



Southern Bluffs

October 2017

Bobcat Bulletin



"The Wheels on the Bus Go Round and Round"

A classic song that I would sing with my sons when they were little was "The Wheels on the Bus." We would go through every verse and pair our words with all of the actions for the door opening, the wipers wiping, kids going up and down...you get the idea (and perhaps now have the tune stuck in your head). Throughout the month of September, I had the opportunity to ride our morning and afternoon bus routes and now feel like I can adapt that childhood song.

The wheels on the bus do go round and round as they make ascents and descents into the various neighborhoods, bluffs and coulees found in our attendance area. While the routes are beautiful in September, it did not take much imagination to envision them on a snowy and icy January day.

The doors on the bus do open and shut as drivers keep a watchful eye on traffic to ensure that students embark and disembark safely. While a flashing stop sign is extended for oncoming traffic to see, some automobile drivers seem to take that stop sign as a suggestion versus a directive. Our bus drivers were alert and cautious at each and every stop.

The students on the bus do naturally move up and down with the rhythm of the ride but we have taught them that the safest way to sit on the bus is to have their backs touching the back of the seat and their "seats" remaining on the bench seat. On each of my rides I was able to reinforce these expectations, along with others, so that the driver was able to safely drive the bus with minimal distractions.

And finally, **the drivers on the bus**...while I did not hear them sing "move on back," they were building positive relationships with students by greeting each child by name, sharing stories about acts of kindness that the students perform, and conversing about the daily events in each child's life.

As I think about this children's song, I am not sure how it comes to an end, but as the principal of Southern Bluffs I think I would make this the final verse:

*The principal at the school says, "Thanks so much
Thanks so much, Thanks so much!"
The principal at the school says, "Thanks so much
For safely driving our students to and from school!*

With Kids in Mind,
Lisa Schreiner, Principal

Pupil Progress
Conferences
10/16 12:00-8:00
10/19 4:00-8:00

Important Dates



Oct. 10	Media/Tech Club Cool Cats Kickoff	3:20-5:15 6:00
Oct. 11	Picture Retakes	
Oct. 12	Pre-K to Rainbow Ridge Art Club	3:20-5:20
Oct. 13	EARLY RELEASE Book Fair Begins (runs through 10/20)	1:20
Oct. 16	NO SCHOOL Parent/Teacher Conferences	12:00-8:00
Oct. 17	PTO Meeting	6:30—Staff Lounge
Oct. 19	Art Club Parent/Teacher Conferences	3:20-5:20 4:00-8:00
Oct. 20	2nd/3rd Grades to EcoPark PTO High Rollers Skating Night	5:30-10
Oct. 24	Media/Tech Club	3:20-5:15
Oct. 26	Art Club	3:20-5:20
Oct. 30	NO SCHOOL	
Nov. 1	Vision Screening (K, 1, 3, 5)	
Nov. 2	Dental Sealants (2nd) Art Club	3:20-5:20
Nov. 3	Kindergarten to Festival Foods	
Nov. 7	Media/Tech Club	3:20-5:15
Nov. 9	Veteran's Day Lunch/Concert Art Club	9:30/6:30 3:20-5:20
Nov. 10	EARLY RELEASE	1:20



Attendance Information

Our school day begins at 8:40 a.m. Please call the school office at 789-7020 by 9:00 a.m. when your child is going to be absent. We have 24-hour voice mail so you can leave a message if you'd like. We also have an automated form on our website to enter attendance information (called "Email Attendance Office"). We must also follow up on any unexplained absences.

If you know of an absence ahead of time, or have an appointment scheduled, please call the office with that information also. We prefer that you contact the office and we will relay the message to the classroom teacher.

For absences lasting more than 2 days, please fill out a the "Special Absence Form" located under "School Documents" on our website (or fill out a form in our office).

Thanks for helping us keep all of our students safe!



Parent Access to School During the Student Day

We wanted to remind parents of our school policy related to parents in the building during school hours. If you are dropping off or picking up a child between the hours of 8:40-3:20, parents are not allowed to escort students to class or pick them up from class unless there is a special circumstance. Once students arrive and are signed in, students will be excused to go to class by themselves if they are able to do so, otherwise a staff member will escort them to their classroom. Also, when picking up a child, students will meet parents in the school office. We do this for several reasons. This is overall less disruptive to the school day and it also ensures another level of security in the building. Parents are always welcome to visit a child's classroom before 8:40 or after 3:20 to talk with the teacher, check a locker, etc. If there is a special circumstance, please let us know. We thank you for your cooperation.





Volunteer Process

All applications must be done online and the process is easy (5 minutes or less)! Approval takes about 2 weeks and once approved, you won't need to renew for 3 years. It is also valid in any school within the La Crosse School District. Instructions are as follows:

- Go to our website (www.lacrosseschools.org/southernbluffs)
- Go to the blue "Want to Volunteer?" tab on the right side of the page
- Click on the orange "I want to volunteer" button then the blue "I want to volunteer" button
- Choose the Volunteer Type (Guardian/Parent or Standard Volunteer), then click "Continue"
- Fill out the "Disclaimer" then the "Volunteer" application.

2nd Grade Dental Sealants

La Crosse County Health Department will be providing dental sealants on **November 2nd** at Southern Bluffs Elementary. All 2nd graders will receive a consent form in their take home folder a week before the sealant date.



Wednesday, October 11th

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 Lisa Schreiner, principal of Southern Bluffs.

PTO News



PTO OFFICERS

We are looking to fill the following positions for our PTO this year:

President, Vice-President, Treasurer and Secretary.
Please contact Stephanie Thornton at sbluff-spto@outlook.com if you are interested in learning more about or filling any of these positions.

2017-2018 PTO Meeting Dates:

Oct. 17	Feb. 20
Nov. 14	Mar. 20
Dec. 19	Apr. 17
Jan. 16	May 15

6:30 in Staff Lounge



We are NO longer collecting Campbells Labels for Education or Kemps Nickels for Schools milk caps.



We continue to collect **BoxTops for Education**, **Kwik Trip Milk Moola caps**, **Tyson's Project A+ labels**, **Village Hearth labels** and **used printer cartridges**. Also, if you shop at **smile.amazon.com**, Amazon donates 0.5% of your eligible Amazon purchases to Southern Bluffs. Simply, sign into your Amazon account and select "Southern Bluffs W H E E L" as your charity of choice.



Friends! Families! Neighbors!

Check out the

Little Free Library

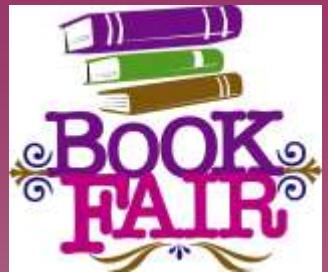
near the main entrance to Southern Bluffs. It's a free lending library based on the honor system, so feel free to take a book (or two) and return it or leave a new one when you're finished.

Kid's Clothing Donation Bin

Please consider donating new or gently-used clothing (ages 4-11) in our entryway. All items will be donated to the "Kid's Clothing Closet" on La Crosse's north side.



Fall Southern Bluffs Book Fair



The Wild West Book Fair is Coming Soon!

Saddle up and read! Our Scholastic Book Fair is a reading event that brings the books kids want to read right into our school. It's a wonderful selection of engaging and affordable books for every reading level. Please make plans to visit our Book Fair and be involved in shaping your child's reading habits.

Book Fair dates: October 13th—20th

Shopping hours: During Parent Conferences Oct 16th & 19th
Students may shop before school from October 13th—20th

If you are unable to attend the Fair in person, we invite you to visit our online Book Fair at scholastic.com/fair. Our Online Fair is available from Oct 7th to Oct 20th.

We look forward to seeing you and your family at our Book Fair! Remember, all purchases benefit our school library.

Annual Newbery Award Challenge

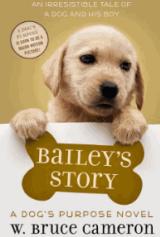
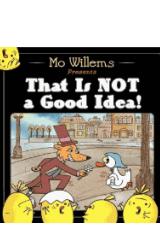
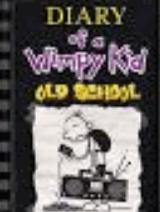
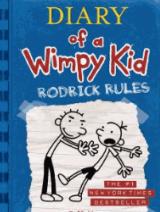
Students who read 12 Newbery Award or Honor books during their 3rd, 4th and 5th grade years will qualify to have their name inscribed on the Newbery Challenge plaque at Southern Bluffs Elementary School. A teacher or parent must sign off on each title to affirm the student's completion of each book. One Newbery Award or Honor Award book read aloud in class by the teacher can be counted each year. The Newbery Award Challenge booklet may be picked up from and returned to Ms. Fitzwater in the LLC. *The annual deadline to turn in your booklet is May 1st of your 5th grade year to have your name added to the plaque and be recognized at the Awards Assembly.*

Did you know? The Newbery Medal was named for eighteenth-century British bookseller John Newbery. It is awarded annually by the Association for Library Service to Children, a division of the American Library Association, to the author of the most distinguished contribution to American literature for children.

TOP 10 BOOKS

SOUTHERN BLUFFS ELEMENTARY LLC

SEPT 2017

 <p>Sisters</p>	<p>1. Sisters Telgemeier, Raina. GRA 741.5 Tel</p>		<p>6. Happy Pig Day! Willems, Mo. E WIL</p>
 <p>Bailey's Story A DOG'S PURPOSE NOVEL W. Bruce Cameron</p>	<p>2. Bailey's story : a dog's purpose novel Cameron, W. Bruce. FIC Cam</p>		<p>7. Minecraft. Redstone Handbook Farwell, Nick. 794.8083 FAR</p>
 <p>FISH IN A TREE a novel Lynda Mullaly Hunt</p>	<p>3. Fish in a tree Hunt, Lynda Mullaly. FIC Hun</p>		<p>8. Mo Willems presents That is NOT a good idea! Willems, Mo, E WIL</p>
 <p>PEG KEHRET <i>Stolen Children</i></p>	<p>4. Stolen children Kehret, Peg. FIC KEH</p>		<p>9. The bombing of Pearl Harbor, 1941 Tarshis, Lauren. FIC TAR</p>
 <p>DIARY of a Wimpy Kid OLD SCHOOL Jeff Kinney</p>	<p>5. Diary of a wimpy kid : old school Kinney, Jeff, FIC Kin</p>		<p>10. Diary of a wimpy kid : Rodrick rules Kinney, Jeff. FIC Kin</p>

2017-18 Battle of the Books

The Battle of the Books contest happens each year and is a very popular activity for our 4th and 5th grade students. During October, 4th and 5th grade students may form teams of 3-4 students to read and compete on their knowledge of 20 books that have been selected by the Wisconsin Educational Media Association. These books are available for checkout in our LLC.

The first "Battle" is in December and is on matching authors and titles. The next battle will be the Southern Bluffs school "battle" and that will happen around the end of Jan. or first part of Feb. This battle will focus on authors, titles and detailed knowledge of each story. Our school battle then determines the top two Southern Bluffs teams that will represent our school in the District's Battle near the end of February. The winning team from each school at the District Battle will represent their school in the Wisconsin Battle of the Books, which is online and done at the school.

Last year there were over 160 elementary teams that competed statewide. Encourage your 4th or 5th grade students to get involved by forming a team now!



THE FIGHT FOR STEVEN'S LIFE

Steven Jeffery Smith's AML Cancer Fundraiser Saturday, October 14th, 2017

At South Lanes Bowling Alley 4107 Mormon Coulee Rd., La Crosse, WI - Starts at 3pm
*Raffles *Can Pay @ DOOR

*All Kids Bowl For Free *Door Prizes 1st-2nd-3rd

*Raffles *Auctions *Live Music *Pig Roast Dinner 5pm-9pm

Tickets sold at South Lanes Bowling Alley or Arterial Bar and Grill
More Info/Tickets Contact: William Smith 608-397-8848 or Sheila Barton 608-385-3427

"Thanks to Everyone" Our family is so super lucky and we appreciate all and everyone's help and donations.
Hope to see Everyone on Saturday, October 14th - Thanks

Our family has a mini Super Hero name Steven Jeffery Smith! Super Steven was born July 1st, 2016. Steven is also called SJ, short for Steven Jeffery. At birth SJ was diagnosed with Down Syndrome. Steven IS ALWAYS VERY HAPPY, has lots of energy, rolls and rolls to get himself around, he has the best/funniest facial expressions EVER! If he could he would bounce right out of your arms, and mostly enjoys being outside with his 2 older brothers and 2 older sisters, Delen (15), Neveah (10), Leala (8), and Quantie (almost 3).

In February 2017, a routine blood test was needed at Steven's Down Syndrome Clinic. His blood test came back abnormal. So another blood test was done right away.

After having a second blood test, SJ's blood levels were EXTREMELY LOW. We were hospitalized to have a bone marrow done right away. As a result to the bone marrow test, no definite diagnosis could be given. Post op bone

marrow done right away. After the bone marrow test, SJ was soon diagnosed with AML (Acute Myeloid Leukemia) Cancer. Which our family couldn't understand or come to terms with because Steven is such a Happy, Smiley little dude since the day he was born.

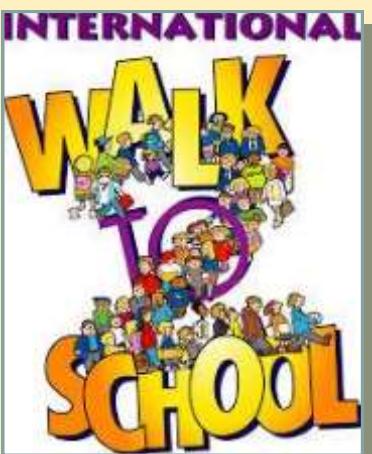
That's why we know SJ is our Super Hero, because he never seemed of anymore to be hurting, or ever sick to be a baby needing chemotherapy treatment before the age of 1 year old. On May 9th, 2017 our journey of having

to treat our 10 month old Steven on Heparin and a half dose from home and our 4 other kiddos had us feeling it's already too much for the family to have to go through. It felt an impossible for us to make life even somewhat easier to ourselves.

Steven has had two chemotherapy treatments done, along with 2 bone marrows since May 9th. SJ only gets to come home a few days between each treatment. As long as his blood counts stay up after each treatment, his treatments, so far, have been about two months apart. Since May, Steven has had to live in his hospital room to make sure he doesn't get sick from others. Steven's counts are just now coming back up after his second round of chemo treatments. He still has a few treatments left which we have no doubt that SJ will use his SUPER STRENGTH POWERS to knock these last treatments out with ease!

Super Steven is our Super Hero. We mostly have SUPER POWERS to be able to fight off cancer and the chemotherapy treatments. SJ will always be a Hero to us because just when he was new to the world, he was given the worst. Having to watch our baby fight for his life, because of cancer, feels like a dream in itself.

PLEASE, IF ABLE, TO COME HELP STEVEN AND OUR FAMILY DURING THESE HARD TIMES.



Southern Bluffs students, parents, staff and friends participated in the International Walk to School Day on Oct. 4th. Thanks to all those who showed up and walked with us!!





Follow these 5 Safety Tips when Walking or Biking to School this Fall

According to Safe Kids USA, unintentional pedestrian injuries are the 5th leading cause of injury-related death in the United States for children ages 5 to 19. However, walking and biking can be safe and fun activities when everyone follow the rules of the road. The La Crosse County Health Department and Safe Routes to School would like to remind families how to encourage safe walking and biking to school this fall.

#1. Walk with a buddy. If your child is between the ages of 5-10 they may be just learning how to be independent. While they enjoy walking and riding their bike or scooter, they might not have the judgment to cope with traffic by themselves. If possible, walk to school with your child, have your child join a Walking School Bus in your neighborhood, or have them walk with a family or friend you trust.

#2. Choose safe walking routes. Map out your child's walking/biking route together. Choose routes with sidewalks and the fewest streets to cross. Practice walking and biking the route together so you and your child are comfortable.

#3. Teach safe crossing habits. Teach your child that when they cross the street they should stop at the curb and look left, right and left again to make sure the road is clear of traffic. Teach them to cross at an intersection (rather than in the middle of the block between cars), cross with traffic lights and to walk, not run across the street.

#4. Make eye contact. While we often think drivers see us, they sometimes don't. They may be distracted, talking on the phone or adjusting something in the car. Teach kids to make eye contact with drivers so they know the driver sees them before they step off the curb.

#5. Practice safe biking/wheeling habits. If your children are biking or riding a scooter to school, be sure the bikes they use fit them. Children should be able to sit on the bike seat with their feet flat on the ground with 1-2 inches between the top bar and the child's body. Require your kids to wear a helmet and to wear it correctly! Bike helmets, when properly fitted, reduce the risk of head injury by 85%.





Fire Education and Safety Day at Southern Bluffs



Thanks to all who donated towards our Salvation Army Hurricane Disaster Relief effort. We were able to contribute a check for \$673.09.





Art Room News

Conferences:

Due to my being at two schools, I will be available for conferences on the 16th from 2:30-8 and the 19th from 3:30-8. If you need to meet beyond those times, please email me and we can coordinate schedules.

All K-5th grade students have worked together to make a circles mural in our hallway. We learned about artist Vassily Kandinsky and the interest he had in color and shapes. We read a story called *You Be You* by Linda Kranz that taught us that we are all individuals and should be true to ourselves. We took the ideas from the book and inspiration from Kandinsky to make 1/4 of a circle in the way we each felt was best. The pieces of circle combined to make a full circle and many circles next to each other. Our mural shows that we are all individuals and we can work with others to make something truly beautiful. Stop by mural outside the gym during conferences to steal a peek at all of our hard work!

Supplies the art room is looking:

- Toilet Paper tube
- Wrapping paper tubes
- Styrofoam plates and bowls
- Building blocks
- Old puzzles with all the pieces
- Shop rags

Art Club:

Students have the opportunity to participate in an after-school art club designed to let each artist make the projects of their choosing. There is still room in the sessions and I would love to have your student participate if they have not already signed up. They run 3:20-5:20 on Thursdays and the sessions are as follows: *Session 1* ~ Oct 5 - Dec 21, *Session 2* ~ Jan 4 - Mar 8, *Session 3* ~ Mar 22 - May 24. The cost is \$10 and each student is asked to bring a healthy snack and water for themselves to keep their brains working after school. If you have any questions, please don't hesitate to ask!



Meeting Dates

3:20 - 5:20 pm

Session 1

October 5, 12, 26

November 2, 9, 16, 30

December 7, 14, 21

Media/Tech Club Dates

3:20-5:15 pm

Session 1

Sept. 26

Oct. 10

Oct. 24

Oct. 31

Nov. 7

Nov. 14

Nov. 28

Dec. 5

Dec. 12

Dec. 19

Jan. 9

Jan. 16

Session 2

Jan. 30

Feb. 13

Feb. 20

Feb. 27

Mar. 6

Mar. 20

Mar. 27

Apr. 17

Apr. 24

May 1

May 8

May 15



Early Release Dates for
2017-18:

Students dismiss at 1:20

October 13

November 10

December 8

January 12

February 2

March 9

April 13

May 11



Mrs. Banse
Instructional Coach

Welcome To Our New Staff



Ms. Harder
Teacher Assistant



Ms. Denzer
Teacher Assistant



Mrs. Draeger
Music Teacher
(through Nov.)



Mr. Fredrick
Adaptive P.E. Teacher



Mr. Korn
Custodian



Mrs. Umberger
Pre-K Teacher



Mrs. Larson
Custodian



Mrs. Skiles
Cook Manager



Not pictured:
Mrs. Schultzkus
Teacher Assistant

Raising Healthy Kids Parenting Series



Mayo Clinic Health System - Franciscan Healthcare is offering parents a series of educational presentations on a variety of topics impacting the health and wellness of toddlers to teens. The free presentations will be held at 6pm in Marycrest Auditorium. To register, please call 608-392-9717.

Not School Sponsored

Social Media Safety

Tuesday, September 12

Karen Wagner, clinical therapist

Parents need to set healthy boundaries for children's electronic and internet use. Learn more about the most popular sites kids use and how to allow privacy while still ensuring safety.

How to Raise Confident Kids

Tuesday, September 26

Chad Kritzberger, M.D., pediatrician

Instilling self-worth in a child has a positive impact on their entire life. Dr. Kritzberger shares the five messages kids need to hear from their parents to develop self-confidence.

Teen Self Injury: Hurting on the Inside and Out

Wednesday, October 11

Bill Bakalars, clinical therapist

Self-Injury has become far more common than you may suspect. Learn what to watch for, causes of this behavior and how to provide immediate and long-term help.

Positive Parenting Skills to Improve Behavior

Wednesday, November 8

Jenessa Hill, child therapist

Learn how to use specific positive parenting skills to help your two to seven – year old children build relationships, stay focused on tasks longer, improve language development and decrease whining and misbehavior.

SAVE THE DATE:

Flu Clinics for Children 6 months-18 years

(No cost to the family!)

Does your child need their flu shot?

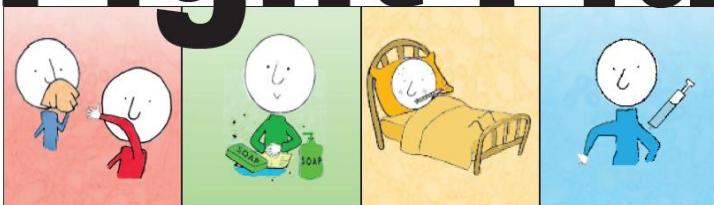
The La Crosse County Public Health Nurses will be holding three flu clinics on **Monday, October 16th, 2017**.

Clinic locations and times:

- **Longfellow Middle School in the LMC from 12-2 pm;**
- **Logan Middle School in the Office from 3-5 pm;**
- **Lincoln Middle School in the West Conference Room from 6-8 pm.**

- Flu shots for children (6 months thru 18 years old) provided at no cost to the family.
- Middle and high school age students may receive a flu shot at the clinic without a parent present if their "Flu Consent Form for Middle and High School Age Students" is completed and signed by their parent or legal guardian.
- Elementary school age children must be accompanied by a parent or legal guardian.

Fight the Flu



**Cover
your
cough!**

**Wash
your
hands.**

**Stay home
when sick.**

**Get
vaccinated.**

MDH
MDH
MDH

The "Flu Consent Form for Middle and High School Age Students", Vaccine Information Statements, and other vaccine related information can be found on the La Crosse County Health Department website at http://www.lacrossecounty.org/health/docs/For_YourHealth/Immunization.pdf. Click the link "Flu Consent Form for Middle and High School Age Students."

For more information call the La Crosse County Health Department Public Health Nursing at 608-785-9723



WHOOPING COUGH (PERTUSSIS)

A contagious disease that can be deadly for babies

WHOOPING COUGH CAN BE DANGEROUS

Especially for newborns and babies

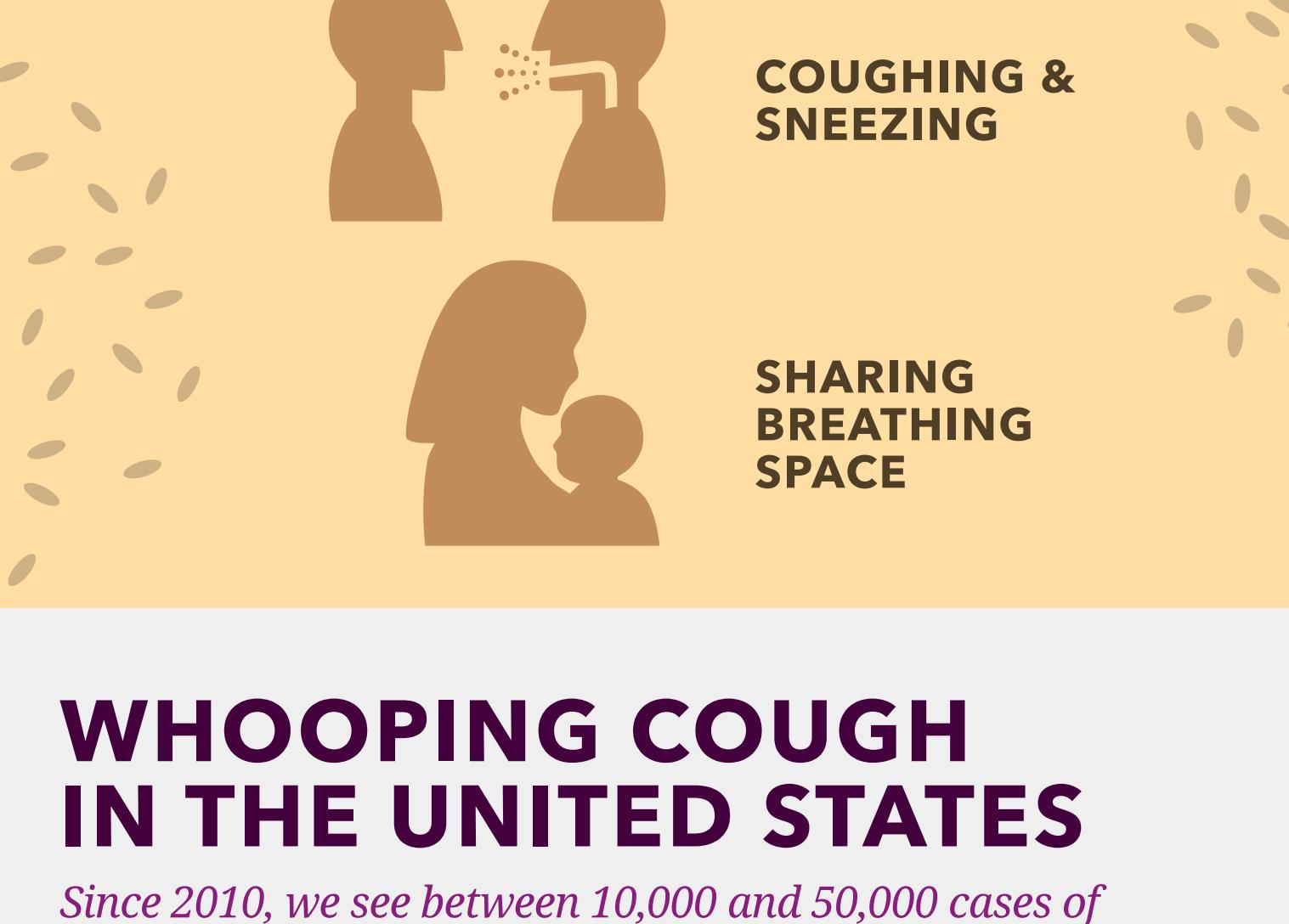
Whooping cough can lead to...

PNEUMONIA
(A SERIOUS LUNG INFECTION)

CONVULSIONS
BRAIN DAMAGE
APNEA
DEATH

About half of babies younger than 1 year old who get whooping cough are hospitalized.

SYMPTOMS OF WHOOPING COUGH



WHOOPING COUGH IS HIGHLY CONTAGIOUS

Here's how it's spread...



COUGHING & SNEEZING



SHARING BREATHING SPACE

WHOOPING COUGH IN THE UNITED STATES

Since 2010, we see between 10,000 and 50,000 cases of whooping cough each year in the United States. Cases, which include people of all ages, are reported in every state.



NOVEMBER 2016



American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



AMERICAN ACADEMY OF FAMILY PHYSICIANS

STRONG MEDICINE FOR AMERICA

PROTECT YOUR CHILD

Make sure your child gets all 5 doses of the DTaP vaccine to help protect him against whooping cough, diphtheria and tetanus...

DOSE #1
2 months

DOSE #2
4 months

DOSE #3
6 months

DOSE #4
15–18 months

DOSE #5
4–6 years



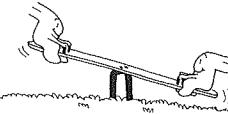
Pregnant women should get the whooping cough vaccine during each pregnancy to help protect their newborns until they get DTaP vaccine at 2 months old.

IMMUNIZATION. POWER TO PROTECT.

Learn more at www.cdc.gov/vaccines/parents

Home & School CONNECTION®

Working Together for School Success



SHORT NOTES

Excellent attendance

Being in school every day means your child won't miss out on learning. Try to schedule appointments and family trips outside of school hours. If he asks to stay home "just because," remind him of what he'll miss, such as his reading group or PE class. Explain that he can be absent only if he's sick or if there's a family emergency.



Children who regularly eat meals with their families tend to do better in school and avoid risky behavior. Eating dinner together is great, but other meals count, too. If you work at night, maybe you could make time for a family breakfast. Or on a weekend, try a picnic lunch.

Celebrate progress

Suggest that your youngster create a fun reminder of all the things she has accomplished. Let her cover a box with construction paper and label it "I did it!" Then, she can write each success ("I learned to add fractions") on a slip of paper and put it in the box. If she's feeling discouraged, have her read the slips.

Worth quoting

"The best way to cheer yourself up is to try to cheer somebody else up!"
Mark Twain

JUST FOR FUN

Q: Can a kangaroo jump higher than the Empire State Building?



A: Of course. The Empire State Building can't jump!

Southern Bluffs Elementary School
Ms. Lisa Schreiner, Principal

Conversations about school

When you think of parent involvement, do you picture moms and dads volunteering in classrooms? That's one way to help—but research shows that supporting your child's education at home is even more important. Here are conversations starters that will help you stay involved.

"Let's see what you brought home."

Look at completed work to find out what your youngster is learning and how well she's doing. You could comment on her math work or social studies project, for instance. ("You know a lot about our state's history!") Also, respond to notes from her teacher, and sign her weekly folder or daily planner if required.

"Show me what you have for homework."

It's your child's job to do her homework, but you play a role, too. Make sure she knows what she's supposed to do by having her explain the assignments to you. After she finishes her homework, glance over the work to see that it's complete.

"Describe a book you enjoyed today."

This gives you an idea of what your youngster prefers to read. Then, build a daily reading habit by asking what she'd like to read tonight. Encourage her reading and listening skills by reading aloud to her and letting her read to you.

"Tell me what you learned that you'd like to know more about."

Use her interests as jumping-off points for activities to share. If she likes geometry, you might hunt for

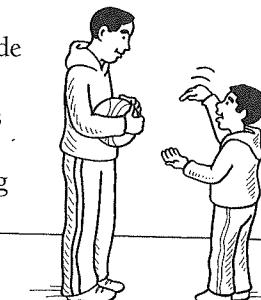


shapes together. If she's fascinated by how animals adapt to winter, take her to the library to research the subject or to the zoo to see live animals.♥

After-school questions

Asking "How was school today?" might not get you far. Instead, ask questions like these for a better picture of your youngster's day:

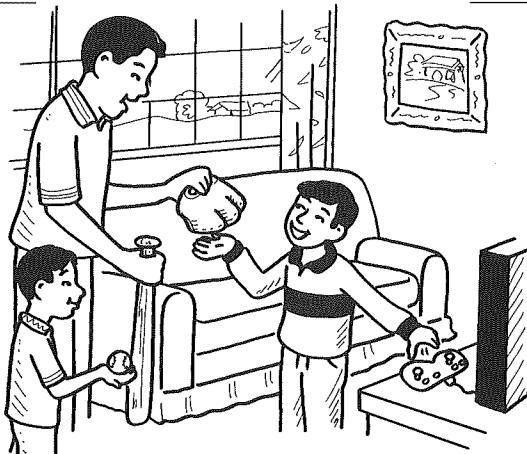
- "What's the coolest thing that happened? What wasn't so cool?"
- "Pretend you're the teacher. How would you describe the day?"
- "What made you laugh?"
- "What was the most creative thing you did?"
- "How were you kind or helpful today? Was anyone kind or helpful to you?" ♥



What does respect look like?

Your youngster's daily dealings with adults and kids alike will be more pleasant if he speaks and acts respectfully. Try these tips for helping him learn about respect.

Respectful replies. Think about something that you and your youngster disagree on (say, whether his video game time should be limited). Model having a respectful discussion about it. You might say that his brain and body are growing and that he needs to run and play to stay healthy. Then, suggest a respectful response, such



A reading challenge

By reading more complex books, your child can learn new words, facts, and ideas. He'll also be exposed to more complicated plots and will grow as a reader. Share these suggestions:

- Knowing something about the topic or setting makes a tougher book easier to comprehend. If your youngster is reading a novel set in China, he could talk to someone who has been there or look up the country online (try a children's site like kids.nationalgeographic.com).



- Encourage your child to look at a simpler book on the same subject. A picture-book biography about Harriet Tubman may help your youngster better understand a textbook chapter on the civil rights movement, for instance.

- Suggest that your child read complicated material with pencil and paper in hand. He can jot down questions, words to look up, or facts he wants to learn more about.♥

OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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Strong study habits

Q: My third grader has to spend more time studying this year. How can I make sure she studies effectively?

A: Set your daughter up for success by helping her find a distraction-free study spot. Also, have her come up with a study routine. For instance, she could reserve time each evening to review her textbook and notes in the days leading up to a test.

Also, many students find it helpful to jot down a purpose each time they study. Your child might write: "I will learn the definitions of all the boldfaced words in chapter 7, section 1."

Finally, encourage her to experiment with study strategies to find what works best. She could close his eyes and imagine how a word is spelled or draw a grid with 9 squares to solve 3×3 . Or she might find it helpful to spell or recite math facts aloud in rhythm or to a familiar tune.♥



Talking to kids about money

My children were always asking to buy things like dress-up shoes or new games. They didn't seem to understand that these items weren't in our budget.

I wanted them to learn about how we spend our money—and that it is limited. So I got a spiral notebook and labeled it "Family Spending Journal." I explained that for two weeks, everyone would keep a record of what they spent money on. I listed items like my



subway fare, the electric bill, and food at the grocery store. The children wrote down expenses such as school lunch, soccer cleats, and field trip fees.

After a few days, they were surprised by how many things we needed money for. Our kids had no idea, for example, that we paid for taxes on our income, several types of insurance, and membership in our homeowners' association. Sometimes they still ask to buy too many things at the store, but when I say no, at least they understand why.♥

October 2017

Breakfast Prices Elementary: \$1.60 Middle School: \$1.65 High School: \$1.80 Reduced Price: \$0.30 Adult: \$2.40 Milk: \$0.50

Lunch Prices Elementary: \$2.75 Middle School: \$2.85 High School: \$3.05 Reduced Price: \$0.40 Adult: \$3.75 Milk: \$0.50

Southern Bluffs Breakfast and Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Breakfast Menu <ul style="list-style-type: none">• Colby Omelet Lunch Menu <ul style="list-style-type: none">• Cheeseburger Macaroni Casserole with WG Garlic Toast• Hot Dog & Bun• Carrot Coins	3 Breakfast Menu <ul style="list-style-type: none">• WG Muffin & String Cheese Lunch Menu <ul style="list-style-type: none">• Herb Roasted Chicken with WG Dinner Roll• Deli Ham & Cheese• Mashed Potatoes	4 Breakfast Menu <ul style="list-style-type: none">• WG Cinni Muffin Lunch Menu <ul style="list-style-type: none">• Orange Chicken with Brown Rice• Yogurt & Hard Boiled Egg with Apple Oatmeal Bar• California Blend Vegetables	5 Breakfast Menu <ul style="list-style-type: none">• Mini Chocolate Chip Pancakes Lunch Menu <ul style="list-style-type: none">with• Totchos (Beef)• Homemade Sausage Pizza• WG Snack Crackers• Green Beans	6 Breakfast Menu <ul style="list-style-type: none">• Breakfast Sandwich (Sausage) Lunch Menu <ul style="list-style-type: none">• Mini Corn Dog• EZ Jammer• Smiley Fries• SideKicks
9 Breakfast Menu <ul style="list-style-type: none">• Cheese Filled Pretzel Stick Lunch Menu <ul style="list-style-type: none">• Macaroni & Cheese• Chicken Nuggets• WG Breadstick• Roasted Broccoli	10 Breakfast Menu <ul style="list-style-type: none">• Breakfast Pizza Lunch Menu <ul style="list-style-type: none">• Chicken Patty Sandwich• Meatballs and Gravy• WG Dinner Roll• Mashed Potatoes	11 Breakfast Menu <ul style="list-style-type: none">• Cinnamon Roll With Icing Lunch Menu <ul style="list-style-type: none">• Cinnamon Glazed French Toast Sticks with Sausage Patty• Smoked Turkey Deli Sandwich• Tri-taters	12 Breakfast Menu <ul style="list-style-type: none">• EZ Jammer Lunch Menu <ul style="list-style-type: none">• Sloppy Joe• Homemade Cheese Pizza• Baked Beans• Mini Rice Krispies Treat	13 Breakfast Menu <ul style="list-style-type: none">• Egg and Cheese Eat a Bowl Lunch Menu <ul style="list-style-type: none">• Spaghetti Sauce with Meat over WG Rotini Pasta with WG Garlic Toast• Cheese Filled Breadstick with Marinara Sauce• Green Beans
16 No School	17 Breakfast Menu <ul style="list-style-type: none">• Breakfast Pizza Lunch Menu <ul style="list-style-type: none">• Cuban Sandwich on Loco Bread• Cheeseburger• Corn	18 Breakfast Menu <ul style="list-style-type: none">• WG Donut Holes Lunch Menu <ul style="list-style-type: none">• Walking Taco• Cheese Quesadilla• Mild Salsa• Seasoned Refried Beans• WG Corn Chips	19 Breakfast Menu <ul style="list-style-type: none">• Cinnamon Glazed French Toast Sticks Lunch Menu <ul style="list-style-type: none">• Chicken Alfredo with Seasoned Breadstick• Homemade Sausage Pizza• Steamed Broccoli	20 Breakfast Menu <ul style="list-style-type: none">• Breakfast Sandwich (Egg) Lunch Menu <ul style="list-style-type: none">• Teriyaki Chicken w/Brown Rice• Hot Dog & Bun• Stir Fry Veggies• SideKicks
23 Breakfast Menu <ul style="list-style-type: none">• Ultimate Breakfast Round Lunch Menu <ul style="list-style-type: none">• Tater Tot Hot Dish• Popcorn Chicken• WG Snack Crackers• Sugar Snap Peas	24 Breakfast Menu <ul style="list-style-type: none">• Breakfast Pizza Lunch Menu <ul style="list-style-type: none">• Soft Shell Taco• Deli Ham & Cheese• Tostito's Scoops• Mild Salsa• Fiesta Black Beans	25 Breakfast Menu <ul style="list-style-type: none">• Cinnamon Roll With Icing Lunch Menu <ul style="list-style-type: none">• Buttermilk Pancakes with Colby Omelet• Yogurt & String Cheese and Apple Oatmeal Bar• Potato Babycakes	26 Breakfast Menu <ul style="list-style-type: none">• WG Waffles Lunch Menu <ul style="list-style-type: none">• Chicken Patty Sandwich• Homemade Pepperoni Pizza• Baked Beans• Mini Rice Krispies Treat	27 Breakfast Menu <ul style="list-style-type: none">• Scrambled Eggs Lunch Menu <ul style="list-style-type: none">• Turkey Pot Pie with WG Biscuit• Toasted Cheese Sandwich• Corn
30 No School	31 Breakfast Menu <ul style="list-style-type: none">• Breakfast Pizza Lunch Menu <ul style="list-style-type: none">• Lasagna Casserole• Chicken Nuggets• WG Garlic Toast• Winter Moon Roasted Veggies			

Harvest of the Month



October



Winter Squash

Nutrition Info

One cup of cooked, cubed squash has 115 calories and provides vitamins A & C and fiber.

Fun Facts

In Native American folklore, winter squash was one of the "three sisters," along with corn and beans. These were staple foods in the Native American diet.

There are over 15 different types of winter squash including: butternut, Delicata, Hubbard, banana, acorn and spaghetti squash.

The heaviest squash ever recorded was 1234 pounds!

Uses

Puree cooked squash and add to soups for a creamy texture. Squash seeds can be roasted and eaten just like pumpkin seeds.

Try stuffing squash with a blend of rice, apples and kale, adding roasted squash cubes to a savory pizza, or using a spiralizer to make squash noodles. No spiralizer? Try a spaghetti squash!

Family Friendly Activities

Have your child help scoop out a cooked spaghetti squash, then show them that the flesh looks like spaghetti noodles!

Let your child find, pick out and count the seeds in the squash. Then roast them and enjoy as a healthy snack!

Farm2School Updates

October is National Farm to School Month! One way the Midwest celebrates local foods is the Great Lakes Great Apple Crunch – register your school or workplace and crunch into local apples on October 12! For more info visit:

<https://www.cias.wisc.edu/applecrunch/>



Spaghetti Squash Pizza Boats

Serves 4

Nutrition Facts

Serving Size (325g)		
Servings Per Container 4		
<hr/>		
Amount Per Serving		
Calories 270	Calories from Fat 130	
<hr/>		
	% Daily Value*	
Total Fat 14g	22%	
Saturated Fat 7g	35%	
Trans Fat 0g		
Cholesterol 30mg	10%	
Sodium 680mg	28%	
Total Carbohydrate 21g	7%	
Dietary Fiber 1g	4%	
Sugars 4g		
Protein 17g		
<hr/>		
Vitamin A 25%	• Vitamin C 15%	
Calcium 50%	• Iron 8%	
<hr/>		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
Calories: 2,000	2,500	
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
<hr/>		
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		

Ingredients:

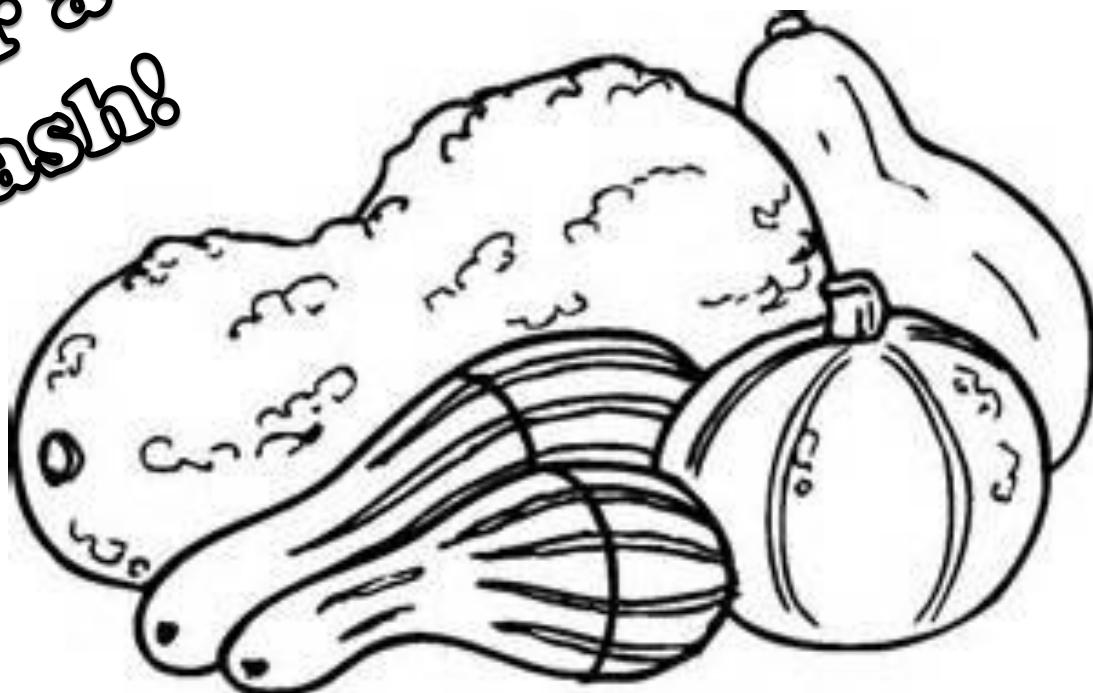
- 2 whole spaghetti squash
- salt & pepper
- olive oil
- 1 cup marinara sauce
- 2 cups shredded mozzarella cheese
- ¼ chopped fresh parsley

Directions:

Preheat oven to 400 degrees. Place spaghetti squash on a plate and microwave 5 minutes each. (*Microwaving for short amount of time softens the skin and helps to pre-cook the 'meat' of the squash, making for easier cutting.*) Carefully halve each squash lengthwise. Remove and discard seeds and any pulp. (Insides will be HOT and steamy!) Transfer to a parchment-lined baking sheet, season with salt and pepper, and drizzle with olive oil. Bake cut side down for 30 minutes or until tender. Remove from oven and pre-heat broiler. Loosen spaghetti squash strands in each half using a fork. Add 1/2 cup marinara and 1/4 cup mozzarella to each baked squash half. Mix filling with a fork and top with 1/4 cup more mozzarella and parsley. Return to baking sheet – *be sure to remove parchment paper.* Broil until cheese is melted and golden, 4 to 5 minutes. Serve immediately.

For more information on Farm2School visit www.laxF2S.org.

color a
squash!





Calendar 2017-2018



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