



NOVEMBER 2020 NEWSLETTER



Dear North Woods International Families,

It is hard to believe that fall is here already. The pandemic has changed all of our lives significantly and we hear stories daily--both of the creativity and quality family time that is happening as well as the stress of families managing jobs, child care and online learning. Balancing what is best for the safety of our families and staff has been difficult for all of us.

With the changing of the weather and holidays approaching, this can be a tough time of year. Adding a pandemic on top of that doesn't help. We forget sometimes that caretakers need care too. I recently read an article from the Cincinnati Children's Blog that really made me reflect on my own self care so I can be the very best for my own family as well as the North Woods International Family. I wanted to share their suggestions and encourage you to reach out if there is a way I can help with your child's learning or social/emotional needs. Remember to take care of yourself too!

1. Identify what sets you off: Learning to recognize the physical and emotional signs of stress in yourself can help de-escalate situations before you're at the point of blowing up.
2. Walk away: There is so much pressure to be "on" all the time. Don't feel guilty if you need to take a break to catch your breath and recenter yourself.
3. Do something that calms you down: Even if it's just for 5-10 minutes, doing something that brings you joy can help decrease stress.
4. Talk to someone: Is there a friend or family member you can reach out to? Support is critical--especially when we can't see people face-to-face as often as we have in the past. Isolation can significantly contribute to stress, so reach out to someone you trust.
5. Positive self-talk: It's easy to concentrate on all the things we think we should be doing better--especially if social media is in the mix. Practice telling yourself that you're doing your best and that there are so many people struggling right now. You'll get through it.
6. Consider professional help: Does your employer have an Employee Assistance Program? Are there other resources you can access? Toxic stress, especially when it is chronic, sometimes merits professional help. Don't be afraid of the stigma of seeking it out.

You are working incredibly hard. Our teachers are working incredibly hard. Kids are working incredibly hard. It's not ideal, but if we stick together I hope we can see each other soon.

Be well,

Keri Holter

North Woods International Principal

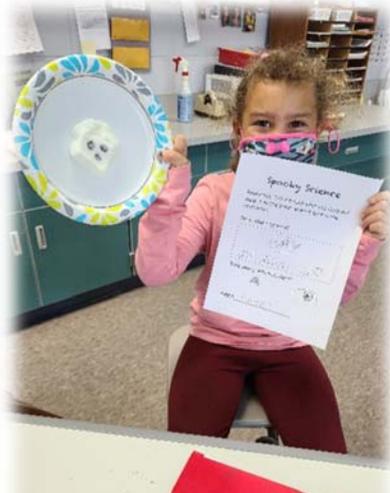
MARK IT DOWN! UPCOMING EVENTS!

Wed. November 11th: Veteran's Day
 November 25, 26, 27th: No School!
 Mon. Nov 30th: Make a difference
 Monday! Fundraiser @ La Crosse
 Distillery. See flyer on page 8!
 December 23-Jan. 1, 2021:
 No School Winter
 Break. Return January 4th
 2020

PICTURE DAY UPDATE

You may have been receiving auto-emails from Lifetouch in regard to picture day on November 10th. These are automated emails from the company. November 10th was our scheduled "retake" day had we of been in school this year. Due to the extension of at home virtual learning, we currently do not have a picture day set. Please ignore all emails from Lifetouch regarding November 10th. Once we have more information regarding picture day, we will send out information to all families, including our CRVA families!

**Check out the last page for the
School Lunch Week Answer Key!**



4K PRESCHOOL REGISTRATION 2021-22 SCHOOL YEAR

SCHOOL DISTRICT OF LA CROSSE

4K Preschool ** NEW enrollment process**



2021-2022 4K Preschool Registration

New Student Online Enrollment for the 2021-22 school year will open on November 16 2020.

4K Preschool site selection will be completed online starting January 18, 2021 at 7 AM. This will still be a first -come ,first -served sign up.

Families are welcome to come into Hogan to complete the enrollment process on a computer if needed. Students must be 4 on or before September 1 2021 to enroll into 4K Preschool.

Step 1– Starting November 16, enroll your 4 year old for the upcoming school year. Please visit Lacrosseschools.org and click on "Enroll In Our Schools" button. Follow the prompts to create an account and complete the New Student Online Enrollment process. You may upload or email a picture of the student's birth certificate and your proof of address. If these documents are not submitted during enrollment, they will need to be submitted by January 22 to hold your spot.

Enrollment needs to be completed by January 14 if you want to enroll on Jan.18.

Step 2— Starting January 18 at 7AM– Log into Skyward family access and click on the Arena Scheduling button on the left side of the screen. Under the preschool heading, click on 2021-2022 year. You will then see the list of preschool classes. Select your class and click on the **Add** button. The **Add** button will not be available if that class is full. If you decide to change classes, click on "Remove" under the Option column. Arena scheduling will close on January 22, however you may still enroll your student. Please call the preschool office for any changes after that.

4K Preschool Office

Preschool@lacrossesd.org

608-789-7006



ART FUN!



IB NEWS:

We have now had time to focus on three out of the ten learner profile attributes as a whole school. November, we will focus our learning on how to be a “risk-taker”. IB’s definition of a Risk-Taker is:

- *“Approach unfamiliar situations and uncertainty with courage and forethought, and have the independence of spirit to explore new roles, ideas and strategies. You are brave and articulate in defending your beliefs.”*

Encourage your child to be a risk-taker at home or school.

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:

Nov. 16-17th - IB virtual authorization visit

- We are all preparing for our authorization visit. I have been working on submitting the necessary documents and evidence needed prior to the visit since the evaluators won’t be able to be at North Woods to see all the wonderful things that we do each day due to the virtual format of the visit.
- This visit is where they determine if we are ready to be an authorized IB school. We are hoping for positive feedback that will help us continue to grow in our IB journey and also feedback that recommends us as an authorized IB school.

IB expo nights: Save the date for your child’s event - More details to come

- Again we will celebrate our student’s learning with our expo nights. This year the format of these nights may look different due to Covid-19.

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

Title Tips: November

Word Games

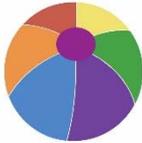
1. Guess My Word

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.



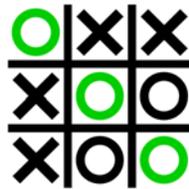
8. Show and Tell

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.



Happy Halloween!



EVERYONE
IS WELCOME!



HELP SUPPORT
YOUR SCHOOL!

**MAKE A
DIFFERENCE
MONDAY**

10%

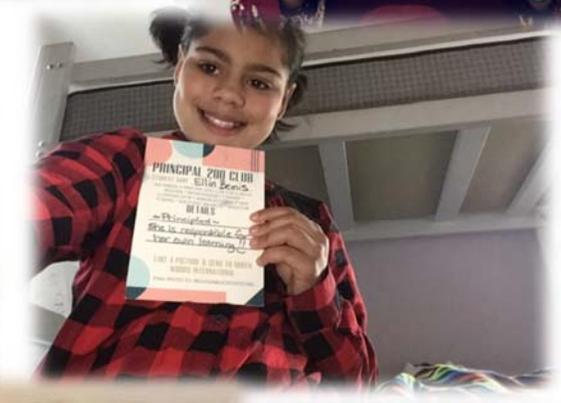
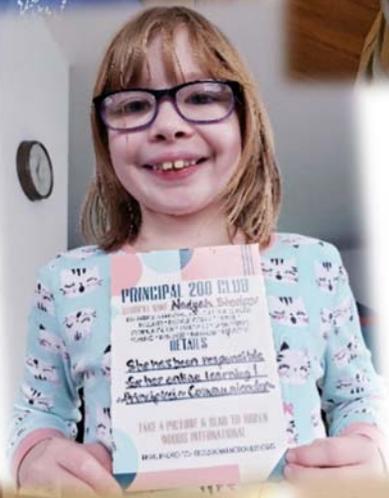
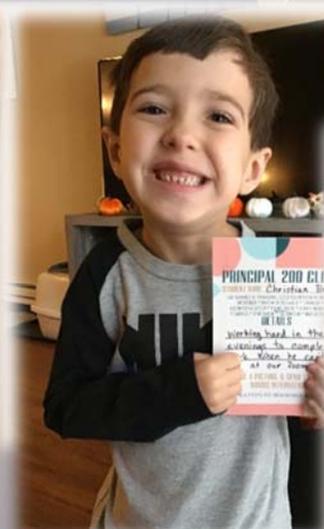
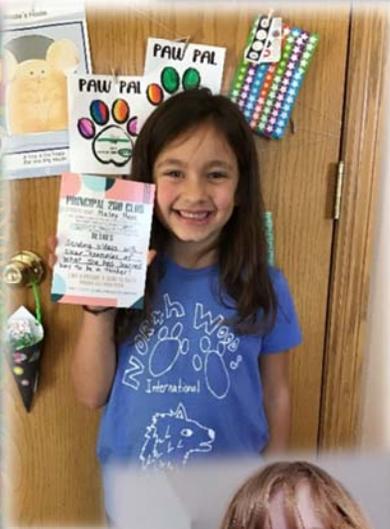
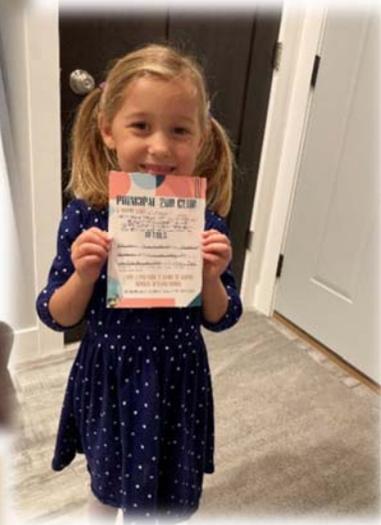
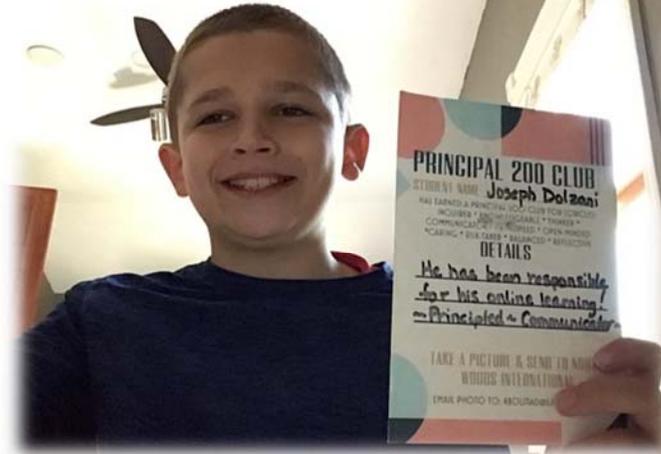
of all food and beverage sales

**NORTH WOODS
INTERNATIONAL**

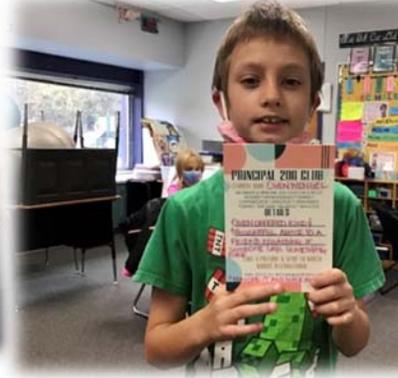
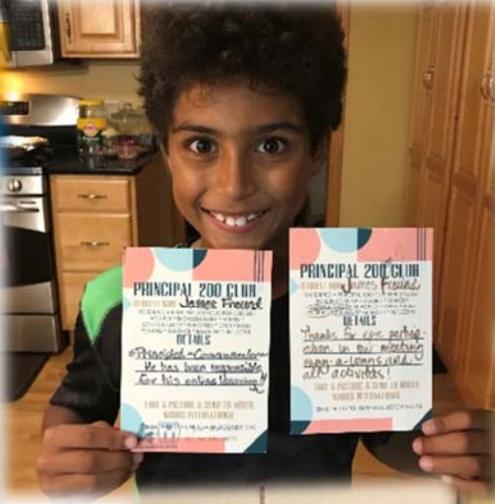
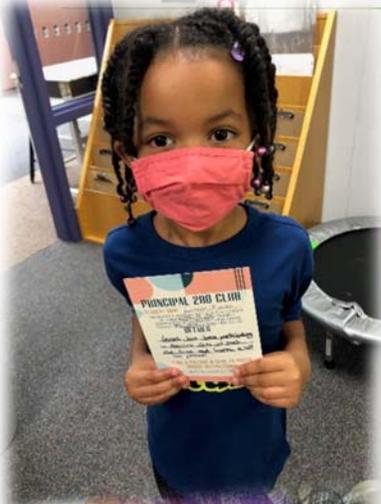
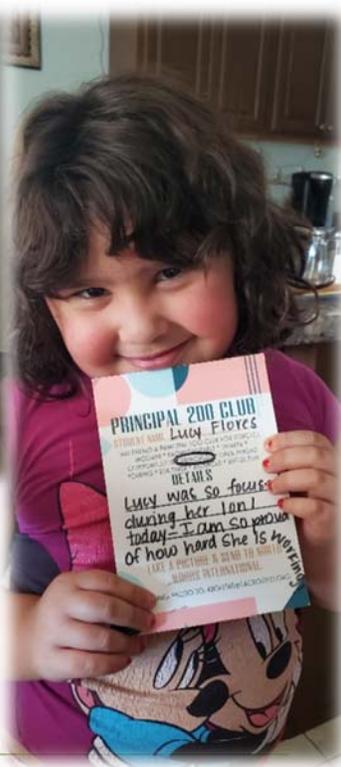
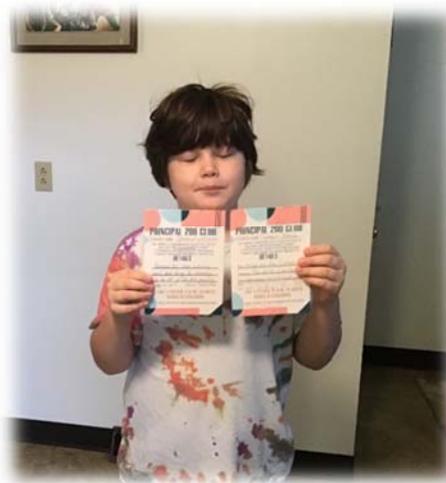
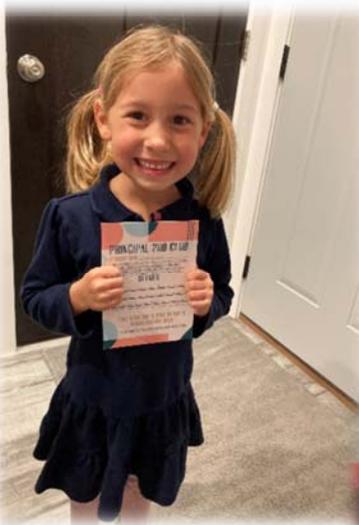
MONDAY, NOVEMBER 30

12PM-10PM

PRINCIPAL 200 CLUB! Great work North Woods!



Principal 200 Club!
Great job!

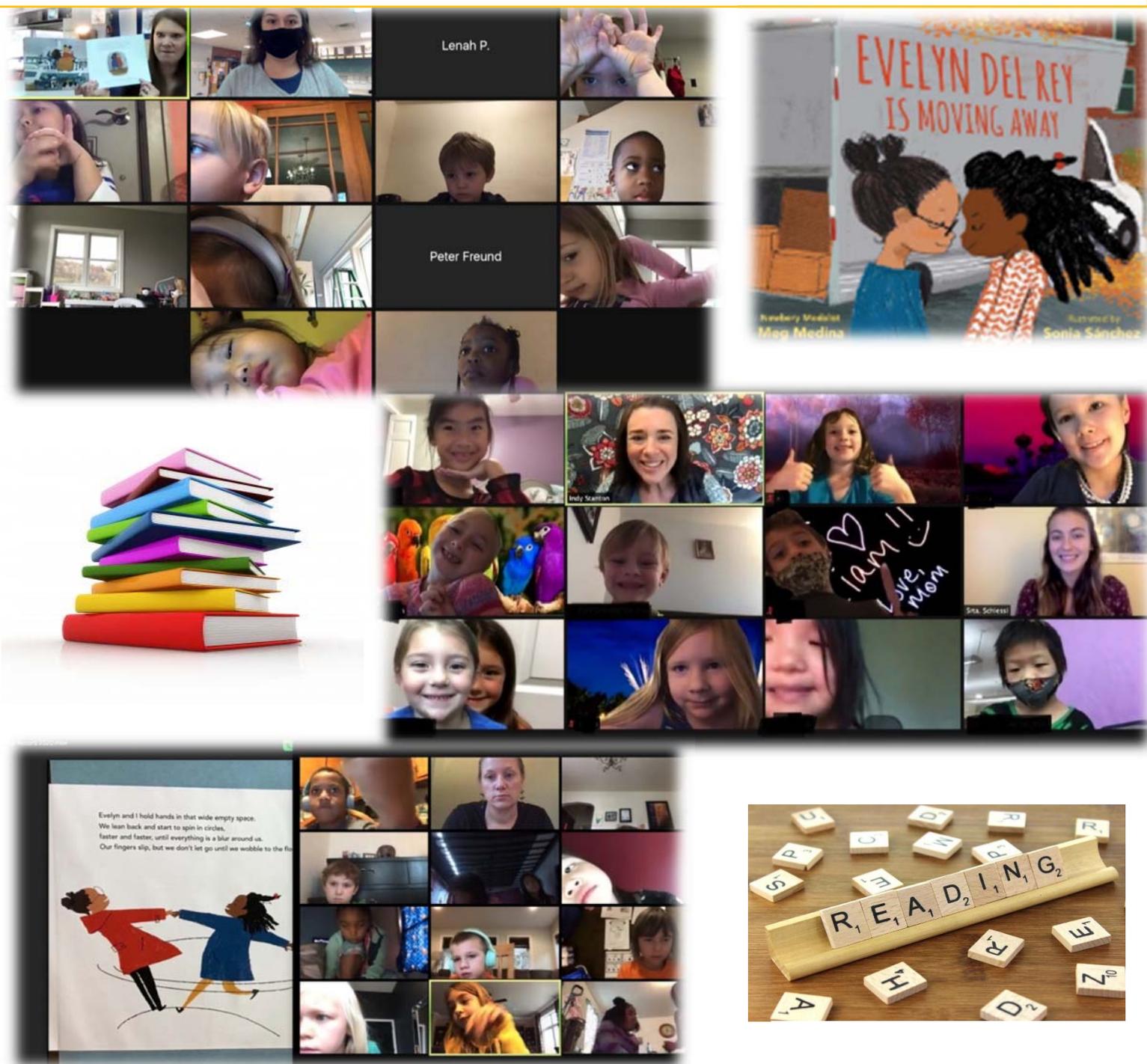


Read for the Record Day!

Thursday, October 29th, 2020

This year's read for the record day was one for the books. It was like no other year since we were unable to participate in our annual book walk to be active while reading. But knowing this day is such a great way to promote literacy, this year we just had to adjust with the times and enjoy listening to the story through a prerecorded iMovie on our zoom meetings or by our teacher reading us the story.

We participate in this event annually to help set a world record for the most people reading the same book on the same day. This year's book was about two best friends and one of them had to move away.



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

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

NUTRITION INFO

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

PICK

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

STORE

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

PREPARE

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

USE

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



Cranberry Rice Pilaf

Serves 8

Ingredients:

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

Directions:

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

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

for more information visit www.laxf2s.org





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

