



# JANUARY

## Newsletter

### A MESSAGE FROM THE PRINCIPAL

Happy 2024! We had a wonderful December - filled with Spirit Days, our Winter Solstice program, and our traditional Sing A Long. I feel very blessed to be a part of the Hamilton/SOTA I team and am grateful for all the work our staff does to help our students learn and grow every day!

Thank you for your continued support of our schools. Happy New Year!

-Jenna Fernholz

### REMINDERS

- JAN 2ND-5TH SEAL A SMILE RE-VISIT
- JANUARY 9TH HAMILTON PTO MEETING 5-6:30P
- JANUARY 15TH- NO SCHOOL
- JANUARY 18TH -FAMILY NIGHT 5:30-7P
- JANUARY 19TH - LAST DAY OF 2ND QUARTER
- JANUARY 22ND - NO SCHOOL



**As the temperatures are beginning to drop - please make sure your student has proper winter gear!**

Winter Jacket

Snow pants

Gloves

Hat

Winter Boots

If you need assistance in getting any of these items - please let your student's classroom teacher know or the main office.





# Congratulations



Congratulations to Mandy Parameter, Music Teacher, for being awarded an LPEF grant to purchase spotlights for use in our music classroom. Utilizing an artistic approach, these spotlights will help create flexible seating and grouping within the music classroom. The spotlights will also create an atmosphere where students can create, perform, respond, and connect in a way that is consistent with elementary music curriculum standards.



let  
YOUR  
Spirit  
SOAR





**HAMILTON & SOTA | FAMILY NIGHT**

# **LAUGHING WITH THE ANIMALS WITH DAVID STOKES**

**JANUARY 18TH**

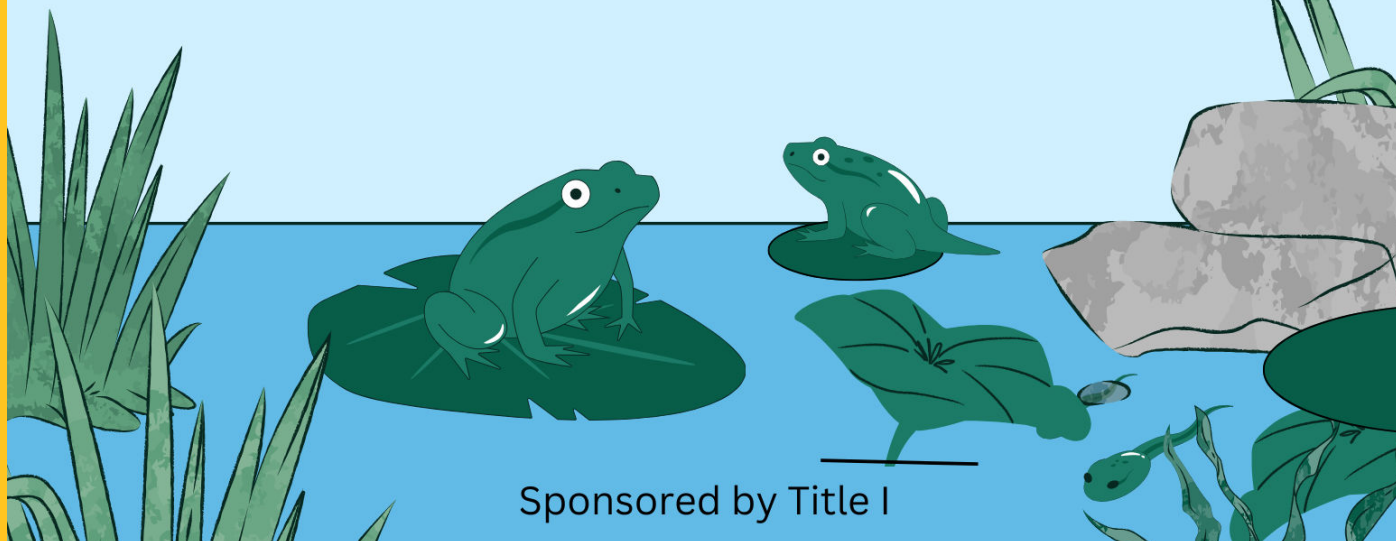
**5:30-7:00PM**

**ENTER THROUGH DOOR A**



Through the use of songs, stories, movement, riddles, audio/visual hands-on materials, and live animals the crowd will be wowed and engaged in learning about frogs, turtles, fish, and mice.

Also enjoy dinner, a frog hopping contest, legos, and coloring. A STEM activity will be sent home with everyone who attends.



Sponsored by Title I

**PIZZA WILL BE PROVIDED!**



## Lost and Found

Our lost and found is quite full. If your student has lost any clothing since the beginning of the school year, please check our lost and found.

A few pairs of glasses have also been found. If you recognize any of these, we are keeping them safe in the office.

## SOTA STEERING COMMITTEE

- SSC meets the first Tuesday of every month, 6-7:30, with childcare available.

### ***Big Al's SOTA I Fundraiser coming 1/23 & 1/24!***

- Big Al's is offering not one but TWO nights of support for SOTA!! Stop in on January 23rd and/or 24th, and Big Al's will donate 10% of your total bill to SOTA! You must present a paper certificate with your payment in order for it to count. Certificates will be sent home closer to the event. Bring your friends and family, and share with others.

## HAMILTON PARENT ORGANIZATION

Hamilton PTO meets the first Tuesday of every month, check your emails for more details! The meeting is usually 5-6. For more information, contact [hamiltonpto1@gmail.com](mailto:hamiltonpto1@gmail.com)

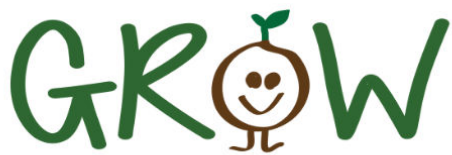


Every Thursday I have been running a Mobile Welcome Center/Parent College from 6-8:30 p.m. out of room 123 at Logan High School. This is a safe space for our newly arrived diverse parents to come and ask questions related to school/District operations: who to talk to about schedules, bussing info, bell schedules, as well as to the life in US in general (e.g. help with filling out a job application, info on where to get winter clothes, etc). Aside from gaining cultural competence, parents also have an opportunity to meet and network among themselves.

Recently, I had three generations of the same family (from Peru) attend together.

Olga Dedkova  
La Crosse School District  
EL Program Coordinator





# SCHOOL GARDEN NEWS

Jan. 2024



## 2023 Reflections & New Year Goals

There were so many meaningful moments in the gardens, at the greenhouse and farm over the past year. Thank you for being a part of the magic that happens in these spaces. We want to share a little perspective on the impact of this hands-on garden-based learning in 2023.

- 9 School garden partner schools
- 88 Farm camp participants
- 262 Kids Cooking Challenge participants
- 120 Open Garden visits
- 603 Greenhouse or farm field trip attendants
- 600+ Pounds of produce harvested
- 672 Garden lessons were taught
- 3248 Students experienced healthy food and nature!

If you have a family goal of eating healthier or being more active in the community in the upcoming year we invite you to subscribe to our bi-monthly e-newsletter and social media pages. You will stay up to date on all of the extra programming available in and beyond your school garden, plus you will receive helpful hints and recipes to support family friendly healthy heating. Happy New Year!

## Greenhouse Field Trips

Greenhouse field trip experiences start this month. We are excited to welcome students to our indoor growing space for an urban growing experience. Tomatoes, cucumbers, peppers, kale and lettuce are already growing for the taste tests. Field trip details and registration can be found on our website.

"Our school garden provides hands-on learning experiences that encourages healthy eating habits, connects students to nature, and also teaches responsibility, teamwork, and patience."

- Ms. Clements, State Road 3rd Grade teacher



## Thank You Garden Sponsors



GROWLaCrosse.org







## Beets are The Harvest of the Month!

### Add beets to your favorite family meals:

- Add grated raw beets to salad.
- Mix cooked beets into mashed potatoes for a pop of color.
- Add raw or leftover cooked beets to canned vegetable beef soup and simmer until tender.

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

**Select** – Choose beets with firm, smooth skins and crisp leaves. Smaller beets are more tender.

**Store** – Remove greens leaving about 1 inch of stem. Store beets in a plastic bag in the refrigerator for up to 2 weeks.

**Prepare** – Rinse beets under cool running water and scrub with a vegetable brush. Beets can be eaten raw or cooked. You can eat the beet greens too!

### Did you know?

Most of the beets grown in Wisconsin are red beets, but there are also pink, purple, white, and yellow beets. Try a rainbow of beet colors!



Nutritious, Delicious, Wisconsin!  
#WIHarvestoftheMonth

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs. Funding for this publication was made possible by the U.S. Department of Agriculture's (USDA) Agricultural Marketing Service through grant AM200100XXXXG060. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.

## RECIPE OF THE MONTH

### Root Vegetable Gratin

Serves 8

#### Ingredients:

- 1 Tbsp softened butter
- 1-2 sweet potatoes
- 3 medium beets
- 3 parsnips
- 14 Tbsp milk, divided
- 5 oz grated parmesan cheese, divided
- 1 Tbsp fresh thyme (or 1 tsp dried)
- 1 clove garlic, minced (or 1/2 tsp powder)
- Salt and Pepper to taste

#### Directions:

Preheat oven to 400°, grease a 3-quart baking dish with softened butter. Peel vegetables and thinly slice and transfer each vegetable to its own bowl. Pour 4 T milk onto potatoes and parsnips, and 2 T onto beets. Add 1/2 oz cheese, thyme, and salt and pepper to each bowl. Toss each bowl until all slices are well coated. Pour remaining milk, parmesan, thyme, and garlic into bowl and mix well, pour into bottom of baking dish. Layer and arrange vegetable slices neatly in the baking dish, pouring any remaining liquid in bowls over the top. Season with salt, pepper and remaining 1 oz parmesan. Cover with foil and bake for 30 minutes. Uncover and bake an additional 15-20 minutes until edges and cheese are lightly browned and vegetables are fork tender.

Per serving: 153 calories, 6g fat, 8g protein, 18.4g carbohydrate, 3.3g fiber, 211mg sodium

Source: laxf2s.org



LA CROSSE COUNTY  
Health Department  
Nationally Accredited

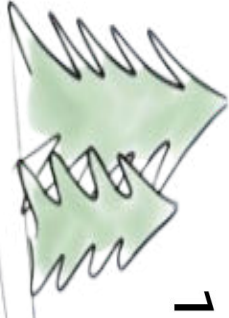


GUNDERSEN  
HEALTH SYSTEM®



# JANUARY 2024

\*\*Menu is subject to change.\*\*

MON	TUE	WED	THU	FRI
 <b>1</b> day 2 <u>BREAKFAST</u> #1 Chicken Patty on a Biscuit <u>LUNCH</u> #1 Beef Nachos #2 EZ Jammer & Cheese Stick	day 3 <u>BREAKFAST</u> #1 Sausage Egg Bake Bites <u>LUNCH</u> #1 Cheeseburger #2 Yogurt & Cheese Stick	day 4 <u>BREAKFAST</u> #1 Pancakes <u>LUNCH</u> #1 Cheese Pizza #2 EZ Jammer & Cheese Stick	day 5 <u>BREAKFAST</u> #1 Egg & Sausage Sandwich <u>LUNCH</u> #1 Chicken Alfredo #2 Turkey & Cheese Sub	
day 6 <u>BREAKFAST</u> #1 Breakfast Burrito <u>LUNCH</u> #1 Grilled Chicken Burger #2 Yogurt & Cheese Stick	day 1 <u>BREAKFAST</u> #1 Breakfast Pizza <u>LUNCH</u> #1 Cheese Quesadilla #2 EZ Jammer & Cheese Stick	day 2 <u>BREAKFAST</u> #1 Cheese Omelet <u>LUNCH</u> #1 Tater Tot Hot Dish #2 Yogurt & Cheese Stick	day 3 <u>BREAKFAST</u> #1 Breakfast Bread <u>LUNCH</u> #1 Sausage Pizza #2 EZ Jammer & Cheese Stick	day 4 <u>BREAKFAST</u> #1 Cinnamon Roll <u>LUNCH</u> #1 Hot Dog #2 Ham & Cheese Sandwich
<b>15</b> day 5 <u>BREAKFAST</u> #1 Oatmeal <u>LUNCH</u> #1 Wisconsin Chili #2 EZ Jammer & Cheese Stick	day 6 <u>BREAKFAST</u> #1 Biscuits & Sausage Gravy <u>LUNCH</u> #1 Lasagna Rollup #2 Yogurt & Cheese Stick	day 1 <u>BREAKFAST</u> #1 Egg & Bacon Sandwich <u>LUNCH</u> #1 Garlic Cheese Bread #2 EZ Jammer & Cheese Stick	day 2 <u>BREAKFAST</u> #1 French Toast <u>LUNCH</u> #1 Fish Sandwich #2 Turkey & Cheese Sandwich	
<b>22</b> day 3 <u>BREAKFAST</u> #1 Mini Bagel + Cream Cheese <u>LUNCH</u> #1 Taco Triangles #2 EZ Jammer & Cheese Stick	day 4 <u>BREAKFAST</u> #1 Chicken Patty on a Biscuit <u>LUNCH</u> #1 Pasta & Meat Sauce #2 Yogurt & Cheese Stick	day 5 <u>BREAKFAST</u> #1 Pancake on a Stick <u>LUNCH</u> #1 Personal Pizza #2 EZ Jammer & Cheese Stick	day 6 <u>BREAKFAST</u> #1 Cinnamon Roll <u>LUNCH</u> #1 Rib-E-Que Sandwich #2 Hot Ham & Cheese	
<b>29</b> day 1 <u>BREAKFAST</u> #1 Mini Bagel + Cream Cheese <u>LUNCH</u> #1 Chicken & Waffle #2 Yogurt & Cheese Stick	day 2 <u>BREAKFAST</u> #1 Sausage Egg Bake Bites <u>LUNCH</u> #1 Beef Nachos #2 EZ Jammer & Cheese Stick	day 3 <u>BREAKFAST</u> #1 Egg & Sausage Sandwich <u>LUNCH</u> #1 Spaghetti with Meatballs #2 Yogurt & Cheese Stick	Breakfast is served with white milk. Breakfast choice #2 is always cereal. Lunch includes fruit, veggie, and choice of milk.	