



October Newsletter

Phone (608)789-7695
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SCHOOL OF TECHNOLOGY & ARTS I ELEMENTARY
1111 S. 7th St

Hello SOTA I families,

Fall parent teacher conferences always seem to happen right away but it must be that the beginning of the year is always just such a blur. We have gotten off to a great start and look forward to partnering with you to best support your child. If you haven't gotten the information about your PTC, please connect with your child's teacher.

Things continue to be closely monitored in terms of our COVID situation and protocols. The biggest things are to wear a mask and please, if you are feeling sick, or have any symptoms, stay home. Give us a call and we can talk through the situation with you to determine appropriate next steps.

Please check out the calendar of upcoming dates.

Sincerely,
Mr. Burns

4K STEM Grant

A team of La Crosse School District 4K teachers including Pa Houa Vang, Penelope O'Reilly, Jane Erickson, Cathy Leon, and Cathy Fuchs received a grant from the La Crosse Public Education Foundation (LPEF) for a total of \$7,985 to buy Science, Technology, Engineering, and Math (STEM) materials for all the La Crosse 4K classrooms. These materials will help four and five year olds to problem solve, ask questions, and explore the world around them. Researchers have also noticed that students who were less successful in traditional school activities (whether because of special education needs or otherwise) were able to thrive when they encountered STEM learning opportunities, even emerging as leaders in their small groups in some cases.

The grant money will go towards STEM professional development for all 4K teachers, and will include a science light table, math light table starter kit, real working construction crane, children's tape measure, math balance, and other consumable supplies. This grant was underwritten in part by Modern Crane Services of Onalaska.



Please label your kids things. As kids begin bringing jackets, hats, and such our lost and found becomes quite full. Labeling your child's items will ensure they are able to be found and returned in a timely manner.

Important Dates

- October 4th-8th- Scrip order window
- Oct 5th: Steering Committee Meeting 7pm on Zoom
- October 3rd-9th- Fire Safety Week
- October 15th- Early Release 1:15 pm
- October 18th- No School
- October 18th- Conferences 11:00 am-7:00 pm
- October 21st- Conferences 4:00 pm-8:00 pm
- Oct 21st: Barn Dance Family Night
- November 1st- No School
- November 4th- Picture Retakes





**Beat for Peace will meet
Thursdays 3:15-4:30pm
after school starting in
October 7th and will
continue to meet until
April 28th....**

Beat 4 Peace is back! Registration must be completed online at this link: <https://forms.gle/FAS3FzS82ueNPKTP6>

Group will not meet on
nights of Parent/
Teacher Conferences,
concert nights, or when
I am called to
administrative
meetings.



What to expect....

- Making Friends
- Drumming
- Working Hard
- Singing
- Fun and Games
- Performances



We want YOU!!
2021-2022

**Beat for Peace
is for ANY interested
3-5 grade students
of Hamilton/SOTA I!**





Respect Focus

Teamwork

Complement

LISTEN

Call & response

Musical Space

Communication

Community

COMPLIMENT

Tone Quality

Watch

Balance

Social Competence

Empathy & Caring

Communication Skills

Problem Solving

Flexible Thinking

Reflectivity

Autonomy & Independence

Sense of Identity

Internal Locus of Control

Sense of Purpose

Future Optimism

Goal Directed-ness

Achievement Orientation

Schmid, Will (1985). World Music Drumming. Wisconsin: Hal Leonard

Adler & Smith (1998). School staff guide to risk and resiliency. Tallahassee: Florida Department of Education

Build Character

Using the discipline needed to be part of a performing group to develop confidence in yourself, respect for self and others, and a desire to always be the best you can be!

Research Based Curriculum has shown to be hugely successful in pilot schools. Classroom teachers reported that Beat for Peace members began to pay more attention in class, to ask more questions, and to strive to do their personal best.

In addition, those students were having better relationships with peers, teachers and their parents.

This results suggests that building a sense of pride and feeling that they belong in our community goes a long way to motivate students in all areas.



BEAT 4 PEACE

Contact—

Karla Wakeen

1111 South 7th Street

La Crosse, WI 54601

(608)789-7695

kwakeen@lacrossesd.org



Social Emotional Learning

During Wellness lessons for the month of October, we will be identifying trusted adults they can go to when they are in unsafe situations such as bullying. Bullying is different from conflict in the repetitive nature and imbalance of power.

How can you help at home?

- Remind students of strategies to try if someone is bothering/hurting them including an assertive voice and ask to "Please Stop." Don't give them the reaction they seek and ignore if possible, and ask an adult for help if these strategies aren't working.
- Encourage students to be an Upstander instead of a Bystander. It is all of our responsibility to stand up if we see someone being treated unkindly.
- Explore [Raising Caring Kids](#) resources to help build your child's social and emotional learning.

More resource/referral information:

- [Great Rivers 211](#) – offers free, confidential community information and referrals 24 hours/day. Dial 2-1-1 or (800) 362-8255 to talk to an information and referral specialist. They also offer a 24 hour a day crisis line.
- [La Crosse Area Resource Guide](#) – comprehensive list of resources to support individuals & families
- [The Parenting Place](#) – FREE RESOURCE to learn parenting tips, interact with other parents, discover resources in your own community, understand the stages of child development, borrow books, toys and resources, find the best options for child care.
- Resources to Help You & Your Children Cope with COVID19: <https://childmind.org/topics/concerns/parenting-challenges/>

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](#)



Community Resources and Financial Support

- [FoodShare](#) - Helps people with limited money to buy the food they need for good health.
- HealthCare - [BadgerCare Plus](#) and [Medicaid](#) programs provide health care coverage to individuals and families.
- [Couleecap](#) - Helps people in need with housing, food, transportation, and more. Through our actions we fight poverty, promote self-sufficiency, economic development, social justice, and personal responsibility.

Holiday Help: Community Programs to Help Families

We live in a generous community with lots of resources and support. COVID has brought financial uncertainty and hardship for many. If you would like to learn more about resources/supports, please be in touch with me at hbertram@lacrossesd.org or call 789-5090. Most of the information will not be available until late October.

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. If you are struggling with developing a routine or want to problem solve together, please reach out: hbertram@lacrossesd.org or 608-789-5090.

Grade/Age	Hours of sleep/night
Preschoolers (age 3-5)	10-13 hours
School-aged children (ages 6-13)	10-11 hours

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.	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.
Beds are for sleeping	A child's bedroom environment should be cool, quiet and comfortable.
Maintain a bedtime routine.	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
Provide a quiet, calm and relaxing activities before bed.	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.
Model how to relax	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 those cold and dark winter days).
Encourage them to cuddle with a stuffed animal or blanket	Giving a child a security object can be a good transition to help them feel safe.

Information taken from Children's Hospital of Wisconsin

RIVER CITY YOUTH HOCKEY

TRY HOCKEY FOR **FREE**



Sunday, Oct. 10 from 2–4 pm
Saturday, Nov. 6 from 10 am–noon

Register: <https://www.surveymonkey.com/r/TryHockeyFree2021>

Green Island Ice Arena
Equipment will be provided
Boys & Girls Grades K-5

www.lacrossehockey.com




Storywalk Installed

Mrs. Harden has installed a storywalk that we were able to create thanks to a La Crosse Community Foundation Grant. The story starts on the fence nearest the new gymnasium. Each section tells two pages of the story. It also prompts readers to move to the next part of the story in different ways (walking, jumping, running) or prompts the readers with questions. Check it out!





LONG-RANGE FACILITY PLANNING

PREPARING FOR THE FUTURE OF OUR SCHOOLS

The School District of La Crosse is developing a long-range facility plan to address the future of school buildings in our district.



Our school district, like many others, is experiencing declining enrollment. Fewer students means less money for schools.



Our buildings are aging with five of them older than 80 years old. These older buildings have increased maintenance needs and do not meet modern standards for educational environments.



We have more buildings than is typical for a school district our size. We want to be efficient with our resources while providing the best possible education for all of our students.



This fall, we will be sending out a survey to gather your feedback on how you think we should proceed to right-size our school facilities and provide a high quality education to every student.

LEARN MORE ABOUT OUR FACILITIES PLANNING PROCESS
AT WWW.LACROSSESCHOOLS.ORG.



WE ALL HAVE MENTAL HEALTH



**MENTAL HEALTH IS HOW WE:
THINK FEEL & ACT**



WE ALL HAVE MENTAL HEALTH

Mental health is how we think, feel, and act.

Over the past year, we have seen how experiences impact how we think, feel, and act. There are many things we can do to build a strong, stable foundation of mental health to help us thrive, adapt, and get through difficult times:

- Connect with others
- Be aware of how you feel
- Take care of your body with movement, fuel, and rest
- Do something you enjoy
- Set healthy boundaries
- Ask for help when you need it

Learn more about how to care for yourself and others. Scan this QR Code (with a phone camera) and watch Better Together's Dinner Table Resilience series.



If you or a loved one are experiencing a crisis situation, the following resources can help.

- 211 Crisis Line: dial 2-1-1 (landline) or (800) 362-8255 (mobile)
- Mobile Crisis Emergency Services: dial (608) 784-HELP
- Suicide Prevention Text Line: text HOME to 741741

2-1-1





Greetings Hamilton/SOTA I families! As the cold weather is upon us, please remember to be mindful of ways to stay healthy and away from illness! While illness tends to be inevitable, it's still important to practice healthy habits everyday. Remember to wash your hands often and thoroughly at any opportunity, cover your coughs & sneezes – and remind your children to do the same. Also, taking as many preventative steps like getting enough sleep, having a healthy breakfast, and limiting non-school related screen time as often as possible will help to keep your entire family healthy & happy!

COVID-19 Updates:

Unfortunately, COVID-19 is still present in our communities, schools, and our world. This virus is ever changing as is the guidance that we are provided. The best preventative measures, however, have not changed – wash hands often for 20+ seconds, keep a safe social distance (at least 3 ft) from others when out in public, and stay home if you or your child is sick.

For more guidance on COVID-19 from the district, see this [COVID fact sheet](#). If you would like more information about the district's policies regarding COVID-19, you can visit [our website](#) or see this [guidance document](#).

Also, this is the season for head lice. As scary as it often seems for families, it is simply a nuisance and is very common. Practicing common sense about sharing hats, hair brushes/combs and hair ties is truly the best way to keep lice from coming into your home. Lice is most commonly spread by head to head contact in people that are in close proximity to each other for a long period of time. This can happen at sleepovers, if items like brushes/combs/hats are shared often or if students are putting their heads together for a picture for an extended period of time. You can find many resources regarding head lice on the [School Health website](#).

Additional reminders & updates:

Now that we are able to have visitors in our buildings again (yay!), we are moving forward with our vision screenings and dental sealant program that we do every year as a free service for our students. The first set of vision screenings were scheduled for late September and the dental sealant program is scheduled for early October. Be on the lookout for any paperwork or letters from the health room regarding these screenings.

Also, if you haven't completed the dental sealant consent form when you completed the annual update on skyward, you may receive a paper copy in the mail or sent home in your child's backpack. Please complete this right away so your student can get this invaluable dental service free of charge! As always, call or email with any questions or concerns.

Yours in health,

Amber Peters, health assistant (Ph: 608-789-5052 | Email: apeters@lacrossesd.org)

Melissa Kujak, RN (Ph: 608-789-7684 | Email: mkujak@lacrossesd.org)



Brainstorming with Barbara

Barbara Eisenmenger, MSW, LCSW – Student Family Assistance Program
School District of La Crosse - Gundersen Health System

All About Anxiety

Anxiety: it's something we've all experienced at one time or another. Sometimes anxiety can be helpful, like when it motivates us to practice for soccer tryouts or spend extra time on that project we really care about. But, what about when anxiety starts to get in the way of important things like going to school, making friends, or falling asleep?

This month kicks off a mini-series focusing specifically on anxiety: how to recognize it, how YOU as a parent or caregiver can support at home, and when to connect your child with a medical professional for more support.

Recognizing Anxiety

I might notice...

- Irritability
- Avoidance of tasks/places
- Withdrawal from social events
- Difficulty concentrating
- Sleep disruptions
- GI (gastrointestinal) difficulties
- Complaints of headache, stomachache, etc.
- Increased heart rate, sweating, or rapid breathing patterns
- Frequent thoughts or verbalizations about the "worst case scenario"

If symptoms are causing impairment in your child's life, OR they are making comments about harming themselves or others, contact your local medical facility for support.

Adults often wonder how to best support youth struggling with anxiety. This can be a difficult process, especially if the worry seems unrealistic or very unlikely to happen.

Skills to Practice at Home

Validate, Model, Breathe

Verbalize that anxiety and worry are normal. Also keep in mind that your child's experience is REAL to them, no matter how far-fetched their worry may seem.

Model successful methods of coping with anxiety and share about what has worked well for you.

Strategies such as Progressive Muscle Relaxation, Guided Imagery, and Belly Breathing are age-appropriate and can be done anywhere.

Resources

These titles are available for Read Aloud on YouTube. Some may also be available at your local library or school's LMC.

Don't Feed the Worry Bug – by Andi Green

What To Do When You Worry Too Much –
by Dawn Huebner, PhD

Ruby Finds a Worry –
by Tom Percival

The Worrysaurus –
by Rachel Bright

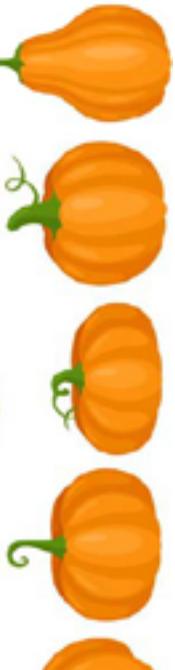
Thanks to: PBS Kids.org, University of Michigan Mott's Children's Hospital, and Children's Hospitals of California.

A Note to Grown Ups

These resources are not meant to take the place of direct medical or behavioral health care. For needs specific to your child, please contact their pediatrician or family medical provider.



O C T O B E R 2 0 2 1 E L E M E N T A R Y M E N U

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Breakfast is served with white milk. Breakfast choice #2 is always cereal.</p> <p>Lunch includes fruit, veggie, and choice of milk.</p> <p>** Menu is subject to change.**</p>				<u>BREAKFAST</u> day 4 #1 Breakfast Bread <u>LUNCH</u> #1 Texas BBQ Pork Sandwich #2 Yogurt & Cheese Stick
4 <u>BREAKFAST</u> day 5 #1 Banana Bread <u>LUNCH</u> #1 Chicken Nuggets #2 Yogurt & Cheese Stick	5 <u>BREAKFAST</u> day 6 #1 Frudel Pastry <u>LUNCH</u> #1 Cheesy Garlic Flatbread #2 EZ Jammer & Cheese Stick	6 <u>BREAKFAST</u> day 7 #1 Mini Bagel w/ Cr Cheese <u>LUNCH</u> #1 Fish Nuggets #2 Yogurt & Cheese Stick	7 <u>BREAKFAST</u> day 1 #1 BeneFIT Bar <u>LUNCH</u> #1 Pizza #2 EZ Jammer & Cheese Stick	8 <u>BREAKFAST</u> day 2 #1 Choc Chip Muffin <u>LUNCH</u> #1 Corn Dog #2 Yogurt & Cheese Stick
11 <u>BREAKFAST</u> day 4 #1 Mini Cinnis <u>LUNCH</u> #1 Orange Chicken #2 Yogurt & Cheese Stick	12 <u>BREAKFAST</u> day 5 #1 Ultimate Breakfast Round <u>LUNCH</u> #1 Taco Triangles #2 EZ Jammer & Cheese Stick	13 <u>BREAKFAST</u> day 6 #1 Maple Madness Waffles <u>LUNCH</u> #1 Mac & Cheese #2 Yogurt & Cheese Stick	14 <u>BREAKFAST</u> day 1 #1 Muffin <u>LUNCH</u> #1 Pizza #2 EZ Jammer & Cheese Stick	15 <u>BREAKFAST</u> day 2 #1 BeneFIT Bar <u>LUNCH</u> #1 Hamburger #2 Yogurt & Cheese Stick
18 NO SCHOOL <u>LUNCH</u> #1 Cheese Quesadilla #2 EZ Jammer & Cheese Stick	19 <u>BREAKFAST</u> day 3 #1 Frudel Pastry <u>LUNCH</u> #1 Cheese Quesadilla #2 EZ Jammer & Cheese Stick	20 <u>BREAKFAST</u> day 4 #1 Mini Bagel w/ Cr Cheese <u>LUNCH</u> #1 Meatball Sub #2 Yogurt & Cheese Stick	21 <u>BREAKFAST</u> day 5 #1 BeneFIT Bar <u>LUNCH</u> #1 Pepperoni Calzone #2 EZ Jammer & Cheese Stick	22 <u>BREAKFAST</u> day 6 #1 Choc Chip Muffin <u>LUNCH</u> #1 Texas BBQ Pork Sandwich #2 Yogurt & Cheese Stick
25 <u>BREAKFAST</u> day 1 #1 Mini Cinnis <u>LUNCH</u> #1 Chicken Nuggets #2 Yogurt & Cheese Stick	26 <u>BREAKFAST</u> day 2 #1 Ultimate Breakfast Round <u>LUNCH</u> #1 Cheese Filled Breadstick #2 EZ Jammer & Cheese Stick	27 <u>BREAKFAST</u> day 3 #1 Maple Madness Waffles <u>LUNCH</u> #1 Mac & Cheese #2 Yogurt & Cheese Stick	28 <u>BREAKFAST</u> day 4 #1 Muffin <u>LUNCH</u> #1 Pizza #2 EZ Jammer & Cheese Stick	29 <u>BREAKFAST</u> day 5 #1 Breakfast Bread <u>LUNCH</u> #1 Hot Dog #2 Yogurt & Cheese Stick



HARVEST OF THE MONTH NEWSLETTER 10/2021



FUN FACTS

- Did you know that La Crescent, Minnesota is the Apple Capital of the USA?!
- It takes about 36 apples to make one gallon of apple cider and about 2 pounds to make one apple pie!

NUTRITION INFO

One medium apple has 95 calories and provides vitamin C, potassium and fiber.



Warm Cinnamon Apples

Serves 6

Ingredients:

- 4 large apples, sliced
- 2 Tbsp. brown sugar or maple syrup
- 1 tsp. cinnamon
- 1/4 tsp. ground nutmeg
- 2 Tbsp. water
- 1 Tbsp. butter

Directions:

In a large bowl, combine apples, syrup/sugar, cinnamon and nutmeg. In a medium saucepan, cook apple mixture, water and butter over medium heat. Stir occasionally for 8-10 minutes or until apples are tender.

Per Serving (1/2 cup): 116 calories, 2g fat, 1g saturated fat, 0g protein, 24g carbohydrate, 4g fiber, 0mg 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.



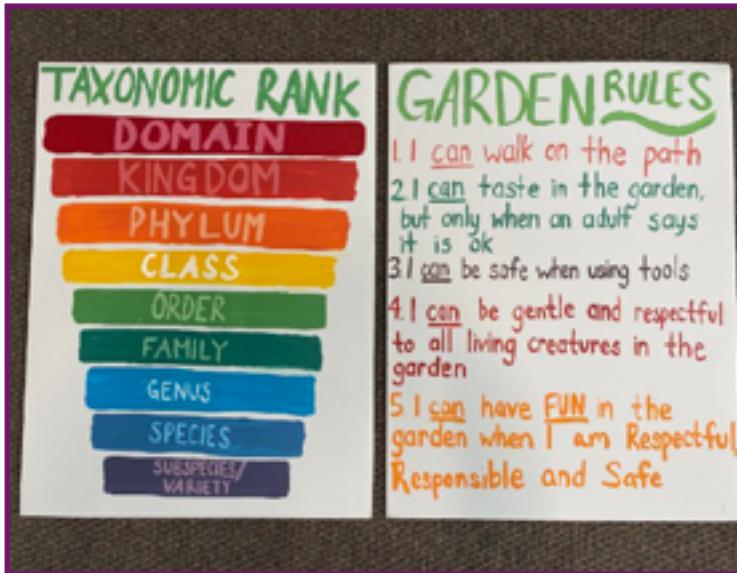
MAYO CLINIC
HEALTH SYSTEM

GUNDERSEN
HEALTH SYSTEM

GROW



Connecting youth to healthy food and nature



Fall Garden Lessons In Full Swing

"Becoming Plant Scientists" is the theme of our fall 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.

Most students have already had their first fall garden lesson of the school year. Our team of garden educators will help student scientists to make observations in nature. Garden educators will invite students to be curious about what they see in the gardens. We will use their observations to sort and categorize. Students will build upon the knowledge gained during their spring lessons as we look at how scientists classify living organisms.

Lessons will continue through the month of October as we offer two more GROW garden lessons. Students can look forward to a garden taste test; a favorite garden activity. We will also incorporate caring work into our final lesson as the season gives way to cooler temperatures.



Upcoming Vaccine Clinics

La Crosse County Health Department Childhood Vaccine Clinics

Longfellow Middle—Wednesday, September 29, 2021. 3-5pm

Northside Elementary—Wednesday, October 6, 2021. 3-5pm

Who is eligible: All children through 18 years of age are eligible for fall school-based clinics for all childhood vaccines.

What is available: All childhood and school-required immunizations. In addition, non-school required vaccines such as Hepatitis A, Meningococcal, HPV, and Pfizer COVID-19 vaccines are available.

For questions, call La Crosse County Health Department at 785-9723.



Clínicas de vacunación infantil del Departamento de Salud del Condado de La Crosse

Longfellow Middle: miércoles 29 de septiembre de 2021, de 3 a 5 p. M.

Primaria Northside: miércoles 6 de octubre de 2021, de 3 a 5 p. M.

Quién es elegible : Todos los niños hasta los 18 años de edad son elegibles para las clínicas escolares de otoño para todas las vacunas infantiles.

Lo que está disponible : Todas las vacunas requeridas para la niñez y la escuela. Además, se encuentran disponibles vacunas no requeridas por la escuela, como las vacunas contra la hepatitis A, meningocócica, VPH y Pfizer COVID-19.

Si tiene preguntas, llame al Departamento de Salud del Condado de La Crosse al 785-9723.

La Crosse County Lub Chav Xyuas Kev Noj Qab Haus Huv Tswj Xeeb Txhaj Tshuaj Tiv Thaiv

Nyob Rau Lub Tsev Kawm Ntawv :

Longfellow- Hnub Wednesday, Lub 9 hlis tim 29, 2021 thaum 3:00-5:00 Tsaus Ntuj

Northside Elementary- Hnub Wednesday, Lub 10 hlis tim 6, 2021 thaum 3-5:00 Tsaus Ntuj

Leej Twg thiaj li Txhaj Tau: State tso cai, txhua tus menuam muaj hnub yug txog 18 xyoo mus txhaj tau tshuaj rau hauv tsev kawm ntawv.

Yuav Muaj Dab Tsis: Yuav muaj cov koob tshuaj txhaj thaum menuam tseem yau-thiab yuav muaj cov koob tshuaj uas yuav tsum tshaj ua ntej kawm ntawv. Nrog ntxiv, kooj tshuaj Hepatitis A, Meningococcal, HPV, thiab koob tshuaj Pfizer txhaj thiv COVID 19.

Yog Muaj Lus Nug Hu: La Crosse County Health Department: 608-785-9723



Kindergarten and 1st grade students have been discovering the different sounds their voices can make. Following different shaped lines with their voices, adding expression to stories, and singing echo, and call and response songs are a few of the activities. Students are presently working on a song about the many different kinds of apples! We have also incorporated a couple of hand held instruments and body percussion to practice keeping a steady beat. The students are delightfully responsive to any movement activity and are very good at using their imaginations with scarves. During intersession SOTA I students have created shakers to use in music and learned a number of name building songs. I can tell they are enjoying to learn each other's names.

Students in 2nd and 3rd grades are working hard on learning how to hold a ukulele, different strumming patterns, rhythm reading, and reading a ukulele chord chart. This is quite challenging for some, but all of the students have gained knowledge and increased their comfort level in these areas. Learning an instrument is challenging but uses both sides of the brain at the same time. This work is quite valuable. We have learned with confidence the C and Am chords. Several students have also been able to add the F and G7 chords as well! We are using ukulele song play alongs such as, Ho Hey and Sunflower, to practice and reinforce the chord changes. Such fun!

Students in 4th and 5th grades are also working on ukulele. It has impressed me how well they are able to accurately change chords while keeping a strumming pattern going. So far we have learned 4 chords (C, Am, F, and G7) and are adding two new ones (G and D) this week. Students enjoy the ukulele song play alongs. It is fun to play along with "the band" so to speak. Their favorite songs so far are Sunflower, Best Day of My Life, Thunder, Surfin' USA and Radio Active. All of the students have demonstrated great focus and determination trying to play with proper technique and a consistent tempo.

Beat 4 Peace will begin Thursday, October 7 and will meet weekly from 3:15 until 4:30 PM until April. Any cancellations will be posted on the music room door, so be sure to check. The drumming club will give students an opportunity to explore the drums and other hand held instruments in a variety of ways. We will learn songs and play games to build community and skill. So far we have 10 students signed up. That is a great size, but I would welcome more. If your child is interested in the after school club please visit this link to complete the online registration. The information gathered helps us to take better care of you children. Thank you!!

Highly Qualified Teachers

The School District of La Crosse takes pride in hiring only highly qualified teachers. This means they all are fully trained, certified, and often experienced in the position they teach. Our faculty consistently has a high percentage of advanced degrees, and we do a good job of retaining some of the top staff in the state and the nation. Life events, such as retirement, childbirth, or illness, sometimes cause a need for a long-term substitute teacher. When this happens, we always make every effort to hire a highly qualified substitute. All are certified teachers, and most are licensed in the area in which they are substituting. In rare cases it may be impossible to find a teacher with a particular certification, such as special education. This may result in the district asking the Wisconsin Department of Public Instruction for an emergency license for such a teacher. If you ever have any questions about the certification of any of our staff, please call Shelley Shirel, Director of Elementary Education.



Food Pantry

Once a month at Hamilton/SOTA I we receive a donation of food. Typically it contains dry goods and occasionally fresh produce, meat, and dairy. If your family could benefit from a monthly bag of groceries, please contact the office to sign up. You will receive information on when pick up days are.



WHERE CAN I GO TO BE TESTED?

In addition to Gundersen and Mayo, there are several drive up sites where your child and family members can be tested. Please refer to the testing sites available and fill out the pre-registration form.



COVID Drive-Up Testing

Open to School District of La Crosse students and staff, as well as members of their household

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Logan HS 1500 Ranger Drive	Hogan Admin Center 807 East Ave S	PCR and Antigen testing is available at each site. Pre-registration is recommended: https://register.covidconnect.wi.gov/		Spence Elementary 2150 Bennett St.
7:00am-10:00am	7:00am-10:00am			7:00am-10:00am
Spence Elementary 2150 Bennett St.		Logan HS 1500 Ranger Drive	Hogan Admin Center 807 East Ave S	Logan HS 1500 Ranger Drive
2:00pm-5:00pm		2:00pm-5:00pm	2:00pm-5:00pm	2:00pm-5:00pm

WHEN SHOULD MY CHILD BE TESTED AT A DRIVE-UP SITE?

- If your child becomes sick before they go to school or after they get home from school. Your child should not come to school while waiting test results
- If your child is a close contact seeking to return under a shortened quarantine
- If your child becomes sick at school and you prefer testing occur at a test site in the community
- If other members of the household are sick and you would like to have them tested
- If you want to assess your family risk with a rapid antigen test or your asymptomatic child or any household member (please note, a confirmatory PCR test may be necessary).

TESTING REGISTRATION

We highly recommend pre-registration before testing at a district drive-up testing site. Pre-registration is needed prior to each time you are tested and for each individual being tested. While registering, you will be asked for a testing location; please be sure to indicate that you are being tested at a non-public site. Your test results will be emailed to the address used in the registration process. Please use this link to pre-register: <https://register.covidconnect.wi.gov/>



Results? How to use COVID Connect

REGISTER EACH PERSON ON YOUR PHONE BEFORE EVERY TESTING EVENT

COVID Connect is an easy digital system provided by DHS to register students and families for testing. All results will be automatically emailed to the address provided!

Go to: register.covidconnect.wi.gov

- **Go to the website** and select the blue button for “Take the Screening Questionnaire”
- **Answer the questions** for the person you are registering
- **Consent** for the minor being tested
- **Receive results** to the email used to register the person being tested

How do I Pre-register?



Scan this QR code, or go to this URL:
register.covidconnect.wi.gov

- **Register** by answering a short questionnaire
- Parents/Guardians will be **prompted to consent** for minor students and children.
- **Receive an email confirmation with a QR code.** You can use the same email address to register all family members. You will be emailed one QR code for every person registered, even if you use the same email address

How do I get results?



Test results take **24-48 hours**

- **Negative results:** you will be emailed a secure link to view and print results.
- **Positive results:** you will be emailed a secure link to view and print results and may be called by contact tracing staff

Have your QR code ready at the testing site.

You will need to show it to testing personnel.

You can find more information about **Accelerated Clinical Laboratories** at:

Backtoschoolwi.com

Amended Quarantine or Full Quarantine for Close Contacts...What You Need to Know.

Needs to:	Quarantine at home:	At school:	
Amended Quarantine: return on Day 8	<ul style="list-style-type: none"> Provide proof of a negative Antigen or PCR test taken on day 6 or 7. Be asymptomatic. 	Monitor for symptoms, test if symptoms develop.	Student needs to wear a mask indoors and outside and keep distance from others through the full 14 days from date of close contact.
Full Quarantine: Return on day 15	<ul style="list-style-type: none"> Feel well 	14 days of quarantine	May return on day 15.

*****For students in 4K and Kindergarten, they will quarantine the entire 14 days and return on day 15.*****



Mitigation strategies that are happening at Emerson;

Masks required inside the building

Spacing with the classroom and during lunch in the cafeteria;
3-6 ft.

Hand washing and sanitizing as often as possible

Seating charts in the classroom and cafeteria to provide detailed close contact tracing.