



## **FEBRUARY 2018 NEWSLETTER**



Dear Parents,

First of all, congratulations to Mrs. Mandi Wolfgram! Mrs. Wolfgram was awarded the January Top Notch Teacher. Here is a [link](#) to the News story. If you see Mrs. Wolfgram driving the TOP NOTCH TEACHER car this month, please congratulate her.

Secondly, we are looking forward to a fun-filled February with a number of exciting events! Our month begins with our International Exploration Day on our next Early Release Day, Friday, February 2nd. Each Early Release Day we begin with a Community Day where we gather together to hear about the learning of one or more classrooms. We also give out a number of awards on Community Day, including the Golden Trash Can Award (cleanest room), Golden Lunch Tray Award (most responsible grade level during lunch), and Golden Firefighter's Boot Award (safest classroom for the fire drill). In addition we give out an extremely popular award called the Guest Teacher Pizza Party Award to the classroom showing the most respect to their Guest Teacher (which is what we call our substitute teachers, out of respect). As principal, I personally provide a Pizza Party to the winning class of this award.

On Monday, February 5th we will have a guest presentation by highly renowned children's author Patricia Polacco! Some of the books Ms. Polacco has written include: "The Keeping Quilt", "Thank you Mr. Falker", "Meteor", and "Chicken Sunday". In her books she tells of family tales drawn from her own childhood, growing up among an extended immigrant family of grandparents and cousins representing many cultures, heritages, and beliefs. Ms. Polacco will do presentations for the students during the day, and presentations for parents in the evening. What an amazing opportunity for our entire school community. (See details inside.)

The fun continues on Wednesday, February 7th as we celebrate Global Play Day! Global Play day is an event which allows students to experience the benefits of unstructured play. At North Woods International we will participate in Winter Olympics! Winter Olympics is a wonderful tradition at North Woods, allowing students to enjoy the beauty of outdoor activities, and we even have hot chocolate around a fire!

That's it for now! Looking forward to seeing you at the Author Visit on February 5th!

A handwritten signature in black ink that reads "Sandra Brauer".

Sandy Brauer  
North Woods International Principal

## MARK IT DOWN! UPCOMING EVENTS!

Fri. Feb 2: Early Release 1:15 PM Dismissal  
Mon. Feb. 5<sup>th</sup>: Author Visit! Patricia Polacco  
(Schedule: Prek-2<sup>nd</sup>: 9-10 AM  
3<sup>rd</sup>-5<sup>th</sup> Grade: 10:15-11:15AM  
Evening presentation for families!  
Dinner: 6:00 & Presentation 6:30-7:30 pm  
Wed. Feb 7: Olympic Games (see below)  
Fri. Feb. 9: No School  
Mon. Feb 12: 6:00 Buzz Session 6:30 TEAM  
Fri. Mar. 9: Early Release 1:15 PM Dismissal  
Mon. Mar 12: Parent Teacher  
Conferences (12-8 PM) NO SCHOOL  
Thurs. Mar 15: 4pm-8pm Parent Teacher  
Conferences  
Fri. Mar 20<sup>th</sup>: Family Fun Fest!  
March 29<sup>th</sup>-April 3<sup>rd</sup>: No School Spring  
Break. Return April 4<sup>th</sup>

## WINTER WEATHER!

Winter weather is upon us! Please make sure to send your child to school with warm coats, mittens, hats, scarves and boots! It is also a good idea to label all winter gear!

The School District of La Crosse cold weather policy states children can be outdoors when the temperature is 0 or above and when the wind chill is -5 or above.

We follow these guidelines when deciding if recess is indoor or outside. Children need to be prepared for cold temperatures and being safe in cold weather!

# February

## Olympic Games!

With the Olympic Games to begin in February, the North Woods PBIS team has decided to participate on our own field! On **Wednesday February, 7<sup>th</sup>**, we are combining two internationally recognized events: the Winter Olympics and Global School Play Day. Our Olympic activities will take place outside, while the students inside will participate in less structured play with non-electronic games and toys of their own. This day is important to us as we recognize the world coming together for competition, and also to demonstrate how much we value the concept of play in the primary years of education.



## Principal 200 Club news!

We want to congratulate all of the Principal 200 club winners this month! Keep up the great work, the chart is filling up!



# SNACKS! SNACKS! SNACKS!

Each day our students need snacks to keep their minds learning and energy going! We currently keep snacks available in the office for classrooms in need of additional snacks, but we are running low! If you are able to donate snacks to classrooms in need, North Woods would greatly appreciate it! Snacks can be dropped off in the main office. Please state that it is for extra snacks to be distributed!

## GIFT OF GIVING!

Thank you again to all of those who donated and helped with Gift of Giving this year! Due to lack of space, we are holding off on collecting Gift of Giving donations until next fall! If you have items you'd like to donate please hold on to them and send them next year! Thank you!

## BUZZ SESSION WITH MRS. BRAUER

The next Buzz Session with Mrs. Brauer is on Monday February 12<sup>th</sup> at 6:00 PM in the LMC!  
Come with your questions and share your ideas!

# KINDERGARTEN REGISTRATION

Do you need to register your child for kindergarten next year? Is North Woods International your boundary school? Head on over to Hogan Administrative Center (807 East Ave S, La Crosse WI 54601) or visit <https://www.lacrosseschools.org/overview/enrollment/>  
The registrar will be able to help answer questions and get your student set for success for the 2018-2019 school year!

Is North Woods International not your neighborhood school? Please contact the Choice and Charter department at [choiceandcharter@lacrossesd.org](mailto:choiceandcharter@lacrossesd.org) or call the North Woods office at 608-789-6401. Starting in the 2017-2018 school year, all kindergarteners at North Woods received Spanish Immersion as part of their day. This will be continuing for the 2018-2019 school year.

Choice applications are still accepted for the 2018-2019 school year but will be placed in a general pool of applicants as the priority placement window has closed. Space is limited! Apply soon! <https://www.lacrosseschools.org/programs-services/career-choice-education/choice-charter-application/>

If your child is not enrolled in the School District of La Crosse Preschool Program, you can begin the enrollment process for kindergarten either online or at the Hogan Admin Center. Birth Certificate and Proof of Residency in the district will be required. Your address determines your boundary school. For questions regarding kindergarten registration contact, 608-789-7651 and/or 608-789-7756. Kindergarteners must be 5 years of age on or before September 1<sup>st</sup>.

# North Woods Family Night!

## Author Visit-Patricia Polacco



Patricia Polacco  
Author of over 115 Children's Books

*"Genius is neither learned nor acquired. It is knowing without experience.  
It is risking without fear of failure"-Patricia Polacco*

Come meet award winning children's author, Patricia Polacco! Pre-registration for this free event was sent home on January 18<sup>th</sup>! If you plan to attend, please call the office!

**WHEN: Monday, February 5th, 2018**

6:00 p.m. to 6:30 p.m. – Dinner (Sub Sandwiches)

6:30 p.m. to 7:30 p.m. – Presentation (Parents enjoy a presentation by Patricia Polacco, while kids explore crafts/activities related to her book)

*Patricia Polacco* was born in Lansing MI in July of 1944. She lived her early years as a child in Michigan, lived a few years in Florida, eventually landing in Oakland Ca where she grew up. She graduated from Oakland Tech, attended the California College of Arts and Crafts for a few semesters on a scholarship and then met a young man, married and settled down. Over the years life has taken Patricia down many professional roads from working for small publications as art director to restoring Icons for churches and museums. She continued to pursue her higher education. rating medical textbooks to being "classroom helper mom".

Patricia has authored over 100 books and stories as well as adding the stunning visual artistry to her books. She has been enlightening children and adults alike for 30 years while visiting elementary schools all over the United States and Canada. She shares her message of tolerance, acceptance, diversity, love and respect to children of all ages all while entertaining them with her lively personal stories. Patricia draws upon her rich heritage of mixed cultures for her inspirations. Stories like *The Keeping Quilt* and *The Blessing Cup*, *Fiona's Lace* pay homage to her Russian and Irish backgrounds. *Thank you Mr. Falker* speaks to her challenges with reading as a child and discovering her own dyslexia. Patricia credits many teachers in her life who have helped her become who she is today. *An A for Miss Keller*, *Mr. Wayne's Masterpiece*, *The Art of Miss Chew*, are a few stories showcasing those inspirational teachers in her life.

Mother of two adult children and two grandchildren, Patricia loves being with family when her schedule allows. She lives in South Central Michigan on her farm, Meteor Ridge, with her many cats, squirrels, horses dogs and goats. She is on the road about 6 months of the year speaking from colleges to kindergartens and appearing at bookstores and conferences. Her speeches are legendary. Make sure to bring tissues! While at home she is in constant creation mode working on projects, drawing and writing.

Patricia has inspired so many with her stories and artwork for many generations. A staple in any library or bookstore, Patricia and her books are well loved by all.



# PRESCHOOL REGISTRATION

## School District of La Crosse 2018 PRESCHOOL PROGRAM

The School District of La Crosse will begin accepting registrations for the 2018-2019 Four-Year-Old Preschool Program beginning February 7-9, 2018, from 6:30 A.M. – 5:00 P.M. Any child, who is 4 years old on or before September 1, 2018, 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 a number of 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 register 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 1, 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 7, 2018, 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 12, 2018, 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 2018-2019 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 (WTC Campus)           | 419 N. 9 <sup>th</sup> St.     |

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

# SCHOOL ATTENDANCE: Can we work together to improve school attendance?

Families can make a big difference so let's team together and help our children be successful learners! Our goal is to ensure that every student attends school regularly. School attendance is vital to your child's education! Attending school has a huge impact on a student's academic success starting in kindergarten and continuing through high school. Even as children grow older and more independent, families play a key role in making sure students get to school safely every day and understand why attendance is so important for success in school and in life.

Research shows (Source: Attendance Works): Missing 10 percent of the school year, or about 18 days in most school districts, negatively affects a student's academic performance. That's just two days a month and is known as chronic absence!

If children don't show up for school regularly, they miss out on fundamental reading and math skills and the chance to build a habit of good attendance that will carry them into college and careers. Data has shown that children who are chronically absent in kindergarten and first grade were far less likely to read proficiently at the end of third grade.

**ATTEND TODAY, ACHIEVE TOMORROW**

**GOOD SCHOOL ATTENDANCE MEANS...**



**ELEMENTARY STUDENTS**  
read well by the end of third grade



**MIDDLE SCHOOLERS**  
pass important courses



**HIGH SCHOOLERS**  
stay on track for graduation



**COLLEGE STUDENTS**  
earn their degrees



**WORKERS**  
succeed in their jobs

Too many absences—excused or unexcused—can keep students from succeeding in school and in life. How many are too many? 10% of the school year—that's 18 missed days or 2 days a month—can knock students off track.

We don't want your child to fall behind in school and get discouraged. Please ensure that your child attends school every day and arrives on time! Here are a few practical tips to help support regular attendance:

- Make sure to keep a regular bed time.
- Establish a morning routine and layout clothes, backpacks, and other needs the night before.
- Ensure your children come to school everyday unless sick with a fever or vomiting.
- Avoid scheduling vacations or doctors appointments when school is in session. Instead schedule them in the early morning and/or late afternoon!
- Talk to teachers and counselors for advice if you or your children feel anxious about going to school.
- Develop back up plans for getting to school if something comes up! Call on a family member, neighbor, or another parent to take your child to school!



**Let's work together to  
improve school  
attendance!**

# New attendance policy at North Woods!

**Attendance update for North Woods International!** In prior years, the attendance policy was set forth as separating 10 illness days and 10 all other days (medical, appointments w/o doctors note, parent excused, funeral, sporting events, etc.) totaling 20 days per school year for absences. However, 20 days of absence results in students missing 11% of a school year! Because of this, we would like to move forward this semester to a more proactive attendance policy to better reflect the importance of attendance. To do this, we ask that North Woods families take this journey with us to moving to 10 days per year total! This would include all illness days, parent excused days (without principal approval), medical appointments (without doctors notes) and other excuses.

## Helpful hints:

- Fill out the excused absence form for any parent arranged absences for more than 3 days! This form is then approved by the principal for absences. This form is used for family vacations/trips or other family needs. (The form is attached.) With this approved form, these days count as an exemption to the 10 absence rule.
- If your student is sick for more than two days, it might be best to contact a clinic to discuss if your child should make an appointment.
- Schedule appointments before school (arrive by 10:25AM) or late in the day (after 1:15PM). These absences are exempt from a student's attendance record.

Thank you for understanding as we take this step to improve school attendance! If you have any questions regarding this change, please contact the office at 608-789-6401.

## As a reminder for daily attendance:

- Please report your child's absence before 9:00 AM by calling 608-789-6401. Leave a voicemail with your child's name, grade, and reason for absence.
- If your child will be picked up early or will arrive late for an appointment, please let the office know as well!
- If you are picking up your child during lunch time, please give the office and/or teacher advanced notice.

# NEWS FROM TITLE!

## Why Can't We Skip Reading Tonight?

Student A reads 20 minutes each day. This equals 3600 minutes a school year. Student A will read approximately 1,800,000 words.



Student B read 5 minutes each day. This equals 900 minutes in a school year. Student B will read approximately 282,000 words.



Student C reads 1 minute each day. This equals 180 minutes a school year. Student C will read approximately 8,000 words.



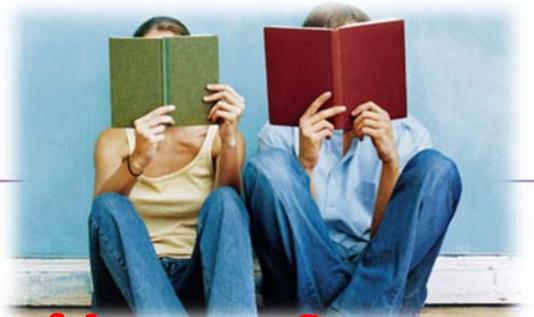
By the end of the school year, Student A will have read the equivalent of 60 school days. Student B will have read only 12 school days. Which student do you expect to be the better reader? (Nagy & Herman, 1987)

## Title Tips -

# WHAT IS FAMILY LITERACY?

Family literacy is how a family interacts with literacy materials (text, words, illustrations, etc.). Family literacy can be practiced by reading books before bedtime, writing each other letters, playing word games, singing songs or cooking together while following a recipe. Below are ten ways to improve family literacy.

1. Read, read, read! Read books, magazines, newspapers and digital print!
2. Ask your child about what they're reading. Ask questions before, during and after reading.
3. Write notes, emails, texts or letters to each other each day.
4. Sing songs together. Make up new songs too! The sillier the better!
5. Cook together. Teach your child how to follow a recipe.
6. Tell family jokes.
7. Play board games and word games together. Have a family game night.
8. Keep a family calendar. Make family to-do lists, and grocery lists. Write down wishes/goals for each season.
9. Visit the library or bookstore together. Check your local library for weekly read aloud classes.
10. Create art projects together. Display family artwork.



## Orchestra News!

The fifth grade orchestra students will be performing at the La Crosse Center on Tuesday, March 13th. This is the All-City String Festival which includes students in grades 5-12.

Admission is free and all are welcome to attend.

North Woods International students who participated in the Fifth Grade Honors Orchestra Tour on Thursday, January 11th were as follows (front row): Brett Jefferies and Anya Westrich. (back row) Philip Gabrielsen, Maggie Herath and Josh Pogreba. Thanks for representing our school so well!

## Title Tips - February 2018

# DEVELOP A LOVE FOR READING!



Great readers truly love to read. All readers may not love to read novels but that's the great thing about reading, there are so many different kinds of text to read! It is important that your child find something that they love to read.

Below are some tips to foster a **LOVE** of reading!

- Let your child explore all different kinds of text. Expose them to books, magazines, comics, e-books, newspapers and more! Let them choose what they want to read even if it may not be a great fit from time to time.
- Model great reading for your child. Show them how you can gain new information from text.
- Develop reading routines and establish reading times each day. Read aloud to your child.
- Take them to the library or bookstore. Ask your child's teacher for other ways to borrow books.
- Talk to your child about what they're reading, ask them questions to check for understanding.



## Influenza (Flu)!

We have seen an increase in the number of people testing positive for influenza (flu) within La Crosse County. The flu shot has not been as effective as hoped, but it is still worth getting the flu shot, giving your child and you a little extra protection to avoid a trip to the emergency room or hospitalization. We have seen an increase in the number of people hospitalized with influenza (flu).

**BE AWARE of Flu Symptoms!**: Body aches, fever, cough, sneezing, runny or stuffed nose, sore throat, extreme tiredness, also vomiting and diarrhea.

Prevent the spread of germs! Avoid contact with sick people, and while sick limit contact with others. If you are sick with flu-like illness, CDC recommends that you stay home for 24 hours after fever is gone except to get medical care for other necessities.



**SAVE THE DATE! Festival of Nations has  
been scheduled for:**

**Thursday May 3<sup>rd</sup> (Grades K & I)**

**Thursday May 10<sup>th</sup> (Grades 2 & 3)**

**and Thursday May 17<sup>th</sup> (Grades 4 & 5)**

# February 2018

Breakfast Prices Elementary: \$1.60 Middle School: \$1.65 High School: \$1.80 Reduced Price: \$0.30 Adult: \$2.40 Milk: \$0.50

Lunch Prices Elementary: \$2.75 Middle School: \$2.85 High School: \$3.05 Reduced Price: \$0.40 Adult: \$3.75 Milk: \$0.50

## North Woods International Breakfast and Lunch

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**1**

- Breakfast Menu
- Ultimate Breakfast Round
- Lunch Menu
- Walking Joe
  - Homemade Cheese Pizza
  - Baked Beans
  - Mini Rice Krispies Treat

**2**

- Breakfast Menu
- Egg and Cheese Eat a Bowl
- Lunch Menu
- Spaghetti Sauce with Meat over WG Rotini Pasta with WG Garlic Toast
  - Cheese Filled Breadstick with Marinara Sauce
  - Green Beans

**5**

- Breakfast Menu
- Breakfast Totchos
- Lunch Menu
- Chicken Tenders
  - Fish Nuggets
  - WG Breadstick
  - Honey Glazed Carrots

**6**

- Breakfast Menu
- WG Muffin with String Cheese
- Lunch Menu
- Cuban Sandwich on Loco Bread
  - Cheeseburger
  - Corn

**7**

- Breakfast Menu
- WG Donut Holes
- Lunch Menu
- Walking Taco
  - Cheese Quesadilla
  - Mild Salsa
  - Seasoned Refried Beans
  - WG Corn Chips

**8**

- Breakfast Menu
- Cinnamon Glazed French Toast Sticks
- Lunch Menu
- Chicken Alfredo with Seasoned Breadstick
  - Homemade Sausage Pizza
  - Steamed Broccoli

**9**

No School

**12**

- Breakfast Menu
- Breakfast Taco
- Lunch Menu
- Tater Tot Hot Dish
  - Popcorn Chicken
  - WG Snack Crackers
  - Peas and Carrots

**13**

- Breakfast Menu
- Breakfast Pizza
- Lunch Menu
- Chicken Taco
  - Cheese Filled Pretzel Sticks
  - Tostito's Scoops
  - Mild Salsa
  - Fiesta Black Beans

**14**

- Breakfast Menu
- Cinnamon Roll With Icing
- Lunch Menu
- Buttermilk Pancakes with Colby Omelet
  - Yogurt & String Cheese and Apple Oatmeal Bar
  - Potato Babycakes

**15**

- Breakfast Menu
- WG Waffles
- Lunch Menu
- Chicken Patty Sandwich
  - Homemade Pepperoni Pizza
  - Baked Beans
  - Mini Rice Krispies Treat

**16**

- Breakfast Menu
- Scrambled Eggs
- Lunch Menu
- Chicken Pot Pie with WG Biscuit
  - Toasted Cheese Sandwich
  - Tomato Soup

**19**

- Breakfast Menu
- Breakfast Burrito W/ Salsa
- Lunch Menu
- Texas Western Bbq Pork on Bun
  - Garlic Cheese Bread with Marinara Sauce
  - Peas

**20**

- Breakfast Menu
- Breakfast Pizza
- Lunch Menu
- Lasagna Rollup
  - Chicken Nuggets
  - WG Garlic Toast
  - Green Beans

**21**

- Breakfast Menu
- WG Donut Holes
- Lunch Menu
- Beef & Cheese Nachos
  - Hot Ham and Cheese
  - Cowboy Corn Salsa

**22**

- Breakfast Menu
- Warm Soft Pretzel
- Lunch Menu
- Chicken Noodle Soup with WG Breadstick
  - Homemade Cheese Pizza
  - Country Blend Veggies

**23**

- Breakfast Menu
- Pancake Sausage Bites
- Lunch Menu
- Fish Nuggets
  - Hamburger on WG Bun with Burger Fixins
  - WG Snack Crackers
  - Oven Fries

**26**

- Breakfast Menu
- Colby Omelet
- Lunch Menu
- Cheeseburger Macaroni Casserole with WG Garlic Toast
  - Hot Dog & Bun
  - Carrot Coins
  - WG Chocolate Chip Cookie

**27**

- Breakfast Menu
- Breakfast Pizza
- Lunch Menu
- Herb Roasted Chicken with WG Dinner Roll
  - Hot Italian Sandwich
  - Baked Potato

**28**

- Breakfast Menu
- WG Cinni Muffin
- Lunch Menu
- Orange Chicken with Brown Rice
  - Yogurt & Hard Boiled Egg with Apple Oatmeal Bar
  - California Blend Vegetables

# Harvest of the Month



February



Yogurt



## Pick:

- While yogurt is a healthy food, many varieties contain a lot of added sugar. Check the nutrition label before purchasing.
- A good rule of thumb is to choose yogurt with under 23 grams of sugar per 6 ounces. The less the better! Or choose plain yogurts and sweeten yourself with maple syrup or honey.

## Store:

- Keep yogurt in the refrigerator and consume it before the expiration date.

## Prepare:

- Many yogurts come in ready-to-eat containers. Some may need to be stirred before using.

## Nutrition Info

Yogurt is an excellent source of protein, calcium and potassium.

Yogurt also has beneficial probiotics, which are live bacteria that help keep our digestive system healthy.

## Fun Facts

Many of the yogurt varieties in the United States are made from cow's milk, but yogurt can also be made from other milks including goats, sheep or non-dairy options like soy or coconut.

Regular yogurt is traditionally unstrained, resulting in a smoother, more liquid consistency. Greek yogurt is strained and has less liquid. As a result it is thicker and creamy. Try both to see what you like best!

## Uses

Yogurt makes a great snack! Add fresh fruit, granola, or whole grain cereal on top as a crunchy topping.

Plain yogurt is a great substitution for sour cream. Top your tacos and baked potatoes with yogurt, or use yogurt as the base of a fresh veggie dip.

## Family Friendly Activities

Have a smoothie making contest with your whole family! There are many different types of smoothies and you can be creative and come up with your own recipe. The one rule is everyone's recipe must use yogurt. Some ideas for add-ins are: frozen or fresh fruit, almond milk, kale, pumpkin puree, spinach, peanut butter, or cocoa powder.

## Farm2School Updates

This month leaders of all the Coulee Region Farm2School sites met with local company, Reinhart Food Service to continue to plan for how locally grown foods can be added to breakfast and lunch menus! Reinhart is based in La Crosse, but their company delivers food to schools and restaurants throughout the United States!

# Harvest of the Month

## Nutrition Facts

|  |                              |
|--|------------------------------|
| Serving Size (339g)  |                              |
| Servings Per Container 2   |                              |
| Amount Per Serving   |                              |
| <b>Calories 210</b>  | Calories from Fat 30         |
| % Daily Value*   |                              |
| <b>Total Fat 3.5g</b>  | 5%                           |
| Saturated Fat 1.5g   | 8%                           |
| Trans Fat 0g   |                              |
| <b>Cholesterol 10mg</b>  | 3%                           |
| <b>Sodium 130mg</b>  | 5%                           |
| <b>Total Carbohydrate 37g</b>  | 12%                          |
| Dietary Fiber 3g   | 12%                          |
| Sugars 24g   |                              |
| <b>Protein 11g</b>   |                              |
| Vitamin A 6%   | • Vitamin C 80%              |
| Calcium 35%  | • 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   |                              |

## Berry Oat Breakfast Smoothie

Serves 2

### Ingredients:

- 1 ½ cups frozen mixed berries
- 1 cup milk
- ¾ cup vanilla yogurt
- ¼ cup quick cooking oats

### Directions:

Place all ingredients in a blender. Cover and blend until smooth. Add additional milk, if needed, to achieve desired consistency. Serve!

For more information on Farm2School visit [www.laxf2s.org](http://www.laxf2s.org)

Color  
Yogurt!



**North Woods International School**  
**EXCUSED ABSENCE REQUEST**

Student Name(s) \_\_\_\_\_

Today's Date \_\_\_\_\_ Grade(s) \_\_\_\_\_

Teacher(s) \_\_\_\_\_ Phone # \_\_\_\_\_

I request an excused absence for my child(ren) for the following date(s):

Reason:

Parents/Guardians,

You may take for granted the absence you've requested is excused unless the principal or her designee contacts you. Mrs. Brauer or her designee will call parents immediately upon receipt of this request if/when there is a question or concern about any absence. If any exceptional circumstances arise, please consult with the principal.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

**SCHOOL OFFICE USE ONLY**

Absence Approved \_\_\_\_\_

Absence not Approved \_\_\_\_\_

Principal's Initials \_\_\_\_\_

Date \_\_\_\_\_