Happy November!

As we enter November and the 2nd quarter, I am grateful for the students, staff & families that support Hamilton and SOTA I. Our most recent family night was a great example of how our two schools came together to enjoy a meal and have fun! Our October family night saw 122 students, 89 families, for a total of 297 people! Thank you for all who attended and participated. A huge shout out to our Community Schools Coordinator, Jon Zinniel, for all the work that goes on behind the scenes to make these nights a possibility!

With the colder months upon us, please make sure you have winter gear for your student. If you need support or help providing this, please let our office know.

Thank you for all your support and for your partnership as we work together to ensure your child’s growing and learning.

In partnership,
Jenna Fernholz
Principal – Hamilton/SOTA I

Important Dates

NO SCHOOL - November 3rd
Hamilton PTO - November 7th 5:00 - 6:30
SOTA Steering Committee- November 7th 6:00 - 7:30
Family Night - Thursday, November 16th 5:30-7:00
ABC Feast - November 21st- Afternoon
NO SCHOOL - November 22nd - 25th
Do you have a Hamilton or SOTA I child who will be in need of a winter coat, boots, etc?

Our Community School will assist in trying to meet your winter needs. Use the QR Code or the link below.

**WINTER GEAR LINK!**
https://forms.gle/d2SP7uWyxfGt5VC2A

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**YEARBOOK**

HAMILTON YEARBOOK $9.00
Online Ordering @ https://strawbridge.fotomericanthv.com/search/YB29457

PAPER ORDER FORMS WILL BE COMING HOME SOON BE ON THE LOOK OUT FOR THOSE!

SOTA I YEARBOOK - MORE INFORMATION COMING SOON!

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IN NEED OF PAPER BROWN BAGS WITH HANDLES FOR OUR FOOD PANTRY!
STAR STUDENTS OF THE MONTH

October

Congrats to our Hamilton/SOTA I students for being RESPECTFUL, RESPONSIBLE & SAFE

Thank you to G.E.C.U for your donation of $1,000 to help pay for snacks and busing for our Madison Field Trip!
STATE CAPITOL FIELD TRIP

MUSIC NEWS - SAVE THE DATE

COME HELP US CELEBRATE OUR 5TH HONOR ORCHESTRA STUDENTS @ THE LACROSSE CENTER ON MARCH 6TH

300 HARBORVIEW PLAZA
LA CROSSE, WI, 54601
Dear Hamilton/SOTA I Families,

Every year at Hamilton, we have a Thanksgiving tradition called the ABC Feast. This year our feast will include both our schools and be on Tuesday, November 21st, 2023. During the feast, students have an opportunity to try various foods representing each letter of the alphabet. As our school continues to grow, so has our feast and our needs. We are asking for support from families. This support can come in many forms. We are asking for financial donations, food donations, and volunteering to set-up, serve, and clean-up on the day of the feast. If you are interested in helping, please respond to this note. We thank you in advance for helping to carry on this wonderful tradition.

With Thanks,
Hamilton/SOTA I Staff

Child’s Name: ________________________________

Parent’s Name: ________________________________

_______ I am making a financial contribution of $_________ which will be used to purchase food and/or serving supplies. (Cash ONLY—included)

_______ I would like to volunteer from 12 pm to 3 pm on Tuesday, November 21st, 2023. (Please ensure you have completed a background check online in order to volunteer.)

_______ I would like to donate food. (Staff will contact you to make arrangements regarding what food to bring.)

Number to be contacted: ______________________
Ms. Shelly - Hamilton 2/3
The second and third graders in Ms. Shelly’s class learned all about the skull this week and what would happen if we didn’t have one. We had so much fun piecing together the cranium and jaw to create a skull that was a little spooky and a lot of fun!

Hamilton – Student Leadership Team
Provides leadership activities in the school including helping in classrooms, morning announcements, building community and having fun!
Dear Parents and Guardians,

In October, our physical education classes have been hard at work developing their footwork skills and ability to create/close open spaces. The emphasis has been on refining these fundamental techniques to improve students' ability to control objects with their feet.

- **Foot Control in Passing and Trapping**: Passing and trapping are critical in many team sports. Students have dedicated time to develop their footwork techniques to ensure better control of the ball and accurate passes.
- **Dribbling with Feet**: Dribbling is essential in soccer and basketball. Our students have been working on their dribbling skills and improving their ball-handling abilities with their feet, which is necessary for maintaining ball possession and maneuvering in tight spaces.
- **Kicking Accuracy vs Power**: Students explored the differences between kicking for power and kicking for accuracy.

In addition to developing their movement skills, students have explored the five fundamental concepts of health-related fitness:

- **Flexibility**: Students have learned the importance of stretching and flexibility exercises to maintain joint health and reduce the risk of injury.
- **Muscular Strength and Endurance**: We've focused on building muscular strength and endurance through various activities and exercises, helping students become stronger and more resilient.
- **Cardiovascular Endurance**: Students have participated in aerobic activities, enhancing their cardiovascular endurance, which is crucial for overall health and stamina.
- **Body Composition**: Understanding the balance between muscle and fat is vital for maintaining a healthy body composition. Students have discussed the importance of a balanced diet, regular sleep, and exercise in achieving this goal.
- **Setting Realistic Fitness Goals**

To put theory into practice, our students recently completed their first PACER (Progressive Aerobic Cardiovascular Endurance Run) test of the school year. The PACER is an opportunity for students to gauge their fitness levels and set realistic goals for improvement. We’re proud of each student’s effort and commitment during the test. Setting and working towards fitness goals is an essential life skill, and our students are off to a fantastic start in 2023.

As always, we encourage parents and guardians to support their children’s physical education journey by promoting a healthy and active lifestyle at home. Encourage regular physical activity and discussions about the importance of fitness and nutrition.

Thank you for your ongoing support in ensuring the well-rounded development of our students in both their physical and academic pursuits. We look forward to more exciting updates as we continue our physical education journey this year!

Sincerely,
 Jordan Young
 Physical Education
 Hamilton/SOTA I
Ordering Closes on 11/21/23 at 11:59pm

All orders are scheduled to be completed 3 to 4 weeks from order deadline. Back ordered items and modified order deadlines may cause changes to scheduled delivery date.

All items are created specifically for your organization are not stock items. Therefore, all sales are final and not eligible for return or exchange.

**WHEN SHOULD YOUR CHILD STAY HOME BECAUSE OF ILLNESS?**

FEVER: greater than 100 degrees.
VOMITING: return 24 hours after vomiting
DIARRHEA: return 24 hours after diarrhea
RASH: rash that is open and draining or a rash with a fever

STREP THROAT, IMPETIGO: return after 24 hours of treatment with antibiotic
SCABIES, RINGWORM: must be treated before returning to school
CHICKEN POX: child may return to school 5-7 days after onset of rash, with all sores dry and scabbed over

Please notify your child's school if your child is absent due to illness or injury. If your child has a serious illness or injury that affects school participation, please notify your school principal or school nurse so a plan can be implemented to meet your child’s needs.

ILLNESS OR INJURY AT SCHOOL
Students who become ill or injured at school will be seen in the health room by trained staff. If your child is unable to return to class, a parent will be contacted. For your child’s comfort please make arrangements to pick them up as soon as possible.
Recipe of the Month:
Quick Snack Mix

Ingredients:
- Dried cranberries (2 tbs)
- Raisins (2 tbs)
- Cheerios (2 tbs)
- Pretzel crackers (2 tbs)

Mix everything and enjoy!

Send your recipe with the harvest of the month and include a picture of your family to win a special prize every month!

Send your recipe to: ibaseski@lacrossesd.org

Harvest of the Month: Cranberry

Did you know that 62% of the cranberries grown in the US comes from Wisconsin?

Recipe of the Month

Be a role model! You are the greatest example to your child. If you want to increase variety in your child’s diet, take the lead and start with your plate.

Try something new! Sometimes children do not like certain foods and most of the time that food is a vegetable. You can always try a new way to re-introduce that vegetable in a different form or incorporate them into their favorite dish.

Do not give up! Sometimes it can be very challenging to have your child eat some veggies but as they get familiar with the food they tend to eat more.

Follow us for more tips! Every month we will be giving you more tips to enhance healthy nutrition. Stay Tuned!

Smart Bites Corner: November

Let’s make our plates colorful!

Greetings from School Nutrition Office. We will be supporting healthy nutrition with school lunch and breakfast, but we thought as a School Nutrition Office we could do more. Now every month the School Nutrition Office will support balanced nutrition at home with tips to enhance balanced nutrition and some new recipes. This month we will shed light upon variety at your meals. Let’s begin by finding answers to some questions!

Why is it important to have variety in your meals?

We need to have a certain amount of each food group on our plate like protein, vegetables, fruits, dairy, grains, and healthy fat. Each of these nutrients have benefits to maintain health and growth.

How do I know if I am getting enough from each group?

The USDA is here to help you with that! They provide examples and an app that you can use as a guidance when you are shopping or cooking. Visit MyPlate.gov and check DGA (Dietary Guidelines for Americans)

Tips to increase variety at your child’s plate:

- Be a role model! You are the greatest example to your child. If you want to increase variety in your child’s diet, take the lead and start with your plate.
- Try something new! Sometimes children do not like certain foods and most of the time that food is a vegetable. You can always try a new way to re-introduce that vegetable in a different form or incorporate them into their favorite dish.
- Do not give up! Sometimes it can be very challenging to have your child eat some veggies but as they get familiar with the food they tend to eat more.
- Follow us for more tips! Every month we will be giving you more tips to enhance healthy nutrition. Stay Tuned!
Cranberries are The Harvest of the Month!

Add cranberries to your favorite family meals:

- Toss cranberries on oatmeal or cold cereal.
- Mix dried cranberries, raisins, cereal, and nuts for a healthy snack mix.
- Add cranberries to salads for a refreshing punch of tartness.

Make meals and memories together. It's a lesson kids will use for life.

Select – Cranberries are available fresh, frozen, canned, dried, and as 100% juice. If selecting fresh, choose plump, firm berries with a deep red color.

Store – Refrigerate cranberries for up to 2 months or freeze for up to 9 months.

Prepare – Sort and discard bruised cranberries. Do not thaw frozen cranberries. Simply rinse the frozen berry and add to your favorite muffin or stuffing recipe.

Did you know?

Cranberries are the state fruit of Wisconsin! 62% of the cranberries grown in the United States come from Wisconsin.

Recipe of the month

Cranberry Pumpkin Muffin Serves 12

Ingredients:
- 2 cups flour
- 3/4 cup sugar
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 3/4 teaspoon allspice
- 1/3 cup vegetable oil
- 2 eggs (large)
- 3/4 cup pumpkin (canned)
- 2 cups cranberries (fresh or frozen chopped)

Directions:
Wash hands with soap and water. Preheat oven to 400 °F. Sift together dry ingredients (flour through allspice) and set aside. Beat oil, eggs, and pumpkin together until well blended. Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until moistened. Fold in chopped cranberries. Spoon into paper lined muffin cups. Bake at 400 °F for 15 to 30 minutes.

Per serving: 203 calories, 7g fat, 3g protein, 32g carbohydrate, 2g fiber, 255 mg sodium

Source: iaxf2s.org

Coulee Region Farm to School is a partnership between UW-Madison Division of Extension, Lacrosse County Health Department, Mayo Clinic Health System—Franciscan Healthcare, Gundersen Health System, and the School Districts of Bangor, LaCrescent-Hokah, Holmen, LaCrosse, Onalaska, and West Salem.
Winter Season Resources 2023

We live in a generous community with lots of resources and support that may be available to you and your family. If you have any questions about community support and resources, please contact Courtney Arneson, School Social Worker at Hamilton/SOTA 1 Elementary Schools (Carneson@lacrossesd.org or call 608-789-5068).

Winter Gear Resources:

Hamilton and SOTA 1 Clothing Closet (608-789-7695):
Do you have a Hamilton or SOTA I child who will be in need of a winter coat, snow pants, boots, etc? If so, please complete the survey below. School staff will assist in trying to meet your winter needs. Call the school office with any questions or if you have trouble completing this form.

https://docs.google.com/forms/d/1nlHsrk8Tey5HWccGC2afFCCD_YbNQOaAXTYIUFIm/edit?ts=6532ac54

Catholic Charities (608-782-0710):
Catholic Charities may be able to provide your family with any needed winter gear (coats, hats, mittens, boots, snow pants, etc.) You will need to call them to schedule an appointment starting in November.

Holiday Giving Gifts:
Salvation Army (608-782-6126):
The Angel Giving Tree program provides families and children with Christmas gifts, as well as a food basket containing the necessary items for a traditional holiday meal. Up to 500 families are accepted into the program each year. Angel Tree gifts are made possible through community donors. You can register through the link below beginning October 26th, 2023. https://saangeltree.org/

Catholic Charities (608-782-0710):
The Catholic Charities Adopt a Family program offers assistance to families in need of Christmas gifts. Gifts are provided by community donors, therefore it is important to sign up early to be considered. You can register through the link below.

Toys for Tots - Lacrosse (608-492-1935)
This program provides toys only. They do NOT provide clothing, food, gift cards, video games/systems, computers, etc. Families can register online using the link below between November 1 through November 20, 2023.
https://lacrossejaycees.org/default/registration/

Holiday Dinners:
La Crosse Community Thanksgiving Dinner (email: info@laxthanksgivingdinner.com)
The La Crosse Community Thanksgiving Dinner is held annually on Thanksgiving Day at the La Crosse Center. This event celebrates our community every year and is made possible through generosity and support of caring individuals and organizations throughout the Coulee Region. Last year, doors opened at 10 am, and dinner was serviced from 11 am to 3 pm. Carry-out and delivery options may be available. Check their website below for more details starting in November.
https://laxthanksgivingdinner.com/
Catholic Charities (608-782-0710):
The Catholic Charities Adopt a Family program offers assistance to families in need of Christmas gifts. Gifts are provided by community donors, therefore it is important to sign up early to be considered. You can register through the link below.


Food Drives and Pantries:

Salvation Army (608-782-6126):
The Salvation Army and Hunger Task Force host a public food drive every third Friday of the month. November 17th is the next one available. They do NOT have a drive in December due to Angel Tree Food Baskets. Food distributions are from 3:00 pm - 4:30 pm at their warehouse (434 Nelson Place, La Crosse, WI 54601). Households must present a valid ID. For newcomers, ID is required for everyone in the family. Pre-registration is not required.

https://www.facebook.com/salvationarmylacrosseco

Wafer Food Pantry (608-782-6003 / info@waferrlacrosse.org):
This pantry provides food packages containing 4-5 days worth of food per person in the household, offering as much choice as possible. When utilizing the pantry, you will be able to shop for items one-on-one with a volunteer. Non-perishables, fresh foods, frozen meats, dairy items, and personal care items for adults and babies may be available to you. You may utilize the pantry 1-2 times a month. The food pantry is open for food distribution Monday through Friday 10 am - 12:45 pm and Mondays, Tuesdays, and Thursdays from 4:00 pm - 7:45 pm. ID is required to pick up. For newcomers, The Emergency Food Assistance Program application will need to be completed. You may complete the application upon arrival or ahead of time.

Hamilton and SOTA 1 Food Bags (608-789-7695):
Would your family benefit from an extra bag of food this month? Call the school office and we can send home some non-perishable foods for you and your family. You may also stop in and pick it up.

Additional Community Resources:

La Crosse County Resource Guide (608-784-4357):
Check out additional resources that may be helpful and available to you below.
Herbalicious Popcorn, MyPlate & Caring Work in The Garden

Have you heard about the amazing herb flavored popcorn students sampled in their second garden lesson of the season? It was a hit! While doing an herb scavenger hunt in the garden we learned all about the differences between the fresh herbs growing in the garden and spices used to flavor foods. Then we mixed up a batch of herb flavored popcorn. It was possibly the most popular garden taste test yet! You can find the herbalicious popcorn and other garden recipes on our website: GROWLaCrosse.org/tasty-tips/

In the third and final garden lesson we discuss MyPlate and how to create a balanced diet before spending time doing the caring work needed to put the gardens to bed for the winter months. This work is the first step for a successful growing season next year. We are also harvesting the last of the garden goodness for this season. State Road 4th graders had fun harvesting the large pumpkins grown in their garden.

Kids Cooking Challenge Success

There were so many creative and delicious looking entries in our 6th Kids Cooking Challenge. Nearly 100 area youth took on the challenge to create a healthy meal using all of the mystery ingredients - some grown right in your school gardens! If you missed out on this event follow us on social media and subscribe to our e-newsletters to stay up to date on all GROW happenings.

Thank You Garden Sponsors

KUJAK ORTHODONTICS  DAIRYLAND POWER COOPERATIVE  MAYO CLINIC HEALTH SYSTEM  TRANE TECHNOLOGIES  Spence Elementary  Hintgen PTO  SUMMIT INDIANA  INC.  State Road PTO  North Woods TEAM  strive2  Dr.  Endrizzi  Family  Garrison COUNSELING  AcenTek
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<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<td>Breakfast is served with white milk. Breakfast choice #2 is always cereal. Lunch includes fruit, veggie, and choice of milk. <strong>Menu is subject to change.</strong></td>
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<td>Breakfast</td>
<td>#1 Chicken Patty Sandwich #2 Yogurt &amp; Cheese Stick</td>
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<td>Breakfast</td>
<td>#1 Biscuits &amp; Gravy LUNCH #1 Cheese Filled Breadstick #2 EZ Jammer &amp; Cheese Stick</td>
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<tr>
<td>Breakfast</td>
<td>#1 Cinnamon Roll LUNCH #1 Cheese-Filled Breadstick #2 Yogurt &amp; Cheese Stick</td>
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<tr>
<td>Breakfast</td>
<td>#1 Breakfast Burrito LUNCH #1 Hamburger #2 EZ Jammer &amp; Cheese Stick</td>
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<tr>
<td>Breakfast</td>
<td>#1 Banana Bread LUNCH #1 Chicken Nuggets #2 Yogurt &amp; Cheese Stick</td>
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<td>Breakfast</td>
<td>#1 Sausage Pizza Bagel LUNCH #1 Chicken Nuggets #2 Yogurt &amp; Cheese Stick</td>
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<td>Breakfast</td>
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<td>Breakfast</td>
<td>#1 French Toast Bites LUNCH #1 Taco Triangles #2 EZ Jammer &amp; Cheese Stick</td>
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<td>Breakfast</td>
<td>#1 Sausage Pizza Bagel LUNCH #1 Chicken &amp; Waffle #2 Yogurt &amp; Cheese Stick</td>
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<tr>
<td>Breakfast</td>
<td>#1 Ham &amp; Cheese Omelet LUNCH #1 Soft Shell Taco #2 Yogurt &amp; Cheese Stick</td>
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<td>Breakfast</td>
<td>#1 Ham &amp; Cheese Omelet LUNCH #1 Cheese-Filled Breadstick #2 Yogurt &amp; Cheese Stick</td>
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<td>Lunch includes fruit, veggie, and choice of milk.</td>
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<td>Lunch</td>
<td>#1 Ham &amp; Cheese Omelet #1 Soft Shell Taco #2 Yogurt &amp; Cheese Stick</td>
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<tr>
<td>Lunch</td>
<td>#1 Ham &amp; Cheese Omelet #1 Personal Pizza #2 EZ Jammer &amp; Cheese Stick</td>
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<tr>
<td>Lunch</td>
<td>#1 Muffin LUNCH #1 Pepperoni Pizza #2 EZ Jammer &amp; Cheese Stick</td>
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