



APRIL 2018 NEWSLETTER



Dear Parents,

At North Woods International, our goal is to provide the best possible international curriculum for the students at our school. We are excited to share the news that we have been accepted for candidacy of the elementary level of the International Baccalaureate curriculum, called Primary Years Program, or PYP. PYP is designed for students aged 3 to 12. PYP focuses on the development of the whole child as an inquirer, both in the classroom and in the world outside. PYP uses an integrated approach, with an emphasis on investigation. It is a framework guided by six themes of global significance listed below, using knowledge and skills derived from all subject areas.

- Who we are
- Where we are in place and time
- How we express ourselves
- How the world works
- How we organize ourselves
- Sharing the planet

The International Baccalaureate PYP authorization process takes place over three years, during which our classrooms will begin gradually implementing the IB units of study. We will also begin the transition to all students receiving Spanish instruction, as required by the PYP program. Next year, all kindergarten and first grade students will be receiving Spanish and starting to follow the IB model. The other grades will continue as they have been with two strands-Global and Immersion. They too will begin to incorporate some of the IB themes. Within three years, we will have completed our authorization process and will seek our IB accreditation and all classrooms will begin following the IB format, including Spanish for all students.

Please visit the PYP website for more information and videos (<http://www.ibo.org/>). If you have any questions or would like additional information, please let me know.

In Partnership,

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

Sandy Brauer
North Woods International Principal

MARK IT DOWN! UPCOMING EVENTS!

March 29th-April 3rd: No School Spring
Break. Return April 4th

Mon. Apr. 9: Report Cards go home!

Fri. Apr. 13th: Early Release 1:15 PM
Dismissal

Thurs. May 3rd: K-1 Festival of Nations

Thurs May 10th: Gr. 2-3 Festival of
Nations

Thurs. May 17th: Gr. 4-5 Festival of
Nations

**Please see the section on Field Trips
to know when your students grade
level will be gone!**



Spring weather is upon us! Please make sure to send your child to school with a change of clothes for sloshy days! Also, please continue to bring warm coats and boots for recess! The weather can be unpredictable.

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!

Please send your student with a change of clothes for puddles, damp weather, and accidents!

With the spring weather approaching, it is important to make sure your child has an extra pair of clothes in his/her locker! Please label these clothing items and place in a bag. The big puddles outside cause for wet clothing after recess! For the younger students, it is also important to make sure an extra pair of clothing is packed in case of accidents. Please make sure to include a pair of underwear, socks, and any other items they may need. The health room has supplies that should only be used in the case of an emergency. Thank you!

Farm 2 School Survey!

Dear parents and guardians,

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 following link and complete the survey before April 5, to let us know how we are doing.

<https://www.surveymonkey.com/r/f2sparents1718>

This link will remain active until April 5th.

Participants can win a farmers' market gift card for taking the survey.

Thank you for your participation in helping us grow our program.

Your School Nutrition Department

BUZZ SESSION WITH MRS. BRAUER

The next Buzz Session with Mrs. Brauer is on Monday April 9th at 6:00 PM in the LMC! Come with your questions and share your ideas!

2018-2019 Preschool Registration

The School District of La Crosse has begun accepting registrations for the 2018-2019 Four Year Old Preschool Program. Any child, who is 4 years old on or before September 1, 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. Please call 789-7006 with any questions or to begin the registration process.

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 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 1st.

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!**

Reminder: 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.

FESTIVAL of NATIONS®

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

Thursday May 3rd (Grades K & 1)

Thursday May 10th (Grades 2 & 3)

and Thursday May 17th (Grades 4 & 5)

Upcoming Field Trips!

Kindergarten:

- April 6th Children's Museum (Morning)
- May 18th Myrick Park
- May 25th Deep Roots Farm

First Grade:

- Storytelling @ Myrick Park (May 18)
- Touch-a-Truck (May 23)

Second Grade:

- May 3rd- Myrick/Riverside Park
- Smith-Valley School (Date is TBD)

Third Grade:

- National Eagle Center @ National Eagle Center (Wabasha, Minnesota) May 25th (8:25-3:00)

Fourth Grade:

- SPI Students (Hembd/DeRemer): April 26th St. Paul Science Museum
- Global: May 22nd to Madison

Fifth Grade:

- All 5th Grade students:
 - April 26th St. Paul Science Museum
- 5th Grade: DARE Trip (May, TBD)
- 5th Grade Leader Trip (May, TBD)



Title Tips -What are the Five Domains of Reading?

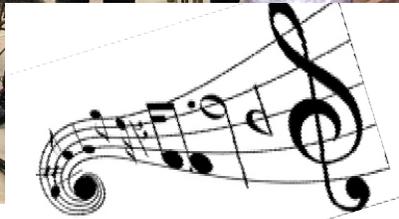
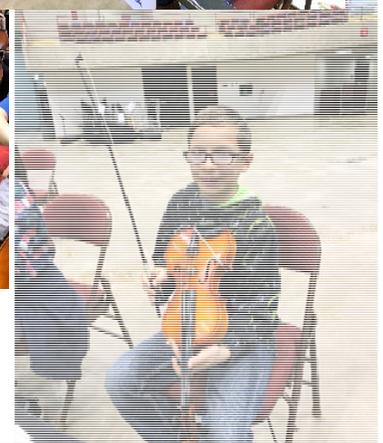


1. **Phonemic Awareness** - the ability to understand that each word is made up of sounds.
 - a. How many sounds in a word, rhyming, and changing a word by changing one sound.
2. **Phonics** - the ability to know which letters make which sounds.
Decoding words while reading and spelling words based on patterns
3. **Vocabulary** - the ability to understand what a word means.
Give a definition of a word or use clues to determine the meaning
4. **Fluency** - the ability to read quickly, accurately and with expression.
 1. Read smoothly
 2. Not sounding out every word
 3. Changing our voice for different characters
5. **Comprehension** - the ability to understand what happened in the story and why.
 - a) Comprehension makes us dive deep.
 - b) We look at the story elements.
 - c) We answer questions before, during, and after reading.

Title Tips April: Reading Isn't Just on Paper

With all the technology there are more ways to read than ever! Spark your child's interest by introducing them to digital reading using a computer, laptop, tablet, or mobile device. Check out these great online resources for digital reading!

<http://www.starfall.com>
<http://www.abcya.com>
<http://www.seussville.com>
<http://reading.ecb.org>
<http://speakaboos.com>
<http://storylineonline.net>



Enjoy these pictures from the All-City Orchestra Concert @ La Crosse Center held on Tuesday March 13th!

Logger Dogs Reading Club!

Our School is participating in Logger Dog's reading club. Your child has the opportunity to improve his/her reading while earning prizes and a FREE ticket to a Logger's game, on **Wednesday, May 30th**, where your child will be recognized for their reading on the field!

The information packet was sent home with your student on March 2nd. If you are in need of another packet, please send your child to Mrs. DePaolo's room to get one.

Program began March 2nd and will continue until May 15th.

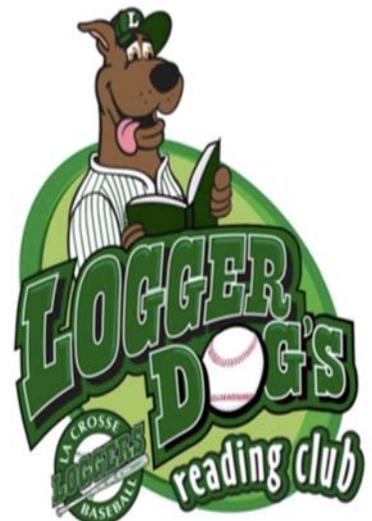
Rewards are handed out after your child reaches each base on the form. In order to earn the reward, students need to read 250 minutes per base. Parents must sign their child's ticket then have them return the ticket to Mrs. DePaolo to claim their prize. After students have read a total of 1,000 minutes, they have "hit a home run with reading" therefore earning them their free ticket.

Happy Reading!!!!

Let's hit a lot of home runs here at North Woods International!

Sample of the recording ticket:

Start Date: _____	End Date: _____	Student Name: _____
		Parent Signature: _____
FIRST BASE (250 minutes needed to reach) - MINUTES READ		
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



SUMMER SCHOOL REGISTRATION INFORMATION

Summer school information has been sent home
in your child's take home folder (one per family)!



Summer School Dates:
July 9th-August 3rd (Monday thru Friday)

Course registration will begin at 6:30 AM on Thursday March 22nd and run through 4:00 PM on Monday April 23rd. Registration is online through Family Access! Please note that paper registration forms will be entered as soon as possible, but classes may fill up before a paper registration can be entered! If you need a computer, please go to the Hogan Administration Office at 807 East Ave S, La Crosse WI. The Summer School office would be glad to assist you in registering! Any questions please contact the registration office at 608-789-8955 or emailing summer@lacrossesd.org. Questions regarding busing, please contact GoRiteway (608-881-6370).

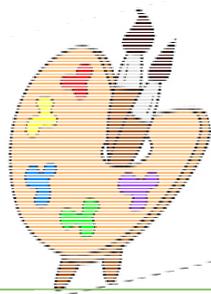
If you forgot your Family Access password (the same one used for Parent Teacher Conference Scheduling) please contact the school office at 608-789-7000.



North Woods and Emerson Elementary Schools Art Exhibit!

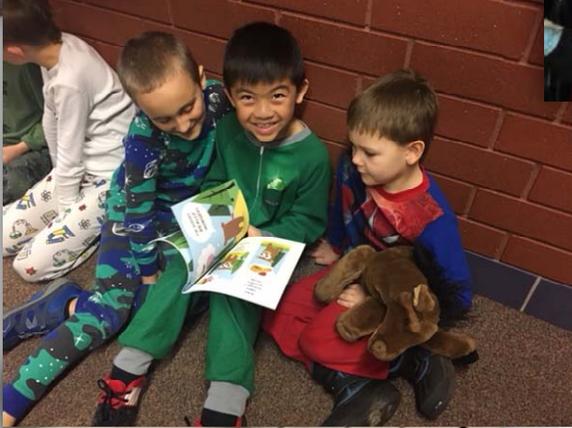
The North Community Library, North Woods International & Emerson Elementary proudly present the "North Woods and Emerson Elementary School Art Exhibit". This exhibit features artwork from North Woods and Emerson Elementary Artists Grades K-5.

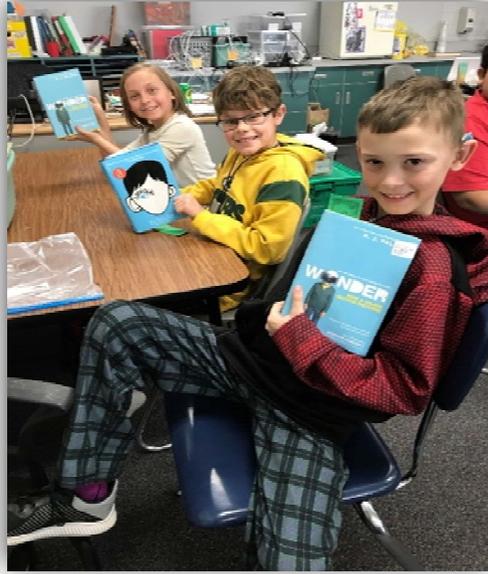
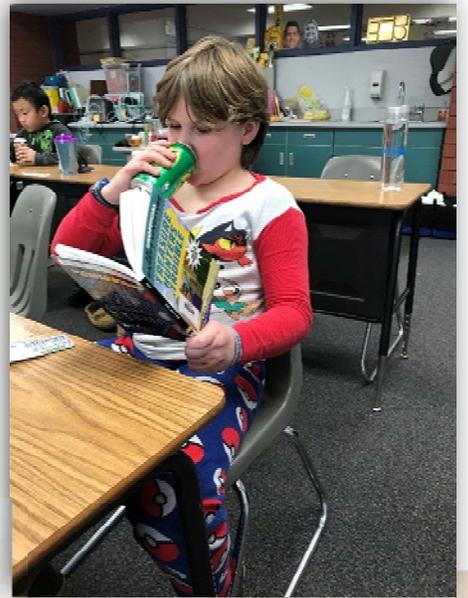
Check out the artwork at La Crosse's North Community Library (1552 Kane Street- La Crosse) March 3rd- April 6th 2018.



For hours, please call ahead (608-) 789-7102.
www.lacrosselibrary.org

READ-A-THON March 2nd







Now Hiring Substitutes

- **Teacher**
- **Teacher Assistant**
- **Administrative Assistant**
- **Cook**
- **Nurse**

In today's world we all lead busy lives. Subbing may be a career choice for people who need flexibility in their employment. The School District of La Crosse is seeking individuals to become substitutes. Competitive wages are offered.

SCHOOL DISTRICT OF
LA CROSSE
Dream • Believe • Achieve



Not sure if you possess the qualifications?

Don't discount your own past education and work experience.

Full job descriptions can be found by visiting the School District of La Crosse website.

[District, Human Resources, HR Links – Career Opportunities]

Direct Link:

<https://www.lacrosseschools.org/employment/>

April 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

2

No School

3

No School

4

Breakfast Menu

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

5

Breakfast Menu

- Buttermilk Pancakes
- Lunch Menu
- with
- Turkey Club Sandwich
- Homemade Sausage Pizza
- Green Beans

6

Breakfast Menu

- Breakfast Sandwich (Sausage)
- Lunch Menu
- Mini Corn Dog
- EZ Jammer
- Smiley Fries
- SideKicks

9

Breakfast Menu

- Breakfast Pizza
- Lunch Menu
- Macaroni & Cheese
- Chicken Nuggets
- Seasoned Breadstick
- Roasted Veggies
- WG Snack Crackers

10

Breakfast Menu

- Yogurt Bowl
- Lunch Menu
- Chicken Patty Sandwich
- Meatballs and Gravy
- WG Dinner Roll
- Mashed Potatoes

11

Breakfast Menu

- Cinnamon Roll With Icing
- Lunch Menu
- Cinnamon Glazed French Toast Sticks with Sausage Patty
- Smoked Turkey Deli Sandwich
- Tri-taters

12

Breakfast Menu

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

13

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

16

Breakfast Menu

- Breakfast Scramble
- Lunch Menu
- Chicken Tenders with Seasoned Breadstick
- Carnita Panini Slider
- Honey Glazed Carrots

17

Breakfast Menu

- Blueberry Muffin Square
- Lunch Menu
- Chicken and Gravy with WG Dinner Roll
- Cheeseburger with Burger Fixins
- Mashed Potatoes

18

Breakfast Menu

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

19

Breakfast Menu

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

20

Breakfast Menu

- Breakfast Sandwich (Egg)
- Lunch Menu
- Fish Nuggets
- Hot Dog & Bun
- Roasted Veggies
- SideKicks

23

Breakfast Menu

- Pancake Wrap
- Lunch Menu
- Meatball Sub
- Popcorn Chicken
- Roasted Veggies

24

Breakfast Menu

- Breakfast Pizza
- Lunch Menu
- Chicken Taco
- Toasted Cheese Sandwich
- Tostito's Scoops
- Mild Salsa
- Fiesta Black Beans

25

Breakfast Menu

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

26

Breakfast Menu

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

27

Breakfast Menu

- Scrambled Eggs
- Lunch Menu
- Chicken Mashed Potato Bowl with Seasoned Breadstick
- Cheese Filled Breadstick
- Corn

30

Breakfast Menu

- Breakfast Pizza
- Lunch Menu
- Texas Western Bbq Pork on Bun
- Garlic Cheese Bread with Marinara Sauce
- Roasted Veggies

Harvest of the Month



April



Kale



Pick:

- Look for kale with deeply colored leaves and moist stems. Avoid kale with wilted leaves.

- Choose kale with smaller-sized leaves since these will be more tender and have a more mild flavor.

Store:

- Kale can be stored unwashed in a plastic bag in the refrigerator for several days.

- The longer it is stored, the more bitter its flavor becomes.

Prepare:

- Remove the tough center stalk and rinse under cold water before using.

Nutrition Info

One cup of kale has 35 calories and provides vitamins A & C, calcium and potassium.

Fun Facts

Kale actually tastes sweeter after it is frozen or exposed to frost! Look for it at fall or winter farmers' markets for best flavor.

Kale can be green, white, reddish green, purple, or bluish green and the leaves can be many shapes.

Curly kale is the most popular variety, and is most likely to be found in grocery stores. Look for other varieties like Lacinato (or Dino) kale or Red Russian at farmers' markets!

Uses

Substitute kale in recipes that use spinach or collard greens or add chopped fresh or frozen kale to vegetable or bean soups.

Kale can be used to make a green smoothie! Remove the stems from kale leaves, and blend with frozen fruit, yogurt and milk or juice.

Family Friendly Activities

Did you know that your plate should be filled with fruits and vegetables of all different colors of the rainbow? Name all the different colors of the rainbow and pick 2 fruits and 2 vegetables to go with each color! Have your child make a chart to show the colors they've eaten!

Play a game and have each family member keep track of the number of different vegetables they eat in one week. The winner, the one who has the greatest variety, gets to choose a family activity for the weekend.

Harvest of the Month

Sweet Kale Salad

Serves 6

Nutrition Facts

Serving Size (221g)
Servings Per Container 6

Amount Per Serving

Calories 210 Calories from Fat 60

% Daily Value*

Total Fat 7g 11%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 55mg 2%

Total Carbohydrate 33g 11%

Dietary Fiber 6g 24%

Sugars 19g

Protein 10g

Vitamin A 180% • Vitamin C 230%

Calcium 15% • Iron 15%

*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

Ingredients:

- 1 large bunch of kale, finely chopped
- 2 cups cabbage, shredded
- 2 cups broccoli, finely chopped
- 2 cups Brussel sprouts, shredded (optional)
- 1 cup endive, chopped (optional)
- ½ cup dried cranberries
- ½ cup pumpkin seeds

Poppy seed Dressing:

- ½ cup plain Greek yogurt
- 3 Tbsp. honey or maple syrup
- 1 tsp. apple cider vinegar
- ½ lemon, zest and juice
- ½ small orange, juice
- 1 Tbsp. poppy seeds

Directions:

Add kale, cabbage, broccoli, Brussel sprouts, endive (if using), and cranberries to a large salad bowl. Toast pumpkin seeds in a small skillet on low-medium heat until lightly brown, about 2 minutes. Stir frequently and be careful not to burn. Transfer to the salad bowl. In a small bowl, add the poppy seed dressing ingredients and whisk or shake to combine. Pour over salad, gently stir and serve.

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

Color
Kale!



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 _____