



# December Newsletter

## Time to bundle up!



### IMPORTANT DATES

NSE Success Assembly	Dec. 7
Food Pantry Distribution	Dec. 13
Family Night	Dec. 13
All School Sing-a-long	Dec. 21
NO SCHOOL Winter Break	Dec.24-Jan.1
NSE Success Assembly	Jan. 4
Early Release Day	Jan. 11
NO SCHOOL	Jan. 14
Dad's Night	Jan. 17

## Winter Break



**December 24 – January 1**

STAY **UP** TO DATE

Watch your emails, check out our websites, and follow us on Facebook for the most up-to-date information!

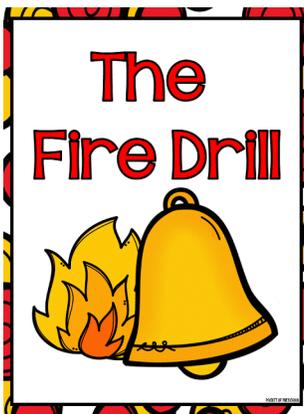


# A Message From the Principal

Happy December Northside and Coulee Montessori Families!

It's been a great last month! We have learned a lot and spent some time having fun with our friends!

For this edition of our newsletter, I thought I would take some time to share with you some of the planning we do to keep your children safe every day at Northside and Coulee Montessori. I am going to focus on fire drills... Did you know that we can unload over 600 people out of our building in just over 2 minutes? Our children and staff practice this process on a monthly basis. Generally speaking, we try to hold these practice events on the warmest days of the month--but there's no guarantee!



So what happens when the alarm sounds? The first thing you will see is teachers locating the “on the go” binder that is typically stored near the classroom door. In this binder is a class list along with phone numbers and addresses of the important adults in every student’s family. Also in this binder are red and green laminated cards. Teachers escort their students out of the building using pre-determined doors and staircases. This allows us to reduce the congestion at any one exit. The last person in the line, shuts off the lights and closes the classroom door. After the building is evacuated, myself and others can quickly see if the building is “clear” by looking down a hallway for closed doors and dark rooms. We ask students to be very quiet during a fire drill so that they can hear any necessary instructions. Teachers escort the students across the street from the school and ask them to wait patiently for a very important next step.

As soon as the teachers get to their “waiting spot”, they count their students and determine if everyone is present. If a student is at the health office, using the restroom, or working with another teacher, their classroom teacher will hold up a red card. This red card signifies to all that we need to locate a student. We have staff members identified on each block to locate the students that are missing.

So what does this look like? The fire drill sounds. Mrs. Smith exits the building with her students. When Mrs. Smith gets to her evacuation spot, she counts and recognizes that Johnny is not with the class. She holds up a red card. Then a very precise and quick conversation occurs over the walkie talkies between all adults until Johnny is located. As soon as Mrs. Smith learns that Johnny is either with a responsible adult or has been returned to her class, she holds up a green card. No one re-enters the building until every student is accounted for and every classroom teacher is displaying a green card. Believe it or not, it typically takes no more than a couple of minutes to account for every one of our 540 students! In the unlikely event that we could not return to our building right away, teachers would walk with their students to Trinity Lutheran and wait inside while families were contacted.

While our drills are somewhat routine, our commitment to ensuring the safety of every student is not. We take our responsibility to keep your kids safe very seriously! Your kids are part of our family and we take care of them as one of our own.

Please reach out to me with any questions or concerns! Have a terrific December!

Laura Huber

# Message from Northside PTO

**Hello Northside Families!**

## PTO GIVING TREE

Hard to believe but the calendar year is quickly coming to an end! This time of year for many brings thoughts of thankfulness and giving. On **THURSDAY, DECEMBER 13TH** during the Family Night, the PTO will have an opportunity to give back to the teachers here at Northside. Each classroom teacher will have items needed for their class on our **GIVING TREE**.



Here is what you do:

- Take a paper with the item listed.
- Purchase item at any local or online store
- Return the item with the paper attached by Friday, December 21.

Simple as that! We look forward to seeing you at the Family night!

## Upcoming PTO Events:

- **Tuesday, December 4: PTO General Meeting**  
(6:00-7:00-pm in the cafeteria)
- **Thursday, December 13: Family Night & Giving Tree Event**  
(5:30-7:30-pm)
- **Tuesday, January 8: PTO General Meeting**  
(6:00-7:00-pm in the cafeteria)

Click [Here](#) to  
Email the PTO



# Message from Coulee Montessori SET

Hello from the Coulee Montessori SET!

**November SET Meeting - Tuesday, December 18th at 5:30 pm** at Lincoln Middle School in the CMAP classroom on the 3rd floor. Parents are always encouraged to join meetings!

**THANK YOU! Burrachos Night** raised over \$400 to fund classroom materials and educational materials that make our kids school experiences even more enriching. Thank you to everyone who ate tasty food to benefit our school!



## **Upcoming Events:**

- **Saturday, January 12 - Celebrating Our Montessori Children Conference at UWL.**  
If you're interested in learning more about Montessori education, this is the conference for you! Early Bird registration ends Dec 12th, and the price increases after that date. A special session geared towards parents is offered for just \$30. If you'd like to attend but are wondering about scholarships to cover the registration fee, contact SET at [couleemontessoriset@gmail.com](mailto:couleemontessoriset@gmail.com).
- **Tuesday, February 26 - Soup Supper**  
Save The Date for our biggest Coulee Montessori event of the year! If you're interested in helping to gather donations for the silent auctions or other planning tasks, contact Amanda Luedtke at [amandak.luedtke@gmail.com](mailto:amandak.luedtke@gmail.com). The next Soup Supper planning meeting is on December 5th at 6:30 at Caribou Coffee. Parents interested in helping plan the event are encouraged to attend!

## **Box Tops and Milk Moola**

- The Box Tops collection has moved! You can now put your Box Tops in our new fancy collection boxes, located in each classroom!
- Milk Moola can still be dropped in the bin at the end of the CM hallway (on the LMC end).



Whenever you have questions, remember you can email SET at [couleemontessoriset@gmail.com](mailto:couleemontessoriset@gmail.com).

**Have a great December!**  
SET

Click [Here](#)  
To Email SET





## 3 Surprising Benefits of Family Meals

Pulling your family together for a meal four to five times a week can have significant—and maybe surprising—health benefits.

Some perks of family meals include:

1. **Improved learning.** Young children learn words from listening to their parents and siblings talking during meals. Hearing this conversation is almost as beneficial as reading to kids. Additionally, research shows teens who eat meals with their family are twice as likely to get higher grades in school.
2. **Healthier behaviors.** There's a link between family meals and a lower risk of children engaging in risky behaviors such as smoking, binge drinking, marijuana use, violence, school problems and eating disorders. These children also are more apt to have lower rates of depression and feel more positive about their futures.
3. **Better health as children and adults.** Children who eat meals with their families tend to eat healthier overall, have fewer symptoms of some medical conditions such as asthma, have lower rates of obesity and eat healthier as adults.

**GUNDERSEN**  
HEALTH SYSTEM®

For most families, a meal together can open communication and help children feel accepted. But with busy schedules, how are regular family meals possible?

Tips to make regular family meals possible

- **Choose a time:** It doesn't have to be an evening meal; choose a mealtime that works best for your family's schedule.
- **Freeze it:** When you make a family favorite, cook a large batch so you can freeze some for another meal.
- **Eat simply:** A meal can be as simple as a sandwich and veggies. Offer at least three food groups so your family gets a balanced diet, but it doesn't have to be perfect. The goal is to bring everyone together.
- **Stash the screens:** Meals don't have to be eaten at a table, but enjoy them away from electronics. Children who eat in front of a TV or while on the computer have higher rates of obesity.
- **Teachable moments:** Involve everyone in meal planning, grocery shopping, food prep and clean-up.

For more family-friendly healthy tips and recipes, go to [gundersenhealth.org/health-wellness](http://gundersenhealth.org/health-wellness).



## La Crosse 2019 Give Kids a Smile Day

**On February 1, 2019, several La Crosse area dentists will be providing free dental care to underserved and uninsured children (up to age 17)**

Sign Up: To receive care for your child(ren), sign up at [bit.ly/gkaslacrosse](http://bit.ly/gkaslacrosse)

After you submit the form, we will contact you in early January to schedule your appointment on February 1.

More Information: [www.facebook.com/gkaslacrosse/](http://www.facebook.com/gkaslacrosse/)

Each year, thousands of dentists across the country help underserved children get the oral health care they need. Give Kids A Smile is an annual volunteer program that provides free educational, preventative and restorative services to children. Last year, we worked together to provide care to more than 350,000 kids. Give Kids A Smile is an American Dental Association event.

Questions? [gkalacrosse@gmail.com](mailto:gkalacrosse@gmail.com) / 608-782-5675

# Your Northside Neighborhood Clinic

*Now  
Open!*



## Clients

The Northside Neighborhood Clinic is available for students of Coulee Montessori / Northside Elementary and their immediate families.

We are open to walk-in patients only.

## Services

We operate as a walk-in clinic for any health problem. Our staff will evaluate each patient and refer the patient for additional care as needed.

Our services include:

- Treatment of minor injuries
- Wellness checks
- Rapid testing for strep
- Treatment of colds and flu
- Health education

**Healthy Kids**  
**Healthy Families**  
**Healthy Community**



**Free Health Care for Students  
of Coulee Montessori /  
Northside Elementary and  
Logan Middle School**

*Do You Have A Concern  
About Your Child's  
Health? We Are Here for  
Your Child and You.*

### **October**

T: 23rd, 30th  
TH: 25th

### **November**

T: 6th, 13th, 20th, 27th  
TH: 8th, 16th, 29th

### **December**

T: 4th, 11th, 18th  
TH: 6th, 13th, 20th

### **January**

T: 22nd, 24th  
TH: 29th, 31st

### **February**

T: 5th, 12th, 19th, 26th  
TH: 7th, 14th, 21st, 28th

### **March**

T: 5th, 26th  
TH: 7th, 14th, 28th

2018-2019

**YNNC  
CALENDAR**

Hours:

**3:30-5:30pm**



**HEALTHY KIDS**  
**HEALTHY FAMILIES**  
**HEALTHY COMMUNITY**  
**YOUR NORTHSIDE NEIGHBORHOOD CLINIC**



Northside and Coulee Montessori Families, please join us for Family Night on Thursday, December 13th. We will serve pizza from 5:00 to 5:30. The program will start at 5:30. Door prizes will also be given away! Look for the sign up flyer to come home with your child in December and please RSVP for the event so we can plan accordingly for pizza!



**SciEd.**

SciEd is science education support and programs for teachers. Working with teachers, we strive to advance science literacy through dynamic resources.

**Field Trips**

**At Your School**

**Resources & Training**

[smm.org/SciEd](http://smm.org/SciEd)

The Science Museum of Minnesota presents

# Carnival of Engineering!

Presenters will dazzle curious minds of all ages with hands-on engineering activities and unforgettable science demonstrations.



Step right up to explore engineering and technology! Experience a school carnival in a whole new way as the Science Museum puts an engineering twist on traditional carnival games.

Create a flying frog flinger, take on a cantilever building challenge, explore how objects float, sink, or “flink,” and experiment with a crane game, giant slide, and rollercoasters in a tube.

**5:30-7pm, December 13<sup>th</sup>, 2018**

**Free admission**

**Northside Elementary**



It’s the Year of the Engineer! Through engaging and interactive programming, our presenters explore what engineers do, what inspires them, and why engineering is important in our technology-rich world.

For more information about the Science Museum of Minnesota’s state-wide outreach programming, email [schooloutreach@smm.org](mailto:schooloutreach@smm.org) or call (651) 221-4748.



# Holiday Sing-A-Long

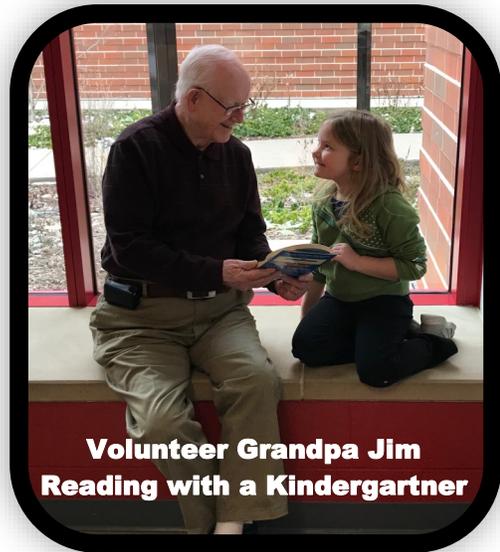
December 21st - 2:00pm - Cafeteria

## Early Release Days

**November 9**      **March 15**

**January 11**      **May 10**

School will dismiss at 12:55pm on Early Release Days. The YMCA and BGC will have afterschool care starting immediately after early release until their regularly scheduled times.



**Volunteer Grandpa Jim  
Reading with a Kindergartner**

## Dressing for the Weather



The weather is changing and temperatures are dropping. Dressing your child appropriately for the weather is important.

Students will be sent outdoors for recess, weather permitting. It is important for the students to go out for fresh air and exercise.

Please be sure your child has a winter coat, gloves/mittens, and hat. When there is snow on the ground, please have them wear winter boots and snow pants.

If you need assistance providing any of these items for your child(ren), please contact your student's guidance counselor.

**Thank you for your extra effort!**

## Trinity Clothes Closet

**Mondays 4:30-6:00pm**

**1010 Sill Street**



**The Clothes Closet's mission is to provide gently used and new clothes and shoes for students in need.**

# COUNSELOR'S CORNER

Please feel free to contact us if we can assist you or your child in any way.

Northside Students & Families

Melani Fay  
(608)789-6747



Coulee Montessori Students & Families



Heather Gartner  
(608)789-6739

Guidance classes are working on problem solving, using tools we have learned through the Zones of Regulation, Giraffe Talk, and Responsive Classroom. We would like students to ask themselves, "How can I get what I want without anyone getting hurt or in trouble?"

Students know that there are several ways to solve problems:

## **1. Use Giraffe Talk.**

- When I see or hear \_\_\_\_, I feel \_\_\_\_, because I need \_\_\_\_. Would you please \_\_\_\_?
- We only speak the truth so there is no name-calling.
- We share how we feel to let others know how their actions affect us.
- We tell what we need because all humans share universal needs that connect us.
- We always ask others politely to PLEASE change their behavior.
- (We know Giraffe Talk doesn't always work, but it is the kindest way to ask for change.)



## **2. Ignore unkind but not hurtful behavior.**

## **3. Walk or move away from problems.**

## **4. Take turns using Rock-Paper-Scissors.**

## **5. Trade items so both are happy.**

## **6. Share or play together.**

## **7. Play with someone or something else.**

## **8. Use humor to deflect unkind words.**

## **9. Get help if there is danger or someone might get hurt.**

\*Ask your kids if they know the 5 B's for when to get help from an adult

### **The 5 'B's**

Blood  
Barf  
Broken  
Bruise  
Bully

We teach kids how to figure out the size of their problem and if they need help solving it.

We also ask them to check out their own behavior to see if it is expected or unexpected in response to a situation.



Hello from Mrs. Rathke!

One of my main interests in mindfulness and meditation is personal. As some of you may know, I have three children, who are ages 23, 16 (almost), and 4. My older two were the easiest babies, toddlers, and preschoolers on the planet. My oldest never had a tantrum and my middle child had just one.

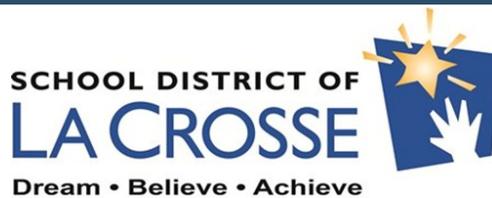
Fast forward to our third child, who has given us a run for our money. As a toddler, he often had multiple tantrums a day, often without a trigger we could figure out. Although our pediatrician assured us our child was “normal”, we looked to mindfulness to help him process his emotions and calm down easier. We also learned it benefited us because we were better able to stay calm and it showed our son it was a possibility.

I recently read an article written by Christopher Willard titled “This is why your child can’t actually ‘calm down’ during a tantrum”. You can read it [HERE](#).

As I read the article, I found it helpful to remember that children are not mini adults and therefore their growing brains are incapable of looking at situations from an adult perspective. They also often lack the ability to use their knowledge to calm themselves down. One of the tidbits I gleaned from the article is that when children are experiencing a limbic system

overload (rather than premeditated challenging behaviors), they need connection and outside help to calm down. One of the most beneficial ways to do this is to hug your child during or immediately after a tantrum ends. Another way is to teach them breathing and/or meditation strategies. Over time, these habits can lead to a calmer child who is more able to self-regulate.

One of the best books I have found for teaching young children meditation skills is called [Breathe Like a Bear](#) written by Kira Willey. It is full of very short breathing exercises which are kid-friendly and cute. It’s divided into different sections with meditations for calming, focusing, imagining, and energizing.



## Choice and Charter Opportunities

In addition to our outstanding neighborhood schools, the School District of La Crosse offers a variety of unique choice and charter schools. Parents/guardians have the opportunity to submit an application for their student to attend one of our choice and charter schools during the priority placement window. For the upcoming (2019-2020) school year, applications for our choice and charter schools are being accepted through from November 19, 2018 through December 21, 2018. To apply, a parent/guardian must complete the district’s choice and charter application located online by clicking [HERE](#).

If your student is currently enrolled in one of our choice and charter schools, or you simply wish to continue at your current school, you do not need to complete the choice and charter application. However, if your child is going from elementary school to middle school or a middle school to high school, you will need to complete an application to continue your child’s education in a choice or charter school. Otherwise, your child’s secondary school will be based on your physical address/boundary.

Visit the School District of La Crosse Choice and Charter website by clicking [HERE](#).

# M.A.P.L. NEWS

Music, Art, P.E. & Library



## Art Students Make Thanksgiving Cards!

For the past 13 years, Northside students have created cards to donate to the La Crosse Thanksgiving Day Dinner. Dinner volunteers deliver food to people who are not able to get to the dinner and they include a card with each meal. We sometimes hear back from the beneficiaries of the cards and they always tell us how great the card made them feel. We make the cards because we want people to know they are cared for in our community. We also make them because art is a universal language- we can convey our wishes and hopes and dreams through our creations.

**I can't think of anything better than receiving a handmade card or gift!**



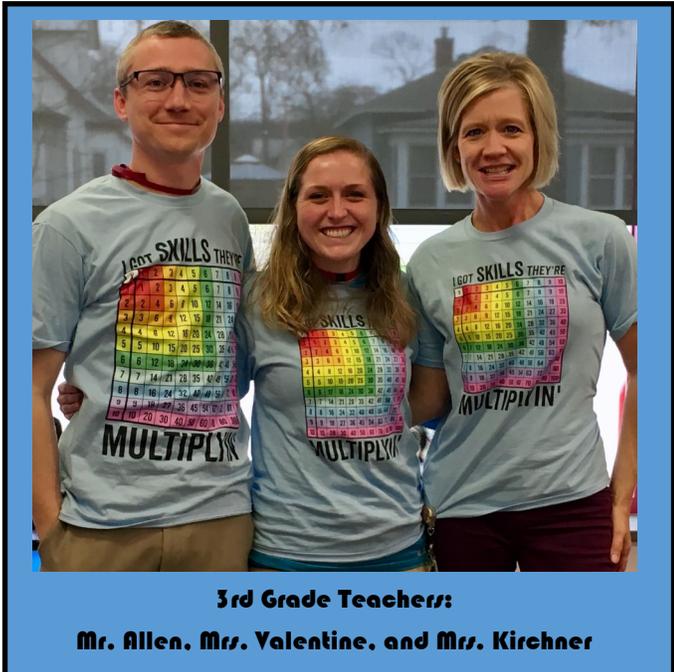
Students make cards for Community Thanksgiving



**E2 students learned how to create a grid drawing of either a Hominid or an ancestor of a whale for their evolution unit in class. Then they learned how to mix paint to create life-like paintings. Amazing job drawing and mixing colors to make the paintings realistic!**

# Superstars

## Northside 3rd Grade



**3rd Grade Teachers:**  
**Mr. Allen, Mrs. Valentine, and Mrs. Kirchner**

**In Third Grade we are constantly working and growing our brains. We are practicing and hoping to master our multiplication and division facts, adding more strategies to our reading toolbox, building LOTS of reading and writing stamina, and having tons of fun!**

**Looking ahead, we are getting ready to start our first region of the WORLD! Social studies will be packed with lots of new knowledge and activities!**



**Reading in Mrs. Kirchner's Class**

# Superstars

## Northside 3rd Grade

Pumpkin Pie Celebration  
in Mrs. Valentine's Class



Representative Jill Billings visits  
3rd Grade to teach Government!



1. Betty  
2. Word Nerd  
3. Read to Self  
4. No. to-ner  
5. Things Mrs. Kirtner Tells us  
Entry Day  
1. This is Important  
2. You can do it  
3. I won't give up on YOU!

Ed. read 4:45  
2-47 HPS

# Featured Staff

## Mr. Jeff Elsen



Jeff Elsen is our outstanding Building Engineer at Northside and Coulee Montessori. He helps keep our school safe and clean! Here is a little more info about Jeff: He was born and raised in Coon Valley, WI where he grew up on a farm with many different animals. He went to Westby High School, yes, he was a Norseman! From there he went on to WTC and earned his degree in Welding. He worked for La Crosse Sign Co. where he helped build all types of signs and worked on boom trucks 100+ feet in the air to repair them! Jeff has been with the School District of La Crosse for 8 years and enjoys working with kids and staff very much. Jeff has two children, Jeremy (29) and Ashley (28). He recently purchased a house in West Salem near Maple Grove. In his free time he likes to ride his Harley, hunt, fish, and go boating. A side note, you may hear some staff and even some students call him "Louie" which is a nickname that he was given when he was 20 yrs old. It comes from the singer Louis Armstrong and you'll have to ask him how he got it.

## Miss Denise Delao



Miss Denise Delao is our beloved lunch lady, our Assistant Cook Manager. She provides great food and lots of hugs to our students at Northside and Coulee Montessori. Denise was born in Kenosha, WI but her family moved the La Crosse area when she was very young. She has 6 brothers and sisters! Denise has worked for the La Crosse School District for 26 years, all of which have been in northside schools. She started at Jefferson, then moved to Franklin, then Roosevelt, and now at Northside/Coulee Montessori. In 2016, Denise received special recognition for her exemplary service as a Nutrition Services Professional, we couldn't agree more with this honor! Denise has 2 children, Selena and Lucas, who both live in Kansas City, Missouri. In her free time, she likes reading, camping, and swimming. Denise truly loves working with children and her job as a lunch lady at Northside and Coulee Montessori.

*Thank you for all you do Jeff and Denise!*



# From the Kitchen

**Lunch Times**

CM - 12:00pm  
 KG - 11:15am  
 1st - 12:15pm  
 2nd - 11:30pm  
 3rd - 11:00am  
 4th - 11:45am  
 5th - 12:30pm

**School Meal Prices**

**Student Lunch**  
 Full Price: \$2.80  
 Reduced Price: \$0.40  
 Milk: \$0.50

**Student Breakfast**  
 Full Price: \$1.60  
 Reduced Price: \$0.30

**Adult Pricing**  
 Breakfast: \$2.50  
 Lunch: \$3.85  
 Milk: \$0.50



## DECEMBER LUNCH MENU



# Food Pantry

**Distribution Dates:**

Nov. 15	Mar. 21
Dec. 13	Apr. 25
Jan. 24	May 23
Feb. 21	<i>*Dates are subject to change</i>

## GUNDERSEN HEALTH SYSTEM®

Dec 27 Babysitting Class  
 8:00 AM - 12:00 PM  
 Thur

### Babysitting Class

When parents/guardians hire a babysitter they are trusting them with their child's life. A babysitter's main responsibility is to care for a child's needs and keep the child safe. Taking this class will help prepare for these challenges. This class will teach future babysitters:

- How to get started
- Leadership and decision-making
- What to do in an emergency
- Fire and personal safety
- Basic first aid (including choking response)
- Basic baby care (diapering, swaddling, feeding)

The fee for this class is \$45 and is open to children 11 years of age and older. Class size is limited so early registration is recommended. Look for the Babysitting Class in the Upcoming Events section. If you have any questions, please call (608) 775-6870.

**Cancellation Policy: No refunds. A credit will be given for the next class.**

For more information about wellness programs, call Gundersen Community & Preventive Care Services at (608) 775-4717 or email [wellness@gundersenhealth.org](mailto:wellness@gundersenhealth.org).

**SUPPORT OUR SCHOOL...**

**CLIP BOX TOPS!**

**5¢ Milk Moola nature's TOUCH**  
Moola for Your Schools. Clip, Save, Learn. Learn how at [www.milk-moola.com](http://www.milk-moola.com)

The School District of La Crosse does not discriminate against students on the basis of sex, race, national origin, ancestry, creed, pregnancy, marital or parental status, sexual orientation, or physical, emotional, learning disability or handicap in its education program or activities.

**MAYO CLINIC HEALTH SYSTEM**

CLASSES & EVENTS | THURSDAY, DECEMBER 27, 2018

### Community Education: Child and Babysitting Safety Classes — December 27

12/27/2018 Cost — \$45  
 9 a.m. to 3 p.m.

Gain the skills and confidence to be a great babysitter.

The class features hands-on activities, interactive video and discussion to teach young adults how to:

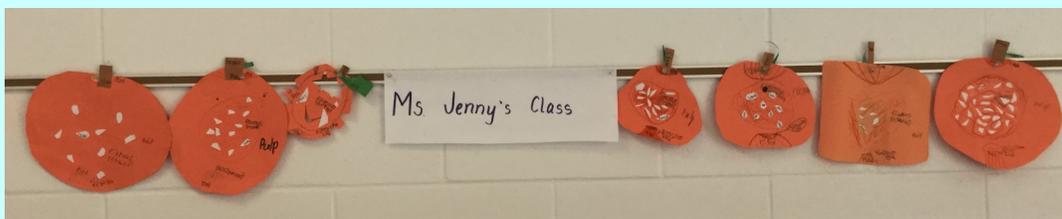
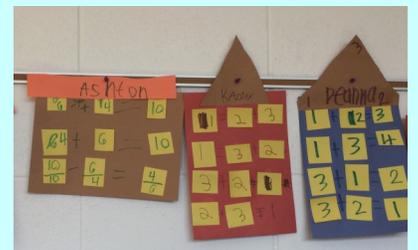
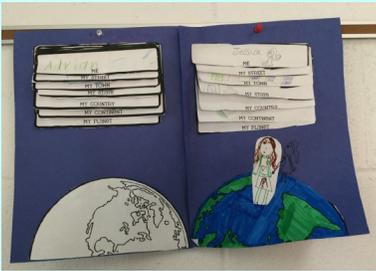
- Care for infants and children
- Make good decisions, solve problems and stay safe
- Be good leaders and role models
- Handle emergencies, such as injuries, illnesses and accidents

The class also provides education for youth who are getting ready to safely stay at home alone.

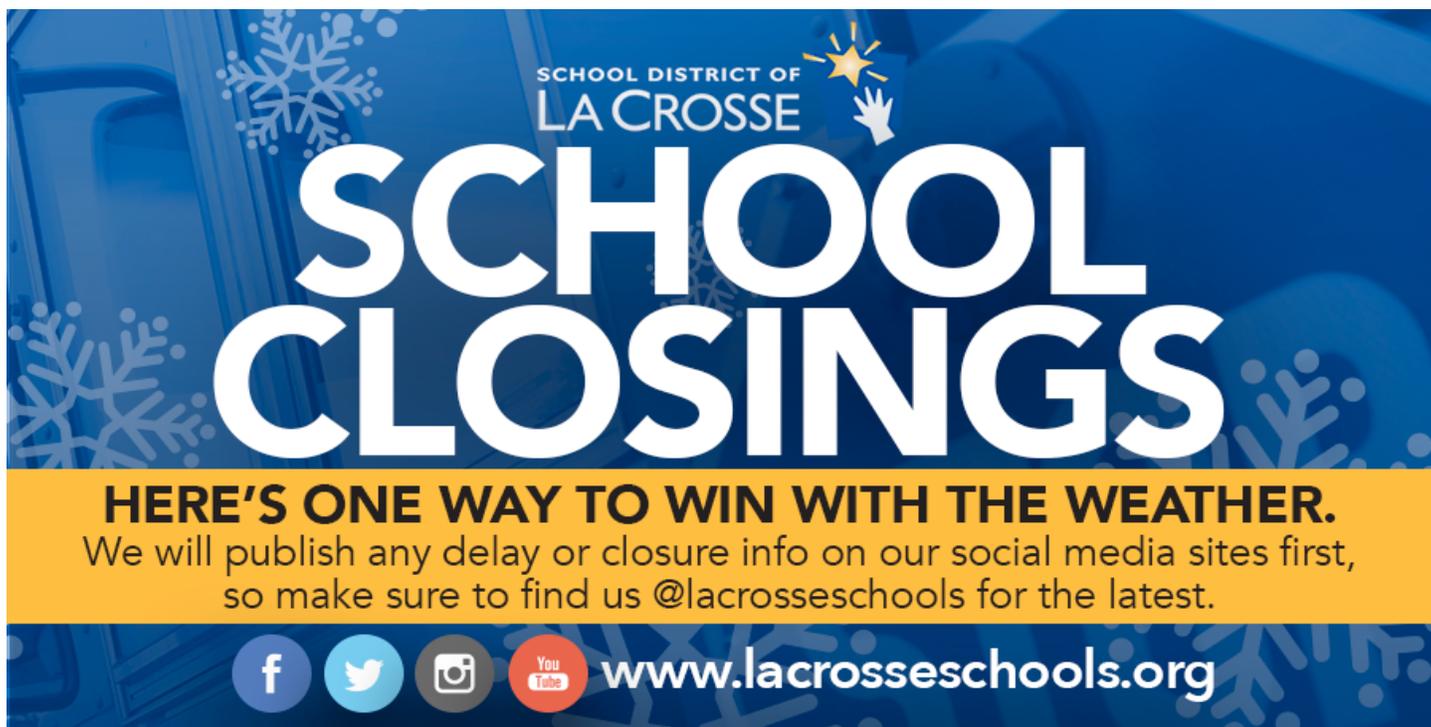
Open to boys and girls ages 10 to 14 years old. Lunch will be provided.

Advance registration is required.

# Fun Around the School



## From the School District of La Crosse:



SCHOOL DISTRICT OF  
LA CROSSE

# SCHOOL CLOSINGS

**HERE'S ONE WAY TO WIN WITH THE WEATHER.**  
We will publish any delay or closure info on our social media sites first, so make sure to find us @lacrosseschools for the latest.

    [www.lacrosseschools.org](http://www.lacrosseschools.org)

Winter is coming. Stay up-to-date with the latest information on school delays or closures due to inclement weather conditions. If the decision is made to delay or close school, we will publish that information to our district social media sites first. You can follow the district on [Facebook](#), [Instagram](#), and [Twitter](#) for the latest updates.

Messages will also be sent directly from our Skylert system. We develop school closing messages in three ways: email, text message, and automated phone calls using the parent and guardian contacts we have on file in our Skyward Student Information System. If you have not recently reviewed your Skylert contact preferences, we ask that you do so by following the directions at the end of this communication.

Delay and closure announcements will also be posted on our [district and school websites](#) and shared on local TV and radio.

Should school be closed due to inclement weather this school year, the district calendar designates that the first two days will not be made up, which is a change from past practice. Beginning with the third canceled day, minutes will be added to the daily schedule to extend the day at each level. As a result, there will be no day extension to the school year.

Making a decision about weather-related school closures is always difficult, but please know the safety of our students and staff is always our number one priority.

Thank you for choosing the School District of La Crosse and have a wonderful and safe winter.

### Participating local TV and radio stations for weather Announcements

#### Television stations

WKBT

WXOW

WEAU

WLAX

#### Radio stations

Kicks (106.3 FM)

Magic 105 (104.9 FM)

Eagle (102.7 FM)

Classic Rock (100.1 FM)

Today's Talk (1490 AM)

Z93 (93.3 FM)

Classic Hits (94.7 FM)

The Rock (95.7 FM)

WIZM (1410 AM)

WKTY (580 AM)

#### Directions to edit your contact information preferences in Skyward Family Access:

- 1) Go to [www.lacrosseschools.org](http://www.lacrosseschools.org)
- 2) Click the 'Skyward Family Access' button
- 3) Log in. If you have never logged in, you will need to establish account credentials by contacting the administrative assistant in your child's school.
- 4) Select 'Skylert' from the left side of the screen.
- 5) If you have more than one child, you will need to repeat this process for each.

# From the Attendance Office



School Attendance Matters!  
ALL DAY, EVERYDAY



## School Bells and Tardiness



The first bell rings at 8:10am to signal student's should head to their classrooms. Students should be in their classrooms when the 2nd bell rings at 8:15am. Any student arriving to class after the 8:15am bell will be marked tardy. If arriving to school after the 8:15 bell, students must enter through the main entrance on Kane St. and be signed in at the office.

### **Punctuality is important!**

Students who are late for school interrupt the classroom and miss valuable instruction and work time.

The end of the day bell rings at 2:55pm. Students leaving school early will be marked absent, similar to a tardy.

CHALLENGE



STRIVE  
FOR  
LESS  
THAN  
FIVE  
DAYS  
ABSENT!



### TIPS TO HELP AIM FOR 5 OR FEWER ABSENCES THIS YEAR

1. Set a regular bedtime
2. Prep clothes and backpack the night before
3. Only keep children home if they are truly sick
4. Have a back-up plan for getting to school
5. Avoid scheduling doctor's appointments and trips during school hours



## Attend Today, Achieve Tomorrow

**Remember to call/email the school office  
by 9:00am each day your student is absent.**

### Attendance Office

Phone:

(608)789-7970



**SCHOOL DISTRICT OF LA CROSSE  
2019 FOUR-YEAR-OLD PRESCHOOL PROGRAM**

The School District of La Crosse will begin accepting registrations for the 2019-2020 Four-Year-Old Preschool Program beginning **February 6-8, 2019, from 6:30 A.M. – 5:00 P.M.** Any child who is 4-years-old on or before September 1, 2019 and lives in the La Crosse School District attendance area is eligible for preschool. The preschool program is a 2.5-hour program housed at several centers and schools throughout the district. The preschool program is free for any eligible child.

Those interested in registering for the Four-Year-Old Preschool Program may do so by:

1. Registering in person at: **Hogan Administrative Building, 807 East Ave. S., in the Welcome Center. (Please bring address verification & child's birth certificate)**  
**OR**
2. Beginning December 20, 2018, you may fill out the paperwork online at [www.lacrosseschools.org](http://www.lacrosseschools.org). **You must have a valid email address or phone number in order to use the New Student Online Enrollment option. If you are filling out the paperwork online, this process is not registering or guaranteeing placement for any preschool site. You are simply filling out the enrollment paperwork in advance to expedite the enrollment process. Print the online paperwork and bring it to the Hogan Administrative Center beginning February 6, 2019, at 6:30 A.M. You will need to bring in address verification & the child's birth certificate to complete enrollment and secure site placement.**

**On February 11, 2019 we will be back to regular office hours of 7:00 a.m. – 4:30 p.m.** If any registrations are done online, you will still need to bring in the address verification & child's birth certificate to Hogan Administrative Building to secure placement at the requested preschool site. **There is no deadline for registering, but \*\*space is limited, so early registration is recommended. \*\***

The sites that are **tentatively** established for the 2019-2020 school year thus far are:

Congregational Preschool	2503 Main St.
Coulee Children's Center	2935 East Ave. South
Coulee Montessori (Northside Elementary)	1611 Kane St.
Emerson Elementary	2101 Campbell Road
Gundersen Health System Child Care	700 Bennora Lee Court
Hamilton Family Learning Center	1111 South 7 <sup>th</sup> St.
Hintgen Elementary	3505 S. 28 <sup>th</sup> St.
La Crosse Montessori Preschool	1818 Redfield St.
North Woods International	N2541 Sablewood Rd.
Northside Elementary	1611 Kane St.
Southern Bluffs Elementary	4010 Sunnyside Dr.
Spence Elementary	2150 Bennett St.
State Road Elementary	3900 Pammel Creek Rd.
Summit Environmental	1800 Lakeshore Dr.
Toddle Inn Day Care	W2637 Hwy 33
YWCA Child Center)	419 N. 9 <sup>th</sup> St.

If you have further questions, please call the Preschool Office at **608-789-7006**.





Individual Triple P is a free service at The Parenting Place. Triple P helps answer common parenting questions, helps parents make fast progress on behavior problems, and provides parenting tips and skills. Parents get quick results from Triple P and are then free to focus on other things related to family wellness. Triple P is beneficial for parents of children ages 0-12. Parents may access this support through our school counselors as well. Parenting Place staff can meet parents in any location for up to 4 sessions, for free.

### **WHAT IS TRIPLE P?**

Triple P provides practical strategies for managing life skills. This free program meets one on one with the parents and is tailored to meet the needs of each individual family developing a personal plan. It's an approach that helps families build safe, stable and nurturing relationships. It's not about rules. It's about gaining the skills and confidence to handle all the ups and downs together.

Parents Place Triple P providers can help your family develop the positive parenting skills to manage stress and encourage healthy habits.

### **TRIPLE P IS NOT ONE SIZE FITS ALL**

Grounded in science and practical advice, Triple P doesn't "control" how you parent. Instead, we provide hands-on advice and the success seen by many families. It's about gaining the skills and confidence to handle all the ups and downs together.

- Find the right level of support
- Set your own priorities and goals
- Decide what works for your family
- Tailor strategies to your unique needs

### **ATTEND ONE-ON-ONE**

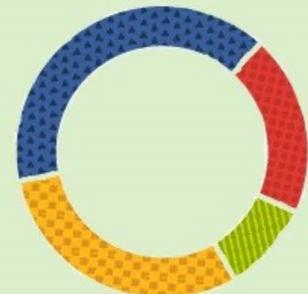
All parents experience parenting demands that outshine "expectations", regardless of their education and income. Register today to meet with a trained Triple P provider for thoughtful advice on various mild to moderate parenting stressors that arise.

- Focus on your family's specific needs
- Get suggestions for your situation
- Create a practical action plan



To schedule an appointment please contact  
Kara Raddant  
Triple P Parent Educator  
[kraddant@lacrossecounty.org](mailto:kraddant@lacrossecounty.org)  
(608) 789-4849

The Goal:  
**more positive  
in your days.**



Developing  
Positive  
Relationships

Teaching  
New Skills and  
Behaviors

Encouraging  
Desirable  
Behavior

Managing  
Misbehavior



# SAVE THE DATE: Flu Clinics

## Do you or your child need a flu shot?

The La Crosse County Health Department is partnering with the YMCA and the Tomah VA Medical Center to offer a flu shot clinic at our local YMCA sites!

Clinic dates, times, and locations:

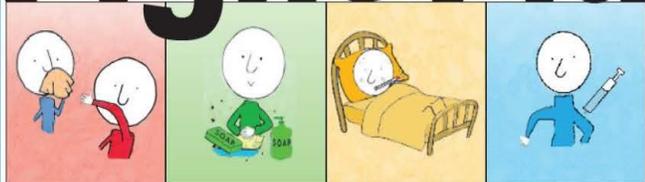
Monday, December 17<sup>th</sup>, from  
7:00-11:00 am at the Onalaska YMCA.

Wednesday, December 19<sup>th</sup>, from  
7:00-11:00 am at the La Crosse YMCA.

Open to the public. Do not need to be a YMCA member to attend.

- Flu shots for children (6 months thru 18 years old) provided at no cost to the family.
- Flu shots free of charge for Veteran's – Please bring your Veteran's ID Card.
- Influenza vaccine for adults age 19 and older:
  - Cost: \$33.00 for the Fluzone Quadrivalent Injection (flu shot) and \$63 for the Fluzone High Dose (formulated for age 65 and up).
  - Insurances the County is able to bill (must present insurance card for all plans listed below):
    - Medicare or Medicare Advantage Plans (covers both flu presentations)
    - Medicaid (MA)-except Mayo Health Traditions HMO-MA covers the Fluzone Quadrivalent injection but NOT the Fluzone High Dose injection
    - Quartz Health Plan
    - WEA and WCA Insurance (through a school district)
    - If paying out of pocket—Cash or check is accepted.
- Please feel free to call the La Crosse County Health Department at 608-785-9723 with any questions.

# Fight<sup>the</sup> Flu



Cover  
your  
cough!

Wash  
your  
hands.

Stay home  
when sick.

Get  
vaccinated.

VA



U.S. Department of Veterans Affairs  
Veterans Health Administration  
Tomah VA Medical Center



LA CROSSE COUNTY  
Health Department  
Nationally Accredited

# Winter Fun Checklist

## Hunker Down!

- Make a blanket fort
- Bake homemade bread
- Have a family movie night
- Make homemade pancakes
- Play a board game
- Make paper snowflakes
- Read your favorite classic book
- Watch the snow fall
- Do a jigsaw puzzle
- Watch a hockey game
- Bake cookies
- Drink hot apple cider
- Drink cocoa with marshmallows
- Eat breakfast in bed
- Make a winter-themed craft
- Sit in front of a blazing fire
- Make homemade soup
- Make your own playdough
- Write and mail a letter to a friend
- Play checkers
- Go swimming at an indoor pool
- Have a slumber party
- Act out a play
- Have a dance party
- Make a family tree
- Have a pajama day
- Make a family scrapbook

## Bundle Up!

- Go sledding
- Make a snow angel
- Have a snowball fight
- Take a ski lesson
- Go on a winter scavenger hunt
- Catch snowflakes on your tongue
- Go ice skating
- Build a snow fort
- Build a snowman
- Draw pictures in the snow with food coloring
- Bundle up and look at the stars
- Feed the birds





### 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, (Laura Huber), principal of (Northside Elementary/Coulee Montessori).

### Links for District Pages

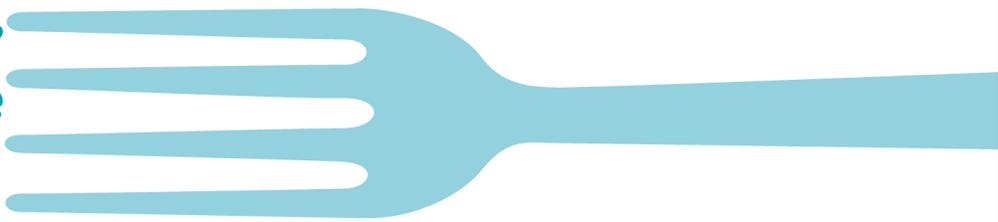
- |  |   |
|--|---|
| <a href="#">District Website</a>                   | <a href="#">School Breakfast/Lunch Menu</a>       |
| <a href="#">Skyward Family Access</a>              | <a href="#">Volunteer Application</a>             |
| <a href="#">District Enrollment Page</a>           | <a href="#">District Facebook Page</a>            |
| <a href="#">4-Year-Old Preschool</a>               | <a href="#">Cultural &amp; Family Connections</a> |
| <a href="#">Choice &amp; Charter Opportunities</a> | <a href="#">Community Services</a>                |
| <a href="#">After School Programs</a>              | <a href="#">Homeless Services</a>                 |
| <a href="#">District Special Education</a>         | <a href="#">Other District Parent Resources</a>   |

**Click Here to View Our  
Family Handbook**

**Click Here for Important  
School Documents**



# Harvest of the Month



## **Pick:**

- Choose winter squash with firm skin that is free of nicks, cracks, or soft areas.
- Select squash with an attached stem.

## **Store:**

- Fresh, whole squash can be stored in a cool dark place for several weeks to months, depending on the variety.
- Store cooked squash for a few days in the refrigerator or freeze up to 6 months.

## **Prepare:**

- Winter Squash is versatile. It can be baked, microwaved, roasted, sautéed, boiled, and/or steamed.
- Use a very sharp knife to cut or peel squash.

**December**



**Winter Squash**

## **Nutrition Info**

One cup of cooked, cubed squash has 115 calories and provides vitamins A & C and fiber.

## **Fun Facts**

In Native American folklore, winter squash was one of the "three sisters," along with corn and beans. These were staple foods in the Native American diet.

There are over 15 different types of winter squash including: butternut, Delicata, Hubbard, banana, acorn and spaghetti squash.

The heaviest squash ever recorded was 1234 pounds!

## **Uses**

Puree cooked squash and add to soups for a creamy texture. Squash seeds can be roasted and eaten just like pumpkin seeds.

Try stuffing squash with a blend of rice, apples and kale, adding roasted squash cubes to a savory pizza, or using a spiralizer to make squash noodles. No spiralizer? Try a spaghetti squash!

## **Family Friendly Activities**

Have your child help scoop out a cooked spaghetti squash; show them that the flesh looks like spaghetti noodles!

Let your child find, pick out and count the seeds in the squash. Then roast them and enjoy as a healthy snack!

## Nutrition Facts

Serving Size 1 cup (388g)  
Servings Per Container 6

Amount Per Serving

**Calories** 150    **Calories from Fat** 40

% Daily Value\*

**Total Fat** 4.5g    **7%**

Saturated Fat 1.5g    **8%**

Trans Fat 0g

**Cholesterol** 5mg    **2%**

**Sodium** 840mg    **35%**

**Total Carbohydrate** 28g    **9%**

Dietary Fiber 4g    **16%**

Sugars 9g

**Protein** 3g

Vitamin A 8%    •    Vitamin C 60%

Calcium 10%    •    Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## Autumn Roasted Squash Soup

Serves 6 (1 cup per serving)

### Ingredients

- 1 Tbsp. olive oil
- 1 butternut squash (approx. 2 pounds) peeled and cubed (reserve seeds for roasting)\*
- 1 medium onion, peeled and quartered
- 1 small head of garlic, peeled
- 1 medium tart apple, peeled and cubed\*
- 4 cups chicken or vegetable broth
- ½ tsp. salt
- ¼ tsp. cayenne pepper
- ½ cup half and half

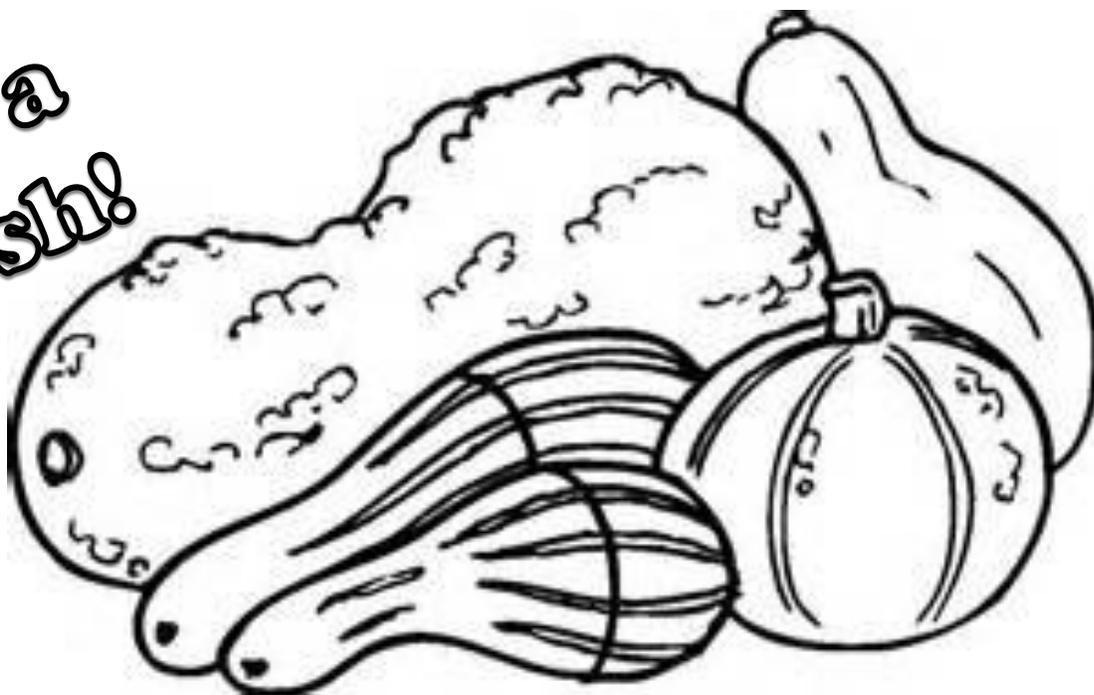
### Directions:

Preheat oven to 350 degrees. Lightly brush the surface of squash, onion, garlic and apple with the olive oil and place onto sheet pan. Roast for 30-45 minutes or until fork tender. Place all the roasted items into a large pot with the chicken broth, salt and pepper. Bring to a boil then reduce to a simmer for 15-20 minutes. Meanwhile, rinse and dry squash seeds. Lightly spray with olive oil and a sprinkle of salt. Place on sheet pan and roast for 10-20 minutes, stirring every few minutes, until evenly brown. Once soup is done, purée with an immersion blender, food processor or blender. Stir in the ½ and ½ and serve. Garnish with roasted squash seeds.

For more information on Farm2School visit:

[www.laxf2s.org](http://www.laxf2s.org)

Color a  
Squash!



Lunch / Northside/Coulee Montessori

**DECEMBER 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Texas BBQ Pork on WG Bun Garlic Cheese Bread Yogurt Lunch Roasted Veggies Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Snack Crackers Chocolate Fat Free Milk Lowfat White Milk Marinara Sauce	Lasagna Rollup Chicken Nuggets Yogurt Lunch Green Beans Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Garlic Toast Chocolate Fat Free Milk Lowfat White Milk Chicken Nugget Sauces	Beef Nachos Hot Ham & Cheese Yogurt Lunch Cowboy Corn Salsa Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Tortilla Chips Chocolate Fat Free Milk Lowfat White Milk	Grilled Chicken Burger Homemade Cheese Pizza Yogurt Lunch Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Bun WG Snack Crackers Chocolate Fat Free Milk Lowfat White Milk	Fish Sticks Cheeseburger on WG Bun Yogurt Lunch Oven Fries Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Snack Crackers Chocolate Fat Free Milk Lowfat White Milk Burger Fixins
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Macaroni & Cheese Hot Dog /Bun Yogurt Lunch Carrot Coins Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Seasoned Breadstick WG Cookie Chocolate Fat Free Milk Lowfat White Milk Hot Dog Fixins	Chicken Pot Pie Hot Italian Sub Yogurt Lunch Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Biscuit Chocolate Fat Free Milk Lowfat White Milk	Orange Chicken EZ Jammer Yogurt Lunch Roasted Veggies Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Brown Rice Apple Oatmeal Bar Chocolate Fat Free Milk Lowfat White Milk	Turkey Club Sandwich Homemade Sausage Pizza Yogurt Lunch Green Beans Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Snack Crackers Chocolate Fat Free Milk Lowfat White Milk	Mini Corn Dogs Wisconsin Chili Yogurt Lunch Smiley Fries Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Cornbread Chocolate Fat Free Milk Lowfat White Milk
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Macaroni & Cheese Chicken Nuggets Yogurt Lunch Roasted Broccoli Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Snack Crackers WG Seasoned Breadstick Chocolate Fat Free Milk Lowfat White Milk Chicken Nugget Sauces	Chicken Patty Sandwich Meatballs & Gravy Yogurt Lunch Mashed Potatoes Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Assorted Graham Snacks Dinner Roll Chocolate Fat Free Milk Lowfat White Milk	Sausage Patty served with French Toast Sticks Smoked Turkey Deli Sub Yogurt Lunch Potato Wedges Fresh Veggie Bar Assorted Canned Fruit Assorted Fresh Fruit WG Snack Crackers Lowfat White Milk Chocolate Fat Free Milk Lite Mayo Packet Mustard Packet	Roast Turkey & Gravy Homemade Cheese Pizza Yogurt Lunch Mashed Potatoes Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Dinner Roll WG Cookie Chocolate Fat Free Milk Lowfat White Milk	Spaghetti Sauce w/Meat served over WG Pasta Cheese Filled Breadstick Yogurt Lunch Green Beans Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Garlic Toast WG Snack Crackers Chocolate Fat Free Milk Lowfat White Milk Marinara Sauce
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
No School	No School	No School	No School	No School
<b>31</b>				
No School				

**Yogurt Lunch** Assorted Yogurt (4 oz) - Cheese Stick (1 oz) - Sunflower Seeds - Apple Oatmeal Bar - Strawberry Oatmeal Bar - WG Cheez-It Crackers - Animal Crackers - Goldfish Crackers - Cinnamon Goldfish - Chocolate Elf Grahams - Scooby Doo Grahams - Graham Bug Bites - Cinnamon Gripz - Graham Cinnamon Crips - Teddy Grahams  
**Condiments & Dressing** Ketchup Packet - Mustard Packet - BBQ Sauce - Lite Mayo Packet - Ranch Dressing - Ranch Dressing  
**Price Information** Breakfast(\$1.60), Reduced Price Breakfast(\$0.30), Lunch(\$2.80), Reduced Price Lunch(\$0.40), Adult Breakfast(\$2.50), Adult Lunch(\$3.85), Milk Half Pint(\$0.50)  
**View more:** <http://schools.mealviewer.com/school/NorthsideCouleeMontessori>

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 To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; fax: (202) 690-7442; or email: [program.intake@usda.gov](mailto:program.intake@usda.gov). This institution is an equal opportunity provider. <https://www.usda.gov/>