

Hamilton Family Newsletter



A NOTE FROM MR. BURNS

I wanted to simply say thank you to all of our parents and teachers. We have been forced to reimagine most of what we typically think of as school and it has required more collaboration than ever before. I have been encouraged so far by the collaborative efforts of our teachers and parents, but I know that we will continue to tweak things to make them even better.

As we turn the page into October, none of us are sure what the future holds. We hope we will be able to safely return to in-person school as soon as possible. While we are finding the bright spots in our new digital world, and your children are amazing us each day with their eager and intuitive natures, nothing will replace being face to face with them.

Even though things look different, we are still here. Watch for emails with important updates and let us know if we can do anything to support you and your family.

UPCOMING DATES TO REMEMBER

Tuesday, October 6th

PTO Meeting 3:00-4:00pm

Monday, October 12th

No live instruction for Hamilton Blended Learning or CRVA. Teachers may assign asynchronous work.

Parent Teacher Conferences:
Noon to 8:00 pm

Thursday, October 15th

Parent Teacher Conferences:
4:00-8:00 pm

Friday, October 16th

Early Release: No live instruction after 12:45pm for Hamilton Blended Learning or CRVA. Teachers may assign asynchronous work.

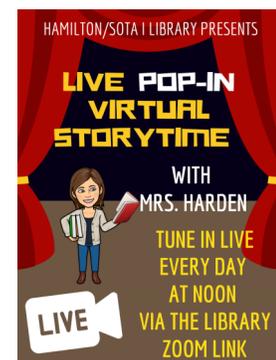
Thursday, November 5th

Picture Day is tentatively scheduled.

Hamilton Early Learning Center
1111 7th St S
La Crosse, WI 54601
Phone: 608-789-7695
Fax: 608-789-7030

Website: <https://www.lacrosseschools.org/>

FOLLOW US FOR UP TO
DATE INFORMATION



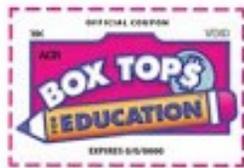
ELEMENTARY PROGRESS REPORTS & REPORT CARDS

During the 2019-2020 school year, the district established an elementary parent work group to consider adjustments to the district's elementary report card. One recommendation that evolved from the work group was to discontinue the practice of providing report cards at the end of quarters one and three. The rationale for this change stemmed from the fact that quarter one and three report cards were issued not long after teachers conducted parent teacher conferences. This made much of the information to be shared on quarter one and three report cards redundant. As a result of the work group's discussions, it was determined that teachers would instead prepare a formal *Progress Report to share with family during fall/spring parent teacher conferences*.

Elementary teachers will provide information on student progress as follows:

- During fall and spring parent teacher conferences, teachers will share newly-developed *Progress Reports with families. These Progress Reports will provide academic and social development information with relation to standard academic benchmarks, district benchmarks, academic screeners, assessments, and teacher observation.*
- Progress Reports--in conjunction with the Parent Teacher conferences--will replace the traditional report cards formerly delivered in fall and spring.
- Traditional (scored) report cards will be sent home at the end of semester one and semester two.

THE OLD BOX TOPS CLIPS



Traditional Box Tops clips are being phased out of production, but may continue to be found on many products throughout the store. You can still clip them and send them to school.

Every valid Box Tops clip is worth 10¢ for your school. Make sure each one has a clearly visible product acronym and expiration date.

*All valid Box Tops clips submitted per the Program Rules by a Coordinator(s) of (an) eligible, enrolled school(s) will be honored.

THE NEW BOX TOPS LABELS



Eventually the Box Tops program will become digital-only. Participating brands are starting to change their packaging from a traditional Box Tops clip to the new Box Tops label.

If you see this label, use the new Box Tops app to scan your receipt. **Box Tops are still worth 10¢ for your school.** The app will find participating products purchased at any store and instantly add cash to your school's earnings online.



BUY BOX TOPS PRODUCTS

You can find Box Tops on hundreds of products throughout the store.



SCAN YOUR RECEIPT

Use the app to snap a photo of your receipt within 14 days of purchase.



EARN CASH FOR OUR SCHOOL

Box Tops earnings are identified and automatically updated at BTFE.com.

You do not need to clip or send Box Tops labels to school.

BE SURE TO DOWNLOAD THE NEW APP
OR UPDATE YOUR EXISTING APP.





October Wellness lessons will focus on empathy and bully prevention. Curriculum is supported by Second Step, ACT Now Prevention Curriculum from the Children's Hospital of Wisconsin, and the Random Acts of Kindness Foundation. Empathy is trying to understand what someone else might be thinking and feeling. "Put yourself in someone else's shoes". Empathy helps to build compassion, kindness, respect, and problem solving skills. We will be identifying trusted adults they can go to when they are in unsafe situations such as bullying. Bullying is different from conflict in the repetitive nature and imbalance of power. While we are virtual, these lessons will also be posted on my website for students to watch if they were not on zoom with me during class time or rewatch in for extra practice.

How can this be supported at home?

- Encourage students to find solutions for 'kid size' problems. Some solutions for kid sized conflicts are walk away, take turns, ignore it, compromise, rock paper scissors, take a break or talk it out using I Feel statements.
- Remind students of strategies to try if someone is bother/hurting them including; assertive voice and ask to "Please Stop." Don't give them the reaction they seek and ignore if possible, and ask an adult for help if these strategies aren't working.
- Encourage students to be an Upstander instead of a Bystander. It is all of our responsibility to stand up if we see someone being treated unkindly.
- Explore Raising Caring Kids resources to help build your child's social and emotional learning.

COMMUNITY RESOURCES AND FINANCIAL SUPPORT

[FoodShare](#) – Helps people with limited money to buy the food they need for good health.

HealthCare – [BadgerCare Plus](#) and [Medicaid](#) programs provide health care coverage to individuals and families.

[Couleecap](#) - Helps people in need with housing, food, transportation, and more. Through our actions we fight poverty, promote self-sufficiency, economic development, social justice, and personal responsibility.

More resource/referral information:

[Great Rivers 211](#) -- offers free, confidential community information and referrals 24 hours/day. Dial 2-1-1 or (800) 362-8255 to talk to an information and referral specialist. They also offer a 24 hour a day crisis line.

[La Crosse Area Resource Guide](#) -- comprehensive list of resources to support individuals & families

[The Parenting Place](#) -- FREE RESOURCE to learn parenting tips, interact with other parents, discover resources in your own community, understand the stages of child development, borrow books, toys and resources, find the best options for child care.

Resources to Help You & Your Children Cope with COVID19: <https://childmind.org/topics/concerns/>

MOBILE FOOD PANTRY COMING TO POWELL- POAGE-HAMILTON NEIGHBORHOOD

When: 4 to 6 p.m. on the second
Thursday of each month

Where: Southside
Neighborhood Center, 1300 S.
Sixth St., La Crosse, (across
from Hood Park)

Requirements: Participants
must be income eligible and live
in La Crosse County The Mobile
Food Pantry will distribute pre-
packaged non-perishables,
produce, dairy, meat and baked
goods. When procedures run as
usual, we invite you to board
the bus and choose your own
produce, dairy, meat, baked
goods and non-perishable
items. The bus is handicap
accessible and volunteers and
staff will help distribute
packages. If possible, please
bring your own bags, boxes,
wagon or other method to take
your groceries home.

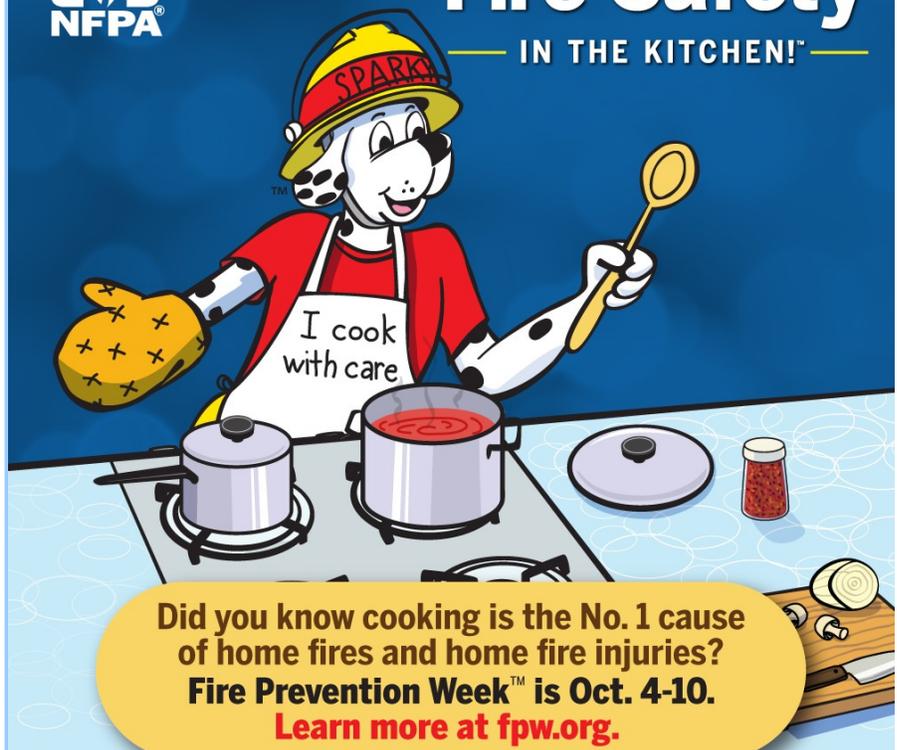
For more information, call
Sanya Frescura, manager,
WAFER Mobile Food Pantry, at
(608) 782-6003, ext. 3.



Fall Garden Lessons As we start the school year in a virtual school model GROW lessons will be shared with students through a weekly video format. Our garden educators will share a lesson recorded from the garden as well as an engaging follow up activity for students to participate in. This fall we will be focusing on the wonderful plant, animal and cultural diversity in our gardens. Teaching garden lessons with a focus on culture allows us to acknowledge that the uniqueness of what we eat and how we grow food is open connected to our cultural background, but we are all connected by the need to eat. We are getting creative to ensure our lessons can reach children whether they are in the classroom or learning from home this fall.



— SERVE UP —
Fire Safety
— IN THE KITCHEN! —



Did you know cooking is the No. 1 cause
of home fires and home fire injuries?
Fire Prevention Week™ is Oct. 4-10.
Learn more at fpw.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, Ben Burns, principal of Hamilton/SOTA 1.



PARENT TEACHER CONFERENCES

October conferences will be happening virtually. Your child's teacher will be contacting you to schedule your remote conference.



It is the policy of the School District of La Crosse, pursuant to §118.13 Wisconsin Statutes and PI 9 that no person on the basis of actual or perceived: sex, race, religion, national origin, ancestry, creed, socio-economic status, pregnancy, marital or parental status, sexual orientation, gender identity, gender expression, gender nonconformity 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/extra-curricular, pupil services, recreational, or other program or activity.

HAMILTON FOOD PANTRY

Once a month at Hamilton/SOTA I we receive a donation of food. Typically it contains dry goods and occasionally fresh produce, meat, and dairy. If your family could benefit from a monthly bag of groceries, please complete the link, <https://docs.google.com/forms/d/1cHGCCa3tsjhYNkj6GZdX4eK1T6594foz9dpnNtzJ4WU/edit> by September 24th. (This is an annual sign up so if you received this last year you will need to sign up again this year.) This will allow us to determine how much food to distribute. Sign up only one child in your family as this will include your whole family. You will receive information on when pick up days are. They will be in front of school from noon to 3 p.m.



NUTRITION SERVICES

We are pleased to inform you that Hamilton has become a Community Eligibility Provision (CEP) school while participating in the National School Lunch and School Breakfast Programs for the 2020-2021 school year.

Breakfast and/or lunch will be provided on school attendance days Monday through Friday. You will have the option to pick-up your meals or have them delivered. Meal order forms will be emailed out weekly and must be submitted by 8AM on Thursday for the following week. A new order form must be filled out for each student, each week, using their own keypad number (keypad numbers can be looked up in your Skyward Family Access account, under Portfolio, or by contacting the School Nutrition Office). Please check your email today for a meal order form for the first week of school!

If you do not have access to the internet/email, but would like to order meals, please call the Meal Order Call Center at 608-789-5880, opening Monday, August 31st. Call Center hours will be Monday - Friday 8am-1pm.

OCTOBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
5	6	7	8	9
BREAKFAST Breakfast Bread 100% Juice Box LUNCH PB&J Uncrustable Cheese Stick Fresh Veggies Fruit of the Day WG Snack Lowfat White Milk Chocolate Fat Free Milk	BREAKFAST 100% Juice Box LUNCH Roast Turkey Deli Sub Fruit of the Day Lowfat White Milk Chocolate Fat Free Milk Lite Mayo Packet Mustard Packet	BREAKFAST WW Snackbread 100% Juice Box LUNCH Southwest Chicken Wrap SW Veggie Cup Salsa Fruit of the Day WG Tortilla Chips Lowfat White Milk Chocolate Fat Free Milk	BREAKFAST WG Cinnamon Roll Mini Cinnis 100% Juice Box LUNCH Apple Kale Shaker Salad Pizza Wrap Veggie Shaker Salad Fruit of the Day Lowfat White Milk Chocolate Fat Free Milk Ranch Dip Cup	BREAKFAST WG Muffin Cheese Stick 100% Juice Box LUNCH Assorted Yogurt (4 oz) Cheese Stick Deli Ham & Cheese Fresh Veggies Fresh Veggies Fruit of the Day WG Snack Crackers Lowfat White Milk Chocolate Fat Free Milk Ranch Dip Cup
12	13	14	15	16
BREAKFAST Breakfast Bread 100% Juice Box LUNCH PB&J Uncrustable Cheese Stick Fresh Veggies Fruit of the Day WG Snack Lowfat White Milk Chocolate Fat Free Milk	BREAKFAST WG Cereal Choice 100% Juice Box LUNCH Egg Salad Sandwich Fresh Veggies Fruit of the Day Lowfat White Milk Chocolate Fat Free Milk	BREAKFAST WW Snackbread 100% Juice Box LUNCH Turkey Club Wrap Fruit of the Day Lowfat White Milk Chocolate Fat Free Milk Lite Mayo Packet	BREAKFAST Mini Cinnis 100% Juice Box LUNCH Turkey Coins Colby Jack Cheese Cubes Fruit of the Day WG Chocolate Chip Cookie Lowfat White Milk Chocolate Fat Free Milk	BREAKFAST WG Muffin 100% Juice Box LUNCH Assorted Yogurt (4 oz) Cheese Stick Fresh Veggies Fruit of the Day WG Snack Crackers Lowfat White Milk Chocolate Fat Free Milk
19	20	21	22	23
BREAKFAST Breakfast Bread 100% Juice Box LUNCH PB&J Uncrustable Cheese Stick Fresh Veggies Fruit of the Day WG Snack Lowfat White Milk Chocolate Fat Free Milk	BREAKFAST WG Cereal Choice 100% Juice Box LUNCH Chicken Salad Sandwich Baked Beans Fruit of the Day Lowfat White Milk Chocolate Fat Free Milk	BREAKFAST WW Snackbread 100% Juice Box LUNCH Deli Turkey, Ham & Cheese Fresh Veggies Fruit of the Day Lowfat White Milk Chocolate Fat Free Milk Lite Mayo Packet Mustard Packet	BREAKFAST Mini Cinnis 100% Juice Box LUNCH Pizza Wrap Veggie Shaker Salad Fruit of the Day Lowfat White Milk Chocolate Fat Free Milk Ranch Dip Cup	BREAKFAST WG Muffin 100% Juice Box LUNCH Assorted Yogurt (4 oz) Cheese Stick Fresh Veggies Fruit of the Day WG Snack Crackers Lowfat White Milk Chocolate Fat Free Milk
26	27	28	29	30
BREAKFAST Breakfast Bread 100% Juice Box LUNCH PB&J Uncrustable Cheese Stick Fresh Veggies Fruit of the Day WG Snack Lowfat White Milk Chocolate Fat Free Milk	BREAKFAST WG Cereal Choice 100% Juice Box LUNCH Ham & Cheese Slider Baked Beans Fruit of the Day Lowfat White Milk Chocolate Fat Free Milk Lite Mayo Packet Mustard Packet	BREAKFAST WW Snackbread 100% Juice Box LUNCH Turkey Club Sandwich Fresh Veggies Fruit of the Day Lowfat White Milk Chocolate Fat Free Milk Lite Mayo Packet	BREAKFAST Mini Cinnis 100% Juice Box LUNCH Turkey Coins Colby Jack Cheese Cubes Veggie Shaker Salad Fruit of the Day WG Snack Lowfat White Milk Chocolate Fat Free Milk Ranch Dip Cup	BREAKFAST WG Muffin 100% Juice Box LUNCH Assorted Yogurt (4 oz) Cheese Stick Fresh Veggies Fruit of the Day WG Snack Crackers Lowfat White Milk Chocolate Fat Free Milk

HARVEST OF THE MONTH
 NEWSLETTER 10/2020


OCTOBER

**FUN FACTS**

- Kale tastes sweeter after it is frozen or exposed to frost!
- Kale can be green, white, reddish green, purple, or bluish green and the leaves can be different shapes.
- Curly kale is the most popular variety found in grocery stores.

NUTRITION INFO

One cup of kale has 35 calories and provides vitamins A and C, calcium and potassium.

PICK

Look for kale with deeply colored leaves, moist stems and no wilted leaves. Smaller leaves will generally be more tender and mild in flavor.

STORE

Kale can be stored unwashed in a plastic bag in the refrigerator for several days. The longer it is stored, the more bitter the flavor becomes.

PREPARE

Remove the tough center stalk and rinse well under cold water before using. Pat or spin dry.

USE

Substitute kale in recipes that use spinach or collard greens or add chopped fresh or frozen kale to vegetable or bean soups. Kale can be used to make green smoothies too! Remove the stems and blend with frozen fruit, yogurt and milk.



Greetings Hamilton/SOTA I families! As the cold weather is upon us, please remember to be mindful of ways to stay healthy and away from illness! While illness tends to be inevitable, it's still important to practice healthy habits everyday. Remember to wash your hands often and thoroughly at any opportunity, cover your coughs & sneezes (and remind your children to do the same), and stay home when you're sick. Also, taking as many preventative steps like: getting enough sleep, having a healthy breakfast, and limiting non-school related screen time as often as possible will help to keep your entire family healthy & happy!

For more guidance or information on COVID-19 from the district, see [this COVID fact sheet](#). If you would like more information about the district's policies regarding COVID-19, you can visit [our website](#) or see [this guidance document](#).

Also, this is the season for head lice. As scary as it often seems for families, it is simply a nuisance and is very common. Practicing common sense regarding sharing hats, hair brushes/combs and hair ties is truly the best way to keep lice from coming into your home. Lice is most commonly spread by head to head contact in people that are in close proximity to each other for a long period of time. You can find many resources regarding head lice on the [School Health website](#).

Yours in health,
 Amber Peters, health assistant & Melissa Kujak, RN



HALLOWEEN AND FALL BOOKS TO EXPLORE

Sue Westbrook, Title One Reading Teacher

“Every leaf speaks bliss to me, fluttering from the Autumn tree.” - Emily Bronte

There are many fun activities you can do with your children when reading together. You can read aloud; you can echo read (you read, your child reads the same passage again); you can do a picture walk (look at pictures and talk about what the story might be about); you can stop often and make predictions about what might happen next. Just make reading fun!

October is a great month to explore new and exciting books about Halloween and the fall season! Remember, you can order books from our library!

Some great Halloween books are:

- ***Room on a Broom*** for kindergarten to third grade
- ***Click, Clack, Boo*** for preschool to first grade
- ***Frankenstein Makes a Sandwich*** for grades three to six (poetry book)
- ***It's Halloween, I'm Turning Green*** – a chapter book for upper elementary.

Some great fall books are:

- ***In the Middle of Fall*** for pre-k to grade two
- ***Hello Harvest Moon*** for first through fifth grade
- ***Mercy Watson Princess in Disguise*** for first through third
- ***There was an Old Lady Who Swallowed Some Leaves*** for second through fifth
- ***Little Witch*** – a chapter book for upper elementary

