



DECEMBER 2020 & JANUARY 2021 NEWSLETTER



Looking forward, looking back

As I reflect on my first (almost) semester at North Woods International, I'm thrilled at the progress we have made despite the challenges this year has posed. We definitely haven't been resting on our laurels when it comes to pushing forward for continuous improvement. Virtual learning has provided challenges but such amazing opportunities. Our teachers rose to the challenge and now have technology skills for engagement that they can apply far into the future. In terms of instructional and engagement strategies, we have all grown so much.

We went through our International Baccalaureate audit and are anxiously awaiting our results to see if we have met the expectations of being an official IB school. When I first was learning about North Woods International, I read the following: "The IB aspires to help schools develop well-rounded students with character who respond to challenges with optimism and an open mind, are confident in their own identities, make ethical decisions, join with others in celebrating our common humanity and are prepared to apply what they learn in real-world, complex and unpredictable situations." Isn't that exactly the description of what we all hope education will be? We'll still be holding IB Expos as we have in the past, although they will be virtual this year. We're excited to show you what our students can do.

In the meantime, we've also kept achievement as a focus. Our teachers have been assessing students and providing small group interventions to meet needs and increase skills. Our opportunities to continue this work will only increase as we come back face-to-face. We have continued to work on how to challenge our students who are excelling and creating individualized plans to meet their needs as well.

Behind the scenes, one thing our staff has been working hard on is equity. Our professional development has been focused on understanding issues including microaggressions, white privilege, understanding the Black Lives Matter movement, and how to participate respectfully in conversations about race. We have met with our Hmong Cultural Liaison and the Black Student Leaders Group--understanding that it is not their job to educate us, but appreciating their graciousness in helping us move forward. We have worked with local equity leader and mental health professional Walfsty Pierre to learn more about equity and mental health in our students, and I am currently serving on the family engagement committee for the district. We have so much work to do, and we're excited to bring all of you into that work. We have plans to move forward with some exciting activities and opportunities for engagement in 2021.

Education is hard work, but it is the best work. There is much to celebrate looking back and even more to look forward to looking forward. Enjoy the time with your students and we'll see you next year!

-Keri Holter
North Woods International Principal

MARK IT DOWN! UPCOMING EVENTS!

Dec. 23rd-Jan. 1, 2021:

No School Winter Break

Mon. Jan 4th: School resumes! (Virtual)

Fri. Jan 15th: End of 2nd Quarter (1st Semester)

Please continue to check your email for updates and information about our return to school!



PRESCHOOL REGISTRATION 2020-21

Need to register your child for 4K Preschool for the 2021-22 school year? Head to the La Crosse School District Website for more information!



When we return to school, it is important for students to bring winter gear! Please make sure to send your child to school with warm coats, mittens, hats, scarves and boots! Please label all winter items.

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!

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

Fun things happening at North Woods



Comfy Clothes Day! Happy Thanks



<https://www.news8000.com/masks-inspired-by-culture-a-hobby-turned-into-a-business/>



Interested in a Hmong face mask?
Contact: hdeyoung@lacrossesd.org

PBIS CORNER-ROUTINES OVER HOLIDAY BREAK!

It's that time of year! With winter break in full swing, it is important to keep routines at home. This will help with the transition back to school after the new year. Here are a few tips for a smooth transition back to virtual learning!

- Make Sleeping and eating a priority!
 - Sticking to a consistent eating and sleeping schedule makes it less likely for kids to have a meltdown!
 - Pack cozy pajamas when headed to a holiday party to change into before leaving!
 - Remember breakfast!!
- Speak up and be honest with family
 - Family members whom you don't usually see often may not be aware of your routines and rules. Be sure to explain these to your family members.
 - Try to use language such as "in our house we..." to help set boundaries with family members and friends.
- Stay on top of screen time limits
 - Unplug! Kids can become night owls and/or not get enough sleep which can make returning to school challenging.
- Read!!
 - Not only with your child, but take time to scan what is in your child's folder from school.
- Enjoy the moment!

Happy Holiday's from your North Woods International PBIS Team!

These tips and tricks were found below! Click for more info!

<https://www.childrenshealthfund.org/wp-content/uploads/2016/12/10-Holiday-Tips.pdf>

<https://discoveries.childrenshospital.org/holidays-during-covid-19/>

Bed time routines!!!

Routines start 30 minutes before lights out!

What needs to get done?

Decide on a few things!

For example:

1. Brush Teeth
2. PJ's on
3. Read for 10-15 minutes
4. Lights out!

It is best to keep similar bed times over break to help with transitions. Here's a helpful chart!

At what time should your child go to bed?

Age	Wake-up time						
	6:00 AM	6:15 AM	6:30 AM	6:45 AM	7:00 AM	7:15 AM	7:30 AM
	Sleeping time						
5	6:45 PM	7:00 PM	7:15 PM	7:30 PM	7:30 PM	8:00 PM	8:15 PM
6	7:00 PM	7:15 PM	7:30 PM	7:30 PM	8:00 PM	8:15 PM	8:30 PM
7	7:15 PM	7:15 PM	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM
8	19:30	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM
9	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM
10	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM
11	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM	9:45 PM
12	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM	9:45 PM

Buddy CLASSROOM ZOOM SOCIAL TIME!

Mrs. Pierre (4/5th) & Ms. Justin's (KG) classes enjoyed their buddy zoom social time. The classrooms were able to bond & enjoy a Friday afternoon together on zoom! Check out their goofy face picture!



Be on the look out for paw pals! Teachers will be mailing students the paw pal they earned each month!

Is your student doing a great job with learning? Be sure to hand out paw pals at home!



MS. DEYOUNG'S CLASS CELEBRATING 100 PAW PALS WITH STUFFIES!

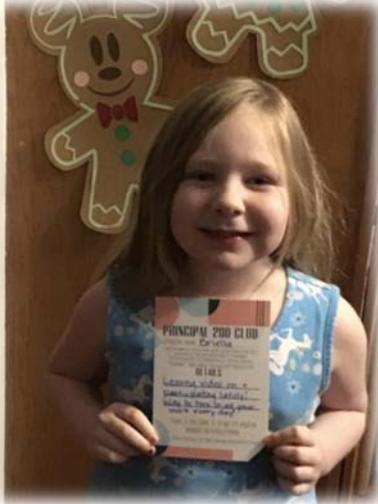
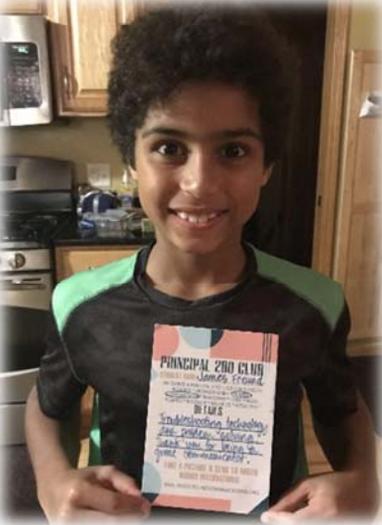
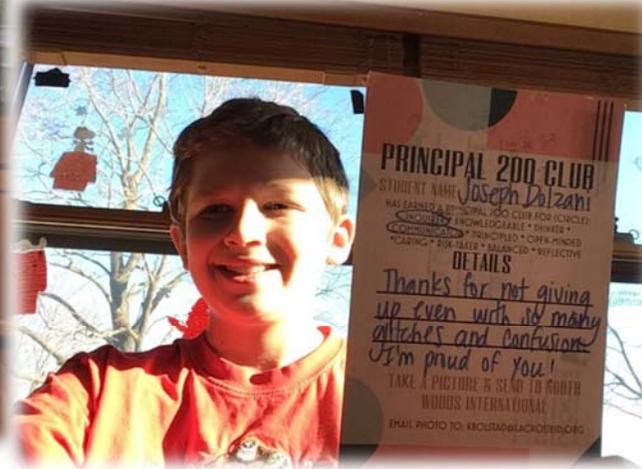
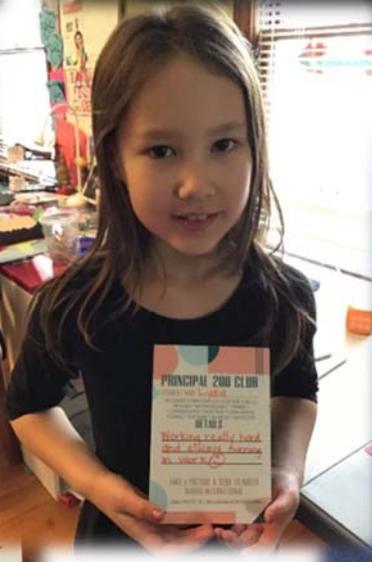
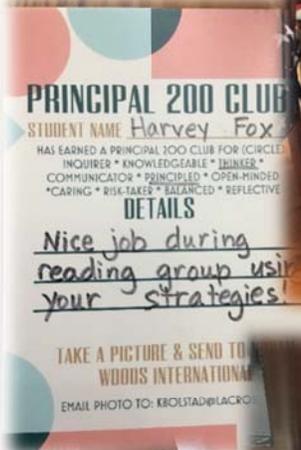
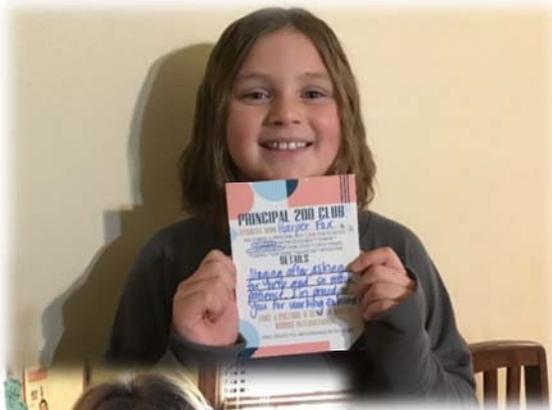


We love that families are using our PBIS language at home!

Daisy received a Principal 200 club for being a risk taker! How awesome is that!

Great job Daisy the dog!

p200 Club!



Title Tips-January 2021

Why are sight words so important? Sight words are words that don't typically follow a phonics pattern therefore, they can't be "sounded out". Sight words are words we must know from memory. If your child has a large repertoire of sight word knowledge their overall reading fluency will improve, which will in turn improve overall comprehension. There are many different ways to learn sight words, here are a few ideas! If you'd like a list of appropriate sight words for your child don't hesitate to ask your child's teacher.

- Here are some ways to practice sight words at home:
 - 1) Fridge Flash: Tape sight words to the refrigerator, read them every time you are in the kitchen.
 - 2) Stamp Them: Use alphabet stamps to stamp out sight words, then read them.
 - 3) Magnetic Letters: Use magnetic letters to spell sight words on the refrigerator or any magnetic surface, then read them.
 - 4) Popsicle Words: Write sight words on popsicle sticks. Pull sticks out of a can, see how many you can read.
 - 5) Finger paint: Pour some finger paint on a plate. Use your finger (or have your child use theirs) to write the sight word and have your child read it.
 - 6) Snowball Fight: Crumple sight word cards into a ball. Have a snowball fight! Pick up snowballs and see how many you can read!
 - 7) Chalk Words: Write sight words with chalk on the driveway. Have your student hop from word to word, reading them aloud.
 - 8) Word Swat: Put sight word cards on a table, call out a word and have your student swat it with a fly swatter or slap it with their hand

IB NEWS

In January, as a school we are focusing on being open-minded.

IB's definition of open-minded is:

- *"We critically appreciate our own cultures and personal histories, as well as the values and traditions of others. We seek and evaluate a range of point of views, and we are willing to grow from the experience."*

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

Upcoming IB events:

IB expo nights- Dates to be determined –Virtual

HARVEST OF THE MONTH
 NEWSLETTER 1/2021

JANUARY

FUN FACTS

- Cabbage is one of the oldest known vegetables! Red cabbage is one of the many varieties grown around the world.
- Cabbage is Russia's national food. Russians eat about seven times as much cabbage as the average North American.

NUTRITION INFO

One cup of raw cabbage has 22 calories and provides fiber and vitamins A & C.


Savory Roasted Cabbage

Serves 5

Ingredients:

- 1-pound cabbage, roughly chopped with core removed
- 2 Tbsp. olive oil
- ½ tsp. salt
- ¼ tsp black pepper

Directions:

Preheat oven to 400°F. Place cabbage in a large bowl. Add olive oil, salt and pepper; toss until evenly coated. Spread seasoned cabbage onto a sheet pan and place in oven for 10-15 minutes, stirring occasionally. When edges begin to brown, remove from oven and serve warm.

Per serving (1/2 cup): 70 calories, 6g fat, 1g saturated fat, 1g protein, 5g carbohydrate, 2g fiber, 250mg sodium

for more information visit www.laxf2s.org


PICK

Choose firm, heavy cabbage heads with unblemished leaves. Cabbage can be found as whole heads or shredded near bagged salad mixes.

STORE

Store cabbage tightly wrapped in the refrigerator and use within a few weeks. Once cut, place the remainder in a plastic bag or covered container and use within a few days.

PREPARE

To prepare cabbage, remove the thick outer leaves, slice in half, and remove the hard white core. Wash thoroughly and slice into desired thickness.

USE

Cabbage can be steamed, microwaved, boiled, roasted, or made into coleslaw or sauerkraut. Cabbage is a great addition to casseroles, stews, salads and soups.

CELEBRATE SAFELY DURING THE HOLIDAYS

SAFE

Celebrate at home



Prepare food with people in your house



Host a virtual dinner and share recipes with family and friends



Shop for gifts online instead of in stores



Put up decorations and share photos with friends



Watch parades, sports, and movies at home

LESS SAFE

If you gather, be wise



Keep it small, short, and local; don't share food or utensils



Stay outside if possible (maybe try a bonfire!)



Ensure proper ventilation if indoors



Wear masks and social distance



Wash or sanitize hands regularly



Quarantine for 14 days before and after gathering

UNSAFE

Avoid...



Avoid large gatherings, especially indoors



Avoid potlucks, buffets, or sharing food and utensils



Avoid places with crowds, such as stores, parades, running events, and sports



Avoid contact with anyone who is sick or may have been exposed to COVID-19