



MAY 2021 NEWSLETTER



Dear North Woods Families,

The weather is beautiful, our snow gear is (hopefully) put away for the year, and plants are springing up in our gardens. Our students have been working with the GROW organization to learn in hands-on ways where their food comes from. Teachers have been taking advantage of the great weather and outdoor spaces to engage students in learning.

This month, we also are celebrating Teacher Appreciation Week with the help of TEAM, our parent organization. We have a number of celebrations and treats for our staff to thank them for their hard work. This celebration always makes me think back on the teachers who have positively affected me throughout my years of schooling. The very best of them challenged me, cared for me and encouraged me to pursue the things I was passionate about. They were there to support me when things didn't go my way and cheered me on when they did.

I see this happening at North Woods every day. We are going to be celebrating our students earning 2,858 Paw Pals in the month of April alone, with a carnival style lunch outside on Friday. Our staff have also given out over 200 Principal 200 Awards for students who have gone above and beyond in our learner profile attributes of being open minded, principled, reflective, inquirers, knowledgeable, caring, balanced, risk-takers, communicators and thinkers.

This month I'd like to challenge you to reach out to an educator--whether it's a past teacher of yours or your child's, a friend who is in education, or a current teacher you or your child has, to acknowledge a positive aspect of their work. You wouldn't believe what the simplest compliment can do to brighten someone's day. In fact, my REAL challenge is not to just do this for Teacher Appreciation Week but all-year long!

In Partnership,
Keri Holter
North Woods International Principal

MARK IT DOWN! Save the Dates!

Fri. May 28th: Outdoor Fun Day
Mon. May 31st: NO SCHOOL
Tues. June 1st: iPad Hand-in
Thurs. June 3rd: Last Day! 12:15 Dismissal
Wednesday August 25th OPEN HOUSE!
5:30-7:00pm

Summer School

Summer school information has been sent out to families. For any questions regarding summer school, please contact the summer school office at 608-789-8955

North Woods in the news! Check it out!

<https://www.wiproud.com/news/local-news/north-wood-int-offering-ib-program/>

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/>

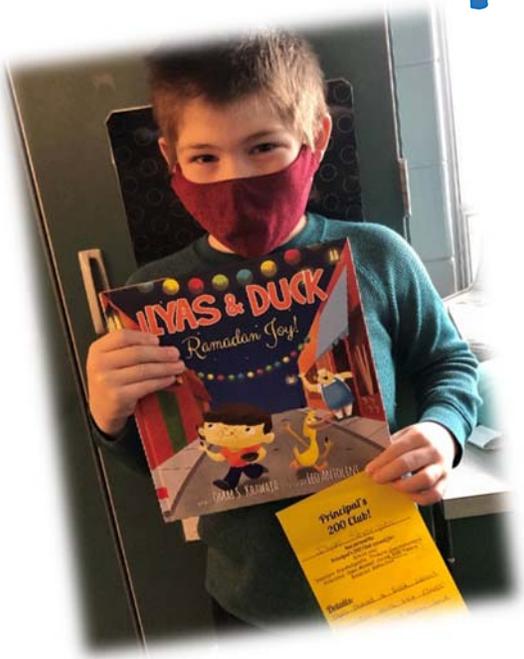
The registrar will be able to help answer questions and get your student set for success for the 2021-2022 school year!

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.

Student spotlight!



Ilyas was a risk-taker by reading a book about his culture to the class. He taught them all about his culture and answered their questions!

-Ms. Oligney



TEAM FUNDRAISER at CROOKED PINT!

FUNDRAISING EVENT

**CROOKED
PINT**

MONDAY, MAY
17TH
5:00-9:00 P.M.
ONALASKA
CROOKED PINT

MONDAY, MAY 17TH FUNDRAISING EVENT

15% OF THE BILL SUPPORTS
NORTHWOODS
ELEMENTARY
SCHOOL

CROOKED PINT

DINE-IN & TAKEOUT • 5:00-9:00 P.M.

Must present this voucher at time of payment.

Valid only Monday, May 17th at the Onalaska Crooked Pint. Not valid with any other coupon or offer.
Please only distribute to members of your organization. Do not distribute at the restaurant on the day of the event.

**SUPPORT NORTHWOODS
ELEMENTARY SCHOOL**

CROOKED PINT

608-615-1090 • crookedpint.com • 9348 WI-16 • Onalaska

Third party orders won't be counted towards the fundraiser. Be sure to order through the Crooked Pint website if ordering online!

GROW GARDEN!
OUR STUDENTS
WENT TO THE
GARDEN TO LEARN
MORE ABOUT HOW
PLANTS GET THEIR
ENERGY AND SEARCH
FOR BUGS IN THE
SOIL!



KINDERGARTEN HAD FUN
SEARCHING FOR CREATURES
IN THE GROW GARDENS &
PULLING WEEDS!



FIRST GRADERS
HAVE BEEN
LEARNING ABOUT
HOW TO
COMMUNICATE
WITH LIGHT AND
SOUND DURING
THEIR "HOW
EXPRESS
OURSELVES" UNIT



Mr. Wittrock's class met with Tyree Guyton over Zoom to discuss his work as an artist. Mr. Guyton is famous for using trash as art to improve the conditions of his childhood neighborhood on Heidelberg Street in Detroit. His story was featured in the book "Magic Trash" which the class read as part of their How We Express Ourselves unit of inquiry. Click [here](#) to listen to "Magic Trash". To learn more about the Heidelberg Project check out this [website](#).



FIRST GRADE ACTIVITIES WITH MRS. BRUDOS'S CLASS!



STUDENTS IN MS. JUSTIN'S CLASS HAD SO MUCH FUN GETTING THE GARDEN BEDS READY FOR PLANTING DURING THEIR GROW LESSON. THEY PULLED WEEDS, PICKED OUT MULCH PIECES AND DUG IN THE DIRT. THEY WERE SO EXCITED WHEN THEY FOUND LOTS OF BIG WORMS!



GROW
LA CROSSE



Title Tips - May 2021

Importance of Summer Reading

- According to research, students who do not read over the summer can lose as much as 22% of their reading level. That means two months of school learning.
- You can prevent this summer reading loss by encouraging your child to read over summer.
- Try to read something everyday

Summer reading tips and ideas:

- Choose books that look interesting and fun to read.
- Find "just right" books
- Visit the public library.
- Listen to a book at a story time at the library
- Find fun and new places to read - at the park, at the library, under a tree, at the beach, etc.
- Invite friends over for a reading party
- Read or listen to books while traveling
- Read the book and then watch the movie



IB-May News!

In May, as a school, we are focusing on being reflective.

IB's definition of reflective is:

- *"We thoughtfully consider the world and our own ideas and experience. We work to understand our strengths and weaknesses in order to support our learning and personal development."*

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 your classroom teacher or Mrs. DePaolo, the IB coordinator at sdepaolo@lacrossesd.org.

Exciting news:

North Woods International has been authorized as an official IB school. We have completed all the requirements, had our authorization visit virtually this past fall, and have received positive feedback from our evaluators to help us to continue to grow on our IB journey. A special thank you to Mrs. Brauer for getting this program starting here at North Woods over two years ago and to the staff for your hard work and commitment to the IB PYP program. We have a lot to be proud of. We would also like to thank Trustpoint for their generous donation to help us start our IB classroom libraries!

THANK YOU...

Thank you to everyone who attended our virtual IB nights in April! We are happy to share our IB learning with you. We can't wait until next year when we can hopefully return to in-person IB expos again.

Upcoming Events: 2nd grade Virtual IB Expo May 6th @ 5:30PM

4th & 5th Grade Talent Show!

Our talent show will be shared on May 7th! We are so excited to show off the amazing 4th & 5th grade students here at North Woods!



PBIS Movie and popcorn

Congratulations North Woods! North Woods students reached their paw pal goal for the month of March, earning a popcorn and movie day!

To make the day extra special, we had an all school comfy clothes day!

Great job North Woods!



Note from the Kitchen!

The nutrition staff at North Woods had the opportunity to get in some delicious Cara Cara oranges for fruit for a day! If your child takes a school lunch, ask them how they liked the new fruit. Pictured below are Mrs. Misch's second graders being risk takers and trying the new citrus fruit.

Facts about the Cara Cara Orange

A Cara Cara Orange is the result of the cross-pollination of a Washington Navel Orange and a Brazilian Bahia Navel Orange.

They're low in acid – so they aren't sour like other types of citrus.

A few of the many benefits of Cara Cara Oranges are that they are low calorie, fat-free, and full of vitamins and minerals. Give yourself a dose of vitamin A, vitamin C, fiber, potassium, protein, and antioxidants!



Noteworthy Nutrition News from North Woods Kitchen

The USDA has announced free meals (breakfast and lunch) for all children enrolled in school (virtual and in person) until JUNE 30 2022!

What this means for you: No need to pack a lunch, there will be a variety of healthy options daily

What we need from you: You may still be asked to fill out a free and reduced form.

This helps with numerous areas in meal planning and federal funds.

We encourage all families to take advantage of the free school meal program while it lasts.

Any questions, don't hesitate to reach out to Pam Soucek at Hogan School Nutrition Office 608-789-7625

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!





Connecting youth to healthy food and nature



Plant Scientists Lessons 2 & 3

It has been wonderful to see the sparkle and smiling eyes on the student’s masked faces in the gardens. The excitement and wonder created during hands-on garden lessons is irreplaceable. Students are “Being Plant Scientists.” We have moved into lesson two and before the end of May will explore lesson three as well.

In lesson two students will participate in caring work in the gardens. They will help prepare the gardens for planting and learn about how plants get their food and energy to grow.

Our young scientists will make observations as they watch the stages of plant growth. The seeds planted in lesson one are growing and getting ready to be planted during lesson three. Students will have the opportunity to learn about the early stages of plant growth throughout this time.

Faces Behind the Lessons

Have you ever wondered who delivers the garden lessons? Currently, the GROW team is made up of four part-time employees, six volunteer board members, one full-time spring semester Public Health Preceptee and three interns from UWL.

The spring lessons at State Road, Hamilton/SOTA 1, Hintgen and Northwoods International Elementary Schools are being taught by Ms. Linda. Linda Vale has been with GROW for over three years. Linda started as an intern, then was hired as the Operations Director and now also serves as a Garden Educator. Her energy and background as an educator with a love of project-based learning makes her a perfect fit for GROW.

Ms. Amy Sherrill joined the GROW team this spring to teach lessons at La Crescent-Hokah elementary school. Amy has a background in science, years of experience as a substitute teacher and is an avid gardener. Welcome to the team, Amy.

Each semester our interns play a critical role in helping to prepare and deliver lessons. We could not reach all of the youth we connect to gardens and nature without our amazing interns.





GROW Plant Sale

GROW YOUR GARDEN

MAY : GROW Greenhouse,
624 Vine Street, La Crosse

8th 9am to 3pm : Join us to raise funds for
garden education and get ready to
GROW your own garden.

9th 10am to 1pm :

Sale hours are while supplies last.



Thank you sponsors.



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!



CONNECTING YOUTH TO HEALTHY FOOD AND NATURE.

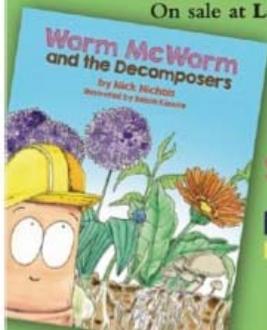
Can't Make this event but want to donate a stone with your name? artPOP will make the design of your choice with your name for an additional fee.

For more details & to sign up for one of our 3 sessions go to <https://www.artpoponmarket.com/classes--events.html>.



Get your copy of **Worm McWorm and the Decomposers!**

On sale at **Larson's General & Pearl Street Books**
Free "Decomposer" sticker with every purchase!



Go to Stive2ThriveCR.org/McWorm for more information.

\$10 per copy
Limited Edition!

The sale of this book helps to promote education about decomposers in our ecosystem. For every copy sold, a copy will go to GROW for their education programs.



Looking for Garden Volunteers

Are you looking for a safe activity for your family to do this summer? We are looking for volunteers to help care for our school gardens. No matter your gardening background or availability we have opportunities for you to get involved. Go to our website to fill out the volunteer interest survey. GROWLaCrosse.org/volunteer-2/.



North Woods TEAM

Hintgen PTO

Thank You for Your Support!



State Road - PTO -



HARVEST OF THE MONTH
 NEWSLETTER 05/2021



FUN FACTS

- Lettuce can be found in red and green varieties. The darker the lettuce, the greater the nutritional content.
- On average, Americans eat 30 pounds of lettuce a year!
- Lettuce dates back 6000 years and was eaten by ancient Egyptians.

NUTRITION INFO

Two cups of chopped lettuce has 10 calories and provides vitamin A and folate.

PICK

Choose lettuce that appears fresh and crisp with no wilting or brown spots.

STORE

Store in a plastic bag in the refrigerator away from fruit and use within a week. Lettuce should be rinsed thoroughly under cold water immediately before using. Dry the leaves with paper towel or a salad spinner.

PREPARE

Tear the leaves into bite-size pieces. Using a knife will cause the greens to turn brown.

USE

Try wrapping your hamburger in a lettuce leaf instead of a bun! Not a fan of lettuce on its own? Add strawberries or mandarin oranges for a sweeter taste or nuts and chicken for added protein.



Strawberry Lettuce and Spinach Salad

Serves 5

Ingredients:

- 1 cup sunflower or pumpkin seeds
- ½ pound cucumbers
- ½ pound fresh strawberries
- ½ pound baby spinach
- ½ pound romaine lettuce

Dressing:

- 1 ½ Tbsp. Balsamic vinegar
- 1 ¼ Tbsp. maple syrup
- ¼ tsp. Dijon mustard
- ¼ tsp. garlic powder
- ¼ tsp. kosher salt
- ¼ tsp. black pepper
- ¼ cup olive oil

Directions:

Toast sunflower/pumpkin seeds in a large skillet over medium heat, stirring often, until fragrant and beginning to brown, 4-5 minutes. Transfer to a bowl and cool. Peel cucumbers, cut in half lengthwise, slice ¼ inch. Hull strawberries and cut into ¼ inch slices. Trim romaine and cut into 1 inch pieces. Mix spinach and romaine in a large bowl. Mix dressing ingredients in a food processor with a steel blade until combined. Add oil in a stream and blend for 10-20 seconds. Drizzle dressing and toss to coat.

Per Serving (1 1/4 cup): 190 calories, 14g fat, 1g saturated fat, 4g protein, 14g carbohydrate, 4g fiber, 176mg sodium

for more information visit www.laxf2s.org