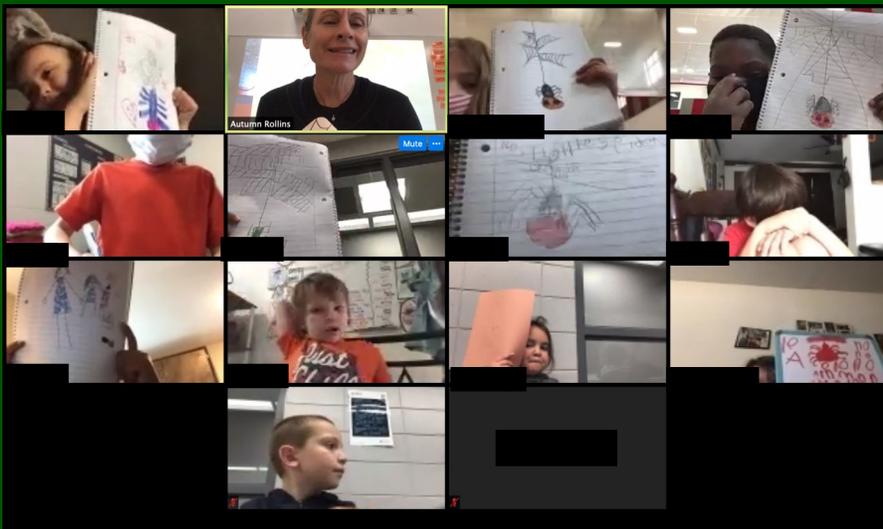




November Newsletter

Showing off their Art Hub drawings of spiders
in Mrs. Rollins' class!



We're ALL In This Together!



thank you to the PTO
and SET!

Our teachers and staff really appreciate the snacks you have provided!

STAY **UP** TO DATE

Visit Our Websites



Follow Us On Facebook



Check your emails!



A Message From the Principal

Hello everyone!

I am hoping this newsletter finds you happy and healthy! Finding both happiness and health can be a bigger challenge in a pandemic and we want to help your family if we can! I have been continuing to join your children in their zoom classes. I am seeing strong relationships develop between children and especially between children and their teachers. I have to tell you that I wasn't sure how that was going to happen virtually--but it definitely has!

In searching for some ideas from experts for Parenting in a Pandemic, I came across this [article](#) from the American Academy of Pediatrics. They give four ideas for families:



Address children's fears. Sometimes we think the children aren't listening to the adults around them or the media when the topic of the pandemic comes up. But they are! And they likely have a few questions for you! Be sure to discuss the facts with the children as simply as possible! If your child's fears seem more than what you are comfortable with, please give either Ms. Fay or Mrs. Gartner a call. We can help you sort through next steps.

Keep healthy routines. It's easy when everything seems out of whack to stray away from consistent bedtime, chores or meals together. When life gets crazy, however, is when the routines are critical! Try hard to maintain the routines as something to hold onto when everything else is different in the life of your children.

Use positive discipline. When children are nervous or scared and routines are unstable, they can act up! Sometimes our children can try our patience and when we are not in a good spot, responding positively is even more difficult! That's when the strategies recommended in the article provide some ideas about how to respond better! From a strategy such as: redirect behavior all the way to: give time outs and in between, you can find ideas here!

Finally, **find some special time with each child:** Even if it is sorting laundry or raking the yard or cooking dinner, finding a little 1:1 time with a child on a regular basis is critical to helping a child regulate behavior. When life gets busy, this can be extra hard but the pay off will be huge!

As always be sure to reach out if you need any help! We will do what we can! I am looking forward to getting back into the building! Here's hoping it is soon!

In Partnership,

Laura Huber
lhuber@lacrossesd.org
608-789-7970

Virtual Muffins with Laura
Thursday, Nov. 12th - 1-2pm

Meeting ID

meet.google.com/dmn-zzac-yzu

Phone Numbers

(US)+1 818-697-1258

PIN: 688929499

Message from Northside PTO

Hello Northside Families!

A big CONGRATULATIONS to the winners of the
PTO 3 in a Row!

Jessica Larson

Jonathon Williams

Kathi Blanchard

How can you support your school through PTO?

1. Attend a PTO meeting via Zoom
2. Follow Northside Elementary PTO on Facebook
<https://www.facebook.com/LaCrosseNorthsidePTO/>
3. Use Amazon Smiles when purchasing from Amazon

Next PTO Meeting:

Tuesday, November 3rd at 6:00pm

Zoom Meeting

Please email the PTO for the Zoom Link

Click [Here](#) to
Email the PTO



Message from Coulee Montessori SET

Hello Coulee Montessori Families!

We give kudos to all the parents, supporting adults, and teachers who are working so creatively to help students navigate this year!

November SET meeting - Tuesday, November 17th at 5:30 pm via Zoom.

Parents are always encouraged to join meetings! If you are interested, please [email us](#) to receive the meeting link.

You can help our school by joining SET for the 2020-21 school year!

Engaged, enthusiastic parents are encouraged to join the November regular SET meeting to learn more about serving on SET.

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. Follow the [CMAP Facebook](#) page to get updates and insight into what Montessori education looks like in Middle School.

Thanks for Supporting Our School!

- If you ordered Cross Stitch kits or Coulee Montessori gear from the school store, we will be in touch in mid-November to arrange a time to drop off your items.
- Box Tops is digital! Scan your grocery receipts in the [BoxTops App](#) to direct funds to our great school! No more clipping! Every little one helps in earning money for classroom materials and supplies, field trip fees and other needs for our children's education!! Thanks so much for taking the time to scan your receipts!
- Watch for more info on the Read-A-Thon!
- You can make our school stronger by donating to support classroom materials, teacher professional development, and community building activities. [Donate](#) anytime!

Stay Connected with SET! Here are several places you can go to find info about SET meetings, events, and activities:

- [Facebook Page](#) - Like and Follow the page!
- Bookmark our [website](#) for meeting dates, event info, ongoing fundraising activities, and SET member info
- [Email SET](#) with any questions (keep in mind the email address is checked by volunteer SET members so patience with response times is appreciated! :))

Have a great November!

SET

**Click [Here](#)
To Email SET**





Health Room News & Information

Meet Our Health Room Staff



Shelley Johnson
School Nurse



Cheryl Heath
Health Assistant

(608)789-6703

**Click [Here](#) to Email
the Health Room**



Stop the Spread of COVID-19



WASH YOUR HANDS
often with soap and
water for 20 seconds.



USE HAND SANITIZER
with at least 60% ethyl
alcohol or 70% isopropyl
alcohol when handwashing
is not available.



WEAR A MASK
or fabric face covering.



**STAY AT LEAST
6 FEET APART.**



**STAY HOME IF
YOU'RE SICK.**

aafa Asthma and Allergy
Foundation of America

aafa.org/covid19

IS IT COVID-19, THE FLU, A COLD, ALLERGIES OR ASTHMA?

Symptoms	Coronavirus* (COVID-19) Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms	Seasonal Allergies Abrupt onset of symptoms	Asthma Gradual or abrupt onset of symptoms
Length of symptoms	7-25 days	Less than 14 days	7-14 days	Several weeks	Can start quickly or last for hours or longer*
Cough	Common (usually dry)	Common (mild)	Common (usually dry)	Rare (usually dry unless it triggers asthma)	Common (can be dry or wet/productive)
Wheezing	No	No**	No**	No**	Common
Shortness of breath	Sometimes	No**	No**	No**	Common
Chest tightness/pain	Sometimes	No**	No**	No**	Common
Rapid breathing	Sometimes	No**	No**	No**	Common
Sneezing	No	Common	No	Common	No***
Runny or stuffy nose	Rare	Common	Sometimes	Common	No***
Sore throat	Sometimes	Common	Sometimes	Sometimes (usually mild)	No***
Fever	Common	Short fever period	Common	No	No
Feeling tired and weak	Sometimes	Sometimes	Common	Sometimes	Sometimes
Headaches	Sometimes	Rare	Common	Sometimes (related to sinus pain)	Rare
Body aches and pains	Sometimes	Common	Common	No	No
Diarrhea, nausea and vomiting	Sometimes	Rare	Sometimes	No	No
Chills	Sometimes	No	Sometimes	No	No
Loss of taste or smell	Sometimes	Rare	Rare	Rare	No

Your symptoms may vary. *Information is still evolving. Many people may not have symptoms. **If your quick-relief medicine is not helping your asthma symptoms, or if you are in the Red Zone on your Asthma Action Plan, call your health care provider or seek medical attention immediately. **Allergies, colds and flus can all trigger asthma which can lead to shortness of breath, chest tightness/pain and rapid breathing. COVID-19 is the only one associated with shortness of breath on its own. ***If you have allergic asthma, you may have symptoms of both asthma and allergies at the same time.

Sources: Asthma and Allergy Foundation of America, World Health Organization, Centers for Disease Control and Prevention. edited 8/25/20 • aafa.org/covid19

Thanksgiving Break



No School

November 25, 26, 27



PIC•COLLAGE

CLOTHING NEEDS



The Children's Clothes Closet Ministry at Trinity Lutheran Church will be utilizing an email system during this unprecedented time of our pandemic. Please email needs to the address below. The volunteers there will get back to you about what is needed for your families and how they will coordinate with you regarding needs being met. Please contact Bill Schilla 6087808443 or Deb Keller 608769-2965 regarding donation drop off.
Childrensclothescloset@trinitylutheranlax.org

For the Teen Closet, please use First Lutheran Church (608-783-2236). We will also be working to add a SignUp Genius link to use for appointments at <https://www.firstlutheranomalaska.org/clothescloset>, and there is a "contact us" form on that page as well.

FREE MEALS EXTENDED

FOR ALL STUDENTS FOR THE ENTIRE 2020-2021 SCHOOL YEAR



LA CROSSE MTU WILL BE FREE-TO-RIDE FOR THE REMAINDER OF 2020!

NO MORE CLIPPING.



SCAN YOUR RECEIPT.



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.

Community Resource Room



Beth Hartung
Community School Coordinator
608-789-6780
bhartung@lacrossesd.org

Hello Northside and Coulee Montessori Families!

I miss your children. I hope this finds you all well.

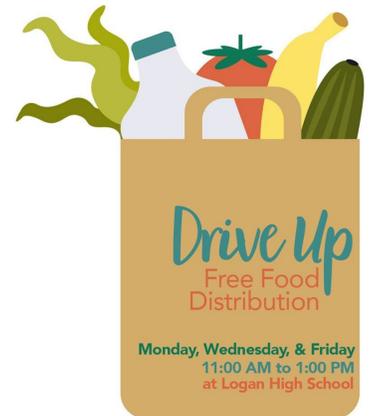
Our Community School Resource Room remains open. If your family needs something (clothing, hygiene products, school supplies, or books), please let your child's teacher know or you can email me.

If you need extra food, please visit the food distribution site at Logan High School's stadium parking lot (see image below). We are able to offer you a variety of fresh produce (fruits, veggies, dairy products, bread, and sweets). We are open every Monday, Wednesday, and Friday from 11:00 a.m. to 1:00 p.m. (or until food is gone). You can attend via a car or walk up. I hope to see you there.

Does your family need anything?



Scan this QR code or click [HERE](#) to fill out a confidential family needs survey!



What Can You Find in the Community Resource Room?

- Clothing (Shoes, Boots, Coats, Socks, Shirts, Pants, etc.)
- School Supplies (Pencils, Paper, Erasers, Folders, Rulers, and more)
- Food (Pasta, Peanut Butter, Rice, Canned Fruits and Vegetables, and more)
- Hygiene Products (Soap, Washcloths, Combs, Shampoo, Toothpaste, etc.)

*Some of the items (e.g. clothing and books) may be gently used as we are also trying to reduce/reuse/recycle when possible in order to be more environmentally friendly.



ANGEL TREE

There's still time left to register online for the Angel Giving Tree & La Crosse Jaycees Toys for Tots programs! This online registration form will take the place of in-person interviews for the 2020 Angel Giving Tree and Christmas Food Basket programs, and is the recommended method of registration due to COVID-19 concerns. [Website](#)



Catholic Charities

Looking for Holiday supports or giving opportunities? Catholic Charities of La Crosse has a Coats for Kids program, Holiday Project (Adopt-a-Family), and their annual Christmas Store. Visit their websites for more information!
<https://cclse.org/coats-for-kids-campaign/>
<https://cclse.org/christmas-program>

Coats for Kids
 Wrapping the Community in Warmth!



COVID-19 tests are available for everyone in La Crosse County.

Even those without symptoms.



Learn More:

www.lacrossecounty.org/covid19



All students and staff will be expected to wear a cloth face covering at all times while on school property. A face covering means a piece of cloth or other material that is worn to cover the nose and mouth completely. A "face covering" includes but is not limited to a bandana, a cloth face mask, a disposable or paper mask, a neck gaiter. A "face covering" does not include face shields, mesh masks, masks with holes or openings or masks with vents.

Click Here For
 Covid Supports from
 our Guidance Team



WEAR

a cloth covering over your nose and mouth.



WAIT

6 feet apart. Avoid close contact.



WASH

your hands or use hand sanitizer.

STAY HOME IF YOU ARE SICK.

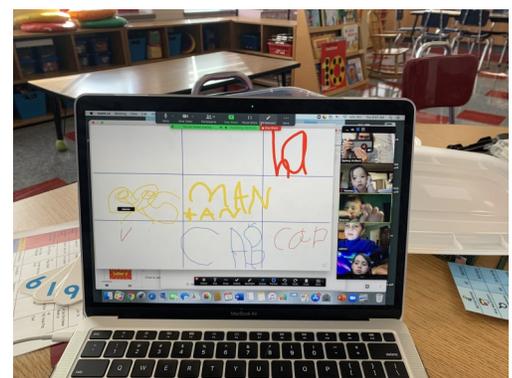
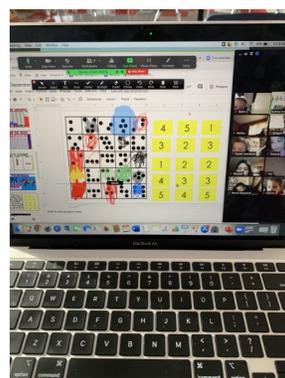
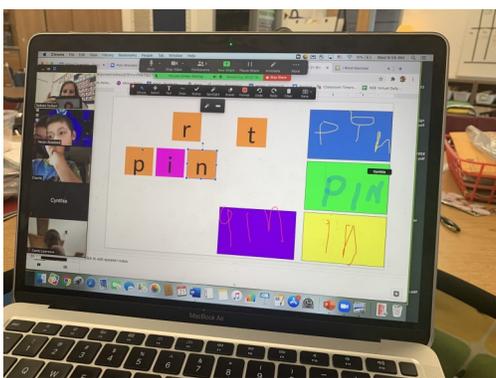
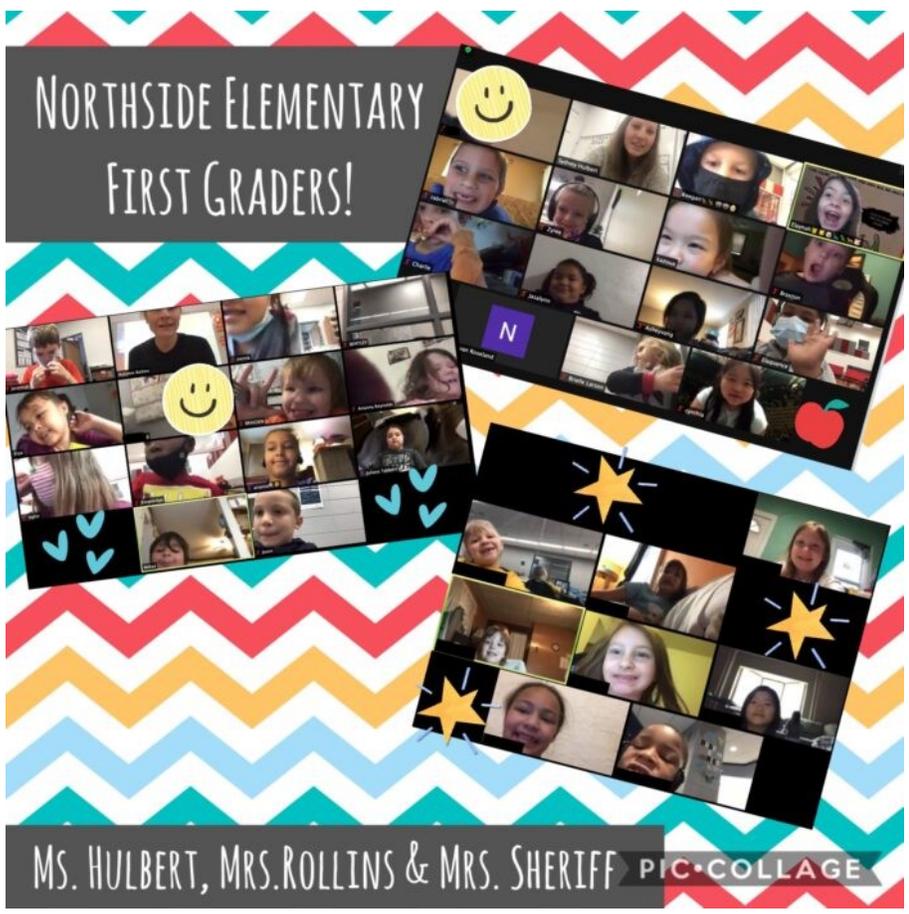
Superstars

Northside First Grade



Z93's students of the week are the Northside first Graders! Congrats!

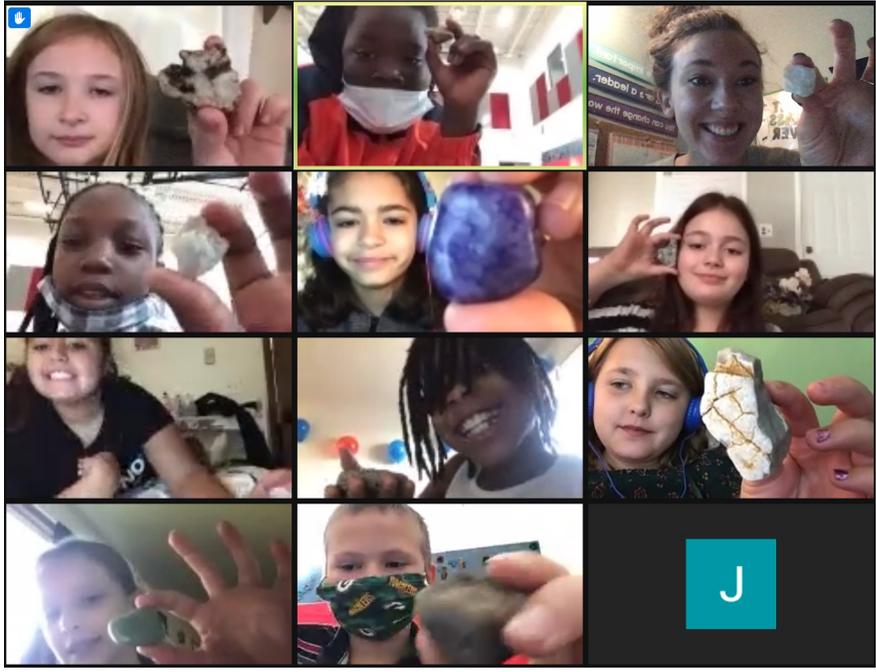
Read more [HERE](#).



First grade learns to annotate on our zoom meetings to write words and play connect 4.

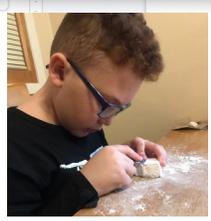
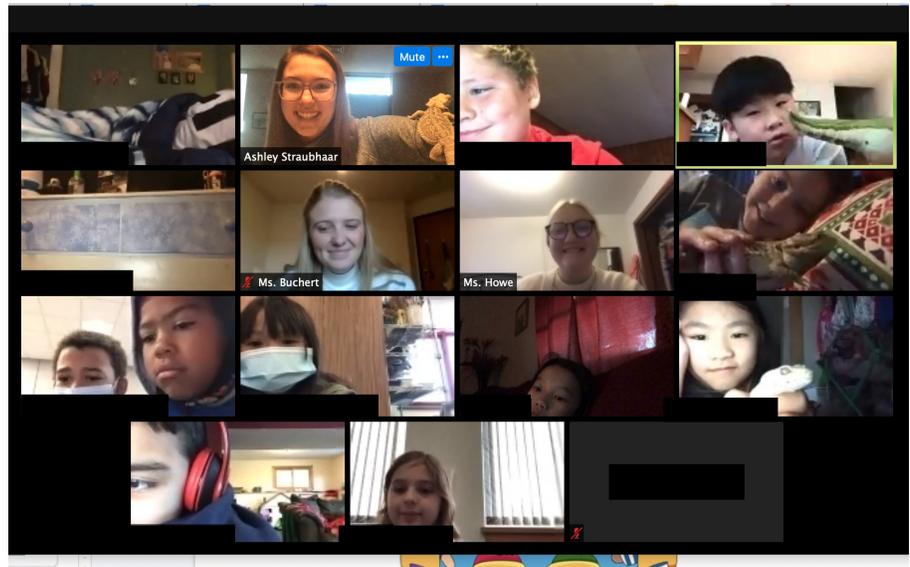
Superstars

Northside Fourth Grade



Ms. Kass' class did a rock hunt outside to learn about rocks! They observed them to determine if they have been physically or chemically weathered!

Show and Tell in Ms. Straubhaar's class!
Many reptiles made an appearance!



Ms. Straubhaar's class is also learning about paleontologists and fossils. Kadin decided to do some paleontology on his own after learning about fossils.!

WOW! OUR CLASS HAS READ 700 BOOKS ALREADY AND ITS ONLY THE SECOND MONTH OF SCHOOL!

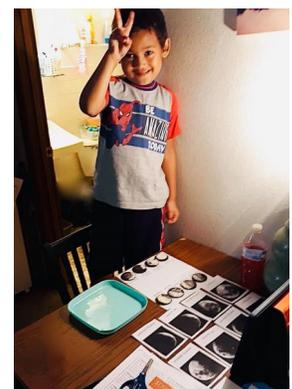
Braxten can locate ALL the continents in 18 seconds! Our class record!

- Some things that fill our hearts in 4th grade are...
- FAMILY
 - DULUTH MINNESOTA
 - PETS
 - COOKING WITH GRANDMA
 - BOXCAR CHILDREN BOOKS
 - BOARD AND CARD GAMES
 - PETER PAN
 - WRITING AND READING
 - CHINESE FOOD

Superstars

Coulee Montessori E1

A fun virtual learning activity from Sara Jorgensen's class, these little astronauts are studying the phases of the moon. Using sandwich cookies (spinning them apart and shifting the frosting around) and art supplies students created visual representations of the eight different phases of the moon. They have also been working on constellation boxes and pumpkin words!



Superstars

Coulee Montessori E2

Mariah Bigelow's class created projects after learning about the life and work of Supreme Court Justice Ruth Bader Ginsburg. The kids will continue to study the Supreme Court and follow news on the nomination process of Judge Amy Coney Barrett. Studying Justice Ginsburg lead to wonderful and insightful discussions about civil rights, bridging divides, and speaking up in the pursuit of equality.



She was born March 15, 1933. She died September 18, 2020. She was Jewish and she was born in Brooklyn, New York. Her birth name is Joan Ruth Bader and her father name is Nathan Bader and mother's name is Celia Bader. She went to Cornell University, B.A., 1954. Her children name were Jane and James.

Dear Jane and James Ginsburg, 10/2/20

I am writing to you about your mother. She was a remarkable woman. She always spoke her mind. I don't know where our country would be without her. She did so many things to advance women's rights and same sex marriage rights. Even though she was not the first woman on the supreme court she was a pioneer. Based on Justice Ginsburg's work I have rights that my Grandmother didn't have. For example, I have the right to earn the same wages as men for work, to pay the same cost for retirement plans and insurance policies as men, and I can continue to work while pregnant and receive leave for childbirths.

Ruth was a very hard worker who remained dedicated to the court while having family responsibilities and health concerns. She was a role model and I admire her.

sincerely,
Sophia Hart

Ruth was a Supreme Court Justice. She was the second woman to serve on the court. She held her position for more than 25 years. She fought for gender equality.

Born on March 15 1933 New York City.

She had a sister that died at six from meningitis an illness that causes swelling in the brain and spine. She went by her middle name Ruth. She had two children Jane and James. She struggled to find a job. She was voted onto the US Supreme Court on 9/3/1993.



M.A.P.L. NEWS

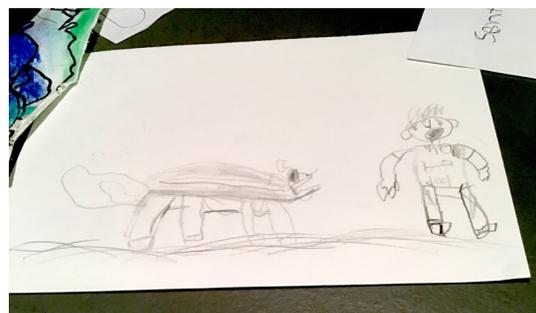
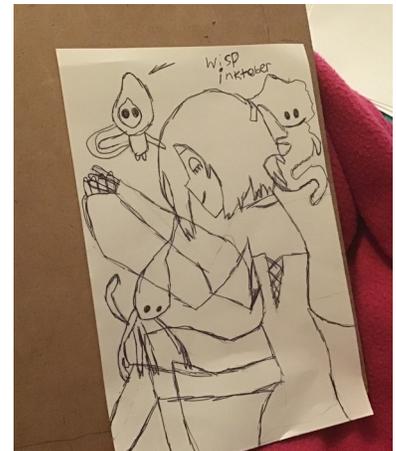
Music, Art, P.E. & Library



Art with Mrs. Rabeke



STUDENTS IN MS. HATCH'S 5TH GRADE CLASS ARE DOING THE 2020 INKTOBER CHALLENGE. INKTOBER IS A SERIES OF DRAWING PROMPTS (ONE FOR EACH DAY OF THE MONTH) DESIGNED TO HELP ARTISTS GET INTO THE HABIT OF DRAWING EVERY DAY, EVEN IF IT IS ONLY FOR A FEW MINUTES. THIS KIND OF "ART HABIT" BUILDS PERSEVERANCE, WHICH MEANS WE KEEP DOING SOMETHING EVEN WHEN IT BECOMES DIFFICULT OR CHALLENGING.





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

Click Here for the Monthly Menu

New Menu Website and App

Check out the new menu app available for iOS and Android. In addition to the menus, the app features the nutrition calculator, allergens, and printing.



We're on Facebook!
Check out SmartEats and like our page!



608-789-5880

FREE School Breakfast and Lunch for ALL students
 Northside Elementary (drive up in parking lot)
 Weekdays 11:30-12:30
 Orders must be placed through Skyward or call 608.789.5880
 Will continue through 2020-2021 school year

Drive-up Fresh Produce (vegetables, fruits, and dairy)
 Logan High School (parking lot by stadium)
 Monday, Wednesday, Friday 11:00am-1:00pm

2 Bags of Food (produce and dry goods)
 Trinity Lutheran Church
 1010 Sill St (drive up at front door)
 Mondays 5:00-6:00pm



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

Click Here to View Our Family Handbook

Click Here for Important School Documents



VIRTUAL

Muffins

with

Laura



Thursday, November 12th

1:00–2:00pm

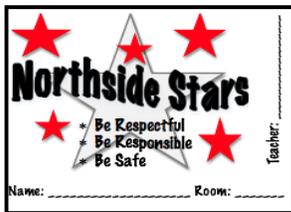


Join me in a virtual meeting to chat all things
Northside and Coulee Montessori!

To join, please click this google meeting link at the indicated date/time: meet.google.com/dmn-zzac-yzu

Star Cards

- ★ Students are recognized by staff for positive behavior with star cards.
- ★ Star cards are collected and star-card winners are drawn each week for a celebration with the principal.
- ★ “Star Students” are chosen monthly for a special celebration with the whole school.



How Can You Help?



Please support your student by encouraging them to follow the school expectations.

- ★ Be Respectful
 - ✓ Use kind words
 - ✓ Eyes on speaker
 - ✓ Listen to others
- ★ Be Responsible
 - ✓ Follow directions
 - ✓ Work hard
 - ✓ Take care of school property
- ★ Be Safe
 - ✓ Use a safe body
 - ✓ Stay in own space
 - ✓ Ask adults for help



Northside Elementary

Parent Guide to Positive Behavior Intervention & Supports (PBIS)



What is PBIS?

- ★ PBIS stands for Positive Behavior Interventions and Supports.
- ★ PBIS is a positive support system, where adults recognize good behavior and decision-making.
- ★ PBIS serves as an approach to school-wide discipline.
- ★ With PBIS, students are clearly taught the expectations and procedures for the school as a whole.



Student Self-Regulation Strategies

- ✓ Practice deep breathing
- ✓ Pay attention to body signals
- ✓ Ask a friend/adult for help
- ✓ Talk to an adult/Share your feelings
- ✓ Ask for a cool-down break before resuming activities

Supporting Adult Strategies

- ✓ Try to use a calm/neutral voice
- ✓ Give clear and direct directions
- ✓ Set boundaries and stay consistent
- ✓ Give student time and space to calm/respond
- ✓ Offer break space in classroom/at home
- ✓ Help student recognize emotions/feelings
- ✓ Help student identify strategies that help
- ✓ Take time to reteach expected behavior
- ✓ Try to stay out of a power struggle

What are the Zones of Regulation?

- ★ A behavioral approach to teaching self-regulation, controlling emotions/impulses, managing sensory needs, and improving problem-solving skills.
- ★ Our feelings and states determine which zone we are in:

Green Zone: Calm state of alertness. A student may feel happy, focused, content, or ready to learn.

Blue Zone: Low state of alertness. A student may feel down, sad, tired, sick, or bored.

Yellow Zone: Heightened state of alertness and elevated emotions. A student may feel stress, frustration, anxiety, excitement, silliness, or nervousness.

Red Zone: Extremely heightened state of alertness with intense emotions. A student may experience anger or explosive behavior.



HAVE YOU LOST YOUR HOUSING? IS YOUR HOUSING UNSTABLE? ARE YOU LIVING IN A MOTEL OR A SHELTER?

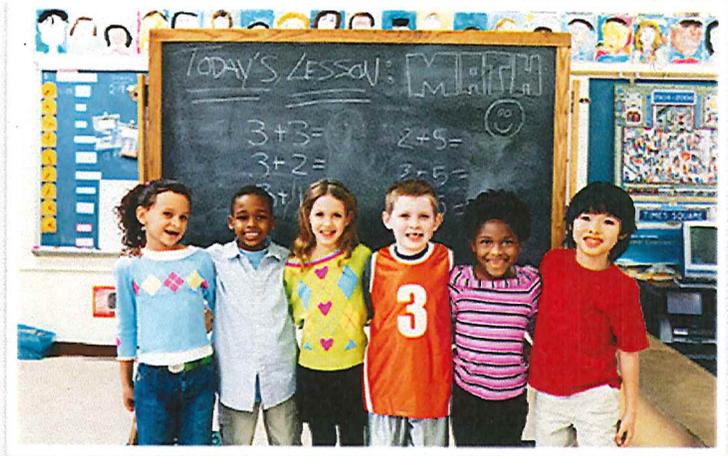


THE SCHOOL DISTRICT OF
LA CROSSE IS HERE TO HELP

The McKinney-Vento Act defines homeless youth as:

- * Children and youth who lack a fixed, regular and adequate nighttime residence including:
 - *Doubled up in a residence due to economic hardship, or similar situation
- * Living in motel, hotel, or camping ground due to lack of other housing
- * Living in an emergency shelter
- * Living in a public or private place that is not meant for sleeping (cars, parks, bus or train station, abandoned buildings, other public spaces)
- * Migratory children who live in any of the above circumstances

Students who are homeless are not stigmatized or segregated on the basis of their homeless status and have full and equal educational and related opportunities.



If your child is currently enrolled in one of our schools, please contact your child's school to assure that attendance will continue uninterrupted. We may help provide transportation to your child's school of origin (the school that your child attended when you were permanently housed). If your child attends/attended a school in a neighboring district (Onalaska, Holmen, West Salem, La Crescent etc), contact that school so arrangements can be made to continue there or discuss switching to a school in La Crosse.

If you are new to La Crosse, or your child isn't enrolled yet, please visit our Registrar's Office at Hogan Administrative Center, 807 East Avenue or call (608) 789-7756 for more information. Questions? Please contact our district homeless liaison Alicia Place, 789-7941 or aplace@lacrossesd.org

HARVEST OF THE MONTH
 NEWSLETTER 11/2020
**FUN FACTS**

- Cranberries were first used by Native Americans for food, fabric dye, and medicine.
- 95% of cranberries are turned into cranberry juice, sauce and other cranberry products.
- Wisconsin is the nation's #1 cranberry producer!

NUTRITION INFO

One cup of cranberries contains 50 calories and are excellent sources of vitamin C and fiber.

PICK

Choose plump cranberries that are red, shiny, and firm to the touch. Berries that are discolored or shriveled should be tossed.

STORE

Fresh cranberries can be refrigerated up to 1 month or frozen up to 1 year. Cooked cranberries can be refrigerated for a few days or frozen for up to 6 months.

PREPARE

Enjoy cranberries cooked, fresh, canned, frozen, or dried. Rinse cranberries under cold water before using.

USE

Add fresh cranberries to smoothies or muffins, or dried cranberries to salads. Cranberries can be tart on their own, but they pair well with sweeter fruits like apples!



Cranberry Rice Pilaf

Serves 8

Ingredients:

- ½ cup brown rice
- ½ cup wild rice
- 1 ¾ cup chicken broth (low sodium)
- ¼ cup orange juice
- 2 Tbsp. olive oil
- 2 tsp. brown sugar
- 1 ½ cup diced onion
- 1 cup dried cranberries

Directions:

In a medium pot, combine rice, broth and orange juice. Bring to a boil, then reduce heat and simmer until tender (about 45 minutes). Meanwhile, stir together oil and sugar until dissolved. In a sauté pan, combine onions with the oil mixture and cook over low to medium heat until onions are browned and sweet (about 40 minutes). Stir onions and cranberries into the cooked rice mixture, serve hot.
 Add cooked chicken for an easy meal!

Per serving (1/2 cup): 180 calories, 4g fat, 3g protein, 32g carbohydrate, 2g fiber, 30mg sodium

for more information visit www.laxf2s.org

Do you need diapers?

**Every
Thursday**

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



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

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

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

Contact The Parenting Place:

Call (608)784-8125

or email: info@theparentingplace.net

 www.theparentingplace.net

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