



WEST SALEM MIDDLE SCHOOL

Ben Wopat - Principal ★ Amanda Beld - Associate Principal

440 East Ave West Salem, WI 54669
Phone - (608) 786-2090 Fax - (608) 786-1081

Dear WSMS Families,

It's been a great start to the 2023-2024 school year! We are looking forward to working together as a team to provide your child the very best educational experience. The **Panther Post** is one way in which we maintain communication between school and home. It contains a variety of academic updates, important dates, and items of interest. Thank you for taking the time to read it.

WSMS is committed to ensuring a positive learning environment for all. This commitment comes with a focus on learning, consistent attendance, and adherence to the school rules. Consistency in these three areas will allow our students the opportunity to develop the positive habits that will make them successful young adults. While we recognize that students in middle school should be able to be in charge of their own success, parents/guardians can have a great impact in setting the stage. How? Here are a few ideas:

Learning

- Let your child know you think school is important. Talk to him/her about what they're learning.
- Encourage persistence: Children learn persistence when they are successful at a challenging task. Let them know that not everything comes easy. This will help them gain confidence and successfully negotiate difficult situations when they are older.
- Talk to them about their future: School success is one of the keys to a happy and fulfilling future. Talk with them about their dreams/goals and make the connection to how school fits within this vision.

Attendance

- Encourage your child to get enough sleep to ensure that he/she is able to get up in the morning.
- Leave home with plenty of time to get to school.
- Try to schedule appointments before or after school hours.

School Rules

- Familiarize yourself with the school rules, guidelines, and expectations in our handbook.
- Reinforce that school is currently their "job" and just like your job, there are expectations. This will help them prepare for high school and beyond.
- Talk to your kids about the rules at your job. Compare them. For example, what is the dress code at your job? This helps students understand the purpose of school rules.

Finally, encourage your child to develop a great work ethic. Vince Lombardi was quoted as saying, "The only place success comes before work is in the dictionary." A good work ethic will help develop personal pride and ensure that your student feels in control. Hard work pays off!

I feel blessed to be a part of such a strong learning community here in West Salem. We look forward to partnering with you to continue Serving With Passion to Ignite Creativity, Innovation, and Excellence in all of our students. Let's have a great year!

Proud to be a Panther!

Ben Wopat
Principal

Twitter.com/coachwopat

SPECIAL POINTS OF INTEREST:

**School
Starts at
7:50!!**

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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

Homeroom starts at 7:50 a.m. and all students will be expected to be in their appropriate classrooms at that time.

Middle School Security

The middle school doors will be locked during school hours of 8:00 a.m. - 3:10 p.m. 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). Once you enter the building, please sign in the office.





Calendar of Events - School

September 8	Band Night	6:00 p.m. - 8:30 p.m.
September 22	Homecoming Parade	2:00 p.m.
September 22	Homecoming Game (against GET)	7:00 p.m.
September 27	Gr. 5 School Forest (Schrader, Ringlein, Kjos)	

Calendar of Events - Sports

Cross Country (Boys and Girls Gr. 6-8)

September 12	Away vs. Multiple Schools	4:30 p.m.	Holmen HS
September 19	Here vs. Multiple Schools	4:15 p.m.	West Salem HS
September 26	Away vs. Multiple Schools	4:30 p.m.	Westby MS

Football (7th Grade)

September 14	Here vs. Longfellow MS	4:00 p.m.	West Salem HS
September 21	Here vs. Sparta MS	4:00 p.m.	West Salem HS
September 26	Away vs. Onalaska MS	4:15 p.m.	Onalaska MS

Football (8th Grade)

September 14	Scrimmage vs. Tomah MS	4:30 p.m.	West Salem HS
September 21	Away vs. Onalaska MS	4:00 p.m.	Onalaska MS
September 26	Here vs. Longfellow MS	4:00 p.m.	West Salem HS

Volleyball (7th Grade)

September 14	Here vs. Onalaska MS	4:00 p.m.	West Salem ES
September 18	Away vs. Sparta MS	4:00 p.m.	Sparta Meadowview MS
September 25	Away vs. Tomah MS	4:15 p.m.	Tomah - LaGrange ES
September 28	Away vs. Winona MS	4:15 p.m.	Winona MS

Volleyball (8th Grade)

September 14	Here vs. Onalaska MS	4:00 p.m.	West Salem MS
September 18	Away vs. Sparta MS	4:00 p.m.	Sparta Meadowview MS
September 21	Here vs. Holmen MS	3:45 p.m.	West Salem MS
September 25	Away vs. Tomah MS	4:15 p.m.	Tomah MS
September 28	Away vs. Winona MS	4:15 p.m.	Winona MS



From the Office

Absences, appointments, and messages

If your child will be absent from school, please call the office at **608-786-2090, Option 1, by 7:50 a.m., or you can call/send a note in advance.** In the event you receive the voicemail, 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 the number of students ill with strep throat, stomach flu, colds, and chicken pox, so it is important that we have accurate information. We do not report student names, just numbers. If your child's absence is not called in to the school in a timely manner, it is considered an unexcused absence and consequences may be assigned to the student.

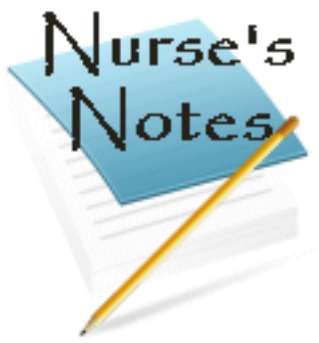
If your child needs to be picked up for an appointment, please send a note or call the office ahead of time so that your child can be given an out pass in advance. We appreciate prior notification as it eliminates the need for us to find your child at the last minute. **If your child brings a note from the medical or dental appointment as verification, 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.

We receive many calls daily from parents asking us to relay messages to their children. **Please make every attempt to relay these messages to your child before he or she leaves for school. Messages called into the office after 1:30 may not get to your child before dismissal.**



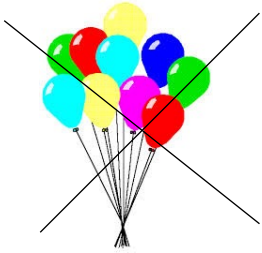
"Meet Us in the Middle"



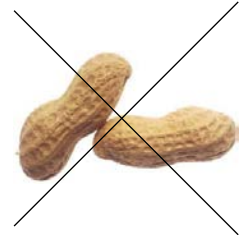


DOES YOUR CHILD HAVE A NUT OR LATEX ALLERGY?

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



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 St. to have students get out is NOT safe. Mark St. 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 in to the lot.



The Middle School Newsletters can be found on the district website - www.wsalem.k12.wi.us. An e-mail reminder will be sent each month to let you know when it is available, along with a link to the actual newsletter. If you would like a hard copy of the newsletter, please let the Middle School office know.



Student Cell Phone Use

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

Release at 12:20
Buses leave at 12:30

October 11

February 7

May 8



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.

Counselors' Corner

A BIG THANK YOU to the West Salem Lions Club for donating 80 accordion folders for our students!!!

WELCOME To WSMS!

We are so excited to welcome everyone and get to know each of our students! Please encourage your learners to stop by our offices and introduce themselves.

Homerooms:

5th Grade Homerooms will be utilizing Second Step connections and community building. Homerooms for grades 6-8 are utilizing the Character Strong program as our guiding curriculum. We believe this connection with small groups of students and teachers provides a sense of community and ownership in our school.

Routines:

Now, more than ever, is a good time to start developing healthy habits and routines. Decide what works best for you...when to get homework done, when to eat dinner, when to turn off electronics and when to get to sleep. A well-rested brain and body will be best prepared to excel in middle school!

Reach out:

We are looking forward to a fun-filled, educational year. Mr. Lang and Ms. Becker would love the opportunity to talk with you about any questions or concerns you have. We want this to be a positive experience for you and your child(ren). Let's have a great school year!

Mr. Lang and Ms. Becker



"Meet Us in the Middle"



5th Grade Introduction

We are so excited for you to be the newest group to “Meet Us in the Middle” at our new school. We know there are going to be a lot of new and exciting experiences for us all, but we wanted to give you a few important reminders.

With a new building comes new expectations for 5th graders. Students are responsible for dressing appropriately for the weather. We want students to stay healthy and be at school because it is the best thing for their learning. If they do miss school, then they are also responsible for catching up after any absences. In 5th grade, we use Google Classroom and the Homework Hotline to help keep students up to date on assignments. The students will also have four different CORE teachers. CORE classes include: Math, Reading, Writing, Science, and Social Studies. Their homeroom teacher will teach them two CORE classes, and then they will rotate to three different teachers for their other three CORE classes.

We understand that there will be some new challenges for our students, but we are here to help that transition go as smoothly as possible. With the help of WEB leaders and the rest of the Middle School staff, we can help all of our students feel comfortable and excited for this new adventure!

Let’s have a FANTASTIC year!

The 5th Grade Team

- Martha Burdick
- Katie Fink
- Kamry Kjos
- Whitney Folkers
- Ethan Ringlien
- Claire Schrader
- Sabrina Flood





MUSIC

Grade 5 General Music

Students will be studying folk songs this trimester, and they started with reviewing the song "This Land is Your Land" by Woody Guthrie. They added autoharps to their singing and enjoyed learning some history about the song. Students are also starting their rhythm units by using rhythm sticks, rhythm cups, and body percussion.

Grade 6 - Keyboards and More

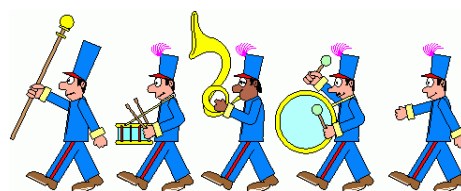
Students will be spending the month of September learning about basic rhythms using a Nearpod in class and getting acquainted with the piano keyboard. They will start identifying keys on the keyboard and playing simple melodies.

Grade 7 - Guitars and Musicals

Students are getting acquainted with the parts of an acoustic guitar and will be getting comfortable with basic playing position. They will be starting to identify letter names of the strings on the guitar and begin using Tab to read basic guitar music.

Grade 8 - Keyboards and More Part 2

Students are starting the trimester off with a few GarageBand units. They are creating a project entitled "What's in a Name" and will be working on possibly writing introduction music to our new video recorded announcements! The first week of school, students were surveyed on what they are interested in when it comes to learning about in music class, and the top winner was country music! We will start exploring country music after our GarageBand projects.



7TH AND 8TH GRADE BAND

West Salem Middle School Marching Band

Fall Parades - ALL 7th and 8th Grade Band Members

September 7	Color Guard Practice 7:10 a.m.
September 8	BAND NIGHT - Full Band and Color Guard - Report in Uniform at 5:45 p.m.
September 13	Drumline Practice 7:10 a.m.
September 14	Color Guard Practice 7:10 a.m.
September 19	Color Guard Practice 7:10 a.m.
September 20	Drumline Practice 7:10 a.m.
September 21	Color Guard Practice 7:10a.m.
September 22	HOMECOMING PARADE - School Spirit Gear - Parade at 2:10 p.m. during school
September 26	Color Guard Practice 7:10 a.m.
September 28	Color Guard Practice 7:10 a.m.
September 28	TORCH LIGHT PARADE - Full Band and Color Guard - Report in Uniform at 5:45pm

From the 6th Grade

Welcome to 6th Grade!

Thank you for the great turnout at the open house. For those of you who couldn't make it or those of you who were overwhelmed with the amount of information, we wanted to remind you of a few things.

Personal responsibility is very important in middle school. If your child is absent, there are several ways to get caught up. Students should communicate with their teachers about what they missed, but they should also check Google Classroom, contact other students, and look at the Homework Hotline.

Speaking of homework, students should expect to have homework in math and reading on a daily basis. Math homework will be an extension of what is learned during class. Students will be given plenty of class time to work, but may have to take some math work home to complete it. Typically in reading, students are expected to read an independent reading book nightly for a minimum of 20 minutes or 20 pages. Most other classes will have homework on an intermittent basis. Please encourage your child to complete their homework the same night they had class so they are able to recall what they learned more readily.

During the first few weeks of school, the 6th grade team will be working with your student to make the transition run as smoothly as possible. Your child is in good hands!

We are looking forward to a great year!

The 6th Grade Team

Jesse Alo

Becky Buisman

Maria Colicky

Alyssa Jarosh

Heather Jehn

Sara Jeranek

Kari Schultz



“Meet Us in the Middle”



September Thoughts from the 7th Grade Teachers:

WELCOME TO 7TH GRADE! WE ARE HAPPY TO HAVE YOU HERE!

Mr. Mahlum- Social Studies
Mrs. Rochester- ELA
Ms. Friell- ELA
Mrs. Weber- Math/ Advanced Math
Mrs. Piersma- Math
Mr. Baker- Science
Ms. Lovely- Special Education



Attendance

Please be in school when you are feeling well. We want students to be in our classes! If you know you are going to be absent, please call the main office.



Google Classroom

Teachers post to Google Classroom daily. The posts include the daily plan and handouts students need. When you are absent, it is your responsibility to check google classroom FIRST. If you still have further questions, please email the teacher.



Skyward

Homeroom teachers check grades on Skyward weekly. Students and parents can check Skyward, too. Please be patient with teachers to get grades entered after a test or project. When a student completes a reassessment, the most recent score will show.



September Units of Study

Science- microscopes and cells

Social Studies- intro to government

Math- integers and rationale numbers

Advanced Math- equations

ELA- parts of speech and story elements

Homework

Students will usually have time to start homework during class. However, there will be times when the students need to finish work at home. We will be supplying students with assignment notebooks.

Please, please, please keep your iPad charged! Plug it in every night.



GRADE 8

newsletter



SEPTEMBER EDITION

ELA- Mrs. Meyer & Ms. Sackett

In 8th grade ELA, we are excited for the new year and will begin by getting to know each other and establishing our routine. Each day will include multiple opportunities to improve our reading and writing. Our first unit of the year will be focusing on identity where we will have a chance to reflect on who we are and what makes up the people we have become. As writers throughout the year, we will focus on sentence variety and sentence fluency; we will begin by reviewing compound sentences.

SCIENCE- Ms. Smith- Waller

Welcome back everyone! I am so excited to be starting another new year at West Salem Middle School. I hope you enjoyed the summer break and are eager for a fun-filled year in 8th grade science. We are going to have a great time learning all about the Earth and its systems! Before we dig into learning about many aspects of our amazing planet Earth, we will briefly refresh our memories on how to become better scientists. To do this, we will take a look at some Science and Engineering Practices (SEPs) to help us in the process of thinking like a scientist. Then we will begin our Weather unit where we will make observations and predictions. Please don't hesitate to contact me with questions or concerns, and once again, welcome!

Essential Learning Outcomes:

- Planning and Carrying Out Investigations: Collect data to produce data to serve as the basis for evidence to answer scientific questions or test design solutions under a range of conditions.
 - MS-ESS2-5: Collect data to provide evidence for how the motions and complex interactions of air masses results in changes in weather conditions.



SOCIAL STUDIES- Ms. Morgan

Welcome to 8th Grade Social Studies! This year we will explore the history of our nation from the events that led to the American Revolution through the Civil War. Throughout the year, students will work to develop the skills which historians use each and every day-- analysis, research, critical thinking, and much more. Beginning last school year Act 30 went into effect, so the end of our year will include an exploration of the Holocaust and other genocides.

Our learning targets for September include:

- 8.HTS.1: Develop claims using evidence to support reasoning
- 8.HTS.2: Communicate and critique conclusions
- 8.CE.1 Express personal reactions to current events.
- 8.CE.2 Summarize current events.
- 8.PS.1: Evaluate primary and secondary sources to understand different viewpoints of an event
- 8.RR.1: Analyze the role of propaganda in spreading revolutionary ideas
- 8.RR.2: Compare and contrast the view of the loyalists and patriots
- 8.RR.3: Analyze the impact of important individuals on the events leading up to the American Revolution
- 8.RR.4: Justify the Patriots' decision to break away from Great Britain

MATH 8- Mrs. Coe & Mrs. Snook

Welcome back! We will start the year getting to know each other through a student survey, math inventory, and spirolaterals. We are really looking forward to getting back into the routine of school!!!

This will be our second year in our new textbook series called "Big Ideas Math." This series exposes students to highly motivating and relevant problems. Woven throughout the series are the depth and rigor students need to prepare for career-readiness and other college-level courses. In addition, the "Big Ideas Math" series prepares students to meet the challenge of state testing.

The learning targets for Chapter 1:

- 1.3 (pt 1): Write and solve one-step equations
- 1.3 (pt 2): Write and solve multi-step equations
- 1.3 (pt 3): Write and solve equations with variables on both sides
- 1.4: Solve literal equations for given variables



ALGEBRA- Mrs. Coe

We will be reviewing some basic skills of algebra like solving linear equations while learning about absolute value and inequalities. We will start Mathcounts early in the month. Students will be required to complete mathcounts problems as a daily warm up.

The learning targets for Unit 1 and 2:

- 1.1: Write and solve equations.
- 1.6: Write and solve equations involving absolute value.
- 2.4: Write and solve inequalities.
- 2.5: Write and solve compound inequalities.
- 2.6: Write and solve inequalities involving absolute value.

Reminders

- Charge your iPad every night
- Check Google Classroom when you are absent.
- Check Homework Hotline to see what is coming up or due.
- If you have questions about Target based grading, reach out to Mr. Wopat or your student's teacher.



Art - Mrs. Hemker

Grade 5

Welcome to the middle school, 5th grade families! This trimester, Mr. Ringlien and Mrs. Fink's classes will attend art. We begin the trimester working on an abstract painting of our names. After that, we will be working on a variety of portraits. A painting of an animal that represents them is the first focus. Later this month, portraits will turn to a more realistic style where we will look at facial features and proportions.



Grade 6

As we begin the trimester, 6th grade will be working on some mini-works in various styles. Our first project will include creating a portfolio for storage. Students will fill this portfolio with completed works by the end of the trimester. Our first large scale project will guide a review of material use by creating a portrait sampler. Students will then move on to some artist research and will create an informational poster as well as a parody.

Grade 7

7th graders will spend the month of September experimenting with drawings from different points of view. One of the projects will require students to create the entire drawing from start to finish by observing an inanimate object of their choice. We will also be working on a unit focusing on one point perspective.

Grade 8

Students in 8th grade will be working on projects that represent themselves this trimester. Our first project will be a design that will be considered for this year's class t-shirt. We will then move on to practicing acrylic paint techniques. 8th graders will also begin to design their wall block as a lasting way to represent their 8th grade self.

8th Grade Elective

Welcome to Art Elective!!! Art elective students will work with a more in-depth media technique, as well as varied subject matter and creative problem solving strategies. They will create practice samplers of materials, as well as completed pieces using these various techniques. Our first technique sampler will be focusing on the many uses of watercolor pencil. We will be working on a few different projects using this versatile material.



Engineering, Technologies and Careers (Formerly Tech Ed) Mr. Shrake

Welcome back to another year in the workshop. This year, Engineering, Technologies & Careers (formally known as Tech Ed) has moved into the trimester rotation with an addition of a new class called Panther Creations and Retail, which is available to 8th grade only.

This year, 6th graders will be designing their own websites to organize their educational journey at West Salem Middle, as well as an introduction to some of the tools and applications in the workshop.

7th graders will have their first experience in the workshop, as they will learn about all of the machines in the shop and complete a 4-week fiber project and 4-week woods project. September is focused mainly on measurement and safety exams. Please make sure your child has a pair of safety glasses for class.

8th grade will be working towards a final project of creating a LED sign that they will be able to build, wire, and customize themselves. The class will also be focusing on measurement and safety exams. Please make sure your child has a pair of safety glasses for class. Our new 8th grade Panther Time is taking over the school video announcements known as WSMS live. Working with staff, we have started off with some memorable moments, while creating captivating content for our students and staff to start the day.

Our 8th grade Panther Creations & Retail class is a year long class built around giving our students an introductory experience to entrepreneurship. This year is starting off with learning the tools in the shop and branding ourselves. We are also making staff t-shirts to start the year.





Daily Physical Activity /

The Healthy Living Team is excited for another school year! We plan to get our students outside as often as possible.

It can be a little wet in the mornings, so having an extra pair of shoes to change into is helpful, but not mandatory.

We're looking forward to another year where we can help create lifelong movers! Please don't hesitate to reach out with questions.

Mr. Brewer, Mrs. Olson, Ms. Serres and Mr. Reader

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.



"Meet Us in the Middle"



ASL 23-24

September/October Soccer Schedule

September

2023

Adapted Sports
League Soccer



August						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

October						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2
				Mandatory Meeting @ 6pm MS Commons		
3	4	5	6	7	8	9
		Practice @ Middle School 3:20 - 4:30		Practice @ Middle School 3:20 - 4:30		
10	11	12	13	14	15	16
		Game vs Logan 4:15		Game @ Central High School 4:15		
17	18	19	20	21	22	23
		Game vs Onalaska 4:15		Practice @ Middle School 3:20 - 4:30		
24	25	26	27	28	29	30
		Game vs Holmen 4:15		*No practice or game*		

ASL home games are played at West Salem **MIDDLE SCHOOL**.

Coaches: Ashly Serres & Jack Reader

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October

2023

Adapted Sports
League Soccer



September						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

November						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
		Game vs Central 4:15		Game @ Logan High School 4:00		
8	9	10	11	12	13	14
		Practice @ Middle School 3:20 - 4:30		Game @ Onalaska 4:15		
15	16	17	18	19	20	21
		Game @ Holmen High School 4:15		Practice @ Middle School 3:20 - 4:30		
22	23	24	25	26	27	28
	Tournament Starts @ Higher Seed	Winner of Monday game vs #1 seed		Championship Game @ Higher Seed		
	#4 seed vs #5	#2 seed vs #3				
29	30	31	1	2	3	4

ASL home games are played at West Salem **MIDDLE SCHOOL**.

Coaches: Ashly Serres & Jack Reader

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HARVEST OF THE MONTH NEWSLETTER SEPTEMBER 2023



Peppers are the Harvest of the Month!

Add peppers to your favorite family meals:

- Slice peppers into strips and eat raw with your favorite dip.
- Roast or saute sliced peppers to add to burritos or fajitas.
- Cook peppers into a tomato sauce and add to pasta.

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

Select – Choose peppers that are firm and bright colored.

Store – Refrigerate in a plastic bag and use within 5 days.

Prepare – Sweet and hot peppers are delicious raw, grilled, or sauteed!

Did you know?

Peppers can be split into two categories, hot and sweet. Hot peppers contain a compound called capsaicin which makes them hot and spicy. The most common type of sweet peppers are bell peppers. Red, orange, and yellow bell peppers are very ripe green bell peppers.



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth

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Recipe of the month

Bell Pepper Nachos

Serves 8

Ingredients:

- 4 bell peppers
- 1 cup salsa
- 2 teaspoons seasoning (try a mixture-chili powder, garlic powder, ground cumin, pepper)
- 2 cups cooked chicken, shredded, or chopped (or beans or tofu -- or try a combination)
- 3/4 cup cheddar cheese, shredded

Directions:

Wash hands with soap and water. Preheat oven to 350 °F. Wash bell peppers, remove seeds and cut into bite-sized pieces. Arrange pieces close together in a single layer on a large foil-lined baking sheet. In a medium bowl, combine salsa, seasonings and meat, beans or tofu. Spoon the mixture evenly over pepper pieces. Top with cheese. Bake for 15 minutes, or until peppers are heated through and cheese is melted. Serve warm.

Per serving: 120 calories, 5g fat, 14g protein, 5g carbohydrate, 2g fiber, 640mg sodium

Source: laxf2s.org



LA CROSSE COUNTY
Health Department
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Coulee Region Farm to School is a partnership between UW-Madison Division of Extension, LaCrosse County Health Department, Mayo Clinic Health System—Franciscan Healthcare, Gunderson Health System, and the School Districts of Bangor, LaCrescent-Hokah, Holmen, LaCrosse, Onalaska, and West Salem.

September 2023

West Salem Middle School

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 From the Grill • Corn Dog • Mixed Vegetables Home Style • Garlic Mozzarella Cheese Twists with Marinara Dipping Cup • Mixed Vegetables Deli Line • Ham & Cheese Sub Vegetable Beef Soup Grab and Go • Panther YOGURT Pack • Panther PBJ Pack
4 	5 From the Grill Burrito • Whole Kernel Sweet Corn Home Style • Walking Taco on Corn Chips • Taco Topping Bar Deli Line Ham and Swiss on Croissant Fresh Fruit Deluxe Salad Grab and Go • Panther YOGURT Pack • Panther PBJ Pack	6 From the Grill • Chicken Nuggets with Cheez- It Crackers • Seasoned Brown Rice • Steamed Broccoli Home Style Chicken Teriyaki with Seasoned Brown Rice Steamed Broccoli Deli Line • Chef Salad w/Ham & Cheese, Bug Bite Crackers Grab and Go • Panther YOGURT Pack • Panther PBJ Pack	7 From the Grill • Cheeseburger on WG Bun Spiral Fries Home Style • Hamburger on WG Bun Spiral Fries Deli Line • Turkey and Cheddar on WG Bun • Brown Chicken & Wild Rice Soup Grab and Go • Panther YOGURT Pack • Panther PBJ Pack	8 From the Grill • Pepperoni Pizza • Honey-Glazed Carrots Home Style • Cheese Pizza • Honey-Glazed Carrots Deli Line • Cuban Flatbread Sandwich • Chicken Dumpling Soup Grab and Go • Panther YOGURT Pack • Panther PBJ Pack
11 From the Grill • Bakalar's Hot Dog on WG Bun • Mac n' Cheese Home Style • Bratwurst on a Bun • Mac n' Cheese Deli Line Ham, Turkey and Cheddar Sub • Brown Chicken & Wild Rice Soup Grab and Go • Panther YOGURT Pack • Panther PBJ Pack	12 From the Grill • Diced Chicken & Gravy with Buttermilk Biscuit • Mashed Potatoes Home Style • Meatballs & Gravy with Buttermilk Biscuit • Mashed Potatoes Deli Line Turkey and Swiss on WG Sandwich Bread • Cottage Cheese Grab and Go • Panther YOGURT Pack • Panther PBJ Pack	13 From the Grill • Chicken Potstickers Seasoned Brown Rice • Cooked Carrots Home Style • Orange Chicken Seasoned Brown Rice • Cooked Carrots Deli Line Garden Salad with Choice of Meat/Yogurt/Cottage Cheese White Chicken Chili Grab and Go • Panther YOGURT Pack • Panther PBJ Pack	14 Sweet Treat Thursday!! • 100% Fruit Juice Slushy From the Grill • Polish Kielbasa with Potato & Cheese Pierogies • Garlic Roasted Green Beans Home Style • Chicken Tenders • Animal Crackers • Garlic Roasted Green Beans Deli Line • Crispy Chicken Wrap • Goldfish Crackers Grab and Go • Panther YOGURT Pack • Panther PBJ Pack	15 From the Grill • Sausage Pizza • Green Peas Home Style • Garlic Mozzarella Cheese Twists with Marinara Dipping Cup • Green Peas Deli Line • Ham & Cheese Wrap • Broccoli Cheese Soup Grab and Go • Panther YOGURT Pack • Panther PBJ Pack

18

From the Grill

- BBQ Rib Sandwich
- Waffle Fries

Home Style

- Pulled Pork Sandwich
- Waffle Fries

Deli Line

- Southwest Chicken Salad
- Corn Bread Muffin

Grab and Go

- Panther YOGURT Pack
- Panther PBJ Pack

19

From the Grill

- Cinnamon French Toast Sticks and Jones Dairy Sausage Links

- Warm Cinnamon Apples

Home Style

- Cinnamon French Toast Sticks with Colby Cheese Omelet

- Warm Cinnamon Apples

Deli Line

- Turkey BLT on Sub Roll

- Creamy Tomato Soup

Grab and Go

- Panther YOGURT Pack
- Panther PBJ Pack

20

From the Grill

- Breaded Chicken Patty Sandwich on WG Bun
- Peas & Carrots

Home Style

- Cheese Pizza
- Peas & Carrots

Deli Line

- Ham & Cheese Wrap
- Cottage Cheese

Grab and Go

- Panther YOGURT Pack
- Panther PBJ Pack

21

From the Grill

- Pasta with Italian Meat Sauce
- Garlic Breadstick
- California Blend Vegetables

Home Style

- Pasta with Marinara Sauce
- Garlic Breadstick
- California Blend Vegetables

Deli Line

- **Turkey and Swiss on WG Croissant**

- Chicken Noodle Soup

Grab and Go

- Panther YOGURT Pack
- Panther PBJ Pack

22

From the Grill

- Mini Corn Dogs
- Green Beans

Home Style

- Golden Crunchy Fish Sticks and Goldfish Crackers
- Green Beans

Deli Line

- Ham, Salami & Provolone Cheese Sub

- Broccoli Cheese Soup

Grab and Go

- Panther YOGURT Pack
- Panther PBJ Pack

25

From the Grill

- (Cheese) Hamburger on WG Bun
- Potato Smiles

Home Style

- Breaded Ravioli Squares with Marinara Sauce

Deli Line

- Southwest Chicken Salad
- Corn Bread Muffin

Grab and Go

- Panther YOGURT Pack
- Panther PBJ Pack

26

Home Style

- Saucy Orange Popcorn
- Chicken Seasoned Brown Rice

- Whole Kernel Sweet Corn

From the Grill

- Popcorn Chicken Seasoned Brown Rice

- Whole Kernel Sweet Corn

Deli Line

- Chicken Caesar Wrap
- Cheez-It Crackers

Grab and Go

- Panther YOGURT Pack
- Panther PBJ Pack

27

From the Grill

- Pepperoni Calzone
- Garlic Breadstick
- Roasted Broccoli

Home Style

- Pasta with Chicken Alfredo
- Garlic Breadstick
- Roasted Broccoli

Deli Line

- Grilled Cheese
- Creamy Tomato Soup

Grab and Go

- Panther YOGURT Pack
- Panther PBJ Pack

28Sweet Treat Thursday!!
Ice Cream Sandwich

From the Grill

- **Pepperoni Pizza**

Home Style

- Asparagus
- BBQ Pulled Pork Sandwich

Deli Line

- Asparagus
- Turkey Club Wrap

Simply Chex - Cheddar

Grab and Go

- Panther YOGURT Pack
- Panther PBJ Pack

29

From the Grill

- Polish Kielbasa on a Bun
- HomeStyle Baked Beans

Home Style

- Bakalar's Hot Dog on WG Bun
- HomeStyle Baked Beans

Deli Line

- Ham & Cheese on White Wheat Sandwich bread
- Chicken Noodle Soup

Grab and Go

- Panther YOGURT Pack
- Panther PBJ Pack

Menu likely to change based on product availability.

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