

Hamilton Hawks

Hamilton Elementary School Newsletter

January 2021

Important Dates

Friday, January 1st: No School

Tuesday, January 5th: PTO Meeting 3pm-4pm

Thursday, January 14th: No School

Friday, January 15th: No School

End of semester

Pupil Progress reports will be mailed home

Monday, January 18th: No School

Tuesday January 19th: No School

Wednesday, January 20th: K-2 Return to In-Person Learning

January 20th-22nd: 3-5 Continue Virtual Learning

Thursday, January 21st: Family Night 5:30pm-6:30pm

Monday, January 25th: Pre-K and 3-5 Return to In-Person Learning

No Name-Calling Week Dress Up Days

Monday, January 25th
Mismatch Monday

Tuesday, January 26th
Team Tuesday

Wednesday, January 27th
Workout Wednesday

Thursday, January 28th
Thinking Cap Thursday

Friday, January 29th
Fancy Friday

GLSEN's No Name-Calling Week, is a week organized by K-12 educators and students to end name-calling and bullying in schools.

A Note from Mr. Burns

Thank you to everyone for your continued partnership in your child's education - we couldn't do this without your support! We enjoyed our recent Artist-in-Residence experience and December family night. Mark your calendars for our next family night on January 21st - big news soon about the topic - it's going to be very exciting!

I hope that everyone has a chance to unplug and rest over the winter break. If we can do anything to support you and your family, please reach out. Stay warm and stay safe!



Grants Awarded

Carrie Wuensch-Harden of Hamilton/SOTA I Library, received a \$735 Gold Star Grant to support an innovative Principal's Book Club at Hamilton using the book "All Because You Matter" by Tami Charles. The book deals with pride and self-esteem, mothers and fathers, and love. The book has been described as: "A beautiful love letter to Black and brown children with a nurturing message to be appreciated by all." Each classroom gets a book to read aloud, and then students will write about what makes them special, with their essays compiled into a book that will be published for each class. The grant is underwritten by Gundersen Health System.

Jenn Speckeen received a \$500 grant to buy books to integrate reading and writing into the study of mathematics for K-2 students at Hamilton. The grant is underwritten by Coulee Bank.

Jourdan Stacey and Mindy Court received a \$1,500 grant to buy books for 3rd-5th grade classrooms at Hamilton, with an emphasis on books on subjects of high interest to students that will help those reading below grade level who need phonics and fluency help. The grant is underwritten in part by Mooresmiles.

Help Your Child Succeed in Elementary School: *Build the Habit of Good Attendance*

DID YOU KNOW?

- Participation in early education programs, like preschool and Head Start, lead to better attendance in kindergarten.
- Starting in kindergarten, missing 10% of school (or just 2 days every month) can make it harder to learn to read and cause children to fall behind in school.
- Good attendance, whether class is held in person or remotely, can help children do well in school, and eventually in the workplace and in college.



WHAT YOU CAN DO

Communicate with the School

- Contact your child's teacher(s) and let them know how to reach you.
- Get and post your child's class schedule and log in information on the refrigerator or your child's desk.
- Practice logging in to virtual classes and make a plan for supporting learning for children. Contact the school if you need help logging in.
- Ask about the school's attendance policy.

Make School Attendance a Priority

- Establish routines for bedtime, waking up and showing up for class.
- Identify a quiet place for your child to do school work. If you have multiple children, make a schedule. Or ask your school or community agencies if they have created places for distance learning, or if noise-canceling headsets are available for students.
- Develop back-up plans for getting your child to school or logging in to the computer if you can't be there to help. Find a family member, neighbor or older child who can help over the phone or who can help while wearing a mask and maintaining physical distance. Community-based organizations might also be able to help.
- When school is in session, avoid extended family trips and non-urgent medical appointments.
- Ask your child's teacher about attendance and tell the teacher any concerns you have.

Help Your Child Stay Healthy and Engaged

- Monitor your child's attendance and participation; and contact the teacher to address any concerns.
- Make sure your child gets the flu vaccine and other required shots.
- Find out if your child feels safe from bullies. Make sure that school discipline policies don't lead to your child becoming disengaged or pushed out of school. If these are problems, work with your school to find a solution.
- If your child seems bored or anxious about school, talk to teachers, school counselors, or other parents for advice on how to make them feel comfortable and excited about learning.
- Ask for help when you need it. School staff, after-school program providers, and other parents or community agencies are available to help families access online learning, obtain food or housing and address other experiences that make it difficult to attend and participate.

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 contact the office to sign up. You will receive information on when pick up days are.



NUTRITION

During virtual school meal distribution happens at Hamilton from 10:45am-11:45am on school days.

Breakfast and/or lunch are provided on school attendance days Monday through Friday. Meal order forms will be emailed out weekly and must be submitted by 8AM on Wednesday for the following week. If you do not have access to the internet/email, but would like to order meals, please call the Meal Order Call Center at

Happy New Year Hamilton Friends!

We miss seeing all of you and hope you had a good holiday break. Penny has been keeping in practice reading with me but it's not the same. I don't think I pet her enough while I read with her and I think she likes the books you read to her better!!

From Penny: I had a fun holiday. We went on lots of walks—my favorite place to walk is the La Crosse River marsh. I get to meet lots of people and other dogs on our walks and get to watch lots of birds and animals. It's fun!

I also got to play lots of fetch. When we play fetch my dad throws 2 tennis balls and my brother Oskar (he's a lab) and I run and get them—usually I get the first ball and then run after Oskar as he fetches the 2nd one. He always gives the ball back to my dad so he can throw it again but I don't—I hold my ball in my mouth and just chase Oskar! I don't want to give up my ball!

We also got some cool new toys this holiday. They had squeakers in them and every time I chewed on one of them, it made a noise. I think I drove my mom and dad nuts walking around the house with one of the toys in my mouth making all these squeaking noises!

Well that's all for now---Keep practicing your reading so when I see you again you can share your favorite books with me!

From Penny and Miss Linda



2021-2022 Intradistrict Transfer Information

One of the many strengths of the School District of La Crosse is the variety of opportunities and choices offered to families, especially when it comes to school choice; we recognize that one size does not fit all. School enrollment occurs in a variety of ways, for example, every student is guaranteed enrollment in their neighborhood (boundary) school, which is determined by the student's home address. Families also have the opportunity to request something other than their boundary school through the intradistrict transfer application.

You do not need to apply for an intradistrict transfer if:

- your child has already been accepted to a choice or charter school, or
- your child has previously been approved for a boundary exemption, or
- you wish for your child to remain at their boundary school.

WHEN AND HOW DO I APPLY?-

Families may apply between February 1st and April 30th. Families must complete an online intradistrict transfer application at www.lacrosseschools.org/intradistrict-transfers/.

If you do not have access to a computer or internet access, you can fill out an online application at your current school, at the Hogan Administration Center in our Welcome Center, or visit your local public library computer lab.

HOW DO I KNOW IF MY APPLICATION IS APPROVED?

All applications are considered. The completion of an application is not a guarantee of placement. Your application may be approved, denied, or placed on a waitlist. Every effort will be made to communicate the status of your application by May 30th.

WHAT ARE THE OPTIONS?

Information about all charter, choice, and boundary schools can be found on the School District of La Crosse Intradistrict webpage, www.lacrosseschools.org/intradistrict-transfers/. Should you have any questions about a specific school, contact that school's principal. What is a charter school? Charter schools are public, nonsectarian schools created through a business-like contract or "charter" between the charter governance board and the sponsoring school board or other chartering authority.

Charter School Options:

Elementary - Coulee Montessori, School of Technology & Arts (SOTA I), Coulee Region Virtual Academy

Middle School - Coulee Montessori Adolescent Program and School of Technology & Arts (SOTA II)

Middle/High School - La Crosse Polytechnic School (Virtual Option Available), Coulee Region Virtual Academy

What is a choice school? Choice schools include students from the boundary attendance area as well as students that choose to attend through the choice and charter process. These schools deliver curriculum using a thematic approach or have a unique calendar.

Choice School Options:

Elementary - Hamilton Early Learning Center (Year-Round), Northside Elementary School (Year-Round), North Woods International School, and Summit Environmental School

Middle School - Logan Middle Spanish Partial Immersion

What is a boundary school? Boundary schools are based on your home address within the School District of La Crosse.

WHAT IF MY FAMILY LIVES OUTSIDE OF LA CROSSE AND WE WISH TO ATTEND THE SCHOOL DISTRICT OF LA CROSSE?

We welcome all students and families! If you do not live within the School District of La Crosse boundary or have moved outside the district but wish for your child to attend the School District of La Crosse, please watch for information regarding the Wisconsin Open Enrollment Application Period, starting at the beginning of February through the end of April. If you have previously applied and been approved for open enrollment, you do not need to reapply. Transportation is the responsibility of the parent for open enrolled students. For more information, contact Michelle Wozney, 608.789.7651, or mwozney@lacrossesd.org, or visit <http://dpi.wi.gov/open-enrollment>.

IS TRANSPORTATION PROVIDED?

Transportation is provided for choice programs and charter schools. As previously mentioned, for all other intradistrict transfer requests, transportation is the responsibility of parents/guardians.

HARVEST OF THE MONTH
 NEWSLETTER 1/2021



JANUARY



FUN FACTS

- Cabbage is one of the oldest known vegetables! Red cabbage is one of the many varieties grown around the world.
- Cabbage is Russia's national food. Russians eat about seven times as much cabbage as the average North American.

NUTRITION INFO

One cup of raw cabbage has 22 calories and provides fiber and vitamins A & C.

PICK

Choose firm, heavy cabbage heads with unblemished leaves. Cabbage can be found as whole heads or shredded near bagged salad mixes.

STORE

Store cabbage tightly wrapped in the refrigerator and use within a few weeks. Once cut, place the remainder in a plastic bag or covered container and use within a few days.

PREPARE

To prepare cabbage, remove the thick outer leaves, slice in half, and remove the hard white core. Wash thoroughly and slice into desired thickness.

USE

Cabbage can be steamed, microwaved, boiled, roasted, or made into coleslaw or sauerkraut. Cabbage is a great addition to casseroles, stews, salads and soups.



Savory Roasted Cabbage

Serves 5

Ingredients:

- 1-pound cabbage, roughly chopped with core removed
- 2 Tbsp. olive oil
- ½ tsp. salt
- ¼ tsp black pepper

Directions:

Preheat oven to 400°F. Place cabbage in a large bowl. Add olive oil, salt and pepper; toss until evenly coated. Spread seasoned cabbage onto a sheet pan and place in oven for 10-15 minutes, stirring occasionally. When edges begin to brown, remove from oven and serve warm.

Per serving (1/2 cup): 70 calories, 6g fat, 1g saturated fat, 1g protein, 5g carbohydrate, 2g fiber, 250mg sodium

for more information visit www.laxf2s.org

Coulee Region Farm to School is a partnership between La Crosse County Health Department, Mayo Clinic Health System – Franciscan Healthcare, Gundersen Health System, and the School Districts of Bangor, Holmen, La Crescent-Hokah, La Crosse, Onalaska, and West Salem.



MAYO CLINIC
 HEALTH SYSTEM

GUNDERSEN
 HEALTH SYSTEM.

SCHOOL DISTRICT OF LA CROSSE

4K Preschool



2021-2022 Preschool Registration

New Student Online Enrollment for the 2021-22 school year will open on November 16 2020.

Preschool site selection will be done online starting Jan. 18, 2021 at 7 AM. This will still be a first come first serve sign up.

Families are welcome to come into Hogan to complete the enrollment process on a computer if needed. Students must be 4 on or before Sept 1 2021 to enroll into 4K Preschool.

Step 1– Starting Nov 16, enroll your 4 year old for the upcoming school year. Please visit Lacrosseschools.org and click on “Enroll In Our Schools” button. Follow the prompts to create an account and complete the New Student Online Enrollment process. You may upload or email a picture of the student’s birth certificate and your proof of address. If these documents are not submitted during enrollment, they will need to be submitted by Jan 22 to hold your spot.

Enrollment needs to be completed by Jan. 14 if you wish to complete step 2.

Step 2— Starting Jan 18 at 7AM– Log into Skyward family access and click on the Arena Scheduling button on the left side of the screen. Under the preschool heading, click on 2021-2022 year. You will then see the list of preschool classes. Select your class and click on the **Add** button. The **Add** button will not be available if that class is full. If you decide to change classes, click on “Remove” under the Option column. Arena scheduling will close on Jan. 22. Please call the preschool office for any changes after that.

Preschool Office

Preschool@lacrossesd.org

608-789-7006

Do you need diapers?

**Every
Thursday**

At The Parenting Place
1500 Green Bay Street, La Crosse
11:00 am – 2:00 pm



**Diapers are free for any family that needs them
(no income or other requirements)**

- 1. Request the sizes you need:**
TEXT: 608-792-3923
Or, EMAIL: diapers@theparentingplace.net
- 2. Wait for a response confirming your request**
- 3. Come to pick up diapers!**

Donations of diapers and wipes are also accepted during diaper distribution times. Thank you!

Contact The Parenting Place:
Call (608)784-8125
or email: info@theparentingplace.net

 www.theparentingplace.net
 [theparentingplace.net](https://www.facebook.com/theparentingplace.net)

A PATH FROM JOB TO CAREER

Community School Adult Learning

Listening Session and Q&A

Adult Basic Education

Adult High School

English Language Learners

and More



Western's GOAL program provides a broad range of basic skill and literacy services to the District's adult residents. These services can help open the door to employment opportunities and further education. Services are offered in La Crosse and at select extended campus locations. *Most services are free of charge.*

Wednesday, January 13th, 2021

1:30pm-2:30pm

Thursday, January 21st, 2021

5:30pm-6:30pm

Join the Zoom Meeting by
scanning the code below:



Western
Technical College
THE ESSENTIAL EXPERIENCE



Questions or concerns? Call Sara Jackson or Ben Burns at (608)789-7695

IMMUNIZATIONS 2021

So many things have changed in our lives, but one thing that has not changed are the standard immunizations needed for our children! Annual wellness appointments with providers may be off schedule due to the pandemic, so it is important to remember what is needed for the next school year. Below is a chart indicating what vaccines are needed and when they are needed.

For Example: Children going into 6th grade need a Tdap (Tetanus, Diphtheria, and Pertussis-which is whooping cough). Providers may also discuss other recommended vaccinations in this age group such as HPV or Meningitis.

If you have any questions, please contact your school nurse.

When Do Children and Teens Need Vaccinations?

Age	HepB Hepatitis B	DTaP/Tdap Diphtheria, tetanus, pertussis (whooping cough)	Hib <i>Haemophilus influenzae</i> type b	IPV Polio	PCV13 Pneumococcal conjugate	RV Rotavirus	MMR Measles, mumps, rubella	Varicella Chickenpox	HepA Hepatitis A	HPV Human papillomavirus	Men-ACWY	MenB	Influenza Flu	
											Meningococcal			
at Birth (within 24 hours of birth)	✓													
2 months	✓	✓	✓	✓	✓	✓								
4 months	✓ ₁	✓	✓	✓	✓	✓								
6 months	✓ (6-18 mos)	✓	✓ ₁	✓ (6-18 mos)	✓	✓ ₁							✓ (6 mos and older)	
12 months			✓ ₁		✓ ₁	✓ ₁	✓ ₁	✓ ₁	✓ ₁	(2 doses given 6 months apart routinely at age 12-23 months) HepA vaccine (2 doses) is also recommended for children and teens not previously vaccinated.				One dose each fall or winter to all people ages 6 mos and older. Some children younger than age 9 years need 2 doses; ask your child's healthcare provider if your child needs more than 1 dose.
15 months		✓ ₂	✓ ₁											
18 months														
19-23 months														
4-6 years		✓		✓			✓	✓					Influenza vaccine is recommended every year for everyone age 6 months and older.	
7-10 years														
11-12 years		✓ (Tdap)							✓✓ ₃	✓				
13-15 years														
16-18 years											✓	✓✓ _{4,5}		



Saint Paul, Minnesota • 651-647-9009 • www.immunize.org • www.vaccineinformation.org
www.immunize.org/catg.d/p4050.pdf • Item #P4050 (5/20)

FOOTNOTES

- 1 Your child may not need this dose depending on the brand of vaccine that your healthcare provider uses.
- 2 This dose of DTaP may be given as early as age 12 months if it has been 6 months since the previous dose.
- 3 Children with certain medical conditions will need a third dose.
- 4 This vaccine may be given to healthy teens. It is also recommended for adolescents with certain health conditions.
- 5 Your teen may need an additional dose depending on your healthcare provider's recommendation.

Inclement Weather Cancellations

We will be canceling instruction when we close school due to snow and cold this year, even while in virtual instruction. Even during virtual instruction, we have many students who will not be able to access their instruction when it is unsafe for buses to run or unsafe for travel to school. CRVA will still hold asynchronous instruction on inclement weather days.

