



# August Newsletter

— WELCOME —  
**BACK TO SCHOOL**



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# A Message From the Principal

Dear Families!

Welcome back to school! It's been a terrific start to our school year! Kids are happy to be here, teachers are happy to have them back and we all get to enjoy some beautiful summer weather when school lets out at 2:55pm!

I thought I would talk a little bit about words. Who remembers hearing "Sticks and stones may break your bones but words will never matter"? While I always want kids to know that just because somebody says something about them, it doesn't make it true, I also recognize that words can sometimes make as big or bigger impression than sticks and stones! As adults we know that sometimes a phrase or compliment or even a smile can turn a day around. Words are even more powerful when it comes to our kids! Positive messages for kids can not only turn a day around, they can lay a foundation of positive self esteem that kids can rely on throughout their future! I am including a [link](#) to an article for parents on positive messages we can send to our kids. I also included a partial list of some great ideas from the article!



- You are loved
- You make me smile
- My world is better with you in it.
- I will do my best to keep you safe.
- I have faith in you.
- I know you can handle it.
- You are creative.
- Trust your instincts.
- Your ideas are worthwhile.

As always, I look forward to our conversations and enjoy partnering with you on behalf of your kids!

Stop in to say "Hi!" when you get a chance!

*Laura*

[lhuber@lacrossesd.org](mailto:lhuber@lacrossesd.org)

608-789-7970



## Mark Your Calendar



### Year-Round Calendar

Success Assembly .....	August 16
NO SCHOOL.....	August 29-Sept. 2
Dad's Night .....	September 19
Success Assembly .....	September 20
Intersession #1 .....	Sept. 23-Oct. 4
PTO Meeting .....	October 8
Early Release Day .....	October 11
NO SCHOOL.....	October 14
Parent/Teacher Conferences .....	October 14
Parent/Teacher Conferences .....	October 17
Family Night.....	October 24
NO SCHOOL.....	October 28

[View the District Year-Round Calendar](#)

### Traditional Calendar

Open House .....	August 27
First Day of School.....	September 3
SET Meeting.....	September 17
Dad's Night .....	September 19
Picture Day .....	October 10
Early Release Day .....	October 11
NO SCHOOL.....	October 14
Parent/Teacher Conferences .....	October 14
Parent/Teacher Conferences .....	October 17
SET Meeting .....	October 22
Family Night.....	October 24
NO SCHOOL.....	October 28

[View the District Traditional Calendar](#)

## Early Release Days

**October 11      March 13**  
**December 6      May 8**

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.



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



# Health Room

News & Information

## Medication FAQs

- Questions about medication procedures and health concerns can be directed to the Northside/Coulee Montessori Health Room
- Written, signed permission must be on file at school before any medication can be administered to a child. Prescription drugs require a doctor's and parent's signature, and non-prescription drugs require a parent's signature.
- Medication Forms can be found in the Health Room, on the School District Website, or at most clinics in the area.
- All medications must be in the original container with the dosage clearly marked.
- All medication will be administered and recorded in the Health Room.

### When Should Your Child Stay Home Sick?

- Fever of 100° or greater in the last 24 hours
- Vomited within the last 24 hours
- Diarrhea within the last 24 hours



\*Please remember to call the school office by 9:00am every day that your child is sick. 608-789-7970

## Meet Our Health Room Staff



**Shelley Johnson**  
School Nurse



**Cheryl Heath**  
Health Assistant

## 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.**



*We are so happy to have these new staff members at Northside Elementary & Coulee Montessori!!*

John Arnost—ELL Teacher

Megan Bonnell—Speech

Elizabeth Borchert—3rd Grade

Kim Haeuser—TA

Kristin Hoeth—LMC Director

Madeline Kiehn—Cross Categorical

Kadie Koepke—Title I

Colleen Sheriff—Kindergarten

Lacey Sinn—Title I

Ashley Straubhaar—3rd Grade

Pha Vang—ELL TA



Reconstruction of Rublee Street has begun and will continue for the next 8 - 9 weeks. During this time parking may be restricted on both sides of Kane and Charles Streets and the parking lot will be closed to vehicle traffic before and after school. Please consider walking your student(s) to school or dropping them off south of Gillette Street and having them cross with the crossing guard. Busses will also be routed in front of the school. For everyone's safety please walk your student(s) across the street using the crosswalk. Please drive with extra caution to help keep everyone safe.



Northside Elementary and Coulee Montessori is pleased to announce that we have added a Community School Resource Room at our school. The purpose of this space is



Beth Hartung  
Community School Coordinator  
608-789-6780  
[bhartung@lacrossesd.org](mailto:bhartung@lacrossesd.org)

### What Can You Find in the Community Resource Room?

- Clothing (Shoes, Boots, Coats, Socks, Shirts, Pants, etc.)
- School Supplies (Pencils, Paper, Erasers, Folders, Rulers, and more)
- Food (Pasta, Peanut Butter, Rice, Canned Fruits and Vegetables, and more)
- Hygiene Products (Soap, Washcloths, Combs, Shampoo, Toothpaste, etc.)

Your child can come to us for shoes, socks, clothing, food, school supplies, toothbrushes, toothpaste, etc. As parents/guardians, you are also welcome to stop by to select items for your child(ren).

\*Some of the items (e.g. clothing and books) may be gently used as we are also trying to reduce/reuse/recycle when possible in order to be more environmentally friendly.

### 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.



NO MORE CLIPPING.

SCAN YOUR RECEIPT.

Download on the App Store

GET IT ON Google Play

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.

**Our amazing Community Coordinator, Beth Hartung, wrote a grant to have three-time Grammy winner, Bill Miller come to Northside Elementary for a guest artist residency. He shared with students how he overcame trauma and adversity as a child to go on to have a successful career in the arts as a musician and a painter.**

**He performed two concerts for our school community and created this beautiful painting with our 5th graders (plus some help by 3rd grade).**



# From the Attendance Office



## School Bells and Tardiness



The first bell rings at 8:10am to signal students should head to their classrooms. Students should be in their classrooms when the 2nd bell rings at 8:15am. Any student arriving to class after the 8:15am bell will be marked tardy. If arriving to school after the 8:15 bell, students must enter through the main entrance on Kane St. and be signed in at the office.

### Punctuality is important!

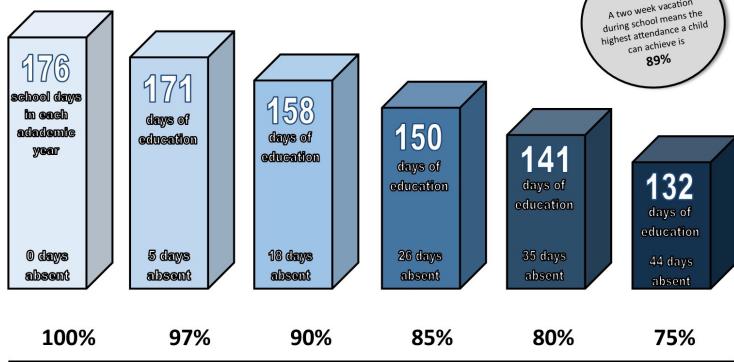
Students who are late for school interrupt the classroom and miss valuable instruction and work time.

The end of the day bell rings at 2:55pm. Students leaving school early will be marked absent, similar to a tardy.

### Good Attendance Means...

Being in school at least 97% of the time or 171 to 176 days

Remember: Education is important—Don't miss out!



Did you know?  
A two week vacation during school means the highest attendance a child can achieve is 89%

STRIVE  
FOR  
LESS  
THAN  
FIVE  
DAYS  
ABSENT!



### TIPS TO HELP AIM FOR 5 OR FEWER ABSENCES THIS YEAR

1. Set a regular bedtime
2. Prep clothes and backpack the night before
3. Only keep children home if they are truly sick
4. Have a back-up plan for getting to school
5. Avoid scheduling doctor's appointments and trips during school hours



**Attend Today, Achieve Tomorrow**

## **Attendance Policy Reminder**

It is the parent/guardian's responsibility to call the office by 9:00am each day that the student is absent. A message may be left at anytime before, during, or after school. If a student is arriving tardy or from an appointment, the parent/guardian should come into the office with their student to sign them in. If a student needs to leave school before the end of the day, the parent/guardian should come into the office, sign out their student, and the office will call the student down.

If a student is missing two or more days of school due to vacation, scheduled surgery, etc. an Excused Absence Request should be filled out in the office for principal approval.

Northside Elementary and Coulee Montessori will again utilize our computerized auto-calling system, Skylert, for attendance purposes. Skylert is a device that plugs into our existing computer system. It has the capability of reading the absence report and can automatically call parents/guardians when their students are reported absent without reason.

A pre-recorded message will be received by parents/guardians at 10:00am informing them that their student was marked absent. The parent will then be instructed to call the Attendance Office to update their student's attendance record.

Thank you for your cooperation!



**School Attendance Matters!  
ALL DAY, EVERYDAY**

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

**Attendance  
Office:**  
[\(608\)789-7970](tel:(608)789-7970)



### **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.



**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).

# From the Kitchen

## Lunch Times

CM - 12:30pm  
 KG - 11:00am  
 1st - 12:00pm  
 2nd - 11:45pm  
 3rd - 11:55am  
 4th - 11:30am  
 5th - 11:15pm

## 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

**Click Here for the Monthly Menu**



Helping kids and families. It's one of the many things this amazing community stands up for. With the help, hope, and desire of the Beer By Bike Brigade and overwhelming support from this community, families in need of a helping hand found just that again this year. The BBBB delivered a check to the district for \$7,416.02. This amount wipes out the previous school year's breakfast and lunch deficit for families who qualify for reduced-cost meals. The generosity of this community has made a lot of hearts happy today, and for that, we say thank you.

## Harvest of the Month



### September Tomatoes

#### Nutrition Info

One medium tomato has 22 calories.



#### 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.

#### 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 1985. 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 ¼-½ of the avocado with tomato. For an easy side, try grilling tomato halves brushed with olive oil.

#### FarmSchool 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 to 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  
 ½ 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](http://www.laxf2s.org)





**Where children are the future.**  
At Northside Elementary, we believe that educating a student means meeting the social, emotional, physical and intellectual needs of the whole child.

**Success**  
We believe that Northside Elementary's strength comes from forming family and community partnerships to ensure that every child will reach his or her potential.

**Future Leaders**  
We engage children in the arts and nurture a positive self-concept in order to develop thoughtful and compassionate future leaders.

**Lifelong Learners**  
We provide students with experiences and opportunities that foster lifelong learning.

**Pride**  
We create a safe and positive environment which instills pride in our school and community.

**Community Partners**  
Educate  
**PRIDE**



**Coulee Montessori**  
A CHARTER SCHOOL OF THE SCHOOL DISTRICT OF LACROSSE

Children at Coulee Montessori School learn in a peaceful setting, guided by the uniquely designed Montessori materials and their own interests and passions.

Teachers instruct and guide them with respect for the whole child and the associated stages of development.

The spiraling curriculum, as prescribed by Dr. Maria Montessori, includes integrated studies in the areas of Sensorial Exploration, Geography, History, Language, Arithmetic, Geometry, Science, and Practical Life.

The Coulee Montessori community is an extension of each child's and staff member's family.



### 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

<a href="#">District Website</a>	<a href="#">School Breakfast/Lunch Menu</a>
<a href="#">Skyward Family Access</a>	<a href="#">Volunteer Application</a>
<a href="#">District Enrollment Page</a>	<a href="#">District Facebook Page</a>
<a href="#">4-Year-Old Preschool</a>	<a href="#">Cultural &amp; Family Connections</a>
<a href="#">Choice &amp; Charter Opportunities</a>	<a href="#">Community Services</a>
<a href="#">After School Programs</a>	<a href="#">Homeless Services</a>
<a href="#">District Special Education</a>	<a href="#">Other District Parent Resources</a>

**Click Here to View Our Family Handbook**

**Click Here for Important School Documents**

