



OCTOBER 2020 NEWSLETTER



Dear North Woods International Families,

It seems hard to believe that we have already been back to school for a whole month and that it is now officially fall. The air is crisp in the mornings and it's almost time for the gardens to be done for the year. Despite the fact that many of the hallmarks of fall won't be possible this year, we are still pushing ahead at North Woods with new projects and initiatives to continue our journey of educational excellence.

First, I want to extend a thanks to all the families who are on this crazy pandemic journey with us. You have been asked to support your children in ways that you may never have had to support them before--all while retaining your usual responsibilities. We know it has been hard. But I want you to know that there are such incredibly positive and inspiring things coming out of this chaotic time. Parents and teachers have been working together in ways and through means we have never considered. People are problem solving in such creative ways and we are modeling perseverance, grit and resilience for our kids.

And to our teachers: The energy, creativity, work ethic and expertise you have shown while trying to navigate new technology and new ways of learning is nothing short of incredible. I wish people could see all the preparation and sleepless nights you are spending continuing to provide our students with a top notch education. All while balancing your own responsibilities, fears and concerns around our current pandemic.

We are pushing ahead! We will have a redone outdoor classroom, two new GROW gardens, two shaded areas in our playgrounds and a brand new eco-scape playground for our littlest learners. We are working hard to educate ourselves on equity and trauma and build systems that help each of our students reach their fullest potential. We are busy preparing for a virtual visit and audit in November of our International Baccalaureate Program in the hopes of becoming an official IB school by the new year. Our work may look different, but we are certainly not resting on our laurels.

Thank you for your words of encouragement to our staff, your support of our kids, and your willingness to do what it takes to help us continue to do great things here. We may be apart, but our North Woods family is stronger than ever!

Be well,
Keri Holter
North Woods International Principal

MARK IT DOWN! UPCOMING EVENTS!

October 5th-9th: Fire Prevention Week!
October 12th: Parent Teacher Conferences
(Virtual) NO SCHOOL DAY
October 15th: School Day, Parent Teacher
conferences in evening (4pm-8pm)
October 21st: Unity Day! Wear Orange!

WELCOME ABOARD

Please join us in welcoming our long-term guest teacher for the North Woods Library, Rachel Aspenson! Ms. Aspenson has joined us at North Woods in the past, and we are very excited to have her back!

NATIONAL SCHOOL LUNCH WEEK ANSWER KEY!

The answer key for the National School Lunch Week Word Scramble & Crossword puzzle can be found on the last page of this newsletter! The activities were mailed home to all North Woods Students!

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 Keri Holter, Principal of North Woods International School.



Title I is a federally funded education program in the United States. It provides children with additional help in the areas of reading and math. The federal government, through the Wisconsin Department of Public Instruction, provides funds to local school districts for the operation of Title I programs.

Title I services at North Woods International are school-wide. Children are selected to participate in the Title I program through testing results, classroom performance, and teacher recommendations. These groups may be called RtI, Intervention, or WIN groups in the classroom. The Title I teacher reteaches concepts from the classroom setting when needed. These groups are smaller and encourage targeted learning. **Throughout the year, the groups may change and your child may be part of one of these groups.** Our main goal is to help students master their learning.

If you have any questions or concerns please contact:
Mrs. Sara DePaolo, Title I Teacher
(608) 789-6435 jschams@lacrossesd.org

IB NEWS: PYP UPDATE

Students will be learning about the Learner Profile attributes as part of our IB journey. As they inquire and work through their units they will practice these attributes in their classroom. The goal for our students is that by the time they leave North Woods, these attributes would be instilled in them and they would be able to exhibit these attributes throughout their lives. As a whole school, we will be focusing on one attribute a month except in October we will have two.

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:

November 16-17th: International Baccalaureate Virtual Authorization Visit

IB Expo Nights! More details to come! These expo nights may be virtual.

Prek (Kinder-prep): January 12th

Kindergarten: January 21st

First Grade: February 4th

Second Grade: March 16th

Third Grade: February 16th

Fourth Grade: March 25th

Fifth Grade Exhibition: May 20th

WEAR ORANGE
ON OCTOBER 21st
FOR UNITY DAY!



DRESS UP WEEK FUN!



COLOR DAY!



HAT DAY!



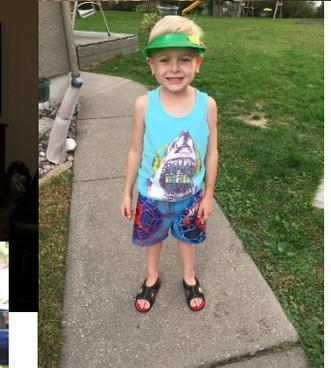
COMFY CLOTHES!



INSIDE OUT DAY



BEACH DAY



Beach day at school today!



HAPPY BIRTHDAY TO YOU!

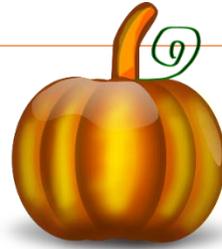
Is it your birthday during virtual learning? Be on the look out for your birthday card in the mail! Ms. Kelsie loves to celebrate birthdays with a special birthday prize!



KINDERGARTEN CELEBRATES INTERNATIONAL DAY OF PEACE! KINDERGARTEN LEARNED ABOUT DIFFERENT WAYS TO SPREAD PEACE, AND CREATED PEACE CHAINS FOR THEIR HOMES AS A REMINDER TO BE KIND TO EVERYONE!



TITLE TIPS - SEPTEMBER & OCTOBER 2020



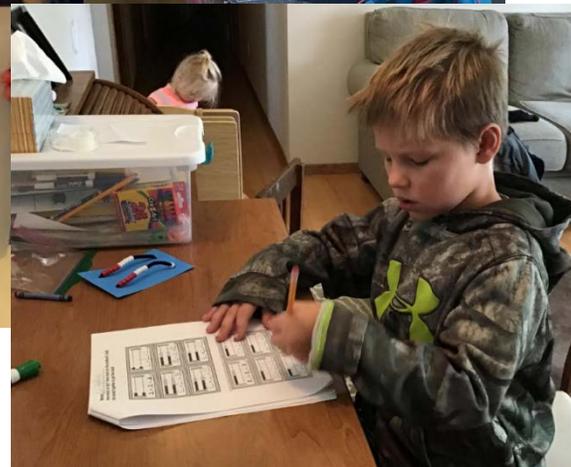
How to Help your child become a Successful Reader

- Set up a reading routine
 - Setup a specific time each day for reading books
- Read at home!
 - Provide them with a time to enjoy books daily
- Create a special reading spot or space for your child to read in
- Be a good reading partner
 - Encourage your child
 - Be patient
 - Ask questions
- Provide them with a variety of books
 - Fiction
 - Non-fiction
 - Picture books
 - Chapter books
 - Silly stories
- Be a reading role model
- Set a reading goal
 - Read 15-20 minutes daily
- Have a positive attitude

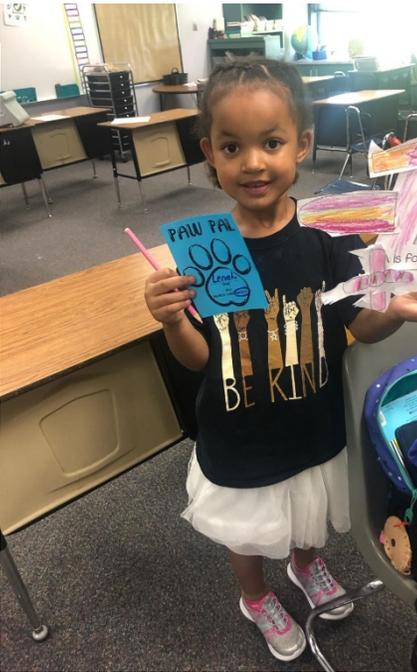


publicdomainvectors.org

Need help deciding what books are a good fit for your child? Reach out to your child's teacher or contact your local library!



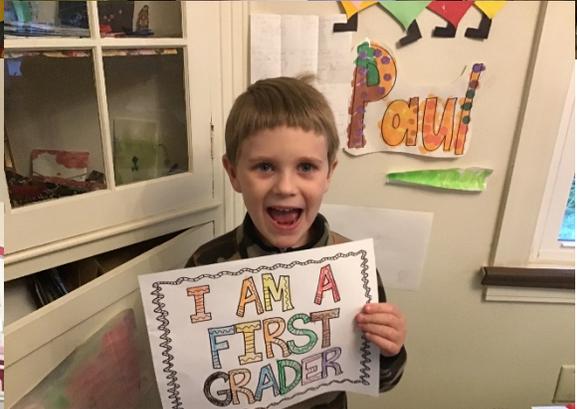
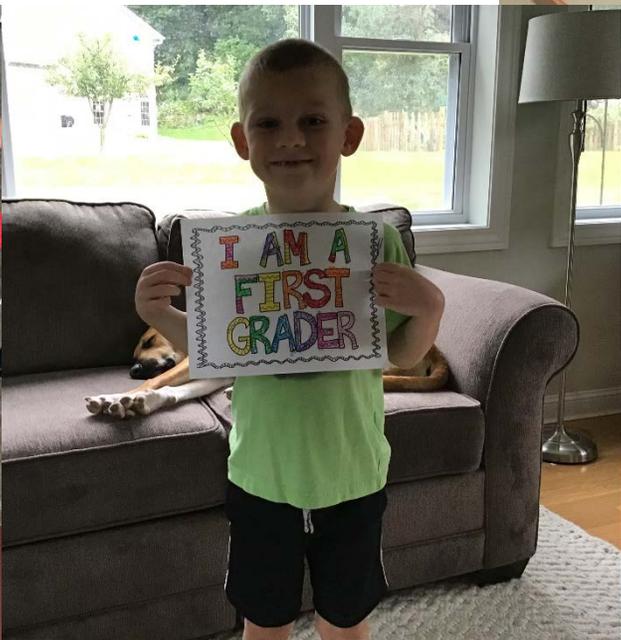
VIRTUAL LEARNING AT NORTH WOODS INTERNATIONAL



Draw and write about your favorite activity from this week. Make sure your pictures match your writing.



MY favorite is ZOOM.



PBIS CORNER!

Positive Behavioral Interventions & Supports (PBIS) is an effective approach to reinforce positive behavior using school-wide expectations! These expectations follow the IB (International Baccalaureate) attributes. When staff acknowledge student's positive behavior, they will categorize the behavior as: Principled (Responsible), Caring (Respectful), or Balanced (Safe). Another example is that your child will be learning and practicing the 10 Attributes throughout the school year. The IB learner profile attribute (trait) of the month is caring. IB describes a caring person in the following way: They show empathy, compassion and respect towards the needs and feelings of others. They have a personal commitment to service and act to make a positive difference to the lives of others and to the environment. We will continue the journey of merging our current PBIS model with IB Education and keep you posted with monthly updates. If you have any questions, ask your child and their teacher. Keeping families connected is our goal!

NOTES FROM THE KITCHEN!

Welcome back Northwoods friends and families! We hope you had a great summer! While we are virtual, we hope families are taking advantage of the free breakfast & lunches each day! Parents receive an email each week to fill out a google form to order lunches throughout the week. Meals can be picked up at any location if North Woods is not convenient for you! Below are the locations and times for meal pick up. Until December, all students will receive free lunch & breakfast! Make sure you take advantage of this program! We are looking forward to a great year with your most cherished possessions in our care,

Ms. Kinsey
Assistant Nutrition Manager

Friendly cafeteria reminder! When we return to school, please take the following into consideration:

1. How to open any and all things in their lunch box (Lunchables, Go-Gurt, Capri-Sun etc) There is limited staff in the cafeteria and if your child can't get their lunch open, they spend a majority of their lunch time with their hand raised to get help, and often may not finish lunch on time.
2. A milk may be purchased if the child has money in their account, or they can bring \$0.50
3. If you would like to put a limit on the amount of "extra" food purchased, you can log in to your skyward family account and do so. (Sometimes kids would like a second milk, juice or entree and that is an additional charge to their lunch account)

SCHOOL DISTRICT OF
LA CROSSE



Emerson 11:30am-12:30pm	Southern Bluffs 10:30am-11:30am	Lincoln Middle 11:30am-12:30pm
Hamilton ELC 10:45am-11:45am	Spence 10:30am-11:30am	Logan Middle 11:00am-12:30pm
Hintgen 10:30am-11:30am	State Road 11:00am-12:00pm	Longfellow 11:00am-12:00pm
North Woods 11:30am-12:30pm	Summit 11:00am-12:00pm	Central High 11:30am-12:30pm
Northside 11:30am-12:30pm		Logan High 11:30am-12:30pm

School Building Meal Pick-Up Schedule
September/October 2020

**HARVEST OF THE MONTH
 NEWSLETTER 09/2020**

FUN FACTS

- The heaviest tomato weighed 7 pounds 12 ounces. It was grown by Gordon Graham in Oklahoma in 1986. This tomato made sandwiches for 21 family members.
- The tomato is the official state vegetable and official state fruit of Arkansas.

NUTRITION INFO

One medium tomato has 22 calories. Tomatoes are an excellent source of vitamins A, C and K. They are also a good source of lycopene.


PICK

Choose tomatoes that are free of mold and soft spots. Ripe tomatoes will have a sweet aroma and will yield to slight pressure.

STORE

Store whole tomatoes at room temperature and use within a few days. Whole tomatoes shouldn't be refrigerated. Once cut or sliced, tomatoes should be refrigerated for food safety reasons.

PREPARE

Wash with cold, running water before using

USE

Fresh cut tomatoes can be added to salads, sandwiches or wraps. Substitute 1/4-1/2 of an avocado with tomato when making guacamole. Try grilling tomato halves brushed with olive oil for an easy side!

Tomato and Corn Salad

Serves 8

Ingredients:

- 2 ½ cup corn, frozen, thawed
- 2 oz. basil, fresh
- 1 ½ pint cherry or grape tomatoes
- ¾ cup diced mozzarella cheese, part-skim
- 1 Tbsp. olive oil
- Juice of ¼ lemon
- ¼ tsp. salt

Directions:

Thaw frozen corn. Finely chop basil leaves. Mix all ingredients in a large bowl. Toss to combine.

Serve immediately.

Per serving (3/4 cup):110 calories, 4.5g fat, 1.5g saturated fat, 5g protein, 16g carbohydrate, 1g fiber, 170mg sodium
 for more information visit www.laxf2s.org

HARVEST OF THE MONTH
 NEWSLETTER 10/2020

OCTOBER

FUN FACTS

- Kale tastes sweeter after it is frozen or exposed to frost!
- Kale can be green, white, reddish green, purple, or bluish green and the leaves can be different shapes.
- Curly kale is the most popular variety found in grocery stores.

NUTRITION INFO

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

PICK

Look for kale with deeply colored leaves, moist stems and no wilted leaves. Smaller leaves will generally be more tender and mild in 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 the flavor becomes.

PREPARE

Remove the tough center stalk and rinse well under cold water before using. Pat or spin dry.

USE

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 green smoothies too! Remove the stems and blend with frozen fruit, yogurt and milk.


Apple Kale Slaw

Serves 10

Ingredients:

- 5 cups kale
- 3 apples, diced
- ¾ cup shredded carrots
- 6 oz Greek yogurt, plain, nonfat
- 3 Tbsp. Dijon mustard
- 3 Tbsp. cider vinegar
- 2 Tbsp. honey
- ½ tsp. salt
- ¼ tsp. pepper
- 1 ½ tsp. lemon juice

Directions:

Remove tough center stalk from kale and chop leaves into ½ inch pieces. Leave skin on apples and dice.

In a large bowl, combine chopped kale, apples and carrots. In a small bowl, stir together yogurt, mustard, vinegar, honey, salt, pepper and lemon juice. Pour dressing over kale mixture and stir well. Refrigerate at least 1 hour before serving.

Per Serving (1/2 cup): 70 calories, 0g fat, 0g saturated, 2g protein, 16g carbohydrate, 2g fiber, 240mg sodium

for more information visit www.laxf2s.org





Answer Key

Here are the answers to the NSLW20 Word Scramble and Crossword, if the students need some help!

Word Scramble

- | | |
|---------------|----------------|
| 1. Cinema | 8. Nutrition |
| 2. Legume | 9. Premiere |
| 3. Screenplay | 10. Vegetables |
| 4. Protein | 11. Romance |
| 5. Animation | 12. Nectarine |
| 6. Vitamin | 13. Streaming |
| 7. Comedy | 14. Wheat |

Crossword Puzzle

