

# PANTHER POST



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



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

Dear Panther Families,

As I type this, it's HOMECOMING WEEK at WSMS. It's great to see our school and community spirit on display. We are a full month into the school year and it's been a great start! Our staff are 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.

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 partner with both UW-La Crosse and Viterbo 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. Your children will see these future educators in their classrooms.

Finally, at WSMS we have continued to emphasize our school wide expectations for our students. How do we show our Panther Pride? **1. Practice Kindness. 2. Act Respectfully. 3. Work Hard.** At WSMS, we are honored to work with you in this endeavor.

Ben Wopat

Principal  
Proud to Be a Panther!

[www.twitter.com/coachwopat](http://www.twitter.com/coachwopat)

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Please use  
the links  
below to  
view our  
newsletter in

**SPANISH**

or

**GUJARATI**



# IMPORTANT INFORMATION

## **WSMS STUDENT DROP OFF AND PICK UP**

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

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

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

## **MORNING PROCEDURES**

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

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

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

## **NEWSLETTERS**

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



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

**WEST SALEM MIDDLE SCHOOL  
MISSION STATEMENT**

# IMPORTANT INFORMATION

## STUDENT CELL PHONE USE

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

- Must be turned off

- Must be kept in the student's locker

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

Students are NOT allowed to use cell phones to take video recordings of other students at school.

Students not following the guidelines will be subject to disciplinary action. Please call if you have any questions.

## ALLERGIES

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

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

## EMERGENCY CONTACT INFORMATION

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

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

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

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

## SCHOOL SECURITY

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

# CALENDAR OF EVENTS

OCTOBER 3	HOMECOMING PARADE - 2:00PM HOMECOMING FOOTBALL GAME - 7:00PM
OCTOBER 8	EARLY RELEASE - STUDENTS DISMISSED AT 12:20PM
OCTOBER 9	6 <sup>TH</sup> GRADE BAND PREVIEW CONCERT
OCTOBER 10	MIDTERM 1
OCTOBER 9 & 10	7 <sup>TH</sup> GRADE AT TREMPLEAU WILDLIFE REFUGE AND PERROT STATE PARK
OCTOBER 16 & 17	8 <sup>TH</sup> GRADE AT OUTDOOR EDUCATION CENTER
OCTOBER 23	PARENT/TEACHER CONFERENCES 3:30-7:00PM
OCTOBER 24	NO SCHOOL
OCTOBER 27	PARENT/TEACHER CONFERENCES 3:30-7:00PM
OCTOBER 31	NO SCHOOL - TEACHER INSERVICE

## ATHLETICS SCHEDULES

### FALL SPORTS SCHEDULE LINK

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

6<sup>TH</sup>-8<sup>TH</sup> GRADE CROSS COUNTRY

7<sup>TH</sup> AND 8<sup>TH</sup> GRADE FOOTBALL

7<sup>TH</sup> AND 8<sup>TH</sup> GRADE VOLLEYBALL

## Lunch Menu

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

OCTOBER LUNCH MENU

# ATTENDANCE

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

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

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

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

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

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

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

## FROM THE NURSE...



Remember to sign your immunization waiver or send your student's immunization record to **[overturf.allie@wsalem.k12.wi.us](mailto:overturf.allie@wsalem.k12.wi.us)** by October 6th!

You may also drop the information off at any school!

Thank you!

# 5th Grade October Newsletter

**Reading:** In reading we are wrapping up Unit 1: The Strategic Six. Now we are moving on to a novel study. We will be reading *The House on Hackman's Hill*. During this unit we will practice quoting evidence, summarizing, and comparing and contrasting characters and plots.

**Math:** We are starting our fraction unit. This month students will learn how to add and subtract fractions and mixed numbers with unlike denominators. Continue practicing multiplication and division facts at home because both are needed to be successful with these fraction operations.

**Writing:** In writing, kids finished up their first writing choice piece while working through the steps of the writing process. We will be moving into a new unit of writing which will be narrative writing with a final paper. We started into our routines of Phonics and will continue those, along with grammar and spelling skills.

**Social Studies:** We are wrapping up our first unit, Map Skills & Geography, and moving into Early European Exploration. We will discuss the cause and effect of historical events and the cost and benefits of a decision.

**Science:** In science, we have been exploring ecosystems and matter cycling. We have had many fun, hands-on experiences! Throughout the month of October, we will continue investigating nurse logs, and how they help other things live and grow.

The 5th Grade Team

- Callie Fantz
- Katie Fink
- Kamry Kjos
- Whitney Folkers
- Ethan Ringlien
- Claire Schrader
- Caitlin Kopecky



# 6TH GRADE NEWSLETTER

OCTOBER  
2025

## 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 also begun 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 (once they get theirs!), checking emails once a week, and looking over Google Classroom information posted by all 6th grade teachers.

Happy Reading!  
Mrs. Schultz

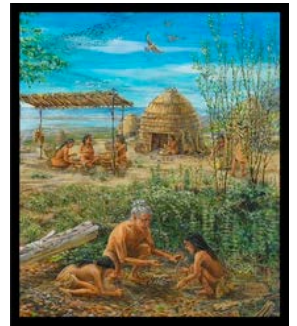
## English – Mrs. Buisman

6th grade English students will be finalizing their keeper small moment writing this month. They will be adding a lead and an ending as well as go through the revising and editing process. Students will wrap up their dialogue unit in grammar and focus on crafting complete sentences, rather than fragments. I am still needing to give lots of reminders about basic capitalization and punctuation usage, so we will continue to practice this as well.

## Social Studies – Mrs. Jeranek

Social Studies allows us to focus on non-fictional reading strategies to formulate a main idea and supporting details for better understanding of informational texts.

September allowed us to get to know each other and work to improve geographic skills. Map distribution had us analyzing various data on different types of maps. October will find us in the Paleolithic and Neolithic periods as well as the ancient civilization of Mesopotamia. Our focus will be on human-environmental interactions, movements of people and technological innovations of these various groups of people.



### **Targets to Cover:**

**Map Use-** Use various maps to ask and answer geographic questions

**Spatial Thinking-** Interpret patterns in a variety of maps, charts, and graphs to display geographic information and explain relationships among them.

**Reasons People Move-** Analyze patterns of migration of various types

**Use of Technology-** Differentiate between intended and unintended consequences of various forms of technology and how they effect societies

## Accelerated Math – Mrs. Jehn

Students completed Chapter 1 in September which covered topics such as powers and exponents, order of operations, greatest common factor, least common multiple. They also began Chapter 2 and learned how to multiply and divide fractions and mixed numbers as well as add, subtract, multiply, and divide decimals efficiently.

Students will complete Chapters 3 in October which include ratios, ratio tables, rates, unit rates, comparing ratios and rates, percents, and real-life percent problems. This is a great chapter because it is so applicable to their lives now and forever. Who doesn't want to find the best deal or price and save the most money? When was the last time you had to tip a server or hairdresser? Ask your child to shop with you to help you find unit price, compare purchases, and find the best buy – happy shopping and saving!



## Math – Mrs. Alo & Mrs. Jehn

Students completed Chapter 1 in September. Chapter 1 covered topics such as powers and exponents, order of operations, greatest common factor, and least common multiple. In October students will complete Chapter 2 learning how to multiply and divide fractions and mixed numbers as well as add, subtract, multiply, and divide decimals efficiently. Knowing multiplication and division fast facts will be imperative to your child doing well in Chapter 2 and the rest of the year.

## Science – Mrs. Jarosh

6th graders have been busy making connections and observations!





# 7th Grade October Newsletter

ELA



Ms. Friell and Mrs. Rochester

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

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

**Writing and Language:** Each class period, we practice working on sentences and/or parts of speech. Word Work also includes learning roots and spelling words. Student have been reviewing and learning strategies to write paragraphs and summaries.

**Reading:** During October, we will be reading The Outsiders. This classic explores the themes of family, friendship, and growing up. Students will be expected to read at school and each student will have a copy of the book. Students will be assessed on reading and writing learning targets as they read the novel. At the end of the month, we will be reading multiple suspense stories and analyzing elements of suspense. Students will also be reading self selected choice books.

Math

Mrs. Piersma and Mrs. Weber



We are off to a great start in 7th Grade! Our first unit introduced addition and subtraction of negative numbers, both integers and rational. We are very impressed with how well the kids are doing with this. In unit 2 we will be multiplying and dividing negative numbers and learning rules to help us.

Dates to Know



**Oct. 8**– Early Release

**Oct. 9 and 10**– all 7th grade students will be going to Trempealeau Wildlife Refuge and Perrot State Park

**Oct. 23** – P/T Conferences 3:30–7:00

**Oct. 24**– No School

**Oct. 27** – P/T Conferences 3:30–7:00

**Oct. 31** – No School

Tips/Helpful Links

PLEASE CHARGE YOUR IPAD EVERY NIGHT

[HOMEWORK HOTLINE](#)

Pre-Algebra

Mrs. Weber



Our first unit in accelerated math was solving equations. They were introduced to this in 6th grade, however we get into more difficult equations. With a lot of practice and review, we are getting better. We also started our weekly mathcounts homework. I was very impressed with the effort on the first couple. I know this can be challenging but they learn so much math and great strategies from this challenge.



## Science Mr. Baker



In Science this year, we are starting small and then working our way up to the big stuff! We broke out the microscopes and started looking at all the things we don't normally get to see. Students have been working on building their own three dimensional cells and will be spending a day at the Trempealeau Wildlife Refuge and a day at Perrot State Park October 9th and 10th! We will be canoeing, hiking up Brady's Bluff, biking, searching the muck for microinvertebrates, and learning about the archeology of the area!

## Social Studies Mr. Mahlum



In October, the students will finish 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. Toward the end of October, we will start looking at the Constitutional Convention and how the people there created the document we still follow today.



THE KIDS ARE LOVING CHIEF  
BEING HERE EVERY WEEK!

# GRADE 8

## newsletter



## OCTOBER EDITION

### ELA- Mrs. Meyer & Ms. Sackett

We are off to a great start in 8th grade ELA and have settled into our routine which includes both reading and writing every day. Throughout the entire year, we will practice using a variety of sentences to help our writing flow. Currently, we are reviewing compound sentences and beginning to study complex sentences. Our first unit of the year is focusing on Personal Identity. Students will read a variety of texts and relate them to their own identity while studying the writer's craft to gain new writing techniques. We will be reading and studying personal essays so that we are able to write our own personal essays that focus on our hobbies, values and a person who has made an impact in our lives.

#### Scored Learning Targets:

R.1 Make logical inferences from a text

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

R.3 Determine one or more central ideas and analyze their development over the course of the text

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

L.1 Correctly write compound sentences

L.6 Demonstrate appropriate use of the conventions of standardized English grammar and usage when writing or speaking

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

W.1 Write a clear claim



## SCIENCE – Ms. Smith-Waller

How is it possible that the first month of school has already passed us by?!? Last month we started our Weather unit where we made observations both on maps and of the current weather we saw outside. We have collected data on the weather and now we will use that information to make a prediction and identify the locations of different air masses. We will spend the rest of the month learning about the Earth's surface and how it changes through weathering, erosion, and deposition. Please don't hesitate to contact me with questions or concerns.

Essential Learning Outcomes:

- WC1-1: Show understanding that complex interactions determine local weather patterns and influence climate
- ES2-1: Show understanding that water cycles among land, ocean, and atmosphere, and is propelled by sunlight and gravity
- ES2-2: Show understanding that water movement causes weathering and erosion, changing landscape features
- Various Science and Engineering Practices throughout the units

## SOCIAL STUDIES – Ms. Morgan

After building a strong foundation in historical thinking, students are now ready to apply these skills as we begin exploring the formative years of our nation and the Revolutionary War. This is an especially exciting time to study this era, as we celebrate the semiquincentennial—the 250th anniversary—of our country's founding.

This month's learning targets include:

- 8.RR.1: Analyze how key individuals and events influenced the independence movement
- 8.RR.2: Use content-specific vocabulary accurately
- 8.RR.3: Explain British actions that led to conflict with American colonists
- 8.RR.4: Defend the Patriots' decision to break from Great Britain
- 8.RR.5: Evaluate the strategies colonists used to protest British policies
- 8.RR.6: Create and analyze propaganda promoting revolutionary ideals
- 8.RR.7: Compare the perspectives of Loyalists and Patriots

Important Reminder:

If your student is interested in the end-of-year Washington, D.C. trip, watch for more information coming home in October. We'll also be seeking parent chaperones. To help with costs, a candle fundraiser is planned for November.

## **MATH 8 - Mrs. Coe & Mrs. Snook**

We began Unit 2 called "Transformations" at the end of September, and will be taking our test at the end of October.

Regular Math (Unit 2) - Mrs. Coe and Mrs. Snook

The learning targets for Unit 2:

- 2.1: Translate figures in the coordinate plane
- 2.2: Reflect figures in the coordinate plane
- 2.3: Rotate figures in the coordinate plane
- 2.4: Understand the concept of congruent figures
- 2.5: Dilate figures in the coordinate plane
- 2.6: Understand the concept of similar figures

## **ALGEBRA - Mrs. Coe**

We will be starting Unit 3 which is Graphing Linear Functions. We will continue our Mathcounts each week.

The learning targets for Unit 3:

- 3.1: Understand the concept of a function
- 3.2: Describe characteristics of functions
- 3.3: Identify and graph linear functions
- 3.4: Understand and use function notation
- 3.5: Graph and interpret linear equations written in standard form
- 3.6: Find the slope of a line and use slope-intercept form
- 3.7: Graph transformations of linear functions
- 3.8: Graph absolute value functions







# **6th Grade Choir & Band Concert**

**Thursday, October 9  
at 7:00pm**

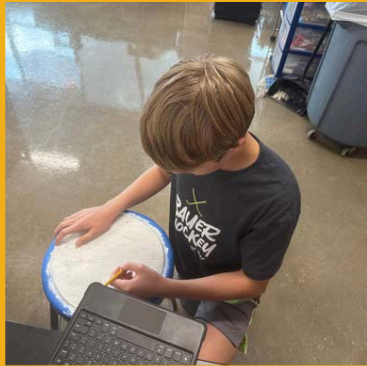
**Marie W. Heider Center for the Arts  
405 E. Hamlin Street in West Salem**

**Choir will  
perform  
first,  
followed by  
the band.**

\*Students should arrive at the  
Heider Center by 6:30pm, dressed in  
their concert uniform.\*

# ARTROOM NEWS

OCTOBER EDITION



Projects are well underway and the gallery is filling up with some amazing art!

All Grades will be moving on to their clay units by the end of the month

5th grade has finished some Pop Art and Animal Portraits

6th grade finished their portrait samplers and their element books.

7th graders have turned in their color and pattern landscapes and have finished one point perspective.

8th graders are finishing up their wall blocks.

8th AE has moved from the acrylic paint unit to the watercolor pencil unit

6th Panther time is almost ready to start their fashion designs.



The ArtRoom LOVES  
to recycle!

Things we are currently looking for  
Brown paper grocery bags  
Newspapers  
Ends of yarn skiens  
Left over ribbon, buttons,  
colorful tapes or stickers  
Ice cream/koolwhip lids only  
A used iron

WANT TO JOIN

AFTER SCHOOL ART IS  
STARTING SOON! PICK  
UP A SLIP BY THE ART  
ROOM

# STEM AND ROBOTICS

OCTOBER 2025  
MR. JONES

## STEM AND ROBOTICS CLASSES

6th Grade STEM: Designing an Ankle Foot Orthosis for a patient

7th Grade STEM: Multiview Sketches of 3D Objects

8th Grade STEM: Making Cardboard Pinball Machines

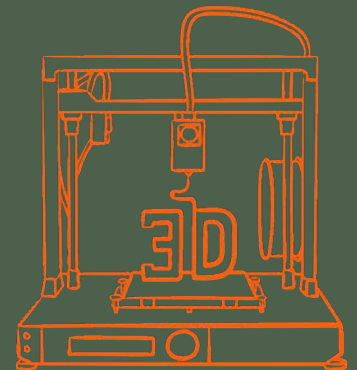
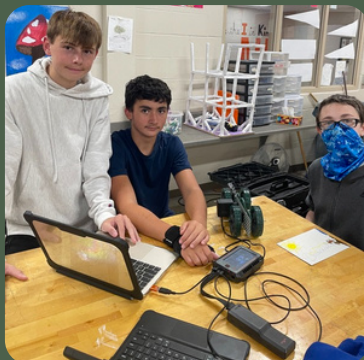
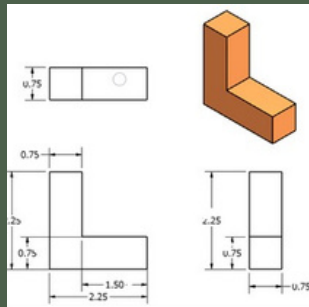
Robotics: Learning how to build and program robots

## MR. JONES' PANTHER TIMES

6th Grade: 3D Printing and Architecture Research

7th Grade: 3D Printing and Air Skimmers

8th Grade: Paper Roller Coasters





# ESPAÑOL

## OCTUBRE

### Class Highlights

September flew by faster than you can say ¡Buenos días! Our adventurers kicked off the year by cracking the code of cognates, practicing saludos, and mastering the calendario so we never miss a fiesta. We also virtually hopped over to Spain for La Tomatina, the world's biggest tomato fight. Thankfully no laundry was harmed in the making of this lesson.

October promises even more fun. We will be building up our Spanish "Super 7" powers to describe ourselves. Where will we go next? Stay tuned because our passports are ready.

¡Gracias por seguir acompañándonos en esta aventura!



Profe Taurizano

### Upcoming events:

9/15 - 10/15 - Hispanic Heritage Month

10/10 - Mid Term 1

11/1 - 11/2 - Día de los Muertos

### Culture Connection

#### Ingredients / Ingredientes

- Slices of bread / Rebanadas de pan
- 1 garlic clove / 1 diente de ajo
- Ripe tomatoes / Tomates maduros
- Olive oil / Aceite de oliva
- Salt / Sal

#### Pan con tomate



Spain → España

#### Instructions / Instrucciones

1. Toast the slices of bread / Tuesta las rebanadas de pan
2. Rub the garlic on the toasted bread / Frota el ajo sobre el pan tostado
3. Spread the ripe tomato on the bread / Unta el tomate maduro sobre el pan
4. Add a drizzle of olive oil and sprinkle salt to taste / Añade un chorrito de aceite de oliva y espolvorea sal al gusto
5. Enjoy! / ¡Disfruta!

### Sonríe



# ETC UPDATE

## WSMS NEWSLETTER

### 6TH GRADE

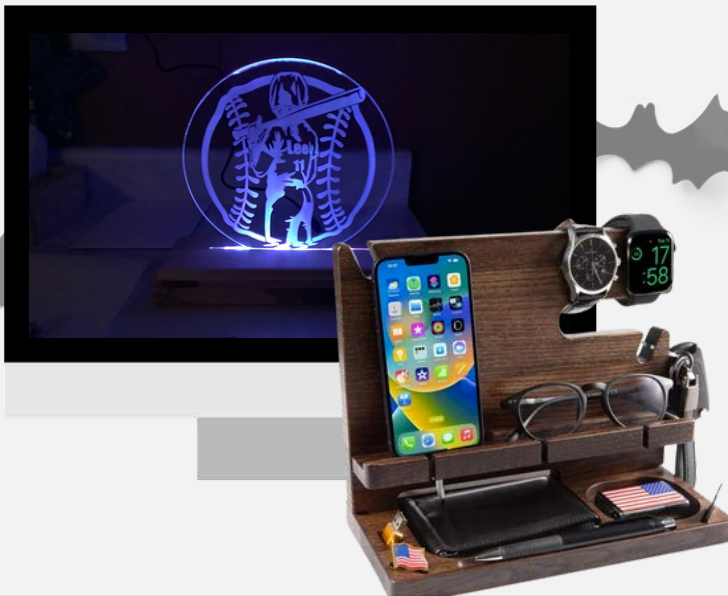
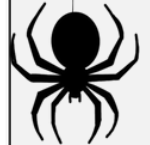
- Measuring Unit
- Introduction to Graphic Design and Laser Engraving

### 7TH GRADE

- Nightstand Valet
  - Designing
  - Wood-gluing
  - Band saw work

### 8TH GRADE

- LED Signs
  - Designin
  - Planning
  - Lasering



## RE-TESTS

As the gradebook starts to fill up, students are encouraged to retest. There are forms in my room to fill out, and retest practice sheets on google classroom.



## PANTHER TIME NEWS

6th Grade Panther time is wrapping up their finger puppet unit and they will then be introduced to sewing machines as they move on from hand sewing.

7th Grade Panther time has been testing pinewood derby car designs for the past couple of weeks and now they are going to analyze their data and start to design their own car(s).

8th Grade Panther time has been working on the morning announcements since the 2nd week of school. We are looking to add some more segments and our video editors are almost ready to take full control of all of the editing.

## PCR

Students are wrapping up their cricut education and will be transitioning into two fall projects with laptop cricut covers and designing holiday signs or clocks.



# HEALTHY LIVING

**We've had a great start in healthy living as kids have been working hard, practicing kindness and acting respectfully.**

**As the weather starts to get colder, please remind your students to bring a sweatshirt or warmer clothes for going outside during healthy living.**

**The 8th grade students will be going out to the Outdoor Education Center on Oct. 16 & 17th. This is an amazing opportunity for your children to learn outdoors and find new ways to become life-long movers. Please keep an eye out for more information leading up to those dates.**





## Apples are the Harvest of the Month!

### Add apples to your favorite family meals:

- Mix apple chunks into your hot cereal.
- Pair apple slices with cheese.
- Add thin apple slices to chicken salad or peanut butter sandwich.

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

**Select** – Choose firm apples with smooth and shiny skin.

**Store** – Refrigerate in a plastic bag for up to 3 weeks.

**Prepare** – Eat whole or sliced. Leave on the skin for extra nutrients!

### Did you know?

There are over 7,500 varieties of apples grown across the world. Some Wisconsin favorites include Gala, McIntosh, Golden Delicious, Honey Crisp, and Cortland.



Nutritious, Delicious, Wisconsin!  
#WIHarvestOfTheMonth

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## Recipe of the month

### Apple Cinnamon Bars

Serves 24

- 4 medium apples
- 1 cup flour
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1/2 cup brown sugar, packed
- 1 cup oats, uncooked
- 1/2 cup margarine, 1 stick (or butter)
- 4 sprays of cooking spray

### Directions:

Wash hands with soap and water. Preheat the oven to 350 degrees F. Put the flour, salt, baking soda, cinnamon, brown sugar, and oats in the mixing bowl. Stir together. Add the margarine to the bowl. Use the 2 table knives to mix the ingredients and cut them into crumbs. Lightly grease the bottom and sides of the baking dish with cooking spray. Spread half of the crumb mixture in the greased baking dish. Remove the core from the apples and slice them. Put the apple slices into the baking dish. Top the apples with the rest of the crumb mixture. Bake in the oven for 40-45 minutes. Cut into squares. It will fall apart easily.

Source: laxf2s.org

Per serving: 82 calories, 4 g fat, 1 g protein, 12 g carbohydrate, 1 g fiber, 53 mg sodium

