Greetings Hintgen Families,

It seems like only yesterday we returned to school, but I also know that the first 8 weeks of school always seem to just fly by! By now you probably have your home/school routines in place and in another week we will be setting our clocks back one hour earlier. As the days get colder and the sky stays darker longer, I begin to prepare mentally and physically for winter. At school we have spent the start of the year getting to know your child and their strengths and areas to focus on, and are buckling down in the classroom to ensure high levels of learning and opportunities for growth. As you met with your child’s teacher over the past few weeks you were able to set goals together for your child to achieve high levels of success. We know when we partner together we can help ensure your child’s ongoing progress.

As the weather turns colder, please ensure your son/daughter comes to school with items to keep themselves warm. If you are need of any assistance, please do not hesitate to reach out to us here at school so that we can best support your family.

As we embark on this time of year, it always marks the holiday season for many families, cultures and traditions. Whatever holidays you celebrate I encourage you to be mindful of others, their cultures, their beliefs and their celebrations. During the month of November our Hintgen Core Value is Giving and we will be talking about the ways we can be giving to ourselves, our class community, our community at large and our own families. At school we will also ensure that as we embark on conversations around Thanksgiving that we ensure a historically accurate representation of this time. I encourage you as families to also have these conversations at home and grow your knowledge and understanding about the accurate historical depictions of Thanksgiving.

Also as we embark on November, as a Hintgen community we are eager to hear the recommendation from our Facilities Advisory Committee on the next steps for elementary schools within the school district of La Crosse. We will be hosting Dr. Engel at Hintgen on Tuesday November 7th from 5:30-6:30 in our LMC to have our own question/answer session. I encourage you, as parents and community members, to be informed, check out the site, and ask questions to learn more.

I always welcome your feedback, ideas, concerns and questions so please feel free to contact me at your convenience either via email at aoliver@lacrossesd.org or via phone at 608-789-7767. I also welcome you to stop in and visit with me at our school. Hintgen is a great place to be!

In partnership,

Amy Oliver, Principal
We would like to invite you to join our Hintgen PTO. The PTO meets monthly on the **2ND TUESDAY OF THE MONTH**. **All of our meetings will be virtual and you can access the link below to join us.** Meetings start at 5:30 pm. Here is the standing link to join us:

**Hintgen PTO Google Meet Link**

Please consider joining us at a meeting, or helping out in any capacity as we are always looking for additional parent supports. There are many ways you can be a PTO member. Please contact our PTO reps, Dawn Ortiz (608)792-8713) or Melissa Heberlein (608-385-3070) or email them at ptohintgen@gmail.com. They can help you if you have any questions or want to know ways to become involved. Please see the dates listed below as the PTO meetings for the 2023-24 school year:

- November 14
- December 12
- January 9
- February 13
- March 12
- April 9
- May 14

**Check out Hintgen PTO on Facebook!**

**Hintgen PTO Facebook Page**

**HINTGEN PTO UPDATES**

- Thank-you to everyone who bought or sold for the Cherrydale Fundraiser! Our top three sellers were: Keagan Ortiz, Kinsley Morales Vang, and Jacoby Johnson. We made over $3,000 to cover school and teacher requests!! Look for item pick up to be Tuesday Nov 21st after school.
- Those who ordered new Logo Wear, it will come home with your child in the next week or so.
- The next fundraiser is a Penny War to raise $1,000 for artificial grass for the gaga pit. Be saving your change!!!

**VIRTUAL BACKPACK**

Check out the link below for more information on events, programs, and opportunities for your child (ren) in the community.

[https://www.lacrosseschools.org/parents/virtual-backpack/](https://www.lacrosseschools.org/parents/virtual-backpack/)
The Facilities Advisory Committee has been meeting since April. The committee will meet for their last meeting on Thursday Nov. 2 from 6-8:30 at Hogan. Please check out the corresponding webpage to stay informed, and up to date. In addition if you have any questions for the FAC, you can post them directly on this page: https://www.lacrosseschools.org/facilities-advisory-committee/

On Tuesday November 7th from 5:30-6:30 Hintgen Elementary will have Dr. Aaron Engel and Joe Ledvina, head of Buildings and Grounds join Hintgen families and our neighboring community in our LMC. We are hosting a question/answer session. Join us at this event to listen, learn and seek more information should you have questions. During this time we will offer childcare, provided by our teachers so that families can listen, learn and inquire. Additionally we are offering a virtual link if you are unable to join in person, please feel free to access this link: Google Meets link

Lastly, during the FAC process it has been communicated that staff, families or community members can sign up to speak at the public hearing sessions on Nov. 27th &/or Nov. 29. The process for signing up is similar to requesting to speak at a Board Meeting where you contact Laura Steigerwald, her contact information is: lsteiger@lacrossesd.org

"Mr. Schmidt's Counselor Connection"

Looking for Holiday Help?

See the attached flyer for more information on community resources for families.

Ryan Schmidt, School Counselor
rschmidt@lacrossesd.org
Thank you to our generous community!

As we have started the school year, we have been lucky to be the recipient of a number of generous donations that directly impact all of our students at Hintgen. A huge Thank you to the following donors:

- Gary and Barb Terbeest for their $5,000 donation to all Hintgen students towards our schoolwide snack costs.
- Dairyland Power for supporting our schoolwide snack initiative by donating $1,500
- Brent and Lisa Ridge for supporting our schoolwide snack initiative by donating $1,500 to match Dairyland Power
- Todd & Rene Guentner for donating $1,000 toward our school wide snack initiative
- Prairie View PTO in Holmen for letting us borrow some of their games for our PTO Fall Harvest Carnival
- Hintgen PTO for supporting our schoolwide family events and contributing $1,000 for our all school field trip busing costs.

Books & Breakfast

Thursday, November 9
7:15-8:00 AM—LMC

Kindergarten & 1st Grade Families are invited to join us for a morning of literacy with a free light breakfast on November 9th at 7:15 am in the LMC. Storyteller, Terry Visger will be telling stories and all children who attend will receive a free book! Terry will also be telling stories to all the grade levels that morning in small groups.

PBIS News

During the 2023-24 school year we continue to focus on our schoolwide community and celebrate our Hintgen Tiger Pride. One way that we are doing that this year is by embarking on schoolwide field trips focused on experiences, our community and having fun as a schoolwide community. Our first all school field trip was to Goose Island in October. Classrooms were able to learn from staff at the USGS, engage in outdoor activities such as hiking, going on scavenger hunts in nature, finding native birds, playing outdoor games and more. Each quarter we will have a schoolwide event. In addition we continue to have our monthly All School Morning Meetings where we focus on our Hintgen Core Value of the month and celebrate our school. Again this year we are also recognizing students with the Golden Paw Award and have a display in the hallways for each weeks winners, In addition new this year we are encouraging students to share/spread compliments and kindness to others weekly during our Friday Tiger Time for student shout outs!

Schoolwide Snacks

It is our goal this year to continue to provide schoolwide snacks free of charge to students. If you would like to donate to our effort, please see the attached flyer for more information.

Calling all gently used items

As we look to ensure we have adequate items for students and families, we are in need of the following sizes/clothing items. If you are willing to donate any gently used items, please drop them in our office. We appreciate your support!

Boys
Pants—size 12, 14-18 sweatpants
Shortsleeve Shirts—size 16-18
Shorts—size 12, 16-18

Girls
Pants—size 14-18
Longsleeve Shirts—size 14-18
Shortsleeve Shirts—size 7-8, 10-12
Shorts—size 4-6, 7-8, 10-12, 14-18
Hey Hintgen Tigers!

We want to see all of the cool things you do away from school.

1. Take a picture of something you did or something that makes you proud.
2. Scan the QR code below to add one picture a month to our school photo album.
3. Wait for our all school morning meeting to see your picture and what your friends are proud of too!

Scan Me!
### Golden Paw Award Winners

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<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>DUTTON, KAEDEN</td>
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<td>HAWKINSOON, FERRYN</td>
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<td>LOR, AARON</td>
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<td>MONTGOMERY, ANDREW, II</td>
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<td>ST. SAUVER, AURORA</td>
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<td>WALDNER, BRAYDEN</td>
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<td>XIONG, NUKU</td>
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<td>CARLSON, DANE</td>
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<td>HICKS, XANDER</td>
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<td>LAROCHE, HAYDEN</td>
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<td>LOR, KYSHAWN</td>
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<td>MATSICK, LEO</td>
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<td>MCGUIRE, AHKEEM</td>
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<td>NEUHAUS, ADELYNN</td>
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<td>SHERMAN, ALEIGHA</td>
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<td>WILLIAMS, MESSIAH</td>
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<td>BEBEJ, THEODORE</td>
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<td>BENCH, VIOLET</td>
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<td>BOWLES, HEAVEN</td>
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<td>KRONGMADEE, SONIA</td>
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<td>LOR, ESMERALDA</td>
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<td>LOR, QUINCY</td>
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<td>MORALES CASTRO, DAISY</td>
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<td>VIAN TEPOLE, CHRISTIAN</td>
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<td>MILLER, SONNY</td>
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<td>PATEL, AARAV</td>
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<td>VANG, ZAYDEN</td>
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<td>XIONG, ARIANA</td>
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<td>GREENWOOD, LAMAR</td>
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<td>GROVES, HALEY</td>
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<td>LEVY, OLECIA</td>
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<td>MACLACHLAN, IVIANNA</td>
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<td>MURRAY, KAIDEN</td>
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<td>SMITH, KENDALYN</td>
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<td>SPIRES, WAYLON</td>
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<td>TAYLOR, ISABELLA</td>
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<td>YUAN, ETHAN</td>
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<td>HER, LOUIE</td>
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<td>ORTIZ, KEAGAN</td>
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<td>RIECK, JULIAN</td>
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<td>XIONG, SHYLLIA</td>
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<td>YANG, WORANUCH</td>
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Congratulations October Winners!
SPONSOR A HUNGRY HINTGEN STUDENT

Hintgen Elementary School in collaboration with Hintgen PTO

Donating USD $100

Provides a daily healthy snack for the entire school year (176 days) for one student

WHY?

Children need nutritious snacks so they can grow, develop and focus on learning instead of being distracted by hunger.

69%

of our population qualifies for free and reduced lunches

230

number of students to fund

WAYS TO DONATE

1. Cash donation to Main Office at Hingen
2. Check made payable to Hintgen PTO
3. Venmo payment @HintgenElementary-PTO

SCAN ME
FAQ

WHY?
Daily snacks are not typically provided in the La Crosse School district. Typically, in elementary school, families send either classroom snacks or individual snacks. This posed a challenge to families who may not have the income to support this. 69% of our families qualify for free or reduced lunch. Hintgen has made it a goal to provide healthy, appealing, kid-friendly snacks for all our students in place of asking families to provide.

WHAT ACCOUNT/WHERE DOES THE MONEY GO?
Because of the flexibility of this account, PTO will be the funding stream.

IS MY DONATION TAX DEDUCTIBLE?
Hintgen PTO is an IRS registered charitable 501(c)(3) organization. Donations made to Hintgen PTO are considered tax-deductible.

CAN I DONATE ANY AMOUNT?
YES! We are happy with any amount you are able to give - big or small!

WHO BUYS THE SNACKS?
Amy Oliver, building principal, will be ordering all the food and requesting the money from the PTO account.

HOW DO THE SNACKS GET TO THE STUDENTS?
An assigned building staff member counts out the snack per classroom each morning. The snack is then taken to each classroom where teachers distribute at their scheduled snack time. Each student gets the same snack, unless dietary restriction, where a substitute would be given.

WHY DONATE MONEY AND NOT SNACKS?
We are able to access discounted bulk prices and will be able to provide the whole school with the same snack each day.

MORE QUESTIONS?
Please reach out to Hintgen Elementary School at hintgen@lacrossesd.org or call the main office at (608) 789-7767.

DONOR UPDATE

$5,000 CAMPAIGN KICKOFF DONATION FROM BARB & GARY TERBEEST
$1,500 CAMPAIGN KICKOFF DONATION FROM DAIRYLAND POWER

$1,000 CAMPAIGN KICKOFF DONATION FROM TODD & RENEE GUENTNER
$1,500 CAMPAIGN KICKOFF MATCHING DONATION FROM BRENT & LISA RIDGE
**Cranberries are The Harvest of the Month!**

Add cranberries to your favorite family meals:

- Toss cranberries on oatmeal or cold cereal.
- Mix dried cranberries, raisins, cereal, and nuts for a healthy snack mix.
- Add cranberries to salads for a refreshing punch of tartness.

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

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**Select** – Cranberries are available fresh, frozen, canned, dried, and as 100% juice. If selecting fresh, choose plump, firm berries with a deep red color.

**Store** – Refrigerate cranberries for up to 2 months or freeze for up to 9 months.

**Prepare** – Sort and discard bruised cranberries. Do not thaw frozen cranberries. Simply rinse the frozen berry and add to your favorite muffin or stuffing recipe.

---

**Recipe of the Month**

**Cranberry Pumpkin Muffin**

**Serves 12**

**Ingredients:**

- 2 cups flour
- 3/4 cup sugar
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 3/4 teaspoon allspice
- 1/3 cup vegetable oil
- 2 eggs (large)
- 3/4 cup pumpkin (canned)
- 2 cups cranberries (fresh or frozen chopped)

**Directions:**

Wash hands with soap and water. Preheat oven to 400 °F. Sift together dry ingredients (flour through allspice) and set aside. Beat oil, eggs, and pumpkin together until well blended. Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until moistened. Fold in chopped cranberries. Spoon into paper lined muffin cups. Bake at 400 °F for 15 to 30 minutes.

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Per serving: 203 calories, 7g fat, 3g protein, 32g carbohydrate, 2g fiber, 256 mg sodium

Source: laxf2s.org
Herbalicious Popcorn, MyPlate & Caring Work in The Garden

Have you heard about the amazing herb flavored popcorn students sampled in their second garden lesson of the season? It was a hit! While doing an herb scavenger hunt in the garden we learned all about the differences between the fresh herbs growing in the garden and spices used to flavor foods. Then we mixed up a batch of herb flavored popcorn. It was possibly the most popular garden taste test yet! You can find the herbalicious popcorn and other garden recipes on our website: GROWLaCrosse.org/tasty-tips/

In the third and final garden lesson we discussed MyPlate and how to create a balanced diet before spending time doing the caring work needed to put the gardens to bed for the winter months. This work is the first step for a successful growing season next year. We are also harvesting the last of the garden goodness for this season. State Road 4th graders had fun harvesting the large pumpkins grown in their garden.

Kids Cooking Challenge Success

There were so many creative and delicious looking entries in our 6th Kids Cooking Challenge. Nearly 100 area youth took on the challenge to create a healthy meal using all of the mystery ingredients – some grown right in your school gardens! If you missed out on this event follow us on social media and subscribe to our e-newsletters to stay up to date on all GROW happenings.

Thank You Garden Sponsors

KUJAK ORTHODONTICS
DAIRYLAND POWER COOPERATIVE
MAYO CLINIC HEALTH SYSTEM
TRANE TECHNOLOGIES
The Salvation Army of La Crosse County
Winter Season Youth Services

During the holiday season, The Salvation Army of La Crosse County has youth support programs that extend beyond The Salvation Army - including Coats for Kids, Angel Giving Tree & Food Baskets, and Monthly Food Distributions.

Please see more information below.

Coats for Kids
A program to ensure children, infants to age 18, receive coats for the cold weather seasons.
- Online registration link can be found on The Salvation Army website: SALaCrosse.org.
- Registration is open September 9th - October 10th, 2023.

Coat distribution is October 13th, 2023, at our Warehouse: 434 Nelson Place, La Crosse, WI 54601.

Angel Giving Tree & Food Baskets
A program to ensure children, infants to age 12, receive toys, clothing (including shirts, pants, socks, and underwear), and a food basket for the family.
- Registration: October 2nd - 27th, 2023 (in person & online: SALaCrosse.org)
- Individuals who are not registering (or are not eligible for the Angel Giving Tree) can register in person for a Food Basket: 223 N. 8th Street, La Crosse, WI 54601.
- Important eligibility requirements:
  o Adult - Photo ID with residency in La Crosse County: photo ID, current bill showing name & address.
  o Youth - Proof of guardianship: birth certificate, BadgerCare, SNAP benefits.

Distribution Day is December 13th, 2023, at our Warehouse: 434 Nelson Place, La Crosse, WI 54601.

Monthly Food Distribution
Every third Friday of the month*, The Salvation Army and Hunger Task Force hold a public drive-through food distribution. No pre-registration required.
- Households must present valid ID. For newcomers, ID is required for everyone in the family.
- Upcoming distributions: October 20th, November 17th

Food distributions are from 3:00pm - 4:30pm, at our Warehouse: 434 Nelson Place, La Crosse, WI 54601.

*Except December - the Angel Tree Food Baskets will be December’s distribution.

For questions, please contact The Salvation Army of La Crosse County, by phone: 608-782-6126, or visit our website SALaCrosse.org
Let's make our plates colorful!

Greetings from School Nutrition Office. We will be supporting healthy nutrition with school lunch and breakfast, but we thought as a School Nutrition Office we could do more. Now every month the School Nutrition Office will support balanced nutrition at home with tips to enhance balanced nutrition and some new recipes. This month we will shed light upon variety at your meals. Let's begin by finding answers to some questions!

Why is it important to have variety in your meals?

We need to have a certain amount of each food group on our plate like protein, vegetables, fruits, dairy, grains, and healthy fat. Each of these nutrients have benefits to maintain health and growth.

How do I know if I am getting enough from each group?

The USDA is here to help you with that! They provide examples and an app that you can use as a guidance when you are shopping or cooking. Visit MyPlate.gov and check DGA (Dietary Guidelines for Americans)!

Tips to increase variety at your child's plate:

- Be a role model! You are the greatest example to your child. If you want to increase variety in your child's diet, take the lead and start with your plate.
- Try something new! Sometimes children do not like certain foods and most of the time that food is a vegetable. You can always try a new way to re-introduce that vegetable in a different form or incorporate them into their favorite dish.
- Do not give up! Sometimes it can be very challenging to have your child eat some veggies but as they get familiar with the food they tend to eat more.
- Follow us for more tips! Every month we will be giving you more tips to enhance healthy nutrition. Stay Tuned!
Recipe of the Month: Quick Snack Mix

Ingredients:
Dried cranberries (2 tbs)
Raisins (2 tbs)
Cheerios (2 tbs)
Pretzel crackers (2 tbs)
Mix everything and enjoy!

Harvest of the Month: Cranberry
Did you know that 62% of the cranberries grown in the US comes from Wisconsin?

Send your recipe with the harvest of the month and include a picture of your family to win a special prize every month!
send your recipe to: ibaseski@lacrossesd.org
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<td><strong>NO SCHOOL!</strong></td>
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<tr>
<td>Breakfast is served with white milk. Breakfast choice #2 is always cereal. Lunch includes fruit, veggie, and choice of milk. <strong>Menu is subject to change.</strong></td>
<td>Breakfast #1 Cinnamon Roll LUNCH #1 Cheese-Filled Breadstick #2 Yogurt &amp; Cheese Stick</td>
<td>Breakfast #1 Sausage Pizza Bagel LUNCH #1 Chicken Nuggets #2 Yogurt &amp; Cheese Stick</td>
<td>Breakfast #1 Ham &amp; Cheese Omelet LUNCH #1 Cheese Quesadilla #2 Yogurt &amp; Cheese Stick</td>
<td>Breakfast #1 Pancake on a Stick LUNCH #1 Hot Dog #2 Sandwich or Sub</td>
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<tr>
<td>Breakfast #1 Banana Bread LUNCH #1 Chicken Patty Sandwich #2 Yogurt &amp; Cheese Stick</td>
<td>Breakfast #1 Biscuits &amp; Sausage Gravy LUNCH #1 Garlic Cheese Bread #2 EZ Jammer &amp; Cheese Stick</td>
<td>Breakfast #1 Cinnamon Roll LUNCH #1 Cheese Omelet #2 Yogurt &amp; Cheese Stick</td>
<td>Breakfast #1 Muffin LUNCH #1 Pizza #2 EZ Jammer &amp; Cheese Stick</td>
<td>Breakfast #1 Pancakes LUNCH #1 Chicken Alfredo #2 Sandwich or Sub</td>
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<tr>
<td>Breakfast #1 French Toast Sticks LUNCH #1 Chicken Nuggets #2 Yogurt &amp; Cheese Stick</td>
<td>Breakfast #1 Breakfast Scramble LUNCH #1 Sloppy Joe Sandwich #2 EZ Jammer &amp; Cheese Stick</td>
<td>Breakfast #1 Banana Bread LUNCH #1 Cheese Omelet #2 EZ Jammer &amp; Cheese Stick</td>
<td>Breakfast #1 Ham &amp; Cheese Omelet LUNCH #1 Pizza #2 EZ Jammer &amp; Cheese Stick</td>
<td>Breakfast #1 Sausage Pizza Bagel LUNCH #1 Chicken &amp; Waffle #2 Yogurt &amp; Cheese Stick</td>
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<td>Breakfast #1 French Toast Bites LUNCH #1 Taco Triangles #2 EZ Jammer &amp; Cheese Stick</td>
<td>Breakfast #1 Muffin LUNCH #1 Garlic Cheese Bread #2 Yogurt &amp; Cheese Stick</td>
<td>Breakfast #1 Cheese Omelet LUNCH #1 Cheese Quesadilla #2 Yogurt &amp; Cheese Stick</td>
<td>Breakfast #1 Ham &amp; Cheese Omelet LUNCH #1 Pizza #2 EZ Jammer &amp; Cheese Stick</td>
<td>Breakfast #1 Cheese Quesadilla #2 Yogurt &amp; Cheese Stick</td>
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