

February Newsletter



Our beautiful artwork on display from Dad's Night!



IMPORTANT DATES

NSE Success Assembly	Feb. 6
Family Night	Feb. 7
NO SCHOOL	Feb. 8
NO SCHOOL	Feb. 11
Battle of the Books	Feb. 12
NSE KG/1st Grade Concert	Feb. 21
NSE Success Assembly	March 1
Parent/Teacher Conferences	March 11/ 14
NO SCHOOL	March 11/12
Early Release Day	March 15

Don't miss important reminders and fun updates from around the school!

Find us on Facebook!



FOLLOW US ON
facebook

www.facebook.com/LaCrosseNorthsideElementary

STAY UP TO DATE

Watch your emails, check out our websites, and follow us on Facebook for the most up-to-date information!



A Message From the Principal

Dear Families,

It certainly has been a cold start to our semester! I am not sure what you have been up to these days but if you are feeling a little “cabin fever”, I offer these ideas adapted from the Washington Post.



1. Build a cardboard play house or make a fort in the living room from cushions. Bring a flashlight in and read together.
2. Make [homemade play dough](#) (I hotlinked a recipe for you!)
3. Have a thumb wrestling competition! Make some brackets! 3 out of 5 wins!
4. Make marshmallow structures. Use toothpicks and mini marshmallows to create something very cool!
5. Kids can dress up in mom and dad’s clothes! Have fun switching roles: Kids are the “new Mom”!
6. Make a marble race track by cutting apart a pool noodle!
7. Indoor scavenger hunt. Make a list of regular stuff and see what they can find (safety pin, books that begin with the letter P, sieve...)
8. Balloon volleyball (“Hide the breakables!”--note: this tip came from my mom for no reason having to do with me!) :-)
9. Bake together! A cold day is a good one for cookies!
10. Card games, board games, and books!

Clearly all of these activities will involve some level of parent participation and that might be the most important way to get through a cold and snowy day--together as a family.

At school, you can be assured that we are taking care of your kids and keeping them safe and active during the winter. While we do live in Wisconsin, (and we know how important it is to get outside and have some fun in the snow), district policy informs us that kids are not to be outside when the windchill or the temperature is minus 5 degrees. You can be assured that we are checking the weather when it seems sort of dicey out there! We know that recess is important for kids! We also want your child to be warm outside so please send him or her in a warm coat, hat, boots, snow pants (if there is snow) and mittens. If locating appropriate outdoor gear is a challenge, we can help! Please give your counselors a jingle and they will give you some help with getting winter gear for any child. You can call Ms. Gartner if your child attends Coulee Montessori and Ms. Fay if your child is a Northside student! Both can be reached by calling the school phone number 608-789-7970.

Please be sure to stop in to say Hi! or let me know if you have any questions or concerns!
Happy Winter!

Laura
lhuber@lacrossesd.org
608-789-7970

Message from Northside PTO

Hello Northside Families!

The PTO will be starting a NEW way to support your child at school this year at the upcoming concerts:

PASS THE HAT FUNDRAISER

When: THURSDAY, FEBRUARY 21

Who: Kindergarten & First Grade families & friends

**For What: GRADE LEVEL RECESS
EQUIPMENT CARTS**

All funds raised from each Pass The Hat will go directly back to students in that grade to help purchase new equipment used during their grade level recesses. PTO will organize this event for each concert in February, March & May.



Next PTO Meeting:

Tuesday, February 5th at 6:00pm

**Click [Here](#) to
Email the PTO**



Message from Coulee Montessori SET

Hello from the Coulee Montessori SET!

February SET Meeting - Tuesday, February 19th at 5:30 pm at Lincoln Middle in the CMAP classroom on the 3rd floor. Parents are always encouraged to join meetings!

Upcoming Events:

Tuesday, February 26 - Soup Supper

Our biggest Coulee Montessori event of the year! Sample all the soups you want for just \$6/person or \$20/family of 4 or more. There are lots of ways you can help out with the event, so contact Amanda at amandak.luedtke@gmail.com. Keep an eye on Facebook and your child's communication folder for more information about how to get involved!

Box Tops and Milk Moola

- The Box Tops collection boxes are located in each classroom.
- Milk Moola program is ending at the end of March, so turn in all caps and milk bag tops by MARCH 15th!



Thank you for saving Box Tops and Milk Moola to raise money for Coulee Montessori!

Whenever you have questions, remember you can email SET at couleemontessoriset@gmail.com.

Have a great February!

SET

**Click [Here](#)
To Email SET**





Health Room
News & Information

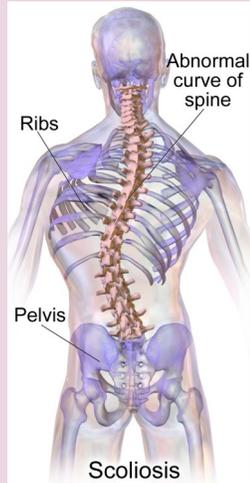
Ms. Cheryl Heath (608)789-6703

ATTENTION 5TH GRADE PARENTS

Upcoming Scoliosis Screening

Coming soon, Your Northside Neighborhood Clinic will be having a specialty day. Dr. Breidenbach will be coming to Northside Elementary to provide a scoliosis screening for 5th graders. This screening helps to detect signs of spinal curvature that can appear during times of rapid growth. Permission sheets will be sent home with 5th grade students in the near future.

Thank you,
Shelley Johnson RN



24 Hour Rule



Vomit: A student should stay home for 24 hours after the last time they have vomited.

Diarrhea: A student should stay home for 24 hours after the last time they had diarrhea.

Fever: A student should stay home for 24 hours after they have been fever (100°+) free without the assistance of medication.



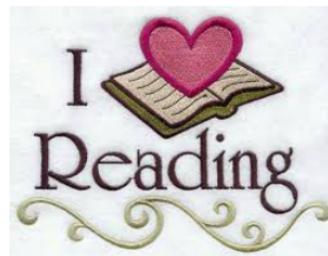
Love of Learning
Northside/Coulee Montessori



Join us for our
Family Fun Night

*Pizza, playing, learning,
and laughing!*

- Who:** Northside and Coulee Montessori Families
- What:** Family Fun Night
- When:** Thursday, February 7, 2019
Pizza Dinner 5:30 - 6:00 p.m.
Family Time at Learning Stations 6:00 - 7:00 p.m.
- Where:** Northside Elementary & Coulee Montessori School
1611 Kane Street, LaCrosse, WI





October T: 23rd, 30th TH: 25th
November T: 6th, 13th, 20th, 27th TH: 8th, 16th, 29th
December T: 4th, 11th, 18th TH: 6th, 13th, 20th
January T: 22nd, 24th TH: 29th, 31st
February T: 5th, 12th, 19th, 26th TH: 7th, 14th, 21st, 28th
March T: 5th, 26th TH: 7th, 14th, 28th

2018-2019
YNNC
CALENDAR

Hours:
3:30-5:30pm



HEALTHY KIDS
HEALTHY FAMILIES
HEALTHY COMMUNITY
YOUR NORTHSIDE NEIGHBORHOOD CLINIC



**Kindergarten
and 1st Grade**

Music Concert
Thursday, Feb. 21
5:30pm

The School District of La Crosse does not discriminate against students on the basis of sex, race, national origin, ancestry, creed, pregnancy, marital or parental status, sexual orientation, or physical, emotional, learning disability or handicap in its education program or activities.



**SCHOOL DISTRICT OF
LA CROSSE**
Dream • Believe • Achieve

Choice and Charter Opportunities

In addition to our outstanding neighborhood schools, the School District of La Crosse offers a variety of unique choice and charter schools. Parents/guardians have the opportunity to submit an application for their student to attend one of our choice and charter schools during the priority placement window. For the upcoming (2019-2020) school year, applications for our choice and charter schools are being accepted through from November 19, 2018 through December 21, 2018. After December 21, 2018, you can still apply to attend one of the district's choice and charter schools; however, your application will be considered with the general pool of applicants during the February through April open enrollment period (space permitting). To apply, a parent/guardian must complete the district's choice and charter application located online by clicking [HERE](#).

If your student is currently enrolled in one of our choice and charter schools, or you simply wish to continue at your current school, you do not need to complete the choice and charter application. However, if your child is going from Preschool to elementary school, elementary school to middle school, or a middle school to high school, you will need to complete an application to continue your child's education in a choice or charter school. Otherwise, your child's secondary school will be based on your physical address/boundary.

Visit the School District of La Crosse Choice and Charter website by clicking [HERE](#).

PARENT-TEACHER CONFERENCES

Monday

March 11, 2019

12:00pm-8:00pm

NO SCHOOL

(Also No School Tuesday, March 12)

Thursday

March 14, 2019

4:00pm-8:00pm

Regular School Day

Drop Off Before School

The school and playground open at 7:45am. Especially during these cold winter months, please do not drop your child off before 7:45am unless your child is enrolled in the YMCA Morning Surround Care program. We cannot let students into the building any earlier than 7:45am as we do not have staff on duty to supervise until 7:45am. Students will come indoors for morning recess only if the actual temperature is 0° or -5° with the windchill.

For our full calendar of events go to:
www.theparentingplace.net



Building Blocks

January | February | March 2019 WINTER EDITION

SCHOOL DISTRICT OF
LA CROSSE
Dream • Believe • Achieve



GORITWAY
TRANSPORTATION GROUP

Here Comes the Bus®

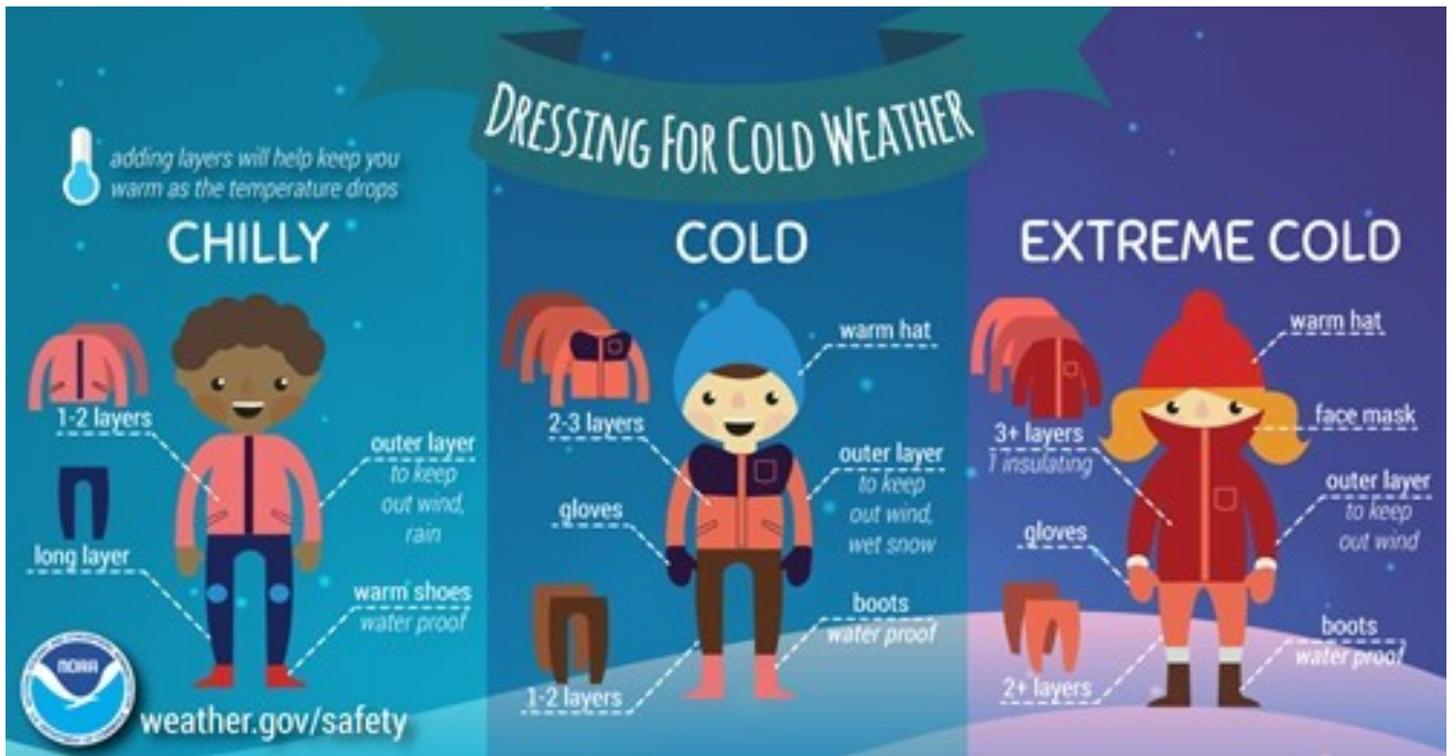
Now available to parents of School District of La Crosse students

- View the real-time location of your child's bus
- Access the app from your smartphone, tablet or computer
- Receive push notifications or email alerts
- Send your child to the bus stop at just the right time, every time

How to get started:

1. Download the *Here Comes the Bus* app* or visit herecomesthebus.com
2. Click the  button
3. Enter school code 87866 and click "Next" followed by "Confirm"
4. Complete the "User Profile" box
5. Under "My Students," click "Add." Enter your child's last name and student ID number. Student ID can be found under skyward Family Access. Click the "Portfolio" tab on the left, then scroll to the bottom and click "Here Comes the Bus view report", then a popup will open where you can open the report with your child's ID number on it.
6. Once you confirm your information, you're ready to begin using *Here Comes the Bus!*

*Available at the App Store and Google Play
Here Comes the Bus® is a registered trademark of Synovia Solutions™ LLC



Tips to Keep Kids Warm All Winter



healthychildren.org
Powered by pediatricians. Trusted by parents.
from the American Academy of Pediatrics

Whether winter brings severe storms, light dustings or just cold temperatures, the American Academy of Pediatrics (AAP) has some valuable tips on how to keep your children safe and warm.

**Got Used Markers?
ColorCycle it!**



**Do you have old markers at home?
DO NOT THROW THEM AWAY!**

Please send them to school with your child!

Northside and Coulee Montessori have begun the Crayola Color Cycle Program. We will be collecting markers and sending them to Crayola where they will be recycled into materials that are used everyday! This will reduce the amount of waste going into landfills. Any little bit counts.

If you have any questions, you can direct those towards Ms. Ingvalson at jingvals@lacrossesd.org

You can also find more information at www.crayola.com/colorcycle

Dad's Night - Jan. 17th



Dressing for the Weather



The weather is changing and temperatures are dropping. Dressing your child appropriately for the weather is important. Students will be sent outdoors for

recess, weather permitting. It is important for the students to go out for fresh air and exercise.

Please be sure your child has a winter coat, gloves/mittens, and hat. When there is snow on the ground, please have them wear winter boots and snow pants.

If you need assistance providing any of these items for your child(ren), please contact your student's guidance counselor.

Thank you for your extra effort!

Trinity Clothes Closet

Mondays 4:30-6:00pm

1010 Sill Street



The Clothes Closet's mission is to provide gently used and new clothes and shoes for students in need.

Have you ever considered Hosting an Exchange Student?



No time like the present!

ISO: Families to host a foreign exchange student during the 2019-2020 school year!

We have students available from all over the world. Open your heart and your home to a very deserving student.

For more information, please contact:
heather.townsend@cetusa.org or www.cetusa.org

Urgent Need for Crossing Guards!

The City of La Crosse has an urgent need for crossing guards to assist our students who cross at the controlled intersection of George and Gillette streets. They have morning slots (7:00-8:15 am) and afternoon positions (2:45-3:45 pm) available.

Starting pay is \$11.00 per hour and goes up from there! If you or someone you know has some free time, and a desire to help our school's children, please contact Sgt. Tom Walsh at 608-789-7240.

Thank you!



Our School Day

Breakfast and Morning Recess Begin at 7:45am

School Begins at 8:15am

School Ends at 2:55pm

Morning Preschool · 8:15am-10:45am

Afternoon Preschool · 12:15pm-2:55pm



Building with Magna Tiles in the After School Program! They used every last tile!

M.A.P.L. NEWS

Music, Art, P.E. & Library



Kindergarten and 1st Grade Concert coming up on Thursday, February 21st in the cafeteria. The Kindergarten Concert starts at 5:30 and the 1st Grade Concert starts at 6:15. On behalf of the Music Department, we hope to see you there! Please look for additional information sent home with your student that will give more specific information for the concert!

- Jessica Ingvalson & Erin Schockumel



Coulee Montessori kindergarten students have been learning many different art media from drawing, painting and collage. The students have created fall owls and winter penguins. Great work!









Upcoming Concert Dates

Thursday, February 21st
Northside Kindergarten & 1st Grade

Thursday, March 21st
Northside 2nd & 3rd Grade

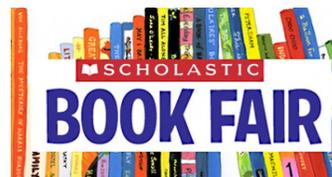
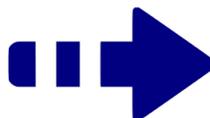
Thursday, April 25th
All Coulee Montessori & Strings

Thursday, May 16th
Northside 4th & 5th Grade

Library News



Northside Battle of the Books Competition
Feb. 5th · 2:15-2:45pm, Northside Cafeteria
 *No Coulee Montessori, their team for districts has already been determined
District Battle of the Books Competition
Feb. 12th · 9-11am, UWL Student Union



Coming Soon!
March 11th & 14th
 during conferences

Superstars

Northside Kindergarten

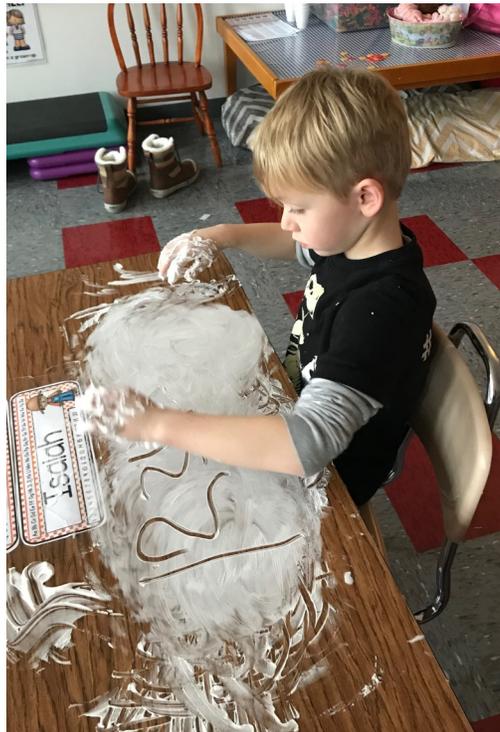
Happy Mornings in Kindergarten!

This year, Northside kindergarten is making classroom arrival FUN through engaging, sensory, developmentally appropriate and hands on fun...morning tubs! Five and six year olds are still developing their fine motor skills. These skills are needed to write and turn the pages of a book. Using tongs, rolling dice, picking up small items, working through sensory putty, molding playdoh and poking holes with a push pin help to refine these skills. We work on these skills while honing math and language arts concepts. So, on any given morning in Northside kindergarten classrooms these are the things you might see:

- poking holes to make letters
- rolling dice and counting out water beads
- digging items out of playdoh or sensory putty
- graphing items we dig out of putty or playdoh
- making letters and numbers out of gems, playdoh or tiny erasers
- Placing small gems or erasers in ten frames to count
- stringing foam beads or straw pieces to make patterns
- adding with erasers or small seasonal gems

So if you look into a Northside kindergarten in the morning and it looks like we're playing....we are!
It is how we learn BEST!

-Mrs. Hilker, Mrs. Jones, Ms. Swanke, Ms. Hulbert



Superstars

Northside Kindergarten



*** More morning sensory development activities in kindergarten ***



Featured Staff

Mrs. Phanat Lor



Phanat Lor is one of our fantastic ELL teachers! She comes from a big family! She has 9 siblings (5 brothers and 4 sisters). Phanat was born in Phanat Nikhom Refugee camp in Thailand, can you guess where her name came from? As a baby, her family moved to California, then they moved to La Crosse when she was in 3rd grade. Phanat graduated from Logan High School, just around the corner! She earned her Bachelors in English and TESOL, as well as her Masters in Education from UWL. Phanat first taught 5th grade in Sparta, then 4th grade at Hintgen before coming to teach at Northside. She's taught 4th grade, 2nd grade, and now ELL here at Northside. Phanat lives in Holmen with her family—husband (TC), Chuye(13), Chale(9), and Chiashe(5). All of her kids play soccer. Her two oldest play competitive soccer where they've had the opportunity to travel as far as South Dakota, but most of their time is spent in Madison and Milwaukee for weekend games. In her free time, Phanat likes to watch her kids play soccer, clean, playing with her kids, or doing nothing at all.

Ms. Meghan Magnuson



Meghan Magnuson is our other incredible ELL teacher! Meghan grew up in Hudson, WI which is about 2 hours north of La Crosse. She attended Winona State University where she earned her Bachelor of Science Teaching Degree with majors in TESOL and Spanish. Meghan moved to La Crosse in August 2018. Northside/Coulee Montessori is her first teaching job! Meghan loves to travel and loves learning about other cultures! She has visited 6 different countries and plans to visit even more. She even studied abroad in Costa Rica! In her free time, Meghan likes to read, watch Spanish TV shows and documentaries, and do yoga. She is excited to build relationships with her students and the staff at Northside/Coulee Montessori. Meghan is also looking forward to continuing to learn and grow as an educator during her first year of teaching.

Thank you Phanat and Meghan!

From the Kitchen

Lunch Times

CM - 12:00pm
 KG - 11:15am
 1st - 12:15pm
 2nd - 11:30pm
 3rd - 11:00am
 4th - 11:45am
 5th - 12:30pm

School Meal Prices

Student Lunch

Full Price: \$2.80
 Reduced Price: \$0.40
 Milk: \$0.50

Student Breakfast

Full Price: \$1.60
 Reduced Price: \$0.30

Adult Pricing

Breakfast: \$2.50
 Lunch: \$3.85
 Milk: \$0.50

FEBRUARY LUNCH MENU

SUPPORT OUR SCHOOL...

CLIP BOX TOPS!

5¢ Milk Moola nature's TOUCH

Moola for Your Schools. Clip, Save, Earn.
 Learn how at www.milkoola.com

I Am Somebody

I am somebody.
 I am capable and loveable.
 I am teachable;
 And therefore I can LEARN.
 I can do anything when I try.
 I'll be the best I can be.

Each Day.
 Each Day.
 Each Day.

I will not waste time.
 Because it's too valuable,
 and I am too precious and bright.

I am somebody.
 I AM somebody.
 I am SOMEBODY.

-Andreal Davis

Food Pantry

Distribution Dates:

Nov. 15	Mar. 21
Dec. 13	Apr. 25
Jan. 24	May 23
Feb. 21	*Dates are subject to change

Early Release Days

November 9	March 15
January 11	May 10

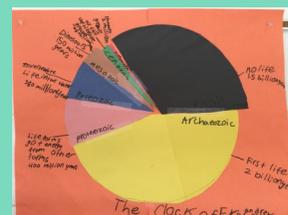
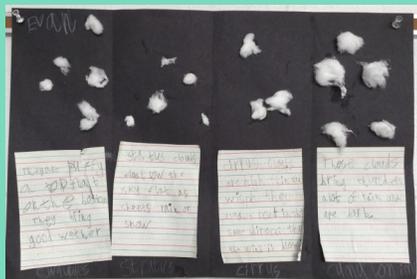
School will dismiss at 12:55pm on Early Release Days. The YMCA and BGC will have afterschool care starting immediately after early release until their regularly scheduled times.

Latex Controlled School

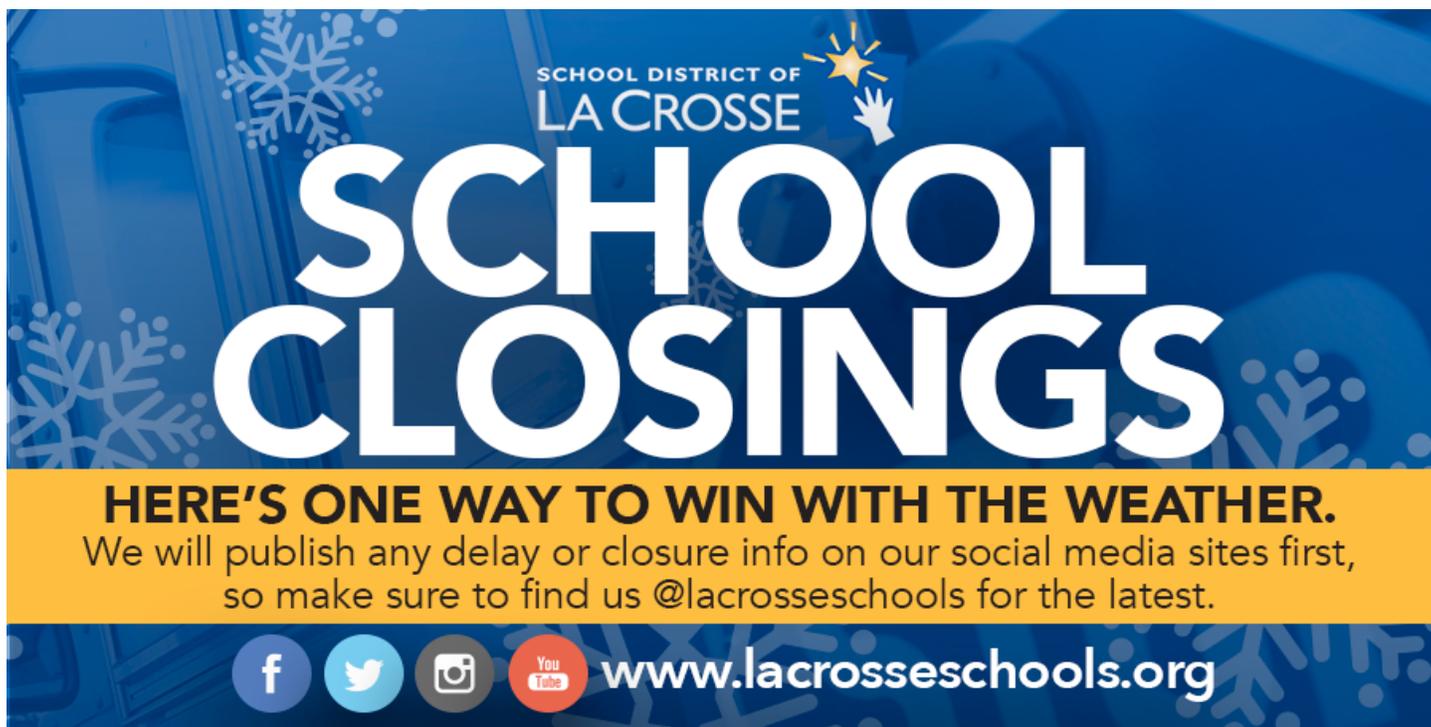
Northside Elementary/Coulee Montessori is a latex controlled school to the meet the needs of students with latex allergies. Items that are not allowed at this school include latex gloves and latex balloons.

If you have any questions, please feel free to speak with our principal.

Fun Around the School



From the School District of La Crosse:

A blue banner with white and yellow text. At the top, it says "SCHOOL DISTRICT OF LA CROSSE" with a logo of a hand reaching up to a star. Below that, "SCHOOL CLOSINGS" is written in large, bold, white letters. A yellow bar contains the text "HERE'S ONE WAY TO WIN WITH THE WEATHER. We will publish any delay or closure info on our social media sites first, so make sure to find us @lacrosseschools for the latest." At the bottom, there are icons for Facebook, Twitter, Instagram, and YouTube, followed by the website "www.lacrosseschools.org".

SCHOOL DISTRICT OF
LA CROSSE

SCHOOL CLOSINGS

HERE'S ONE WAY TO WIN WITH THE WEATHER.
We will publish any delay or closure info on our social media sites first,
so make sure to find us @lacrosseschools for the latest.

    www.lacrosseschools.org

Winter is coming. Stay up-to-date with the latest information on school delays or closures due to inclement weather conditions. If the decision is made to delay or close school, we will publish that information to our district social media sites first. You can follow the district on [Facebook](#), [Instagram](#), and [Twitter](#) for the latest updates.

Messages will also be sent directly from our Skylert system. We develop school closing messages in three ways: email, text message, and automated phone calls using the parent and guardian contacts we have on file in our Skyward Student Information System. If you have not recently reviewed your Skylert contact preferences, we ask that you do so by following the directions at the end of this communication.

Delay and closure announcements will also be posted on our [district and school websites](#) and shared on local TV and radio.

Should school be closed due to inclement weather this school year, the district calendar designates that the first two days will not be made up, which is a change from past practice. Beginning with the third canceled day, minutes will be added to the daily schedule to extend the day at each level. As a result, there will be no day extension to the school year.

Making a decision about weather-related school closures is always difficult, but please know the safety of our students and staff is always our number one priority.

Thank you for choosing the School District of La Crosse and have a wonderful and safe winter.

Participating local TV and radio stations for weather Announcements

Television stations

WKBT

WXOW

WEAU

WLAX

Radio stations

Kicks (106.3 FM)

Magic 105 (104.9 FM)

Eagle (102.7 FM)

Classic Rock (100.1 FM)

Today's Talk (1490 AM)

Z93 (93.3 FM)

Classic Hits (94.7 FM)

The Rock (95.7 FM)

WIZM (1410 AM)

WKTY (580 AM)

Directions to edit your contact information preferences in Skyward Family Access:

- 1) Go to www.lacrosseschools.org
- 2) Click the 'Skyward Family Access' button
- 3) Log in. If you have never logged in, you will need to establish account credentials by contacting the administrative assistant in your child's school.
- 4) Select 'Skylert' from the left side of the screen.
- 5) If you have more than one child, you will need to repeat this process for each.

From the Attendance Office



School Attendance Matters!
ALL DAY, EVERYDAY

This is the time of year when winter weather and children's illnesses can take a toll on school attendance. But it's important to get your children to school every day possible.

- Absences, even if they are excused, can add up to academic trouble. This is as true in kindergarten as it is in high school.
- Children who miss too much school in kindergarten are less likely to read well by third grade. By middle school, absenteeism can predict who will graduate from high school.
- A study of weather-related absences in Wisconsin found that each missed day affected a student's test scores and grades. This was especially true on snowy days when school stayed open but some students missed classroom instruction.
- There's not much we can do about the weather, but there are two key steps every parent can take to help avoid absences this year. Make a back-up plan for bad weather ahead of time and keep your children healthy.
- It's important to find a way to get your child to school even when the weather is bad. If you're having trouble getting to school, reach out to other families near you, or call the school. We can connect you with families or staff members who can help.
- If your children are sick, talk to your doctor or the school nurse to see whether they are too sick for school. The handout on the back offers some tips about when children are too sick for school.
- Do what you can to keep your children healthy. Dress them warmly for the cold weather and make sure they've got hats, gloves, snow pants, and coats. Encourage them to wash their hands regularly, and send them to school with a bottle of hand sanitizer.

Help your child learn to persevere. Today, they learn to overcome a snowdrift. In the future, they will have the grit to triumph over even greater obstacles to achieve to their dreams.

WHEN IS SICK TOO SICK FOR SCHOOL?



Send me to school if...

I have a runny nose or just a little cough, but no other symptoms.

I haven't taken any fever reducing medicine for 24 hours, and I haven't had a fever during that time.

I haven't thrown up or had any diarrhea for 24 hours.



Adapted with permission from Baltimore County Public Schools.



Keep me at home if...

I have a temperature higher than 100 degrees even after taking medicine.

I'm throwing up or have diarrhea.

My eyes are pink and crusty.



Call the doctor if...

I have a temperature higher than 100 degrees for more than two days.

I've been throwing up or have diarrhea for more than two days.

I've had the sniffles for more than a week, and they aren't getting better.

I still have asthma symptoms after using my asthma medicine (and call 911 if I'm having trouble breathing after using an inhaler).

**Remember to call/email the school office
by 9:00am each day your student is absent.**

Attendance Office

Phone:

[\(608\)789-7970](tel:(608)789-7970)



SCHOOL DISTRICT OF LA CROSSE 2019 FOUR-YEAR-OLD PRESCHOOL PROGRAM

The School District of La Crosse will begin accepting registrations for the 2019-2020 Four-Year-Old Preschool Program beginning **February 6-8, 2019, from 6:30 A.M. – 5:00 P.M.** Any child who is 4-years-old on or before September 1, 2019 and lives in the La Crosse School District attendance area is eligible for preschool. The preschool program is a 2.5-hour program housed at several centers and schools throughout the district. The preschool program is free for any eligible child.

Those interested in registering for the Four-Year-Old Preschool Program may do so by:

1. Registering in person at: **Hogan Administrative Building, 807 East Ave. S., in the Welcome Center. (Please bring address verification & child's birth certificate)**
OR
2. Beginning December 20, 2018, you may fill out the paperwork online at www.lacrosseschools.org. **You must have a valid email address or phone number in order to use the New Student Online Enrollment option. If you are filling out the paperwork online, this process is not registering or guaranteeing placement for any preschool site. You are simply filling out the enrollment paperwork in advance to expedite the enrollment process. Print the online paperwork and bring it to the Hogan Administrative Center beginning February 6, 2019, at 6:30 A.M. You will need to bring in address verification & the child's birth certificate to complete enrollment and secure site placement.**

On February 11, 2019 we will be back to regular office hours of 7:00 a.m. – 4:30 p.m. If any registrations are done online, you will still need to bring in the address verification & child's birth certificate to Hogan Administrative Building to secure placement at the requested preschool site. **There is no deadline for registering, but **space is limited, so early registration is recommended. ****

The sites that are **tentatively** established for the 2019-2020 school year thus far are:

Congregational Preschool	2503 Main St.
Coulee Children's Center	2935 East Ave. South
Coulee Montessori (Northside Elementary)	1611 Kane St.
Emerson Elementary	2101 Campbell Road
Gundersen Health System Child Care	700 Bennora Lee Court
Hamilton Family Learning Center	1111 South 7 th St.
Hintgen Elementary	3505 S. 28 th St.
La Crosse Montessori Preschool	1818 Redfield St.
North Woods International	N2541 Sablewood Rd.
Northside Elementary	1611 Kane St.
Southern Bluffs Elementary	4010 Sunnyside Dr.
Spence Elementary	2150 Bennett St.
State Road Elementary	3900 Pammel Creek Rd.
Summit Environmental	1800 Lakeshore Dr.
Toddle Inn Day Care	W2637 Hwy 33
YWCA Child Center)	419 N. 9 th St.

If you have further questions, please call the Preschool Office at **608-789-7006**.



Small changes, big differences.



The Triple P - Positive Parenting Program

Individual Triple P is a free service at The Parenting Place. Triple P helps answer common parenting questions, helps parents make fast progress on behavior problems, and provides parenting tips and skills. Parents get quick results from Triple P and are then free to focus on other things related to family wellness. Triple P is beneficial for parents of children ages 0-12. Parents may access this support through our school counselors as well. The Parenting Place staff can meet parents in any location for up to 4 sessions, for free.

WHAT IS TRIPLE P?

Triple P provides practical strategies for managing life skills. This free program meets one on one with the parents and is tailored to meet the needs of each individual family developing a personal plan. It's an approach that helps families build safe, stable and nurturing relationships. It's not about rules. It's about gaining the skills and confidence to handle all the ups and downs together.

Parents Place Triple P providers can help your family develop the positive parenting skills to manage stress and encourage healthy habits.

TRIPLE P IS NOT ONE SIZE FITS ALL

Grounded in science and practical advice, Triple P doesn't "control" how you parent. Instead, we provide hands-on advice and the success seen by many families. It's about gaining the skills and confidence to handle all the ups and downs together.

- Find the right level of support
- Set your own priorities and goals
- Decide what works for your family
- Tailor strategies to your unique needs

ATTEND ONE-ON-ONE

All parents experience parenting demands that outshine "expectations", regardless of their education and income. Register today to meet with a trained Triple P provider for thoughtful advice on various mild to moderate parenting stressors that arise.

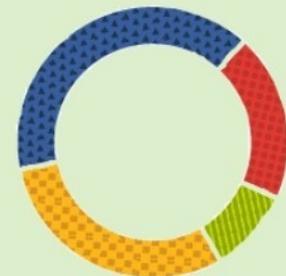
- Focus on your family's specific needs
- Get suggestions for your situation
- Create a practical action plan

To schedule an appointment please contact

Heather
Triple P Parent Educator
(608) 785-8125 ext. 215



The Goal: more positive in your days.



😊 | Developing
Positive
Relationships

Teaching
New Skills and
Behaviors | 😊

😊 | Encouraging
Desirable
Behavior

Managing
Misbehavior | ↓

Want to Make Money Reading to Kids in School?

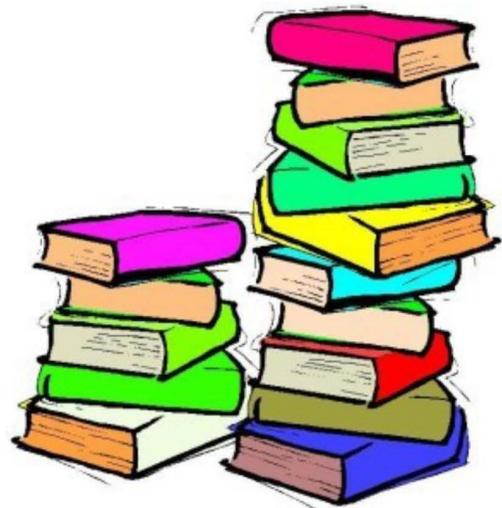
**Northside Elementary is paying parents and adults
in the neighborhood to read to students!**



- 5-20 Hours Per Week
- Times and Days are Flexible
- \$10/hour

Help children improve reading skills!
You'll spend 15 minutes with one child at a
time, reading to 2-4 children each day.
Teachers will have books picked out ahead
of time. This is a great way to spend time
with your student, or to connect with kids
in your neighborhood.

For more information, contact:
Danya Day
Community School Coordinator
Northside Elementary
(608)789-6780
dday@lacrossesd.org





Highly Qualified Teachers

The School district of La Crosse takes pride in hiring only highly qualified teachers. This means they all are fully trained, certified and often experienced in the position they teach. Our faculty consistently has a high percentage of advanced degrees, and we do a good job of retaining some of the top staff in the state and the nation. Life events, such as retirement, childbirth or illness sometimes cause a need for a long-term substitute teacher. When this happens we always make every effort to hire a highly qualified substitute. All are certified teachers and most are licensed in the area in which they are substituting. In rare cases it may be impossible to find a teacher with a particular certification, such as special education. This may result in the district asking the Wisconsin Department of Public Instruction for an emergency license for such a teacher. If you ever have any questions about the certification of any of our staff, please call me, (Laura Huber), principal of (Northside Elementary/Coulee Montessori).

Links for District Pages

- | | |
|--|---|
| District Website | School Breakfast/Lunch Menu |
| Skyward Family Access | Volunteer Application |
| District Enrollment Page | District Facebook Page |
| 4-Year-Old Preschool | Cultural & Family Connections |
| Choice & Charter Opportunities | Community Services |
| After School Programs | Homeless Services |
| District Special Education | Other District Parent Resources |

Click Here to View Our Family Handbook

Click Here for Important School Documents



Reading Connection

Tips for Reading Success

Beginning Edition

February 2019

Snoqualmie Valley School District

Book Picks

Read-aloud favorites

■ *My Dog is as Smelly as Dirty Socks: And Other Funny Family Portraits* (Hanoch Piven)

A little girl decides that the portrait she drew in school doesn't show how special her family is, so she gets creative. See how she shows her dad is "as fun as a party favor" and her baby brother is "as sweet as candy."



■ *About Birds: A Guide for Children/ Sobre los pájaros: Una guía para niños* (Cathryn Sill)

Most birds fly, but others swim or run. This nonfiction picture book, with both English and Spanish text, lets readers discover the lives of different birds. It's also a handy field guide for identifying birds.

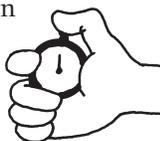


■ *Pedro, First-Grade Hero* (Fran Manushkin)

First grade is full of fun for Pedro. These four short stories describe Pedro's exploits as he collects bugs for science, competes to become a soccer goalie, starts a mystery club, and runs for class president. The first book in the Pedro series.

■ *Me Counting Time: From Seconds to Centuries* (Joan Sweeney)

In one second, your child could blink her eyes. And in one minute, she might be able to write a party invitation. This book presents examples that tie measurements of time to concepts that young readers will understand. Your youngster can follow along as the narrator describes ways she measures time.



A love of nonfiction!

Where can your child explore favorite topics like animals and outer space, find fascinating facts, and learn new vocabulary? In the pages of nonfiction books! Try these ideas.

Compare fiction and nonfiction

Together, read a nonfiction book about a storybook character your youngster loves (say, a sloth). Then, ask her which parts of the story are realistic or unrealistic, based on what she learned from the nonfiction book. She might say that real sloths do look like they're smiling, but she couldn't actually have one as a pet like the girl in the story does.

Collect facts

"A day on Venus is longer than a year on Venus!" Suggest that your child fill a special binder with interesting facts like this from nonfiction books. She could label



each page with a topic ("Outer space," "Sports"). As she reads more nonfiction, she'll add more and more facts.

Discover new words

As you read nonfiction with your youngster, she'll find words that are fun to say—and build background knowledge in history, science, and other subjects. Point out unfamiliar words like *galaxy*, *pueblo*, or *vertex*, and encourage her to say them aloud and try to figure out what they mean.♥

Pasta punctuation

A macaroni noodle makes a cute comma, and a penne noodle plus a wagon wheel is a good exclamation point! Use this pasta-licious activity to help your youngster practice using punctuation correctly.

On a big strip of paper, write a sentence for your child in giant letters, leaving out the punctuation (I love macaroni and cheese said Sam). Now have him glue uncooked noodles where the punctuation marks should go. He could use one macaroni noodle for the comma after "cheese," two pairs of ziti noodles for the quotation marks before "I" and after "cheese," and a wagon wheel for the period following "Sam."♥



Write stories together

When you and your child write stories together, that's called *interactive writing*. It's also called fun! Try these two suggestions. They'll help him write more complex stories and use bigger words than he might by himself.

1. Create a board game. Ask your youngster to call out random events (meet a robot, find a treasure, visit a farm). Write each one on a separate sticky note, and let him arrange the notes to make a game board path. Take turns rolling a die and moving a token along the path—using the events you land on to write a story. (“Once upon a time, Kevin met a tall green robot.” “The robot led him to a secret



photo shows a toy pirate ship, your child could write, “Nate the pirate set sail with his purple parrot.” If the next picture is of a lemon, you might add, “They landed on a beautiful island with lemon trees.” Finish the story using the last picture.♥

treasure.”) Have your child write down the story as you go and then read it to you!

2. Hang a story string.

Help your youngster cut a dozen photos from magazines, catalogs, and advertising circulars. Hang a piece of string along a wall, and have him tape the pictures to it. Now make up a story based on the photos. If the first

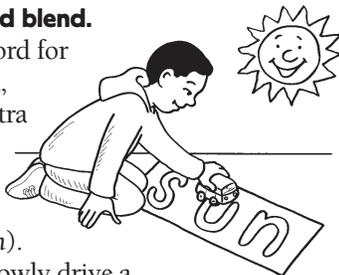


What's that word?

Breaking words into sounds and putting them back together is one strategy your youngster can use to decode words. Help him practice with these tips.

• Drive and blend.

Write a word for your child, leaving extra space between the letters (*s u n*). Let him slowly drive a toy car across the word, stopping on each letter to say its sound (“s-uh-n”). Next, have him race the car across the word, blending the sounds as he goes (“sun”).



• Listen and write. Say each individual letter sound in a word. For flag, you would say “fl,” “a,” and “g.” Your youngster can write each letter as he hears its sound. Can he blend the sounds of the letters he has written and figure out your word? Now swap roles.♥

Q&A Is it dyslexia?

Q My kindergartner often says *aminal* instead of *animal*, or *pasghetti* for *spaghetti*. My friend says that's a symptom of dyslexia. What should I do?

A Dyslexia is a language-based learning disability that leads to reading difficulties. Struggling with spoken language, such as mixing up syllables in longer words, can be an early symptom of dyslexia that shows up before a child learns to read. But it could also be a normal part of your child's language development.

Tell her teacher what you've noticed, and ask whether your youngster has other symptoms of dyslexia. These include difficulty with rhyming, learning the alphabet, and making the connection between letters and sounds.

Also let the teacher know if you have a family history of dyslexia, since the condition is sometimes inherited. If the teacher is concerned, she will refer your child to the school's speech-language pathologist or another appropriate specialist on the staff.♥



Fun with Words

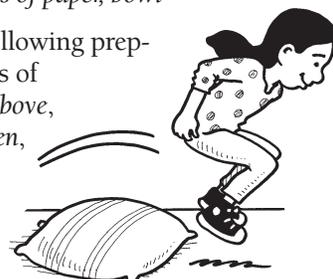
Over, under, and through

Play this game of Simon Says to help your child understand common prepositions like *over*, *under*, and *through*.

Materials: pencil, slips of paper, bowl

Together, write the following prepositions on separate slips of paper: *around*, *against*, *above*, *behind*, *on*, *beside*, *between*, *over*, *under*, *inside*, *outside*, *with*, *up*, *down*, and *through*. Mix up the slips in a bowl.

Pull slips from the bowl, one at a time, and use them to tell your youngster how to move. Say “Simon says” before some instructions. *Examples:* “Simon says, ‘Hold your right knee *with* your left hand’” or “Simon says, ‘Jump *over* the pillow.’”



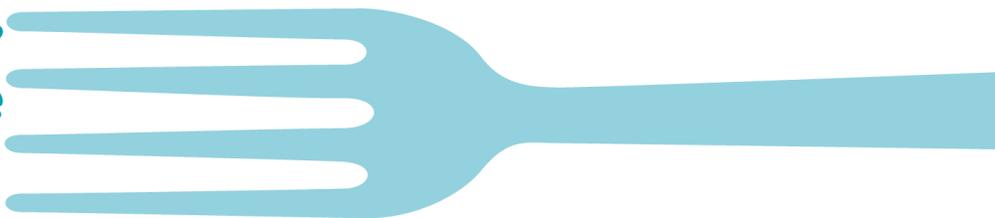
The round ends when you run out of slips or your child does something Simon didn't say to do (“Put your hands *between* your knees”). Then, return the slips to the bowl, and let her be Simon.♥

OUR PURPOSE

To provide busy parents with practical ways to promote their children's reading, writing, and language skills.

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 www.rfeonline.com
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Harvest of the Month



February



Sweet Potatoes



Pick:

- Choose firm sweet potatoes with few blemishes.
- Discard potatoes with soft or rotten spots as the flavor will be affected.

Store:

- Store sweet potatoes in a dark, dry, and cool environment for up to 1 month.
- Remember to take the potatoes out of the plastic produce bag before storing.

Prepare:

- Scrub the skin of the sweet potato under cool water before cooking.
- Sweet potatoes can be consumed with the peel on!

Nutrition Info

One medium sweet potato has 100 calories.

Sweet potatoes provide vitamins A & C, fiber and potassium.

Fun Facts

China is the largest grower of sweet potatoes, although many farmers in the Coulee Region grow them too! Sweet potatoes are the official vegetable of North Carolina!

Sweet potatoes are commonly confused with yams. Yams are very large and found mostly in Asia and Africa.

Sweet potatoes are roots, whereas regular potatoes are tubers, or underground stems.

Our first president, George Washington, grew sweet potatoes on his farmland in Virginia!

Uses

Sweet potatoes can be baked whole, grilled, steamed, boiled, roasted, microwaved or sautéed! Microwaving sweet potatoes takes less time than regular potatoes – so keep an eye on it!

Sweet potatoes can also be added to baked goods such as muffins, cakes and quick breads.

Serve mashed or baked sweet potatoes with a little butter and cinnamon.

Family Friendly Activities

Identify the places mentioned in this newsletter on a map: Virginia, North Carolina, China, Africa and your hometown!

Compare regular potatoes with sweet potatoes – consider how they grow, which part of the plant you eat, and the taste and texture!

Nutrition Facts

Serving Size (119g)
Servings Per Container

Amount Per Serving

Calories 130 **Calories from Fat** 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 640mg **27%**

Total Carbohydrate 23g **8%**

Dietary Fiber 4g **16%**

Sugars 5g

Protein 2g

Vitamin A 320% • Vitamin C 4%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Sweet Potato Chips 3 Ways

Serves 4

Ingredients:

2 sweet potatoes, about ½ pound each

1 Tbsp. olive oil

1 tsp. salt

Seasoning Options

Option 1: ½ tsp. garlic powder & ¼ tsp. rosemary

Option 2: ½ tsp each: basil, oregano, parsley, garlic powder

Option 3: ½ tsp. cinnamon

Directions:

Preheat oven to 400 degrees. Wash potatoes and slice evenly; about 1/8 inch thick. Drizzle with olive oil & sprinkle with salt and seasonings; toss to coat. Place potatoes in a single layer on a cookie sheet covered in parchment paper. Bake until light brown and tender-crisp (about 15-30 minutes).

For more information on Farm2School visit:

www.laxf2s.org

Color
Sweet Potatoes!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Spaghetti Sauce w/Meat <i>served over</i> WG Pasta Cheese Filled Breadstick Yogurt Lunch Green Beans Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Seasoned Breadstick Chocolate Fat Free Milk Lowfat White Milk Chicken Nugget Sauces
4 Chicken Tenders Cuban on Flatbread Yogurt Lunch Honey Glazed Carrots Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Seasoned Breadstick Chocolate Fat Free Milk Lowfat White Milk Chicken Nugget Sauces	5 Roast Turkey & Gravy Hamburger on WG Bun Yogurt Lunch Mashed Potatoes Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Dinner Roll WG Cookie Chocolate Fat Free Milk Lowfat White Milk Ketchup Packet	6 Walking Taco Cheese Quesadilla Yogurt Lunch Salsa Seasoned Refried Beans Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Tostito Scoops Chocolate Fat Free Milk Lowfat White Milk	7 Chicken Alfredo Homemade Sausage Pizza Yogurt Lunch Steamed Broccoli Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Seasoned Breadstick Chocolate Fat Free Milk Lowfat White Milk	8 No School
11 No School	12 Pork Street Taco Toasted Cheese Sandwich Yogurt Lunch Salsa Fiesta Black Beans Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Assorted Graham Snacks Chocolate Fat Free Milk Lowfat White Milk Tomato Soup	13 Colby Omelet <i>served with</i> Buttermilk Pancakes EZ Jammer Yogurt Lunch Potato Babycakes Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Chocolate Fat Free Milk Lowfat White Milk Syrup	14 Chicken Patty Sandwich Homemade Pepperoni Pizza Yogurt Lunch Baked Beans Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Snack Crackers Mini Rice Krispies Treat Chocolate Fat Free Milk Lowfat White Milk Chicken Nugget Sauces	15 Chicken Potato Bowl Cheese Filled Breadstick Yogurt Lunch Corn Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Assorted Breadstick Chocolate Fat Free Milk Lowfat White Milk Marinara Sauce
18 Texas BBQ Pork on WG Bun Garlic Cheese Bread Yogurt Lunch Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Snack Crackers Chocolate Fat Free Milk Lowfat White Milk Marinara Sauce Roasted Veggies	19 Lasagna Rollup Chicken Nuggets Yogurt Lunch Green Beans Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Garlic Toast Chocolate Fat Free Milk Lowfat White Milk Chicken Nugget Sauces	20 Beef Nachos Hot Ham & Cheese Yogurt Lunch Cowboy Corn Salsa Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Tortilla Chips Chocolate Fat Free Milk Lowfat White Milk	21 Grilled Chicken Burger Homemade Cheese Pizza Yogurt Lunch Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Bun WG Snack Crackers Chocolate Fat Free Milk Lowfat White Milk	22 Fish Sticks Cheeseburger on WG Bun Yogurt Lunch Oven Fries Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Bun WG Snack Crackers Chocolate Fat Free Milk Lowfat White Milk Burger Fixins
25 Macaroni & Cheese Hot Dog /Bun Yogurt Lunch Carrot Coins Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Seasoned Breadstick WG Cookie Chocolate Fat Free Milk Lowfat White Milk Hot Dog Fixins	26 Chicken Pot Pie Hot Italian Sub Yogurt Lunch Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Biscuit Chocolate Fat Free Milk Lowfat White Milk	27 Orange Chicken EZ Jammer Yogurt Lunch Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Brown Rice Chocolate Fat Free Milk Lowfat White Milk Roasted Veggies	28 Turkey Club Sandwich Homemade Sausage Pizza Yogurt Lunch Green Beans Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Snack Crackers Chocolate Fat Free Milk Lowfat White Milk	

Yogurt Lunch Assorted Yogurt (4 oz) - Cheese Stick (1 oz) - Sunflower Seeds - Apple Oatmeal Bar - Strawberry Oatmeal Bar - WG Cheez-It Crackers - Animal Crackers - Goldfish Crackers - Cinnamon Goldfish - Chocolate Elf Grahams - Scooby Doo Grahams - Graham Bug Bites - Cinnamonon Gripz - Graham Cinnamon Crips - Teddy Grahams
 Condiments & Dressing Ketchup Packet - Mustard Packet - BBQ Sauce - Lite Mayo Packet - Ranch Dressing - French Dressing
 Price Information Breakfast(\$1.60), Reduced Price Breakfast(\$0.30), Lunch(\$2.80), Reduced Price Lunch(\$0.40), Adult Breakfast(\$2.50), Adult Lunch(\$3.85), Milk Half Pint(\$0.50)

View more: <http://schools.mealviewer.com/school/NorthsideCouleeMontessori>

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