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See what teacher “experiences” have been happening since our Holiday Fair

Staff Spotlight

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Learn more about Mrs. Ahern, Mr. Fuglsang and Mr. Peace

January 2019

The Southern Bluffs
bobcat bulletin
Get Into the Game!

Over the past several years, as a district we have taken significant steps to enhance the physical safety and security of our school building. During the school year, the students and staff practice a number of drills, including monthly fire drills, a several weather drill, and a lockdown drill. The U.S. Department of Education has recommended that school districts implement a protocol that provides more options than traditional “hide and hope” lockdown to student and staff when facing threat or harm from a violent intruder. With the assistance of the La Crosse Police Department, our Southern Bluffs Staff has been trained in a protocol called ALICE.

The acronym ALICE is a non-sequential acronym to help staff and students remember options that stands for:



- Alert:** Get the word out using clear concise language and describe the location of the event.
- Lockdown:** Lockdown students in secure areas if evacuation is not an option. Enhance traditional lockdown by barricading.
- Inform:** Keeping the staff and students informed continually allows for good decision making.
- Counter:** As a last resort if the intruder enters the room, distract, confuse, and gain control.
- Evacuate:** Reduce the number of potential targets for the intruder by evacuating the building to predetermined rally points off of school grounds.

We will be discussing some of these options with students in an age appropriate manner, and classroom teachers will be reading and discussing a book with students entitled, I'm Not Scared, I'm Prepared! Because I Know All About ALICE. On **Tuesday, January 22nd**, we will practice a “soft” lockdown drill where we will be having developmentally appropriate conversations with students about the importance of listening to the adult in any kind of emergency situation.

School safety is ever-present on our minds and we work hard to ensure students are as safe as possible. Please talk with your child about safety at home, to and from school, and in your neighborhoods. Thank you for your cooperation in assisting us with our efforts to help all children feel prepared and safe.

With Kids in Mind,
Lisa Schreiner, Principal



2018-2019 OFFICERS:

Presidents—Heather Harpenau, Jaclyn Osley

Vice President—Kathy Hasburgh

Secretary—Kristin Damstra

Treasurer—Walt Smanski

*Contact sbluffspto@outlook.com if any comments/questions

2019 MEETINGS: Jan. 14, Feb. 18, Mar. 18, Apr. 15, May 20

UPCOMING EVENTS: Toppers Night-Jan. 9th 5-9:00, *Family Ski Night @ Mt. La Crosse*-Jan. 11th 1:30-8:00, High Rollers Night-Jan. 25th 4-9:00, *Valentine's Dance*-Feb. 15th 6:30-8:00



DONATION REQUEST: Mr. Shuda is asking for donations of gently-used tennis shoes in all sizes.

AUTOMATED ATTENDANCE CALLS

If your child is marked absent by their classroom teacher— a call will go out at 9:45 to the phone number that we have on file for you.

If you have contacted the office by 9:00am about the absence, no call will be made.

Please log in to “Family Access” and then use the “Skylert” tab to make sure that your contact info and preferences are current.





In the event school is closed or dismissed early due to bad weather, the announcement will be made on the following television and radio stations:



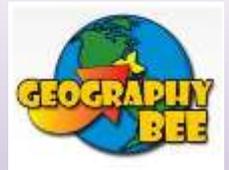
| | |
|---------------|---------------|
| WKBT TV 8 | WEAU TV 13 |
| WXOW TV 19 | WLAX TV 25/48 |
| WKTY 580 AM | WIZM 1410 AM |
| WFLN 1490 AM | Z93 93.3 FM |
| KCLH 94.7 FM | WRQT 95.7 FM |
| WKBH 100.1 FM | WQEG 102.7 FM |
| WLXR 104.9 FM | WQCC 106.3 FM |

The announcement will be listed on the district's website at www.lacrosseschools.com

A Skylert message is also sent out in the event of a early dismissal or school closing.



**PTO FAMILY SKI NIGHT
AT MT. LA CROSSE**
JANUARY 11th, 2019 1:30-8:00
Forms due 1/10!



**Congratulations
to our Geography
Bee finalists!**

La Crosse 2019 Give Kids a Smile Day

On February 1, 2019, several La Crosse area dentists will be providing free dental care to underserved and uninsured children (up to age 17).

Sign Up: To receive care for your child(ren), sign up at bit.ly/gkaslacrosse

After you submit the form, we will contact you in early January to schedule your appointment on February 1.

More Information: www.facebook.com/gkaslacrosse/

Each year, thousands of dentists across the the country help underserved children get the oral health they need. Give Kids A Smile is an annual volunteer program that provides free educational, preventative and restorative services to children. Last year, we worked together to provide care to more than 350,000 kids. Give Kids A Smile is an American Dental Association event.

Questions? gkalacrosse@gmail.com / 608-782-5675



**Additional December
Artist of the Month:**
Sydney T.





\$9,915 raised for our PTO!!

holidayfair

Thank you for your support!!





Breakfast with Ms. Dummer

HOLIDAY FAIR

Experiences



Rotary lights with Ms. Friedman



Tea Time with Mrs. Ahern



Pizza Party with Mrs. Raatz



Movie time with Mrs. Schreiner



Goose Island hike with Mrs. Roh



Pizza with Mrs. Koll



Culvers with Mrs. Lueck



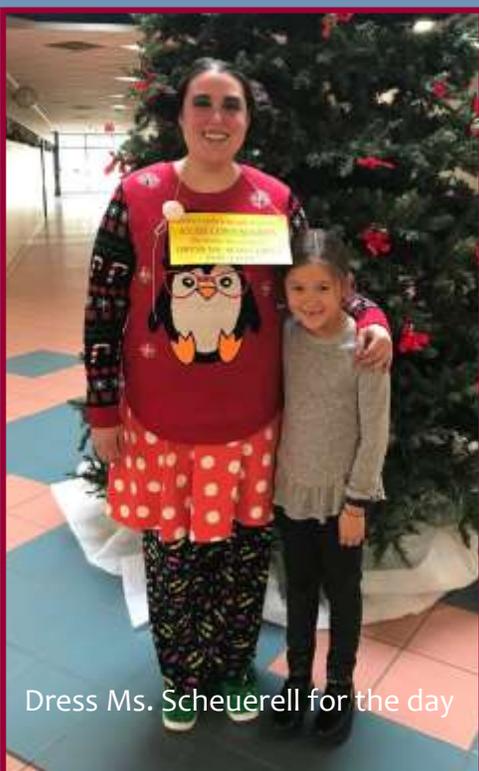
Juggling lessons with Mr. Ahern



Cupcakes and games with Mrs. Umberger



Lunch with Mrs. Schreiner



Dress Ms. Scheuerell for the day



Bowling with Mrs. Powell



Holding Harry the Snake with Mrs. Lenz

Staff Spotlight
Brenda Ahern,
Kindergarten Teacher

Where are you originally from? La Crosse

What was your favorite subject in school? Writing

Tell us about your family:

Husband, Kenny-self-employed entertainer, agent, director

Son, Patrick-24, Civil Engineer, lives in St. Paul

Daughter, Natalie-22, Marketing, lives in Chicago

Dogs: Buddy-14, **Cooper (puppy)**-5 months

Favorite activities/hobbies: Yoga, walking, biking, reading crafts

Favorite colors: Red, purple, orange

Favorite food: Cheese

Favorite book: Patricia Polacco-all of her books

Who is your hero? Dalai Lama

Do you have any fun fact about yourself?

I went to Clown College, traveled with Ringling Brothers and Barnum and Bailey Circus and lived on the circus train for 2 years.

What do you like about Southern Bluffs or your job in particular?

My students and the view from my room.



Derek Fuglsang, 2nd Grade Teacher



Where are you originally from? Maquoketa, IA

Tell us about your family: Sheena-wife, Ryker-7, Kison-4, Lulu-1, Jenga-Black lab

Favorite activities/hobbies: Hunting & fishing

Favorite color: Blue

Favorite food: Pizza and ice cream

Favorite book: Where the Red Fern Grows
(I read it to my kids)

Who is your hero? Jeff Steffen (Graduate School mentor) because he's an overall cool and respectful guy.

Any fun fact about yourself? We just bought a farm.

What do you like about Southern Bluffs or your job in particular?

I enjoy the people that I work with and that everyone works together.



Ryer Peace, Mr. Fuglsang's Student Teacher

Where are you originally from? St. Paul, MN

What was your favorite subject in school? Writing

Tell us about your family: I have kind of a big family...a brother, 2 step brothers, a step sister, a step mom, a mom, a dad and a dog.

Favorite activities/hobbies: I love to hike and spend time with family and friends.

Favorite color: Green

Favorite food: Stir fry

Favorite book: Golden Compass series

Who are your heroes? My parents because they are always positive and caring.

Do you have any fun fact about yourself? I like to play music and rock climb when I have some free time.

What do you like about Southern Bluffs? I love the positivity of the staff. It feels like there is a lot of support amongst staff members.

School District of La Crosse

2019 Preschool Program

The School District of La Crosse will soon begin accepting registrations for the 2019-20 four-year-old preschool program. Children who are 4 years of age on or before September 1st, 2019, and live in the La Crosse School District [attendance area](#) are eligible for our FREE preschool program.



BEGIN THE REGISTRATION PROCESS* ON-LINE STARTING DEC. 20th

with a valid email address or phone number
at www.lacrosseschools.org

**Completing on-line registration forms does not guarantee placement, rather it gets the paperwork started to expedite your required in-person visit to the Hogan Administrative Building on or after February 6th. Please print your completed forms prior to visiting Hogan.*

*In person registration begins February 6th
at the Hogan Administrative Building
located at 807 East Ave S.
from 6:30 AM to 5:00 PM until February 8th
Regular office hours resume on February 11th ... 7:00 AM to 4:30 PM*

Preschool is a 2½ hour program offered at the following tentative locations:

| | |
|--|---------------------------|
| Congregational Preschool | 2503 Main St. |
| Coulee Children’s Center | 2935 East Ave. South |
| Coulee Montessori | 1611 Kane St. |
| Emerson Elementary | 2101 Campbell Road |
| Gundersen Health System Child Care | 700 Bennora Lee Court |
| Hamilton Family Learning Center | 1111 South 7th St. |
| Hintgen Elementary | 3505 S. 28th St. |
| La Crosse Montessori Preschool | 1818 Redfield St. |
| North Woods International..... | N2541 Sablewood Rd. |
| Northside Elementary..... | 1611 Kane St. |
| Southern Bluffs Elementary | 4010 Sunnyside Dr. |
| Spence Elementary | 2150 Bennett St. |
| State Road Elementary | 3900 Pammel Creek Rd. |
| Summit Environmental | 1800 Lakeshore Dr. |
| Toddle Inn Day Care..... | W2637 Hwy 33 |
| YWCA Child Center (WTC Campus)..... | 419 N. 9th St. |

All families are required to submit proof of address and the child’s birth certificate to complete the registration process and secure placement.

*Space is Limited!
Early registration is recommended.*

Questions? Please call the Preschool Office at **608-789-7006**



Small changes, big differences.



The Positive Parenting Seminars

Want to boost your skills and confidence? Need help tackling a specific problem? From raising toddlers to coping with complex problems at home, our Triple P workshops and seminars provide parents with a friendly place to learn, share, and find support.

- Meet parents with similar experiences
- Get practical tips and suggestions
- Share your thoughts/experiences with the group
- Know you're not alone!



Dates:
Tuesdays
January 15, 22, 29 2019

Time:
6:00-7:30pm

Where:
Northside Elementary Library
1611 Kane Street, La Crosse, WI

Limited child care available to elementary age children.
Snacks provided. Park in school parking lot and enter through back doors.

**To register contact
Heather at (608)785-8125 ext. 215
or email at registration@theparentingplace.net**



The Goal:
**more positive
in your days.**



 Developing
Positive
Relationships

Teaching
New Skills and
Behaviors 

 Encouraging
Desirable
Behavior

Managing
Misbehavior 

CHILD & BABYSITTER SAFETY CLASS



Gain the skills and confidence to be a great babysitter.

The class features hands-on activities, interactive video and discussion to teach young adults how to:

- Care for children and infants
- Make good decisions, solve problems and stay safe
- Be good leaders and role models
- Handle emergencies such as injuries, illnesses and accidents

This class also contains education for youth who are getting ready to safely stay at home alone.

Open to boys and girls ages 10-14 years old.

Classes run from 9:00 a.m. to 3:00 p.m. Lunch is provided.

Cost is \$45. Pre-registration is required.

Register at: mayoclinichealthsystem.org and type “babysitting” in the search or call 608-392-4172.

Thursday December 27
Lang Conference Room

Saturday, January 5
Lang Conference Room

Saturday, February 9
Lang Conference Room

Saturday March 2
Lang Conference Room

Saturday April 13
Lang Conference Room

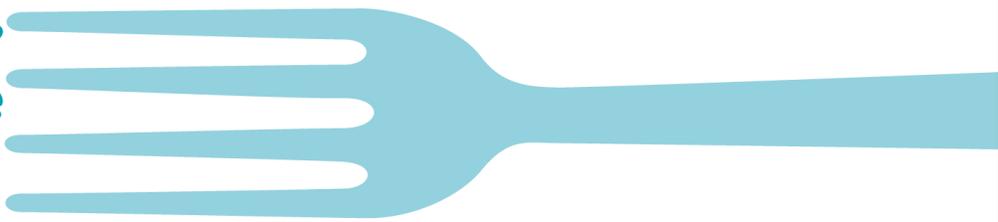
Not School Sponsored

Franciscan Healthcare
mayoclinichealthsystem.org



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|
| | No School | 1 Walking Taco Cheese Quesadilla Yogurt Lunch Salsa Seasoned Refried Beans Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Tostito Scoops Chocolate Fat Free Milk Lowfat White Milk | 2 Chicken Alfredo Homemade Sausage Pizza Yogurt Lunch Steamed Broccoli Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Seasoned Breadstick Chocolate Fat Free Milk Lowfat White Milk | 3 Fish Sticks Hot Dog /Bun Yogurt Lunch Roasted Veggies Fresh Veggie Bar Sidekick Assorted Fresh Fruit Assorted Canned Fruit WG Snack Crackers Chocolate Fat Free Milk Lowfat White Milk Hot Dog Fixins |
| 7 Meatball Sub Popcorn Chicken Yogurt Lunch Roasted Veggies Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Snack Crackers Chocolate Fat Free Milk Lowfat White Milk Chicken Nugget Sauces | 8 Pork Street Taco Toasted Cheese Sandwich Yogurt Lunch Salsa Fiesta Black Beans Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Assorted Graham Snacks Chocolate Fat Free Milk Lowfat White Milk Tomato Soup | 9 Colby Omelet <small>served with</small> Buttermilk Pancakes EZ Jammer Yogurt Lunch Potato Babycakes Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Apple Oatmeal Bar Chocolate Fat Free Milk Lowfat White Milk Syrup | 10 Chicken Patty Sandwich Homemade Pepperoni Pizza Yogurt Lunch Baked Beans Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Snack Crackers Mini Rice Krispies Treat Chocolate Fat Free Milk Lowfat White Milk Chicken Nugget Sauces | 11 Chicken Potato Bowl Cheese Filled Breadstick Yogurt Lunch Corn Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Seasoned Breadstick Chocolate Fat Free Milk Lowfat White Milk Marinara Sauce |
| 14 Texas BBQ Pork on WG Bun Garlic Cheese Bread Yogurt Lunch Roasted Veggies Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Snack Crackers Chocolate Fat Free Milk Lowfat White Milk Marinara Sauce | 15 Lasagna Rollup Chicken Nuggets Yogurt Lunch Green Beans Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Garlic Toast Chocolate Fat Free Milk Lowfat White Milk Chicken Nugget Sauces | 16 Beef Nachos Hot Ham & Cheese Yogurt Lunch Cowboy Corn Salsa Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Tortilla Chips Chocolate Fat Free Milk Lowfat White Milk | 17 Grilled Chicken Burger Homemade Cheese Pizza Yogurt Lunch Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Bun WG Snack Crackers Chocolate Fat Free Milk Lowfat White Milk | 18 No School |
| 21 No School | 22 Macaroni & Cheese Hot Dog /Bun Yogurt Lunch Carrot Coins Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Seasoned Breadstick WG Cookie Chocolate Fat Free Milk Lowfat White Milk Hot Dog Fixins | 23 Orange Chicken EZ Jammer Yogurt Lunch Roasted Veggies Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Brown Rice Apple Oatmeal Bar Chocolate Fat Free Milk Lowfat White Milk | 24 Turkey Club Sandwich Homemade Sausage Pizza Yogurt Lunch Green Beans Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Snack Crackers Chocolate Fat Free Milk Lowfat White Milk | 25 Mini Corn Dogs Wisconsin Chili Yogurt Lunch Smiley Fries Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Cornbread Chocolate Fat Free Milk Lowfat White Milk |
| 28 Macaroni & Cheese Chicken Nuggets Yogurt Lunch Roasted Broccoli Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Snack Crackers WG Seasoned Breadstick Chocolate Fat Free Milk Lowfat White Milk Chicken Nugget Sauces | 29 Chicken Patty Sandwich Meatballs & Gravy Yogurt Lunch Mashed Potatoes Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Assorted Graham Snacks Dinner Roll Chocolate Fat Free Milk Lowfat White Milk | 30 Sausage Patty <small>served with</small> French Toast Sticks Smoked Turkey Deli Sub Yogurt Lunch Potato Wedges Fresh Veggie Bar Assorted Canned Fruit Assorted Fresh Fruit WG Snack Crackers Lowfat White Milk Chocolate Fat Free Milk Lite Mayo Packet Mustard Packet | 31 Wisconsin Chili Homemade Cheese Pizza Yogurt Lunch Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Cornbread Chocolate Fat Free Milk Lowfat White Milk | |

Harvest of the Month



January



Cabbage



Pick:

- Choose firm, heavy cabbage heads with unblemished leaves.

Store:

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

Nutrition Info

One cup of raw cabbage has 22 calories.

Cabbage provides fiber and vitamins A & C.

Fun Facts

Cabbage is one of the oldest known vegetables! Red cabbage is one of many varieties grown throughout the world.

Cabbage is considered Russia's national food. Russians eat about seven times as much cabbage as the average North American.

One acre of cabbage will yield more edible vegetables than any other plant- which makes cabbage a money saver!

Uses

Cabbage can be steamed, microwaved, boiled, roasted or made into coleslaw or sauerkraut.

Cabbage is a great addition to casseroles, stews, salads and soups.

Family Friendly Activities

Compare red cabbage, green cabbage, Napa, and Savoy cabbage by color, texture, shape, size and taste!

Start a container garden, have your child help you plant and grow cabbage! Cabbage is best grown when planted in the cooler months: mid-winter to early spring.

