Greetings Southern Bluffs Families:

The first quarter of the school year has flown by! We welcomed new students, staff, and student organizations this school year that have really helped us define who we are as a Bobcat community. I am proud and thankful for this community each day and the partnership it provides to ensure our students are set up for success!

In November, we celebrate American Education Week, which is November 13th -17th. This week is recognized to honor the team of people who work in our public schools. We cannot thank our bus drivers, classroom teachers, custodians, kitchen crew, and support staff enough for all they do to keep our school running efficiently. Our Southern Bluffs crew represents a true team effort each and every day they walk through the doors.

Our school report card from the 2022-23 school year will be made public in mid-November. Southern Bluffs Elementary School once again is ranked one of the best elementary schools in the state. The partnership displayed in your student’s education is priceless. Thank you for continuing to prioritize your student’s attendance and communicating regularly with our school by attending conferences and student team meetings. Without this, our students wouldn’t be able to achieve as much as they do.

As the time of year approaches when many are participating in various celebrations, I wish your family the best and hope for a happy and healthy holiday season. I really appreciate all that you do to bring friendship and a sense of community to Southern Bluffs Elementary School. I am thankful to be a part of the Bobcat Family and I hope you feel the same.

Go Bobcats!
Maggie Maine, Principal
Important Dates

Nov. 2 ~ Art Club 3:30-5:30
Board Game Club 3:30-5:30
Nov. 3 ~ NO SCHOOL
Nov. 6 ~ PTO Meeting 6:00
Nov. 9 ~ Veteran's Day Breakfast/Program
Art Club/Board Game Club
Nov. 10 ~ Jump Rope Club Gr. 1-2
Nov. 16 ~ Art Club/Board Game Club
Nov. 22-24 ~ Fall Break, NO SCHOOL
Nov. 30 ~ Art Club/Board Game Club
Dec. 2 ~ Holiday Fair 9-12:00
On November 9th, we will be honoring our community's veterans with a Veteran's Day Program at our school. The program will begin at 9:30am in the Southern Bluffs gym. All students will participate and join in singing our thanks to our community's veterans.

We invite any of our students' family members, friends or neighbors who have served or are serving in the military and their guests to join us. There will be a light breakfast served beginning at 8:45 in the school library. Veterans are also welcome to stay after the program for a Questions & Answers session to share their stories and experiences with our 5th grade students. Please RSVP using the QR code or calling the school office at 789-7020.

Hope to see you there!!
The Southern Bluffs PTO is excited to announce our 21st Annual Holiday Fair! The Date is set for Saturday, December 2nd from 9:00 am – noon. The Holiday Fair is a fun family event and the PTO’s main fundraiser. Kid’s Land will be open for business...this is where kids can purchase gifts for family members ($0.50-$5). Families can also buy treats at the bake sale, paint a keepsake ornament ($0.50-$3) and enjoy a pancake breakfast (free will donations accepted)! The Holiday Fair is open to all Southern Bluffs families, friends and neighbors.

Like last year, we are going to run the baskets and teacher experiences on the Online Auction Site. The Auction will go live on Thursday, November 16th, and will conclude with a soft closing starting at 6 p.m. on Wednesday, November 29th. Top bidders can pick up their items at the Holiday Fair on Saturday, December 2nd.

Each year, classrooms are asked to contribute to their themed baskets for the Silent Auction (see below for classroom themes). This enhances the variety of our auction items for you to bid on. We ask families to contribute to the classroom basket in any way they are able. Items should be turned in to your classroom by Tuesday, November 7th. This is our PTO's big fundraiser (we don’t ask you to sell items like magazines, gift wrap or cookie dough) and we need everyone’s help to make it successful. All money raised at the event will help fund field trips, classroom supplies, playground equipment, family-fun events, and building needs.

Below is your child’s classroom theme and some suggested items. Feel free to get creative! Thank you for your support!!

**Family items for classroom baskets:**

- **Early Childhood**: Winter Outdoor Fun
- **Kindergarten**: Family Movie/Game Night
- **1st-Fried**: Coffee/Hot Chocolate
- **2nd-Rosel**: Pampered Pets
- **2nd-Pittorf**: What’s Cooking/Baking
- **3rd-A. Meyer**: Arts & Crafts/Home Office
- **4th-L. Meyer**: Tailgate Party
- **5th-Masterson**: Chocolate Love

- **Pre-K**: Date Night
- **1st-Friedman**: Birds/Gardening
- **1st-Stout**: Books you love
- **2nd-Dutchin**: Fishing
- **3rd-Franke**: Wellness/Sports
- **3rd-Renaud**: Home maintenance/Fix it
- **4th-Kryshak**: Books you love
- **5th-Lenz**: Science & Discovery
Next PTO Meeting
Monday, Nov. 6th
6:00 pm Staff Lounge

PTO News!

Questions? Email sbluffspto@outlook.com

HOLIDAY FAIR & AUCTION

In-person event:
December 2nd
9-12:00

Online bidding runs from Nov. 16–29

Auction baskets can be picked up at the Holiday Fair!

NOV. 22–24

Fall Break

Happy Thanksgiving!
If your child comes home wearing borrowed clothing from the office, please launder them and return the items to school. We are also looking for donations of larger size sweatshirts.

**Student Health Guidelines**

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.
FLANNEL BINGO Night

JOIN US FOR AN ENCHANTING EVENING OF BINGO AND FLANNEL OUTFITS!

THU NOV 16TH
DINNER: 5:30
BINGO: 5:45 - 6:30
SOUTHERN BLUFFS GYMNASIUM

WEAR YOUR FAVORITE FLANNEL AND BRING YOUR LUCK TO WIN PRIZES!

RSVP BY: NOV 10TH
2023-2024 Jump Rope Schedule

Nov. 10th                  1-2 grades
Dec. 8th                   3-5 grades
Dec. 15th                  1-2 grades
Dec. 22nd                  3-5 grades
Jan. 5th                   1-2 grades
Jan. 12th                  3-5 grades
Jan. 19th                  1-2 grades
Jan. 26th                  3-5 grades
Feb. 2nd                   1-2 grades
Feb. 16th                  3-5 grades
Feb. 23rd                  1-2 grades
Mar. 1st                   3-5 grades
Mar. 8th                   1-2 grades
Mar. 15th                  3-5 grades
Mar. 22nd                  1-2 grades
Apr. 5th                   3-5 grades
Apr. 12th                  1-2 grades
Apr. 26th                  3-5 grades
May 3rd                    1-2 grades
May 10th                   3-5 grades
May 17th                   1-2 grades
May 24th                   ALL GRADES!

Southern Bluffs Apparel order closes 11/5
southernbluffselem.itemorder.com/shop/home
Fall Festival!
Cider, Candy, Games, Friendship
HOLIDAY & WINTER GEAR HELP 2023:
COMMUNITY PROGRAMS TO HELP FAMILIES

We live in a generous community with lots of resources and support. If you would like to learn more about resources/supports in our community, please be in touch with Becky Lueck, School Counselor at blueck@lacrossesd.org or call 789-5128.

Needing winter gear for your family? Salvation Army can help. Families in need of winter coats, mittens and hats can reach out to the Salvation Army. Families can call (608) 782-6126 or stop by the Salvation Army on Wednesdays & Thursdays from 9-12pm & 1-3:30pm.

Looking for specific holiday time help with toys, clothing and food?

**Salvation Army (Food Baskets, Angel Tree)**
- Salvation Army (Food Baskets, Angel Tree)
- One sign-up online for both programs Angel Giving Tree - La Crosse Salvation Army
- Or call (608) 782-6126
- Or stop by the Salvation Army on Wednesdays & Thursdays from 9-12pm & 1-3:30pm.
- Sign up ASAP!! They will keep the online registration open until the program is full.
- Distribution day is December 13th at the Salvation Army warehouse: 434 Nelson Place, La Crosse, WI

**Catholic Charities Adopt-a-Family**
- For more info and to sign up online: 2023 Christmas Program – Catholic Charities
- No set deadline, but sign up ASAP to be considered

**Toys for Tots-La Crosse Jaycees**
Toys for children 12 and under - No income verification needed
Sign up online between Nov 1 & Nov 30th. Watch Facebook and their website for more information and registration link.
Contact email: toysfortotslac@gmail.com
Facebook page for updates: https://www.facebook.com/lacrossejaycees/?fref=ts
Website for updates: https://lacrossejaycees.org/
Please remember when signing up that they only provide toys. They do NOT provide clothing, food, gift cards, video games/systems, computers, iPhones, or iPads.

If you have questions about community support and resources, please contact Becky Lueck, School Counselor, blueck@lacrossesd.org (608) 789-5128
Winter is approaching quickly! Our students are outside every day for recess unless it is raining, the “feels like” temperature is –5 degrees or lower with the wind chill, or if the air temperature is 0 degrees or lower. Please ensure that your child(ren) come to school every day with appropriate clothing for the weather.

~ A warm coat
~ A winter hat
~ Waterproof mittens or gloves
~ Snow pants
~ Boots
~ Extra pair of socks

Once the snow comes to stay, we will request that snow pants & boots be worn at every recess time. With that being said, please LABEL all winter gear with your child’s name or initials. If you don’t have proper winter attire for your child(ren), please contact Mrs. Lueck at 789-7020.
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 (except Dec & May). See the 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 3:30-3:55 pm. If a family chooses delivery, deliveries will be made between 3:45-5:00 pm.

We ask families to sign up ahead of time through this Google form 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, the School Counselor at 789-5128 or blueck@lacrossesd.org. Sign up on the form below:
https://forms.gle/trEL8xRneKsJNdVd7

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

Pick-up/Delivery Dates:
Tues Oct 24 Tues Feb 27
Tues Nov 28 Tues March 26
Tues Dec 19 Tues April 23
Tues Jan 23 Tues May 21

If you have questions about the food pantry or would like additional community resources for accessing food, housing, transportation, clothing, and more, please contact Becky Lueck at blueck@lacrossesd.org or (608) 789-5128.
As soon as your kids start going online, it’s important to explain your expectations for their behavior. With some guidance from you, they can enjoy their time online and mostly avoid things like cyberbullying and inappropriate content. Here are some basics to share with your child:

**Communicate with care.** Use the right language for your audience. You might write or speak differently to a teacher, compared with a friend.

**Keep private things private.** Don’t share private information, including passwords, your home address, date of birth, your location, or revealing photos.

**Respect others and avoid drama.** Be courteous and practice disagreeing politely. Try not to interact with trolls or share gossip.

**Don’t lie, steal, or cheat.** Don't try to deceive others. Remember to give credit where credit is due. And, although it’s easy to copy others’ work, download things without permission, or cheat in online games, don’t do it.

**Be an "upstander."** If someone you know is being bullied, find a way to show your support. If you feel safe confronting the one doing the bullying, you should. If not, a private message to the target of the bullying can be enough to help someone through a tough time. Speaking up against hate speech is important, too.

**Report misbehavior.** The internet is a giant community, and you can help it be a nicer place.

**Follow your family’s rules.** If your parent or caregiver tells you to avoid certain websites or to stop texting after a certain time, do your best to respect their wishes. The more you act responsibly, the more privileges you’ll get.

**Think before you post, text, or share.** Consider how you and others might feel after you’ve posted something. It’s not always easy to take back what you’ve said online, and your online behavior can create a lasting footprint.

**Check in with your feelings.** Some online experiences can have a negative effect on our mental and emotional well-being. If you ever feel uncomfortable, worried, sad, or anxious, try taking a break and reach out to a friend or adult for help.

For more information, visit [https://www.commonsensemedia.org/](https://www.commonsensemedia.org/)

*Common Sense Media offers the largest, most trusted library of independent age-based ratings and reviews. Our timely parenting advice supports families as they navigate the challenges and possibilities of raising kids in the digital age.*
Here Comes the Bus®
Now available to parents of Southern Bluffs students

- View the real-time location of your child's bus
- Access the app from your smartphone, tablet or computer
- Receive push notifications or email alerts
- Send your child to the bus stop at just the right time, every time

How to get started:
1. Download the Here Comes the Bus app® or visit herecomesthebus.com
2. Click the Sign up button
3. Enter school code (37665) and click “Next” followed by “Confirm”
4. Complete the “User Profile” box
5. Under “My Students,” click “Add.” Enter your child’s last name and student ID number (accessible in Schoolwires “Portfolio” tab)
6. Once you confirm your information, you’re ready to begin using Here Comes the Bus®

*Available at the Apple Store and Google Play

Here Comes the Bus® is a registered trademark of Synovia Solutions™ LLC

See our District Virtual Backpack for important community information:

https://www.lacrosseschools.org/parents/virtual-backpack/
STUDENTS
of the Month

Ivory is a very easy going classmate who demonstrates good character and behavior in and out of the classroom. She has a good attitude and takes pride in her work as well as asking questions and being a leader or helper where needed.

Chloe is a kind friend with a huge heart who consistently shows compassion to others. She sets a great example for her classmates by listening and following directions, and she always tries her best. Chloe brightens our day with her sweet smile and positive spirit!

Archer is always doing his best work! He listens well and always follows directions right away. Way to go, Archer!!
Emma goes above and beyond inside and outside the classroom to share kindness. She is a great helper even when not asked and is constantly doing her best work. She is also empathetic towards others and wants to make sure everyone's happy.

Logan shows respectful, responsible, and safe behaviors both inside and outside the classroom. He chooses the right behaviors even when no one is watching. He includes EVERYONE and is a good friend to ALL of his fellow classmates. Even through tough times, Logan pushes through and puts forth his best work and gives 100%. Logan is a great role model and we are so happy that he is a part of our classroom.

Edwyn leads by example as a strong, quiet leader in 5th grade. He is consistently kind and hardworking, and always willing to help anybody out. Keep up the great work Edwyn!!
Greetings from the 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. Please do not hesitate to reach out to Maggie Maine, principal, to discuss this further.

**Nutrition Reminder:**
Elementary breakfast costs $1.65, lunch costs $2.85 and A la cart milk costs $.50.
Recipe of the Month:

Quick Snack Mix

Ingredients:
Dried cranberries (2 tbs)
Raisins (2 tbs)
Cheerios (2tbs)
Pretzel crackers (2 tbs)
Mix everything and enjoy!

Harvest of the Month:
Cranberry

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

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
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<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tr>
<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>LUNCH</td>
<td>#1 Biscuit &amp; Sausage Gravy</td>
<td>#1 Cinnamon Roll</td>
<td>#1 Breakfast Burrito</td>
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<td>day 1</td>
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<td>#1 Biscuit &amp; Sausage Gravy</td>
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<td>#2 Yogurt &amp; Cheese Stick</td>
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