

April Newsletter



A Letter from the Principal

Happy April! We are in our final stretch of the school year and entering the 4th quarter! March was a busy month with our March Madness theme. We enjoyed a word competition that ultimately had the word "Love" taking home the championship. We hosted a fun staff vs. 5th grade student basketball game and a game filled family night. As we move into April, we will have our Forward Exams for our 3rd - 5th graders, testing cheerleading from our 4K-2nd graders, a school-wide Bubble Run, Bike Rodeo Family Night, a Chicken Q, field trips, and prep for our concerts & graduation (and a busy May)!

Thank you for your continued partnership,
Jenna Fernholz



Important Dates

- April 1 & 2 - Spring Break No School
- April 8-15 - Forward Testing for grades 3 through 5
- April 9 -Hamilton PTO 5 - 6 SOTA Steering Committee Meeting 6-7:30
- April 18 - Bike Rodeo Family Night 5:30-7
- April 19 - No School
- April 23rd - Hamilton/SOTA I Chicken Q
- April 24 & 25 - Seal A Smile Fluoride Varnish for 2nd Graders
- May 1 - SOTA I Orchestra Concert 6:00



 Save The Date! 

All School (Hamilton and SOTA I) Spring Music Concert will be
Thursday, May 9th

Join us to celebrate the year with your students.

All performances will be in the Gym, each performance is about
20 min. Long. (More details to come about arrival times and
what to wear.)



K/1 5:30 pm,

**Join us to learn the story of
the Little Red Hen**

2/3 6:15pm,

**Get cozy with us as they perform a
musical revue called Pajama
Party!**



4/5 7pm,

**Celebrate with the students as
they sing songs that represent
who they are.**

Save the date!



Date: May 22, 2024

Time: 6:00pm

Location: UW-La Crosse Toland Theater

Please join us for our annual Informance! This is an exciting performance that allows our talented students to showcase some of their learning. All are invited!

Mark your calendars and stay tuned for more information!



Wax





Greens are the Harvest of the Month!

Add greens to your favorite family meals:

- Add fresh spinach to your smoothie.
- Use fresh or frozen spinach in lasagna, casseroles, or soups.
- Saute Swiss chard with garlic and add to eggs or top a pizza.

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

Select – Look for greens that are a deep green color and have crisp leaves.

Store – Refrigerate in a plastic bag for 3-5 days.

Prepare – Rinse, then tear or chop the leaves.

Did you know?

“Super green” refers to dark green vegetables that contain extra amounts of key nutrients like vitamins A and C, potassium, and dietary fiber. These dark green vegetables are important to eat often to grow and stay healthy. Try a variety of “super green” vegetables including spinach, Swiss chard, kale, collard greens, romaine lettuce, watercress, bok choy, and mustard greens.



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.

RECIPE OF THE MONTH

Seared Greens

Serves 6

Ingredients:

- 8 cups kale or collard greens
- 2 Tbsp oil
- 4 cloves garlic
- 1 cup water
- 1/4 tsp salt
- 1 tsp ground pepper
- 2 Tbsp cider vinegar

Directions:

Clean the greens thoroughly and cut stems away. Dry well and tear into salad pieces or slice across leaf into 1/2 inch pieces. In a large deep pot or skillet with a cover, sauté garlic in oil. Add greens in pan with 1 cup water.

Cover pan and steam for 4 minutes. Uncover, stir constantly until greens shrink. Add salt

and pepper and continue to stir on high until mixture is thoroughly wet. Sprinkle cider vinegar on mixture. Cover. Turn off heat. Let stand until ready to serve.

Per serving: 89 calories, 5g fat, 4g protein, 9g carbohydrate, 2g fiber, 133mg sodium

Source: laxf2s.org



LA CROSSE COUNTY
Health Department
Nationally Accredited





STAR STUDENTS OF THE MONTH

MARCH



fAMILY





Enjoy a delicious Pogy's Chicken Q Dinner, and support the schools' Grow Garden & Artist in Residence program!

Tickets: \$12/dinner, including: 1/2 chicken, baked beans, potato salad, roll, and butter. To order tickets: [Place orders HERE](#) by April 15



PayPal: @SOTAI



Payment due at the time of ticket order
Payment options include
Venmo, PayPal,
or cash/check
payable to SOTA I Steering Committee
dropped off at the school office

Venmo: @SOTASteering



If your workplace would like to place a larger order, contact:
SOTAISTeeringCommittee@gmail.com

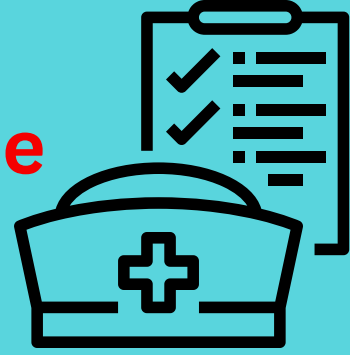
To pick up dinners:
Tuesday, April 23, 4-6pm
Door A on 7th St in front of the school

Not interested in a chicken dinner, but still want to support these wonderful programs?
Feel free to make a donation using the above methods. Just note it in the memo section!

Sponsored by the Hamilton PTO & SOTA I Steering Committee



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



★ HAMILTON/SOTA | BOYS & GIRLS CLUB ★

BASKETBALL



NIGHTS

MONDAY NIGHTS

March 25
April 8, 15, 22, 29

**HAMILTON
& SOTA |
GYM**

**K-2ND 3:30 - 4:15PM
3RD - 5TH 4:15 - 5PM**

ALL HAMILTON & SOTA STUDENTS
ARE INVITED TO JOIN
**COACH MO & THE UW-LA CROSSE
WOMEN'S BASKETBALL TEAM**

★ ANY NON-BGC MEMBERS INTERESTED IN BASKETBALL NIGHTS,
SIMPLY NEED TO JOIN BGC AT NO-COST TO THE FAMILY.

REGISTER HERE:



Physical Education Update

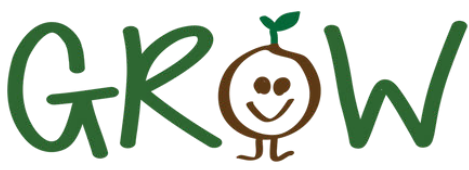


Spring is in the air, and our students are buzzing with excitement as they engage in a variety of physical activities to get students geared up for outdoor play in the summer months.. We're also excited to announce that students have been introduced to controlling objects with short and long-handled implements through the fun activities of pickleball and badminton (check out some of the smiles in our snapshots of students in action). These activities not only improve their hand-eye coordination but also teach them valuable skills in teamwork and sportsmanship while playing recreational activities. At the end of March students will gain experience with social dances and targeting health-related fitness through cardio drumming. As the weather warms up, we're looking forward to taking our lessons outdoors, where students can enjoy the fresh air and sunshine while staying active. We're committed to promoting a healthy, active lifestyle for all our students, and we're thrilled to see their enthusiasm for staying active and having fun!"

Sincerely,

Jordan Young
Physical Education
Hamilton/SOTA1





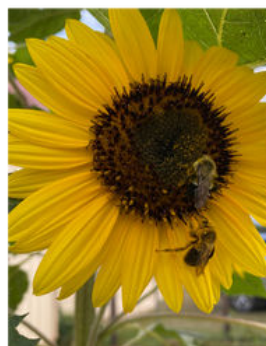
SCHOOL GARDEN NEWS

April 2024

Exploring Community In Our Gardens

In this growing season we will be diving into pollinators and diversity in plants and cultures, bringing it all together to illustrate a sense of community in our gardens, classrooms, and surrounding neighborhoods.

Did you know that pollinators are needed for every 1 out of every 3 bites of food your eat? Students will have the opportunity to enhance or create pollinator habitats through growing native plants in or next to their school gardens during garden lessons this spring.



Plant Sale

GROW YOUR GARDEN

STARTING **MAY 15th**

Plant sale is ongoing while supplies last.

LOCATION: Habitat ReStore 3181 Berlin Drive La Crosse, WI 54601	HOURS: Wednesday- Saturday 10 am to 6 pm
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This event is a Habitat for Humanity and GROW collaboration. Funds raised will support the ReNew The Block project & GROW.



GROWLaCrosse.org • HabitatLaCrosse.org



Farm Camp

Registration is open for our fee-based farm camps to be held the week of August 5th.

Thank You Garden Sponsors



GROWLaCrosse.org





April 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 NO SCHOOL!	2 NO SCHOOL!	3 day 6 BREAKFAST #1 Egg, Bacon & Cheese Sandwich LUNCH #1 Lasagna Roll-up #2 Yogurt & Cheese Stick	4 day 1 BREAKFAST #1 Muffin LUNCH #1 Garlic Cheese Bread #2 EZ Jammer & Cheese Stick	5 day 2 BREAKFAST #1 Breakfast Pizza LUNCH #1 Sloppy Joe Sandwich #2 Hot Ham & Cheese Flatbread
8 day 3 BREAKFAST #1 Cinnamon French Toast LUNCH #1 Grilled Chicken Burger #2 Yogurt & Cheese Stick	9 day 4 BREAKFAST #1 Chicken Patty on a Biscuit LUNCH #1 Chicken Taco #2 EZ Jammer & Cheese Stick	10 day 5 BREAKFAST #1 Scrambled Eggs LUNCH #1 BBQ Pork Sandwich #2 Yogurt & Cheese Stick	11 day 6 BREAKFAST #1 Breakfast Burrito LUNCH #1 Personal Cheese Pizza #2 EZ Jammer & Cheese Stick	12 day 1 BREAKFAST #1 Cinnamon Roll LUNCH #1 Fish Filet #2 Turkey & Cheese Sub
15 day 2 BREAKFAST #1 Mini Bagel + Cream Cheese LUNCH #1 Orange Chicken #2 Yogurt & Cheese Stick	16 day 3 BREAKFAST #1 Pancakes LUNCH #1 Walking Taco #2 EZ Jammer & Cheese Stick	17 day 4 BREAKFAST #1 Egg, Bacon & Cheese Sandwich LUNCH #1 Breaded Ravioli #2 Yogurt & Cheese Stick	18 day 5 BREAKFAST #1 Muffin LUNCH #1 Pepperoni Pizza Wedge #2 EZ Jammer & Cheese Stick	19 NO SCHOOL!
22 day 6 BREAKFAST #1 Cinnamon French Toast LUNCH #1 Chicken Patty Sandwich #2 Yogurt & Cheese Stick	23 day 1 BREAKFAST #1 Chicken Patty on a Biscuit LUNCH #1 Pork Street Taco #2 EZ Jammer & Cheese Stick	24 day 2 BREAKFAST #1 Scrambled Eggs LUNCH #1 Meatball Sub #2 Yogurt & Cheese Stick	25 day 3 BREAKFAST #1 Breakfast Burrito LUNCH #1 Pepperoni Pizza #2 EZ Jammer & Cheese Stick	26 day 4 BREAKFAST #1 Cinnamon Roll LUNCH #1 Cheeseburger #2 Ham & Cheese Sandwich
29 day 5 BREAKFAST #1 Mini Bagel + Cream Cheese LUNCH	30 day 6 BREAKFAST #1 Pancakes LUNCH			

