



DECEMBER 2019 NEWSLETTER



Dear all,

Hoping all of you had a wonderful and restful Thanksgiving holiday with family and friends; I am incredibly thankful for your partnership and support.

As we turn the calendar to December, we turn our thoughts to giving; holiday giving, our annual Gift of Giving celebration on Dec. 20th, and ways we can give of ourselves to others. In that spirit, I would like to take this opportunity to thank our TEAM Parent organization for their tradition of giving to North Woods International. Throughout my 10 1/2 years of service as principal, and prior to my arrival at North Woods International, students and staff have been incredibly fortunate to have the backing of our fabulous TEAM parent organization! TEAM has faithfully raised enough money to support students and teachers at North Woods International in numerous ways! Each year, they have raised more than \$10,000 in order to generously support students and staff. Some of the things they have made possible include: numerous field trips, school picnics, flexible seating for students, culture kits, literacy centers, science materials, pet supplies, technology resources, Amity Interns, musical instruments, motivational speakers, and even international guests. In order to raise money to sponsor these many things, they have sponsored numerous fund-raising events. This year they are sponsoring the Clubs Choice fundraiser, Grandparents Day pictures, 'North Woods Nights' at local restaurants, etc. Special thanks to all the TEAM members who assisted with the Grandparents' Day pictures, TEAM president Calison Weiss and also to Melanie Dodge, Jennifer Schmidt, Jen Devine, and Kelsie Bolstad. Wonderful to see the smiles on grandchildren and grandparents' faces! Also thanks to ALL of you who have dedicated your time and talents to assisting our TEAM organization over the years. We appreciate you!

I would also like to thank the many volunteers at our school for giving of their TIME to help our students; our Read for Success Volunteers, Trust Point Volunteers, Grandpa Al, Grandma Karen and also to the many university students who help out at our school each day. Students at North Woods International benefit greatly from this support!

I am proud to say that North Woods International once again received an '**Exceeds Expectations**' rating on the 2018-2019 State Report Card. This state-issued report card evaluates schools on student achievement, school growth, and progress in closing achievement gaps. Please see full report card inside. Additionally, please note our School Improvement Plan posted on the NWI website under the "school documents" tab on the left-hand side. Each of our staff teams at NWI are responsible for one or more of these of the School Improvement Goals.

Also, this month on December 5th we will be continuing our grade level IB Expos in Kindergarten showcasing learning from their latest IB unit. The purpose of these Expos is for families from each grade level to get together to share a meal, and to feature IB learning from a recent IB UNIT OF INQUIRY. To date this year, North Woods has also hosted IB Expos for Second and Third grade parents. IB expos are planned in Jan and February for Kinder Prep(4K), 4th and 1st grade....see dates enclosed.)

Thanks for sharing your most valuable possessions, your children with us. Wishing you and your family a joyous December and holiday season.

In Partnership,

A handwritten signature in cursive script that reads "Sandra Brauer".

Sandy Brauer

North Woods International Principal

MARK IT DOWN! UPCOMING EVENTS!

Fri. Dec. 6th: Early Release (1:15pm dismissal)
Mon. Dec. 9th: Title I Family Night (see below)
Fri. Dec. 20th: Gift of Giving
Dec. 23rd-Jan. 1, 2020:

No School Winter Break



Thurs. Jan 2nd: School resumes!
Fri. Jan 17th: End of 2nd Quarter (1st Semester)
Mon. Jan 20th & Tues. Jan 21st: No School
Fri. Jan 24th: Report Cards go home
Fri. Feb. 14th: No School
Mon. Feb. 17th: No School
Mon. Mar. 9th: Parent Teacher Conferences NO SCHOOL
Thurs. Mar. 12th: 4pm-8pm Parent Teacher Conferences (normal school day)
Wed. April 8th: 4th & 5th grade talent show! (9:00am)
Spring Break: April 9th-13th, school resumes on April 14th!

TITLE 1 SCIENCE FAMILY NIGHT

Join us on **December 9th, 2019** for "Dynamite Dinosaur Family Night" sponsored by Title I and North Woods TEAM!

The Minnesota Science Museum challenges curious minds to think like a scientist while investigating Deinonychus bones!

Interested in joining the fun? Return the RSVP form sent in your child's folder by December 3rd!

Dinner: 5:30-6:00pm (included!)
Presentation: 6:00-7:00 pm

WINTER WEATHER!

Winter weather is upon us! Please make sure to send your child to school with warm coats, mittens, hats, scarves and boots! Students without boots and snow pants will have to play on the black top! The lost and found also overflows during this time of the year. To avoid lost items, please mark your child's initials in their winter weather wear.

We go outside to play at recess as long as the temperature is above 0 degrees Fahrenheit and when the wind-chill is above -5 degrees.

We do not go outside if it is below 0 and the wind chill is -5 or below!



LOGAN DANCE TEAM KIDS CLINIC!

Is your child interested in dancing with the Logan High School Dance Team?! Join us for our performance on January 10th, 2020. Registration & payment is due by December 19th, 2019. To register, click this link: <https://forms.gle/ApxJAtwnMLIBAacz9>

Questions? Contact Coach Kelsie at kbolstad@lacrossesd.org

VISION SCREENING

Thank you to the following parents & guardians who helped with vision screening on November 20th!
Jennifer Morris, Lisa Vallee, Sherrie Golden, Michael Abraham, Sue Erickson & Jeff Freund

GIFT OF GIVING!

This year the Gift of Giving will be held on Friday, December 20th, 2019. Students will have the opportunity to purchase gifts for family members for the holiday season. All items will be sold for \$.25, students will wrap the gifts and bring them home with them. Do not send more than \$1.00 with your child. We allow students to purchase 2 items to wrap. Additional items can be purchased (up to 4) if enough donations are available.

Donations of new or gently used items such as books, jewelry, games, household items, toys, holiday decorations, or other useful items may be sent to school starting Monday, December 2nd through Thursday, December 19th (we are tight on space this year so we would like to wait to have donations come in until December). More information coming soon from TEAM!

Interested in being Santa's Helpers (Volunteers)?
Sign up here: <https://volunteersignup.org/PAQTB>

ORCHESTRA NEWS

The string students have been making great progress this quarter. Fourth and Fifth grade strings will be performing for 4/5 classes at 1:45PM-2:15PM on Tuesday, December 17th in the LGI.

THANK YOU!

Thank you to our TEAM parent organization and fellow parent volunteers for a great start to the school year!

A special shout out to Calison Weiss for helping put together and run the logistics of our Clubs Choice Fundraiser!



PEACE PAL WINNERS!

Congrats to Evan Lin, Ari Fernholz, Alice Bauman, and Elle Zouski! These students won the peace pal drawing! Each month all the peace pals earned are entered into a drawing for a special prize! Congrats!



P200 CLUB

Congrats to our Principal 200 club winners! Principal 200 club winners so far have won:

- *P200 Club water bottles
- *Super Hero sunglasses
- *Flavored Chapstick!
- *Snap bracelets
- *Rubics cubes

Keep up the great work!

These winners got to race the hallway with Mrs. Brauer!!



Student Spotlights



Nadia Krenn is an exceptional and mature fifth grader. She exemplifies all of our IB attributes, but most notably she is Principled, Caring, Knowledgeable, and Reflective. She puts 100% effort into everything she tries. She is in High Performance Learning for Reading and Math, as well as involved in orchestra, student council, and 5th Grade Leaders. She is a role model to others in her classroom and is a diligent worker. She offers valuable input into classroom discussions and values others' opinions and thoughts. She treats each person she meets with respect and is always grateful for any feedback you offer her. It is her respectful and calm demeanor that makes Nadia stand out!

THIS JUST IN!

North Woods International Peace Pal Goal!!

North Woods International students have a goal to reach **1,000 peace pals** for the month of November! Each month, the goal will increase just slightly. If North Woods makes their goal, students will win a comfy clothes day on December 6th!

Title Tips: December 2019

Word Games

1. Guess My Word

Give your child clues to a word you are thinking of. Ex: It rhymes with..., It starts with..., It would be used to describe..., A synonym is...



2. Beach Ball Words

Write words on a beach ball. Toss it to your child. Have them read the word that is under their right hand. Toss it back and forth.



3. Magnetic letters

Make words with magnetic letters on the refrigerator or any magnetic surface. Give your child the letters, tell them the word and see if they can make it.



4. Sock Game

Put word cards down on the floor. Have your child stand in their socks. Call out the word and see how quickly they can step on it!



5. Dot Game

Laminate word cards. Review words before playing. Use an expo marker to draw a dot on the back of one of the cards. Lay cards on the floor or table. Have your child guess which word is hiding the dot



6. Shaving cream

Put shaving cream (or sand/paint) on a plate. Write a word using your finger. Have your child read it.



7. Newspaper words

Give your child a word. Have them use a highlighter and find it in the newspaper. Highlight it when you find it and count how many times they found it.



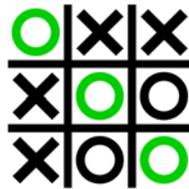
8. Show and Tell

Give your child a whiteboard and a marker. Call out a word. Have your child write it/draw a picture for it/write a sentence (choose which one best fits your child's ability) for it and then show it to you.



9. Tic-Tac-Toe

Draw a tic-tac-toe board. Write a word in each box. Read a word and mark it with an x or an o.



10. Card Games

Copy or write 2 sets of word cards. Play a card game such as Go Fish or Memory.



PBIS Corner: Zones of Regulation

Has your child ever said they are in the red zone? Green Zone? Blue Zone? Have you ever wondered what this means? We are here to help!

At North Woods, our staff use “Zones of Regulation” it is a widely used program designed to help students express their emotions and to help regulate these emotions.

What are the Zones? Here is information from Zones of Regulation (Social Thinking, INC)

<https://www.zonesofregulation.com/learn-more-about-the-zones.html>

THE FOUR ZONES: OUR FEELINGS & STATES DETERMINE OUR ZONE

The **Red Zone** is used to describe extremely heightened states of alertness and intense emotions. A person may be elated or experiencing anger, rage, devastation, or terror when in the Red Zone.

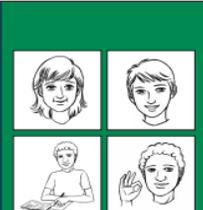
The **Yellow Zone** is also used to describe a heightened state of alertness and elevated emotions, however one has more control when they are in the Yellow Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness when in the Yellow Zone.

The **Green Zone** is used to describe a calm state of alertness. A person may be described as happy, focused, content, or ready to learn when in the Green Zone. This is the zone where optimal learning occurs.

The **Blue Zone** is used to describe low states of alertness and down feelings such as when one feels sad, tired, sick, or bored.

The Zones can be compared to traffic signs. When given a green light or in the Green Zone, one is “good to go”. A yellow sign means be aware or take caution, which applies to the Yellow Zone. A red light or stop sign means stop, and when one is the Red Zone this often is the case. The Blue Zone can be compared to the rest area signs where one goes to rest or re-energize. All of the zones are natural to experience, but the framework focuses on teaching students how to recognize and manage their Zone based on the environment and its demands and the people around them. For example, when playing on the playground or in an active/competitive game, students are often experiencing a heightened internal state such as silliness or excitement and are in the Yellow Zone, but it may not need to be managed. However, if the environment is changed to the library where there are different expectations than the playground, students may still be in the Yellow Zone but have to manage it differently so their behavior meets the expectations of the library setting.

The ZONES of Regulation®

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
			
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Terrified Yelling/Hitting Elated Out of Control

Here is a great visual!
There is also another
visual on the next page
along with resources!



HOW ARE YOU FEELING? CHOOSE YOUR ZONE!

GREEN ZONE	BLUE ZONE	YELLOW ZONE	RED ZONE
			
If I am in the GREEN Zone, I am: HAPPY CALM FOCUSED READY TO LEARN CONFIDENT	If I am in the BLUE Zone, I am: SAD UPSET TIRED SICK GUILTY BORED	If I am in the YELLOW Zone, I am: WORRIED ANXIOUS NERVOUS WIGGLY HYPERACTIVE	If I am in the RED Zone, I am: ANGRY MAD FRUSTRATED YELLING SCREAMING
If I am in the GREEN Zone, I can: LISTEN LEARN FOLLOW INSTRUCTIONS WORK HARD	If I am in the BLUE Zone, I can: ASK FOR A HUG HAVE A REST BREAK TALK TO A TEACHER	If I am in the YELLOW Zone, I can: READ A BOOK TALK TO A TEACHER DRAW A PICTURE OF THE PROBLEM	If I am in the RED Zone, I can: TAKE DEEP BREATHS GO FOR A WALK OR RUN

HOW CAN ZONES OF REGULATION BE USED AT HOME?

If your child expresses that they are worried about something, they may be in the yellow zone. Have them tell you what zone they feel they are in. If they say yellow, ask them if they would like to ask for help, or maybe take a walk.

If your child yelling, or their body is not in control, ask them what zone they are in. If they say the red zone, ask them if they need to look in their toolbox to possibly need a hug, a break, or deep breaths.

The goal of the toolbox is to help students get back to the green zone. When they are in the green zone, it is asking them what can they do to stay in the green zone. For example, they may say, be a friend, take deep breaths, and focus on their work

Are you in need of resources?

There are many free resources out there! Here are a few links to get you started.

<https://www.zonesofregulation.com/teaching-tools.html>

<https://www.theottoolbox.com/zones-of-regulation-activities/>

Teachers pay teachers is also a great tool if you would like printable tools to use at home!

<https://www.teacherspayteachers.com/Browse/Search:zone%20of%20regulation%20tools>

There is also an app to download: <https://www.zonesofregulation.com/the-zones-of-regulation-app.html>

IB NEWS:

We have now had time to focus on four out of the ten learner profile attributes as a whole school. December, we will focus our learning on how to be "principled". IB's definition of Principled is:

- *"We act with integrity and honesty, with a strong sense of fairness and justice, and with respect for the dignity and rights of people everywhere. We take responsibility for our actions and their consequences."*

Encourage your child to be principled.

Please ask your child to explain what they have learned about the learner profile attributes.

Attribute of the Month:

- September - Caring
- October - Inquirers and Communicators
- November - Risk-Takers
- December - Principled
- January - Open-minded
- February - Balanced
- March - Thinkers
- April - Knowledgeable
- May - Reflective

Upcoming IB events/Save the dates:

Dec. 5th - Kindergarten IB showcase night from 5:30-6:30

- Please join us for a meal and student presentations of their learning
- More information will be sent out closer to the event

January 28th - Kinderprep (4K) IB showcase night from 5:30-6:30

- Please join us for a meal and student presentations of their learning
- More information will be sent out closer to the event

February 11th - $\frac{4}{5}$ IB showcase night

- Please join us for a meal and student presentations of their learning
- More information will be sent out closer to the event

February 27th - 1st grade IB showcase night

- Please join us for a meal and student presentations of their learning
- More information will be sent out closer to the event

SAVE THE DATE! Global Arts Night has been scheduled for:
Thursday March 19th (Grades K 6:00pm & 1 6:45pm)
Thursday March 26th (Grades 2 6:00pm & 3 6:45pm)
and Thursday April 2nd (Grades 4 & 5 6:00pm)



Our cooks had a blast dressing up! Check out this fun photo!



STUDENT NUTRITION ADVISORY COUNCIL (SNAC)

Students in Mrs. Misch's second grade class (Student Nutrition Advisory Committee SNAC) had a big job to do in the kitchen! Ms. Kinsey showed them how to measure, cook, chop and season apples for homemade applesauce. The kids were split into three groups, and used three different tools and spices to spice up their 'sauce'. Some of the tools used to cut/mash the cooked apples were: pizza cutters, pastry blenders/choppers and an immersion blender. Next each group measured their "spice" The group with pizza cutters got to add regular sugar, the pastry blenders got the brown sugar and the immersion blender group added a fall favorite, cinnamon. Students were then asked to whisk in their ingredient while the next friend measured out their portion. Each child got to taste test their creation, and one of each of the other flavors as well. The applesauce was then cupped and served to the whole school as a fruit option, labeled "homemade applesauce from Mrs. Misch's Class"

Stay tuned for more from the SNAC class



GRANDPARENTS DAY FACTS FROM THE KITCHEN:

DID YOU KNOW: The kitchen served 245 students, 225 grandparents/guests, and 24 staff, for a total of..... 494 meals!

Save the date!

Grandparents Day/Special Guest Day will be held on October 16th 2020!



Please check out our PRINCIPAL 200 CLUB chart on the wall in the entry way, as it is NEARLY FULL! It is filled with students who have already received a PRINCIPAL 200 CLUB award for exemplary behavior, and/or going above and beyond! When a student receives a Principal 200 Club award from a staff member for demonstrating good behavior, they come to the office to select a token with a number on it from Miss Kelsie. Students then write their name on that number on the Principal 200 Club board. Each day 5 Principal 200 Club awards are handed out and Mrs. Brauer calls each of their parents to let them know their child was a recipient. When a row fills up with names, students whose names are listed in that row are called to the office, and they select a 'surprise award' from and/or with the principal.

Questions? Contact Kelsie Bolstad (PBIS Tier I Coach)

Socketober & Food Drive

Thank you to all families who participated and helped donate to Socketober & our Food Drive! We were able to help many families in need.

Check out the donations from Socketober! These donations were brought to New Horizons & the Salvation Army.



Pop/ Soup Tab Collection

Who: Everyone!

What: For our **preschool** service learning project, we will be collecting pop/soup can tabs to donate to the Ronald McDonald House . The money raised from the tabs will help families that are in need of medical care by providing a home away from home or support.

Where: North Woods International, drop off in classrooms or the main office

When: All Year

Why: The Ronald McDonald House's core values are very compatible with ours, including compassion, collaboration, and respect. My niece and a few of my students have benefited from this wonderful organization, and this is a way to give back and help others.

If you have any questions, please contact Tanya LaFleur.
Email= tlafleur@lacrossesd.org or call= (608) 789-6429



Read for the Record



On Thursday, November 7th, our students were a part of the Read for the Record Day by participating in a book walk in our field out behind the school. The record is for most people reading the same book on the same day. This year, we read the book Thank you Omu! by Oge Mora. This story is about a grandma who makes a thick red stew for dinner but when people stop by she offers them some to eat but when it is time for her to eat dinner, she is left with nothing. But to her surprise, everyone that she showed kindness to repayed the favor to her with a delicious meal to thank her. It has a great message about kindness. This story also displayed two of our IB attributes, principled and caring.

It was a cold day but still a fun way to promote literacy while allowing students to be active. Thanks to all our North Woods students and staff for participating to help set a world record!





North Woods International School
 La Crosse | Public - All Students
 School Report Card | 2018-19 | Summary

Overall Score**Exceeds Expectations**

Overall Accountability Ratings	Score
Significantly Exceeds Expectations	83-100 ★★★★★
Exceeds Expectations	73-82.9 ★★★★☆
Meets Expectations	63-72.9 ★★★☆☆
Meets Few Expectations	53-62.9 ★★☆☆☆
Fails to Meet Expectations	0-52.9 ★☆☆☆☆

School Information

Grades	K4-5
School Type	Elementary School
Enrollment	343
Percent Open Enrollment	13.7%

Race/Ethnicity

American Indian or Alaskan Native	0.3%
Asian	16.3%
Black or African American	5.2%
Hispanic/Latino	8.5%
Native Hawaiian or Other Pacific Islander	0.0%
White	58.9%
Two or More Races	10.8%

Student Groups

Students with Disabilities	12.2%
Economically Disadvantaged	51.3%
English Learners	13.4%

Priority Areas	School Score	Max Score	K-5 State	K-5 Max
Student Achievement	71.7/100		65.7/100	
English Language Arts (ELA) Achievement	37.4/50		31.6/50	
Mathematics Achievement	34.3/50		34.1/50	
School Growth	68.9/100		66.0/100	
English Language Arts (ELA) Growth	42.5/50		33.0/50	
Mathematics Growth	26.4/50		33.0/50	
Closing Gaps	NA*/NA		73.9/100	
English Language Arts (ELA) Achievement Gaps	NA/NA		37.9/50	
Mathematics Achievement Gaps	NA/NA		36.0/50	
Graduation Rate Gaps	NA/NA		NA/NA	
On-Track and Postsecondary Readiness	91.6/100		86.8/100	
Graduation Rate	NA/NA		NA/NA	
Attendance Rate	76.2/80		74.5/80	
3rd Grade English Language Arts (ELA) Achievement	15.4/20		12.3/20	
8th Grade Mathematics Achievement	NA/NA		NA/NA	

Priority Area Weights**Percentage Weight**

Student Achievement	21.2%
School Growth	53.8%
Closing Gaps	NA
On-Track and Postsecondary Readiness	25.0%

Note: For details about how weights are determined, see weighting calculator:
https://oea-dpi.shinyapps.io/overall_weighting_calculator/

Student Engagement Indicators**Total Deductions: 0**

Absenteeism Rate (goal <13%)	Goal met: no deduction
Dropout Rate (goal <6%)	Goal met: no deduction

Test Participation Information

Includes Forward Exam (grades 3-8), ACT Aspire (9 and 10), ACT (11), and Dynamic Learning Maps (3-11)

Group	ELA 1-Year	ELA 3-Year	Math 1-Year	Math 3-Year
All-Students Rate	100%	98.8%	100%	99.2%
Lowest Subgroup Rate: Asian	100%	98.6%	100%	100%

^ denotes at least a 10-point Overall Score change in a single year when present. Wisconsin DPI considers this amount of change an outlier which may not reflect the actual magnitude of change in performance.

*The Closing Gaps score for this school changed by at least 20 points since 2017-18. This amount of change is an outlier and mostly impacted by things outside a school's control. As such, the score shown here is not included in the Overall Score.

December 2019 Elementary School Lunch

Mon	Tue	Wed	Thu	Fri
2 1 - Chicken & Rice Casserole 2 - Garlic Cheese Bread/ Marinara Roasted Veggies Whole Grain Snack Crackers	3 1 - Lasagna Rollup 2 - Chicken Nuggets Green Beans Garlic Toast	4 1 - Beef Nachos (local beef) 2 - Deli Turkey, Ham & Cheese Cowboy Corn Salsa Whole Grain Tortilla Chips	5 1 - Rib-E-Que on Bun 2 - Homemade Cheese Pizza Green Peas	6 1 - Fish Nuggets 2 - Cheeseburger Oven Fries
9 1 - Bakalars Hot Dog 2 - Chicken Patty Sandwich Carrot Coins	10 1 - Mac & Cheese 2 - Pepperoni Pizza Calzone Whole Grain Cookie	11 1 - Orange Chicken/ Brown Rice 2 - EZ Jammer/ Cheese Stick Roasted Veggies	12 1 - Texas BBQ Pork on Bun 2 - Homemade Cheese Pizza Green Beans	13 1 - Mini Corn Dogs/ Smiley Fries 2 - Cheesy Garlic Flatbread/ Marinara
16 1 - Mac & Cheese 2 - Chicken Nuggets Roasted Broccoli Seasoned Breadstick	17 1 - Meatballs & Gravy/ Dinner Roll 2 - Chicken Patty Sandwich Mashed Potatoes	18 1 - Sausage Patty/ French Toast Sticks 2 - Roasted Turkey Deli Sub Potato Wedges	19 1 - Sloppy Joe on Bun 2 - Homemade Cheese Pizza	20 1 - Spaghetti/ Meat Sauce/ Garlic Toast 2 - Cheese Filled Breadstick Green Beans
23 NO SCHOOL TODAY 	24 NO SCHOOL TODAY 	25 NO SCHOOL TODAY 	26 NO SCHOOL TODAY 	27 NO SCHOOL TODAY 
30 NO SCHOOL TODAY 	31 NO SCHOOL TODAY 			

Reminder:
 January 1 – NO SCHOOL
 School Resumes January 2, 2020

CHOICE 3 DAILY – assorted yogurt (4 oz), cheese stick

Also available daily: veggie bar, fresh fruit, assorted canned fruit, chocolate fat free milk, and lowfat white milk.

Harvest of the Month



Pick:

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

Store:

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

Prepare:

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

December



Winter Squash

Nutrition Info

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

Fun Facts

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

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

The heaviest squash ever recorded was 1234 pounds!

Uses

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

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

Farm2School Update: Served at School Served at Home!

Try Fifth Season Cooperative's Winter Moon Blend. A colorful blend of Wisconsin root vegetables: butternut squash, gold potatoes, carrots, red and gold beets. The blend is diced, blanched and frozen, ready to toss with seasoning and roast to finish or add to recipes for a color and nutrition boost.

This kid-friendly, local, frozen veggie blend is used in school cafeterias and is now available at retail locations (Festival Foods and the People's Food Co-Op)! Look for it in the natural foods frozen section.

Harvest of the Month

Roasted Butternut Squash Fries

Serves 6 (1/2 cup per serving)

Ingredients:

- 1 medium butternut squash
- 1 Tbsp. olive oil
- 1 tsp. dried thyme or 1 Tbsp. chopped fresh thyme
- 1 tsp. dried rosemary or 1 Tbsp. chopped fresh rosemary
- 1/2 tsp. salt

Directions:

Heat oven to 425 degrees. Lightly coat a baking sheet with olive oil. Peel skin from butternut squash and cut into even sticks, about 1/2 inch wide and 3 inches long. In a medium bowl, combine the squash, oil, thyme, rosemary, and salt; mix until the squash is evenly coated. Spread onto the baking sheet and roast for 15 minutes. Remove the baking sheet from the oven and shake to loosen the squash. Flip squash and place back in the oven; continue to roast for another 15 to 25 minutes until golden brown.

Roasted Butternut Squash Fries Nutrition Facts (per 1/2 cup serving):

62 calories, 2 g fat, 1 g protein, 11 g carbohydrate, 3 g fiber, 168 mg sodium

For more information on Farm2School visit:

www.laxf2s.org

