



APRIL 2021 NEWSLETTER



North Woods International Families,

We Did It!

Last fall North Woods went through a vigorous Verification Visit--the last step in becoming an official International Baccalaureate (IB) school. All of our teams, teachers, district administration and parents met with the evaluators to talk about how we teach and live the IB philosophy.

So when people ask you, "What does International Baccalaureate mean, anyway?" here's a primer:

The mission of the International Baccalaureate organization is: "Since it was founded in 1968, the IB's mission has been built on a cornerstone of creating a better world through education. We believe that now more than ever and are committed to ensuring that our educational programmes reflect this for the benefit of IB schools and students." In their materials, it states that asking the right questions is as important as finding the right answers. So how do we build a better world?

First, we teach students every year about the attributes that serve them as both students and human beings. For all the years students attend North Woods, they learn in increasingly complex ways what it means to be inquirers, knowledgeable, thinkers, communicators, principled, open-minded, caring, risk-takers, balanced and reflective.

Starting in 4K our students also begin learning Spanish. Not only does this help gain an appreciation of a different culture, but it also prepares them for further studies and job opportunities in the future. Spanish is incorporated throughout the student day--from direct instruction to the visuals you see throughout our building, we have an ongoing dedication to bilingualism that is supported and encouraged by the IB Program.

In IB, being curious is celebrated and cultivated. Encouraging inquiry from students and providing them the agency to pursue their interests makes our program flexible, dynamic and focused on engagement and learning. Our teachers work in transdisciplinary ways. This means that they strive to make connections and foster students making connections themselves between subjects. Like the Learner Profile Attributes, our six transdisciplinary themes are repeated each year so students can experience them in different and developmentally appropriate ways. These themes include: Who we are, where we are in place and time, how we express ourselves, how the world works, how we organize ourselves and sharing the planet. Through these themes, students make connections with their community and come up with authentic and actionable ideas for positive change.

Being curious, building life skills, taking action to make a better world: Isn't that supposed to be what education is all about?

With an accomplishment like this comes a tremendous amount of work and commitment. Thank you to everyone who has helped on our journey and stay tuned for what is to come. The future is bright!

In Partnership,
Keri Holter
North Woods International Principal

MARK IT DOWN! UPCOMING EVENTS!

IB Expos: See the IB News page for
grade level IB Expo Dates!

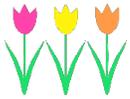
Fri. April 16th: Comfy Clothes Day!

Talent Show: 4/5th Grade Videos due April
30th. Talent Show Video shared May 7th

Fri May 7th: Early Release (1:15 dismissal)

Mon. May 31st: NO SCHOOL

Thurs. June 3th: Last Day of School!



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



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

Student Spotlight!

Nolan Davey's artwork was submitted for
Space Place Art Challenge, featured on
NASA Space Place website! Check it out!

<https://spaceplace.nasa.gov/>

<https://spaceplace.nasa.gov/art-challenge/en/>



Nolan, 10

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!

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 or call the North Woods office at 608-789-6401.

Choice applications (Intradistrict Transfers) will be accepted February 1st-April 30th 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 1st.

Classroom
spotlight!
4th Graders from
Mrs. Pierre's class
used play-doh to
create physical
representations
of mixed numbers!



P200 Club Winners



Congratulations to our Principal 200 Club winners! Our ice-cream sundae treat seemed to be a hit last month so we decided to do it again! 30 North Woods kiddos earned an ice cream sundae to celebrate! This time, we added a few toppings.
Congrats North Woods!



Paw Pal Prize!

North Woods students reached their goal of 2,00 paw pals in February! Students celebrated with zoom lunch bunches!

For the month of March, our goal was 2,500 peace pals and we met our goal! Students will celebrate with comfy clothes, a short movie & popcorn on April 16th!

What's our April prize? If we reach 2,750 peace pals in April, students will get to celebrate with a picnic lunch during a sunny Friday in May!



Great Job North Woods!



IB NEWS:

In April, as a school we are focusing on being knowledgeable.

IB's definition of knowledgeable is:

- *"We develop and use conceptual understanding, exploring knowledge across a range of disciplines. We engage with issues and ideas that have local and global significance."*

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

If you have any questions about IB, feel free to contact Mrs. Holter at kholter@lacrossesd.org or Mrs. DePaolo, the IB coordinator at sdepaolo@lacrossesd.org.

Upcoming IB events:

A zoom link will be sent out closer to the event for each expo night. We look forward to you joining us virtually this year for our IB expos.

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

Congratulations to Mrs. Erickson (Emerson Elementary) and Ms. La Fleur (North Woods International)! They were awarded an equity, diversity and inclusion grant: Teaching Tolerance and Acceptance Begins with our Youngest Learners. The grant was provided through the La Crosse Public Education Foundation and was financially supported by the Franciscan Sisters of Perpetual Adoration and Mayo Clinic Health System. The \$5,700 grant was used to purchase diverse rich picture books, art supplies, and toys for all La Crosse Preschool classrooms. A professional development book was also purchased for all preschool teachers for a semester long book study.

Congratulations!



Title Tips -What are the Five Domains of Reading?

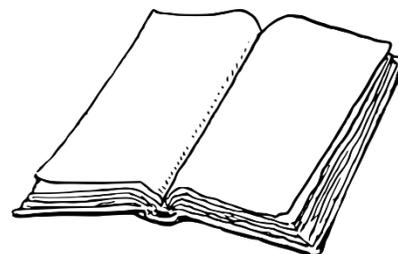


1. **Phonemic Awareness** - the ability to understand that each word is made up of sounds.
 1. How many sounds in a word, rhyming, and changing a word by changing one sound.
2. **Phonics** - the ability to know which letters make which sounds.
 1. Decoding words while reading and spelling words based on patterns
3. **Vocabulary** - the ability to understand what a word means.
Give a definition of a word or use clues to determine the meaning
4. **Fluency** - the ability to read quickly, accurately and with expression.
 1. Read smoothly
 2. Not sounding out every word
 3. Changing our voice for different characters
5. **Comprehension** - the ability to understand what happened in the story and why.
 - a) Comprehension makes us dive deep.
 - b) We look at the story elements.
 - c) We answer questions before, during, and after reading.

Title Tips April: Reading Isn't Just on Paper

With all the technology there are more ways to read than ever! Spark your child's interest by introducing them to digital reading using a computer, laptop, tablet, or mobile device. Check out these great online resources for digital reading!

<http://www.starfall.com>
<http://www.abcya.com>
<http://www.seussville.com>
<http://reading.ecb.org>
<http://speakaboos.com>
<http://storylineonline.net>



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 6th-July 30th (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

- 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 14th to May 28th, 2021

READ-A-THON for Read Across America!
North Woods raised a total of \$3,229.52
Great News! Franciscan Sisters of Perpetual
Adoration is matching all of our donations,
with a grand total then of \$6,459.04



Come work with us!

"This is the most rewarding career I have ever had. Seeing the kids everyday and knowing I am making a difference in their lives fills my heart."

-Kinsey Gibbs, Assistant Nutrition Manager, North Woods Elementary.



The La Crosse School District Nutrition Department is hiring for a variety of positions/hours.



We have a number of school buildings looking for the right person to make their team great!



Positions open at all levels (Elementary, Middle School, High School).



Great opportunities for advancement.



For help with this application, or any other questions, please reach out to us at 608-789-7625



We are hiring substitute positions also!



Perfect for stay at home moms ready to enter the work force again, as you will be off in time to pick the kids up everyday



Apply today on WECAN.org

Come join our bunch!





Close Contacts at School



You may have seen the CDC recommendations have been updated to allow students to be 3ft from others while in the classroom. However, the contact tracing guidance has not changed. If your child is identified as a close contact at school, this means your child had one of the following situations occur:

- Has been within 6 feet of a positive individual for 15 minutes or longer
- Had direct physical contact with a positive individual
- Has spent the night at a person's house who was contagious.
- Had direct contact with respiratory secretions of a positive individual

The close contact definition occurs if the student is wearing a mask or not.

Frequently Asked Questions

How will I be notified if my child/children are close contacts? The parent/guardian will be notified by email or by phone.

What does close contact quarantine from school mean? If your child is considered a close contact, they should follow all Health Dept. guidelines for quarantine which means: stay home for 14 days, monitor for symptoms, be tested if any symptoms develop. Your child should **not** attend school, before/after school programs, Head Start, or extra curricular activities within or outside of school for 14 days from the date of the exposure.

Do all of my children need to quarantine? Only the child who is identified as a close contact needs to quarantine. If this child becomes ill, then the household needs to quarantine and the sick individuals should be tested.

Can my child's quarantine be shortened? For the safety of our vulnerable students and staff members, the School District of La Crosse will follow the 14-day quarantine as recommended by the La Crosse County Health Department. The Incubation Period (the time from exposure to the time illness develops) can be 2-14 days, therefore a shortened quarantine period is not being considered at this time.

GROW



Connecting youth to healthy food and nature



Plant Scientists

“Becoming Plant Scientists” is the theme of our spring garden lessons. During the three part garden lesson series students will have the opportunity to make scientific observations as they become plant scientist in the garden.

Our first garden lesson will be shared through a video lesson accompanied by a hands-on two part activity to be done in class. The first activity will have students use the scientific method to study the anatomy of a seed. In the second activity students will plant seeds then chart the growth of the seeds over time.

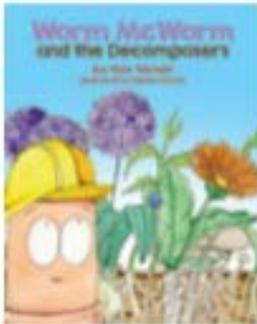
After a year of delivering lessons to students as they learned remotely, we are beyond excited to start safely meeting in the gardens for the second and third garden lessons later this spring! Students will continue on the path of the plant scientist as they observe and explore nature in their school garden spaces.

Cooking Challenge Success

Fifty teams completed the Kids Cooking Challenge! You can view all of the amazing results on our webpage: GROWLaCrosse.org/kids-cooking-challenge-entries/.

The winners of the event impressed the judges with their excellent creativity, level of difficulty and mouth-watering factor. Congratulations, Lynley Dunn & Emma Turley!

<p>Beginner Winner Lynley Dunn</p>		
		<p>Loaded Sweet Taco Bowl</p>
<p>Advanced Winner Emma Turley</p>		
		<p>Carrot and Coconut Curry</p>



Earth Day Event

GROW will be hosting a read aloud of a book titled, "Worm McWorm and the Decomposers" by a local author Nick Nichols. The video will be aired on Earth Day Thursday, April 22nd, as part of the Sustainability Institute's Earth Week celebration.

The book is aimed at 2nd and 3rd graders. After the reading we will conduct an activity in the garden, teaching children (and their parents!) how to look for worms and decomposers in the soil.

The production of the book is sponsored by non-profit organizations Strive 2 Thrive Coulee Region and I.M. SustainaBull.

There will be a limited edition of the books available for \$10 each at Pearl Street Books and Larson's Supply. For every copy sold, a copy will go to GROW for our education programs.



Plant Sale

GROW YOUR GARDEN

MAY
8th 9am to 3pm

9th 10am to 1pm

GROW Greenhouse,
624 Vine Street, La Crosse

Join us to raise funds for garden education and get ready to GROW your own garden.

Sale hours are while supplies last.



JOIN US FOR A ONE-OF-A-KIND GROW FUNDRAISER

ART IN THE GARDEN



FRIDAY • SATURDAY • SUNDAY

MAY 14 • 15 • 16 • 12:30 - 4:30 PM

Join GROW and artPOP and learn to make beautiful Mosaic Stained Glass Stepping Stones. Each 12" round stone made will be personalized with your name, donated and displayed in the school garden of your choice. GROW will receive proceeds from each one created!

GROW CONNECTING YOUTH TO HEALTHY FOOD AND NATURE.

Can't Make this event but want to donate a stone with your name? artPOP will make the design of your choice with your name for an additional fee. For more details & to sign up for one of our 3 sessions go to <https://www.artpopmarket.com/classes-events.html>.

Looking for Change Makers

Are you interested in becoming a member of the GROW team? We are looking for individuals who are passionate about making a positive impact on the health of youth in our region to become part of the GROW Board of Directors. Please email kari@GROWLaCrosse.org for more information. You can also find an interest survey on our website at GROWLaCrosse.org/board-members/.



Hintgen PTO



North Woods TEAM

Thank You for Your Support!





La Crosse Logan

Girls Youth Summer Basketball Camp



1ST-8TH GRADES



The La Crosse Logan High School girls' basketball program will be offering a summer basketball camp for 1st-8th grade girls.

CAMP DATES:

June 28, 29, 30 & July 1

TIME:

12:00-4:00pm

LOCATION:

Logan High School - 1500 Ranger Dr.

COST:

\$30/player total (covers all 4 sessions)

HOW TO REGISTER:

All registrations must be completed online at the following link:

<https://boys-girls-clubs-of-greater-la-crosse.sportngin.com/register/form/026144458>

**FOR ADDITIONAL INFORMATION OR QUESTIONS, PLEASE CONTACT
ABBY WIEDMAN at wiedmanab@gmail.com**

Free Parenting Classes

2021 APRIL						
SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

www.free-printable-calendar.com



Our Parent Educators will come to your workplace, school, church, or group to offer sessions. Call Marilyn at 608-784-8125, ext 231

Registration

Online:

<https://www.theparentingplace.net/register>

Call: 608-784-8125

Email: registration@theparentingplace.net

At this time, all groups are offered online only through Zoom.

Every Wednesday 12:00pm-1:00pm
Hump Day Seminar with Mike Scott: Pick up one or collect all three of these seminars.

Wednesday, April 7th 9:00pm-9:30am
Triple P Open House with Emily Brach. Stop in for this casual conversation about how Triple P can be your tool to put more positive in your family's day through individual sessions that are tailored to your family and your goals.

Tuesday, April 13th 9:30am-11:30am
Triple P Discussion Group: Bedtime Routines with Cara and Megan. If a crying, procrastinating child, or a child who won't go to bed and stay there is the norm for your family then you are almost certainly dealing with the effects of exhaustion too! Put a stop to the tears, excuses and attention seeking tactics so the whole family can get a good night's sleep—and be happier and healthier for it! You will leave the discussion group with a parenting plan that is tailored to your family.

Wednesday, April 21st 6:00pm-8:00pm
Triple P Behaviors at School Workshop with Heather. It's hard to believe that our students have been dealing with the ups and downs of the pandemic and school for a year. With a lot of our students finally being back face-to-face, in some sort of way, you and/or their teachers may be seeing some behaviors popping up. Disobedience, disruptiveness, aggressiveness--these are just a few that you, or they, may be seeing. If you are experiencing this with your child we are here for you! We will sift through the reasons for the behaviors, ways to prevent the behavior, and what to do now that we see the behaviors happening. At the end of the evening, you will walk away with a plan tailored to you and your child to start using right away.

Tuesday, April 27th 9:30am-11:30am
Triple P Workshop: Hassle Free Shopping with Cara and Megan. Some of the most difficult times for parents is when their child misbehaves in public. Parents often have to deal with difficulties like these when they are out shopping. You will be happy to hear that you can make shopping fun and safe.

La Crosse County Testing Options



LA CROSSE COUNTY
Health Department
Nationally Accredited

The La Crosse County Health Department, in partnership with local schools, would like to provide guidance on COVID-19 testing. There are many testing options available. Please read the options below to determine what type of test or testing location may be needed.

Note: The type of test performed at some locations may require a second test prior to returning to school. **A standard PCR test is the preferred test for COVID-19 and will not require a 2nd test to confirm.** All testing locations can be found at lacrossecounty.org/covid19.

The School District of La Crosse will continue to follow the recommended quarantine period of 14 days for all close contacts.

If student has symptoms:

Antigen Test (UWL/eTrueNorth Labs)

Results in 30 minutes. If the test is negative, your child will need a follow-up PCR test within 48 hours. The follow-up PCR test can be completed at UWL, Mayo, Gundersen, or a National Guard Community Site.

PCR Test

Can be completed at Gundersen or Mayo, a National Guard Community Testing Site, or some Walgreens locations. (need to confirm it is a PCR test, not antigen or rapid PCR test). **No follow-up testing is needed for this test.**

Rapid PCR Test

Offered at Gundersen Urgent Care, Mayo Clinic, or some Walgreens locations. If the test is negative, your child will need a follow-up test within 48 hours. This can be done at a location that offers Antigen or PCR test (not rapid PCR.)

If student does not have symptoms:

Antigen Test (UWL/eTrueNorth Labs)

Results in 30 minutes. If the test is positive, your child will need a follow-up PCR test within 48 hours. The follow-up PCR test can be completed at UWL, Mayo, Gundersen, or a National Guard Community Site.

PCR Test

Can be completed at Gundersen or Mayo, a National Guard Community Testing Site, or some Walgreens locations. (need to confirm it is a PCR test, not antigen or rapid PCR test). **No follow-up testing is needed for this test.**

Rapid PCR Test

Offered at Gundersen Urgent Care, Mayo Clinic, or some Walgreens locations. If this test is negative, no follow-up testing is needed.

HARVEST OF THE MONTH
NEWSLETTER 04/2021



FUN FACTS

- Some call edamame the super vegetable because it is the only vegetable that contains all nine essential amino acids.
- Edamame is considered both a protein food and vegetable by the USDA.
- Edamame are immature soybeans in their pods.

NUTRITION INFO

One half cup of shelled edamame has 90 calories and provides iron, fiber and protein.

PICK

Edamame is rarely sold fresh so check your farmer's market! It is available both shelled and unshelled all year. Snopac brand sells a local, frozen option.

STORE

Keep fresh edamame dry in a perforated plastic bag in the refrigerator, in the freezer for 6-12 months or until the use by date on the package.

PREPARE

Shelled and unshelled edamame can be boiled, steamed, or microwaved. The pod is inedible and should be discarded after cooking.

USE

Blanch the pods in salted water, drain and serve sprinkled with salt for a snack. Cooked, shelled edamame is a great addition to stir-fries, salads, and can be added to hummus or guacamole!

Edamame Succotash

Serves 10

Ingredients:

- 3 Tbsp. olive oil
- 1 medium onion, diced
- 1 medium red pepper, diced
- 2 ½ cups edamame, frozen, shelled
- 2 ½ cups corn, frozen
- ½ tsp. garlic
- ½ tsp. salt
- ½ tsp. black pepper
- ½ tsp. dried oregano
- 6 Tbsp. water

Directions:

In a medium sauce pan, heat olive oil on medium-high heat. Add onions and cook while stirring until translucent. Add red peppers and cook for 5 minutes. Add edamame, corn, garlic, salt, pepper and oregano; cook for 6 minutes. Add water, cover and steam for 3-4 minutes or until all vegetables are tender.

Per Serving (1/4 cup): 95 calories, 5g fat, .3g saturated fat, 3g protein, 10g carbohydrate, 2g fiber, 121mg sodium

for more information visit www.laxf2s.org