

SOTA Wolves

School of Technology & Arts I Newsletter

May 2021

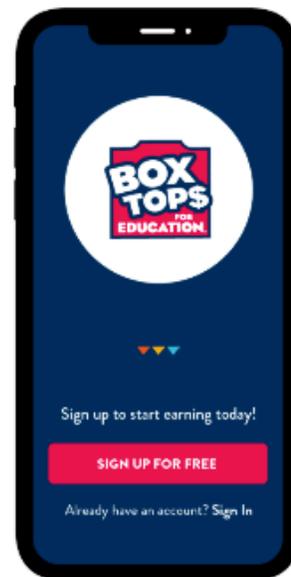
Important Dates

- May 7: Early Release 1:15pm / No Afternoon Preschool
- May 8: SOTA I Informance
- May 20: Bike Rodeo Family Night
- May 27: Virtual Family Night 5:30pm-7:00pm
- May 31: No School
- June 3: Last Day of School
- June 3: No AM or PM Preschool
- June 3: Early Dismissal SOTA I 12:15pm / No Afternoon Preschool

A Note from Mr. Burns

Greetings!

I know it's common this time of year to reminisce about how fast the year has gone and not believing it's almost over, but this year has taken that sentiment to a whole new level. We are working hard to finish this year strong, while also working diligently to plan for next year. We likely won't know details of what our COVID protocols will look like until closer to next year but we remain optimistic we can continue to progress towards "normal." As always, if I can do anything to support you or your child, please let me know.



CONVENIENT

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REAL TIME

Your school's earnings are updated online with every scan



EXTRA CASH

Access special bonus offers on top of your Box Tops earnings



Join Us for a Celebration!

You are invited to a Summer Reading Celebration on Thursday, May 27, 2021 from 5:30 to 7:00 PM! We will be giving out prizes and sharing family reading tips and strategies. Plus, we will be giving all the children at Hamilton, SOTA1, and CRVA (those based out of Hamilton/SOTA1) a free book and prize bag. Oh, we will have a great celebration!

This celebration is sponsored by Title One, a reading support program, to encourage families to read together over the summer. We will be sharing information on different authors, having a trivia game, and an estimation activity.

We look forward to seeing all of our families on Mr. Burn's Zoom link on May 27th at 5:30 PM!

Family READING NIGHT





Elementary Menu – May 2021

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast choice two is Cereal. Breakfast Includes Fruit, Juice, and Choice of Milk. Lunch includes Fruit, Vegetable, Choice of Milk Yogurt Meal includes Yogurt, additional 1 oz. protein, and ***Menu is Subject to Change***				
3 <i>Day 2</i>	4 <i>Day 3</i>	5 <i>Day 4</i>	6 <i>Day 5</i>	7 <i>Day 6</i>
<u>Breakfast</u> Breakfast Bread <u>Lunch</u> #1- Texas BBQ Pork on WG Bun #2-Yogurt Meal Green Peas	<u>Breakfast</u> Appleways Oatmeal Bar & H-B Egg <u>Lunch</u> #1 – Chicken Tenders #2-Yogurt Meal Oven Fries	<u>Breakfast</u> WW Snackbread <u>Lunch</u> #1 – Walking Taco (Local Beef) #2-Yogurt Meal Tostito Scoops/Cowboy Corn Salsa	<u>Breakfast</u> Mini Bagel w/Cream Cheese <u>Lunch</u> #1 – Sausage Pizza #2-Yogurt Meal Baby Carrots	<u>Breakfast</u> Mini Pancakes <u>Lunch</u> #1 – Fish Nuggets #2-Yogurt Meal Fresh Veggies & Sidekick
10 <i>Day 1</i>	11 <i>Day 2</i>	12 <i>Day 3</i>	13 <i>Day 4</i>	14 <i>Day 5</i>
<u>Breakfast</u> WG Muffin <u>Lunch</u> #1 – Hamburger on WG Bun #2-Yogurt Meal Roasted Veggies	<u>Breakfast</u> Maple Madness Waffles <u>Lunch</u> #1 – Beef Taco (Local Beef) #2-Yogurt Meal Fiesta Beans	<u>Breakfast</u> WW Snackbread <u>Lunch</u> #1 – Colby Omelet #2-Yogurt Meal Potato Babycakes	<u>Breakfast</u> Mini Cinnis <u>Lunch</u> #1 – Pepperoni Pizza #2-Yogurt Meal Baked Beans & Krispie Treat	<u>Breakfast</u> Frudel Pastry <u>Lunch</u> #1 – Chicken Bacon Ranch Wrap #2-Yogurt Meal Carrot Coins
17 <i>Day 6</i>	18 <i>Day 1</i>	19 <i>Day 2</i>	20 <i>Day 3</i>	21 <i>Day 4</i>
<u>Breakfast</u> Breakfast Bread <u>Lunch</u> #1 – Chicken Nuggets #2-Yogurt Meal Fresh Veggies & WG Cookie	<u>Breakfast</u> Appleways Oatmeal Bar & H-B Egg <u>Lunch</u> #1 – Bakalars Hot Dog/Bun #2-Yogurt Meal Oven Fries	<u>Breakfast</u> WW Snackbread <u>Lunch</u> #1 – Beef Nachos (Local Beef) #2-Yogurt Meal Tortilla Chips & Cowboy Corn Salsa	<u>Breakfast</u> Mini Bagel w/Cream Cheese <u>Lunch</u> #1 – Cheese Pizza #2-Yogurt Meal Green Peas	<u>Breakfast</u> Mini Pancakes <u>Lunch</u> #1 – Cheeseburger on WG Bun #2-Yogurt Meal Green Beans
24 <i>Day 5</i>	25 <i>Day 6</i>	26 <i>Day 1</i>	27 <i>Day 2</i>	28 <i>Day 3</i>
<u>Breakfast</u> WG Muffin <u>Lunch</u> #1 – Chicken Patty Sandwich #2-Yogurt Meal Carrot Coins	<u>Breakfast</u> Maple Madness Waffles <u>Lunch</u> #1 – Macaroni & Cheese #2-Yogurt Meal Fresh Veggies	<u>Breakfast</u> WW Snackbread <u>Lunch</u> #1 – Orange Chicken w/Brown Rice #2-Yogurt Meal Roasted Veggies	<u>Breakfast</u> Mini Cinnis <u>Lunch</u> #1 – Cheese Pizza #2-Yogurt Meal Green Beans	<u>Breakfast</u> Frudel Pastry <u>Lunch</u> #1 – WG Mini Corn Dogs #2-Yogurt Meal Smile Potatoes

- Breakfast and Lunch meals will continue to be FREE and available to all children 18 years and under through June 30, 2022.
- Elementary CRVA Students 5-day meal pack pick up is on Wednesdays from 2-4PM at High Schools ONLY. (Pre Order Required)

Any questions can be directed to 608.789.7625 or psouchek@lacrossesd.org

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

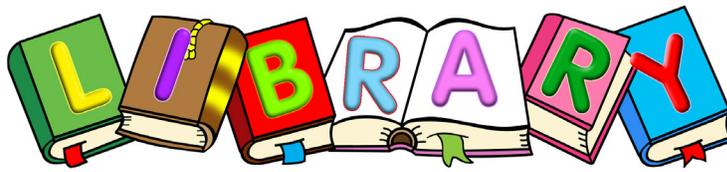
for more information visit www.laxf2s.org

Coulee Region Farm to School is a partnership between La Crosse County Health Department, Mayo Clinic Health System – Franciscan Healthcare, Gundersen Health System, and the School Districts of Bangor, Holmen, La Crescent-Hokah, La Crosse, Onalaska, and West Salem.



MAYO CLINIC
 HEALTH SYSTEM

GUNDERSEN
 HEALTH SYSTEM®



Hello!

All school library books are due on Friday, May 21, 2021.

The library does offer a variety of ways that your student can keep reading through the rest of the school year and throughout the summer. To take advantage of these wonderful offerings, you need a tablet/computer/phone with the Internet. To access these resources please visit our school library's webpage, <https://www.lacrosseschools.org/hamilton/classrooms/library>.

Tumblebooks: Tumblebooks include animated talking picture books, nonfiction videos, graphic novels and chapter books. Click on the Tumblebooks icon directly from our school library's webpage. If you are using a tablet, make sure you select "Mobile" in the upper right corner of the screen to ensure the books will play. Login: hamiltonwi
Password: reads

MackinVIA: MackinVIA provides easy access to electronic books and audio books. Click on the MackinVIA icon on the website or download the MackinVIA app on a tablet. All students in Hamilton and SOTA I, in 4K through second grade, will choose Hamilton Elementary School, La Crosse, WI in the school drop down menu. The username for the younger students is k3 and the password is h8. Students in the upper grades, will also choose Hamilton Elementary School, La Crosse, WI as their school. Students use their school username and password (how they log into a school computer, Canvas, and their Gmail) to access the available books.

PebbleGo: PebbleGo is a nonfiction database with a wealth of information. The database offers biographies and information about animals, dinosaurs, social studies and science. Students can listen to the information and watch short videos on the subjects. Click on the PebbleGO icon on our school's icon to visit the database. Login: hamiltonlcsd
Password: read

There is a large collection of other resources available on our library's website including educational games and electronic books. Lastly, make sure to visit the La Crosse Public Library this summer for an assortment of fun and free summer reading programs.

Additionally, students will be returning their iPads at the end of the school year. If your student returned to school without an iPad Apple charger, power chord or Logitech Crayon (students in grades 2-5) please look for these missing items and return them to school as soon as possible.

Our last day of live library story time at 12:15 on Zoom is May 20th.

Happy Reading!
Mrs. Harden
Library and HPL Teacher
Hamilton and SOTA I





Greetings Hamilton/SOTA I families!

Spring is nearly here (finally!) As the temperature warms up and we get outside more, we have some helpful reminders to continue keeping your children and ourselves healthy.

As always, the best preventative measure one can do to stay healthy is washing hands often and thoroughly at any opportunity. Also, remember to cover your coughs & sneezes -- and remind your children to do the same.

Other helpful steps are: getting enough sleep, having healthy meals throughout the day, and limiting screen time as often as possible. All of these will help to keep your entire family healthy & happy!

END OF SCHOOL YEAR REMINDERS

As we get closer to the end of the school year, here are some reminders regarding medication in the health room! In May, parents who have students with medication at school will receive a separate letter with information specific to their child but some general reminders are:

- Hamilton is dismissed at 11:48 am/ SOTA I is dismissed at 12:15 pm on June 3.
- Medication on the last day of school will NOT be given after 12 pm.
- For safety reasons, any leftover medications (prescription & over the counter) will not be sent home with your child.
- All medications need to be picked up by a parent/guardian by Monday, June 7. Feel free to stop by the school office between 8:00 am-3:00 pm to pick up medications.
- Any leftover medication at school will be disposed of safely.

Yours in health,

Amber Peters, health assistant & Melissa Kujak, RN

Attention 5th Grade Parents: New Immunization needed for the start of 6th grade:

All incoming 6th graders are required to have a Tdap immunization on file by the first day of school in the fall. This can be obtained at their 11-year-old well-child check-up. If your child has not received this immunization, please contact your provider or Walgreen's to obtain this immunization prior to September 1, 2021. You may contact the health assistant or school nurse with any questions. Thank you.



ATTENDANCE MATTERS

#schooleveryday

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)

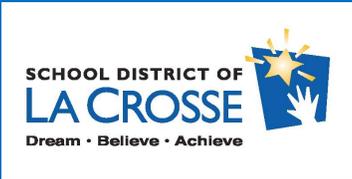
Results in 30 minutes. If the test is positive, your child will need a follow-up PCR test within 48 hours. The follow-up PCR test can be completed at UWL, Mayo, Gundersen, or a National Guard Community Site.

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.



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



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

Fever free for 24 hours without using medication and symptom improvement

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 without medication and with other symptoms improving

14 days after last contact with sick person AND do not have any COVID symptoms

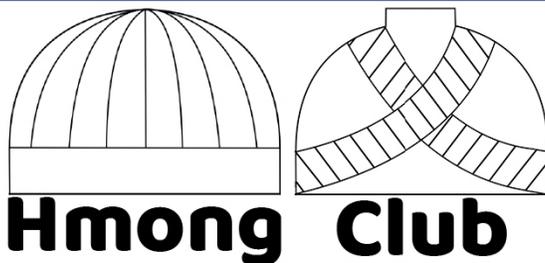
Sick individual does not test for COVID-19 and does not have a medical diagnosis of another illness

10 days after symptoms started AND fever free for 24 hours without medication and 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.

February 2021



Hmong Club

We were very excited this year to launch our Hmong Club. Hmong Club was started by our students and is not a club just for Hmong students, but for any and all interested in learning more about Hmong history and culture. The La Crosse School district has a long standing partnership with the Hmong Cultural and Community Center to produce the Hmong Education Project - an annual experience for 4th grade students across the district. Unfortunately this year we have had to hit pause on in person meetings due to the great challenge of finding a way to bring the 60 students interested together when trying to work around two different bell schedules and the mixing of cohorts. But the interest and support for this club from our students and staff has been fantastic, so it's a bit of a good news, bad news situation. In lieu of meeting in person the rest of this year, we are going to do the following things over the course of the rest of the year. A special thank you to Ms. Sara, Mr. Yang, Mrs. Harden, and all the other staff and parents who have helped with getting Hmong club going this year. Please ask your child about it when you get a chance!

- Staff members have recorded 5 different Hmong Tall Tales. These will be shared with students throughout the remainder of the school year.
- Hmong games will be incorporated into PE lessons between now and the end of the school year.
- For all 3rd-5th grade students at Hamilton/SOTA I we ordered Hmong sewing kits for each student.

Our plan will be to restart Hmong Club (not entirely sure of the format yet) once we return this summer/fall.

Bike Rodeo

The SOTA I Steering Committee is hosting a modified version of the Bike Rodeo on May 20th. Due to COVID restrictions, all participants must sign up individually to keep the total under 50. All participants must also wear a mask. Despite the CDC's recent updated guidance on outdoor gatherings for fully vaccinated individuals, the La Crosse County Health Department has not yet updated their guidance so we are still requiring masks for this event. The link to sign up will be live on May 1st: <https://www.signupgenius.com/go/60B0C48A4AB2BA4FA7-2021>



Informance

Our students are working hard preparing for a modified informance this year. We will be recording their performance in the next couple of weeks and sharing that just with parents. Unfortunately due to space, we do not have enough room for parents to come and watch the recordings. I know there were some misunderstandings about this particular aspect. I apologize and take full responsibility for the miscommunication on this piece.



REGISTER ON-LINE

www.shelbyball.org



BASEBALL			
AGE	LEAGUE	DESCRIPTION	FEE
4-6	Tee Ball <i>boys/girls combined</i>	Entry level program focusing on fun and fundamentals	\$25
7-8	American	New! Machine Pitch league with In House teams playing against each other!	\$40
9	9U	Coulee Region League and tournament teams.	\$70
10	10U	Coulee Region League and tournament teams.	\$70
11	11U	Coulee Region League and tournament teams.	\$80
12	12U	Coulee Region League and tournament teams.	\$80
13	13U	Coulee Region League and tournament teams.	\$90
14	14U	Coulee Region League and tournament teams.	\$90
Age ranges are suggested only Age as of April 30, 2020.		\$180 Maximum fee per family Additional fees for tourey teams	

SOFTBALL			
AGE	LEAGUE	DESCRIPTION	FEE
4-6	Tee Ball <i>boys/girls combined</i>	Entry Level program focusing on fun and fundamentals	\$25
7-8	8U	Developmental league with player pitching.	\$30
9-10	10U	Coulee Region League and tournament teams	\$55
11-12	12U	Coulee Region League and tournament teams	\$75
13-14	14U	Coulee Region League and tournament teams	\$85
Age ranges are suggested only Age as of December 31, 2019		\$180 Maximum Fee per family Additional fees for tourey teams	

Questions? Contact Gregg Erickson,
gerickson2200@gmail.com

Get Help Buying Groceries for Your Children!



What is Pandemic EBT?

Pandemic EBT (P-EBT) is a program that provides grocery benefits to parents to replace the value of missed school meals.

Am I Eligible?

Your family qualifies for P-EBT if:

- Your child attended school virtually at any point during the 2020-21 school year AND
- Your child has been eligible for free or reduced-price meals* in the 2019-20 OR 2020-21 school year

* Your child's school must participate in the National School Lunch Program. Unsure? Call your school to confirm.

How Much Will My Family Receive and When?

The benefit amount will depend on how much of the school year your children spent learning virtually versus in-person. Benefits will be issued for specific months of the school year as outlined below.

Benefit Issue Date	Amount per Child
March 28	Up to \$361 (Aug-Nov)
End of May	Up to \$484 (Dec-Mar)
End of July	Up to \$293 (Apr-Jun)
End of September	Up to \$109 (Sept 2021)
Total Max Benefit per Child	\$1,248



Calculate your estimated benefit online at www.HungerTaskForce.org/pebt.

How Will I Receive P-EBT?

- **FoodShare households** ↔ P-EBT benefits loaded on QUEST card.
- **Non-FoodShare households** ↔ P-EBT benefits issued on white P-EBT debit card.

See reverse for HOW to get P-EBT for your family.

Got Questions?

For more information, a P-EBT benefits calculator and a list of frequently asked questions, visit www.HungerTaskForce.org/pebt.

Receive Money for Food!

WISCONSIN

P-EBT



You May be Eligible to Receive Up To:

\$1,248

= 1 child

\$2,496

= 2 children

\$3,744

= 3 children

& More!



HUNGER TASK FORCE

FREE & LOCAL

How Can I Help?

Help spread the word! Tell your friends, neighbors, school group, principal or school district to get the message out to more parents and caregivers!

Find sample messages, emails and more at www.HungerTaskForce.org/pebt.



How Do I Get Pandemic EBT for My Children?



Has Your Child Been Learning at Home or Online at Any Point During the 2020-2021 School Year?

YES

NO

Does Your Child Receive FoodShare?

YES

NO

SCAN WITH YOUR SMARTPHONE CAMERA



If your school-age child has attended a school that has not had any days of virtual learning or closures, your child is **NOT** eligible for Pandemic EBT benefits.

You do not need to take any action.

Your P-EBT benefits will be added to your existing QUEST Card.

Apply for FoodShare at www.access.wi.gov. FoodShare households are automatically eligible for P-EBT benefits.

If you are NOT eligible for FoodShare, you MAY STILL BE ELIGIBLE for Pandemic EBT.
Contact your school and apply for free or reduced-price school meals or make sure your information is up to date.

Before The Pandemic, Did Your Child Receive Free or Reduced-Price Meals At School?

YES

NO


Once processed, you will receive a white P-EBT debit card in the mail with your benefits.

Your child is eligible, but you probably need to apply separately for P-EBT benefits. For current application link and information, visit www.HungerTaskForce.org/pebt

Your child may be newly eligible for free or reduced-price meals. Contact your school to apply.



Are You a Parent or Caregiver of a Child Under the Age of 6?

Does Your Child Receive FoodShare?

YES

NO

You do not need to take any action. Your P-EBT benefits will be added to your existing QUEST Card once the plan has been approved.



Apply for FoodShare at www.access.wi.gov. FoodShare households are automatically eligible for P-EBT benefits.



GROW



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!

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.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/.

Thank You for Your Support!

www.GrowLaCrosse.org



Find us on Facebook

info@GrowLaCrosse.org

Gundersen, community partners offer free summer meal program

Gundersen Health System will sponsor the Summer Food Service Program to offer nutritious meals to children during the summer.

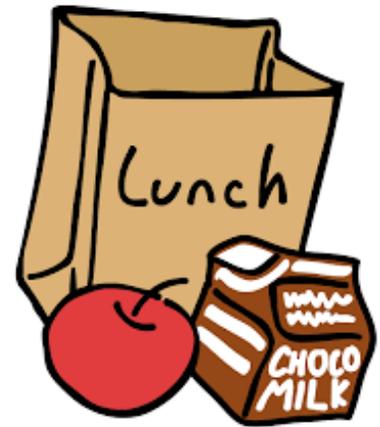
The program, funded by the U.S. Department of Agriculture and administered by the Wisconsin Department of Public Instruction, makes sure meals are available to school-age children when free and reduced-price school meals are typically unavailable.

Free meals will be available to children age 18 and under. Those older than 18 who are determined by a state or local public education agency to be mentally or physical disabled and who also participate in a public or private non-profit school program during the school year may receive free meals also.

Breakfast will be served 6:30 to 10:29 a.m. and lunch from 10:30 a.m. to 1:30 p.m. weekdays June 7 to Aug. 27 at the Gundersen Cafeteria. Due to COVID visitor restrictions, meals on-site are available only to screened patients and visitors.

Lunch will be available from 11:15 to 11:30 a.m. weekdays June 7 to July 14 at Poage Park, 500 Hood St., in La Crosse.

Meals will be unavailable at either location on July 5.



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!