



## **DECEMBER 2021 & JANUARY 2022 NEWSLETTER**

Oh the weather outside is frightful.... But not for all the students at North Woods! Many of our learners are eagerly awaiting snow . If you're like me, though, I only enjoy it while curled up with a good book, some hot chocolate, and my dog Baxter.

One thing colder weather does provide, though, is a chance to get together where it's warm and do some activities that can bring your loved ones together *and also be scientists!*

My own son came home one day and told me about making "elephant toothpaste." I was skeptical, but it ended up making us laugh and eventually his older brother and my husband were also drawn into the fun. What I like about home science experiments is that they usually don't require hard to find, or expensive ingredients. Although things can get messy--that's often half the fun!

If you're interested, try out some of these favorites:

- Got any yeast left over from COVID bread baking? You'll need that along with soap and peroxide to make the elephant toothpaste. Look it up for just the right amounts. Or play with them to see how big you can make it go!
- Go outside and blow bubbles on a *really* cold day and see what happens.
- Set up a row of bottles with varying amounts of liquid and then blow across the openings to hear the different tones.
- Make a rainbow by holding a glass of water up to the sunlight with a sheet of paper behind it to catch the colors.
- Using two plastic bottles, look up online how to make a "Tornado in a Bottle."
- Mix baking soda, vinegar and glitter to make a shiny volcano--look it up online!
- I've heard that baking soda and vinegar react to make these popcorn kernels hop around a jar of water....?
- Make your own bouncy balls at home using only glue, Borax, corn starch and water.
- Watch [gummy bears grow](#) by placing them in water, saltwater, and vinegar--you just might not want to eat them afterwards!

From our team at North Woods, we hope you stay safe and warm this season. Have a happy New Year!

-Keri Holter  
North Woods International Principal

# MARK IT DOWN! UPCOMING EVENTS!

Dec. 23rd-Dec. 31<sup>st</sup> 2021:

No School Winter Break

Mon. Jan 3<sup>rd</sup>, 2022: School resumes!

Fri. Jan 14<sup>th</sup> & Mon. Jan 17<sup>th</sup>: No School



Winter weather is here! Please make sure to send your student(s) 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.

## SCHOOL DISTRICT OF LA CROSSE



### 2022-2023 4K Preschool Registration

**\*\*New Student Online Enrollment for the 2022-23 school year will open on December 17, 2021\*\***

4K Preschool Registration is a 2-step process: 1) New Student Online Enrollment (opens December 17, 2021) and 2) 4K Preschool site registration (opens February 1, 2022). Both steps need to be completed in order. Students must be age 4 on or before September 1, 2022 to enroll into 4K Preschool.

A document with detailed enrollment and registration instructions will be made available soon.

This document will soon be available in multiple languages and redistributed when ready.

**Step 1— New Student Online Enrollment opens on December 17, 2021 to enroll your 4-year-old for the 2022-2023 school year.**

- Visit [Lacrosseschools.org](http://Lacrosseschools.org) and click on the "Enroll In Our Schools" button. Follow the prompts to create an account and complete the New Student Online Enrollment process in Skyward.
- 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 February 4 to hold your spot.
- Note: If you want to participate in 4K site registration when it opens on February 1, your student's 4K enrollment must be completed by January 27.

**Step 2— 4K Preschool site registration will open online starting February 1, 2022 at 7 AM. Site registration will be on a first-come, first-served sign up.**

- 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 2022-2023 year. You will then see the list of preschool classes.
- Select your desired 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 February 4, however you may still enroll your student. Please call the preschool office for any changes after the arena scheduling closes.

Families are welcome to come into Hogan Administrative Center (807 East Avenue South La Crosse, Wisconsin) to complete the enrollment process on a computer if needed.

4K Preschool Office  
[Preschool@lacrossesd.org](mailto:Preschool@lacrossesd.org)  
608-789-7006



## PRESCHOOL REGISTRATION 2022-2023

Need to register your child for 4K Preschool for the 2022-2023 school year? Head to the La Crosse School District Website for more information!



# NOVEMBER STUDENTS OF THE MONTH



These seven students were the Students of the Month for November. To treat our amazing students, these students had a Culvers luncheon with Mrs. Holter to celebrate! Great work!

4K: Mollie Weiss  
KG: Trinity Brown  
1<sup>st</sup>: Hope Sutton  
2<sup>nd</sup>: Alayna Keller  
3<sup>rd</sup>: Gio Lethlean  
4<sup>th</sup>: Kiara Conner  
5<sup>th</sup>: Seamus Johnson

# 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 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?

	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						
Age							
<b>5</b>	6:45 PM	7:00 PM	7:15 PM	7:30 PM	7:30 PM	8:00 PM	8:15 PM
<b>6</b>	7:00 PM	7:15 PM	7:30 PM	7:30 PM	8:00 PM	8:15 PM	8:30 PM
<b>7</b>	7:15 PM	7:15 PM	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM
<b>8</b>	19:30	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM
<b>9</b>	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM
<b>10</b>	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM
<b>11</b>	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM	9:45 PM
<b>12</b>	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM	9:45 PM

# GUEST TEACHER PIZZA PARTY: MS. GERSCH

GOLDEN TRASH CAN  
(CLEANEST HALLWAY)  
4K 1<sup>st</sup> & 2<sup>nd</sup> HALLWAY

# GOLDEN ITEMS!

GOLDEN MANNERS (LUNCHROOM)-  
MRS. STANTON ROOM

GOLDEN ETIQUETTE-MS. GERSCH  
ROOM

GOLDEN EATERS (LUNCHROOM)-  
MRS. KIES ROOM

GOLDEN BOOT (FIRE DRILL PRACTICE): 4K 1<sup>st</sup> & 2<sup>nd</sup> HALLWAY

## Fun things happening at North Woods International!

### Orchestra News

The 4/5 orchestra students spread musical cheer by performing in December. First, the 5th grade orchestra students traveled to Springbrook Assisted Living to play for residents on Wednesday, December 15th. Then the combined 4/5 orchestra students performed for their class on Tuesday, December 21st. These were the first performances for the orchestra students, since 5th graders were not able to play for a live audience last year. Bravo and keep up the good work!



## North Woods Kitchen

Short staffed doesn't mean short of helping hands here in the kitchen! Many famous faces from around the district have stepped into a hairnet and gloves, (even a pair of elf ears!) and jumped in to help serve lunch at North Woods in the past few weeks. Dr. Engel was here helping serve BBQ pulled pork, Dr. Harcey mastered the Yogurt lunch hand off, and Mrs. Pierre has given him a run for his money. Also guest serving in the kitchen this month, Ms. Justin, Mrs. Wolfgram, and Mrs. Patschull! Please encourage your children to take advantage of the kitchen helpers and have a meal served by their favorite staff members! After all, it is the GIVING season, and what better way to celebrate than to GIVE the gift of lunch!

Have a safe and happy holiday season.

Ms. Kinsey



# Title Tips-January 2022 The Power of Sight Words

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

## Come Join Our Team!

- The La Crosse School District Nutrition Department is hiring for a variety of positions/hours.
- We have several school buildings looking for the right person to add to our great teams. **We are hiring substitute positions also!**
- Positions open at all levels (Elementary, Middle School, High School). **Great opportunities for advancement.** Perfect for parents/guardians ready to enter the work force again, as you will be off in time to pick the kids up everyday.
- **New wages beginning 1/2/2022!**
- **Apply today on <http://wecan.education.wisc.edu/>**
- For help with this application, or any other questions, please reach out to us at 608-789-7625

### Employee Testimonials

- *"This is the most rewarding career I have ever had. Seeing the kids every day and knowing I am making a difference in their lives fills my heart."* -Kinsey Gibbs, Nutrition Manager, North Woods Elementary
- *"One of the biggest benefits when I started in school nutrition is that my schedule matched my own children's schedules. If it was a snow day, I did not have to scramble to find childcare as I would also be off. That convenience was a huge benefit. That was over 20 years ago. Now I love it because it is always something new every day."* -Faye Kielley, Nutrition Manager Northside/Coulee Montessori
- *"24 years ago, a friend of mine said you should work for the School Nutrition program and be home with your kids in the summer. I have been at Central this whole time and can honestly say I STILL LOVE MY JOB."* -Jeannette Wuensch, Nutrition Manager, Central High School



# IB NEWS

We have now had time to focus on four out of the ten learner profile attributes as a whole school. 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."*

Encourage your child to be open-minded.

Please 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:

**January 11th**- 4K IB showcase night  
from 5:30-6:30

- Please join us for a meal and student presentations of their learning
- More information will be sent out closer to the event

**Jan. 20th** - Kindergarten IB showcase night  
from 5:30-6:30

- Please join us for a meal and student presentations of their learning
- More information will be sent out closer to the event

**Feb. 10th** - 1st grade IB showcase night  
from 5:30-6:30

- Please join us for a meal and student presentations of their learning
- More information will be sent out closer to the event

**Feb. 22nd** - 2nd grade IB showcase night  
from 5:30-6:30

- Please join us for a meal and student presentations of their learning
- More information will be sent out closer to the event

**March 17th** - 4th grade IB showcase night  
From 5:30-6:30

- Please join us for a meal and student presentations of their learning
- More information will be sent out closer to the event

**March 29th** - 3rd grade IB showcase night  
from 5:30-6:30

- Please join us for a meal and student presentations of their learning
- More information will be sent out closer to the event

**April 12th** - 5th grade exhibition  
5:30-6:30

- Please join us for a meal and student presentations of their learning
- More information will be sent out closer to the event

## We Need You!

### Amity Intern Host Families Needed for 2022-23

You may have heard about our Amity Interns who provide additional support in our classrooms at North Woods. We have been very fortunate to have many wonderful Amity Interns visit and work with us over the years. They work with Kindergarten through 5<sup>th</sup> grade students assisting in the classrooms as well as with small group instruction. Now that all students K-5 at North Woods International receive Spanish instruction, they are even more important for our student's language development and global awareness skills.



We would like to again offer this opportunity for our students however we cannot provide this support without the help of our North Woods International families. Consequently, we are looking for families interested in hosting an Amity Intern for the 2022-23 school year. This will be our 9<sup>th</sup> year of having Amity Interns at our school! It would not be possible without the strong support of our parents, families & staff.

Hosting an Amity Intern from another country allows families to develop a meaningful relationship with someone from another culture. Interns will interact with your family, friends, and neighbors, thus creating international friendships, cultural understanding, and providing an invaluable educational experience for you and your family!

As with this year, we realize there is no way to predict the status of COVID-19 next fall. At this time, however we are planning on moving forward with having interns, and a final decision will be made based on scientific recommendations, district guidelines and federal travel restrictions. Due to the extensive planning it takes to welcome an intern to our community and school we are moving forward with the hope that it will be possible in fall 2022.

#### General Information:

- Hosting duration can be a full semester, a half semester, or even 3 months!
- Host family provides the intern a separate bedroom, meals, and some transportation. The interns may ride the bus to and from school with your child.

#### Please consider hosting an intern next year.

If you are interested in hosting or have more questions regarding this meaningful experience, **please fill out the form on the back page and return it to the NW office by Friday, January 21st**. Thanks in advance for your consideration in hosting an Amity intern next year.



## Testimonials from Past Host Families

"Our family has hosted two interns. The biggest benefit we have experienced is the fun and joy it brings our kids to have a big sister join the family. Of course, I also enjoy having the opportunity to expand on our Spanish vocabulary and cultural knowledge, too. My recommendation to anyone who is contemplating hosting an intern is to visit your student's classroom and watch the interns at work. I was so impressed by the interns that I met in my son's kindergarten class that any doubts I had about having a 'stranger' in our house vanished. It has also been a great opportunity to become tourists in our hometown by having an excuse to check out new places or revisit old favorites. We have had very good experiences both years and we would encourage everyone who is able to consider it as the biggest gift you can give to North Woods." - Amity Intern Host Family

"We love hosting an intern! We have now hosted 2 different interns. Both were very different experiences, but fun and enjoyable experiences. Our family has been able to learn about different cultures, while sharing our family culture with the interns. Leo, our 7-year-old, loves having an intern to share stories with and loves to ask questions about their home life and their families. After hosting, we have remained in contact with our previous intern and are planning a trip to visit our current intern this summer." - Amity Intern Host Family

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### Amity Host Family Interest:



Child's Name \_\_\_\_\_ Teacher \_\_\_\_\_

Parent Name \_\_\_\_\_ Phone # \_\_\_\_\_

\_\_\_\_\_ I am interested in being a host family for the 2022-23 school year.

Preference: \_\_\_\_\_ First semester \_\_\_\_\_ Second semester

\_\_\_\_\_ 3 months (please check) \_\_\_\_\_ Fall \_\_\_\_\_ Winter \_\_\_\_\_ Spring

\_\_\_\_\_ I have additional questions, please give me a call.

**Return to the NW office by Friday, January 21st**

# A note from the Library-Mr. Boisvert

All of our Kindergarten students were able to use TumbleBooks during their library class. They were able to go through the steps for accessing the storybooks. It is a simple app on their school iPad. Many first grade teachers have used this now as part of their center work. Notes have been sent home to access it from home or public library devices/computers. The Kindergarten classes also have learned PebbleGo--Mrs. Stanton's class went into how a simple search and spelling of each current Festival of Lights focus could be typed into PebbleGo to watch a video and have the information read to them highlighting the words just like TumbleBooks.

Second grade students have already put several books on hold through Destiny Discover. They learned how easy it is to access our catalog from anywhere and when, why, and how to put a book of interest on hold when someone else has that book checked out. This was new to our third grade students as well. On a daily basis we are able to deliver those books to the classrooms for our eager researchers/readers.

Our fourth and fifth grade classes were able to utilize an Interactive World Map to look at different cultures, habitats, climates, resources, and other high-interest topics. In addition to the interactive world map, our library class produced QR codes for easy access and varied stations to pursue a new dynamic (not static) tools of inquiry that includes: Britannica interactive, Explora, BadgerLink's Primary Search, and also an advanced Interactive World Atlas with different and varied information from the Interactive World Map.

We are beginning Rube Goldberg STEM activities as well as coding introductions at all grade levels so that we can pursue coding right after the winter break.

Finally, our LMC keeps improving navigation and location of books thanks to the student-driven input and surveys that were taken right after our Fall PBIS technology and library classes the first few days of school. The library is taking on many changes that will be highlighted in our next newsletter. The staff and students have been overwhelmingly helpful and their efforts have been greatly appreciated. The moves are also based on statistical data that will be shared out. It is all exciting with all the positive activities our students have asked for and pursued through extensions of our library classes and our library programming--beyond the timeframe of 'LMC time.' Our HPL department, including Mr. Barribeau, have been very supportive in many of these positive endeavors.

It is also exciting that we will be starting a STEM club after hours at Northwoods International Baccalaureate. It will be extended to the same club with 3D printers and activities the same week at the Schuh Homes Boys' and Girls' Club. The library will be promoting and sending out more information soon and this too will be highlighted in next month's newsletter.



HARVEST OF THE MONTH  
 NEWSLETTER 01/2022


JANUARY

WINTER SQUASH

**FUN FACTS**

- In Native American folklore, winter squash was one of the "three sisters", along with corn and beans and were staple foods in their diet.
- There are over 15 different types including: butternut, Delicata, Hubbard, banana, acorn and spaghetti squash.

**NUTRITION INFO**

One cup of cooked, cubed squash has 115 calories and provides vitamins A & C and fiber.

**PICK**

Choose winter squash with firm skin free of nicks, cracks, or soft areas with an attached stem.

**STORE**

Fresh, whole squash can be stored in a cool dark place for several weeks to months depending on variety. Store cooked squash refrigerated for a few days or freeze up to 6 months.

**PREPARE**

Winter squash is versatile. It can be baked, microwaved, roasted, sautéed, boiled, and/or steamed. Use a very sharp knife to cut or peel.

**USE**

Puree cooked squash and add to soups for a creamy texture. The seeds can be roasted and eaten like pumpkin seeds. Try using a spiralizer to make squash noodles. No spiralizer? Try spaghetti squash!


**Roasted Butternut Squash Fries**

Serves 6

**Ingredients:**

- 1 medium butternut squash
- 1 Tbsp. olive oil
- 1 tsp. dried thyme or 1 Tbsp. chopped fresh thyme
- 1 tsp. dried rosemary or 1 Tbsp. chopped fresh rosemary
- ½ tsp. salt

**Directions:**

Heat oven to 425°F. Lightly coat a baking sheet with olive oil. Peel the skin from butternut squash and cut into even sticks, about ½ inch wide and 3 inches long. In a medium bowl, combine the squash, oil, thyme, rosemary and salt; mix until the squash is evenly coated. Spread onto the baking sheet and roast for 15 minutes. Remove the baking sheet from the oven and shake to loosen the squash. Flip squash and place back in the oven for 15-25 minutes until golden brown.

Per serving: 110 calories, 2.5g fat, 0g saturated fat, 2g protein, 23g carbohydrate, 4g fiber, 200mg sodium

for more information visit [www.laxf2s.org](http://www.laxf2s.org)