



Emerson Edition

February 29, 2024

Visit our website at www.lacrosseschools.org/

EMERSON ELEMENTARY
2101 Campbell Road

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Telephone (608) 789-7990

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Hello Emerson Friends and Families,

It's hard to believe we are already going into March! The weather has been beautiful as of late, but don't let that fool you. Please continue to send outdoor winter gear, as spring weather in Wisconsin can change at a moment's notice.

As we forge into the month of March, here are things to keep in mind.

- ♦ Emerson Spirit Week is the week of March 11.
- ♦ Forward testing (state testing grades 3-5) window opens March 20. Specific Emerson testing dates to be shared with grade 3-5 families in the near future.
- ♦ Emerson staff is preparing a Spring literacy family/community night, similar to the Fall family/community "Game Night". Details to be shared as they develop.

Enjoy the transition into Spring and take care of each other.

Eric Check, Principal



News from the Principal

Reminder

No School

Parent Teacher Conferences

Mon. March 4th

Battle of the Books

Fri. March 8th

PTO Meeting

Tues. March 19th

All District Strings

Tues. March 19th

Spring Break

Thurs. March 28th thru
Tues. April 2nd

**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



Upcoming Announcements & Events

Have Gently Used Eagles Gear?



We are in need of gently used Emerson gear (t-shirts, sweatshirts, etc.). There is a collection box in the main entry of the school.

These will be laundered and made available for student use during our upcoming spirit week in March!

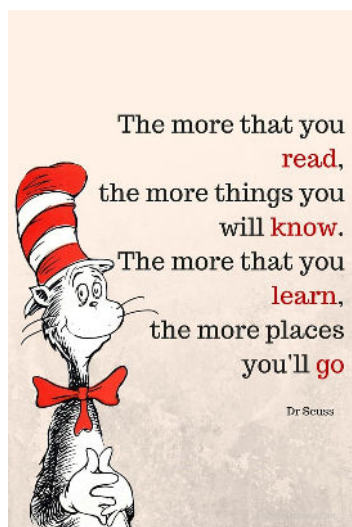
February 29 & March 4—Parent Teacher Conferences

We look forward to connecting with you during our upcoming Parent-Teacher Conferences. If you have not already scheduled a conference with your teacher, please connect with your child's teacher or the main office. We are happy to assist you!

During your conference, your teacher may provide information or recommendations for Summer School. We will have computer stations available in the Library Computer Lab to register for Summer School for your convenience. Please reach out to the office if you have any questions. Thank you!

March 15—Read-athon

Mark your calendars for PTO's annual Read-athon Fundraiser March 15. Students will earn donations through pledges to...Read.All.Day! K-2 will read 100 minutes and 3-5 will read 200 minutes. The class that earns the most money will receive a Pizza Party. Theme dress up days will lead up to the Read-athon. Check with your child's teacher for more details.



Yearbooks!

Thank you to our generous PTO for offering to purchase yearbooks for all of our Emerson students. Envelopes were sent home last month if you would like to provide a free-will donation to help the PTO with those costs.

Flyers are available in the office if you would like to purchase any additional copies of the yearbook. Any orders will need to be placed before March 15th.

Emerson Elementary PTO Yearbook Fundraiser

Help Emerson PTO provide yearbooks for all Emerson students!

- ☐ Yearbooks cost \$8.50/student
- ☐ Your contributions will help PTO cover the cost to ensure every child gets this keepsake!
- ☐ Any donation helps!



How to donate:
You can donate to Emerson PTO by sending a check (made to Emerson Elementary PTO) in the attached envelope to your students' teacher or through Venmo (QR below).

@emersonptofundraiser



Upcoming Announcements & Events

MARK YOUR CALENDARS

FOR THE 2024 EMERSON ELEMENTARY YOUTH ART MONTH ART SHOW

APRIL 11TH

5:00-7:00 PM

in the Emerson Elementary LMC

**Come celebrate the artistic
achievements of Emerson
students during our
upcoming Art Show!**



Missing an Item?

LOST & FOUND



Our Lost & Found bins are currently overflowing. Please stop by before or after school to check for any missing items.

Unclaimed items at the end of the month
may be donated or tossed.

Be sure to stop by during conferences to claim
and missing items from the Lost & Found.

Pennies for Pediatrics RECAP!

Thank you for our generous participation in this great cause. Emerson students raised over \$900. We will be presenting the gifts to Gundersen pediatrics department the week of March 5th.



Emerson Kindness In February: Pennies for Pediatrics



Kindness is a part of our February FUN at Emerson. We are asking for all your **PENNIES** or any loose change!!

Please place pennies or any change in a Ziplock baggie
and send it in your child's folder.

We will put your pennies toward a gift for the little patients at Gundersen pediatrics!
We will also be making cards for the families that might need some encouragement
during their hospital stay.

Please send in your **COINS** by February 16th. Thank you for helping care for those
that need a little smile this Winter season:)



Hello! Things have been busy as always in the music room. 4th and 5th grade students were able to surprise Mr. Check with a National Anthem performance at a Logan High basketball game where he coaches, that was incredibly fun! 2nd and 3rd grade students got to lead a sing along at Eagle Crest South on February 19th and it was so cool! The students did an exceptional job performing, and the residents were happy to have us. The La Crosse School District Facebook page did a neat spread on their hard work. I hope to return again next year with new music to share! Kindergarten and 1st graders have been playing instruments along with stories and poems, and we have all been trying to get outside to do activities whenever we can!

I feel that it is important for everyone to have a chance to get to live music-related events, and one of my goals is to begin sharing that information at school and on our Emerson website again! We have spent time working on a Music Workshop unit about Native American music, and I have said I would be on the lookout for a public Powwow. On March 30th, the Ho-Chunk Nation will be doing their first annual "Founders Day Powwow" with grand entries at noon and 7 PM! The public is welcome to join this free event! It looks amazing, and I will post more info on our website very soon! I have also been following acts coming to the Historic Viroqua Theater, the Capella Center, the Weber Center and the like. I will continue to share what I can, but feel free to follow the acts coming near our area as well.

In case you have not heard, our **concert date and times are**
Monday, May 20th, 2024

Kindergarten and 1st grade are at 6 PM

2nd and 3rd grade are at 6:30

4th and 5th grade are at 7 PM

at

Riverside Park

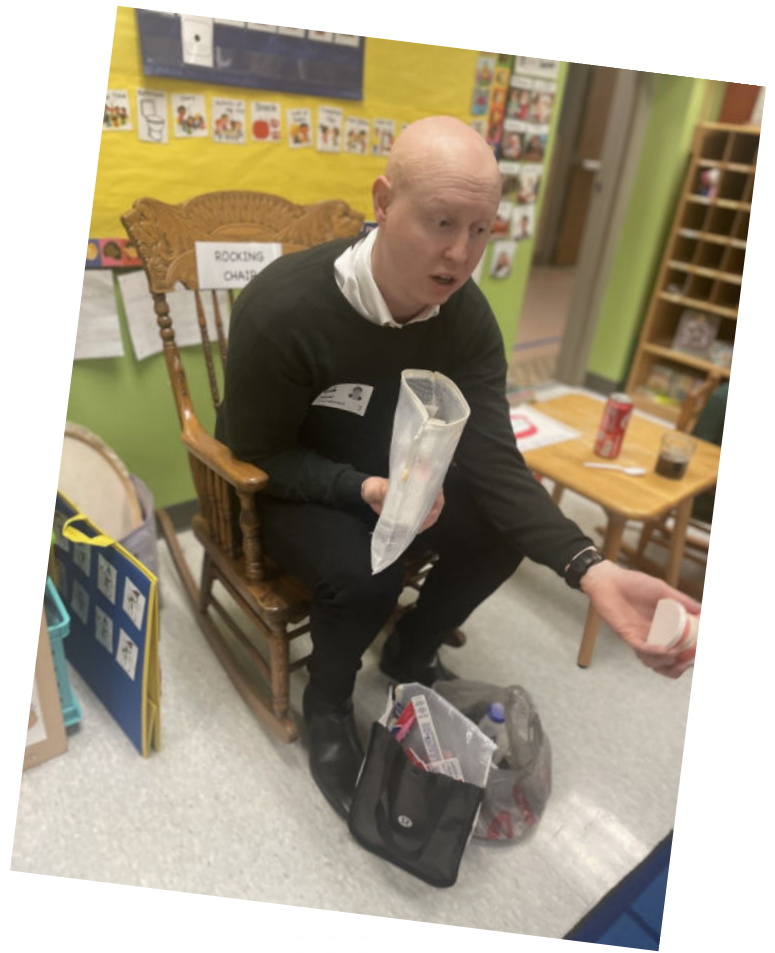
****If it rains, the concerts will be held at Central High School!****

Please make sure that your student can attend. The concert is a great summary of what everyone is working on in music throughout the year. It is the best setting for students to demonstrate their abilities and get performing experience. Please contact me with questions or if your student will be unable to attend.

Thank you for your time and as always, feel free to contact me at cstiemke@lacrossesd.org or 608-789-6930. You can also see updates, media, and access fun music links at our website at <https://sites.google.com/lacrossesd.org/emersonelementarymusic/home>. Have a great day!

-Mr. Stiemke-





Thank you Dr. Aksel
Gundersen for visiting
the 4K Preschool
classroom to discuss
dental health!



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, March 19th

Tuesday, April 16th



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



Be Respectful

Be Responsible

Be Safe


Emerson Elementary Walking Wednesdays

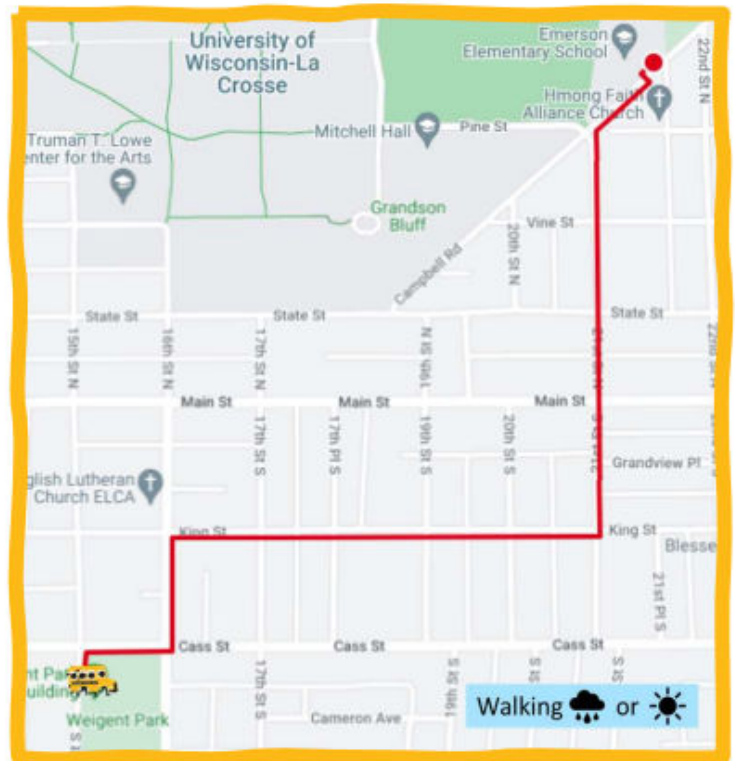
The Emerson PTO is happy to announce the start of our 23-24 Walking School Bus.
All Emerson students (K-5) are welcome to join us as we safely and actively make our way to school.
And yes, there will be trinkets and prizes!

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.

Be Respectful

Be Responsible

Be Safe

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



POWER UP WITH SWEET POTATO



Select – Choose sweet potatoes that are firm and smooth.

Store – Store in a cool, dark place for 3-5 weeks.

Prepare – Rinse under cool, running water and scrub to remove dirt.

Sweet Potatoes are the Harvest of the Month!

Add sweet potatoes to your favorite family meals:

- Slice, toss with oil and seasonings, and bake to make sweet potato fries.
- Mash with butter and cinnamon for a sweet side dish.
- Bake whole and top with black beans & salsa or maple syrup & toasted pecans.

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

Did you know?

Sometimes people call sweet potatoes yams, but yams and sweet potatoes are different vegetables! Sweet potatoes are root vegetables that come from the tropical regions of Central and South America. Yams are large, starchy roots from Africa and Asia.



Wisconsin, including Wisconsin
Harvest of the Month

This material was created by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AAE institution committed to diversity among its employees and in its programs.

Recipe of the month

Chocolate Sweet Potato Pudding

Serves 4

Ingredients:

- 2 medium mashed sweet potatoes
- 1/4 cup cocoa powder
- 3 Tablespoons sweetener (sugar, brown sugar, maple syrup, honey)
- 1 teaspoons vanilla extract
- 1/4-1/2 cup liquid (milk, water)

Place all ingredients in a blender or food processor and blend until smooth. Chill and serve.

Per serving: 117 calories, 1g fat, 2g protein, 27g carbohydrate, 2g fiber, 37mg sodium

Source: laxf2s.org



LA CROSSE COUNTY
Health Department
2024-03-01



MAYO CLINIC
HEALTH SYSTEM



GUNDERSEN
HEALTH SYSTEM



FOOD
WISE
LOCAL FOODS, HEALTHY KIDS



ACTIVITY GUIDE SWEET POTATOES

LEARN



Jewel

facts

- Spanish translation: *El camote* • Hmong translation: *Qos Liab*
- Sweet potatoes originated in the tropical regions of Central and South America.
- Sometimes people call sweet potatoes yams, but yams and sweet potatoes are different vegetables! Yams are large, starchy roots native to Africa and Asia.
- Sweet potatoes can be white, yellow, red, purple, or orange.
- Sweet potatoes are considered root vegetables because they are the part of the plant that grows into the earth and anchors the plant to the ground.



Hannah



Garnet

EAT



nutrition & seasonality

• Key nutrients:

Vitamin A - Keeps skin and bones healthy, resists and fights infection, and maintains good eyesight.

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

Vitamin B6 - Important for immune system and brain function and helps you get energy from your food.

- Fresh sweet potatoes grown in Wisconsin are available from July through October.

TASTE



Nutritious,
Delicious,
Wisconsin!

taste testing

The simpler the better! You can serve a sweet potato raw, cut into thin strips. You could also pair one slice of raw sweet potato and one slice of roasted sweet potato. Explain that the flavor changes depending on how you prepare the sweet potato. Tell kids not to give up if they try a vegetable and they do not like it. Instead, try it prepared another way because it may taste different and they might like it!

Credit: Liliana D Ramirez, FoodWise Nutrition Educator
and Sheena Cook-Fuglsang, FoodWise Coordinator

POWER UP
WITH SWEET POTATO



FUN



activity: Grow Your Own Sweet Potato Vine

Objective: Kids will see how sweet potatoes grow.

Supplies: Sweet potato (unwashed with eyes), toothpicks, wooden skewers, or wooden craft sticks, clear quart-size jar or glass container with wide mouth, water (non-chlorinated), and sunlight.

Procedure: Stick 3-4 toothpicks around the middle of the potato and support them on the rim of a clear glass cup or jar with the plumper or rounded side facing up. Fill the glass jar with water so that the bottom of the potato is in water. Place the jar in moderate to full sunlight at room temperature. Change the water weekly and replenish what evaporates. The roots will develop on the tapered bottom end of the potato while the stem and leaf buds develop at the top. For the next three to six months, vines will grow from the sweet potato. Encourage kids to record their observations about the changes taking place. Ask them to identify the roots, stems, and leaves.

— Adapted from: Got Veggies? A Youth Garden-Based Nutrition Education Curriculum

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

Tips for adapting to virtual learning: This activity is simple to do in a home environment if kids have access to a sweet potato. If this is not feasible, share a link to a video: <https://youtu.be/hXSSXP2Pt0>.

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

READ



books

- *Little Sweet Potato* by Amy Beth Bloom
- *Sweet Potato Pie* by Kathleen Lindsey
- *Tops and Bottoms* by Janet Stevens
- *Gigantic Sweet Potato* by Dianne De Las Casas



planting

Sweet potatoes are started from plants called "slips" that grow from the eyes on the sweet potato. Transplant slips in the garden as soon as the soil warms and all danger of frost has passed. Sweet potatoes grow on trailing vines that quickly cover the soil, rooting at the nodes along the way.

harvesting

Dig the main crop of sweet potatoes around the time of the first frost in the fall. Sweet potato tubers will keep getting larger as long as the weather is warm enough. Cut back the top growth and carefully dig out the sweet potatoes to avoid bruising or damaging them.

MON

TUE

WED

THU

FRI



2024

Breakfast is served with white milk.
Breakfast choice #2 is always cereal.
Lunch includes fruit, veggie, & choice of milk.

<p>day 5</p> <p>NO SCHOOL!</p> <p>4</p> <p><u>BREAKFAST</u> #1 Cinnamon French Toast <u>LUNCH</u> #1 Orange Chicken #2 Yogurt & Cheese Stick</p>	<p>day 1</p> <p>5</p> <p><u>BREAKFAST</u> #1 Pancakes <u>LUNCH</u> #1 Beef Nachos #2 EZ Jammer & Cheese Stick</p>	<p>day 2</p> <p>6</p> <p><u>BREAKFAST</u> #1 Egg, Bacon & Cheese Sandwich <u>LUNCH</u> #1 Pasta with Meatballs #2 Yogurt & Cheese Stick</p>	<p>day 3</p> <p>7</p> <p><u>BREAKFAST</u> #1 Muffin <u>LUNCH</u> #1 Supreme Pizza #2 EZ Jammer & Cheese Stick</p>	<p>day 4</p> <p>8</p> <p><u>BREAKFAST</u> #1 Breakfast Pizza <u>LUNCH</u> #1 Fish Sticks #2 Friday Sub/Wrap Choice</p>	<p>day 6</p> <p>1</p> <p><u>BREAKFAST</u> #1 Cinnamon Roll <u>LUNCH</u> #1 Mac & Cheese #2 Turkey & Cheese Sub</p>
<p>day 5</p> <p>11</p> <p><u>BREAKFAST</u> #1 Cinnamon French Toast <u>LUNCH</u> #1 Orange Chicken #2 Yogurt & Cheese Stick</p>	<p>day 6</p> <p>12</p> <p><u>BREAKFAST</u> #1 Chicken Patty on a Biscuit <u>LUNCH</u> #1 Walking Taco #2 EZ Jammer & Cheese Stick</p>	<p>day 1</p> <p>13</p> <p><u>BREAKFAST</u> #1 Scrambled Eggs <u>LUNCH</u> #1 Breaded Ravioli #2 Yogurt & Cheese Stick</p>	<p>day 2</p> <p>14</p> <p><u>BREAKFAST</u> #1 Breakfast Burrito <u>LUNCH</u> #1 Cheese Pizza Wedge #2 EZ Jammer & Cheese Stick</p>	<p>day 3</p> <p>15</p> <p><u>BREAKFAST</u> #1 Cinnamon Roll <u>LUNCH</u> #1 Potato Crunch Fish Filet #2 Hot Ham & Cheese</p>	
<p>day 4</p> <p>18</p> <p><u>BREAKFAST</u> #1 Mini Bagels with Cream Cheese <u>LUNCH</u> #1 Chicken Patty Sandwich #2 Yogurt & Cheese Stick</p>	<p>day 5</p> <p>19</p> <p><u>BREAKFAST</u> #1 Pancakes <u>LUNCH</u> #1 Pork Street Taco #2 EZ Jammer & Cheese Stick</p>	<p>day 6</p> <p>20</p> <p><u>BREAKFAST</u> #1 Egg, Bacon & Cheese Sandwich <u>LUNCH</u> #1 Meatball Sub #2 Yogurt & Cheese Stick</p>	<p>day 1</p> <p>21</p> <p><u>BREAKFAST</u> #1 Muffin <u>LUNCH</u> #1 Pepperoni Pizza #2 EZ Jammer & Cheese Stick</p>	<p>day 2</p> <p>22</p> <p><u>BREAKFAST</u> #1 Breakfast Pizza <u>LUNCH</u> #1 Mac & Cheese #2 Ham & Cheese Sub</p>	
<p>day 3</p> <p>25</p> <p><u>BREAKFAST</u> #1 Cinnamon French Toast <u>LUNCH</u> #1 Chicken Tenders #2 Yogurt & Cheese Stick</p>	<p>day 4</p> <p>26</p> <p><u>BREAKFAST</u> #1 Chicken Patty on a Biscuit <u>LUNCH</u> #1 Beef & Cheese Burrito #2 EZ Jammer & Cheese Stick</p>	<p>day 5</p> <p>27</p> <p><u>BREAKFAST</u> #1 Scrambled Eggs <u>LUNCH</u> #1 Cheese Omelet & Pancakes #2 Yogurt & Cheese Stick</p>	<p>day 1</p> <p>28</p> <p>NO SCHOOL!</p>	<p>day 2</p> <p>29</p> <p>NO SCHOOL!</p>	