



Emerson Edition

December 22, 2023

Visit our website at www.lacrosseschools.org/

EMERSON ELEMENTARY
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Hello Emerson Friends and Families,

I hope you and your family have a restful holiday break. I know I'm looking forward to a bit of down time to "re-energize". On Thursday, December 21, our entire school participated in Emerson Families. We mix up all the students into groups called families. This is a way for our younger students to connect with our older students. The message that was discussed during Emerson Families was kindness. Students shared examples of kindness and ways that can be kind to others. Throughout this holiday season and beyond, continue to encourage your children to find moments of kindness within each day and celebrate when it happens. Thank you for all of your efforts in supporting kids and all the individuals that make Emerson great.

Remember we return to school on Tuesday, January 2, 2024.

Finally, Friday, December 22 marked Mrs. Carolyn Smith's last day with us at Emerson. Mrs. Smith has been with the school district since 1999. We celebrate a well-deserved retirement and wish nothing but the best for Mrs. Smith and her future endeavors.

Happy Holidays!

Eric Check, Principal



News from the Principal

Reminder

No School
Mon. Dec. 25th
thru
Mon. Jan. 1st

School Resumes
Tues. Jan. 2nd

No School
Mon. Jan. 15th

PTO Meeting
Tues. Jan. 16th

Last Day of Qtr 2
Fri. Jan. 19th

No School
(Staff Development)
Mon. Jan. 22nd

**Don't miss
SPORTS
opportunities!**



VIRTUAL BACK PACK

This is where you can find out about different events, programs, and opportunities for your child(ren) in the community.

<https://www.lacrosseschools.org/parents/virtual-backpack/>



Click [here](#) to access Emerson's breakfast & lunch menus, meal prices, & nutritional information.

Food Pantry at Emerson

The Emerson Food Pantry is available for families in need.

If you would like to receive a bag or donate to the food pantry, please contact

Michelle Torgerson

Emerson School Counselor

mtorgers@lacrossesd.org



Emerson Parent Teacher Organization

Questions? lacrosseemersoneagles@gmail.com

PTO goals:

- To support the education of children at Emerson Elementary
- Foster relationships
- Raise and distribute funds for initiatives that enhance student learning and safety

What PTO does:

- Raise and allocate funds for student and staff needs
- Meet once/month to discuss current issues and initiatives

Join Us!

Sign up for emails

Facebook Group

Upcoming Meetings:

Tuesday, January 16th
Tuesday, February 20th



Thank you, Emerson community for funding:

- Busing for field trips
- Annual teacher reimbursements
- Mini grants to support student learning
- Teacher and staff appreciation gifts
- Meals for teachers during conferences
- End of the year celebrations



- Scan codes and raise funds today:
https://youtu.be/ZfUGb_3JzZg

Emerson Elementary Walking Wednesdays

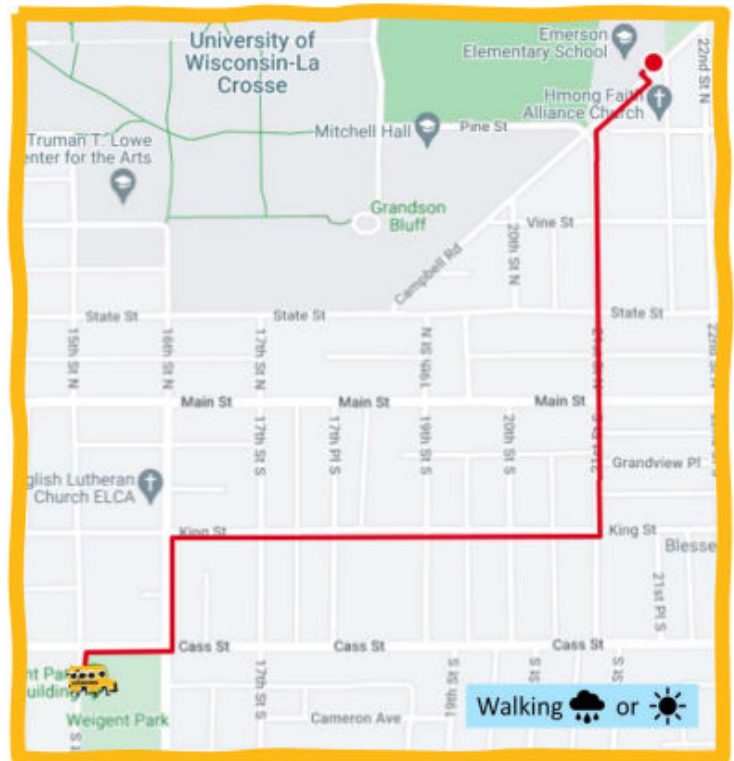
The Emerson PTO is happy to announce the start of our 23-24 Walking School Bus.
All Emerson students (K-5) are welcome to join us as we safely and actively make our way to school.
And yes, there will be trinkets and prizes!

When: 7:35 AM (Every Wednesday for the rest of the school year!)

Where: Meet at the Weigent Park Shelter

Parent(s)/Guardian(s) –
Please review the pedestrian
safety tips with your child(ren):

-  Wear bright colors so drivers can see you
-  Always walk on the sidewalks if you can
-  Remember to look both ways before crossing the street
-  Always cross at intersections (corners) and in crosswalks
-  NEVER cross between parked cars



↑	1. Head north on 15th St S toward Cass St	233 ft
↪	2. Turn right onto Cass St	387 ft
↶	3. Turn left onto 16th St S	0.1 mi
↪	4. Turn right onto King St	0.4 mi
↶	5. Turn left onto 21st St S	0.3 mi
↪	6. Turn right onto Campbell Rd	499 ft

Follow us on Facebook ([Emerson Elementary PTO \(La Crosse, WI\)](#)) for any updates or changes.

Questions? lacrosseemersonseagles@gmail.com



COLDER WEATHER IS HERE!

Be sure to bring warm gear for outside play!



We also recommend a sweater for inside!

Need help getting winter gear? Please reach out to the office.

Parents Health Guide



STUDENT HEALTH GUIDELINES

When should your child stay home because of illness?

FEVER: greater than 100 degrees.

VOMITING: return 24 hours after vomiting

DIARRHEA: return 24 hours after diarrhea

RASH: rash that is open and draining or a rash with a fever

STREP THROAT, IMPETIGO: return after 24 hours of treatment with antibiotic

SCABIES, RINGWORM: must be treated before returning to school

CHICKEN POX: child may return to school 5-7 days after onset of rash, with all sores dry and scabbed over

Please notify your child's school if your child is absent due to illness or injury.

If your child has a serious illness or injury that affects school participation, please notify your school principal or school nurse so a plan can be implemented to meet your child's needs.

District Illness Guidance:

As we begin the school year, we will have students who come to school not feeling their best. We encourage students who aren't feeling well to stay home until they are feeling well enough to learn. The district illness recommendations for students can be found in the Parent's Health Guide. Anyone testing positive for COVID may return to school when they are feeling well enough to do so. Masking is an individual decision acceptable at any time in our district.

Illness or Injury at School:

Students who become ill or injured at school will be seen in the health room by trained staff. If your child is unable to return to class, a parent will be contacted. For your child's comfort please make arrangements to pick them up as soon as possible.

UWL ATHLETICS

YOUTH DAYS



WOMEN'S BASKETBALL: 11.20.23

MEN'S BASKETBALL: 01.06.24

GYMNASTICS: 01.12.24

WRESTLING: 01.18.24

Youth athletes between Kindergarten - 8th grade, can come to the sporting event dates listed above wearing their jersey/program t-shirt or UWL camp t-shirt and get in for free!

Any Questions? Contact:
Emma - elero@uwlax.edu



Double-Click Page to Access Links



SCHOOL DISTRICT OF LA CROSSE 2024-2025 4K Preschool Registration

****New Student Online Enrollment for the 2024-25 school year
will open on January 3rd, 2024****

Students **must be 4 years old on or before September 1, 2024** to enroll into 4K Preschool.

4K Preschool Registration is a **2-step process**:

1. New Student Online Enrollment (opens **January 3rd, 2024**)
2. 4K Preschool Site Selection (opens **March 18th, 2024**). Families will receive emailed information on the site selection process after the New Student Online Enrollment (Step 1) has been completed.

Step 1— New Student Online Enrollment opens on January 3rd, 2024 to enroll your 4-year-old for the 2024-2025 school year.



- Visit our 4K Preschool Enrollment page at <https://www.lacrosseschools.org/enrollment/preschool/> or scan the QR code and select whether you're an existing family or a new family to the district.
 - **Existing Family in District:** You will log in using your Skyward family account information and click the New Student Online Enrollment on the top left.
 - **New Family in District:** If you are new to the school district, follow the prompts to create an account and complete the New Student Online Enrollment process in Skyward.
- You may upload or email a picture of the student's birth certificate and your proof of address to the New Student Online Enrollment application or email to preschool@lacrossesd.org. These documents must be submitted to secure your site selection on March 18th.
- **Note: If you want to participate in 4K site selection when it opens on March 18th, your student's 4K enrollment must be completed by March 1st. Applications submitted after March 18th will be processed as soon as possible.**

Families are welcome to come into Hogan Administrative Center (807 East Avenue South La Crosse, Wisconsin - Monday-Friday 7:30am-3:30pm) to complete the enrollment process on a computer if needed.

4K Preschool Office
preschool@lacrossesd.org
608-789-7006





Beets are The Harvest of the Month!

Add beets to your favorite family meals:

- Add grated raw beets to salad.
- Mix cooked beets into mashed potatoes for a pop of color.
- Add raw or leftover cooked beets to canned vegetable beef soup and simmer until tender.

Make meals and memories together. It's a lesson kids will use for life.

Select – Choose beets with firm, smooth skins and crisp leaves. Smaller beets are more tender.

Store – Remove greens leaving about 1 inch of stem. Store beets in a plastic bag in the refrigerator for up to 2 weeks.

Prepare – Rinse beets under cool running water and scrub with a vegetable brush. Beets can be eaten raw or cooked. You can eat the beet greens too!

Did you know?

Most of the beets grown in Wisconsin are red beets, but there are also pink, purple, white, and yellow beets. Try a rainbow of beet colors!



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs. Funding for this publication was made possible by the U.S. Department of Agriculture's (USDA) Agricultural Marketing Service through grant AM200100XXXXG060. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.

Recipe of the month

Root Vegetable Gratin

Serves 8

Ingredients:

- 1 Tbsp softened butter
- 1-2 sweet potatoes
- 3 medium beets
- 3 parsnips
- 14 Tbsp milk, divided
- 5 oz grated parmesan cheese, divided
- 1 Tbsp fresh thyme (or 1 tsp dried)
- 1 clove garlic, minced (or 1/2 tsp powder)
- Salt and Pepper to taste

Directions:

Preheat oven to 400°, grease a 3-quart baking dish with softened butter. Peel vegetables and thinly slice and transfer each vegetable to its own bowl. Pour 4 T milk onto potatoes and parsnips, and 2 T onto beets. Add 1/2 oz cheese, thyme, and salt and pepper to each bowl. Toss each bowl until all slices are well coated. Pour remaining milk, parmesan, thyme, and garlic into bowl and mix well, pour into bottom of baking dish. Layer and arrange vegetable slices neatly in the baking dish, pouring any remaining liquid in bowls over the top. Season with salt, pepper and remaining 1 oz parmesan. Cover with foil and bake for 30 minutes. Uncover and bake an additional 15-20 minutes until edges and cheese are lightly browned and vegetables are fork tender.

Per serving: 153 calories, 6g fat, 8g protein, 18.4g carbohydrate, 3.3g fiber, 211mg sodium

Source: laxf2s.org



LA CROSSE COUNTY
Health Department
Nationally Accredited



Coulee Region Farm to School is a partnership between UW-Madison Division of Extension, LaCrosse County Health Department, Mayo Clinic Health System—Franciscan Healthcare, Gunderson Health System, and the School Districts of Bangor, LaCrescent-Hokah, Holmen, LaCrosse, Onalaska, and West Salem.

LEARN



Chioggia Beets

facts

- Spanish translation: *El betabel, La remolacha*
- Hmong translation: *Zaub ntug hauv paus*
- Most of the beets grown in Wisconsin are red, but there are also pink, purple, white, and yellow beets, and even ones with candy cane stripes!
- Beets are related to Swiss Chard and both the beet root and leaves can be eaten.
- Red beets get their bright red color from pigments called betalains, also known for their cancer-fighting properties.
- Beet juice is a basic ingredient of Russian borscht. Beet juice can also be used as a natural dye! The Victorians dyed their hair with beet juice in 19th century England.
- Beets are native to the shores of North Africa, Europe, and the Middle East. Beets were first grown by the ancient Romans.

Golden Beets



EAT



nutrition & seasonality

• Key nutrients:

Vitamin C - Helps wounds heal, is important for the immune system, and is an antioxidant, which protects our cells from damage.

Folate - Helps prevent birth defects, is needed to make DNA, and helps your cells divide, including red blood cells.

Potassium - Helps maintain normal blood pressure.

- Fresh beets grown in Wisconsin are available from June through October.

TASTE



Nutritious,
Delicious,
Wisconsin!

taste testing

Purchase fresh beets and canned beets from the grocery store. Cook the fresh beets by boiling and then peeling them, or place beets with about ¼ cup of water in a microwave-safe dish and cover with a lid or plastic wrap. Microwave on high until tender (about 10-12 minutes). Let kids try one slice of fresh beet and one slice of canned beet. Encourage kids to use their five senses to observe, smell, feel, listen, and taste the beets. How are they the same or different?

To sweeten the fresh and canned beets prior to tasting, marinate them overnight in orange juice or orange juice concentrate (depending on how sweet you want the taste testing).

— Credit Julie Yezek, FoodWise Nutrition Educator



ACTIVITY GUIDE ■ BEETS

FUN



Red Beets

activity: Grow your Own Beet Greens

Objective: Kids will learn how to grow beet greens from cuttings.

Supplies: Beets, shallow plate, water, and a chef's knife (for adults!).

Procedure:

1. Buy a bunch of beets with the tops still attached.
2. Trim the greens off (and save them for eating! You can wash the beet greens, chop, and saute them in olive oil - yum!).
3. Cut off the top of the beets with at least ½ inch of beetroot still attached.
4. Set the beet tops cut-side down in a dish of water and leave in a sunny spot in your classroom. Change the water every other day.
5. Use the leftover beetroot for taste testing.
6. Ask kids to make daily observations as the beets begin to grow more leaves. Discuss what plants need to grow. Answer: *sunlight, water, and air (carbon dioxide)*. Once the leaves are big enough, cut a few to taste!

— Credit: Nicole Leipski, FoodWise Teaching Coordinator

This activity can be done in multiple settings: classroom, outdoors, garden, or virtual.

Tips for adapting to virtual learning: An educator can grow beet greens and share the process with kids over a virtual learning platform. You can also share a link to a video: <https://youtu.be/5VJbkjBU3jY>.

Share pictures and engage with the Wisconsin Harvest of the Month community by using #WIHarvestoftheMonth on social media.

READ



books

- *Tops and Bottoms* by Janet Stevens
- *The Big Beet* by Lynn Ward
- *Squash Boom Beet: An Alphabet for Healthy, Adventurous Eaters* by Lisa Maxbauer Price
- *Beets: Fun Facts on Fruits & Vegetables* by Michelle Hawkins
- *The Farmer & the Beet* by Jeremy David



GARDEN CONNECTION

planting



Beets are tolerant to frost and can be planted in the spring, four weeks before the last frost. Plant seeds about ½ inch deep and one inch apart. Space rows 12-18 inches apart. Once the seedlings sprout, thin to 3 inches between seedlings. Beet seeds prefer cool and moist conditions, so remember to water your seeds regularly.

harvesting

Harvest beets when they are between 1-3 inches in diameter. Beets larger than 3 inches may be tough and fibrous. Remove greens before storing beets in the refrigerator. Remember, you can eat the beet greens too!

JANUARY 2024

Menu is subject to change.

MON	TUE	WED	THU	FRI
1 	day 2 <u>BREAKFAST</u> #1 Chicken Patty on a Biscuit <u>LUNCH</u> #1 Beef Taco #2 EZ Jammer & Cheese Stick	day 3 <u>BREAKFAST</u> #1 Sausage Egg Bake Bites <u>LUNCH</u> #1 Chicken Alfredo #2 Yogurt & Cheese Stick	day 4 <u>BREAKFAST</u> #1 Pancakes <u>LUNCH</u> #1 Cheese Pizza #2 EZ Jammer & Cheese Stick	day 5 <u>BREAKFAST</u> #1 Egg & Sausage Sandwich <u>LUNCH</u> #1 Bacon Cheeseburger #2 Friday Sub/Wrap Choice
day 6 <u>BREAKFAST</u> #1 Breakfast Burrito <u>LUNCH</u> #1 Grilled Chicken Burger #2 Yogurt & Cheese Stick	day 1 <u>BREAKFAST</u> #1 Breakfast Pizza <u>LUNCH</u> #1 Cheese Quesadilla #2 EZ Jammer & Cheese Stick	day 2 <u>BREAKFAST</u> #1 Cheese Omelet <u>LUNCH</u> #1 Tater Tot Hot Dish #2 Yogurt & Cheese Stick	day 3 <u>BREAKFAST</u> #1 Breakfast Bread <u>LUNCH</u> #1 Sausage Pizza #2 EZ Jammer & Cheese Stick	day 4 <u>BREAKFAST</u> #1 Cinnamon Roll <u>LUNCH</u> #1 Hot Dog #2 Friday Sub/Wrap Choice
15 NO SCHOOL!	day 5 <u>BREAKFAST</u> #1 Oatmeal <u>LUNCH</u> #1 Wisconsin Chili #2 EZ Jammer & Cheese Stick	day 6 <u>BREAKFAST</u> #1 Biscuits & Sausage Gravy <u>LUNCH</u> #1 Lasagna Rollup #2 Yogurt & Cheese Stick	day 1 <u>BREAKFAST</u> #1 Egg & Bacon Sandwich <u>LUNCH</u> #1 Garlic Cheese Bread #2 EZ Jammer & Cheese Stick	day 2 <u>BREAKFAST</u> #1 French Toast <u>LUNCH</u> #1 Fish Sandwich #2 Friday Sub/Wrap Choice
22 NO SCHOOL!	day 3 <u>BREAKFAST</u> #1 Mini Bagel + Cream Cheese <u>LUNCH</u> #1 Taco Triangles #2 EZ Jammer & Cheese Stick	day 4 <u>BREAKFAST</u> #1 Chicken Patty on a Biscuit <u>LUNCH</u> #1 Pasta & Meat Sauce #2 Yogurt & Cheese Stick	day 5 <u>BREAKFAST</u> #1 Pancake on a Stick <u>LUNCH</u> #1 Personal Pizza #2 EZ Jammer & Cheese Stick	day 6 <u>BREAKFAST</u> #1 Cinnamon Roll <u>LUNCH</u> #1 Rib-E-Que Sandwich #2 Friday Sub/Wrap Choice
day 1 <u>BREAKFAST</u> #1 Mini Bagel + Cream Cheese <u>LUNCH</u> #1 Chicken & Waffle #2 Yogurt & Cheese Stick	day 2 <u>BREAKFAST</u> #1 Sausage Egg Bake Bites <u>LUNCH</u> #1 Beef Nachos #2 EZ Jammer & Cheese Stick	day 3 <u>BREAKFAST</u> #1 Egg & Sausage Sandwich <u>LUNCH</u> #1 Spaghetti with Meatballs #2 Yogurt & Cheese Stick	<div>  </div> Breakfast is served with white milk. Breakfast choice #2 is always cereal. Lunch includes fruit, veggie, and choice of milk.	