Dear Families,

It’s almost hard to believe our year is half over! We have been busy! In December, our students had the opportunity to participate in an Artist-in-Residence with Side Street Studio Arts. We are actively looking to secure at least one more Artist-in-Residence opportunity before the end of the year. If you know of any local artists who would be a good fit, please let me know. 1st grade Orchestra is also off and running!

As we head into second semester, we have several odd days coming up with staff development, early release and parent-teacher conferences. See the notes in the right hand column for specific details.

We had over 165 people attend our January family night focused on Environmental Sustainability! We are going to be sending out more information about some great upcoming family nights so watch out for those.

Finally, we are excited to formally announce that SOTA will be an option for 4-year-old kindergarten for the 2020-2021 school year. There are many details yet to be worked out, but we are excited about this opportunity. This will be discussed further at the SOTA Steering Committee meeting on Feb 4th (6:00 - Library). We will also be continuing our discussion on the renewal of SOTA’s charter (see info below).

Thank you for your partnership in making this a fantastic second semester!

Sincerely,

Ben Burns, Principal

**No School**
- February 14
  - Convention
- February 17
  - Staff Development
- March 6
  - Staff Development
- March 9
  - Parent Teacher Conference

**Early Release**
- No PM Preschool
- K-5 dismiss at 1:15 pm
- March 13

**Mark Your Calendars for Parent Teacher Conferences**
- March 9 (12:00-8:00; a no school day) and March 12 (4:00-8:00)
- Watch for notices coming home soon...

**Save The Date**
SOTA I puts on an end of the year show, an informance, to showcase things they have learned about! This year’s informance is on Wednesday, May 27th, 2019 and will take place in the Logan Middle School Auditorium at 6 pm. More info will come home as it gets closer. Mark your calendars now!
Upcoming Music Concerts

Mark your calendars now for both SOTA I and Hamilton’s Concerts:

- K/1 Concert is on March 5th at 5:30 pm
- 2/3 Concert is on April 16th at 5:30 pm
- 4/5 Concert is on April 16th at 6:30 pm

Upcoming Family Nights

February Family Night - Thursday 2/13/20, 5:30 pm-7:00 pm:
UW-L will be hosting 'It Makes Scents' (Price Is Right style games promoting financial literacy)
Due to space, this event is held at Mathy-BGC, and will be done in partnership with Global Partners and BGC Staff. This was a VERY well attended and fun family night last spring when we did it. Press Break will be catering the meal again!!

March Family Night - Thursday 3/12/20, Dinner begins at 5:30, Julia will speak from 6-7pm:

Julia Cook, Author Visit
We'll be sending out more detailed information on how this night will look in the next couple of weeks. What I can tell you is Press Break will be catering and it's going to be a great event! Julia Cook is a nationally known children’s author focusing on social and emotional learning and it is quite an honor to have her visit. Her visit as been funded in part by a grant from the La Crosse Public Education Foundation and from TITLE 1 funds. She will also be spending some time working with students and staff during the day on 3/12 and 3/13.

4-year-old Preschool

Earlier this month SOTA I was approved to be a choice as a 4k site for the 2020-2021 school year. This is an exciting opportunity to continue to grow our school, but it is not without the potential for some changes. As always, being a charter school without an attendance area, enrollment can be difficult to predict. We will be discussing how this program should fit into the vision for our school, both next year and long-term, at the SSC meeting on Tuesday February 4th (6:00pm in the Library). If you have questions or concerns please attend, even if you have not been to a meeting before. If you would like to provide feedback but cannot attend the meeting, you can either speak with a parent who will be in attendance, or contact Mr. Burns via bburns@lacrossesd.org or (608) 789-5050.
**SOTA’s Charter Contract**

Every 5 years the state of Wisconsin requires all charter schools (public and private) to renew their charter. Well, this year is our year. We have been working to review the charter from 2015 throughout the year, both as a staff, and with the Steering Committee. The SOTA Steering Committee (SSC) earlier convened a subcommittee of interested parents to look over the charter and provide feedback. I have incorporated that feedback into the current draft of the charter. The current draft is attached? For your information. This will be an agenda item at the Feb 4th SSC meeting. If you would like to provide feedback but cannot attend the meeting, you can either speak with a parent who will be in attendance, or contact Mr. Burns via bburns@lacrossesd.org or (608) 789-5050.

**Library News**

After learning about manners in the library and how to properly treat library books, our youngers focused on learning the difference between Fiction and Nonfiction. We also discussed the roles of authors and illustrators. Our older students learned about MackinVIA and the databases available through our library's webpage. We also focused on making good choices when using electronic devices. Now we are getting ready for the district and state Battle of the Books (a competition where students read a list of books and answer questions about the books). Two teams from Hamilton and two teams from SOTA I will represent our schools at UW-L on February 6.

Two years ago, we started the work it off program. Students have the opportunity to pay for their fines/lost books by volunteering their time in the library. For each 15 minutes the student works in the library they earn $1.00 off their fines. The students have been working hard giving back to our library. Once their fine is worked off we clear their library account of fines. The students have been working so hard. Keep up the good work!

Spending too much time online? We recommend these books:
- **Rocket Says Look up!** by Nathan Byron
- **Doug Unplugged** by Dan Yaccarino
- **If you give a Mouse an Ipad** by Ann Droid
- **Troll Stinks** by Jeanne Willis
- **Nerdy Birdy Tweets** by Aaron Reynolds
Author Visits

This year our schools are fortunate to have two authors visit. They will speak with our students about the process of writing and printing books. The first author to visit is Julia Cook. Julia has authored over 50 books. Her book titles included: My Mouth is a Volcano, A Bad Case of Tattle Tongue, and But It’s Not My Fault. Julia will be visiting in March and will present to our students, at a family night on March 12th and to the staff.

The second author that will visit Hamilton/SOTA I is Angela Domniguez. Angela is an author and illustrator who was born in Mexico City and grew up in Texas. Angela is a two-time recipient of Pura Belpré Illustration Honor. We are so excited that she will be visiting La Crosse and our elementary schools. Angela's visit to La Crosse and Hamilton/SOTA I will be on May 22, 2020.

Counselor Corner

Sleep Hygiene
Is your child getting enough sleep? Below is a chart that outlines what the recommended number of hours your child should sleep per night depending on their age:

<table>
<thead>
<tr>
<th>Grade/Age</th>
<th>Hours of sleep/night</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preschoolers (age 3-5)</td>
<td>10-13 hours</td>
</tr>
<tr>
<td>School-aged children (ages 6-13)</td>
<td>10-11 hours</td>
</tr>
</tbody>
</table>

Ongoing lack of sleep has many serious consequences, including:

- Poor school performance
- Behavioral problems
- Developmental problems
- Irritability
- Weight gain

The number of hours is important and so is a routine referred to as sleep hygiene. Below are a few tips to help keep sleep effective and productive.

- **Stick to the same bedtime and wake time every day, even on weekends.**
- **Beds are for sleeping**
  - Children sleep better when they have the same bedtime and wake time every day. Staying up late during the weekend and then trying to catch up on sleep by sleeping in can throw off a child’s sleep schedule for several days.
  - A child’s bedroom environment should be cool, quiet and comfortable.
<table>
<thead>
<tr>
<th>Maintain a bedtime routine.</th>
<th>A predictable series of events should lead up to the bedtime. This can include brushing teeth, putting on pajamas and reading a story from a book</th>
</tr>
</thead>
<tbody>
<tr>
<td>Provide a quiet, calm and relaxing activities before bed.</td>
<td>Before bedtime is a great time to relax by listening to soft, calming music or reading a story. Avoid activities that are stimulating right before bedtime. This includes screen time like watching television, using a tablet and playing video games, as well as physical exercise. Limit screen time at least 1 hour before bedtime.</td>
</tr>
<tr>
<td>Model how to relax</td>
<td>If a child needs help relaxing, they can use techniques such as taking slow and deep breaths or thinking of positive images like being on a beach (especially on these cold and dark winter days).</td>
</tr>
<tr>
<td>Encourage them to cuddle with a stuffed animal or blanket</td>
<td>Giving a child a security object can be a good transition to help them feel safe.</td>
</tr>
</tbody>
</table>

Information taken from Children’s Hospital of Wisconsin

**Mental Health**

A hot topic of conversation in the nation at this time is mental health and mental health of our children. Below are some simple ideas on how to continue to strengthen your child’s mental health.

| Emotionally | Validate their feelings  
Establish routines  
Talk about feelings often  
Know that behavior is communication |
|------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Physically | Teach body safety  
Provide a safe living environment  
Maintain a healthy diet  
Restrict and monitor screen time |
| Love      | Listen first, talk second  
Play board games  
Create family rituals |
| Play      | Get outdoors often  
Provide lots of time for play  
Praise effort over achievement |
| Teach     | Be consistent and follow through  
Replace yelling with teacher  
Teach growth mindset  
Set healthy limits |

Information taken from Parentswithconfidence

**Classroom counselor time**

As we finish up our unit on inclusiveness and empathy, the focus for the rest of the year will focus on integrity, responsibility, courage and safety. I hope students are sharing with you what we discuss in class.
We continue to make great gains in being innovative and creative in meeting the needs of our students, families, neighborhood, and community! Thanks to the generous support of our community partners we’ve been able to increase access to more basic needs resources, student & family events and activities, educational opportunities and much more to the students and families of Hamilton/SOTA I. Make sure to be looking out for additional information on upcoming opportunities available for anyone in our school communities! Below is a list of a few upcoming opportunities to be aware of:

- Friday, February 7th, 2020: Family Sledding Night @ Forest Hills, 5:00pm-7:00pm
- Thursday, February 13th, 2020: Hamilton/SOTA I Family Night @ Mathey-Boys & Girls Club, 5:30pm-7:30pm. Hosted by UW-L - It Makes Cents - Game Night
- FREE Income Tax Assistance @ Hamilton/SOTA I LMC
  Thursday, March 5th, 12:00pm-6:00pm
  Saturday, March 21st, 9:00am-4:00pm
  Saturday, April 4th, 9:00am-4:00pm
  *CALL FOR AN APPOINTMENT: 608-784-8380*
- Thursday, March 12, 2020: March Family Night - Author Visit - Julia Cook

As always, if you are in need of anything, or have ideas, suggestions, or feedback do not hesitate to contact Community School Coordinator, Sara Jackson (Rugg) at srugg@lacrossesd.org or (608)789-7695!

**Positive Behavior in Schools (PBIS) News**

Our next assembly will be on Friday February 7th and focus on kindness and doing kind acts for others. At our quarterly PBIS assemblies, in addition to our emphasis for the quarter, we acknowledge students who have been going above and beyond, and draw one lucky winner from each class to participate in a pizza party with Mr. Burns.

**Food Pantry**

Once a month Hamilton/SOTA I provides a bag of groceries for families in need. Families may sign up to pick up one bag per month and any additional items presented in our foyer area of the school (typically on the second Tuesday of the month at the end of the school day). Upcoming food pantry dates are February 18th and March 10th. If you did not sign up at the beginning of the year and would like to be added contact our school office at 608-789-7695.
March 2nd through 6th is National School Breakfast Week. Start your engines with school breakfast! Join our students for breakfast for only $2.50 per adult (bring the correct change please).

**GROW La Crosse News**

Around this time of the year it’s hard not to miss the wonderful taste of garden fresh produce. When we don’t have the chance to get hands-on in the garden it is important to keep kids involved in the preparation and choosing of health foods.

Oven roasted vegetables can be an easy and tasty addition to any meal. Kids can help choose and wash the vegetables in this savory dish. Try this recipe with your family:

**Ingredients:**
- 1 head cauliflower cut into florets
- 2 sweet potatoes peeled and cubed
- 1-2 zucchini cubed
- 2 T olive oil or melted coconut oil
- 2 garlic cloves minced
- Kosher salt, pepper, herbs to taste

**Instructions:**
- Preheat oven to 400 degrees
- Spray a large cookie sheet with non-stick cooking spray
- Place ingredients in a large sealed container. Shake until vegetables and spice blended
- Pour vegetables onto sprayed cookie sheet
- Place in the oven and cook for 20-25 minutes, until veggies are tender

Also GROW and Hillview are working out details of a merger. The planned merger will be complete in early 2020. We will move forward as GROW. You will see the same high quality garden lessons continue. We are excited about the possibilities this merger will bring to our community! For more information go to this website: [https://growlacrosse.org/grow-merger-plans/](https://growlacrosse.org/grow-merger-plans/)

---

It is the policy of the School District of La Crosse, pursuant to s.118.13 Wisconsin Statutes and P19 that no person on the basis of sex, race, religion, national origin, ancestry, creed, pregnancy, marital or parental status, sexual orientation or physical, mental, emotional, or learning disability, may be denied admission to any public school in this district or be denied participation in, be denied the benefits of, or be discriminated against in any curricular, co/extracurricular, pupil services, recreational, or other program or activity.