



## MARCH 2021 NEWSLETTER



Dear North Woods International Families,

I can see steady dripping and puddles from my window today. It feels like spring is in the air!

As we get ready for the final months of our year, a few reminders:

- Conferences are coming up in early March. Make sure to sign up so you can hear about your child's progress. Conferences will be virtual and scheduled as we did in the fall.
- Please talk to your child at home about being vigilant about wearing their mask and wearing it correctly. This means that masks should be on at all times (other than breakfast and lunch) and should be covering their nose. In the event this is not happening, I will do my best to problem solve with the student first. If that is not successful, I will call home for additional support. Finally, if a student is unwilling to wear their mask correctly, we may need to discuss virtual learning options. At the beginning of our return back, students did an amazing job so we know they can do it. Your help is greatly appreciated.
- As spring nears, you may find that your child has outgrown their snow gear and there is no sibling behind them to pass it along to. If that is the case, please consider donating it to North Woods. We are hoping to build a closet for snow gear--especially snow pants, coats and boots so that we have a self-sustaining system where all students have what they need to enjoy the snow when they are outside.
- It's Read-a-thon time! I have always had a love for reading and staying close to home for the past year has only reinforced the happiness and escape that a good book provides. Your child has the chance to check out books from our library and teachers' classroom libraries are filled with great choices. Reading at home is so important for building and maintaining skills. It doesn't have to be chapter books! Magazine articles, online sources, comic books and nonfiction are all great options so kids can find topics and genres that interest them the most.
- In February for IB, students learned how to be balanced. I wish I had this education when I was in school! It seems with all the things we are usually juggling and the pandemic on top of it, that this attribute has really taken center stage over the past year. In March, we'll be talking about how to be thinkers. This is one of my favorites--working through problems, wondering and being curious and having big ideas--I can't wait to see how our students put it into action. I encourage all families to talk to your students about these attributes over dinner, while in the car or when a great example comes up. This past week I was in a 4K classroom and a student told the teacher how putting toys away carefully and in the correct place was showing that they were principled. WOW!

Enjoy the warming weather and opportunities to spend more time outside that it brings. Thank you for your support and encouragement. We are doing great things!

Keri Holter  
North Woods International Principal

## MARK IT DOWN! UPCOMING EVENTS!

Mon. March 1<sup>st</sup>-March 4<sup>th</sup>: Dress up Days  
Thurs. Mar. 4<sup>th</sup>: Read-a-thon & PJ Day  
Fri. Mar 5<sup>th</sup>: No School  
Mon. Mar 8<sup>th</sup> : Parent Teacher  
Conferences (12-8 PM) NO SCHOOL  
Thurs. Mar 11<sup>th</sup> : 4pm-8pm Parent Teacher  
Conferences  
Fri. Mar 12<sup>th</sup>: Early Release  
April 1<sup>st</sup>-5<sup>th</sup>: No School Spring  
Break. Return April 6th.



Spring weather is upon us! Please make sure to send your child to school with a change of clothes for sloshy days! Also, still 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!

## National School Breakfast Week



We are celebrating National School Breakfast Week here at North Woods, March 8th through March 12th! To help us celebrate, you can do any or all of the following things:

Talk with your family about making healthy choices at breakfast, both at home and at school! Breakfast is FREE for all kids ages 0-18 through the end of the 2020/2021 school year. This is a great opportunity for your kids to try new menu items, and may even save you some time in the morning!

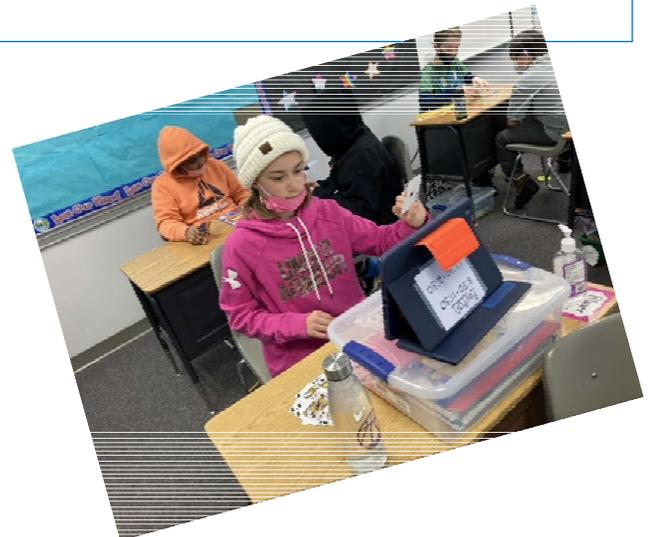
Each child will receive a National school breakfast week packet, themed "Score big with School Breakfast!" Please look this over and do these activities as a family, it is a great opportunity for everyone to learn about healthy breakfast choices!

Every child that participates in school breakfast during that week, will be entered into a drawing to win some amazing prizes, sponsored by school nutrition.

Ms. Kinsey

## STUDENT SPOTLIGHT!

A student in Mr. Wittrock's class uses the THINKER profile attribute to creatively problem solve how to play a math game with a virtual classmate.



# North Woods International Readathon 2021!

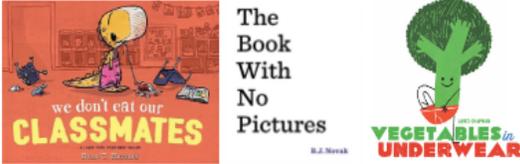


On Thursday March 4th, North Woods International will be hosting our annual Read-a-thon event with a fun filled day of reading with classroom teachers, school staff, and virtual community members! The event coincides with NEA's Read Across America, a year-round program that aims to motivate children to read through events, partnerships, and reading resources. This year's theme is: Celebrating a Nation of Diverse Readers.

For this school year, the funds raised from student pledges will be sent to La Crosse Public Community Foundation's new Random Acts of Kindness (RAK) Forever Fund. Proceeds from RAK help fellow students throughout La Crosse schools. RAK helps pay for school supplies, coats, boots, clothing, hygiene products, field trip costs, and other items for students whose families are unable to afford these needs. All of the money will be placed in a permanent, restricted fund to offset the annual cost of RAK, which totals around \$30,000 a year throughout the District.

Each school, including North Woods, has an RAK account. When school staff see a student or family with a need, RAK is used to help assist families. These needs are continually increasing and we hope to help make a difference! This fundraiser will help our school, as well as other schools in the La Crosse School District.

Interested in donating? Click this link [bit.ly/NWRead21](http://bit.ly/NWRead21), or send in pledges with your student using the Pledge form sent home!

<p><b>Monday, March 1st</b></p>	<p>Color Day: <i>Wear your favorite color for the day!</i></p> 
<p><b>Tuesday, March 2nd</b></p>	<p>What's your Passion Day: <i>Is it sports? Wear your favorite jersey or sports team. Dance? Wear your favorite dance clothes. Art? Dress like an artist!. Have a favorite hobby? Show us! This day is all about dressing as your passion!</i></p> 
<p><b>Wednesday, March 3rd</b></p>	<p>Silly Day: <i>Inside out, backwards, mismatch...you name it!</i></p> 
<p><b>Thursday, March 4th Read-A-Thon</b></p>	<p>Comfy Clothes Day: <i>Wear your comfy clothes for a day filled with reading!</i></p> 

# Orchestra News

Fourth and Fifth Grade strings students are busy practicing and recording songs to be included in the North Woods fourth and fifth Grade Art show which will happen online later this quarter. So, even though string students can't play together in person, they can play together online in a 'virtual orchestra'. Four fifth Grade students met the standards for being in Fifth Grade Honors Orchestra this year. Congratulations to:

Ethan Davey, cello  
Finn Gallager, viola  
Alexander Sichone, cello  
Caroline Stanton, violin

These students will be learning and performing a special arrangement titled 'Promenade' which is from the famous piece 'Pictures at an Exhibition' by Ravel/Mussorgsky.

So make sure to watch for beautiful art work and lovely music later this quarter!

--Mrs. Becker



## 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 is packed in case of accidents. Please make sure to include a pair of underwear, socks, and any other items. The health room has supplies that should only be used in the case of an emergency.

# 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 2021-2022 school year!

Is North Woods International not your neighborhood school? Please contact the Choice and Charter department at [choiceandcharter@lacrossesd.org](mailto:choiceandcharter@lacrossesd.org) or call the North Woods office at 608-789-6401.

Choice applications (Intradistrict Transfers) will be accepted February 1<sup>st</sup>-April 30<sup>th</sup> for the 2021-22 school year. Space is limited! Apply soon!  
<https://www.lacrosseschools.org/parents/intradistrict-transfers/>

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 1<sup>st</sup>.

# Pre-School REGISTRATION

Preschool Registration for the 2021-22 school year has begun! For information regarding registering for preschool, please contact 608-789-7006. Visit <https://www.lacrosseschools.org/programs-services/4-year-old-preschool/> for more information!

# Virtual Parent Teacher Conferences!

Virtual Parent Teacher Conferences are right around the corner! Please make sure to check out the purple informational sheet with scheduling instructions in your student's folder. Conferences are held March 8<sup>h</sup> 12:00 PM- 8:00 PM (NO SCHOOL) and March 11<sup>th</sup> (4:00 PM-8:00 PM)

## **SCHEDULING INSTRUCTIONS**

- Go to [www.lacrosseschools.org](http://www.lacrosseschools.org) and click on Skyward Family Access on the right side of the window.
- Log in to Family Access with your login and password.
- Click on the tab **Teacher Conferences** on the left side of the window.
- Click the tab **All Conferences**. You'll need to do this for each child listed
- Under the **Status** column, click **Select a Time**.
- A window will display with all of the available times. Click **Select** to the right of the time slot that you want to schedule.
- A window will display the teacher and class information with the selected time. If this is correct, click the Save button and a confirmation email will be sent to you. If there is a conflict with another conference, a warning message will appear on the screen.
- The scheduled conference will now display under the **Status** column.
- If you need to change your conference time, click the **View Scheduled Times** column and click **Unscheduled** under the **Status** column. Then click the **All Conferences** tab again to select a new time.
- Once you have all of your conferences scheduled, you may click on the **Print all Scheduled Conferences** at the top of window to print a paper copy of your schedule.
- Once you're done, click on **Exit** in the upper right corner of the window.

Spanish, Art, Music & PE!: Our specialists (Music, Art, and PE) and K-3 Spanish (Srta. Canela) teachers will be available to meet virtually during conference days. If you would like to meet with any specialist teachers, please connect with them via email to set up a time! Mrs. Wolfgram (**Music**): [awolfgra@lacrossesd.org](mailto:awolfgra@lacrossesd.org), Mrs. Tauscher (**Art**) [mtausche@lacrossesd.org](mailto:mtausche@lacrossesd.org), Mr. Hein (P.E.) [jhein@lacrossesd.org](mailto:jhein@lacrossesd.org), and Srta. Canela (Spanish K-3) [ecanelat@lacrossesd.org](mailto:ecanelat@lacrossesd.org). For **Orchestra**, please contact Mrs. Becker at [ebecker@lacrossesd.org](mailto:ebecker@lacrossesd.org).

The scheduling window has opened on Skyward!



Our first three P200 club rows filled! 30 students got to enjoy an ice-cream sundae during lunch! Congrats!

## Pop/ Soup Tab Collection

Who: Everyone!

What: For our preschool service learning project, we will be collecting pop 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](mailto:tlafleur@lacrossesd.org) or call= (608) 789-6429

# Title Tips - What is Family Literacy?

Family literacy is how a family interacts with literacy materials (text, words, illustrations, etc.). Family literacy can be practiced by reading books before bedtime, writing each other letters, playing word games, singing songs or cooking together while following a recipe.

Below are ten ways to improve family literacy:

1. Read, read, read! Read books, magazines, newspapers and digital print!
2. Ask your child about what they're reading. Ask questions before, during and after reading.
3. Write notes, emails, texts or letters to each other each day.
4. Sing songs together. Make up new songs too! The sillier the better!
5. Cook together. Teach your child how to follow a recipe.
6. Tell family jokes.
7. Play board games and word games together. Have a family game night.
8. Keep a family calendar. Make family to-do lists, and grocery lists. Write down wishes/goals for each season.
9. Visit the library or bookstore together. Check your local library for weekly read aloud classes.
10. Create art projects together. Display family artwork.



## IB News:

We have now had time to focus on seven out of the ten learner profile attributes as a whole school. In March, we will focus our learning on how to be “thinkers”.

IB's definition of thinkers is:

*We use critical and creative thinking skills to analyze and take responsible action on complex problems. We exercise initiative in making reasoned, ethical decisions.*

Encourage your child to be a thinker!

### Upcoming IB events/Save the dates:

All expo nights will be held virtually this school year. A zoom link will be sent out closer to the day of the event.

Date (Virtual)	Grade level
April 15 @ 5:30	3rd grade
April 22 @ 5:30	1st grade
April 27 @ 5:00	4th grade
April 27 @ 5:30	5th grade
April 29 @ 5:30	Kindergarten
May 6 @ 5:30	2nd grade

# When does my sick child and other family members need to stay home?

## If anyone in the house has:

- Cough
- Shortness of breath
- Difficulty breathing
- New loss of taste
- New loss of smell

## Or at least 2 of the following:

- Fever
- Body aches
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Chills
- Headache
- Fatigue



If your child has a fever, vomiting, or diarrhea as a single symptom, they should stay home for 24 hours after the last episode but other family members may attend school if they are feeling well.

# When can we return to school and work?

	Sick person	Household members
Sick individual is diagnosed with a different illness	Follow guidance from medical provider	All well individuals may return to school and work
Sick individual tests negative for COVID-19	24 hours symptom free without using medicine	All well individuals may return to school and work
Sick individual tests positive for COVID-19	10 days after symptoms started AND fever free for 24 hours with other symptoms improving	14 days after last contact with sick person AND do not have any COVID symptoms
Sick individual does not test for COVID-19 and does not have a medical diagnosis of another illness	10 days after symptoms started AND fever free for 24 hours with other symptoms improving	14 days after last contact with sick person AND do not have any COVID symptoms

**Note: There are other times a child will be required to stay home from school because of potential exposure to COVID. Public Health will provide directions if this happens.**

# PBIS CORNER: Physical Activity & Play!

## Physical Activity: Children and adolescents (6-17 years)

Children and adolescents should do 60 minutes or more of physical activity each day. Most of the 60 minutes should be either moderate- or vigorous intensity aerobic physical activity, and should include vigorous-intensity physical activity at least 3 days a week. As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle-strengthening activities, like climbing, at least 3 days a week and bone-strengthening activities, like jumping, at least 3 days a week. Children and adolescents are often active in short bursts of time rather than for sustained periods of time, and these short bursts can add up to meet physical activity needs. Physical activities for children and adolescents should be developmentally appropriate, fun, and offer variety. (<https://www.choosemyplate.gov/resources/physical-activity-amount>)

## The importance of Play!

Play is crucial for developing children's communication skills. Here are 10 reasons why it is so important:

1. **Play lays the foundation for literacy.** Through play children learn to make and practice new sounds. They try out new vocabulary, on their own or with friends, and exercise their imagination through storytelling.
2. **Play is learning.** Play nurtures development and fulfills a baby's inborn need to learn. Play takes many forms, from shaking a rattle to peek-a-boo to hide-and-seek. Play can be done by a child alone, with another child, in a group or with an adult.
3. **Play encourages adults to communicate with the children in their lives.** Adults support play by giving children opportunities to play, and by knowing when to intervene, and when not to intervene.
4. **Play gives children the chance to be spontaneous.** You may think your child should be rolling the truck on the ground but that doesn't mean that truck is not equally useful as a stacking toy.
5. **Play gives children choice.** Having enough toys or activities to choose from will allow children to express themselves.
6. **Play gives children space.** To practice physical movement, balance and to test their own limits.
7. **Play gives adults the chance to learn how to play again.** One of the most challenging parts of play is incorporating yourself in it.
8. **Play allows adults to learn their child's body language.** Knowing when you should incorporate yourself in your child's play is key.
9. **Play teaches adults patience and understanding.** If you do choose to join in your child's play make sure that you do not try to take it over and force incorporation of your ultimate learning objectives into their play. Structured adult-led activities have their time and place but remember to allow for time for children to control and decide their own play.
10. **Play is fun.** Learning to play well, both by themselves and with others, sets children up to be contented and sociable.

Source: <https://literacytrust.org.uk/resources/10-reasons-why-play-important/>



HARVEST OF THE MONTH  
 NEWSLETTER 03/2021



**FUN FACTS**

- “Green” beans can actually be green, yellow, purple, or speckled in these colors.
- Green beans may grow as bush beans or pole beans. Pole beans are climbers; they need a trellis or pole to hold up the plant

**NUTRITION INFO**

One cup of green beans has 35 calories and provides manganese, folate, and vitamins C & K.

**PICK**

Choose green beans that are deep in color and free of brown spots. A fresh bean will have a velvety touch and make a snapping noise when broken.

**STORE**

Store unwashed green beans in perforated bag and use within a few days. Blanched green beans can be frozen and used within 12 months.

**PREPARE**

Before use, wash under running water. Remove the stem end by snapping off, trimming with kitchen scissors, or cutting with a knife.

**USE**

Serve fresh, raw green beans with dip for a quick snack or add to a summer salad. Top steamed or roasted beans with olive oil and toasted almonds. They can also be sautéed or stir fried.



**Three Sisters Soup**

Serves 5

**Ingredients:**

- ¼ pounds squash or sweet potatoes
- 2 Tbsp. olive oil
- 1 ½ cup onions, chopped
- ½ cup celery, chopped
- ¼ cup carrots, chopped
- 1 ½ tsp. garlic, minced
- 1 ½ cup low-sodium chicken broth
- 1 tsp. salt
- ½ tsp. coriander
- ½ tsp. cumin
- ½ tsp. dried thyme
- ½ tsp. black pepper
- 1 cup corn, fresh or frozen
- ½ cup green beans, trimmed and chopped
- 1 ¼ cup Great Northern Beans, drained and rinsed
- ¼ cup low-sodium salsa

**Directions:**

If using squash, trim, peel, quarter and seed. Cut squash/sweet potatoes into ½-inch cubes. Heat oil in a large stockpot over medium heat. Add onions, celery and carrots and cook, stirring occasionally, until tender, about 5 minutes. Add garlic and cook, stirring for 1 minute more. Add broth, squash/sweet potatoes, salt, coriander, cumin, thyme and pepper. Bring to a slow boil. Cover and simmer, stirring occasionally, until the vegetables are tender, 30-45 minutes. Add corn, green beans, Great Northern beans, salsa and remaining salt. Return to a simmer and cook until green beans are tender, about 5 minutes.

Per Serving (3/4 cup): 134 calories, 2g fat, .2g saturated fat, 7g protein, 24g carbohydrate, 5g fiber, 344mg sodium

for more information visit [www.laef2s.org](http://www.laef2s.org)

# SUMMER SCHOOL REGISTRATION INFORMATION

Summer school information will go home soon! At parent teacher conferences, teachers will have information for pre-registration (see below). The summer school packet with all course information will go home in your child's take home folder!



Summer School Dates:  
July 6<sup>th</sup>-July 30<sup>th</sup> (Monday thru Friday)

## Registration Information:

There are four periods for registration this year.

The description for each registration period is listed below.



Online registration: [www.lacrosseschools.org/lcsd/summer](http://www.lacrosseschools.org/lcsd/summer)

- Period 1: Online Pre-Registration for District Residents/Open Enrolled Students o Open for Elem. and Middle School Reading and Math, Kindercapers, and PreSchool Pals registrations ONLY from 6:30am, Monday, March 8 to 4:00pm, March 17, 2021
- Period 2: Online All Course Registration for District Residents/Open Enrolled Students o 6:30am, Mon., March 22 to 4:00pm, Wed., April 15, 2021
- Period 3: Online registration for all Summer Music Lessons and for Non-Residents, Non-Open Enrolled Students o 6:30am, April 23rd to 4pm, April 30th, 2021
- Period 4: Online registration for all Summer Music Camps o 6:30am, May 14<sup>th</sup> to May 28<sup>th</sup>, 2021

# KIDS COOKING CHALLENGE!



Kids 13 and under, along with a grown-up, are invited to submit a recipe by **March 19th** for the virtual cooking competition. Your challenge is to create a recipe from a mystery basket of fresh ingredients provided by **GROW**.

Pre-register by **March 11th** for your choice of a beginner or advanced mystery ingredient basket. Basket pick-up is **March 16th**.

Participation is **FREE**, but an optional \$15 donation per basket is appreciated.

## Grand Prize

Two participants will be chosen on **March 25th** to receive a Kitchen Goods Prize Basket and their recipe will be posted on the GROW website.



**2020 Kids Cooking  
Challenge Winners!**



For event details and sign up go to  
[www.GROWLaCrosse.org/kids-cooking-challenge/](http://www.GROWLaCrosse.org/kids-cooking-challenge/)  
or email [autumnboik@gmail.com](mailto:autumnboik@gmail.com)  
**REGISTRATION CLOSSES MARCH 11TH!**