



BOBCAT BULLETIN

Monthly Newsletter of Southern Bluffs Elementary

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Keeping 2022 in Focus all Year Long

BY MRS. SCHREINER

While we continue to experience a school year with COVID being ever present, we find hope in the opportunity for all students (ages five and older) eligible for a vaccine and comfort in the mitigation strategies that we continue to have in place. My guess is that fun face masks may have been in a stocking or two on December 25th. The air tends to crackle with excitement when students return to school after the annual winter break and there is a sense of renewal and focus as we begin a new calendar year.

With the start of the new year, many people resolve to do or not do something during for the next 365 days. I like the idea of making a value-added decision to one's life or world. It feels like a positive a note to set the tone for the year. I have asked the Southern Bluffs staff to select one word to guide and create focus in their personal and professional lives. You would think that selecting one word would be easy to do, I mean, it's just one little word, right?



2022....cont'd:

I am two weeks into thinking about what my word will be and am still struggling. After all, this is going to guide my work, relationships, personal well-being, interactions and connections with students, colleagues and families. I confess that I have cheated and looked at some of the words that staff have already chosen for inspiration. I am inspired by their priorities and think that I am finally ready to commit.

For 2022, my focus word will be "relationships." Specifically, my words and actions should impact, create, build, sustain and repair (when necessary) healthy, open and positive relationships with everyone whose path I cross. Relationships, like gardens, need warmth, water, time, attention and occasional weeding to thrive. Having a focus versus a resolution, feels sustainable for 365 days.

What would be your word or the word for your family? Where/How, during the year of 2022, do you want to direct your energy? Perhaps a year is too long for young children to sustain, so how about a monthly focus tied to our social emotional lessons around kindness, empathy, mindfulness, emotion management, problem solving or growth mindset? Wherever the 2022 year takes you, may it be filled with good health and your focus be on what matters the most.

REPORT CARDS HOME January 20

PTO MTG
Jan. 24
6:30pm
Staff Lounge



NO SCHOOL
February 11
& 14

Wellness Weds.



Thanks to a generous donation, every Wednesday, a fresh fruit option will be offered at snack time. We understand the importance of fresh fruit in our children's diet and are excited to offer this to all of our students.

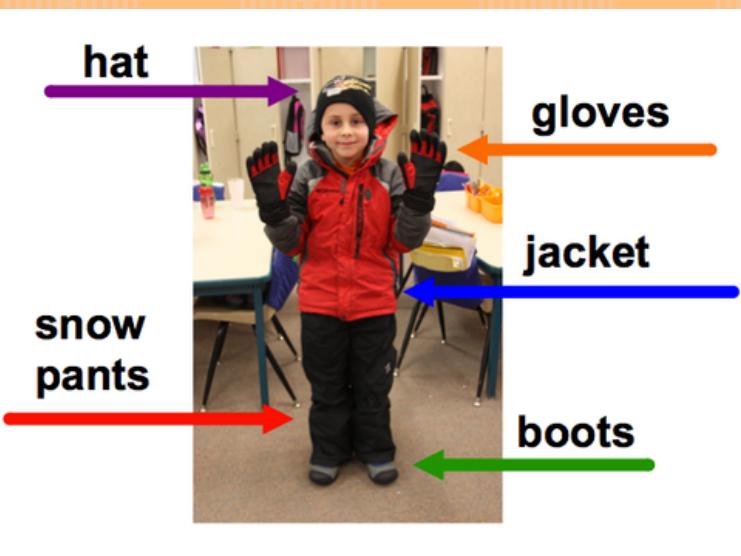
BREAKFAST CEREAL ROTATION

Monday-Cinnamon Toast Crunch
Tuesday-Trix
Wednesday-Frosted Flakes
Thursday-Cinnamon Toast Crunch
Friday-Trix

Winter Gear



It's incredibly important that all students come to school EVERY DAY with appropriate winter gear, as recess and P.E. class will be outside most days. Please contact Mrs. Lueck or the office if you need help obtaining winter items for your child.



Southern Bluffs Food Pantry

We are in need of paper bags for the food pantry--if you have extra at home, we will put them to good use. Please drop off in office.

The school food pantry is open to all Southern Bluffs families in need of extra non-perishable food items. Food items are donated by individuals and various community agencies including The Hunger Task Force. Items are also purchased with the help of monetary and gift card donations.

If you are interested in contributing to the food pantry through a donation of food, monetary gift or gift card, please be in touch with Becky Lueck, School Counselor, or the school office staff.

Food distribution will typically take place on the 4th Tuesday of each month. See dates below. Families can choose to pick up food from Southern Bluffs or have food delivered to their homes by Southern Bluffs staff and/or volunteers. Pick-up will be at Southern Bluffs main doors between 3:30pm-4:00pm. If a family chooses delivery, deliveries will be made between 3:45pm-5pm.

We ask families to sign up ahead of time through a google form
<https://forms.gle/otneakMmXJmmQBUq9>
or by completing a paper sign-up form available from the office. If you have any questions about signing up, please be in touch with Becky Lueck, School Counselor, at 789-5128 or blueck@lacrossesd.org

Families only need to sign up one time for the whole year.

January 25

February 22

March 22

April 26

May 24

If you have questions about the food pantry or would like additional community resources for accessing food, housing, transportation, clothing, and more, please contact Mrs. Lueck.

Student Family Assistance Program

A partnership between Gundersen Health System and the School District of La Crosse to provide care to students and their families in the form of brief school-based mental health support and family outreach.

<https://sites.google.com/lacrossesd.org/sfap/>

*Last &
Found:
Glasses*

Call the office at
789-7020 to claim.



NEWS FROM THE

Library



In December, students in Grades 2–5 library classes spent time learning about computer science and coding in celebration of the worldwide Hour of Code. Starting in January, students in all grades will be learning about digital citizenship during mini lessons following the Common Sense Media curriculum. All students in grades 3 – 5 are now enjoying the opportunity to come to the library for exploration time during their grade level WIN time – every child will get this opportunity eventually, and who comes each day is based on following the WIN principle of "What I Need". Finally, take a look at all of the new books added to the Southern Bluffs Library during

December by going to this link:

<https://tinyurl.com/sbnewbooksDec2021>.

Happy Reading!



Please join us in congratulating our LLC Director, Kate Olson, on her new job teaching Business Education at Central High School. She has helped students and staff navigate virtual learning and so much more. We will miss you, Mrs. Olson!!

Community, Careers & Connections Family Night

On Wednesday, May 18th, Southern Bluffs will be hosting a Community, Careers and Connections Family Night. This event is a chance to create excitement and understanding of our local community and businesses, and to provide information regarding opportunities available for all our students and their families. Our vision is to expose students to career options, offer information for families, and provide activities families can participate in together, especially with summer fast approaching.

At this time, we are reaching out to families to see if you have a career or business you are a part of that would like to partner with us. We are looking for people to have a booth to showcase their career or business, with perhaps a poster or tools of their trade or something to engage kids. We also are looking for sponsors with monetary donations, services donations, or item donations as we will be providing raffle items at the event.

If you are interested or know of businesses you would like to see join us, please reach out to one of the committee members by email or phone. We hosted this fun event in 2018 and are excited to bring it back and build connections in our community and show students potential career opportunities for them!

In partnership,

The Community, Careers, and Connections Committee

Casey Scheuerell - cscheuer@lacrossesd.org - 608.789.5136

Becky Lueck - blueck@lacrossesd.org - 608.789.5128

Stephanie Umberger - sumberge@lacrossesd.org - 608.789.5117

SCHOOL DISTRICT OF LA CROSSE



2022-2023 4K Preschool Registration

****New Student Online Enrollment for the 2022-23 school year will open on December 17, 2021****

4K Preschool Registration is a 2-step process: 1) New Student Online Enrollment (opens December 17, 2021) and 2) 4K Preschool site registration (opens February 1, 2022). Both steps need to be completed in order. Students must be age 4 on or before September 1, 2022 to enroll into 4K Preschool.

A document with detailed enrollment and registration instructions will be made available soon.

This document will soon be available in multiple languages and redistributed when ready.

Step 1— New Student Online Enrollment opens on December 17, 2021 to enroll your 4-year-old for the 2022-2023 school year.

- Visit Lacrosseschools.org and click on the “[Enroll In Our Schools](#)” button. Follow the prompts to create an account and complete the New Student Online Enrollment process in Skyward.
- You may upload or email a picture of the student’s birth certificate and your proof of address. If these documents are not submitted during enrollment, they will need to be submitted by February 4 to hold your spot.
- Note: If you want to participate in 4K site registration when it opens on February 1, your student’s 4K enrollment must be completed by January 27.

Step 2— 4K Preschool site registration will open online starting February 1, 2022 at 7 AM. Site registration will be on a first-come, first-served sign up.

- Log into Skyward family access and click on the Arena Scheduling button on the left side of the screen. Under the preschool heading, click on 2022-2023 year. You will then see the list of preschool classes.
- Select your desired class and click on the **Add** button. The **Add** button will not be available if that class is full. If you decide to change classes, click on “Remove” under the Option column.
- Arena scheduling will close on February 4, however you may still enroll your student. Please call the preschool office for any changes after the arena scheduling closes.

Families are welcome to come into Hogan Administrative Center (807 East Avenue South La Crosse, Wisconsin) to complete the enrollment process on a computer if needed.



Independent Facilitator
Chris Peterson presents



Parenting the Love and Logic Way™

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

Give you and your family the peace it deserves.



Chris Peterson

Gain skills on how to:

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

...and much more!

Date & Time

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

Please fill out this form to Register:

<https://forms.gle/gtrjLUZXJ1TbiKcD7>

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

Location

ZOOM Link will be emailed prior to the first session.

Investment

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

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

www.theparentingprofessor.com



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

JANUARY 2022

ELEMENTARY BREAKFAST & LUNCH MENU

Mon	Tue	Wed	Thu	Fri
<u>BREAKFAST</u> day 4 #1 Cereal <u>LUNCH</u> #1 Chicken Nuggets #2 Yogurt & Cheese Stick 3	<u>BREAKFAST</u> day 5 #1 WG Poptart <u>LUNCH</u> #1 Garlic Cheese Bread #2 EZ Jammer & Cheese Stick 4	<u>BREAKFAST</u> day 6 #1 Apple-Filled Donut <u>LUNCH</u> #1 Colby Omelet & Pancakes #2 Yogurt & Cheese Stick 5	<u>BREAKFAST</u> day 1 #1 Muffin <u>LUNCH</u> #1 Pizza #2 EZ Jammer & Cheese Stick 6	<u>BREAKFAST</u> day 2 #1 Breakfast Bread <u>LUNCH</u> #1 Texas BBQ Pork Sandwich #2 Yogurt & Cheese Stick 7
<u>BREAKFAST</u> day 3 #1 Banana Bread <u>LUNCH</u> #1 Orange Chicken & Rice #2 Yogurt & Cheese Stick 10	<u>BREAKFAST</u> day 4 #1 Frudel Pastry <u>LUNCH</u> #1 Chicken Taco #2 EZ Jammer & Cheese Stick 11	<u>BREAKFAST</u> day 5 #1 Maple Madness Waffles <u>LUNCH</u> #1 Fish Nuggets #2 Yogurt & Cheese Stick 12	<u>BREAKFAST</u> day 6 #1 BeneFIT Bar <u>LUNCH</u> #1 Pizza #2 EZ Jammer & Cheese Stick 13	NO SCHOOL 14
NO SCHOOL 17	<u>BREAKFAST</u> day 1 #1 WG Poptart <u>LUNCH</u> #1 Chicken Patty Sandwich #2 EZ Jammer & Cheese Stick 18	<u>BREAKFAST</u> day 2 #1 Mini Cinnis <u>LUNCH</u> #1 Mac & Cheese #2 Yogurt & Cheese Stick 19	<u>BREAKFAST</u> day 3 #1 Muffin <u>LUNCH</u> #1 Pizza #2 EZ Jammer & Cheese Stick 20	<u>BREAKFAST</u> day 4 #1 Breakfast Bread <u>LUNCH</u> #1 Cheesburger #2 Yogurt & Cheese Stick 21
<u>BREAKFAST</u> day 5 #1 Banana Bread <u>LUNCH</u> #1 Popcorn Chicken #2 Yogurt & Cheese Stick 24	<u>BREAKFAST</u> day 6 #1 Frudel Pastry <u>LUNCH</u> #1 Cheese Filled Breadstick #2 EZ Jammer & Cheese Stick 25	<u>BREAKFAST</u> day 1 #1 Maple Madness Waffles <u>LUNCH</u> #1 Hot Ham & Cheese #2 Yogurt & Cheese Stick 26	<u>BREAKFAST</u> day 2 #1 BeneFIT Bar <u>LUNCH</u> #1 Personal Pizza #2 EZ Jammer & Cheese Stick 27	<u>BREAKFAST</u> day 3 #1 Choc Chip Muffin <u>LUNCH</u> #1 Bakalars Hot Dog #2 Yogurt & Cheese Stick 28
<u>BREAKFAST</u> day 4 #1 Mini Cinnis <u>LUNCH</u> #1 Chicken Nuggets #2 Yogurt & Cheese Stick 31	 <p>HAPPY NEW YEAR!</p>			
	<p>Breakfast is served with white milk. Breakfast choice #2 is always cereal. Lunch includes fruit, veggie, and choice of milk. **Menu is subject to change.**</p>			

Come Join Our Team!



The La Crosse School District Nutrition Department is hiring for a variety of positions/hours.

We have several school buildings looking for the right person to add to our great teams. ***We are hiring substitute positions also!***

Positions open at all levels (Elementary, Middle School, High School). ***Great opportunities for advancement.*** Perfect for parents/guardians ready to enter the work force again, as you will be off in time to pick the kids up every day.

New wages beginning 1/2/2022!

Apply today on <http://wecan.education.wisc.edu/>

For help with this application, or any other questions, please reach out to us at 608-789-7625

Employee Testimonials

"This is the most rewarding career I have ever had. Seeing the kids every day and knowing I am making a difference in their lives fills my heart." -Kinsey Gibbs, Nutrition Manager, North Woods Elementary

"One of the biggest benefits when I started in school nutrition is that my schedule matched my own children's schedules. If it was a snow day, I did not have to scramble to find childcare as I would also be off. That convenience was a huge benefit. That was over 20 years ago. Now I love it because it is always something new every day." -Faye Kielley, Nutrition Manager Northside/Coulee Montessori

"24 years ago, a friend of mine said you should work for the School Nutrition program and be home with your kids in the summer. I have been at Central this whole time and can honestly say I STILL LOVE MY JOB." -Jeannette Wuensch, Nutrition Manager, Central High School

**HARVEST OF THE MONTH
NEWSLETTER 02/2022**
February**Sweet potatoes****FUN FACTS**

- China is the largest grower of sweet potatoes. Many farmers here in the Coulee Region grow them too!
- Sweet potatoes are commonly confused with yams. Yams are very large and found mostly in Asia and Africa.
- Sweet potatoes are roots, whereas regular potatoes are tubers, or underground stems.

NUTRITION INFO

One medium potato has 100 calories and provides vitamins A & C, fiber and potassium.

**Sweet Potato Chips 3 Ways**

Serves 4

Ingredients:

- 2 sweet potatoes, about ½ pound each
- 1 Tbsp. olive oil
- 1 tsp. salt

Seasoning options:

- Option 1: ½ tsp. garlic powder and ¼ tsp rosemary
- Option 2: ½ tsp each: basil, oregano, parsley, garlic powder
- Option 3: ½ tsp. cinnamon

Directions:

Preheat oven to 400°F. Wash potatoes and slice evenly; about 1/8 inch thick. Drizzle with olive oil and sprinkle with salt and seasonings; toss to coat. Place potatoes in a single layer on a cookie sheet covered in parchment paper. Bake until light brown and tender-crisp (about 15-30 minutes).

Per Serving (119g): 130 calories, 3.5g fat, 0.5g saturated fat, 2g protein, 23g carbohydrates, 4g fiber, 640mg sodium

for more information visit www.laxf2s.org

PICK

Choose firm sweet potatoes with few blemishes. Discard potatoes with soft or rotten spots as the flavor will be affected.

STORE

Store sweet potatoes in a dark, dry and cool environment for up to 1 month. Remember to take the potatoes out of the plastic produce bag before storing.

PREPARE

Scrub the skin of the sweet potato under cool water before cooking. Sweet potatoes can be consumed with the peel on!

USE

Sweet potatoes can be baked whole, grilled, steamed, boiled, roasted, microwaved or sautéed! Microwaving sweet potatoes takes less time than regular potatoes – keep an eye on it! Sweet potatoes can also be added to baked goods like muffins, cakes and quick breads.



**HARVEST OF THE MONTH
NEWSLETTER 01/2022**
JANUARY**WINTER SQUASH****FUN FACTS**

- In Native American folklore, winter squash was one of the "three sisters", along with corn and beans and were staple foods in their diet.
- There are over 15 different types including: butternut, Delicata, Hubbard, banana, acorn and spaghetti squash.

NUTRITION INFO

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



Roasted Butternut Squash Fries

Serves 6

Ingredients:

- 1 medium butternut squash
- 1 Tbsp. olive oil
- 1 tsp. dried thyme or 1 Tbsp. chopped fresh thyme
- 1 tsp. dried rosemary or 1 Tbsp. chopped fresh rosemary
- 1/2 tsp. salt

Directions:

Heat oven to 425°F. Lightly coat a baking sheet with olive oil. Peel the skin from butternut squash and cut into even sticks, about 1/2 inch wide and 3 inches long. In a medium bowl, combine the squash, oil, thyme, rosemary and salt; mix until the squash is evenly coated. Spread onto the baking sheet and roast for 15 minutes. Remove the baking sheet from the oven and shake to loosen the squash. Flip squash and place back in the oven for 15-25 minutes until golden brown.

Per serving: 110 calories, 2.5g fat, 0g saturated fat, 2g protein, 23g carbohydrate, 4g fiber, 200mg sodium

for more information visit www.laf2s.org

Coulee Region Farm to School is a partnership between La Crosse County Health Department, Mayo Clinic Health System – Franciscan Healthcare, Gundersen Health System, and the School Districts of Bangor, Holmen, La Crescent-Hokah, La Crosse, Onalaska, and West Salem.

PICK

Choose winter squash with firm skin free of nicks, cracks, or soft areas with an attached stem.

STORE

Fresh, whole squash can be stored in a cool dark place for several weeks to months depending on variety. Store cooked squash refrigerated for a few days or freeze up to 6 months.

PREPARE

Winter squash is versatile. It can be baked, microwaved, roasted, sautéed, boiled, and/or steamed. Use a very sharp knife to cut or peel.

USE

Puree cooked squash and add to soups for a creamy texture. The seeds can be roasted and eaten like pumpkin seeds. Try using a spiralizer to make squash noodles. No spiralizer? Try spaghetti squash!



MAYO CLINIC
HEALTH SYSTEM

GUNDERSEN
HEALTH SYSTEM