



WEST SALEM MIDDLE SCHOOL

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Dear WSMS Families,

It's been a strong start to the 2021-2022 school year! We are looking forward to working together as a team to provide your child the very best educational experience. The **Panther Post** is one way in which we maintain communication between school and home. It contains a variety of academic updates, important dates, and items of interest. Thank you for taking the time to read it.

On our first day, we focused on getting to know our students and familiarizing them with our procedures and expectations. Some items that were highlighted with students were....

1. A return to our multi-grade level Homeroom for grades 6-8.
2. [Speak Up, Speak Out](#). This online tip site was created by the Wisconsin Department of Justice. Our staff have been trained by Officer Ganrude. Please click on the link for more information. We also have a letter to parents from the program [HERE](#).
3. As you may have read in our handbook, we have updated our Panther Pride guidelines. Previously, only 5th Grade reported out on classroom behaviors at the Middle School (you are used to seeing this at Elementary School currently). Now, grades 5-8 behavioral/life skills grades will be assessed and reported out using defined rubrics. We are calling this [P.A.W.s.](#) (click on the link). This stands for

1. **PRACTICE KINDNESS**
2. **ACT RESPECTFULLY**
3. **WORK HARD**

Please reference this information within the Newsletter and the previous link. Each teacher will report out a score for their classroom on report cards. We're excited to report out not just student academic progress, but also how they are showing their **PANTHER PRIDE** in the classroom.

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

Learning

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

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

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Attendance

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

School Rules

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

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

Lastly, unfortunately we are still living through a time when COVID is having an impact on all our lives. Please reference our district protocols and procedures [HERE](#). I feel blessed to be a part of such a strong learning community here in West Salem. We look forward to partnering with you to continue Serving With Passion to Ignite Creativity, Innovation, and Excellence in all of our students. Let’s have a great year!

Proud to be a Panther!

Ben Wopat
Principal

Twitter.com/coachwopat

MORNING PROCEDURES

Doors open at 7:30. At this time, students will be allowed into the building, or they may stay outside on the playground until 7:43, when the bell rings.

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

Middle School Security...

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



“Meet Us in the Middle”



Absences, appointments, and messages

If your child will be absent from school, please call the office by **7:50** in the morning, or you can call or send a note in advance. In the event you receive the voice mailbox, 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 in to the school in a timely manner, it is considered an unexcused absence and consequences may be assigned to the student.

You may also call ahead or send a note with any pre-planned absences, and we will document it. Therefore you will not have to call again the day of the absence.

If your child needs to be picked up for an appointment, please send a note or call the office ahead of time so that your child can be given an out pass in advance. We appreciate advance notification as it eliminates the need for us to try and find your child at the last minute when he/she is being picked up. If your child brings a note from the medical or dental appointment as verification, it is not counted toward the 10 days allowed for your child to be absent from school. Thank you for your cooperation in keeping your child's attendance up to date and informing the school of absences in a timely manner.

We receive many calls daily from parents asking us to relay messages to their children. Please make every attempt to relay these messages to your child before he or she leaves for school.

Student Drop Off and Pick Up

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

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

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

The 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"



Does your child have a prescription medication? If they will have it at school, click [here](#) for a medication form.

Student Immunization Law Age & Grade Requirements to enter the 2021-2022 School Year

Ages Pre-K through 4 years:

4 DTP/DtaP/DT, 3 polio, 1MMR**, 3 Hep B**, 1 Varicella*

Grades K and 1

4 DTP/DtaP/DT, (1st dose after 1st birthday) 4 polio, 2MMR, 3 Hep B, 2 Varicella*

Grade 5

4 DTP/DtaP/DT, 4 polio, 2MMR, 3 Hep B, 2 Varicella*

Grades 6-12

4 DTP/DtaP/DT, 4 polio, 2MMR, 1 Tdap, 3 Hep B, 2 Varicella

*Varicella is the chickenpox vaccine. Chickenpox disease history is also acceptable.

**MMR is measles, mumps, and Rubella. Lab evidence of immunity is also acceptable for MMR or Hepatitis B.

Any student not up to date by the 30th day of school may be excluded from school by state statute. What you need to do to avoid exclusion is:

- Provide school with month, day and year of the required immunizations
- Have your child immunized OR
- Sign a waiver (also available from School Nurse office)
- In the event of a communicable disease outbreak, such as measles, children who are not vaccinated are often required to stay home from school and school-related functions until the outbreak ends or they get vaccinated, for their safety.



Save Your Tabs!

Fun Fact: There is more aluminum in the tab than there is in the entire can!

Each year recycling pull tabs raises over \$10,000 for Ronald McDonald House in Madison, WI.

Our first big service project of the year!!! We are collecting pop tabs to benefit the Ronald McDonald House in Madison. One of our PE teachers at the elementary school, Mr. Merrill, and his family (wife Abby and daughter Nora) benefited from the generosity of the Ronald McDonald House in Madison last year. Students can bring their tabs to homeroom daily through October 8th in memory of Hazel Merrill.

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

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

LATEX



ALLERGY



"Meet Us in the Middle"





Student Cell Phone Use

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

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

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

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



Early Release Dates

Wednesdays - Release at 12:20

Buses leave at 12:30

October 13

February 9

May 11

The Middle School Newsletters

can be found on the district website - www.wsalem.k12.wi.us.

An e-mail reminder will be sent each month to let you know when it is available along with a link to the actual newsletter. If you would like a hard copy of the newsletter, please let the Middle School office know.



Picture Retake Day...
Wednesday, Oct. 6

Counselor Comments...

DOWN THE HALL in Student Services:

Welcomes:

WELCOME to all students new to West Salem Middle School!!!

WELCOME BACK to all of our returning students!!!

WELCOME to Ms. Becker who has joined the Middle School staff!

We now have TWO school counselors who are ready to help and teach!

Homerooms:

Homerooms for grade 6-8 are returning to mixed grade groups where we will utilize the Character Strong program as our guiding curriculum. We believe this connection with small groups of students and teachers provides a sense of community and ownership in our school.

As we kick off the new school year in Homerooms, we will be working on building connections and getting to know each other. Of course, we hope this will be a year-long process!

5th grade will remain in their grade-level homerooms where they will also spend time building a community and learning new faces.

Reach out:

We are looking forward to a fun-filled, educational year. There will be so much going on that it may feel overwhelming at times for students and parents. Mr. Lang and Ms. Becker would love the opportunity to talk with you about any questions or concerns you have. We want this to be a positive experience for you and your child(ren). Let's have a great school year!

Mr. Lang and Ms. Becker

Substitutes Needed

For the 2021-2022 School Year
In the following areas:

Secretarial
Food Service
Bus Drivers

Paraprofessionals
Custodians
Teachers

If interested, please stop at the District Office at
405 East Hamlin St, West Salem OR call
608-786-0700 OR go to www.wsalem.k12.wi.us
for a substitute application.



"Meet Us in the Middle"



5th Grade Introduction:

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

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

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

Let's have a FANTASTIC year!

The 5th Grade Team

- Martha Burdick
- Mary Czajka
- Katie Fink
- Kamry Kjos
- Teri Lassig
- Ethan Ringlien
- Sabrina Flood



“Meet Us in the Middle”



Welcome to 6th Grade!

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

Personal responsibility is very important in middle school. If your child is absent, there are several ways to get caught up. Students should communicate with their teachers about what they missed, but they should also check Google Classroom, call or email friends, and look at the [Homework Hotline](#).

Google Classroom is an educational app we use to inform students of homework, assessments, classroom activities, etc. Students are also able to view information from classes they may have missed and will need to make up.

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

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

We are looking forward to a great year!

The 6th Grade Team

Kari Schultz - Reading

Becky Buisman - English

Heather Jehn - Math

Jesse McKinney - Math

Alyssa Jarosh - Science

Sara Jeranek - Social Studies

Amy Marshall - Resource

Mari Hendershot - Resource



"Meet Us in the Middle"



September Thoughts from the 7th Grade Teachers:

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

Mr. Mahlum- social studies
Mrs. Rochester- reading
Mrs. Weber- math
Mrs. Piersma- math
Mr. Baker- science
Ms. Friell- ELA
Ms. Lovely- special education



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

Please check homework hotline for work if you are absent.



Google Classroom-

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



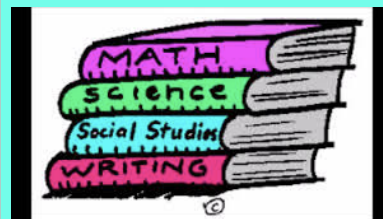
Skyward- Homeroom teachers check grades on Skyward weekly. Students and parents can check Skyward, too. Teachers usually enter grades weekly. Please be patient with teachers to get grades entered after a test or project.



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



Homework- Students will usually have time to start homework during class. However, there will be times when the students need to finish work at home. Please have a reliable method for you to keep track of your homework- it could be an assignment notebook, planner, or some other way to keep track of homework.



Note from Mr. Mahlum, 7th Grade Social Studies:

We will start our year with an introduction to government. We will examine the reasons why we have a government as well as introduce the three different levels of government we have in the United States; Federal, State, and Local. Towards the middle of the month, we will start understanding what it means to be a citizen and how one becomes a citizen here in the U.S. Finally, the students will start to research a particular group of immigrants who have come to our country. Many students will look towards their own ancestry for an immigrant group to learn more about.

Science - Ms. Smith-Waller

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

Essential Learning Outcomes:

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



Social Studies - Ms. Morgan

Eighth grade Social Studies explores the history of our nation from the events that led to the American Revolution through the Civil War. Throughout the year, students will work to develop the skills which historians use each and every day-- analysis, research, critical thinking, and much more.

Following their learning in September, students will be able to:

- Explain what history is and why it is important to study
- Describe important facts (who, what, when, where, why) of current events
- Begin to develop an argument about whether the colonists were justified in revolting.

Unless COVID results in conflicts, students will once again be researching and developing a National History Day project that focuses on this year's theme "Debate and Diplomacy in History". Students may choose a historical topic of their choice as long as it occurred 25 years or more ago and students can prove how the topic meets this year's theme. Upon completion of their research, students will present their findings in the form of one of the following: exhibit, website, documentary, historical paper, or performance. The best projects from WSMS will participate in the regional competition hosted by UW-La Crosse in mid-March.

English/Language Arts - Ms. Meyer and Ms. Sackett.

You may notice you do not have a separate reading and English class this year. We will be combining reading and writing daily. We get to have class every day instead of every other day! Another change is that you will have two teachers. You will report to the teacher's room that appears on your schedule; however, throughout the year, you will be switching between classes occasionally. The middle school is moving toward doing more team teaching. Team teaching provides many benefits for students: more adult help and connections, a variety of teaching styles, more feedback, and individualized attention. At the beginning of the year, we will get to know each other and classroom expectations. Once we have established our routine, we will begin digging into our own identities as readers, writers, and people. We look forward to a fun, fantastic, and fabulous school year!



"Meet Us in the Middle"



Math - Mrs. Coe & Mrs. Bentzen

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

Regular Math (Chapter 1) - Mrs. Bentzen and Mrs. Coe

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

The objectives for Chapter 1:

- *solve simple equations using addition, subtraction, multiplication or division
- *use inverse operations to solve multi-step equations
- *use Distributive Property to solve multi-step equations
- *solve equations with variables on both sides
- *determine whether equations have no solution or infinitely many solutions
- *rewrite equations to solve for one variable in terms of the other variable(s)

Algebra (Quick Review of Chapters 1 and 2, Chapter 3) - Mrs. Bentzen

We will be practicing some basic skills of algebra while learning about the real number system. We will solve linear equations. We will start Mathcounts early in the month. Students will be required to complete a problem solving worksheet every week.

The objectives for Chapter 1:

- *write and evaluate expressions, equations and inequalities
- *apply the order of operations to solve real world problems
- *represent functions as rules and as tables
- *graph functions given a rule or table of values

The objectives of Chapter 2:

- *classify real numbers/compare and order integers and rational numbers
- *perform basic operations and find square roots
- *apply properties to evaluate and simplify expressions
- *use the Distributive Property to write equivalent expressions
- *use conditional statements and logical reasoning to reason with real numbers

The objectives of Chapter 3:

- *use properties of equality to solve one-step, two-step and multi-step equations in one variable
- *use properties of equality and the distributive property to solve equations with variables on both sides
- *write ratios and proportions, solve proportions using cross products
- *solve percent problems, such as finding the percent of a number, a base, and part of a base
- *rewrite equations in function form
- *solve formulas and literal equations for one variable



"Meet Us in the Middle"





WSMS Marching Band Fall Schedule:

Sept. 3 - "BAND NIGHT" Halftime of WS v. Central FB - report time in uniform is 5:45pm - students excused after halftime

Sept. 30 - "TORCH LIGHT PARADE" - report time in uniform is 5:45pm - students expected to ride bus home - masks required on bus

Oct. 8 - "HOMECOMING PARADE" - during school - dress in Panther Pride colors - be creative - Parade starts at 2pm

Music

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

Welcome to Middle School. Your music class will take on a little different format by having music every day for a trimester. Let's meet your teachers.

Hi, I am Mrs. Glasel, and I'm starting my 32nd year of teaching, all here at West Salem. I taught 5th grade for my first 16 years of teaching before moving completely to the middle school to teach middle school general music and band lessons.

Hi, I am Ms. Nimm, and I'm starting my 16th year of teaching, all here at West Salem, just like Mrs. Glasel! I'm very excited to get started. I also teach Choir (6, 7, 8), Soundscapes (7), and African Drumming (8).

Our classes will be based around the four main concepts of performing, creating, responding and connecting, so that will involve a lot of moving, singing, listening, and rhythm/pitch activities. We learn about songs reflecting American history and culture as well as different holidays.



Keyboards and More 6 - Mrs. Glasel

This month will focus on getting to know the students and making them feel comfortable with 6th grade by doing some music appreciation activities to learn about their musical tastes and interests. They will also learn some basic music skills (pitch and rhythm reading) to get started at learning the piano keyboard. We also read articles from a music magazine called Music Alive. Articles this month will focus on marching bands and the polka.

Guitars and Musicals 7 - Mrs. Glasel

Welcome to 7th grade music. The students will begin to learn/review basic music reading and apply those skills to playing the guitar. We will begin to learn some simple songs on the first string. Also, they will learn about what is a musical and some terminology related to musicals

Spanish - Mrs. Phillips

6th Grade

Welcome to Spanish class, sixth graders! Sixth grade Spanish will begin with basic conversation words and pronunciation. We will be able to introduce ourselves, use classroom phrases, and continue to add new vocabulary. In the month of September, we celebrate Hispanic Heritage month by learning about individuals that have influenced our country! I look forward to meeting you all! ¡Bienvenidos!

7th Grade

¡Hola! In seventh grade Spanish we will begin by reviewing and building our conversational skills. Students will use cognates to add more details to basic conversations and ask each other questions. We will also discuss and compare the weather in Spanish speaking countries. ¿Qué tiempo hace? I am looking forward to seeing you all again!

8th Grade

¡Bienvenidos! We have accomplished a lot so far in middle school Spanish and we will continue to build on our skills In eighth grade. We will use our conversational skills by having simple conversations in Spanish. During the month of September we will be conducting "Special Person Interviews." The interviews are a really fun way to get to know each other and speak in Spanish!. Our cultural focus will be Hispanic Heritage month which begins September 15. ¡Hasta pronto!

Spanish I/8th Grade Elective

¡Hola! In the month of September, Spanish I we will expand on everything we are working on in 8th grade Spanish. Reading stories as a group will be a significant part of our class. We will learn about the SUPER 7 verbs and include them in our daily activities. I am very excited to see you all grow and build on your Spanish skills throughout the school year!



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

Welcome back! We are excited to get the new school year started. A few reminders for all students are that we will be going outside as much as possible so please bring the proper footwear and clothing for class (morning classes will get a bit chilly towards the end of October and beginning of November). Speaking of footwear, all students must have athletic footwear for class every day they have Healthy Living. Crocs are not athletic footwear, even if they have the adventure strap up! 7th and 8th grade students will be assigned PE lockers and will have the option to have athletic clothing/shoes stored in there so they do not have to plan their outfits for days that they have Healthy Living. Changing for class will be encouraged, but not required. We have a lot of fun life-long activities planned for you this year!

**The Healthy Living department is accepting
any lightly used shoes if anyone is willing to donate,
as our inventory of shoes has gotten low.**



"Meet Us in the Middle"



Art - Mrs. Hemker

While the start of this year will certainly look a little different than it usually does, we still plan to work on as many topics/units/projects as we would under regular circumstances in art. We have a large space to spread out to work, we are getting creative with materials and looking forward to seeing students back in the studio! All grades will be creating a “zine”, and we look forward to learning more about that. In addition to those, each grade has other topics to consider, those are listed below.

Grade 5

Welcome to MS grade 5 families! This month 5th graders will be working on a variety of portraits. A painting of a dog or another animal that represents them is the first focus. WE will also be creating postcard designs looking to create our new P.A.W. logo. Also this month, portraits will turn to a more realistic style where we will look at facial features and proportions.

Grade 6

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

Grade 7

7th graders will spend the month of September experimenting with drawing from different points of view. One of the projects will require students to create the entire drawing from start to finish by observing an inanimate object of their choice. We will also be working on observational drawings of shoes, which will include a shading review.

Grade 8

Students in 8th grade will be working on projects that represent themselves this trimester. Our first project will be a design that will be considered for this year's class t-shirt. The next will be a Poster featuring a quote that describes them. The poster will include a hand written font. 8th graders will also begin to design their wall block as a lasting way to represent their 8th grade self.

8th Grade Elective

During this year long experience, students will work in many mediums and in many styles. We will begin with some dry drawing tools, such as pencil, color pencil and tube inks. We have so many things to explore, I am looking forward to working with them.



STEM Encore

In 6th grade STEM, students will be learning about the design process and developing a foot orthosis prototype for a student in need for their first project. This project gives the 6th graders a good introduction to what STEM is and how to use the design process in all of their projects in the future. In 7th grade STEM, we will be learning about multiview sketches and technical drawings. We will then use what we've learned to design and create a puzzle cube out of wood. In 8th grade STEM, we will be designing and building a paper coaster project. This is a fun friendly competition to see who can make the marble last the longest while spending the least for materials.

Robotics

For the month of September, we will be researching various robots and designs that are used in the real world today. Students will have their eyes opened on how much technology is used in their everyday lives. After our robot research, we will be learning everything about gears and gear ratios as we prepare to start using the VEX kits to build our own robots as the year goes on.

~Mr. Jones

Trap Team

Any students grades 6-12 that are interested in trap shooting, the very last day to signup is September 13th. Email Mr. Liethen for sign-up information. Liethen.paul@wsalem.k12.wi.us.

I look forward to seeing you!!!

~Mr. Liethen

SPORTS INFO

September Schedule

13 - VB vs Longfellow, 4:00

14 - 7FB Scrimmage vs Tomah, 4:30
CC @ Holmen High, 4:30

16 - VB @ Winona, 4:00
8th FB Scrimmage vs Tomah, 4:30

20 - VB vs Sparta, 4:00

21 - 7FB @ Logan, 4:00
CC @ WSHS, 4:15

23 - VB @ Holmen, 4:00
8FB @ Logan, 4:15

27 - VB @ Lincoln, 4:15

28 - 7FB vs Holmen, 4:00
CC @ Westby, 4:30

30 - 8FB @ Holmen, 4:00

MEET US IN THE MIDDLE

Working Together for School Success

Back-to-school questions, answered

The start of a new school year is an exciting time. But the disruptions this year may have left you wondering how to help your tween do her best. Here are answers to questions from parents like you.

Q: My tween is struggling to get back into learning mode this school year. What can I do?

A: Children—and adults—face many distractions in the era of COVID-19. Help your child get on track by showing enthusiasm for what he is learning, whether it's in school or online. You might watch a movie that's set in an era he's studying in history or ask him to explain an engineering project he's working on.



Q: With all the COVID-19 news, my daughter is a little nervous about school. What should I say?

A: Getting the facts may help your child feel better. Ask what, specifically, she's concerned about. If she has a question you can't answer, look it up together. Explain that by following rules—even hard ones for middle graders like social distancing from friends—she reduces her risk of getting sick or spreading germs to you, her grandparents, and others.



Q: My child is concerned that she won't remember what she learned last year. How can I help?

A: Explain to your tween that her classmates are in the same situation. Teachers know that students may need to review last year's work, such as math formulas or Spanish vocabulary, before moving on to new material. If your child doesn't understand something, encourage her to speak up. Her teacher will understand—and provide support.



Short Stops

Family mood lifter

Want to learn about your tween's day while putting a smile on everyone's face? During dinner, pose upbeat questions like "What made you happy today?" or "What are you looking forward to this week?" *Idea:* Ask your child to come up with tomorrow's questions.

Worth quoting

"No matter what people tell you, words and ideas can change the world." *Robin Williams*

Just for fun

Q: How many marbles can you put in an empty jar?

A: One. After that, the jar isn't empty anymore.



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Middle school: A parent's role

Q When my daughter was in elementary school, I was very active in her school life. Now that she's older, should I still be so involved?

A Research shows that students of all ages do better when their parents are involved. But that involvement may look a little different now that your daughter is in middle school.

For instance, she's expected to take more responsibility for her learning. So you might offer to brainstorm ideas for a project, but let her choose the topic. Or if she's not sure how to approach an assignment, encourage her to ask her teacher for help rather than having you reach out for her.

On the other hand, some things will look the same. Attend back-to-school night and parent-teacher conferences, just as you did when she was in elementary school. Introduce yourself to your child's teachers, and ask how they prefer to be contacted. Finally, visit the school website and sign up to receive emails—then be sure to check the site and your inbox regularly for news. 🍌



MEET US IN THE MIDDLE

Working Together for School Success

Organized from the start

In middle school, staying organized is one of the most important steps to success. Help your child stay on top of his schoolwork with these strategies.

Use a planner. Make sure your tween has a planner—and takes advantage of it. He should write in assignment deadlines, study sessions, and test dates. Then he could estimate and enter the time he'll spend on each task. That will help him plan work sessions.



File everything. Setting up and using a filing system means your tween will always find what he needs. He might choose a different-color folder for each class. Or he could have one folder for notes and assignments and another for completed work.
Tip: Suggest that he turn a shower caddy into a portable school-supply station.

Invest 10 minutes each day.

Encourage your child to take five minutes before school to consult his planner and check that he has what he needs for that day. After school, he can spend five minutes filing papers and throwing away anything he doesn't need. 👍

Parent to Parent

Helping tweens bounce back

My son Matthew can be really hard on himself. When he was eliminated early during last year's spelling bee, he called himself a "failure" and said he wouldn't enter this year.

His English teacher told Matthew she hoped he'd try again. In fact, she encouraged him to look at the setback as an opportunity to build "resilience" (the ability to bounce back from tough situations).

Following the teacher's lead, I asked Matthew to tell me what

he'd learned from the spelling bee. He said he had trouble with the words that came from French. Then he said he guessed he could spend more time studying those words for this year's bee.

To try to build up his resilience, I'm encouraging Matthew to take chances with other things that interest him. For instance, he recently took up baking.

When he frosted his first cake before it cooled and the icing melted down the sides, he learned that slipups aren't the end of the world. That messy cake still tasted great! 👍

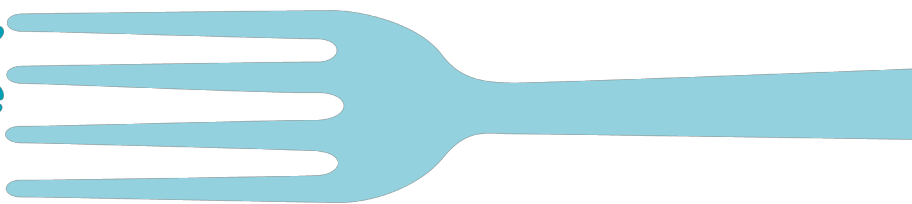


OUR PURPOSE

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

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Harvest of the Month



September Tomatoes



Pick:

- Choose tomatoes that are free of mold and soft spots.
- Ripe tomatoes will have a sweet aroma and will yield to slight pressure.

Store:

- Store whole tomatoes at room temperature and use within a few days.
- Whole tomatoes should never be refrigerated. Cold temperatures make the flesh pulpy and impair the flavor. However, once cut or sliced, tomatoes should be refrigerated for food safety reasons.

Prepare:

- Wash with cold, running water before using.

Nutrition Info

One medium tomato has 22 calories.

Tomatoes are an excellent source of vitamins A, C, and K. They are also a good source of lycopene.

Fun Facts

The heaviest tomato on record weighed 7 pounds 12 ounces, and was a “delicious” variety. It was grown by Gordon Graham of Edmond, Oklahoma in 1986. Gordon sliced the tomato to make sandwiches for 21 family members.

The tomato is the official state vegetable and the official state fruit of Arkansas.

Uses

Fresh cut tomatoes can be added to salads, sandwiches, or wraps.

When making guacamole, substitute $\frac{1}{4}$ - $\frac{1}{2}$ of the avocado with tomato.

For an easy side, try grilling tomato halves brushed with olive oil.

Farm2School Update: Served at School Served at Home!

Two kid-friendly, local, frozen veggie blends that are used in school cafeterias are now available at retail locations (Festival Foods and the People’s Food Co-Op)! Look for these blends in the natural foods frozen section.

Wisconsin Potato Fusion: A blend of red, white and gold potatoes with skins on for a rustic and high contrast look. The blend is diced, blanched and frozen, ready to toss with seasoning and roast to finish or add to other recipes.

Winter Moon Blend: A colorful blend of Wisconsin root vegetables: butternut squash, gold potatoes, carrots, red and gold beets. The blend is diced, blanched and frozen, ready to toss with seasoning and roast to finish or add to recipes for a color and nutrition boost.

Harvest of the Month

Stuffed Quinoa Beefsteak Tomatoes

Serves 4

Ingredients:

1 Tbsp. olive oil
 ½ cup diced white onion
 1 glove garlic, diced
 ½ cup quinoa
 1 tsp. basil
 1 Tbsp. lemon juice
 1 cup vegetable stock
 ¼ cup diced broccoli
 4 large tomatoes

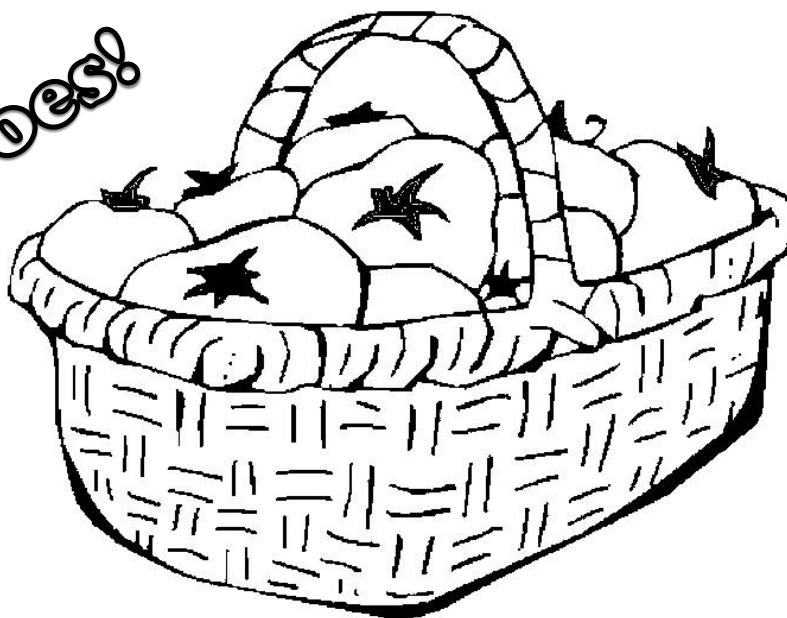
Directions:

Add olive oil to the bottom of a sauce pan. Sauté onions and garlic on low heat until the onions are translucent. Add quinoa, basil, lemon juice, and stock and bring to a boil. Turn to low heat and allow quinoa to absorb all the water (about 20 minutes). Stir in broccoli to the quinoa mix. Cut open the top of the tomatoes and remove the seeds. Fill the space inside the tomato with the quinoa broccoli mixture and bake in the oven for 15 minutes.

Per serving (1 stuffed tomato): 210 calories, 2.5 g fat, 0 g saturated fat, 0 mg cholesterol, 570 mg sodium, 44 g carbohydrate, 9 g fiber, 8 g protein

For more information on Farm2School visit:
www.laxf2s.org

**Color
Tomatoes!**



September 2021

West Salem Middle School

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		From the Grill <ul style="list-style-type: none"> Chicken Patty - Hot and Spicy Whole Grain Bun Tater Tots Home Style <ul style="list-style-type: none"> Breaded Chicken Patty Sandwich on WG Bun Tater Tots Deli <ul style="list-style-type: none"> Ham, Salami & Provolone Cheese Sub Beef and Vegetable Soup Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack 	<ul style="list-style-type: none"> Rice Krispie Treat Offered with meals in all lines From the Grill <ul style="list-style-type: none"> Mini Corn Dogs Chef Mix - Cheddar Honey-Glazed Carrots Home Style <ul style="list-style-type: none"> Pasta with Chicken Alfredo or Pasta with Chicken Cajun Alfredo Garlic Breadstick Honey-Glazed Carrots Deli <ul style="list-style-type: none"> Chicken Caesar Wrap Parmesan Peppercorn Pasta Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack 	From the Grill <ul style="list-style-type: none"> Stuffed Crust Pepperoni Pizza Honey-Glazed Carrots Home Style <ul style="list-style-type: none"> Stuffed Crust Cheese Pizza Honey-Glazed Carrots Deli <ul style="list-style-type: none"> Turkey Sub Vegetarian Minestrone Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack
6	7	8	9	10
	Taco Tuesday! From the Grill <ul style="list-style-type: none"> Chicken and Cheese Quesadilla Cowboy Salsa Home Style <ul style="list-style-type: none"> Walking Taco on Nacho Dorito Chips Cowboy Salsa Deli <ul style="list-style-type: none"> Homemade Grilled Cheese Creamy Tomato Soup Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack 	From the Grill <ul style="list-style-type: none"> Mozzarella Stuffed Breadstick with Marinara Dipping Cup Mixed Vegetables Home Style <ul style="list-style-type: none"> Tater Tot Hot Dish Mixed Vegetables WG Dinner Roll Deli <ul style="list-style-type: none"> Ham, Turkey and Cheddar Sub Steakhouse Potato Salad 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 Offered with meals in all lines From the Grill <ul style="list-style-type: none"> Meatball Marinara Sub on Hoagie Roll Garlic Roasted Green Beans Home Style <ul style="list-style-type: none"> Pasta with Italian Meat Sauce Garlic Knots Pasta with Marinara Sauce Garlic Knots Garlic Roasted Green Beans Deli <ul style="list-style-type: none"> Southwest Chicken Salad Brown Chicken & Wild Rice Soup Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack 	From the Grill <ul style="list-style-type: none"> Cheesy Garlic French Bread Pizza Whole Kernel Sweet Corn Home Style <ul style="list-style-type: none"> Pepperoni Calzone Whole Kernel Sweet Corn Deli <ul style="list-style-type: none"> Egg Salad on Croissant Fresh Fruit Deluxe Salad Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack
13	14	15	16	17
From the Grill <ul style="list-style-type: none"> Bakalar's Hot Dog on WG Bun Side of Mac n' Cheese Green Peas Home Style <ul style="list-style-type: none"> Creamy Mac N' Cheese or Bacon Mac & Cheese Italian Breadsticks Green Peas Deli <ul style="list-style-type: none"> Ham & Swiss on WG Croissant Baked Scoop Chips and Salsa Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack 	Breakfast for Lunch! From the Grill <ul style="list-style-type: none"> French Toast Sticks Jones Dairy Sausage Links Warm Cinnamon Apples Home Style <ul style="list-style-type: none"> French Toast Sticks Colby Cheese Omelet Warm Cinnamon Apples Deli <ul style="list-style-type: none"> Turkey BLT on WG Sub Roll Chili Relleno (Vegetarian) Cilantro Lime Rice Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack 	From the Grill <ul style="list-style-type: none"> Mr. Rib Sandwich Tri Tators Home Style <ul style="list-style-type: none"> Meatballs with Gravy with Dinner Roll Mashed Potatoes Deli <ul style="list-style-type: none"> Chicken Bacon Ranch Wrap Sliced Apples with Caramel Cup Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack 	From the Grill <ul style="list-style-type: none"> Popcorn Chicken Vegetable "Not Fried" Rice Home Style <ul style="list-style-type: none"> Saucy Orange Popcorn Chicken Vegetable "Not Fried" Rice Deli <ul style="list-style-type: none"> Turkey Sub Chicken Dumpling Soup Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack 	From the Grill <ul style="list-style-type: none"> Cheese Pizza - Personal Pan Hawaiian Pizza - Personal Pan Honey-Glazed Carrots Home Style <ul style="list-style-type: none"> Pepperoni Pizza - Personal Pan Honey-Glazed Carrots Deli <ul style="list-style-type: none"> Chef Salad w/Chicken & Cheese Cottage Cheese Cup Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack
20	21	22	23	24
From the Grill <ul style="list-style-type: none"> Chicken Nuggets with WG Dinner Roll Mixed Vegetables Home Style <ul style="list-style-type: none"> Kick'n Chicken-Crispy Patty with Pepper Jack Cheese Whole Grain Bun Mixed Vegetables Deli <ul style="list-style-type: none"> Chef Salad w/Chicken & Cheese Creamy Chicken Pot Pie Soup Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack 	Taco Tuesday! From the Grill <ul style="list-style-type: none"> Taco Truck Burritos Bean and Cheese De Chile Relleno (Vegetarian) Cilantro Lime Rice Home Style <ul style="list-style-type: none"> (Low-Fat) Loaded Beef Nachos with Cilantro Lime Rice Taco Topping Bar Deli <ul style="list-style-type: none"> Turkey BLT on Sub Roll Broccoli Cheese Soup Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack 	From the Grill <ul style="list-style-type: none"> Homemade Sloppy Joe on WG Bun Tri Tators Home Style <ul style="list-style-type: none"> Carolina Style Pulled Pork Sandwich Coleslaw Deli <ul style="list-style-type: none"> Ham and Swiss on Croissant Chicken Noodle Soup Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack 	From the Grill <ul style="list-style-type: none"> (Cheese) Hamburger on WG Bun Potato Smiles Home Style <ul style="list-style-type: none"> (Cheese) Hamburger on WG Bun Potato Smiles Deli <ul style="list-style-type: none"> Cuban Flatbread Sandwich Chicken Dumpling Soup Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack 	From the Grill <ul style="list-style-type: none"> Pepperoni Pizza - Slice Whole Kernel Sweet Corn Home Style <ul style="list-style-type: none"> Cheese Pizza or Homemade Taco Pizza Whole Kernel Sweet Corn Deli <ul style="list-style-type: none"> Garden Salad with Diced Chicken White Chicken Chili Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack
27	28	29	30	
From the Grill <ul style="list-style-type: none"> Chicken Patty - Hot and Spicy Whole Grain Bun Tater Tots Home Style <ul style="list-style-type: none"> Breaded Chicken Patty Sandwich on WG Bun Tater Tots Deli <ul style="list-style-type: none"> Ham, Salami & Provolone Cheese Sub Beef and Vegetable Soup Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack 	Taco Tuesday! From the Grill <ul style="list-style-type: none"> Beef Taco Wedge Refried Beans Home Style <ul style="list-style-type: none"> Chicken Taco on Soft Shell Tortilla Refried Beans Deli <ul style="list-style-type: none"> Homemade Grilled Cheese Creamy Tomato Soup Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack 	From the Grill <ul style="list-style-type: none"> Veggie Burger Spicy Black Bean (Morningstar, nut free) Oven Baked French Fries OR (Cheese) Hamburger on WG Bun Oven Baked French Fries Home Style <ul style="list-style-type: none"> BBQ Teriyaki Chicken Seasoned Brown Rice Mixed Vegetables Deli <ul style="list-style-type: none"> Southwest Chicken Salad Brown Chicken & Wild Rice Soup Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack 	<ul style="list-style-type: none"> Rice Krispie Treat Offered with meals in all lines From the Grill <ul style="list-style-type: none"> Mini Corn Dogs Chef Mix - Cheddar Honey-Glazed Carrots Home Style <ul style="list-style-type: none"> Pasta with Chicken Alfredo or Pasta with Chicken Cajun Alfredo Garlic Breadstick Honey-Glazed Carrots Deli <ul style="list-style-type: none"> Chicken Caesar Wrap Parmesan Peppercorn Pasta Grab and Go <ul style="list-style-type: none"> Panther PBJ Pack Panther YOGURT Pack 	

Menu likely to change based on product availability.

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WEST SALEM SCHOOL DISTRICT 2021-2022 CALENDAR



AUGUST 2021				
M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

SEPTEMBER 2021					21
M	T	W	T	F	
		1	2	3	
NS	7	8	9	10	
13	14	15	16	17	
20	21	22	23	24	
27	28	29	30		

OCTOBER 2021					19
M	T	W	T	F	
				1	
4	5	6	7	8	
11	12	ER	14	15	
18	19	20	21	22#	
25	26	27	28	NS*	

#No School for Elementary & Middle students only. High in school.

NOVEMBER 2021					19
M	T	W	T	F	
1	2	3	4	5	
8	9	10	11	12	
15	16	17§	18	19	
22	23	NS	NS	NS	
29	30				

DECEMBER 2021					17
M	T	W	T	F	
		1	2	3	
6	7	8§	9	10	
13	14	15	16	17	
20	21	22	23	NS	
NS	NS	NS	NS	NS	

JANUARY 2022					20
M	T	W	T	F	
3	4	5	6	7	
10	11	12	13	14	
NS*	18	19	20	21	
24	25	26	27	28	
31					

FEBRUARY 2022					19
M	T	W	T	F	
	1	2	3	4	
7	8	ER	10	11	
14	15	16	17	18#	
21	22	23	24	25	
28					

#No school for Elementary & Middle students only. High in school.

MARCH 2022					21
M	T	W	T	F	
	1	2§	3	4	
7	8	9	10	SD	
14	15	16	17	NS*	
21	22	23	24	25	
28	29	30	31		

APRIL 2022					18
M	T	W	T	F	
				1	
4	5	6§	7	8	
11	12	13	14	NS	
NS	SD	20	21	22	
25	26	27	28	29	

MAY 2022					21
M	T	W	T	F	
2	3	4	5	6	
9	10	ER	12	13	
16	17	18	19	20	
23	24	25	26	27	
NS	31				

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

JUNE 2022					3
M	T	W	T	F	
		1	2	3	
6	7	8	9	10	
13	14	15	16	17	
20	21	22	23	24	
27	28	29	30		

First Day of School: September 1, 2021

Last Day of School: June 3, 2022

Graduation Day: May 29, 2022

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 (K-12 Students dismissed at 12:20, Buses leave at 12:30 on October 13, February 9, May 11)

§ = High School students (dismissed at 12:00 on November 17, December 8, March 2, April 6)

SD = Snow Day or Make-up date (March 11 & April 19)

*** = Teacher Inservice (August 24 & 25, October 29, January 17, March 18 + 2 Floating)**