Northside ELEMENTARY
Students That Achieve Rockin' Success

Coulee Montessori
A Charter School of the School District of La Crosse

1611 Kane Street, La Crosse, WI - (608) 789-7970

April Newsletter

IMPORTANT DATES

NSE Success Assembly	April 5
Dad's Night	April 11
Spring Break	April 18-22
CM & Strings Concert	April 25
NSE Success Assembly	May 3
CM Picnic	May 14
NSE 4th/5th Concert	May 16
Graduation	June 3
Talent Show	June 4
Last Day of School	June 5

thank you to the PTO and SET!

Our teachers really appreciated the meals you provided during parent/teacher conferences!

STAY UP TO DATE

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

like us on facebook

A Message From the Principal

Dear Families!

Spring has sprung--at least I am hoping that is true! In anticipation of the upcoming Earth Day 4/22, I am focusing on the great outdoors. I thought I would remind you as you are looking for activities for your family to enjoy in the evening or on the weekends of the importance of getting your kids outside.

Recent studies have exposed the benefit—even necessity—of spending time outdoors, both for kids and adults. On a personal level, I have noticed every one of the following benefits both in myself and in my kids.

- **Getting your kids outside builds confidence.**
- **Getting your kids outside promotes creativity and imagination.**
- **Getting your kids outside gets kids moving.**
- **Getting your kids outside makes them think...nature creates a unique sense of wonder**
- **Getting your kids outside reduces stress and fatigue.**

Need some ideas about how to get your kids outside?

- **Set up scavenger hunts at the river.**
- **Identify things in nature using a book (or even an iPad! :-)**
- **Give them the tools to discover nature like a bug box or a magnifying glass.**
- **Go to an outdoor performance at Myrick or MoonTunes!**
- **Have your child bring along a camera or phone and create video or photo journals of various nature trips. Use the technology to your advantage!**
- **Take a hike or a bike ride on the marsh trail!**

Finally Happy Spring! Happy Earth Day! And most importantly, thank you for sharing your children with us!

Laura
lhuber@lacrossesd.org
608-789-7970

Message from Northside PTO

Hello Northside Families!

We have had a busy month of March and have LOTS to be thankful for!

Fundraisers

Families and friends of Northside students helped raise funds for the PTO in the following ways:

- **Pass the Hat for Play Equipment**. During the 2nd Grade Concert $140.18 was raised and the 3rd Graders brought in $157.60! These funds will go towards off-setting the costs to supply items to be used on the playground during recess.
- **A Penny for Your Thoughts Penny War**. Congratulations to our top classes who brought in the most money! Mrs. Valentine, Mr. Sullivan, Ms. Swanke, & Ms. Berg. A total of $446.47 was raised to go towards supporting your students and teachers at Northside.
- **Milk Moola**. Our last submission to Milk Moola was completed and will be around $1,200.00!

THANK YOU THANK YOU THANK YOU
for supporting Northside Elementary!

Another big thank you to everyone who donated items and helped with set-up/clean-up for the meal for the teachers during conferences! Numerous comments of gratitude from teachers & staff were received.

Lastly, congratulations to Ms. Fay on her approval of the PTO Spring Grant Request!

Next PTO Meeting: Tuesday, April 2nd at 6:00pm

Click Here to Email the PTO

like us on facebook

Message from Coulee Montessori SET

Hello from the Coulee Montessori SET!

March SET Meeting - Tuesday, April 16th at 5:30 pm at Lincoln Middle School in the CMAP classroom on the 3rd floor. Parents are always encouraged to join meetings!

*There will be open spots on SET for the 2019-20 school year and we need engaged, enthusiastic parents to fill them! Consider attending the April or May regular SET meeting if you're interested and want to learn more about what serving on SET is like.

Upcoming Events:

- **Thursday, April 4th (5:30-7:30pm)** Free movie screening of "Inside Montessori" at English Lutheran Church, with food and childcare too. This is a new documentary featuring five schools across the country and will be a great opportunity to learn more about Montessori education.
- **April 25th**—Coulee Montessori Concert and HPL/Art Night
- **Tuesday, May 14th (5:00pm-7:00pm)** Coulee Montessori Spring Picnic at Myrick Park - celebrate the end of the school year with our whole Coulee Montessori community!

A Look into the Future!

Are you curious about what Montessori education looks like at Coulee Montessori Adolescent Program (CMAP)? CMAP is grades 6, 7, and 8 of our Montessori School, and is located on the 3rd floor of Lincoln Middle School. This month we're highlighting the FUN at CMAP students have in the learning community. On March 15th, CMAP students had a lock-in at Lincoln Middle School, and even invited CMAP alumni to join. These kinds of events build community and connections among the students, which follow them back into the classroom for productive, collaborative learning experiences!

Thanks for Supporting Our School!

- The Box Tops collection boxes are located in each classroom. Every little one helps!
- Keep an eye on your child's backpack for information about our Original Works fundraiser. It's not only a great way to enjoy you child's art, it's also a significant fundraiser for our school.

Whenever you have questions, remember you can email SET at couleemontessoriset@gmail.com.

Have a great April!
SET

Click Here To Email SET

Northside ELEMENTARY
Students That Achieve Rockin' Success

Year-Round Schedule FAQs

Northside Elementary is moving to a year-round calendar starting next school year (2019-20)!

*Coulee Montessori is NOT moving to a year-round calendar.

Year-Round School Important Dates

Open House .....July 16, 2019

First Day of School .....July 18, 2019

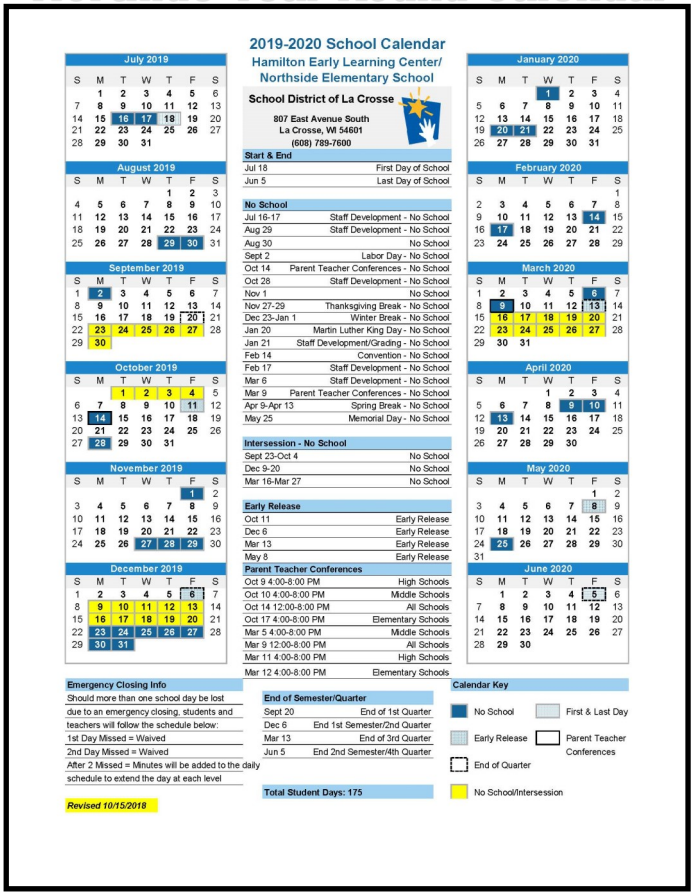
Intersession #1 .....September 23 to October 4

Intersession #2 .....December 9 to December 20

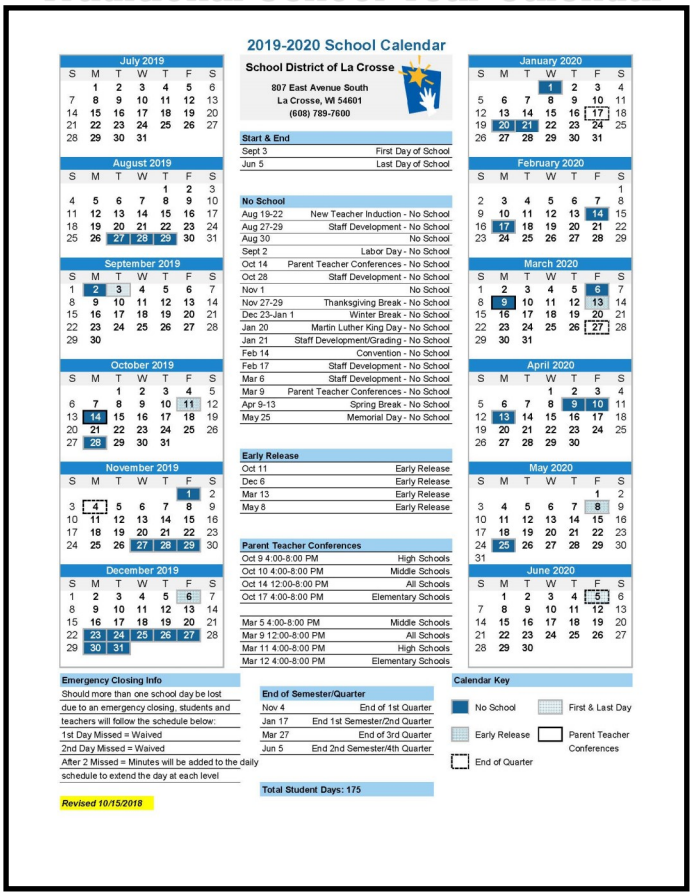
Intersession #3 ..... March 16 to March 27

Last Day of School .....June 5, 2020

Northide Year-Round Calendar



Traditional School Year Calendar



Health Room News & Information

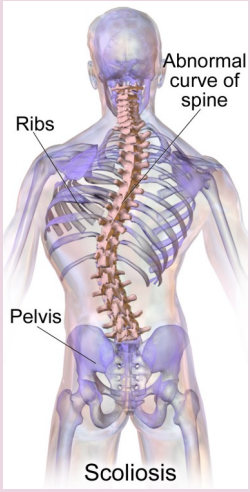
Ms. Cheryl Heath (608)789-6703

ATTENTION 5TH GRADE PARENTS

Upcoming Scoliosis Screening

Thursday, April 11, Your Northside Neighborhood Clinic will be having a 2nd specialty day. Dr. Breidenbach will be coming to Northside Elementary to provide a scoliosis screening for any additional 5th graders who missed the first session. This screening helps to detect signs of spinal curvature that can appear during times of rapid growth. Permission sheets will be sent home with 5th grade students in the near future.

Thank you,
Shelley Johnson RN



24 Hour Rule

Vomit: A student should stay home for 24 hours after the last time they have vomited.

Diarrhea: A student should stay home for 24 hours after the last time they had diarrhea.

Fever: A student should stay home for 24 hours after they have been fever (100°+) free without the assistance of medication.

FOLLOW US ON facebook

www.facebook.com/LaCrosseNorthsideElementary

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

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.

SCHOOL DISTRICT OF LA CROSSE
Dream • Believe • Achieve

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. After December 21, 2018, you can still apply to attend one of the district's choice and charter schools; however, your application will be considered with the general pool of applicants during the February through April open enrollment period (space permitting). 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 Preschool to elementary school, 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.

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

We wanted to share with you an approach to teaching that we use in our guidance classrooms and throughout Northside and Coulee Montessori.

Responsive Classroom®

The Responsive Classroom has been successfully used by K-8 teachers in schools around the country for over 20 years to create learning environments where children thrive academically, socially and emotionally. It emphasizes teaching children to take care of themselves, each other and the school environment so that everyone can learn at his/her best.

The Guiding Principles of Responsive Classroom:

The Responsive Classroom approach is based on many of the great theories of how children learn and on the experiences of classroom teachers. There are seven basic principles behind the approach:

- Learning social skills is as important as learning academic skills.
- How children learn is as important as what they learn. Process and content go hand in hand.
- Children gain knowledge most effectively through social interaction.
- To be successful academically and socially, children need to learn cooperation, assertion, responsibility, empathy, and self-control.
- Knowing the children we teach-individually, culturally, and developmentally-is as important as knowing the content we teach.
- Knowing the families of the children we teach and inviting their participation is essential to children's education.
- How the adults at school work together is as important as how skillful each individual teacher is.

Lasting change begins with the adult community.

Teaching Practices:

The Responsive Classroom approach includes the following main parts. We will be using some or all of these in our classroom this year.

- **Morning Meeting**: Children gather for twenty minutes or so every day to greet each other, read the morning letter, share news, do a group activity, and look forward to the day ahead. This daily routine builds community, creates a positive climate for learning, and gives children practice in a wide range of academic and social skills.
- **Rules and Logical Consequences:** The teacher and children create rules for the classroom that will allow everyone to do his/her best learning. When children break the rules, there are clear and non-punitive consequences that help them learn from the mistake. This approach teaches responsibility and self-control.
- **Guided Discovery:** A structured way of introducing materials so that children become interested and motivated to explore different ways to use materials. This also helps us teach the children where materials go in the classroom, and how to take care of the materials.
- **Academic Choice:** An approach to giving children choices in their learning to help them become invested, self-motivated learners. Academic choice can be used to teach any subject.
- **Classroom Organization:** Arranging materials, furniture, and displays in ways that encourage learning, care, positive social interaction, and independence in children. For example, in the next 6-8 weeks of school, children will know exactly where to find each and every material they will need in the classroom in order to be an independent learner.
- **Working Together With Parents:** Ideas for involving parents as true partners in their children's education.

Please let me know if you have any questions. You can learn more about the Responsive Classroom approach by going to www.responsiveclassroom.org.

Meet Beth Hartung!

Our New Community School Coordinator

Let's welcome Beth Hartung as our new Community School Coordinator for Northside and Coulee Montessori School! Beth taught English in Japan for ten years before moving with her family to La Crosse. She has strong ties to the Northside as her two children graduated from Logan High School. Beth received her Bachelor's degree from UW-La Crosse as well as her Master's degree in Education. She is looking forward to getting to know our students, families and staff. Beth enjoys spending time with her family and friends and spending time in nature. She loves to hike, ride bicycle, and camp. She also enjoys reading and she usually has two or three books going at the same time. She also enjoys cooking. Can you guess which food is her favorite to cook?

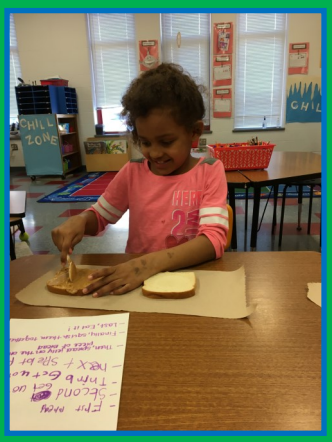
I Am Somebody

I am somebody.
I am capable and loveable.
I am teachable;
And therefore I can LEARN.
I can do anything when I try.
I'll be the best I can be.
Each Day.
Each Day.
Each Day.
I will not waste time.
Because it's too valuable,
and I am too precious and bright.
I am somebody.
I AM somebody.
I am SOMEBODY.
-Andreal Davis

Fun in the After School Program

A couple of fun activities going on in our After School Program!

Fishing for Sight Words and making PB&J sandwiches to practice sequencing in stories!



Betty V. DeBoer, PhD

Professor, UWL

bdeboer@uwlax.edu

Dear Parents,

We are thrilled to be continuously working to improve how we support our students at Northside Elementary and Coulee Montessori. In the upcoming weeks, we will be anonymously surveying Northside and Coulee Montessori Elementary kindergarten to 5th grade students on their thoughts and feelings related to school during their regular guidance time. The school counselors will help students read and complete the surveys, as needed. If you have questions or do not want your child to participate, please email Betty DeBoer before noon on Friday, April 12, 2019. Thank you for helping us make our schools great. THANK YOU!

Betty V. DeBoer

Meet the SLT!

What is Student Leadership Team and what is their mission? Watch to find out about the AMAZING group of 4th and 5th graders at Northside & Coulee Montessori that are making a difference in BIG ways!!

Drop Off Before School

The school and playground open at 7:45am. Especially during these cold winter months, please do not drop your child off before 7:45am unless your child is enrolled in the YMCA Morning Surround Care program. We cannot let students into the building any earlier than 7:45am as we do not have staff on duty to supervise until 7:45am.

SCHOOL DISTRICT OF LA CROSSE
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GO RITEWAY
TRANSPORTATION GROUP

Here Comes the Bus®

Now available to parents of School District of La Crosse students

- View the real-time location of your child's bus
- Access the app from your smartphone, tablet or computer
- Receive push notifications or email alerts
- Send your child to the bus stop at just the right time, every time

How to get started:

1. Download the *Here Comes the Bus* app* or visit herecomesthebus.com
2. Click the Sign Up button
3. Enter school code **87866** and click "Next" followed by "Confirm"
4. Complete the "User Profile" box
5. Under "My Students," click "Add." Enter your child's last name and student ID number. Student ID can be found under skyward Family Access. Click the "Portfolio" tab on the left, then scroll to the bottom and click "Here Comes the Bus view report", then a popup will open where you can open the report with your child's ID number on it.
6. Once you confirm your information, you're ready to begin using *Here Comes the Bus*!

*Available at the App Store and Google Play

Here Comes the Bus® is a registered trademark of Synovia Solutions™ LLC

Latex Controlled School

Northside Elementary/Coulee Montessori is a latex controlled school to the meet the needs of students with latex allergies. Items that are not allowed at this school include latex gloves and latex balloons.

If you have any questions, please feel free to speak with our principal.

Free Bread!

Hunger Task Force delivers bakery goods from Festival Foods every Thursday! Please stop in near the office every to grab some free bread to take home!

Coulee Montessori
A CHARTER SCHOOL OF THE SCHOOL DISTRICT OF LA CROSSE

SUMMER SCHOOL

Registration:
March 25th - April 17th

Have you ever considered Hosting an Exchange Student?

No time like the present!

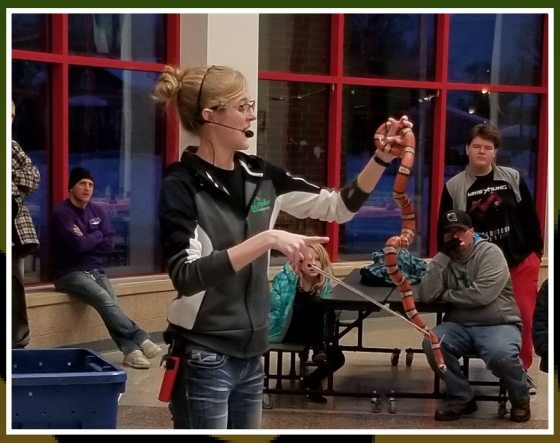
ISO: Families to host a foreign exchange student during the 2019-2020 school year!
We have students available from all over the world. Open your heart and your home to a very deserving student.

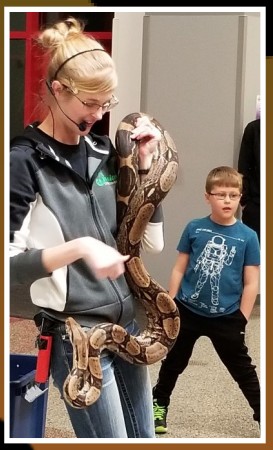
For more information, please contact:
heather.townsend@cetusa.org or www.cetusa.org

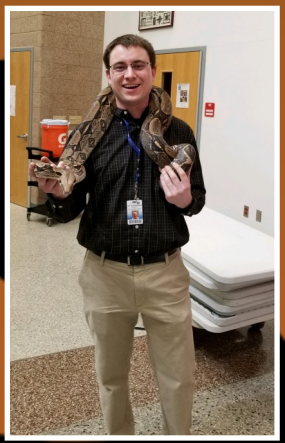
Do you have old markers at home?
DO NOT THROW THEM AWAY!

Please send them to school with your child! Northside and Coulee Montessori have begun the Crayola Color Cycle Program. We will be collecting markers and sending them to Crayola where they will be recycled into materials that are used everyday! This will reduce the amount of waste going into landfills. Any little bit counts.
If you have any questions, you can direct those towards Ms. Ingvalson at jingvals@lacrossesd.org
You can also find more information at www.crayola.com/colorcycle

We had a great time at Dad's Night!







M.A.P.L. NEWS

Music, Art, P.E. & Library

Coulee Montessori and Strings Concert is coming up on Thursday, April 25th in the cafeteria at 6:00pm. On behalf of the Music Department, we hope to see you there! Please look for additional information to be sent home with your student that will give more specific information for the concert!

Upcoming Concert Dates

Thursday, April 25th
All Coulee Montessori & Strings

Thursday, May 16th
Northside 4th & 5th Grade

Coming Soon...

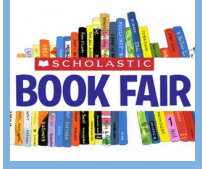
All School ART SHOW

Look for more information in your child's take-home folder!

Library News

Read Across America Day

Read Across America Day was a lot of fun! Buddy classrooms came to the library to read to one another. It was a wonderful day of reading!



Thank you to all the families who supported our Northside and Coulee Montessori Book Fair! Our school surpassed last year's earnings and earned over $1,500 in Scholastic Dollars to put towards purchasing popular titles for our library! The students have been loving the new books!

Our 3rd through 5th grade students have been learning about Digital Citizenship and our 4th and 5th graders created Digital Superheroes using Comic Touch on their iPads to display in our school's computer lab. They have showed great leadership in understanding that with great power, comes great responsibility!

THE INCREDIMAZING COMIC TOUCH!

VOCABULARY SHOWDOWN

The District Vocabulary Showdown has begun! 3rd-5th grade students were given their words to look up and study and can form teams of 2-4 people to compete in the competition. The top two teams from each school will participate in the District Competition on the morning of May 14th at the Black River Beach House.

HPL News

Matt Hessel-Mial Creative Writing Contest

2nd through 5th grade students had the opportunity to write and compete in the Matt Hessel-Mial Creative Writing Contest. District winners will be announced April 5th.

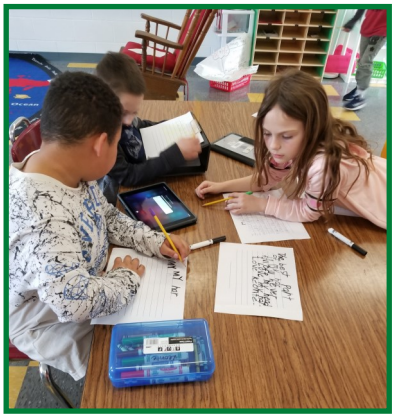
Superstars Northside 2nd Grade

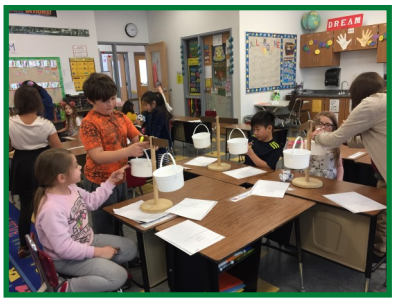
2nd grade has been learning a lot this month! We have gone on two field trips, the La Crosse Public Library and to Viterbo to watch the play, *Diary of a Worm, Fly and Spider*! We also had spirit week this month and our classes celebrated by reading with our grade level buddies, wore pajamas, crazy socks, sports clothes and our grade level colors!

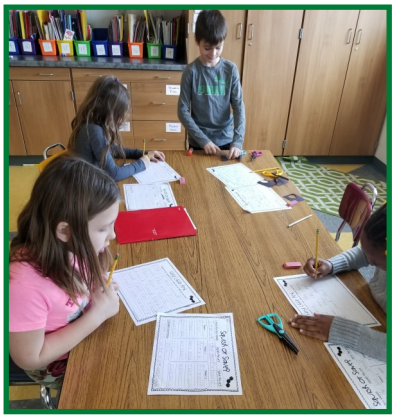
Superstars

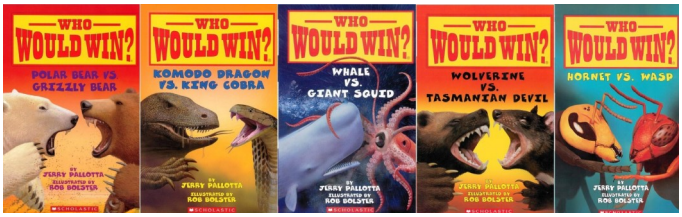
Northside 2nd Grade

Big shout out to the 2nd grade kiddos and all their hard work during our music concert this month! We are also working on our opinion writing unit. Students have enjoyed reading *Who Would Win* Books and creating opinion writings based off of those! Mrs. Shupe's class has been working on their balancing and weighing unit in science! We will be saying goodbye to Mrs. Shupe's student teacher, Ms. Heck this month also!









Featured Staff

Nicole Rislow

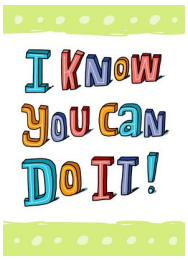
Miss Nikki Rislow is one of our amazing Coulee Montessori Children's House (4K and KG) teachers! She has been teaching at Coulee Montessori for 8 years! Miss Nikki grew up here in La Crosse and graduated from UW-La Crosse. Before coming to Coulee Montessori, she student taught at Jefferson Elementary and long-term subbed in Children's House at Jefferson. She also taught at La Crosse Montessori Preschool. Miss Nikki and her husband Chad have two daughters, Carmen (12) and Lydia (10). They enjoy spending time with friends and family, playing board games, hiking, movie nights, reading, and going for bike rides. Miss Nikki feels very grateful to be working with such wonderful colleagues, children, and families here at Coulee Montessori and Northside Elementary!

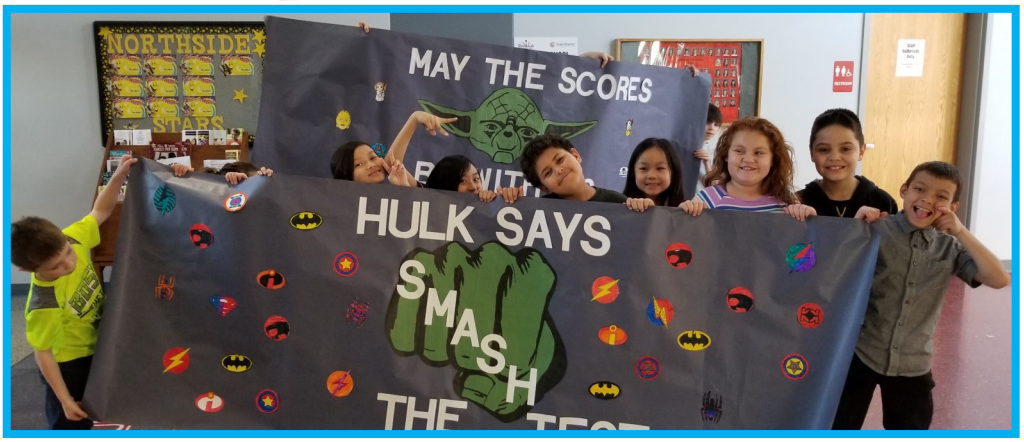
Kelcey Mossholder

Miss Kelcey Mossholder is the other half of our incredible Coulee Montessori Children's House team, and one of the newest teachers to Coulee Montessori! Miss Kelcey was born in Wausau, WI and grew up in Merrill, WI. Schooling brought her to La Crosse where she graduated from Viterbo University with a Bachelor's in Elementary Ed. She taught 1st grade in Sparta, WI for two years before coming to Coulee Montessori. She is new to the Montessori Philosophy and is loving learning about Montessori practices! Miss Kelcey married her best friend, Jesse, in June of 2017. They have a puppy named Winston. They are also expecting a baby girl in May! We are so excited to meet baby Mossholder! In her free-time, Miss Kelcey enjoys traveling, hiking, kayaking, painting, gardening, and spending time with family and friends. She is so excited to be on this new teaching adventure at Northside Elementary and Coulee Montessori!

Thank you Nikki and Kelcey!

Getting Pumped for Forward Testing!





To get our 3rd, 4th and 5th Graders pumped up to start Forward Testing, we threw them a Pep Rally and invited our younger classes to cheer them on!
Good luck with your testing!

We made it through winter, yay! As the days get longer and the temperature grows warmer, our older students are also in the process of taking the state tests which tell us a little bit about what our students know.

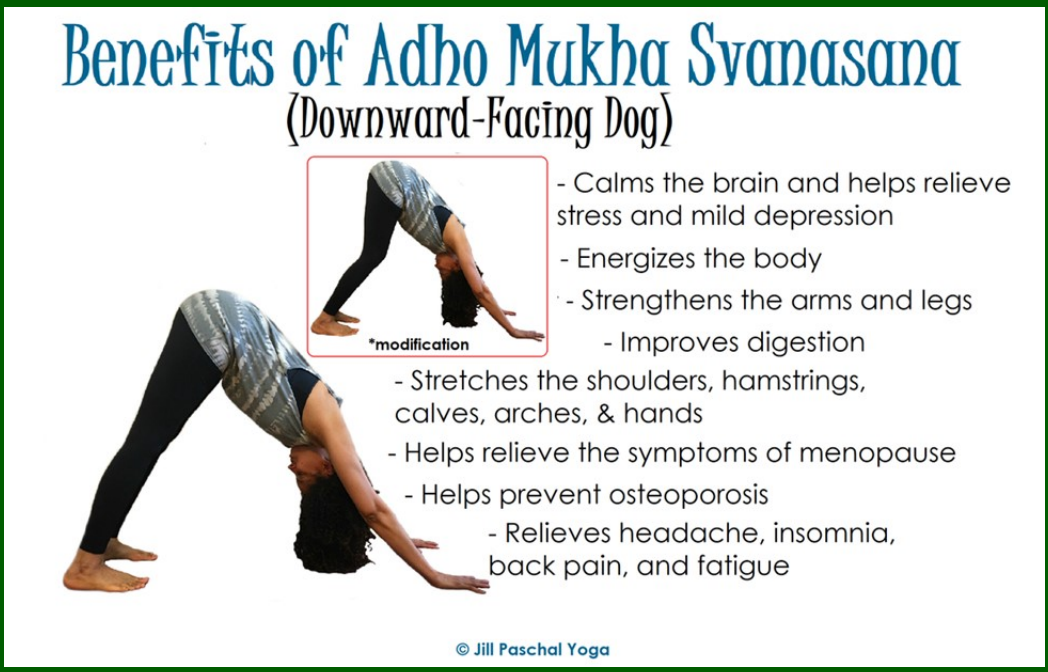
My older two children have often struggled with test anxiety. I believe this stems from both of them having a difficult time with focusing when they feel the need to "perform" well. Fortunately, there are some easy breathing techniques which might be able to help! And the great thing is these mindful tips can work for taking tests, before job interviews, or, in general, when we are feeling anxious or worried.

Alternate Nostril Breathing

This is one of my favorite breaths! To do it:

1. Sit comfortably in a chair, on a cushion, or with your back against the wall.
2. Raise the crown of your head towards the sky, but keep it flat.
3. Using your pointer finger and thumb, close off your right nostril and inhale through your left side only.
4. Use your thumb to close your left side, release your index finger from your right nostril and exhale on that side.
5. Keep the left nostril closed with your thumb as you inhale on the right side. When you have finished inhaling, close the right side, open the left and exhale on that side.
6. It is sometimes easier if you imagine the air you are inhaling and exhaling is making a "U" shaped pattern, in one nostril and out the other.
7. If it sounds kind of complicated to you, it gets easier with a little bit of practice!

Another great way to reduce anxiety is to do a simple yoga pose called **Down-Ward Facing Dog**, or *Adho Mukha Svanasana* in Sanskrit. The possible benefits to Downward Facing Dog are shown below in a picture from yoga teacher, Jill Paschal. You can also watch a video HERE from Yoga Journal on how to correctly do this pose!



Please note, this column is not intended to diagnose, treat, or replace information from your medical provider. Please consult with him/her before starting a new exercise program or if you feel extreme anxiety or stress.

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

APRIL LUNCH MENU

Coulee Region farm 2 school
Get Active. Cause. Community. Change.

We are proud to offer the Farm 2 School program to our students and staff. It is that time of year again where we request your help. Please go to the click the link above and complete the survey before April 5th to let us know how we are doing. Participants have a chance to **WIN** one of 6 Farmers' Market gift cards just for taking the survey. Good Luck! Thank you for your participation in helping us grow our program.

-Your School Nutrition Department

Early Release Days

November 9 ~~March 15~~
January 11 ~~May 10~~

Remaining Early Release Days are now regular, FULL school days due to missed school for weather cancellations.

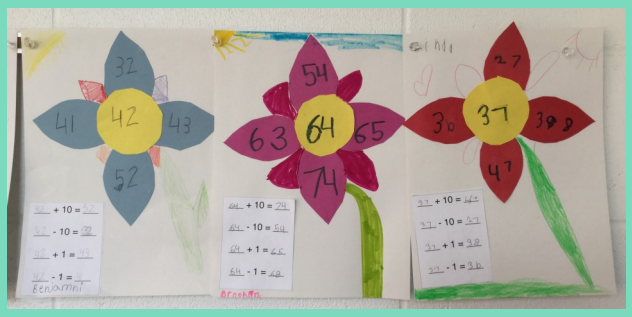
Food Pantry

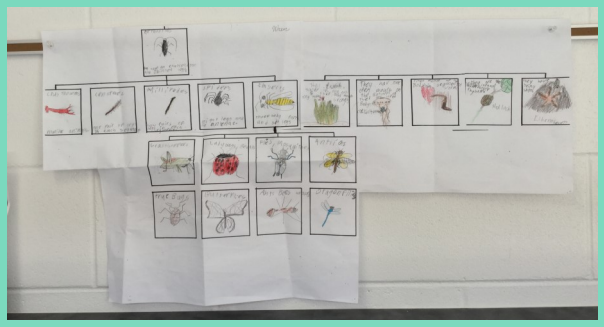
Distribution Dates:

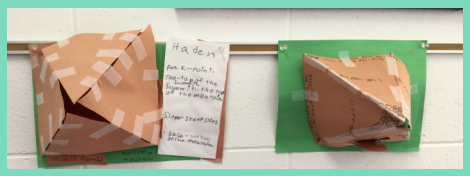
Nov. 15	Mar. 21
Dec. 13	Apr. 25
Jan. 24	May 23
Feb. 21	

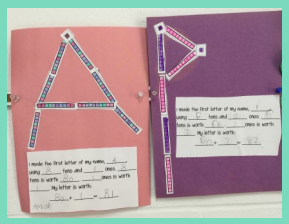
*Dates are subject to change

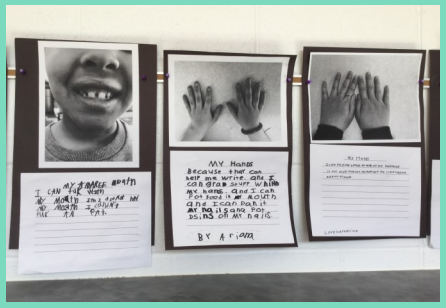
Fun Around the School





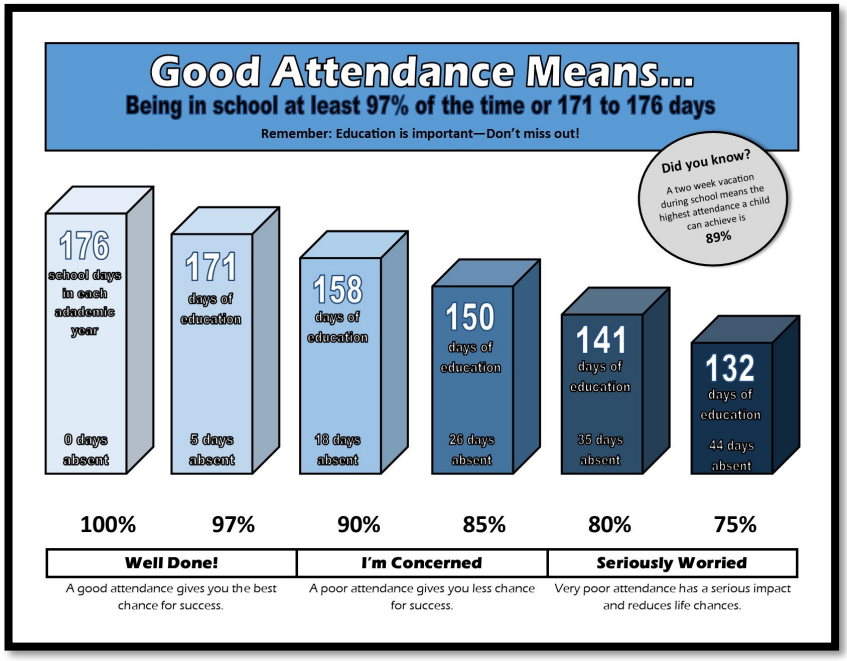


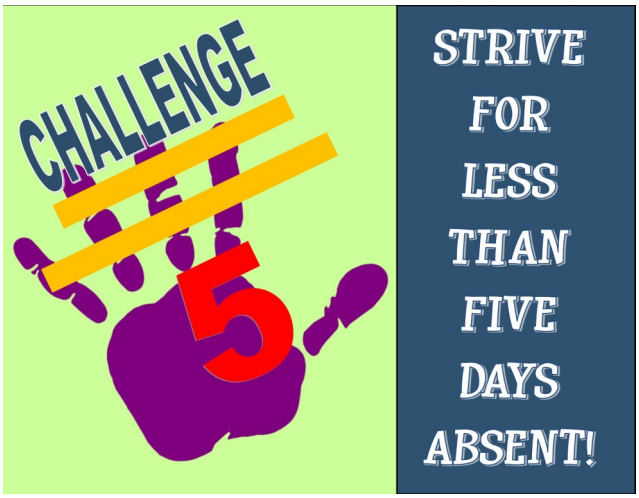


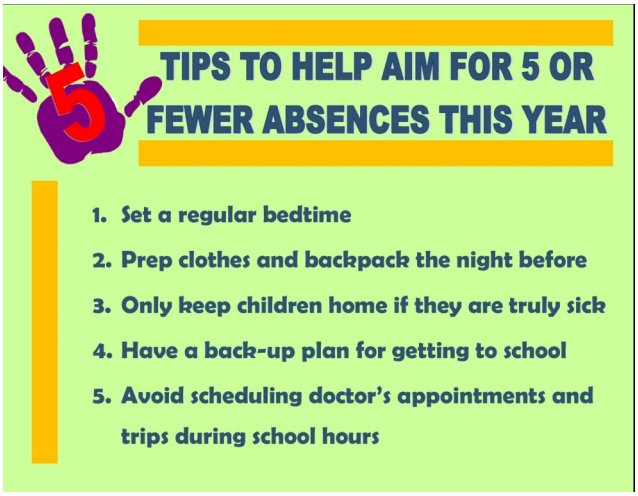


From the Attendance Office

School Attendance Matters!
ALL DAY, EVERYDAY







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

Attendance Office

Phone:
(608)789-7970

Small changes,
big differences.

Triple P
Positive Parenting Program
for every parent

The Triple P - Postive Parenting Program

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. The 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
Heather
Triple P Parent Educator
(608) 785-8125 ext. 215

the parenting PLACE

www.triplep.net

School Day will end at 3:03pm starting on March 7th.

(Morning preschool will end at 10:53am)

Early Release Days cancelled, they will become regular, full-day school days.

School-year calendar changes due to winter weather closures

LA CROSSE, Wis., (February 22, 2019) – The School District of La Crosse is ready to share with families plans to make-up lost instructional minutes for the 2018-19 school year due to closures from inclement weather over the last couple of months.

The district built 2 days into this year's school calendar for possible inclement weather. The severe winter weather required us to close for 5 days so far. That leaves 3 days of lost instructional minutes the district needs to create to follow state requirements. Please keep in mind any additional inclement weather days that require us to close school this winter will result in additional changes.

All Schools – The early release days scheduled for March 15 and May 10 will now be scheduled as full school days. Afternoon preschool will be available on March 15 and May 10 because of the new full-day schedule. The last day of school, June 5, will now be a two-hour early dismissal instead of the normal three-hour early dismissal.

Elementary and middle schools – Starting on Thursday, March 7, the district's elementary and middle school dismissal times will be extended. Elementary schools will end their school days 8 minutes later at each building. Middle schools will end their school days 10 minutes later. Both extensions will last through the end of this school year. These changes will allow elementary and middle schools to meet the state requirements for total minutes of instruction.

High schools – The district's high schools already have a longer scheduled school day. With the 5 closure days due to inclement weather, the high schools are still close to having the required instructional minutes with the help of adding back the March 15 and May 10 early release days. The high schools will need to cancel two extended learning days between March 7 and the end of the school year to meet the state requirements but will not need to extend their afternoon dismissal times. Each of the high schools will determine which two extended learning days to cancel and follow-up with their families.

Parents and guardians of students who ride the bus at all grade levels should expect their students to arrive home about 10 minutes later than normal beginning March 7.

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

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

- District Website
- Skyward Family Access
- District Enrollment Page
- 4-Year-Old Preschool
- Choice & Charter Opportunities
- After School Programs
- District Special Education
- School Breakfast/Lunch Menu
- Volunteer Application
- District Facebook Page
- Cultural & Family Connections
- Community Services
- Homeless Services
- Other District Parent Resources

Click Here to View Our Family Handbook

Click Here for Important School Documents

like us on facebook

A documentary film

INSIDE MONTESSORI

Education has a future.

Inside Montessori: A Film Screening | Location: English Lutheran, 1509 King Street | Thursday, April 4, 2019 | 5 - 7:30 pm

Schedule of Events

5:00-5:30 Free Food and Refreshments
5:30-7:00 Film Screening, "Inside Montessori"
7:00-7:30 Discussion
*child enrichment activities provided

More Info: CouleeMontessoriSET@gmail.com

Sponsored by Coulee Montessori SET and La Crosse Montessori Preschool

Coulee Montessori
A CHARTER SCHOOL OF THE SCHOOL DISTRICT OF LA CROSSE

La Crosse Montessori Preschool
Since 1967

QUIET ISLAND FILMS PRESENTS "INSIDE MONTESSORI" DIRECTED AND PRODUCED BY JAN SELBY AND VINA KAY
EDITED BY AMIRA COHEN MUSIC COMPOSED BY KEN CHASTAIN AND ROB MEANY

Harvest of the Month

April Carrots

Pick:

•Choose firm, bright carrots without cracks that look slightly moist.

•Large carrots with the greens attached will have the sweetest flavor.

Store:

•Remove the greens from carrots and store tightly sealed in a plastic bag in refrigerator.

Prepare:

•The peel of the carrot is edible; gently scrub and rinse carrots prior to eating or peel if desired.

•Enjoy carrots raw or cooked by microwaving, steaming, sautéing, roasting or baking.

Nutrition Info

One cup of carrots has 52 calories.

Carrots provide vitamins A & C and fiber.

Fun Facts

Carrots were originally grown as medicine and not food.

Despite what you see in cartoons, hares, which are wild rabbits, do not eat carrots.

Carrot varieties grown in the US are usually orange, but can also be yellow, white, red, and purple.

Uses

Carrots are a great addition to stir frys, cakes, quick breads, soups, coleslaws, casseroles, and side salads.

Add shredded carrots to your raw beef or turkey before making burgers.

Family Friendly Activities

Carrots are a kid favorite! Have your children help plan and prepare a meal featuring carrots cooked several ways. Try raw carrots with a dip, roasted carrots sprinkled with garlic and parsley, steamed carrots with honey and ginger, and shredded carrots added to a meatloaf. Make carrot cake for dessert!

Ask your child to compare the texture, size, color, taste and shape of carrots to other vegetables.

Farm2School Updates

The Harvest of the Month Calendar for next school year is confirmed! Here is a sneak peek at some of the foods you will see next year: blueberries, sweet corn, cucumbers, fresh lettuce, and cranberries!

Coulee Region farm2school Get Active. Cause. Community. Change.

Coulee Region Farm2School 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.

Harvest of the Month

Whole Wheat Carrot Muffins

Serves 12

Ingredients

1 1/2 cups whole-wheat flour
1 teaspoon baking soda
1 teaspoon cinnamon, ground
1/2 teaspoon ginger, ground
1/2 teaspoon salt
1/2 cup butter, softened (but not melted)
1/2 cup honey
1 egg
1 teaspoon pure vanilla extract
1 cup applesauce, unsweetened
3/4 cup carrots, shredded
1/3 cup diced walnuts, optional

Instructions

Preheat oven to 350 degrees F. Line a muffin pan with paper, foil, or silicone liners, and set aside.

In a medium bowl whisk together flour, baking soda, cinnamon, ginger, and salt.

In a large bowl, use an electric mixer to mix the butter, honey, egg and vanilla together. Slowly add in the flour mixture until well combined. The batter will be fairly thick.

Using a spatula, carefully fold in the applesauce and carrots. Mix in walnuts, if desired. Divide the batter evenly among the muffin cups. Bake for 22 - 24 minutes or until a toothpick comes out clean.

For more information on Farm2School visit: www.laxF2S.org.

Color Carrots!

GUNDERSEN HEALTH SYSTEM®

Coulee Region Farm2School 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

Lunch / Northside/Coulee Montessori

APRIL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Hot Dog /Bun Chicken Patty Sandwich Yogurt Lunch Carrot Coins Assorted Fresh Fruit Assorted Canned Fruit Chocolate Fat Free Milk Lowfat White Milk Hot Dog Fixins Chicken Nugget Sauces Fresh Veggie Bar	**2** Macaroni & Cheese Pizzable Yogurt Lunch Assorted Fresh Fruit Assorted Canned Fruit Seasoned Breadstick WG Cookie Chocolate Fat Free Milk Lowfat White Milk Fresh Veggie Bar	**3** Orange Chicken EZ Jammer Cheese Stick (1 oz) Yogurt Lunch Assorted Fresh Fruit Assorted Canned Fruit Brown Rice Chocolate Fat Free Milk Lowfat White Milk Roasted Veggies Fresh Veggie Bar	**4** Texas BBQ Pork on WG Bun Homemade Sausage Pizza Yogurt Lunch Green Beans Assorted Fresh Fruit Assorted Canned Fruit WG Snack Crackers Chocolate Fat Free Milk Lowfat White Milk Fresh Veggie Bar	**5** Mini Corn Dogs Chicken Bacon Quesadilla Yogurt Lunch Smiley Fries Salsa Assorted Fresh Fruit Assorted Canned Fruit Chocolate Fat Free Milk Lowfat White Milk Fresh Veggie Bar
8 Macaroni & Cheese Chicken Nuggets Yogurt Lunch Roasted Broccoli Assorted Fresh Fruit Assorted Canned Fruit WG Snack Crackers WG Seasoned Breadstick Chocolate Fat Free Milk Lowfat White Milk Chicken Nugget Sauces Fresh Veggie Bar	**9** Meatballs & Gravy Chicken Patty Sandwich Yogurt Lunch Mashed Potatoes Assorted Fresh Fruit Assorted Canned Fruit Assorted Graham Snacks Dinner Roll Chocolate Fat Free Milk Lowfat White Milk Fresh Veggie Bar	**10** Sausage Patty served with French Toast Sticks Smoked Turkey Deli Sub Yogurt Lunch Potato Wedges Assorted Canned Fruit Assorted Fresh Fruit WG Snack Crackers Lowfat White Milk Chocolate Fat Free Milk Lite Mayo Packet Mustard Packet Fresh Veggie Bar	**11** Sloppy Joes Homemade Cheese Pizza Yogurt Lunch Assorted Fresh Fruit Assorted Canned Fruit Chocolate Fat Free Milk Lowfat White Milk Fresh Veggie Bar	**12** Spaghetti Sauce w/Meat served over WG Pasta Cheese Filled Breadstick Yogurt Lunch Green Beans Assorted Fresh Fruit Assorted Canned Fruit Garlic Toast WG Snack Crackers Chocolate Fat Free Milk Lowfat White Milk Marinara Sauce Fresh Veggie Bar
15 Chicken Tenders Hot Ham & Cheese Yogurt Lunch Honey Glazed Carrots Assorted Fresh Fruit Assorted Canned Fruit WG Seasoned Breadstick Chocolate Fat Free Milk Lowfat White Milk Chicken Nugget Sauces Fresh Veggie Bar	**16** Roast Turkey & Gravy WG Corn Dog Yogurt Lunch Mashed Potatoes Assorted Fresh Fruit Assorted Canned Fruit Dinner Roll WG Cookie Chocolate Fat Free Milk Lowfat White Milk Ketchup Packet Fresh Veggie Bar	**17** Walking Taco Cheese Quesadilla Yogurt Lunch Salsa Seasoned Refried Beans Assorted Fresh Fruit Assorted Canned Fruit Tostito Scoops Chocolate Fat Free Milk Lowfat White Milk Fresh Veggie Bar	**18** No School	**19** No School
22 No School	**23** Beef Taco (Local Beef) Toasted Cheese Sandwich Yogurt Lunch Fiesta Black Beans Assorted Fresh Fruit Assorted Canned Fruit WW Tortilla Assorted Graham Snacks Chocolate Fat Free Milk Lowfat White Milk Fresh Veggie Bar	**24** Colby Omelet served with Buttermilk Pancakes EZ Jammer Yogurt Lunch Potato Babycakes Assorted Fresh Fruit Assorted Canned Fruit Chocolate Fat Free Milk Lowfat White Milk Syrup Fresh Veggie Bar	**25** Chicken & Waffle Homemade Pepperoni Pizza Yogurt Lunch Baked Beans Assorted Fresh Fruit Assorted Canned Fruit WG Snack Crackers Mini Rice Krispies Treat Chocolate Fat Free Milk Lowfat White Milk Chicken Nugget Sauces Fresh Veggie Bar	**26** Chicken Potato Bowl Cheese Filled Breadstick Yogurt Lunch Corn Assorted Fresh Fruit Assorted Canned Fruit Seasoned Breadstick Chocolate Fat Free Milk Lowfat White Milk Marinara Sauce Fresh Veggie Bar
29 Turkey Club Sandwich Garlic Cheese Bread Yogurt Lunch Assorted Fresh Fruit Assorted Canned Fruit WG Snack Crackers Chocolate Fat Free Milk Lowfat White Milk Marinara Sauce Roasted Veggies Fresh Veggie Bar	**30** Lasagna Rollup Chicken Nuggets Yogurt Lunch Green Beans Assorted Fresh Fruit Assorted Canned Fruit Garlic Toast Chocolate Fat Free Milk Lowfat White Milk Chicken Nugget Sauces Fresh Veggie Bar			