. Let your tween know not to be discouraged by one low grade or one challenging debate. Have him ask his teacher how a low score will affect his average,

Are we there yet?

Arizona, Missouri, Louisiana... does your child know where each state is located? Help her explore geography by playing this game.

Materials: large U.S. map, paper, pencil, scissors, hat, game tokens, die



Ask your middle grader to list all the states' names on a sheet of paper (she can refer to the map) and cut them apart to make 50 slips. Put the slips in a hat, and let each family member pick one.

Place the U.S. map on the floor, and have each person put a token on the state you live in. Then, take turns rolling a die and moving that number of states—with the goal of reaching the state she drew. The first player to land on her state wins. 👍

OUR PURPOSE

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

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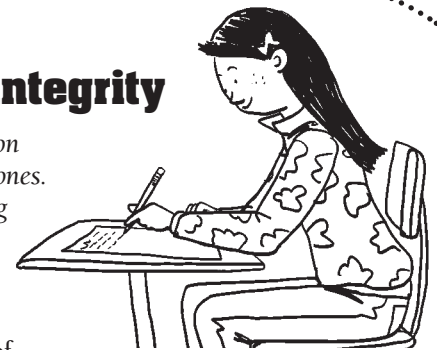
The importance of integrity

Q I've heard that some students cheat on tests by looking up answers on their phones. How can I keep my daughter from doing something like this?

A Tweens may not consider "e-cheating" to be as serious as copying from a classmate's paper. Explain to your daughter that any type of cheating is wrong and that you consider honesty more important than high grades.

Role-play what to say if a classmate asks her to cheat, perhaps by texting answers. For instance, she could say, "I like to do my own thing" or simply "No thanks." She'll feel good about doing what's right.

Also, remind her to obey school rules for technology use like leaving her phone at home or in her locker. This will help her avoid the temptation to cheat and make it easier to resist pressure from others. 👍



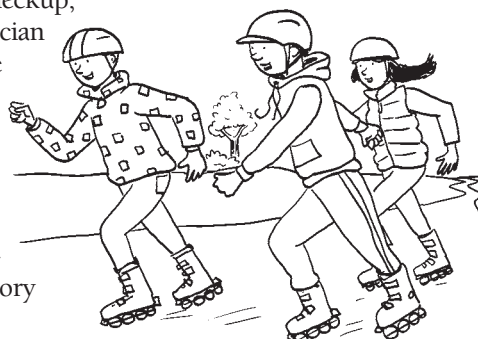
Parent to Parent On the move

When my son Rory was younger, he'd spend hours playing outside with his friends. Now that he's older, he and his buddies would rather play video games.

At his annual checkup, I asked the pediatrician how much exercise Rory needs. The doctor said children—and adults—should be active at least an hour a day. He suggested that when Rory has a friend over, I

encourage them to do something active. And he recommended that we stay active as a family, maybe by going for walks or bike rides.

Rory must have been paying attention to the doctor, because he recently invited some friends to go Rollerblading. And this Sunday after dinner, we're going to ride our bikes around the neighborhood. I'm looking forward to being more active, too! 👍



EDP does run Monday through Friday (except on Early Release days and parent-teacher conference nights). The earliest a student can leave is 3:35, even if all of their work is completed. (This is to help prevent students from “rushing” to do their work.) Otherwise, they will remain in EDP until all of their work is completed or 4:15, whichever comes first.

Please note: There is an occasional cancellation of EDP and we do announce this to the students throughout the day. If we know enough in advance, we will attempt to send this out via Skyward to parents. It will be the student’s responsibility to inform their parents of any cancelations.

FRIDAYS

Students in EDP on Fridays will be **allowed to leave as soon as they are checked off** by one of the supervisors, indicating that all of their work is complete. (They still need to report to EDP on Fridays even if they do not have any work.) The reason for this exception is that Fridays are typically “lighter” days for homework and many of the students in EDP have their work completed by the time they arrive or shortly thereafter. For those students in EDP who **do not** have their work completely finished, they will still be expected to stay until 4:15 or when they have completed all of their assigned work, whichever comes first.



WEST SALEM SCHOOL DISTRICT 2019-2020 CALENDAR

AUGUST 2019				
M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

SEPTEMBER 2019					20
M	T	W	T	F	
NS	3	4	5	6	
9	10	11	12	13	
16	17	18	19	20	
23	24	25	26	27	
30					

OCTOBER 2019					21
M	T	W	T	F	
	1	ER	3	4	
7	8	9	10	11	
14	15	16	17	NS	
21	22	23	24	NS*	
28	29	30	31		

NOVEMBER 2019					18
M	T	W	T	F	
				1	
4	5	ER	7	8	
11	12	13	14	15	
18	19	20	21	22	
25	26	NS	NS	NS	

DECEMBER 2019					15
M	T	W	T	F	
2	3	ER	5	6	
9	10	11	12	13	
16	17	18	19	20	
NS	NS	NS	NS	NS	
NS	NS				

JANUARY 2020					21
M	T	W	T	F	
		NS	2	3	
6	7	8	9	10	
13	14	15	16	17	
NS*	21	22	23	24	
27	28	29	30	31	

FEBRUARY 2020					19
M	T	W	T	F	
3	4	ER	6	7	
10	11	12	13	NS	
17	18	19	20	21	
24	25	26	27	28	

MARCH 2020					20
M	T	W	T	F	
2	3	ER	5	6	
9	10	11	12	SD	
16	17	18	19	20	
23	24	25	26	NS*	
30	31				

APRIL 2020					20
M	T	W	T	F	
		1	2	3	
6	7	8	9	NS	
NS	14	15	16	17	
20	21	22	23	24	
27	28	29	30		

MAY 2020					20
M	T	W	T	F	
				1	
4	5	6	7	8	
11	12	ER	14	15	
18	19	20	21	22	
NS	26	27	28	29	

JUNE 2020					4
M	T	W	T	F	
1	2	3	4	SD	
8	9	10	11	12	
15	16	17	18	19	
22	23	24	25	26	
29	30				

First Day of School: September 3, 2019
Last Day of School: June 4, 2020
Graduation Day: May 24, 2020
Early Release Days:
 October 2, November 6,
 December 4 February 5,
 March 4, May 13
October 21: Annual Meeting (tentative)

SERVE WITH PASSION TO IGNITE CREATIVITY, INNOVATION, AND EXCELLENCE

NS = No School for students

ER = Early Release (Students dismissed at 12:20, Buses leave at 12:30)

SD = Snow Day or Make-up dates (March 13, June 5)

*** = Teacher Inservice (August 27 & 28, October 25, January 20, March 27 + 2 Floating)**

11/27/17

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

- 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

2

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

3

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

4

- 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

7

- 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

8

- 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

9

- 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

10

- 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

11

- 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

14

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

15

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

16

- 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**
- Chicken Caesar Wrap
 - Bow Tie Pasta Salad
- Grab and Go**
- Panther PBJ Pack
 - Panther YOGURT Pack

17

- 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**
- Pasta with Italian Meat Sauce
 - Pasta with Marinara Sauce WG Garlic Knots
 - Garlic Roasted Green Beans
- Deli**
- Southwest Chicken Salad
 - Brown Chicken & Wild Rice Soup
- Grab and Go**
- Panther PBJ Pack
 - Panther YOGURT Pack

18

No School

21**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

22**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

23**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

24**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

25

No School

28**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

29**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

30**From the Grill**

- Kick'n Chicken-Crispy Patty with Pepper Jack Cheese Whole Grain Bun
- Oven Baked French Fries

Home Style

- BBQ Teriyaki Chicken
- Seasoned Brown Rice
- Mixed Vegetables

Deli

- Southwest Chicken Salad
- Brown Chicken & Wild Rice Soup

Grab and Go

- Panther PBJ Pack
- Panther YOGURT Pack

31

- Rice Krispie Treat Offered with meals in all lines

From the Grill

- Mini Corn Dogs
- Chex Mix - Cheddar
- Honey-Glazed Carrots

Home Style

- Pasta with Chicken Alfredo or
- Pasta with Chicken Cajun Alfredo

- Garlic Breadstick

- Honey-Glazed Carrots

Deli

- Chicken Caesar Wrap
- Parmesan Peppercorn Pasta

Grab and Go

- Panther PBJ Pack
- Panther YOGURT Pack

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

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