



December Newsletter

Phone (608)789-7695
Fax (608)789-7030

SCHOOL OF TECHNOLOGY AND ARTS I
1111 S. 7th St

A Note from Mr. Burns

Greetings!

I hope this message finds you well. I wanted to remind you all about some important upcoming dates.

Remember, this upcoming Friday, December 3rd is an early release day. The Boys & Girls Club will be open to accommodate their registered members for the early release.

We are excited to be having a Winter Solstice Open House for SOTA I on Tuesday, December 21st. Because of COVID restrictions, we request attendance be limited to immediate family members. The full schedule is included in this newsletter.

Finally, the school district is in desperate need of substitute teachers. Even if you can't commit to full days or every day, if you've ever thought about helping out in this capacity the time is now. Contact Sue, Britney, or myself for more information if you're interested.

Enjoy a restful winter break!



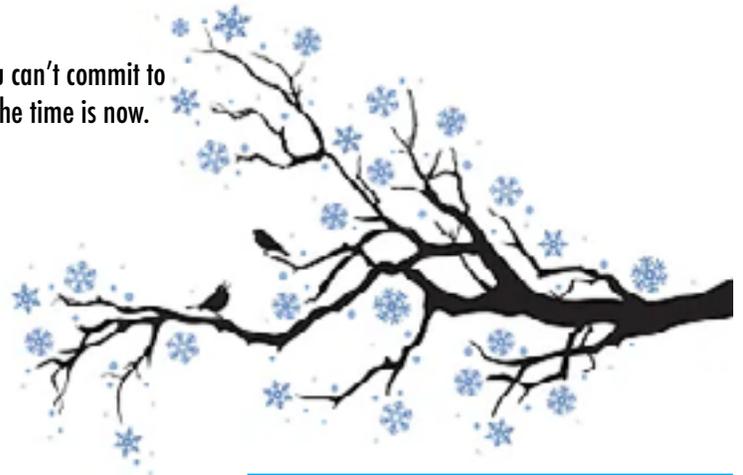
Are you planning a family trip for the holidays? As you think about your arrangements, we want to stress the importance of sending your child to school every day possible. Every year, absences spike in the weeks before and after the winter holiday as families squeeze in a few more vacation days. It's time to break that cycle. We know that just a few missed days here and there, even if they're excused absences, can add up to too much lost learning time and put your child behind in school. This is as true in kindergarten as it is in high school. Put simply, too many absences at any age can affect a student's chances for academic success and eventually for graduation.

We recognize that holidays are an important time for reconnecting with families far away. The costs of plane tickets often influence when you want to travel. But keep in mind the costs to your children's education if they miss too much school— and the message you will be sending about the importance of attendance. Even if you've got a homework packet from the teacher, it doesn't make up for the interaction and learning that happens in the classroom. Our teachers will be teaching, and our students will be learning, right up until vacation starts and the first day back.

This holiday season, give your children the gift of an education and the habit of attendance.

Important Dates

December 3- Early Release at 1:15
December 21- Winter Solstice Open House
December 23- Jan 1- No School
January 3- School Restarts
January 4- SOTA I Steering Committee Meeting
6:00-7:00pm



Winter Wear Help

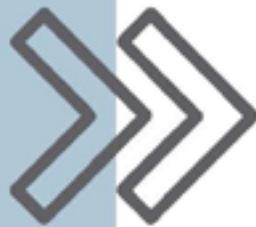
Do you have a Hamilton or SOTA I child who will be in need of a winter coat, boots, etc? If so, please complete this survey. Hamilton Community School will assist in trying to meet your winter needs. Please complete this form here:

[Winter Wear Request Form Link](#)

WE WANT TO HEAR YOUR VOICE

Want to help yourself and others?
Tell us what your concerns are for
La Crosse County!

What
are
your
Top 3?



- Access to care
- Children and youth
- Communicable disease
- Healthy environment
- Infrastructure
- Injury prevention
- Top causes of death
- Substance use
- Violence

TAKE OUR SURVEY



Email Rachel King with
questions at
rking@lacrossecounty.org



LA CROSSE COUNTY
Health Department



Our school is looking for substitute teachers, substitute teacher assistants, and substitute cooks.

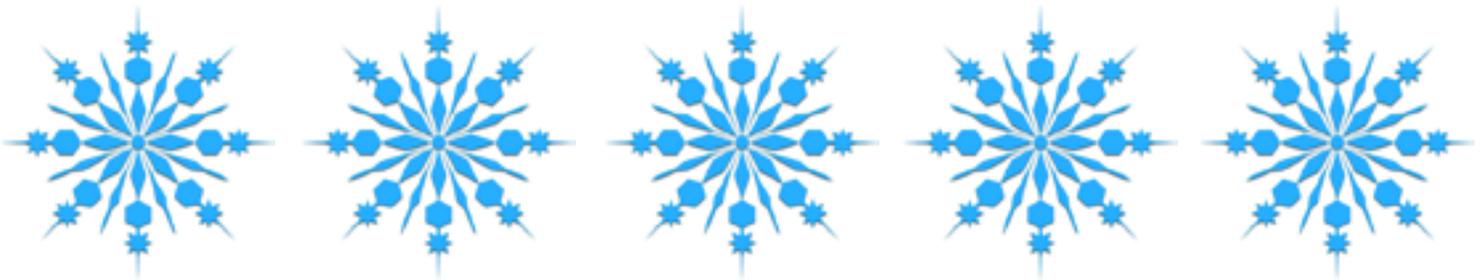
To be eligible to substitute teach, you need either an associates degree or a bachelor's degree. Your degree can be in any field; it does not need to be in education to be a short-term substitute teacher (less than 45 days in the same role). Substitute teachers can choose the school, subject, and/or grades that they are interested in working and have flexibility on what days that they would like to work. For example, we have recruited one

recent UW-L grad who is finishing his graduate degree to work one day per week in physical education.

To be eligible to be a substitute teacher assistant, you need to have 48-post high school credits in any field or you can take a program through the district that allows you to be certified upon completion. The district can usually be flexible with start and/or end times as needed for TA subs to accommodate parents' schedules.

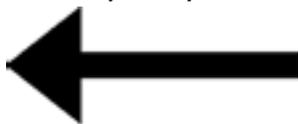
Parents who are looking for a short shift in the middle of the day that allows flexibility can also apply to be a substitute cook.

Any candidates interested in subbing can contact Heidi Mellem, the administrative assistant in the HR office, at hmellem@lacrossesd.org or call 608-789-7953.



La Crosse County Health Survey

Greetings parents and school staff! The La Crosse County Health Department is conducting a CHA, or Community Health Assessment, to get community input on issues we should address within La Crosse County. We have ten topics of concern and want to know which three are most important to you, your family, and your school. Your feedback will help us know where to focus our efforts in our community over the next five years. Supporting you and your family is a priority of ours and your input is important. Take this quick online survey by scanning the QR code. Thank you for your time and input!



SCHOOL ZONE DRIVING SAFETY

BE AWARE AND PATIENT

Reduce your speed

Yield to pedestrians and busses

Plan for increased traffic

No parking in the drop off lane



La Crosse SkiSparks



SkiSparks is an eight-week program that teaches cross-country skiing FUNdamentals in a recreational environment. Kids will play games, enjoy the outdoors, and learn physical literacy through our research-based curriculum.

SkiSparks is open to kids ages 4-14. You can find a SkiSparks program level that fits your child on the mysl.org webpage.

With registration fees of only \$40 per child and ski rentals available, SkiSparks is an easy and fun way for your family to get outside this winter. [Scholarships](#) are available.



Meets Sunday afternoons 3-4:30
at Hixon Forest Parking Lot

Contact Chris for
more information:
lacrosse@mysl.org

Session Dates for winter 2022:
1/2, 1/9, 1/16, 1/23, 1/30, 2/6,
2/13, 2/20 (Backup 2/27)

Register through mysl.org by creating a login, adding skiers and selecting the La Crosse SkiSparks club. Equipment and scholarships available during registration.



Photo from American Birkebeiner, Hayward, WI

Hello families,

The La Crosse County Health Department together with the School District of La Crosse will be hosting two more COVID Immunization Clinics at two of our elementary schools.

These clinics are open to anyone who would like to attend, and the spacing is correct for those who received their first doses at our Hamilton Elementary School or Northside Elementary School COVID Immunization Clinics in November.

What vaccine is available?

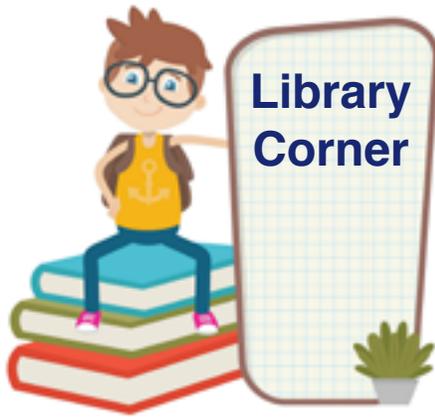
- Pfizer Dose #1 and #2 for 5-11-year-olds (minimum spacing is 21 days between doses 1 and 2.)
- Pfizer for ages 12+ for doses 1 and 2.
- Pfizer, Moderna, and J&J will be available for first and second doses.
- Booster shots for 18+ who received a series of Pfizer or Moderna, or one dose of J&J.
- Booster doses can be different from primary series.



Sign up here for the clinic at Hamilton Elementary School. December 10, 2021, 3-6 p.m.: <https://www.signupgenius.com/go/10c0c4faeaa2da0fec70-covid11>

Sign up here for the clinic at Northside Elementary School. December 13, 2021, 3-6 p.m.: <https://www.signupgenius.com/go/10c0c4faeaa2da0fec70-covid12>

Many vaccination opportunities are available in our community. Please refer to the County Health Department COVID Vaccination webpage (<https://www.lacrossecounty.org/covid19/vaccines>) for additional vaccination sites, frequently asked questions, and contact information if you have further questions.

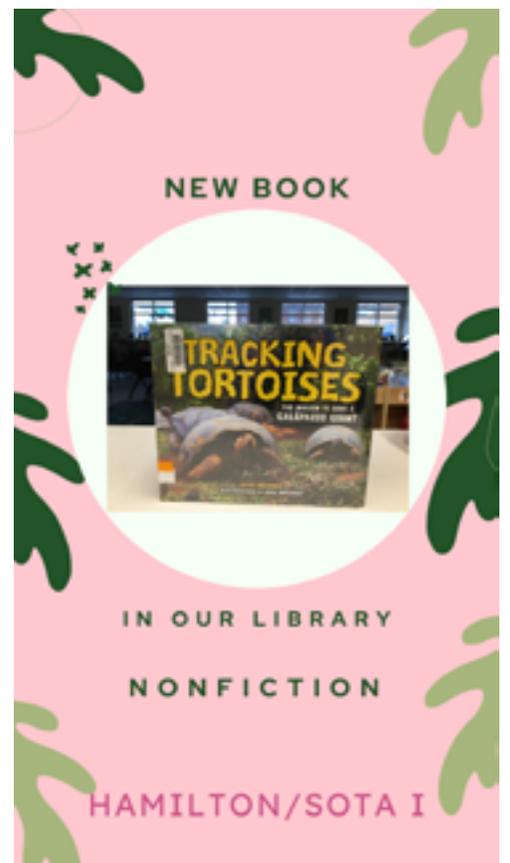


Looking for something for your children to read over the break, on weekends or on no school days? Have them investigate the showcase of books that are available in Tumblebooks. Tumblebooks are animated, talking picture books which take existing picture books, adding animation, sounds, music and narration to produce an electronic picture book (and some classics). Students can read the books, or have them read to them.

Click on this [link](#) to access Tumblebooks afterschool, on the weekends and no school days! Or Scan this QR Code:

Tumblebooks, animated, talking picture books which teach kids the joy of reading in a format they'll love.

Here is the how to video: <https://youtu.be/iWStl91VK7s>





Greetings families!

For this month, we'd like to share some information about the value of SLEEP for everyone! Is your child getting enough sleep?

The [American Academy of Pediatrics](#) recommends that children 3-5 years old should sleep 10-13 hours per day (including naps) on a regular basis. Children 6-12 years should sleep 9-12 hours per day and teenagers 13-18 years should sleep 8-10 hours per day! Not getting enough sleep each night can be associated with an increase in injuries, obesity, and/or high blood pressure. However, when you do get adequate sleep, it can lead to improved behavior, learning, memory, and quality of life for all ages!



*The American Academy of Pediatrics (AAP) has issued a Statement of Endorsement supporting these guidelines from the American Academy of Sleep Medicine (AASM).
Source: Paruthi S, Brooks LJ, D'Ambrosio C, Mallik W, Kales A, Lloyd RM, Malow B, Muzik K, Nichols C, Quan SF, Rosen CL, Troster MM, Wise MS. Recommended Amount of Sleep for Pediatric Populations: A Statement of the American Academy of Sleep Medicine. *J Clin Sleep Med*. 2016 May 26; pii: j0-00153-16. PMID: 27262806.

Even though screen time is something we are all very used to now, it is still important to limit time on screens. The AAP recommends that ALL screens be turned off 60 minutes before bedtime and that all TV's, computers or other screens not be allowed in the child's bedroom. While that may seem like a hard thing to change, it is important to consider these recommendations and to at least try to find a compromise if you feel like your child isn't getting enough sleep.

Other recommendations include:

- Keeping a regular routine - have wake up/bedtime, brushing teeth, or a book all happen at the same time each day
- Make proper sleep a priority in your family
- Be active during the day - fresh air does wonders!
- Monitor screen time and utilize it (outside of school hours) in moderation
- Avoid overscheduling - keep your schedule as flexible as possible so you're able to make it home to keep up with your bedtime routine

For more information, check out this [video from the AAP!](#)

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)



December 2021

ELEMENTARY MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast is served with white milk. Breakfast choice #2 is always cereal. Lunch includes fruit, veggie, and choice of milk. **Menu is subject to change.**</p>				
<p>6</p> <p>day 3</p> <p><u>BREAKFAST</u></p> <p>#1 Mini Cinnis</p> <p><u>LUNCH</u></p> <p>#1 Chicken Nuggets #2 Yogurt & Cheese Stick</p>	<p>7</p> <p>day 4</p> <p><u>BREAKFAST</u></p> <p>#1 Whole Grain Poptart</p> <p><u>LUNCH</u></p> <p>#1 Garlic Cheese Bread #2 EZ Jammer & Cheese Stick</p>	<p>1</p> <p>day 6</p> <p><u>BREAKFAST</u></p> <p>#1 Mini Bagel w/ Cr Cheese</p> <p><u>LUNCH</u></p> <p>#1 Hot Ham & Cheese #2 Yogurt & Cheese Stick</p>	<p>2</p> <p>day 1</p> <p><u>BREAKFAST</u></p> <p>#1 BeneFIT Bar</p> <p><u>LUNCH</u></p> <p>#1 Pizza #2 EZ Jammer & Cheese Stick</p>	<p>3</p> <p>day 2</p> <p><u>BREAKFAST</u></p> <p>#1 Choc Chip Muffin</p> <p><u>LUNCH</u></p> <p>#1 Texas BBQ Pork Sandwich #2 Yogurt & Cheese Stick</p>
<p>13</p> <p>day 2</p> <p><u>BREAKFAST</u></p> <p>#1 Banana Bread</p> <p><u>LUNCH</u></p> <p>#1 Chicken Patty Sandwich #2 Yogurt & Cheese Stick</p>	<p>14</p> <p>day 3</p> <p><u>BREAKFAST</u></p> <p>#1 Maple Madness Waffle</p> <p><u>LUNCH</u></p> <p>#1 Chicken Taco #2 EZ Jammer & Cheese Stick</p>	<p>8</p> <p>day 5</p> <p><u>BREAKFAST</u></p> <p>#1 Maple Madness Waffle</p> <p><u>LUNCH</u></p> <p>#1 Colby Omelet / Pancakes #2 Yogurt & Cheese Stick</p>	<p>9</p> <p>day 6</p> <p><u>BREAKFAST</u></p> <p>#1 Muffin</p> <p><u>LUNCH</u></p> <p>#1 Pizza #2 EZ Jammer & Cheese Stick</p>	<p>10</p> <p>day 1</p> <p><u>BREAKFAST</u></p> <p>#1 Breakfast Bread</p> <p><u>LUNCH</u></p> <p>#1 Bakalars Hot Dog on Bun #2 Yogurt & Cheese Stick</p>
<p>20</p> <p>day 1</p> <p><u>BREAKFAST</u></p> <p>#1 Mini Cinnis</p> <p><u>LUNCH</u></p> <p>#1 Popcorn Chicken #2 Yogurt & Cheese Stick</p>	<p>21</p> <p>day 2</p> <p><u>BREAKFAST</u></p> <p>#1 Whole Grain Poptart</p> <p><u>LUNCH</u></p> <p>#1 Bakalars Hot Dog on Bun #2 EZ Jammer & Cheese Stick</p>	<p>15</p> <p>day 4</p> <p><u>BREAKFAST</u></p> <p>#1 Apple-Filled Donut</p> <p><u>LUNCH</u></p> <p>#1 Mac & Cheese #2 Yogurt & Cheese Stick</p>	<p>16</p> <p>day 5</p> <p><u>BREAKFAST</u></p> <p>#1 BeneFIT Bar</p> <p><u>LUNCH</u></p> <p>#1 Pizza #2 EZ Jammer & Cheese Stick</p>	<p>17</p> <p>day 6</p> <p><u>BREAKFAST</u></p> <p>#1 Choc Chip Muffin</p> <p><u>LUNCH</u></p> <p>#1 Cheeseburger #2 Yogurt & Cheese Stick</p>
<p>27</p> <p>NO SCHOOL</p>	<p>28</p> <p>NO SCHOOL</p>	<p>22</p> <p>day 3</p> <p><u>BREAKFAST</u></p> <p>#1 Mini Bagel w/ Cr Cheese</p> <p><u>LUNCH</u></p> <p>#1 Personal Pizza #2 Yogurt & Cheese Stick</p>	<p>23</p> <p>NO SCHOOL</p>	<p>24</p> <p>NO SCHOOL</p>
<p>27</p> <p>NO SCHOOL</p>	<p>28</p> <p>NO SCHOOL</p>	<p>29</p> <p>NO SCHOOL</p>	<p>30</p> <p>NO SCHOOL</p>	<p>31</p> <p>NO SCHOOL</p>

WHERE CAN I GO TO BE TESTED?

In addition to Gundersen and Mayo testing sites, there are several drive-up sites offered by the School District of La Crosse where family members can be tested. Please refer to the testing sites below and fill out the pre-registration form identified in the following instructions.

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**. You can use the same email address to register all family members. Each person registered will have their own unique QR code which will be emailed to the address given during registration.

HOW DO I PRE-REGISTER? **** (SAME REGISTRATION FOR TEST AND STAY)**



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. **Have this code ready when you get to the testing site.**



PCR test results take 48-72 hours or longer

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

WHAT TYPE OF TEST SHOULD MY CHILD GET AT THE DRIVE-UP SITES?

PCR-

- If your child becomes sick before or after school with symptoms which would require testing. Your child should not come to school while waiting for test results.
- If your child becomes sick while at school and you prefer testing occur at a test site in the community

ANTIGEN-

- If your asymptomatic child is a close contact seeking to return under a shortened quarantine
- If you want to assess risk of any asymptomatic family member following an exposure, or if they are near other members in the family who are sick (please note, a confirmatory PCR test may be necessary)



COVID DRIVE-UP TESTING

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

MONDAY-FRIDAY (5 DAYS PER WEEK ON DAYS SCHOOL IN SESSION)
Hogan Admin Center 807 East Ave S
7:00am-11:00am AND 2:00pm-5:00pm
Testing location has moved indoors due to the changing weather. Testing location can be accessed through the Gym doors on the north west corner of the Hogan building.

GUNDERSEN HEALTH SYSTEM DRIVE-UP TESTING **BY APPOINTMENT ONLY

Location: 1207 Mulberry Lane, La Crosse, WI 54603

Hours: 8:00am-4:30pm Monday-Friday, 8:00am-Noon Saturday and Sunday

Patients should make an appointment through [My Chart](#) or by calling the Gundersen Covid Nurse line at 608-775-4454.

PCR test results may take 24-48 hours or less

MAYO CLINIC HEALTH SYSTEM DRIVE-UP TESTING **BY APPOINTMENT ONLY

Location: Located on the corner of 10th and Market Street, La Crosse, WI 54601

Hours: 8:30am-5:30pm Monday-Friday

Patients should make an appointment through [Patient Online Services](#) or by calling 507-293-9525 prior to arrival.

PCR test results may take 24-48 hours or less

UW-LA CROSSE TESTING FREE testing for COVID-19 is available to anyone in the La Crosse area

Location: UW-La Crosse Campus, Cartwright Center

Hours: Monday-Friday 10:00am to 2:00pm

Families should pre-register for your rapid antigen test at: <https://www.wihealthconnect.com/> and logon to your profile to view your test results at <portal.uwlax.vivi.healthcare>

Any questions regarding your test results, or to obtain a printed copy call 608-350-9722.

Please visit the La Crosse County Health Department community testing page for updates on dates, times, locations, and testing guidelines.

<https://www.lacrossecounty.org/covid19/testing-information>



COVID-19 SYMPTOMS

WHEN DOES MY SICK CHILD NEED TO STAY HOME AND BE TESTED?

1 SYMPTOM OF:

- Cough
- Shortness of Breath
- Difficulty Breathing
- New loss of taste
- New loss of Smell

OR AT LEAST 2 OF THE FOLLOWING:

- Fever
- Diarrhea
- Body Aches
- Chills
- Sore Throat
- Headache
- Fatigue
- Runny Nose or Congestion
- Nausea or vomiting

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. If your child has symptoms above that require testing, siblings may still attend school for up to three days while awaiting results. If test results are not received by the school district within three days after notification, siblings will have to remain at home until a negative PCR test result is received.





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 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
608-789-7006



Independent Facilitator
Chris Peterson presents



THE PARENTING PROFESSOR

Parenting the Love and Logic Way™

This is a fun 6 part parenting program full of stories, laughs, and skills designed to give you practical skills that can be used immediately. Invest back into your family and up the odds that we raise our children to be successful adults.

Give you and your family the peace it deserves.



Chris Peterson

Gain skills on how to:

- Avoid unwinnable power struggles and arguments
- Stay calm when your kids do upsetting things
- Set limits that you can enforce
- Avoid enabling and begin empowering
- Help your kids learn from their mistakes
- Raise kids who are family members not dictators

...and much more!

Please fill out this form to Register:

<https://forms.gle/gtrjLUZXJ1TbiKcD7>

Please register by February 13th to guarantee your seat and workbook.

Date & Time

February 20, 27, March 13, 20, 27, April 3
 Sunday Classes 4:00-6:00 PM CT

Location

ZOOM Link will be emailed prior to the first session.

Investment

\$50/person and \$75/couple
 Includes all materials,
 online support and
 satisfaction guaranteed.

FREE for families of the School District of
 La Crosse. Sponsored by Project Aware.

www.theparentingprofessor.com



Facilitators of the Parenting the Love and Logic Way™ curriculum are independent and are not employees of the Love and Logic Institute.

PLEASE JOIN US FOR OUR



WINTER SOLSTICE OPEN HOUSE

To celebrate the Winter Solstice, SOTA 1 students will be sharing recent activities and work in drama and the other performing arts connected to cross curricular classroom studies.

DECEMBER 21, 2021

Schedule of the Day

8:30 - 9:15 - K/1 Ms. Karen and Ms. Anna- Community Room

9:45 - 10:30 - 4/5 - Mr. Lawrence - Community Room

10:45 - 11:30 - 4/5 - Ms. Amann - Community Room

1:00 - 1:45 - Mr. Duddeck - Gymnasium

2:00 - 2:45 - Ms. Fuller - Gymnasium

Because of COVID restrictions, we request attendance be limited to immediate family members. Masks are required within the building.

Persons should enter through the Northeast Building Entrance on to the corner of Johnson and 8th.

HARVEST OF THE MONTH
 NEWSLETTER 12/2021



December



cabbage

FUN FACTS

- Cabbage is one of the oldest known vegetables! Red cabbage is one of the many varieties grown around the world.
- Cabbage is Russia's national food. Russians eat about seven times as much cabbage as the average North American.

NUTRITION INFO

One cup of raw cabbage has 22 calories and provides fiber and vitamins A & C.

PICK

Choose firm, heavy cabbage heads with unblemished leaves. Cabbage can be found as whole heads or shredded near bagged salad mixes.

STORE

Store cabbage tightly wrapped in the refrigerator and use within a few weeks. Once cut, place the remainder in a plastic bag or covered container and use within a few days.

PREPARE

To prepare cabbage, remove the thick outer leaves, slice in half, and remove the hard white core. Wash thoroughly and slice into desired thickness.

USE

Cabbage can be steamed, microwaved, boiled, roasted, or made into coleslaw or sauerkraut. Cabbage is a great addition to casseroles, stews, salads and soups.



Savory Roasted Cabbage

Serves 5

Ingredients:

- 1-pound cabbage, roughly chopped with core removed
- 2 Tbsp. olive oil
- ½ tsp. salt
- ¼ tsp black pepper

Directions:

Preheat oven to 400°F. Place cabbage in a large bowl. Add olive oil, salt and pepper; toss until evenly coated. Spread seasoned cabbage onto a sheet pan and place in oven for 10-15 minutes, stirring occasionally. When edges begin to brown, remove from oven and serve warm.

Per serving (1/2 cup): 70 calories, 6g fat, 1g saturated fat, 1g protein, 5g carbohydrate, 2g fiber, 250mg 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, Gunderson 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.