## WEST SALEM MIDDLE SCHOOL

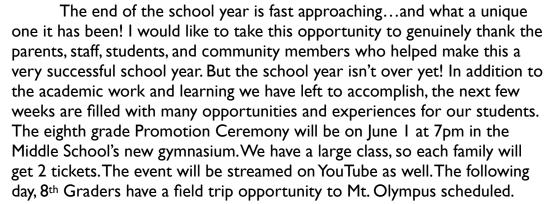


# Ben Wopat, Principal Amanda Beld, Associate Principal

Volume 9 Issue 10

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

Dear Families,



We are providing field trip opportunities for grades 5-7 as well, so please look for information on these events coming soon. In our current environment, we are committed to safely providing as much of our traditional end of year experiences as we possibly can. iPads/chargers will be collected prior to the end of the school year. You can find more information regarding this process on page #13.

As always, we encourage you to take an active role in building relationships with your child, our staff, and community. We thank you for your continued support of our efforts as we work together to provide the best middle school experience for your child. As we move towards the end of the school year, it's important we stress to our students the importance of a strong finish. In addition, please feel free to discuss your student's goals for next school year and connect how the finish to this year can lead to a great start for next fall. The choices we make today have a large impact on the options that we have available to us tomorrow.

Have a great summer with family and friends.

Ben Wopat Principal Twitter.com/coachwopat



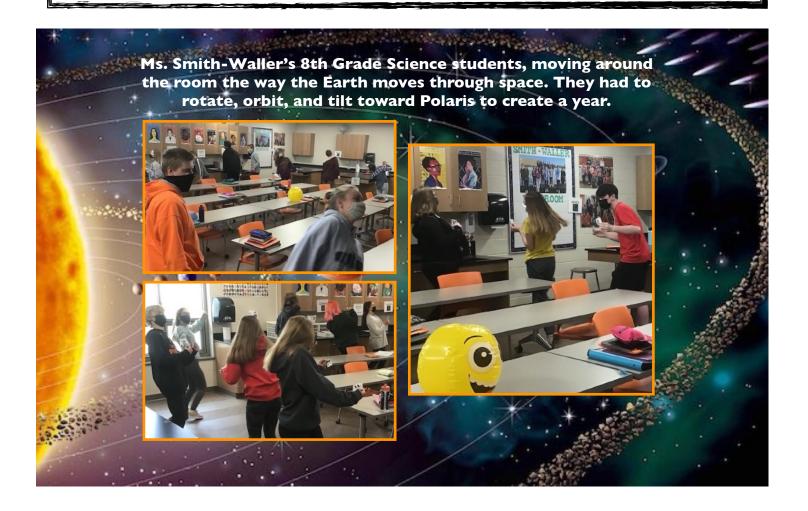
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## Counselor Comments - Mr. Lang

This time of year is always bittersweet for us here at school. We are excited about meeting our "new recruits" as the 5th graders become part of their permanent middle school homeroom. We look forward to getting to know them better over the next three years in this family-type setting. As we bring in the new, though, so must we send out the old. Our 8th graders have been part of us for the past several years which makes it difficult to see them leave. Watching our kids grow up and move on is one of the toughest parts of 'parenting.' We wish them all the best in their future endeavors! Thank you for entrusting us with your children this past year. To say that we have gone through a lot together is an understatement. We appreciate your patience and support as we have navigated through all of the ups and downs life has brought us. We are definitely stronger because we did this together! Not to wish the time away, but we do look forward to seeing and connecting with you again next school year! In the meantime, have an adventurous and memory-filled summer with family and friends.







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 <u>HERE</u> and bookmark it!

# **UPDATED Early Release Dates**

Release at 12:20 Buses leave at 12:30

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.

# From the Nurse

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.

The Middle School Newsletters can be found on the district website - <a href="www.salem.k12.wi.us">www.salem.k12.wi.us</a>. 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.



Reading: Students will be reading historical fiction books that take place during the American Revolution. This will allow students to build connections to what they have learned so far and are currently learning in Social Studies. They will practice and review skills that they have learned throughout the year while they are reading this book.

Math: The month of May we will finish the algebraic patterns and coordinate planes

unit. We will also start measurement and geometry to wrap up the school year.

**Science:** The students will end the year with a last science unit on Earth's Systems. They will be learning about the geosphere, hydrosphere, atmosphere, biosphere, and how these systems interact with each other.

Writing: The students are finishing up a state opinion writing piece in May. This opinion paper is to persuade others to visit their state, which will lead into their restaurant project. We will continue with grammar lessons and our final sight words in May.

Restaurant Project: This project is an exciting, culminating project that 5th grade students complete each year. The students start by picking a state that they want to research. They will complete a menu that will include information about their state and descriptive writing about their food specials. As part of our enrichment portion of May, they will also be learning about calculating sales tax, writing checks, and so much more! Students can also design and create a 3D model of their restaurant. There will be many supplies at school for the kids to use. The restaurant storefront is not a requirement, but we highly recommend that they make one. More information will come home before this project starts.













## Social Studies - Mrs. Jeranek

It's hard to believe May is upon us! Students have been exposed to a lot of information about ancient civilizations throughout the course of 6th grade. I hope they have enjoyed their journey back to 1000BCE as much as I have!

After studying Ancient Roman Civilization throughout the month of April, students will choose a research topic related to Rome to culminate this unit. Students will use various graphic organizers to inquisitively gather information through multiple sources and explore their topic. Also, students will create a project to display their findings in the yellow pod May 17 & 18. The 6th Grade Roman Extravaganza will celebrate the hard work students put into this project! We have many talented students that will show off their creative side! It is also a wonderful way to take a break from the normal Social Studies learning. Look for a schedule to come home the first week in May!



### Math - Mrs. Adams & Mrs. Jehn

We are finishing Chapter 9, learning about statistical measures including mean, median, and mode as well as quartiles, interquartiles, range, mean absolute deviation. The concepts of measures of variation and mean absolute deviation were new to students and may bring back fond memories of a statistics course you might have taken years ago. These are difficult topics and very abstract for 6th grade minds.

These skills are necessary for us in Chapter 10 which is the last chapter of the book and how we will spend most of May. This chapter is all about data displays including stem-and-leaf plots, histograms, box-and-whisker plots. They will need to use what they learned about measures of center, measures of variation, and statistical questions in the previous chapter to describe the center, spread, and shape of the displays.

It's been a fabulous year with students striving to learn despite various learning mode changes, rigorous work, and higher level math skills being required. They have really excelled and done a wonderful job!

## Accelerated Math - Mrs. Jehn

Students completed Chapter 14 reviewing topics such as solving and graphing ratios, rates, and proportions so they could work with slope and direct variation. In May, we will complete Chapter 15 titled "Percents". Have your student work with you this summer to determine percent markups, discounts, and simple interest which are all skills from this chapter and for life.

They have done a tremendous job this year, digging in to tackle difficult problems requiring high level thinking skills, all while moving between various learning modes. They will be finishing the second half of the 7th grade book next year and all of the 8th grade book. The skills will continue to become more difficult but their effort, perseverance, and willingness to learn will pay off for them. Keep up the great work!

## Reading - Mrs. Schultz & Mrs. Buisman

OMG-N-G! Oh My Gods and Goddesses, we are studying Greek Mythology! Gods, Goddesses- the immortals; men, women, and heroes- the mortals; these beings will be the focus of our next unit of study on myths. Myths are stories which teach morals or lessons and proper human behavior. In some instances, myths give explanations of nature and why things are as they are. This final month of May, we will be combining Reading and English again to explore the Ancient Greek myths and Greek Drama. Students will investigate fractured fairy tales to see how authors have given those traditional stories a modern twist with added humor. Then, in groups, the sixth graders will create and perform a skit involving one of the myths studied, giving it their special twist to "fracture" it. At the end of May, the Greek Drama Festival will feature the best groups from each class and their mythological creation! We plan on live streaming and recording this performance so the adults can enjoy the creations as well. Be sure to find out your student's favorite Greek myth, god, goddess, or hero!







## Reading - Mrs. Rochester

I can't believe May is already here! During the month of May, students will be finishing their environmental unit books. We focused on literary elements in this unit- especially setting, conflict, and how those two things impact the characters and the development of the story. To wrap up the year, we will continue studying greek and latin root vocabulary words. We will end the year with a novels in verse unit. Students will have a choice to read different novels in verse. These books will be read in class. Students will also study a few elements of poetry during this unit.

## English - Mrs. Friell

Students continue to work on academic and creative writing. The academic writing teaches students a structured form that requires them to evaluate and incorporate evidence. The creative writing will help the students understand the importance of knowing the parts of speech and figurative language. Students have now learned all the parts of speech, so we'll continue to practice and put them all together through the end of the school year. We'll also continue sentence and paragraph writing while learning correct punctuation and usage.

#### Social Studies - Mr. Mahlum

In 7th grade social studies, the students will turn their attention to state and local governments. We will learn how the state of Wisconsin operates and then look at how La Crosse County and the Village of West Salem set up governments. When examining these two levels of government, we will focus on how laws are made and who is responsible for enforcing the laws. Finally, we will look at the geography of our state and county and how both are divided into political subdivisions (counties, towns, villages, etc.).

#### Science - Mr. Baker

In science, we have been learning about classification of different organisms and groups of animals! We've dissected frogs, worms, and deer hearts as part of this unit which is always very interesting for students. To finish out this unit, we will be studying viruses and bacteria before finishing out the year with ecosystems.

The forest experience is here! Paperwork was sent home and should be returned asap if it hasn't been already. The dates are May 25-28 and students should know if they are the first half or second half of week, so please try to avoid scheduling any appointments, trips, etc. during their time. We won't be camping, but will still have one extended day to allow for the wolf how!! If you have questions, don't hesitate to e-mail Mr. Baker.









Mr. Baker's 7th Grade Science







#### Math - Mrs. Bentzen and Mrs. Coe

**Regular Math:** Chapter 10...We will study one more unit on exponents and scientific notation before wrapping up the year. This is the first year we have finished our whole textbook! Having math every day has allowed us to cover so much more material.

#### Objectives:

\*write expressions using integer exponents

\*evaluate expressions involving integer exponents

\*use exponent properties involving products and quotients

\*use zero and negative exponent properties

\*identify numbers written in scientific notation

\*write numbers in both standard form and scientific notation

\*compare numbers in scientific notation

\*perform operations with numbers written in scientific notation

We will FastBridge on May 12. We will take an algebra placement test (dates: May 24-26) to be used as another measure of whether your son/daughter is ready for Algebra I next year. We will end the year making flexagons. Very cool stuff!!!

**Algebra:** Chaper 13...We will study one more unit on probability and data analysis before wrapping up the year. This is the first year we have finished our whole textbook! Having math every day has allowed us to cover so much more material.

#### Objectives

\*find sample spaces and probabilities

\*use the formula for the number of permutations

\*use combinations to count possibilities

\*find the probability of a compound event

\*identify populations and sampling methods

\*compare measures of central tendency and dispersion

\*make stem-and-leaf plots and histograms

\*make and interpret box-and-whisker plots

We will FastBridge on May 12. We will take our final exam (Chpts 1-13) on May 24-26. This will give your son/daughter the experience of taking final exams in preparation for high school. We will end the year making flexagons. Very cool stuff!!!

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

May is an exciting month in 8th grade ELA! We will be working on the historical fiction unit. Students are reading an assigned book with a group of students from a decade in the 20th century (1900s - 1970s). Each group will be planning their reading schedule and holding weekly lit circle discussions about the novel. There will be a choice board activity at the end as the assessment. The writing piece to go along with the historical fiction will focus on a historical event and point of view. We will continue to read daily and work on sentences. The sentence assessment will be at the end of the month. We have had a great year even though it has been very strange. These students will do great at the high school!

## Social Studies - Ms. Morgan

Eighth Grade Social Studies draws to an end this month with our study of the Civil War, its causes, and its impacts on today's world. Students began the month looking at impact the institution of slavery had on our nation as well as on the continent of Africa. We will explore how the United State's efforts to contain the institution led to the split between North and South. The latter half of the month, students will explore significant battles from each of the years of the war, specifically focusing on those where La Crosse Area soldiers served in great numbers.

Upon completion of our activities this month, students should be able to:

- I. Explain what events in their opinion led to the Civil War and support their rankings with historical evidence.
- 2. Describe the role Wisconsin played in the Civil War.
- 3. Explore the war through a variety of different perspectives.

#### Science - Ms. Smith-Waller

We learned all about how the Earth, moon and sun interact to see phases of the moon as well as solar and lunar eclipses. The last part of the standard we have been working on was about seasons. To better understand how the Earth moves through space to get the different seasons, we completed our kinesthetic astronomy activities. Ask your 8th grader how it felt to be the Earth, we had a lot of fun with this. After finishing up the reasons for seasons, we will take a look at some other topics related to Astronomy including gravity and how it holds our universe together. We will finish up the year going through the other objects we find in our solar system and their scale proportions. It has certainly been a wild year, so keep up the great work and let's finish strong! Essential Learning Outcomes:

- Develop and use a model to predict and/or describe phenomena.
  - O MS-ESSI-I: 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.
    - MS-ESS1-2 Develop and use a model to describe the role of gravity in the motions within galaxies and the solar system
- Analyze and interpret data to determine similarities and differences in findings
  - Analyze and interpret data to determine scale properties of objects in the solar system.

# Allied and STEM....

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

Students are continuing to learn about the musical instrument families, the individual instruments, and are continuing the classroom instruments (autoharps and barred instruments) and body percussion. They are also singing folk songs and learning about different types of folk music.

New activities this month included bucket drumming, SQUILT (Super Quiet Un-Interrupted Listening Time), basketball rhythms, pitch reading, and learning about spirituals.

### Keyboards and More 6 - Mrs. Glasel

**Music Reading -** The students have learned 3 hand positions on the keyboard - C position, G position, and Middle C position. They also learned to use some black keys by learning about sharp and flat pitches.

**Music Appreciation -** We just completed a short unit on Music and Mood, Learning, and Memory in which we learned how music is important in our lives. We are continuing to learn about different composer through readings, videos, and listening examples.

#### **Guitars and Musicals 7- Mrs. Glasel**

Guitars - The students are playing songs on 4 strings and have learned simple C, G, and G7 chords.

**Musicals** - The students completed watching <u>Chitty Chitty Bang Bang</u>, in which they responded to how the songs moved the story along and shaped the characters. The next musical will be <u>West Side Story</u>. The musical is based on <u>Romeo and Juliet</u>, and the students will learn about the similarities of the two stories.

### Guitars/Keyboards 8 - Mrs. Glasel

**Guitar** - These 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 and incorporating flat and sharp pitches. They also learned how to use the sustain pedal in their songs.

#### 6 & 7 Choir - Ms. Nimm

Students in 6th and 7th grade choir continue to work on new music. They are singing 2, 3, and even 4 part songs that will be shared out at the end of the school year.

#### 8th Choir - Ms. Nimm

8th grade choir students have continued to work on their new music selections. They have been building independence by singing in three parts - Soprano, Alto, and Baritone.

#### **Small Choir 6**

Small Choir 6 has continued learning about how music and film are closely related. They have completed several small projects that required them to compose music using GarageBand. The music needed to fit with specific video clips.

#### Soundscapes 7 - Ms. Nimm

7th grade Soundscapes students have just begun learning about how music and film are related. They will be creating their own music (using GarageBand) to accompany small video clips.

### African Drumming 8 - Ms. Nimm

African Drumming students have been tasked with creating their very own 5 or 6 part ensemble. After creating rhythm patterns for all of their instruments and assigning each classmate to play one instrument, they began teaching their ensembles to the class!





#### Art - Mrs. Hemker

**Grade 5** will have an opportunity to experience clay this month. They will create a pinch pot animal with the help of our clinical student Miss. Ellie. They will also create a cupcake container. Both projects will be a review of a variety of clay techniques that they have learned since they were in Kindergarten. Both of these projects will also be glazed before a second firing. The year will wrap up with a variety of drawing practice projects and the creation of a handmade book to store them all in.

**Grade 6** will also be working in clay. They will be working on a new technique that involves carving a solid form to create a container. They will also be creating a clay animal rattle or whistle. We will also be working on a variety of drawing projects and if the weather cooperates, be going outside to draw.

**Grade 7** will complete their one point perspective work. We will also be working on a drawing that includes three different styles in one piece. Our final piece will be a collage painting using magazine pages to add the color to the drawings that we create.

**Grade 8** is finishing up their wall block designs. They continue to work with acrylic paint to create two large scale abstract paintings that will be woven in to a final piece of art. They have also started using Google Drawings to create a mosaic piece of digital art. Hopefully these classes will also be able to spend a few days drawing in the open air as well as a bit of clay time.

**8th Grade Elective** will be using the watercolor palettes that we created to paint a liquid watercolor painting. They will be creating an acrylic tree painting that involves multiple layers and techniques. Our final project includes finishing an ongoing book that includes small samples of the work we have been completing such as our prints. We hope to take these outside to have some drawing time outside as well.

Congratulations to Victoria Campbell whose art entitled "Snow in the Forest" was a winning

artwork in the 2021 ARTS for ALL Wisconsin Call for Art. The Youth Creative Power Award prize includes a gift card for \$50 and an award plaque honoring Victoria. The art will become part of the collection in Creative Power Traveling Exhibition. The 30 artworks in an AFA Traveling Exhibition will travel the state of Wisconsin for three years to showcase the talents of artists of all ages and abilities. Victoria's art will inspire others and be viewed by thousands of people throughout Wisconsin.

Tori with (I-r) Art Teacher, Mrs. Hemker; Mom; and Paraprofessional, Tiffany Janisch

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

Happy May!!

We are so excited to be able to get outside! We will be focusing on some lifelong activities in the month of May. We will be learning some yard games, frisbee golf, as well as cycling and road safety (only in 7th and 8th grade). Please continue to remind students to have athletic shoes for Healthy Living. Thank you!

## Spanish - Ms.Phillips

**Sixth Grade** - Hola! Sixth graders are learning to express their favorite foods in Spanish. We are discussing likes and dislikes, learning about authentic recipes, and we will be working with storytelling. Students are going to end the year with the "Día de los Muertos" unit which includes learning all about Day of the Dead, and making and decorating sugar skulls.

#### Seventh Grade -

Seventh grade Spanish students are wrapping up their descriptions and ser unit by creating a poster to describe themselves. To wrap up the year, we will practice the verb tener. Students will be able to talk about things they have and things they have to do - mostly related to school and extracurricular activities. They will be able to answer the question: ¿Qué tienes que hacer?.

**Eighth Grade** - Eighth grade Spanish students are just beginning the family and description unit. They will be able to use different adjectives and the verb ser to describe people in a family and themselves. We will also be reading and discussing the different aspects of a quinceañera!

**Spanish I** - Spanish elective students are continuing to build on the speaking, reading and writing in Spanish. Students say "anuncios" every day which is helping them build on their spontaneous conversation skills. We are ending the year with a "to know" unit, focusing on the verbs saber and conocer. Students will take the end of the year exam in the middle of May.

# Co-Curricular

# WEB Information Where Everyone Belongs

7th graders have applied and applications are being reviewed to become our next WEB Leaders. WEB is an orientation program for incoming 5th graders. The 8th graders will lead the 5th graders in activities that help create and maintain our positive school culture. The dates below are for our new WEB Leaders and incoming 5th graders.

May Play Day: (New WEB Leaders) May 12th 7:50am - 10:02am (During school)

Summer dates:

WEB Leader Training: August 16th & 17th 8:00am - 1:00pm Incoming 5th Grade: August 18th from 7:30am - 12:00pm

These events will take place in the BGC gym. Please enter through the side door from the front of the middle school. DO NOT enter through the BGC since they will be open for child care.

## **2021 STATE MATHCOUNTS NEWS!**

The State Mathcounts Competition was held virtually on Thursday, March 25, 2021. There were 42 total students competing, representing schools from across the state of Wisconsin.

West Salem's competitors were Luke Jambois and Gideon Wolbrink (pictured right). Jambois placed 32nd and Wolbrink placed 41st.

Mathcounts is a national program designed to promote excellence in math and science in grades 6 through 8. West Salem's Mathcounts program is coached by Tammy Bentzen and Sarah Weber. The National Competition will be held virtually in May. The top four individuals from the State competition will represent Wisconsin at the National Competition.



May 2021

West Salem Middle School
Panther Pride

# Working Together for School Success

Short Stops

# A plan for final exams

Final exams may cover more material than your tween is used to studying for at one time. So encourage him to start early and stick to a schedule. He might set aside 30 minutes each night to review. Devoting time each weekend to studying older notes and earlier textbook chapters can refresh his memory, too.

#### Start a "just ours" tradition

Stepsiblings might bring different traditions to a blended family. While it's important to keep those, creating shared rituals can be a nice way to bond. Maybe you'll have pajamas-and-pizza night on Wednesdays or Saturday afternoon tennis. *Idea:* Start a last-day-of-school tradition to wrap up the year.

#### A letter to myself

As your tween finishes this school year, ask her to imagine she's starting it all over again. What advice would she give her past self? What's she proud of, and what does she wish she'd done differently? Suggest writing a letter to herself about what she's learned. She can use her insights when she faces obstacles in the future.

#### **Worth quoting**

"You will never win if you never begin." *Helen Rowland* 

#### Just for fun

**Q:** What do you get if you cross a skunk with a boomerang?



**A:** A terrible smell you can't get rid of.

# Keep learning all summer

What does your tween get when she combines reading, writing, and math with summer vacation? A ticket to a successful upcoming school year! Here's how she can retain what she learned this year—and learn even more.

#### **Issue reading challenges**

Have your child put together a summer reading adventure with cool challenges to check off. Examples might include reading under the stars, reading to a pet, checking out a book from a section of the library she has never visited, or reading books set on each continent. Add math: Assign a point value to each challenge (include fractions), and have her keep a running total.

#### Get inspired to write

Books can be jumping-off points for creative writing projects. Your middle grader might turn a novel into a picture book for a younger sibling. Or she could create a comic strip or a board game based on a book. *Add math*: Encourage



her to write "\$2 book summaries" (pronouns = 5 cents, nouns = 8 cents, verbs = 10 cents, adjectives = 13 cents, adverbs = 15 cents). Can she sum up a book in exactly \$2 worth of words?

#### Pitch a tent

Let your tween set up a tent in the yard or basement. She can stock it with books, magazines, paper, pencils and other writing tools, pillows, and healthy snacks. *Add math*: Fill the tent with math-related novels, nonfiction books, and puzzle books (ask a librarian for ideas).  $\in$ 

#### "You can count on me!"

When your tween makes a commitment and keeps it, people learn they can depend on him. Help him be more reliable with these tips.

■ **Be sure it's possible.** Before your child agrees to something, like helping a friend rehearse for a play, he should think realistically about whether he can follow through. If he's not sure, it's better to say no than to let his friend down.



■ **Make commitments a priority.** Promises take priority over opportunities that crop up later. If your teen said he'd wash your car on Saturday afternoon, then gets invited to play basketball, he'll need to finish the car before his game. 

©

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# Understanding your ever-changing tween

The "in-between" years, when your child is no longer a little kid but not quite a teenager, can be challenging for you and your middle schooler. Try these strategies for navigating them.

Don't take it personally. Your tween is going through big physical and emotional changes, and he's facing different social situations. That's a hormone-fueled recipe for unpredictable behavior. So try not to overreact if he rolls his



eyes when you ask if he wants to work on a puzzle with you. Instead, just start on the puzzle yourself. He may change his mind later. Tip: Let him know you're there to answer questions about changes he's going through.

Give him space. After years of bedtime snuggles and chats, your child's closed bedroom door and whispered chats with friends can be upsetting. But testing his independence is a natural part of growing up. Try

knocking on his door. Some days, he'll want to talk! Tip: Stand firm on rules about health and safety. But aim to give him more freedom about things like fashion and friendships.

# A back-to-**M** school plan

Summer always seems to fly by! Before I know it, my son Owen and I are scrambling to get ready for the new school year.

This year, we're going to start planning early. We hung up a wall calendar, and we're using it to keep track of schoolrelated obligations. First, Owen put soccer tryout dates on the calendar. As soon as back-to-school information comes in the mail or is posted on the school website, I'll have him add important events like open house and schedule pickup. I also booked Owen's checkup already. since his doctor's schedule fills up fast, and wrote the date on our calendar.



Owen is excited to try out for soccer and to find out which friends will be in his classes next year. Thanks to our calendar, he knows exactly what to expect and when. €\

#### O U R PURPOSE

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

Resources for Educators, a division of CCH Incorporated 128 N. Royal Avenue • Front Royal, VA 22630 800-394-5052 • rfecustomer@wolterskluwer.com www.rfeonline.com ISSN 1540-5540



## Ease into social media

My daughter is old enough now to sign up for social media accounts. Should I let her?

Children mature at different rates, so start by thinking about your child's offline behavior. Does she follow rules you've set for her? Is she considerate of others' feelings?

Ask your daughter which sites she's interested in using. Explore them together, and discuss dangers like cyberbullying. Also talk about ways to avoid problems, such as using the "Would I want Grandma to see this?" rule before posting anything.

If you let your tween open an account, help her adjust privacy settings. Then, create rules. She might have to "friend" you, only interact with family and certain friends, and limit her time on social media. Finally, keep checking in to ask how things are going. Making social media part of your everyday conversations can encourage her to come to you for guidance.

•••••



## Eggs-periment: Sink or swim?

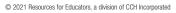
Why is it easier to float in the salty ocean than in a swimming pool? It's all about density, or how tightly molecules are packed together. Share this eggscellent experiment with your tween.

Steps: Have your child measure 16 oz. water into a bowl and gently drop in a fresh egg. What happens? (It sinks.) Then, she should measure 16 oz. water into another bowl. add  $\frac{1}{4}$  cup salt, and stir until completely dissolved. What happens when she drops an egg into that water? (It floats.)

The science: The egg sinks because its density is greater than that of plain water. Adding salt to the water increases the water's density. Since the water's density is now greater than the egg's density, the egg will float!

Extension: Have your tween

experiment with the saltto-water ratio. What's the minimum amount of salt needed for the egg to float? She could also try foods of different densities (apple, potato). €\}



# End of Year iPad Collection

As the end of the year approaches, we are starting to plan the collection of our technology. *All iPads will be collected before the end of the school year.* For younger students, that technology may already be at school in the classroom. For students who regularly take iPads home, teachers will communicate exact turn in dates. CRVA students should plan to turn in their technology to the district office June 1, 2 or 3.

#### What needs to be turned in?

ITEM	COST TO REPLACE*
iPad^	\$299
Protective Case (Some students were also issued a cover)	\$30
Power Cord (2 parts) Charging block^ Cable	\$12 \$5
Keyboard (CRVA students only)	\$30
Headphones (Elementary School CRVA students only)	\$8
Hotspots (for those issued one)	\$100

<sup>\*</sup>Insurance does not cover lost or stolen items

All iPads will be erased, therefore, the following is recommended:

- Save personal files/photos you want to keep to Google Drive. Click <u>here</u> for video directions.
- Sign out of any Apple ID and/or iCloud account (Found under Settings).
- Remove any passcode (Found under Settings > Touch ID & Passcode).
- Charge the iPad (Students will be asked to turn in their iPad fully charged).

#### **Frequently Asked Questions**

What if something is damaged?

Costs to repair damaged iPads will be added to student fees owed if insurance is not a factor. Exception: missing plastic pieces of the case will not be counted as damaged.

Will I get the same iPad back next year?

No. This summer the district is doing a technology update.

What if I have more questions which are not answered here?

Please contact Kathy Hilby (hilby.kathy@wsalem.k12.wi.us)

<sup>^</sup>The name on the ipad MUST match the name on the charging block. If the name label is missing on the charging block, please add the name to a piece of tape and stick it on the block.

bell peppers

cabbage

2020-2021

HARVEST OF THE MONTH CALENDAR

CUCUMber

OCTOBER

DECEMBER

WINTER SOUASH

#### HARVEST OF THE MONTH NEWSLETTER 05/2021



#### **FUN FACTS**

- Lettuce can be found in red and green varieties. The darker the lettuce, the greater the nutritional content.
- On average, Americans eat 30 pounds of lettuce a year!
- Lettuce dates back 6000 years and was eaten by ancient Egyptians.

#### NUTRITION INFO

Two cups of chopped lettuce has 10 calories and provides vitamin A and folate

#### PICK

Choose lettuce that appears fresh and crisp with no wilting or brown spots.

#### STORE

Store in a plastic bag in the refrigerator away from fruit and use within a week. Lettuce should be rinsed thoroughly under cold water immediately before using. Dry the leaves with paper towel or a salad spinner.

#### PRFPARE

Tear the leaves into bite-size pieces. Using a knife will cause the greens to turn brown.

Try wrapping your hamburger in a lettuce leaf instead of a bun! Not a fan of lettuce on its own? Add strawberries or mandarin oranges for a sweeter taste or nuts and chicken for added protein.

# Strawberry Lettuce and Spinach Salad

#### Serves 5

#### Ingredients:

- 1 cup sunflower or pumpkin seeds 1/2 pound cucumbers
- 1/2 pound fresh
- strawberries ½ pound baby spinach
- 1/2 pound romaine lettuce

#### Dressing:

- 1 ½ Tbsp. Balsamic vinegar
- 1 1/4 Tbsp. maple syrup 1/4 tsp. Dijon mustard
- 1/4 tsp. garlic powder 1/4 tsp. kosher salt
- ¼ tsp. black pepper 1/4 cup olive oil

cut in half lengthwise, slice ¼ inch. Hull strawberries and cut into ¼ inch slices. Trim romaine and cut into 1 inch pieces. Mix spinach and romaine in a large bowl. Mix and blend for 10-20 seconds. Drizzle dressing and toss to coat.

Per Serving (1 1/4 cup): 190 calories, 14q fat, 1q saturated fat, 4q protein, 14q carbohydrate, 4q fiber, 176mg sodium

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.



**WEDNESDAY** 

5

#### Directions:

Toast sunflower/pumpkin seeds in a large skillet over medium heat, stirring often, until fragrant and beginning to brown, 4-5 minutes. Transfer to a bowl and cool. Peel cucumbers, dressing ingredients in a food processor with a steel blade until combined. Add oil in a stream



**GUNDERSEN** 



MAYO CLINIC GUNDERSEN **HEALTH SYSTEM** 

### West Salem Middle School

Home Style

Stuffed Crust Cheese Pizza OR Stuffed Crust Pepperoni Pizza
Honey-Glazed Carrots
Broccoli
Orange Silces
Grab and Go
Panther PBJ Pack
Patther YOGURT Pack

SNAP

#### Lunch

May 2021

# 3

10

- Home Style
  (Cheese) Hamburger on WG Bun
  (Cheese) Hamburger on WG Bun
  Potato Smiles
  Hummus
  Fresh Baby Carrots
  Fresh Sliced Apples
  Grab and Go
  Panther PBJ Pack
  Panther YOGURT Pack

**MONDAY** 

### 11

# Home Style Chicken Patty - Hot and Spicy on Whole Grain Bun OR Breaded Chicken Patty Sandwich on WG Bun Tater Tots Broccol Orange Slices Grab and 60 Panther PBL Pack Panther VGGWRT Pack

- Taco Tuesday!
  Home Syle
  Pork Taco on Soft Shell Tortilla OR Chicken Taco on Soft
  Shell Tortialla
  Refried Beans
  Fresh Baby Carrots
  Apples
  Grab and Go
  Panther PBJ Pack
  Panther YOGURT Pack

**TUESDAY** 

Home Style
BBQ Pork Rib Sandwich
Whole Kernel Sweet Corn
Broccoli
Blueberries
Grab and Go
Panther PBJ Pack
Panther YOGURT Pack

4

- Early Release Day! Home Style Cheese Pizza or Homemade Taco Pizza Whole Kernel Sweet Corn Fresh Red Pepper Strips Grapes
- Grapes
   Grab and Go

19

# 12

Apples
Grab and Go
 Panther PBJ Pack
 Panther YOGURT Pack

# 13

COULEE REGION

LOCAL FOODS, HEALTHY KIDS

SEPTEMBER

TOMATOES

NOVEMBER

CACCOTS

Home Style

Pasta with Chicken Alfredo or Pasta with Chicken Cajun Alfredo Garlic Breadstick

Honey-Glazed Carrots

Baby Spinach Salad with Cucumber and Tomato

Pears

Sweet Treat Thursday!
100% Fruit Juice Slushy
Home Style
C Carolina Style Pulled Pork Sandwich Coleslaw
Broccoli
Bananas
Grantine PBJ Pack
Panther PBJ Pack
Panther YOGURT Pack

20

Pears
Grab and Go
Panther PBJ Pack
Panther YOGURT Pack

Pack

**THURSDAY** 

6

# 14

- Home Style
  BB0 Teriyaki Chicken Seasoned Brown Rice
  Mixed Vegetables
  Fresh Garden Peas

**FRIDAY** 

7

Peaches
 Grab and Go
 Panther PBJ Pack
 Panther YOGURT Pack

## 17

# Homestyle Bakalar's Hot Dog on WG Bun Side of Mac n' Cheese Cucumber Orange Slices Grah and So Pamther PBJ Pack Panther YOUMT Pack

Home Style

Mozarella Stuffed Breadstick with Marinara Dipping Cup

Mixed Vegetables

Cucumber

Strawherry Cups

Grab and Go

Panther PBJ Pack

Panther YOGURT Pack

## 18

25

- Breakfast for Lunch!
  Home Style
  French Toast Sticks Jones Dairy Sausage Links Warm Cinnamon Apples
  Celery Sticks

# Apples Grab and Go Panther PBJ Pack Panther YOGURT Pack

# 26

- Taco Tuesday!
  Home Style

  Walking Taco on Nacho Dorito Chips Refried Beans
  Broccoli
  Apples
  Grab and Go Bananas
   Grab and Go
   Panther PBJ Pack
   Panther YOGURT Pack Panther PBJ Pack Panther YOGURT Pack

Home Style
Sloppy Joe
HomeStyle Baked Beans
Fresh Baby Carrots
Sliced Apples with Caramel Cup
Grab and Go
Panther PBJ Pack
Panther YOGURT Pack

- Home Style
  Pasta with Italian Meat Sauce Garlic Toast
  Pasta with Marinara Sauce Garlic Toast
  Garlic Roasted Green Beans
  Balansa
  Banans

# 27

# Honne Style - Chicken and Waffles!" Natural Chicken Tenders WG Waffle Waffle Fries - Grape Tomatoes - Pears Grab and Go - Panther PBJ Pack - Panther YOGURT Pack

Sweet Treat Thursday!

Rick Krisple Treat
Home Style

Popcorn Chicken OR Saucy Orange Popcorn Chicken

Vegetable "Not Fried" Rice

Broccoli

Bananas

Grab and Go

Panther PBJ Pack

Panther YOGURT Pack

#### 21

- Home Style

  Cheese Pizza Personal Pan OR Hawaiian Pizza Peronal Pan

  Honey-Glazed Carrots
  Side Salad with Cucumber and Tomato

# Peaches Grab and Go Panther PBJ Pack Panther YOGURT Pack

## 28

- Home Style

  Personal Pan Cheese Pizza OR Pepperoni Pizza

  Whole Kernel Sweet Corn
  Fresh Green & Yellow Pepper Strips

  Orange Slices

  Grab and Go

  Panther PBJ Pack

  Panther TOGURT Pack

## 31

24

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							
М	Т	W	Т	F			
3	4	5	6	7			
10	11	12	13	14			
17	18	19	20	21			
24	<mark>25</mark>	<mark>26</mark>	27	28			
31							

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

	20				
Μ	Т	W	Т	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					
M	Т	W	Т	F		
2	3	4	5	6		
9	10	11	12	VLD	)	
16	17	18	19	20		
23	24	<mark>NS</mark>	<mark>NS</mark>	<mark>NS</mark>		
30						

ı	DECEMBER 2020					
М	Т	W	Т	F		
	1	2	3	4		
7	8	9	10	VLD		
14	15	16	17	18		
21	22	23	<mark>NS</mark>	<mark>NS</mark>		
<mark>NS</mark>	<mark>NS</mark>	<mark>NS</mark>	<mark>NS</mark>			

	18				
М	Т	W	Т	F	
				<mark>NS</mark>	
4	5	6	7	8	
11	12	13	14	VLD	
NS*	19	20	21	22	
25	26	27	28	29	

		FEBR	UAR'	Y 202	21	19
	М	Т	W	Т	F	
	1	2	3	4	5	
	8	9	ER	11	12	
	15	16	17	18	19#	
	22	23	24	25	26	
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#No school for Elementary & Middle

students only

					_
MARCH 2021					
М	Т	W	Т	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.

	20				
М	Т	W	Т	F	
			+ER	<mark>NS</mark>	
<mark>NS</mark>	6	7	8	9	
12	13	14	15	16	
19	20	21	22	23	
26	27	28	29	30	

MAY 2021						
М	Т	W	Т	F		
3	4	5	6	7		
10	11	ER	13	14		
17	18	19	20	21		
24	25	26	27	28		
<mark>NS</mark>						

20
May 12-ER
*ER K-8 Only
*9-11 No
School
*12-SEP
presentation
day

٠.,	JUNE 2021					
	М	Т	W	Т	F	
		1	2	3	SD	
	7	8	9	10	11	
	14	15	16	17	18	
	21	22	23	24	25	
.;	28	29	30			

3

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)