

WEST SALEM MIDDLE SCHOOL



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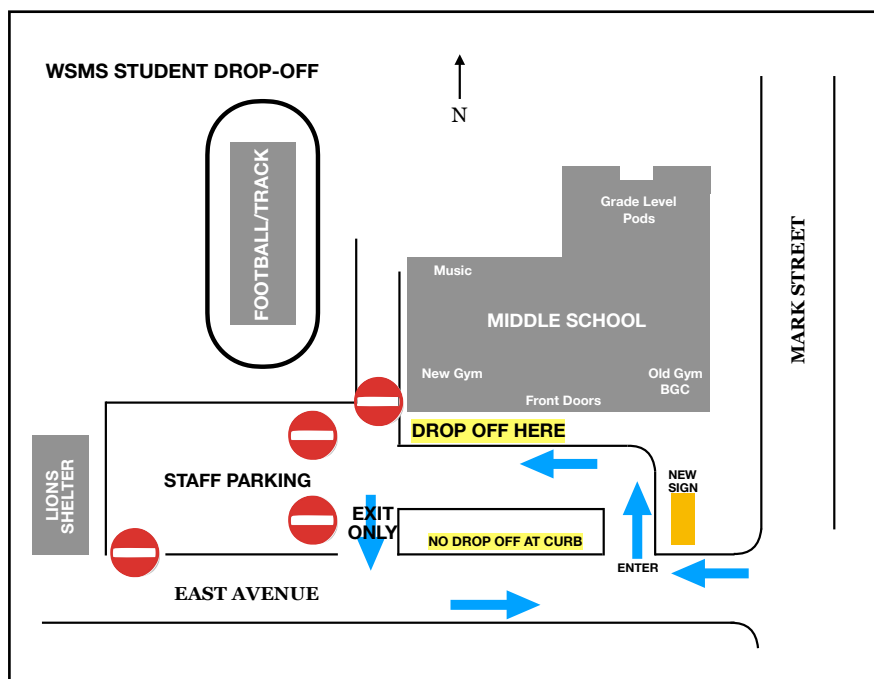
Dear Families,

Spring seems to be here. Let's hope the warmer weather isn't Mother Nature playing an April Fools' joke on us! We have approximately 2 months left in what has been one of the strangest school years I can remember! At WSMS, let's work together to "sprint through the finish line" of our school year. There is some very important information related to upcoming spring events and activities within this edition of our school newsletter. These include curriculum updates by teachers, an update from our school nurse, the latest COVID-19 information, student artwork, Forensics information, and 2021 State Mathcounts News.

In April, your child will be taking the Wisconsin Forward Exam. The Wisconsin Forward Exam is a computer based, state mandated test. The Wisconsin Forward Exam asks students questions that are aligned with the State of Wisconsin standards. Our students in grades 5, 6 and 7 will take tests in English/ Language Arts and Math. Students in grade 8 will test in English/Language Arts, Math, Science, and Social Studies. As with any assessment, this is only one measure of your student's academic performance. We believe that through multiple assessments (teacher developed assessments, state and district assessments) we are able to develop a clearer picture of your student's current level of performance as well as their growth over time. At WSMS, we believe in educating the WHOLE child. We want our students to learn and grow into educated, good, and happy adults.

On behalf of our staff, I want to thank you for your continued support. I feel very blessed to work with such wonderful students and committed adults each and every day. We look forward to working together as a team to provide your child with an educational experience that strives to meet the district's mission – "Serve with Passion to Ignite Creativity, Innovation, and Excellence."

Ben Wopat
Principal
Twitter.com/coachwopat

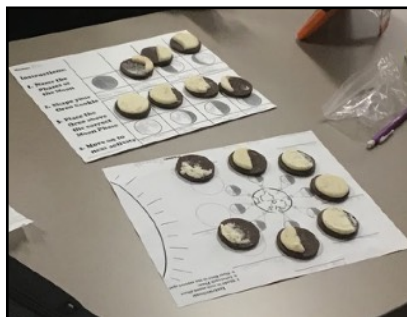


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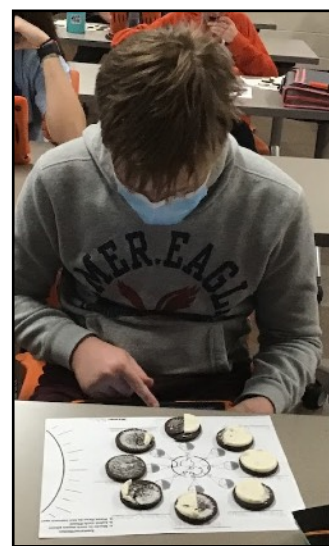
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Counselor Comments - Mr. Lang

In homeroom, we will start off the month of April focusing on *gratitude*. This asset tends to provide us with a delayed sense of gratification as we think of and feel for something “bigger” than ourselves. Steve Jobs stated, “Things don't have to change the world to be important.” This is so true. Even the smallest gesture or act of kindness goes a long way for the person(s) on the receiving end. When we take time to appreciate those around us, we make our community and ourselves better. Be creative in ways that you can spread joy, kindness, love, peace, and respect to those around you. Remember, small acts do make a BIG difference! As the month rolls on, we turn our attention to *commitment*. We will stress the importance of being able to identify our Yeses and Nos which will help to give us a clearer sense of our ability to really commit to something. Another perspective will consider that the most important relationship we have is with ourself and our commitment to the future relationship with ourself. Taking care of ourself and providing some gratitude for ourself is NOT selfish. As you reflect on people in your life for who you appreciate, be sure to include your own name on that list! Once again, thank you for entrusting your child(ren) to us at West Salem Middle School.



8th Grade Science,
Ms. Smith-Waller



“Meet Us in the Middle”



If your child will be absent from school, PLEASE call the office at 786-2090 before **7:50** in the morning. (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 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.

Please remember that any time a student misses an online learning class, the office must be notified, even if it's due to internet or zoom issues. Please remind your student that they are welcome to call the office with questions about schedules or basic technical issues. Major issues, such as connectivity or ipad/charger problems require submission of a help desk ticket via the district website.

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 find your student at the last minute. 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.

Visit the NEW
"Absence Reporting" page
on the district website!
Find info for reporting
absences via phone or email.

Click [HERE](#)
and bookmark it!

UPDATED Early Release Dates

Release at 12:20
Buses leave at 12:30

April 1
May 12

Parent Reminders...

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

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

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.

Student Cell Phone Use

Students are **NOT ALLOWED** to carry cell phones during 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 bathrooms/locker rooms.

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



Healthy Living Class...
showing off their dance moves.



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.

Water! It is so important! Please remind students to bring a water bottle with them to school everyday. We have water bottle fill stations for them to utilize throughout the day.

If your child requires any scheduled medications while at school, please contact your child's healthcare provider and ask them to complete a "Medication Form" and fax it to the Middle School at 608-786-1081. I will then coordinate with you to get your signature and medication from you. *This includes epi-pens and inhalers*

In Health and Wellness,
Kate Brohmer RN, BSN
She/Her/Hers

Click on the links below for specific information.

[How do I screen my family for symptoms of COVID-19?](#)

[Should I send my child to school?](#)

[I've been identified as a "close contact". What do I do?](#)

[COVID-19 fact sheet from Wisconsin Department of Health Services.](#)

[How can I help Stop the Spread?](#)

[La Crosse County Public Health Testing Information](#)

[At-Home COVID-19 Testing Option](#)

Saliva collection kits will be available to everyone who lives in Wisconsin, with or without symptoms, at no cost.



Portraits by Mrs. Hemker's 6th Graders



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"





Reading: We are continuing to work on comparing and contrasting characters using text evidence from the book The Sign of the Beaver. We will switch our overall focus back to fiction. Our next big focus will be reading historical fiction books that take place during the American Revolution. This will tie in with our social studies unit.

Writing: Students just finished a letter writing unit and sent a letter, or email, to a favorite author. We are hoping to hear back from some of them! We have been working a lot on introductory commas. We will move into opinion/persuasive writing next.

Math: We are working on dividing whole and decimal numbers. Students are applying their knowledge of long division and base ten to divide by decimal numbers. Our next unit will focus on algebraic patterns and graphing on a coordinate plane. This unit included order of operations, creating ordered pairs, and evaluating expressions.

Social Studies: We will be learning about the pre-revolutionary events that eventually lead to the The Revolutionary War. By the end of Social Studies, they will cover taxes, important battles, and how our government formed. Students are also studying the states, capitals, and geographic features that make up the United States of America. Please continue to study these at home.

Field Trips: We are planning on attending the School Forest one more time in the spring and heading onto the La Crosse Queen to end the school year. We also spend the last day of school at Vet's Park.



Forward Testing will take place in the month of April for 5th grade.



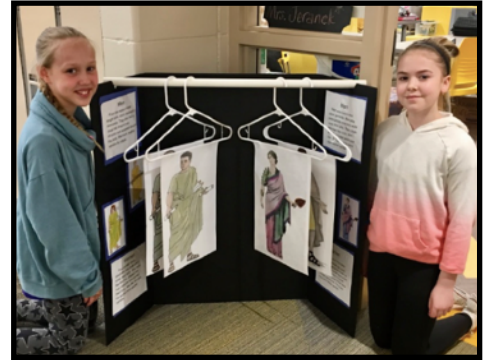
"Meet Us in the Middle"





Social Studies - Mrs. Jeranek

During the month of April, we will continue to study the Roman Empire. Throughout the Roman Unit, we will use various text structure graphic organizers to learn about the many ways Romans lived, important achievements in technology that we still have today! The second part of the unit will be a research opportunity. Students will use graphic organizers to inquisitively gather information through multiple sources to explore their topic. Also, students will use their creativity to a display their findings! It is also a wonderful way to take a break from the normal Social Studies textbook learning!



Math - Mrs. Adams & Mrs. Jehn

We will spend April on Chapters 8 and 9. Chapter 8 covers surface area and volume of three-dimensional figures including prisms and pyramids. Chapter 9 will quickly follow, teaching students about statistical measures. More familiar vocabulary for you would be finding the mean, median, and mode as well as quartiles, interquartiles, and range. Students will finish by learning about the mean absolute deviation. Chapters 8 and 9 are both short. They will take us to the end of April and into May before we finish the book and year with Chapter 10.

Accelerated Math -Mrs. Jehn

In April, we will be working in Chapters 13 and 14. Chapter 13 is titled "Expressions and Equations". Students will reacquaint themselves with concepts from Chapter 3 of the 6th grade book, such as like terms and simplifying expressions. They will also learn to add, subtract, and factor linear expressions, as well as solve one and two-step equations using addition, subtraction, multiplication, and division. Chapter 14 is titled "Ratios and Proportions" and builds on their prior knowledge from Chapter 5 of the 6th grade book. Students will use their understanding of solving and graphing ratios, rates, and proportions to work with slope and direct variation. We will finish Chapter 14 and Chapter 15 in May, which means students will have completed the first half of the 7th grade book by the end of the school year.

Reading - Mrs. Schultz & Mrs. Buisman

During the month of April, students will be diving into research on a Human Rights topic. This research will be used in their final product, an informational presentation. The informational presentation will have 4 chapters. The first is focused on an explanation of their topic. The second chapter is about Human Rights that are violated as a result of their topic. Chapter 3 contains interesting facts, and the final chapter will hone in on a specific person, place, group or event that connects to their topic.

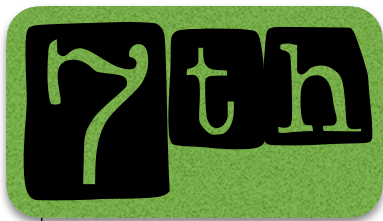
Students will continue building their vocabulary by exploring roots, prefixes, and suffixes in Reading. They will be learning and practicing their words through games, hands-on sorting, and other activities that access the information in several different avenues. We are in the middle of a study of phobia words, which the students had a lot of interest in! In English, students are continuing to practice daily grammar and parts of speech.

Happy Researching! - Mrs. Schultz and Mrs. Buisman



"Meet Us in the Middle"



**Reading - Mrs. Rochester**

During the month of April, seventh grade students will be starting an environmental book unit. During this unit, the students are reading fiction books related to an environmental issue. Similar to the dystopian unit, students will be given a choice to read one of eight books. Upon completion of the novel this month, the students will conduct research about a specific environmental issue and use the research to create a documentary/website in a small group. They will also be reading non fiction articles to enhance their understanding of environmental issues, watching environmental commercials, viewing environmental propaganda, and analyzing the commercials and propaganda. During this unit, students will be studying the following literary elements: mood, foreshadowing, point of view, and the importance of setting. In addition, the students will be continuing to write in their journal everyday in response to what they are reading. Students will be given time to read their books in class and at home.

Regular Math - Mrs. Weber and Mrs. Piersma

Happy Spring!! We are just wrapping up our unit on percents. The kids did really well with this and were excited to be able to use a calculator. In our next unit, we will be learning about different kinds of angles and triangles. It will be a fun change to go into geometry for a bit.

Pre-Algebra- Mrs. Weber

Happy Spring!! We have been moving along quickly, and I am so impressed with the hard work and progress this group has made. We finished up 2 challenging units on slope and linear systems. We are moving into functions and then the study of Volume. It will be fun to get back into geometry for a bit. The kids usually enjoy that.

English - Mrs. Friell

Students are working on academic and creative writing. The academic writing focuses on writing an argument. Students have been evaluating argument examples from *Scholastic* in preparation for writing their own. This writing continues to focus on a topic sentence, reasons/evidence and explanation, and a concluding sentence. Each class period, we practice working on sentences and parts of speech. This month we're also focusing on how to use commas and semi-colons.

Social Studies - Mr. Mahlum

In April, the students in 7th Grade Social Studies will turn their attention to laws. We will start by looking at why we have laws in our society and then start to examine the different types of laws. Finally, students will get an idea of how a courtroom is set up and the importance of having a fair system to resolve disputes.

Science - Mr. Baker

We are entering the final stretch! We just finished classifying aliens and practicing with dichotomous keys. Moving forward, we will be comparing and contrasting all the different groups of animals from sponges to insects to mammals and everything in between. This will also include smelling up the science room when dissecting worms, frogs, and deer hearts! Though not everyone's favorite, this is a great opportunity for students to see external and internal structures up close.

The 7th grade forest experience is on the horizon as well! No overnight camping for us this year, but that won't stop us from getting out to the forest for a couple of days this spring. Watch for details about this trip to be coming home soon.



"Meet Us in the Middle"



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

Regular Math: Chapter 9 is a unit on data analysis and displays.

Objectives:

- *construct and interpret scatter plots
- *find and assess lines of fit for scatter plots
- *use equations of lines to solve problems and interpret the slope and the y-intercept
- *use two-way tables
- *choose appropriate data displays

Algebra (Ch. 11)

Chapter 11 was a unit on radicals and geometry connections which we covered in March. In April, we will complete Chapter 12, which is a unit on rational equations and functions.

The objectives for Chapter 11:

- *graph square root functions
- *simplify radical expressions
- *solve radical equations
- *apply the Pythagorean Theorem and Its Converse
- *apply the Distance and Midpoint Formulas

The objectives for Chapter 12:

- *write and graph inverse variation equations
- *graph rational functions
- *simplify rational expressions
- *simplify complex fractions
- *solve rational equations
- *divide polynomials
- *multiply and divide rational expressions
- *add and subtract rational expressions
- *apply rational function skills to solve real-world problems

English - Mrs. Sackett, Mr. Tashner, & Mrs. Martinson

The 8th grade ELA classes will be finishing up the diversity unit in early April. This includes completing a One-Pager activity, which will be the assessment for the individual book each student read. We will also be having a "Poetry Slam" event where the students will share a version of a "found" poem connected to the poetry we read and analyzed in class.

The next unit is historical fiction based on the 20th century- 1900s-1970s. We are excited to invite guests (other adults around the building and retired teachers) to read a short read aloud entitled World's Afire. This will be our model text for a research project, which includes writing a fictional piece based on an historical event. In addition, students will be in lit circles reading and discussing the same text from one of the decades. There will be a choice board activity at the end for the assessment.

We continue to work on compound and complex sentences. The final sentence assessment will be at the end of May. We will also introduce compound/complex sentences, because many of the 8th graders are ready for it. :)

Social Studies - Ms. Morgan

April will find 8th grade social studies students looking at the growth of our nation prior to wrapping up our year digging into the Civil War. During this time, we will look at the removal of the Native American tribes to make way for settlement on their land. This will include information on tribal sovereignty in Wisconsin which is taught to meet the Act 31 Mandate. Don't know what this mandate is? Wonder why it exists? Check out the following website: <https://dpi.wi.gov/amind/fact-sheet>

By the end of the month, students will be able to:

1. Explain what led to the event known as the Trail of Tears
2. Describe how the Treaty of Prairie du Chien 1825 set up our territory/state's ability to remove tribes from their lands in Wisconsin
3. Compare tribal removal in Wisconsin to other areas of the state
4. Explain why Act 31 exists
5. Provide details on the push and pull factors for emigration within the U.S.

Science - Ms. Smith-Waller

We started our Astronomy unit last month and began learning about the phases of the moon. We completed a few activities demonstrating how the phases change and why we see what we see. Feel free to ask your 8th grader why we see the different phases of the moon! We then studied Lunar and Solar eclipses. We will recreate the positions of the Earth, moon, and sun to model how these two events occur. We will finish up our first section of this unit on the Earth-moon-sun system by learning the reason we have seasons. This will hopefully take us outside to complete a kinesthetic activity where we will use our bodies to represent the Earth and move around the sun. This will help us better understand how the Earth moves in space and what we experience here on Earth as a result. I am looking forward to a fun finish to a very different year!

Essential Learning Outcomes:

- Develop and use a model to predict and/or describe phenomena.
 - MS-ESS1-1: 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.

Allied and STEM....

Music 5 - Mrs. Glasel (Ringlien) and Ms. Nimm (Fink)

Students have been learning about the musical instrument families and the individual instruments. In April, they will be able to choose which instrument they want to play in 6th grade band, if they are interested.

They are playing some cool classroom instruments, including the autoharp, xylophone, glockenspiel, and metallophone, along with our shakers and rhythm sticks. We also continue to add rhythms and movements to our body percussion songs.

Students are also learning about folk music and instruments, and specifically learning about sea chanteys. Ask your child to sing some of their favorite songs they have learned so far.

Keyboards and More 6 - Mrs. Glasel

Music Reading - The students have been continuing to learn some basic skills on the keyboard. They are now learning to play 2 hands at a time.

Music Appreciation - The students finished a GarageBand project, which they learned to use the smart instruments, the voice recorder, and the sampler. In an article called "A Vinyl Revival", the students learned about the older types of music storage media, as well as why vinyl is coming back.

Guitars and Musicals 7- Mrs. Glasel

Guitars - The students are still playing songs on the first 3 strings and has learned simple C and G7 chords and how to play an accompaniment.

Musicals - The students are watching Chitty Chitty Bang Bang, which they are learning about how songs move the story along and help to shape the characters.

Guitars/Keyboards 8 - Mrs. Glasel

Guitar - The students are playing songs with the 1st - 5th strings and are beginning to incorporate the variations of the C, G7, and G chords into their songs.

Keyboard - These students are playing both hands at the same time in the G position, C position and Middle C position. They are continuing to learn about sharps and flats

6 & 7 Choir - Ms. Nimm

Students in 6th and 7th grade choir have made recordings of several songs and are now beginning to work on new music. Each choir was able to submit suggestions and then pick one song for the whole group to learn.

8th Choir - Ms. Nimm

8th grade choir students have made recordings of several songs, and are now beginning new music. All of their music was chosen by the class and includes three songs by Queen, "Flashlight" from Pitch Perfect, and "Blinding Lights" by The Weeknd.

Small Choir 6

Small Choir 6 have been learning about how music and film are closely related. They are watching clips and focusing on what the music is saying about the scene and creating their own music to go with scenes.

Soundscapes 7 - Ms. Nimm

7th grade soundscapes students have completed a GarageBand Unit where they used Apple Loops to create their own songs. They have now started a unit called "The Soundtrack of My Life" that has them link their feelings to their favorite songs. They will also have to compare the elements of music used in several of their songs.

African Drumming 8 - Ms. Nimm

African Drumming students have been working on creating their own ensembles using non-traditional instruments. Inspired by the musicians in STOMP, the class has to use only the items found in their backpacks to create ensembles. After creating an ensemble they will be making a video. They will be creating a total of 3 ensembles.



"Meet Us in the Middle"



Band- Mr. Waldhart

WSMS Spring Band Concerts Sunday, April 18th WSMS NEW GYM

1pm - 6th Grade Band (Report 12:45pm) Students should dress nice.

2pm - 7th Grade Band (Report 1:45pm) Students should wear black band polo with black pants and black-ish shoes

3pm - Jazz Band (Report 2:45pm) Students should wear black band polo with black pants and black-ish shoes

4pm - 8th Grade Band (Report 3:45pm) Students should wear black band polo with black pants and black-ish shoes

Each band student will receive tickets for their family to attend. We are guaranteed to offer each family 2 tickets and hope to go as many as 4 per family.

Art - Mrs. Hemker

Grade 5

5th graders will be continuing to work on a variety of portraits. They are just finishing up a Pop Art Portrait, which is hanging in the MS Gallery! Portraits will now turn to a more realistic style where we will look at facial features and proportions. We will also be working on creating a fantasy map this month.

Grade 6

In April, we will be working on famous artist research. Students will create a poster as well as a parody about a famous artist/work of art. We will also learn more about the elements and principles of art while creating a book that shows an example of each.

Grade 7

7th graders will continue experimenting with drawing from different points of view. Students will be working on a unit about one point perspective. They will be doing some practice work as well as two finished projects. We will also be working on a drawing that includes three different styles in one piece, this project may blend in to May.

Grade 8

Students in 8th grade are finishing up their wall block prep early in April. We will then move into the hall to add their designs to the wall! As students complete these, they will be using Google Drawings to create a mosaic piece of digital art.

8th Grade Elective

In April, we will be putting the finishing touches on our clay work. Using the watercolor palettes that we created to paint a liquid watercolor painting. We will also be working on printmaking. During this unit, we will be doing some mono-printing on gelli plates as well as carved block prints. Students will also be developing a choice based project, to be started soon.

STEM - Mr. Jones

6th Grade STEM

It has been fun watching kids working hard on those foot orthosis projects. There are many creative ideas from the students! I can't wait to see the finished product. We will soon be sharing our projects and learning about the design process.

7th Grade STEM

We have been working hard learning how to multiview sketch objects. Many engineers use multiview sketches to design parts and other objects. We will soon be designing and making our own puzzle cube. We will use what we have learned with the sketches to design those cubes. When completed have fun solving your child's cube!

8th Grade STEM

The students are designing and building paper roller coasters. The goal is to see what group can design a coaster in which the marble lasts the longest down the track. Students have to design, build, test, and rebuild parts to make their coaster the best in the class!

Robotics - Mr. Jones

In Robotics, we just started learning how to program. This is fun but is also challenging. Soon we will be programming to create spinning signs, elevators, and robot dragsters that zoom down the hallway.

ARTISTS WITH THEIR WORK FROM THE K-12 ART SHOW



Healthy Living - Mr. Brewer, Mrs. Olson, Ms. Serres, Mrs. Turner

The Healthy Living team is welcoming spring with open arms. We have been busting out some sweet dance moves as well as finishing up Pickleball. We are looking forward to getting outside soon. We will be starting invasion games, as well as cycling with the older grades.

Spanish - Ms. Phillips

Sixth Grade - ¡Hola! Sixth graders have learned a lot in their first month of Spanish class. They should be able to answer basic introductory questions and state their birthday in Spanish. In the month of April, students will expand their vocabulary to use and read descriptions. They will be able to describe themselves with frequently used adjectives. Students will present this skill with a presentation to the class!

Seventh Grade - Seventh graders have been speaking a lot of Spanish to each other during class time! Our next unit is about cognates and will expand on the "Puedo ir al baño" song by Señor Wooly. Students will work on using more vocabulary in Spanish by including cognates in their conversations. In the month of April, students will also work on descriptions to describe themselves and others.

Eighth Grade - In eighth grade Spanish we have been working on interpersonal speaking. Students are doing a great job on their speaking skills as they practice in small groups and as a class. In April we will expand our vocabulary by learning about different foods in Spanish speaking countries, and discuss our likes and dislikes.

Spanish I - Spanish elective students are continuing to build on the speaking, reading and writing in Spanish. They are able to have short, spontaneous conversations with each other and retell short stories. This month we will practice and review the "sweet sixteen" words that we have not seen much of so far this year. By the end of the month we will be reading and interpreting more difficult stories.

Forensics - Ms. Friell

Forensics is a great opportunity for students to practice their speaking and performance skills while having fun with peers. During a typical year, our students compete in a variety of categories and perform at competitions in front of students from neighboring school districts. This year, however, we kept the performances in house and students performed in front of their peers.

Congratulations and great job to the following 7th and 8th grade students who participated in Forensics this year:

Grace B, Katie T, Atticus R, Jaimyn G, Sam V, Bryce Z -- Readers Theatre
Kennedy G, Sydney M, Emma H, Grace S, Paige G, Victoria L, Samantha M

2021 REGIONAL MATHCOUNTS NEWS!

The regional invitational Mathcounts virtual competition was held on Thursday, February 25th. There were 10 competitors representing six different schools. The schools competing were Holmen, Ithaca, Onalaska, Providence Academy, Viroqua, and West Salem.

Since the competition was held virtually, students only competed as individuals rather than as teams. West Salem's individual results were as follows: 10th place - Will Stefferud, 6th place - Makinlee Marshall, 3rd place - Luke Jambois, and 2nd place - Gideon Wolbrink.

Mathcounts is a national program designed to promote excellence in math and science in grades 6-8. Mathcounts allows students to improve their problem solving skills. The top five competitors qualify for the virtual state competition, so Wolbrink and Jambois compete on Thursday, March 25. Good luck! West Salem's coaches are Tammy Bentzen and Sarah Weber.



April 2021

Middle Years

Working Together for School Success



Short Stops

Proofreading tip

Get your middle grader in the habit of proofreading her essays and reports carefully with this idea. Suggest that she look over graded papers she gets back and make a list of common mistakes, such as writing *affect* instead of *effect*. Then, she should check for those errors—and others—before she turns in her work.

Be a good digital citizen

Downloading music and movies illegally is considered stealing since it robs entertainers of payment for their work. Ask your child how he would feel if he didn't get paid for a job. Then, tell him to steer clear of "peer-to-peer sharing" sites. Explain that not only can he get in legal trouble, he might also download viruses or spyware onto his laptop or tablet.

Nothing like a good laugh!

"Inside jokes" can be handy tools for lightening up tense moments. For example, saying "No good will come of that" in a silly-dramatic voice might become a family catchphrase when someone's doing something they shouldn't. Or when a conversation gets heated, try freezing, walking backward three steps, and calling out, "Rewind!"

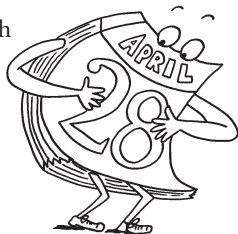
Worth quoting

"There are always flowers for those who want to see them." *Henri Matisse*

Just for fun

Q: What month of the year has 28 days?

A: All of them!



Reach the finish line

Like athletes running a long race, students may lose steam toward the end of the school year. Try these ideas to motivate your child to dig deep and keep working hard so he can overcome any hurdles and sprint across the finish line!

Hurdle: Self-doubt

How to overcome: If your middle grader isn't sure he can do well on his social studies test or finish his English paper, remind him of times he stuck with something even though it was tough. ("Remember when you thought you couldn't play the guitar? You kept practicing, and now you can!")

Hurdle: Lack of motivation

How to overcome: Knowing what he's working toward can make putting in the effort easier. Encourage your tween to list goals for the rest of the school year (ace his science project, participate more in class). Then, have him think about extra benefits of reaching those goals (having a cool story to share at



science camp, getting to know teachers and classmates better).

Hurdle: Difficult material

How to overcome: When your child runs into a challenge, like learning a tough math concept, suggest that he ask himself, "How can I get this done?" Answering the "three Ws" can guide him to a solution: *Who* can help? (A study buddy or teacher.) *What* do I need to do? (Extra practice problems.) *When* will I do it? (Twice a week for 30 minutes.)

Creative spins on journaling

One way to encourage your tween to write every day is to make it something she enjoys doing. These fun journal ideas will let her express herself while she sharpens her writing skills.

Nature journal. Suggest that your child write about the natural world around her. Her journal might include her observations about animals, weather, and constellations. She could also add drawings, quotes, and poems about how being in nature makes her feel.

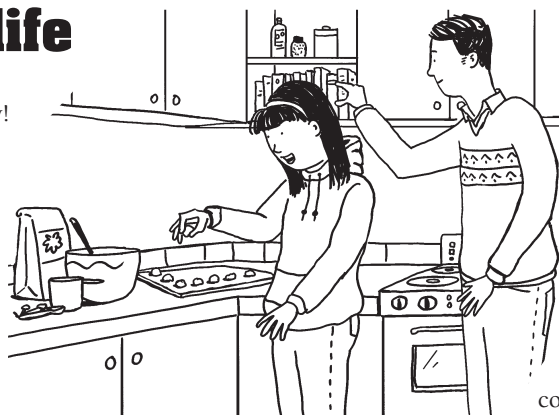
Reviews journal. Tweens have lots of opinions! Your middle grader can write a review each time she finishes a book, watches a movie, tries a new product (like a smart speaker), or orders takeout. She'll practice opinion writing and also have a place to look when friends ask for recommendations.



Math in daily life

When will your middle grader use math outside the classroom? Every day! Here are just two examples.

1. Cooking. Can your tween halve or double a recipe for you? (She'll need to divide or multiply fractions.) Convert the oven temperature in an old family recipe from Celsius to Fahrenheit? (She should multiply the Celsius temperature by $\frac{9}{5}$ and add 32° .) Figure out how



many baking sheets are needed for 48 cookies if each cookie is 2 inches in diameter and there are 2 inches between cookies? (She will have to find out how many cookies fit along the length and width of a sheet, then multiply the two numbers.)

2. Shopping. Ask your middle schooler to help you find the best deals. Can she compare the cost of one coffee maker marked at 15 percent off \$25 and another that's 40 percent off \$38? If you join a store's frequent buyer club for \$25 per year and earn 10 percent off each purchase, how much would you have to spend to recoup your \$25? 🍷

Q & A Dangers of "edibles"

Q I heard that some neighborhood kids were trying marijuana edibles. How can I keep my son safe from them?

A "Edibles"—foods and drinks that contain the psychoactive component in marijuana—are sold in specialty shops and medical dispensaries in states where marijuana is legal for adults. Because they're often "sweet treats" like gummies and brownies, they can be appealing to tweens. Kids may also like that the lack of smoke makes using them easier to hide.



Tell your son that edibles carry the same dangers to children as smoking marijuana, including lasting damage to memory and concentration.

In addition, the high from edibles comes more slowly as the body digests them, so people may eat dangerous amounts.

Explain that if a friend offers him candy he's not familiar with, he should read the label to make sure it's really candy. If the package isn't available, he'll need to say no. 🍷

OUR PURPOSE

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

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Ways to practice gratitude

Inspire your tween to appreciate the good things in life. He'll feel happier and more optimistic with these projects.

Springtime gratitude tree

Ask your child to fill a large glass jar halfway with rocks, then insert twigs to make a "tree." Next, have him draw and cut out construction paper "leaves." He could write something he's grateful for on each leaf, then poke a hole in the leaf and hang it on the tree. *Idea:* Encourage him to keep a pile of blank leaves nearby so family members can fill in their own "gratitude leaves."



The ABCs of thankfulness

Give your tween a stack of index cards and a challenge: Write at least one thing he's grateful for each day, starting with A ("Apple pie for dessert") and ending with Z ("Zero trouble with my history test"). He can hole-punch the cards and keep them on a ring. 🍷

Parent to Parent

Learning English at home

Our family speaks Spanish at home. Because our daughter Francisca is learning English in school, she has taught us some vocabulary. Her teacher mentioned that teaching others is a great way for kids to practice a new language.

When we watch TV in English, and I don't understand something, Francisca tries to explain. We keep on the English subtitles so if she needs to look something up she can see the words.



She also downloads audiobooks in English for us to listen to in the car. Francisca enjoys finding books she's already read in Spanish that are available in English to listen to. And we sometimes play games like Hangman and Scrabble in English, or in both languages, and ask Francisca to define unfamiliar words.

We continue to speak mostly Spanish, but our daughter is proud of becoming bilingual and sharing what she learns with us. 🍷



FUN FACTS

- Some call edamame the super vegetable because it is the only vegetable that contains all nine essential amino acids.
- Edamame is considered both a protein food and vegetable by the USDA.
- Edamame are immature soybeans in their pods.

NUTRITION INFO

One half cup of shelled edamame has 90 calories and provides iron, fiber and protein.

PICK

Edamame is rarely sold fresh so check your farmer's market! It is available both shelled and unshelled all year. Snapac brand sells a local, frozen option.

STORE

Keep fresh edamame dry in a perforated plastic bag in the refrigerator, in the freezer for 6-12 months or until the use by date on the package.

PREPARE

Shelled and unshelled edamame can be boiled, steamed, or microwaved. The pod is inedible and should be discarded after cooking.

USE

Blanch the pods in salted water, drain and serve sprinkled with salt for a snack. Cooked, shelled edamame is a great addition to stir-fries, salads, and can be added to hummus or guacamole!

Edamame Succotash

Serves 10

Ingredients:

- 3 Tbsp. olive oil
- 1 medium onion, diced
- 1 medium red pepper, diced
- 2 ½ cups edamame, frozen, shelled
- 2 ½ cups corn, frozen
- ½ tsp. garlic
- ½ tsp. salt
- ½ tsp. black pepper
- ½ tsp. dried oregano
- 6 Tbsp. water

Directions:

In a medium sauce pan, heat olive oil on medium-high heat. Add onions and cook while stirring until translucent. Add red peppers and cook for 5 minutes. Add edamame, corn, garlic, salt, pepper and oregano; cook for 6 minutes. Add water, cover and steam for 3-4 minutes or until all vegetables are tender.

Per Serving (1/4 cup): 95 calories, 5g fat, .3g saturated fat, 3g protein, 10g carbohydrate, 2g fiber, 121mg sodium

for more information visit www.laxf2s.org

Coulee Region Farm to School is a partnership between La Crosse County Health Department, Mayo Clinic Health System – Franciscan Healthcare, Gundersen Health System, and the School Districts of Bangor, Holmen, La Crescent-Hokah, La Crosse, Onalaska, and West Salem.



HARVEST OF THE MONTH CALENDAR 2020-2021



www.laxf2s.org

April 2021

West Salem Middle School

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Home Style <ul style="list-style-type: none"> "Chicken and Waffles!" Natural Chicken Tenders WG Waffle Waffle Fries Grape Tomatoes Pears Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack 	No School
5	6	7	8	9
No School	Home Style <ul style="list-style-type: none"> BBQ Pork Rib Sandwich Whole Kernel Sweet Corn Broccoli Blueberries Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack 	Home Style <ul style="list-style-type: none"> Meatballs & Gravy with Buttermilk Biscuit Mashed Potatoes Cucumber Apples Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack 	Sweet Treat Thursday! <ul style="list-style-type: none"> 100% Fruit Juice Slushy Home Style <ul style="list-style-type: none"> Carolina Style Pulled Pork Sandwich Coleslaw Broccoli Bananas Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack 	Home Style <ul style="list-style-type: none"> Stuffed Crust Cheese Pizza OR Stuffed Crust Pepperoni Pizza Honey-Glazed Carrots Broccoli Orange Slices Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack
12	13	14	15	16
Home Style <ul style="list-style-type: none"> Chicken Patty - Hot and Spicy on Whole Grain Bun OR Breaded Chicken Patty Sandwich on WG Bun Tater Tots Broccoli Orange Slices Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack 	Taco Tuesday! <ul style="list-style-type: none"> Pork Taco on Soft Shell Tortilla OR Chicken Taco on Soft Shell Tortilla Refried Beans Fresh Baby Carrots Apples Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack 	Home Style <ul style="list-style-type: none"> BBQ Teriyaki Chicken Seasoned Brown Rice Mixed Vegetables Fresh Garden Peas Peaches Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack 	Home Style <ul style="list-style-type: none"> Pasta with Chicken Alfredo or Pasta with Chicken Cajun Rice Krispie Treat Alfredo Garlic Breadstick Honey-Glazed Carrots Baby Spinach Salad with Cucumber and Tomato Pears Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack 	Home Style <ul style="list-style-type: none"> Cheese Pizza or Homemade Taco Pizza Whole Kernel Sweet Corn Fresh Red Pepper Strips Strawberry Cups Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack
19	20	21	22	23
Homestyle <ul style="list-style-type: none"> Bakalar's Hot Dog on WG Bun Side of Mac n' Cheese Cucumber Orange Slices Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack 	Breakfast for Lunch! Home Style <ul style="list-style-type: none"> French Toast Sticks Jones Dairy Sausage Links Warm Cinnamon Apples Celery Sticks Apples Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack 	Home Style <ul style="list-style-type: none"> Sloppy Joe Homestyle Baked Beans Fresh Baby Carrots Sliced Apples with Caramel Cup Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack 	Sweet Treat Thursday! <ul style="list-style-type: none"> "Chicken and Waffles!" Natural Chicken Tenders WG Waffle Rice Krispie Treat Home Style <ul style="list-style-type: none"> Popcorn Chicken OR Saucy Orange Popcorn Chicken Vegetable "Not Fried" Rice Broccoli Bananas Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack 	Home Style <ul style="list-style-type: none"> Cheese Pizza - Personal Pan OR Hawaiian Pizza - Personal Pan Honey-Kernel Sweet Corn Fresh Green & Yellow Pepper Strips Orange Slices Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack
26	27	28	29	30
Home Style <ul style="list-style-type: none"> Mozzarella Stuffed Breadstick with Marinara Dipping Cup Mixed Vegetables Cucumber Strawberry Cups Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack 	Taco Tuesday! <ul style="list-style-type: none"> Walking Taco on Nacho Dorito Chips Refried Beans Broccoli Apples Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack 	Home Style <ul style="list-style-type: none"> Pasta with Italian Meat Sauce Garlic Toast Pasta with Marinara Sauce Garlic Toast Garlic Roasted Green Beans Baby Spinach Salad with Cucumber and Tomato Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack 	Home Style <ul style="list-style-type: none"> "Chicken and Waffles!" Natural Chicken Tenders WG Waffle Waffle Fries Grape Tomatoes Pears Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack 	Home Style <ul style="list-style-type: none"> Cheese Pizza - Personal Pan OR Pepperoni Pizza Whole Kernel Sweet Corn Fresh Green & Yellow Pepper Strips Orange Slices Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack

10/26/2020 Board action to make
11/13/20, 12/11/20, 1/15/21, Teacher
Professional Development Days - Virtual
Learning Days for students. (VLD)

WEST SALEM SCHOOL DISTRICT 2020-2021 CALENDAR

^9/28/2020 Board action to
change 10/14/2020 from
Early Release to a full day.

**Summer School July 20-August 7, 2020

AUGUST 2020				
M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

SEPTEMBER 2020					21
M	T	W	T	F	
	1	2	3	4	
NS	8	9	10	11	
14	15	16	17	18	
21	22	23	24	25	
28	29	30			

OCTOBER 2020					20
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	NS*	

#No school for Elementary & Middle
students only

NOVEMBER 2020					17
M	T	W	T	F	
2	3	4	5	6	
9	10	11	12	VLD	
16	17	18	19	20	
23	24	NS	NS	NS	
30					

DECEMBER 2020					16
M	T	W	T	F	
	1	2	3	4	
7	8	9	10	VLD	
14	15	16	17	18	
21	22	23	NS	NS	
NS	NS	NS	NS		

JANUARY 2021					18
M	T	W	T	F	
				NS	
4	5	6	7	8	
11	12	13	14	VLD	
NS*	19	20	21	22	
25	26	27	28	29	

FEBRUARY 2021					19
M	T	W	T	F	
1	2	3	4	5	
8	9	ER	11	12	
15	16	17	18	19#	
22	23	24	25	26	

#No school for Elementary & Middle
students only

MARCH 2021					21
M	T	W	T	F	
1	2	3	4	5	
8	9	+ER	11	SD	
15	16	17	18	NS*	
22	23	24	25	26	
29	30	31			

Note, April 6 is a school day.

APRIL 2021					20
M	T	W	T	F	
			+ER	NS	
NS	6	7	8	9	
12	13	14	15	16	
19	20	21	22	23	
26	27	28	29	30	

MAY 2021					20
M	T	W	T	F	
3	4	5	6	7	
10	11	ER	13	14	
17	18	19	20	21	
24	25	26	27	28	
NS					

May 12-ER
*ER K-8 Only
*9-11 No
School
*12-SEP
presentation
day

JUNE 2021					3
M	T	W	T	F	
	1	2	3	SD	
7	8	9	10	11	
14	15	16	17	18	
21	22	23	24	25	
28	29	30			

First Day of School: September 1, 2020
Last Day of School: June 3, 2021
Graduation Day: May 30, 2021
Early Release Days:
October 14, February 10, May 12
+March 10, +April 1 (vaccination
clinics for staff)

SERVE WITH PASSION TO IGNITE CREATIVITY, INNOVATION, AND EXCELLENCE

NS = No School for All students

= No School for Elementary & Middle School students

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

SD = Snow Day or Make-up date (March 12 & June 4)

*** = Teacher Inservice (August 25 & 26, October 30, January 18, March 19 + 2 Floating)**