Dear Families,

It’s almost hard to believe our year is half over! I want to take a moment to update you about a few things.

Our December Intersession was a huge success! We had many fun elective courses, including basketball, board games, knitting, and coding. Forms for our 3rd Intersession just went home - watch for those and send them back to get signed up!

As we head into second semester, we have several odd days coming up with staff development, early release and parent-teacher conferences - see specifics about the dates in the right hand column.

We had over 165 people attend our January family night related to Environmental Sustainability! We are going to be sending out more information about some great upcoming family nights so watch out for those.

Finally, you may have seen some exciting news recently about the expansion project. The La Crosse Tribune and WKBT ran great stories recently and I hope to have more specifics to share with you very soon!

Thank you for your partnership in making this a fantastic second semester!

Sincerely,

Ben Burns, Principal

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**No School**
- February 14
- Convention
- February 17
- Staff Development
- March 6
- Staff Development
- March 9
- Parent Teacher Conferences

**Early Release**
- No PM Preschool
- K-5 dismiss at 12:48 pm
- March 13

**Intersession #3**
- March 16 through March 27

**Child Care During These Days**
During “early release” there is after school Boys & Girls Club as usual, just two hours earlier. During “intersession” the Boys & Girls Club members will be walked to the Mathy site at 11:35 pm. if you designated that on your child’s registration form.

**Mark Your Calendars for Parent Teacher Conferences**
- March 9 (12:00-8:00) and
- March 12 (4:00-8:00)
Watch for notices coming home soon...
Upcoming Music Concerts

Mark your calendars now for both SOTA I and Hamilton’s Concerts:

K/1 Concert is on March 5th at 5:30 pm
2/3 Concert is on April 16th at 5:30 pm
4/5 Concert is on April 16th at 6:30 pm

Upcoming Family Nights

February Family Night - Thursday 2/13/20, 5:30pm-7:00pm:
UW-L will be hosting 'It Makes Scents' (Price Is Right style games promoting financial literacy)
Due to space, this event is held at Mathy-BGC, and will be done in partnership with Global Partners and BGC Staff. This was a VERY well attended and fun family night last spring when we did it. Press Break will be catering the meal again!!!

March Family Night - Thursday 3/12/20, Dinner begins at 5:30, Julia will speak from 6-7pm:
Julia Cook, Author Visit
We'll be sending out more detailed information on how this night will look in the next couple of weeks. What I can tell you is Press Break will be catering and it's going to be a great event! Julia Cook is a nationally known children’s author focusing on social and emotional learning and it is quite an honor to have her visit. Her visit as been funded in part by a grant from the La Crosse Public Education Foundation and from TITLE 1 funds. She will also be spending some time working with students and staff during the day on March 12th and 13th.

Library News

After learning about manners in the library and how to properly treat library books, our youngers focused on learning the difference between Fiction and Nonfiction. We also discussed the roles of authors and illustrators. Our older students learned about MackinVIA and the databases available through our library’s webpage. We also focused on making good choices when using electronic devices. Now we are getting ready for the district and state Battle of the Books (a competition where students read a list of books and answer questions about the books). Two teams from Hamilton and two teams from SOTA I will represent our schools at UW-L on February 6.
Two years ago, we started the work it off program. Students have the opportunity to pay for their fines/lost books by volunteering their time in the library. For each 15 minutes the student works in the library they earn $1.00 off their fines. The students have been working hard giving back to our library. Once their fine is worked off we clear their library account of fines. The students have been working so hard. Keep up the good work!

Spending too much time online? We recommend these books:
Rocket Says Look up! By Nathan Byron
Doug Unplugged by Dan Yaccarino
If you give a Mouse an Ipad by Ann Droid
Troll Stinks by Jeanne Willis
Nerdy Birdy Tweets by Aaron Reynolds

Author Visit

This year our schools are fortunate to have two authors visit. They will speak with our students about the process of writing and printing books. The first author to visit is Julia Cook. Julia has authored over 50 books. Her book titles included: My Mouth is a Volcano, A Bad Case of Tattle Tongue, and But It's Not My Fault. Julia will be visiting in March and will present to our students, at a family night on March 12th and to the staff. The second author that will visit Hamilton/SOTA I is Angela Domniguez. Angela is an author and illustrator who was born in Mexico City and grew up in Texas. Angela is a two-time recipient of Pura Belpré Illustration Honor. We are so excited that she will be visiting La Crosse and our elementary schools. Angela's visit to La Crosse and Hamilton/SOTA I will be on May 22, 2020.

Community School News

Exciting new experiences are being brought to the students, parents, and families of Hamilton Elementary! We continue to make great gains in being innovative and creative in meeting the needs of our students, families, neighborhood, and community! Thanks to the generous support of our community partners and stakeholders we’ve been able to increase access to more basic needs resources, student & family events and activities, educational opportunities and much more to the students and families at Hamilton. Make sure to be looking out for additional information on upcoming opportunities available for anyone in our school communities! Below is a glimpse of a few things to be aware of:

- Friday, February 7th, 2020: Family Sledding Night @ Forest Hills, 5:00pm-7:00pm
- Thursday, February 13th, 2020: Hamilton/SOTA I Family Night @ Mathey-Boys & Girls Club, 5:30pm-7:30pm. Hosted by UW-L - It Makes Cents - Game Night
- FREE Income Tax Assistance @ Hamilton/SOTA I LMC Thursday, March 5th, 12:00pm-6:00pm  Saturday, March 21st, 9:00am-4:00pm  Saturday, April 4th, 9:00am-4:00pm
CALL FOR AN APPOINTMENT: 608-784-8380

- Thursday, March 12, 2020: March Family Night - Author Visit - Julia Cook
- Weekly Yoga sessions will be available for all parents to participate in starting in April - more information will be sent home on this activity!
- This Spring Ajamou Butler will be returning to do a creative writing project with our 3rd-5th grade students!

As always, if you are in need of anything, or have ideas, suggestions, or feedback do not hesitate to contact Community School Coordinator, Sara Jackson (Rugg) at rugg@lacrossesd.org or (608)789-7695!

Counselor Corner

Sleep Hygiene
Is your child getting enough sleep? Below is a chart that outlines what the recommended number of hours your child should sleep per night depending on their age:

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Ongoing lack of sleep has many serious consequences, including:
- Poor school performance
- Behavioral problems
- Developmental problems
- Irritability
- Weight gain

The number of hours is important and so is a routine referred to as sleep hygiene. Below are a few tips to help keep sleep effective and productive.

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<td>Children sleep better when they have the same bedtime and wake time every day. Staying up late during the weekend and then trying to catch up on sleep by sleeping in can throw off a child’s sleep schedule for several days.</td>
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<td>Beds are for sleeping</td>
<td>A child’s bedroom environment should be cool, quiet and comfortable.</td>
</tr>
<tr>
<td>Maintain a bedtime routine.</td>
<td>A predictable series of events should lead up to the bedtime. This can include brushing teeth, putting on pajamas and reading a story from a book.</td>
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<td>Provide a quiet, calm and relaxing activities before bed.</td>
<td>Before bedtime is a great time to relax by listening to soft, calming music or reading a story. Avoid activities that are stimulating right before bedtime. This includes screen time like watching television,</td>
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using a tablet and playing video games, as well as physical exercise. Limit screen time at least 1 hour before bedtime.

Model how to relax
If a child needs help relaxing, they can use techniques such as taking slow and deep breaths or thinking of positive images like being on a beach (especially on these cold and dark winter days).

Encourage them to cuddle with a stuffed animal or blanket
Giving a child a security object can be a good transition to help them feel safe.

Information taken from Children’s Hospital of Wisconsin

**Mental Health**
A hot topic of conversation in the nation at this time is mental health and mental health of our children. Below are some simple ideas on how to continue to strengthen your child’s mental health.

| Emotionally                  | Validate their feelings  
|                             | Establish routines       
|                             | Talk about feelings often 
|                             | Know that behavior is communication |
| Physically                  | Teach body safety        
|                             | Provide a safe living environment |
|                             | Maintain a healthy diet   
|                             | Restrict and monitor screen time |
| Love                       | Listen first, talk second  
|                             | Play board games          
|                             | Create family rituals     |
| Play                       | Get outdoors often       
|                             | Provide lots of time for play |
|                             | Praise effort over achievement |
| Teach                      | Be consistent and follow through |
|                             | Replace yelling with teacher |
|                             | Teach growth mindset     
|                             | Set healthy limits        |

Information taken from Parents with confidence

**Classroom counselor time**
As we finish up our unit on inclusiveness and empathy, the focus for the rest of the year will focus on integrity, responsibility, courage and safety. I hope students are sharing with you what we discuss in class.
Positive Behavior in Schools (PBIS) News

Our next assembly will be on Friday February 7th and focus on kindness and doing kind acts for others. At our quarterly PBIS assemblies, in addition to our emphasis for the quarter, we acknowledge students who have been going above and beyond, and draw one lucky winner from each class to participate in a pizza party with Mr. Burns.

Hamilton PTO News

A huge thank you to all the parents who had made our reboot of PTO a fantastic success! All parents are welcome. The PTO meetings are generally up to one hour long and are held the first Tuesday of the month.

PTO is sponsoring a sledding party on Fri Feb 7 at Forest Hills. There will be a bus shuttling families who are not able to drive to Forest Hills available throughout the evening. You may have already seen flyers about this evening hung up throughout the building. There will be light snacks available at this event. Staff, feel free to come join in the fun with our kids and families - no assistance in setting things up will be needed.

Help our PTO from home
Did you know BoxTops for Education is now paperless? Download the app, link your account to our school, and scan your receipts - it’s that easy!

Food Pantry

Once a month Hamilton/SOTA I provides a bag of groceries for families in need. Families may sign up to pick up one bag per month and any additional items presented in our foyer area of the school (typically on the second Tuesday of the month at the end of the school day). Upcoming food pantry dates are February 18th and March 10th. If you did not sign up at the beginning of the year and would like to be added contact our school office at 608-789-7695.

National School Breakfast Week

March 2nd through 6th is National School Breakfast Week. Start your engines with school breakfast! Join our students for breakfast for only $2.50 per adult (bring the correct change please).
GROW La Crosse News

Around this time of the year it’s hard not to miss the wonderful taste of garden fresh produce. When we don’t have the chance to get hands-on in the garden it is important to keep kids involved in the preparation and choosing of health foods.

Oven roasted vegetables can be an easy and tasty addition to any meal. Kids can help choose and wash the vegetables in this savory dish. Try this recipe with your family:

Ingredients:
- 1 head cauliflower cut into florets
- 2 sweet potatoes peeled and cubed
- 1-2 zucchini cubed
- 2 T olive oil or melted coconut oil
- 2 garlic cloves minced
- Kosher salt, pepper, herbs to taste

Instructions:
- Preheat oven to 400 degrees
- Spray a large cookie sheet with non-stick cooking spray
- Place ingredients in a large sealed container. Shake until vegetables and spice blended
- Pour vegetables onto sprayed cookie sheet
- Place in the oven and cook for 20-25 minutes, until veggies are tender

Also GROW and Hillview are working out details of a merger. The planned merger will be complete in early 2020. We will move forward as GROW. You will see the same high quality garden lessons continue. We are excited about the possibilities this merger will bring to our community! For more information go to this website: https://growlacrosse.org/grow-merger-plans/

It is the policy of the School District of La Crosse, pursuant to s.118.13 Wisconsin Statutes and P19 that no person on the basis of sex, race, religion, national origin, ancestry, creed, pregnancy, marital or parental status, sexual orientation or physical, mental, emotional, or learning disability, may be denied admission to any public school in this district or be denied participation in, be denied the benefits of, or be discriminated against in any curricular, co/extracurricular, pupil services, recreational, or other program or activity.