Spring Music Programs

Purchase your garden raffle fundraiser tickets at these spring music programs or visit Spence on May 3 from 7:30 am to 8:30 am to purchase.

**4K Concert**: Thursday, May 2, 5:30 pm
Spence Gymnasium

**Grades K & 1**: Friday, May 3, 2:00 pm
Spence Gymnasium

**Grades 2 & 3**: Tuesday, May 7, 6:00 pm
Central Auditorium

**Grades 4 & 5**: Tuesday, May 7, 6:45 pm
Central Auditorium

Spring Orchestra Concert
Tuesday, May 21, 2019
6:30 pm Concert for Parents
Spence Gymnasium

**MAY**
1-3 – Safety Patrol in Washington D.C.
2 – 4K Spring Concert, 5:30 pm
3 – Garden Raffle Ticket Sales in Spence Foyer, 7:30-8:30 am
3 – K & 1 Music Program & Garden Fundraiser, 2:00 pm
7 – Grades 2 & 3 Music Program & Garden Fundraiser, 6:00 pm
7 – Grades 4 & 5 Music Program & Garden Fundraiser, 6:45 pm
10 – PBIS School Assembly
10 – 4th Grade to Holmen Farms
14 – PTO Meeting, 6:00 pm
16 – 4th Grade to Madison
16 – Food Pantry Bags Sent Home
16 – 3rd Grade to Myrick Park, Science
16 – 1st Grade to Myrick Park, Storytelling
17 – 5th Grade to Dubuque
20 – Orchestra Concert for Spence Students
21 – 5th Grade to MN Marine Art Museum
21 – Orchestra Concert for Parents, 6:30 pm
22 – 3rd Grade to “Slide Into Safety”
22 – 1st Grade to “Touch a Truck”
23 – Outdoor Classroom Day
23 – 2nd Grade to Park & Sweet Shop
23 – 6th Grade Orientation, 6:30 pm
24 – 3rd & 4th Grades to UWL
24 – 3rd Grade to Children’s Museum
24 – Deadline to Return All Spence Library Books
27 – Memorial Day, NO SCHOOL
29 – Kindergarten to Powell Park
29 – Public Library Presentations
30 – Author Visit Presentation, Kealy Connor Lonning
31 – Spence Night at Loggers, 7:05 pm

**JUNE**
3 – 5th Grade Farewell Assembly
3 – All-School Yearbook Signing
5 – Last Day of School, 12:48 pm Dismissal
**Gold Mustang Pride**

Congratulations to all of the following Gold Pride Recipients:

Ella Lumpkin, Zach Sallander, Lucia Nelson, Wyatt Lindberg, Miley Rupp, Ella Royer, Cricket Kloes, Emma Badley, Violet Oldenburg, Jayden Yang, Andrea Miller, Wesdon Carlson, Nana Heckman, Ada Medinger, Jackson Kenworthy, Jimmy Thao, Bella Hanson, Morgan Matz, Waylon Purney, Kohen Rupp, Malayah Simpson, Kalina Yang, Madison Walz, Rose Yang, Ada Medinger

**Silver Mustang Pride**

Congratulations to all of the following Silver Pride Recipients:  


**Bronze Mustang Pride**

Congratulations to all of the following Bronze Pride Recipients:  

Zoie Parins, Savannah Kuehn, Skyla Flamm, Kaianna Popp

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**Spotlight on LMC**

Where does the time go? It is hard to believe that our last day of class will be May 24. Please help your child return all of his/her books no later than May 24.

The La Crosse Public Library will be sharing their wonderful summer reading program with us in May. I encourage your child to participate in this wonderful program and to continue to read throughout the summer!!

On May 30, Kealy Lonning, a former Spence preschool teacher, will be visiting us at Spence and sharing her newly published story. A flyer is included in this newsletter with more details.

It has been a pleasure to work with all of the students at Spence Elementary, and I look forward to working with each of them again in the fall!

Happy Reading!  
-Mrs. Dunn

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Congratulations to Spence 4th grader **Lily Vue** for having her artwork selected to hang at the school board office.
Congratulations to all of our 5th grade D.A.R.E. graduates!

On Monday afternoon, April 15th, sixty-five Spence 5th graders graduated from the La Crosse Police Department's Drug Abuse Resistance Education or D.A.R.E program. The graduation was part celebration and culminating project, highlighting three selected 5th graders who shared the importance of the D.A.R.E. education by reading their essays.

Students celebrated an afternoon of bowling and pizza, fully funded by the Spence PTO. Bowling was selected to demonstrate one of many alternative activities available to youth to resist/avoid using drugs, alcohol or tobacco.

All students wrote essays about their D.A.R.E. education. One student representing each class was chosen to read their essays before their peers. Paige Robinson from Ms. Gudgeon's class, Mason Emmel-Webb from Ms. Gudmundson's class, and Alahnna Simpson from Mr. Schmitz's class were the chosen essayists. Congratulations to all!

A special thank you to Officer Kurt Weaver and the Spence PTO.

When you shop for photo books, calendars and photo gifts through our custom Storefront, Shutterfly will donate 8% of all purchases to Spence Elementary! spenceelementary.shutterflystorefront.com
Miss Kristy’s Garden Update
Spring garden lessons are in full swing and the students are enjoying watching their seedlings grow on the cart in the hallway. Spring also offers students in grades 3-5 to join our after-school Garden Club. Spring Garden Club is scheduled for May 1, May 15 and May 29 from 2:50pm-4:30pm. See Ms. Woolley for details and to sign up.

SUMMER SCHOOL COURSES IN THE GARDEN
We are offering three summer school courses in the Spence School Garden this year. 

Inspire...Create...Explore for Grades 2-5. Engagement with the garden will inspire the students’ creative minds, offer opportunities to spend time in nature and build environmental awareness. Dates: 6/10-6/20 Mon.-Thurs. Time: 9:00 am-12:00 pm

Up in the Garden, Down in the Dirt for Grades 2-5. Students will become nature detectives and scientists as they investigate the busy world before their eyes and beneath their feet. Dates: 6/24-6/27 Mon-Thurs Time: 9:00 am -11:00 am

Fun With Food - Garden Fresh Cooking for Grades 2-5. Students will gain an understanding of where their food comes from and what is required to grow food while learning fun and easy recipes using garden produce including fruits, vegetables and a variety of herbs. Dates: 8/5-8/8 Mon-Thurs Time: 9:00 am-11:00 am

REGISTER ONLINE AT www.lacrosseschools.org

CALLING ALL GARDEN VOLUNTEERS
If you are interested in volunteering out in the garden this summer, we would love to have you. There will be a Garden Volunteer Orientation on Saturday, June 1st at 9:00 am. If you have any questions or are interested in volunteering, please contact me at kristyvan555@gmail.com.

OUR GARDEN FUNDRAISER IS COMING UP DURING THE SPRING CONCERT SERIES.
-Kristy DuChateau, School Garden Director

Help us Grow!
Support the Spence garden by purchasing raffle tickets at your student’s spring concert.

Raffle tickets will be available for purchase:
• May 2nd 5p-5:30p and after the concert
• May 3rd 7:30a-8:30a
• May 3rd 1p-2p and after the concert
• May 7th 5p-6p and after the concert

Drawing will take place the evening of May 7th. Need not be present to win.

Tickets will cost $1, 12 for $10, and 25 for $20

Want to support the garden another way? Donations can be made at any time at the school office.
**PBIS- Honesty**

As we ended March, the earning of ShamROCK stickers came to an end. Students were able to earn stickers for showing exceptional Mustang behavior. Classes with the most stickers won Shamrock shakes from McDonald’s. Congratulations to the lucky winners; Ms. Schultz’s kindergarten class, Mrs. Buxton’s 1st grade class, Mrs. Blakstad’s 1st grade class, and Mrs. Blanton’s 4th grade class. Thank you to all of the Spence students for their participation!

In April, our PBIS Champions lesson focused on the importance of honesty. We read the book, *A Bike Like Sergio’s*, then discussed what would happen if the character, Ruben, kept the money he found and spent it on a new bike for himself, or, what would happen if he were to return the money and be honest? Students were able to address this situation, along with other tough scenarios, through games and conversations within their Champions groups and in their homerooms. The discussion of honesty wrapped up a great year of Champions lessons. Our Mustangs have had a busy year building a community of kindness, compassion, honesty, and integrity. Please remind your students to show Mustang Pride throughout the summer!

Be Safe. Be Respectful. Be Responsible.

-Spence PBIS Team

**Positive Behavior Interventions & Supports**

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**Health Room News**

The end of the school year is fast approaching! If your child has any medications, inhalers, or epi pens at school, these medications will need to be picked up by a parent or guardian.

Medications WILL NOT be sent home with your child for safety reasons. Medications that are not picked up by the last day of school will be destroyed.

Have a safe and fun summer!

Melissa Kujak  
*School Nurse*

Tawni O’Rourke  
*Health Assistant*

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Coulee Region Compassion Alliance is an area organization that strives to eliminate bullying and cultivate compassion, kindness, and empathy. It is a collaboration between area school districts, medical facilities, non-profits, media outlets, and other community individuals. Their most recent endeavor has been to create a social media presence to provide uplifting thoughts and to highlight acts of compassion and kindness within the schools and throughout the Coulee Region. Follow them on Facebook and Instagram @crcompassionalliance. If you have an act of kindness that you think should be highlighted, email a brief summary to crcompassionalliance@gmail.com. Compassion and Kindness Live Here!
Spotlight on Social & Emotional Learning

What is Social & Emotional Learning (SEL)?
Social and emotional learning is how children and adults learn and apply knowledge and skills to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

Why Does SEL Matter?
Teaching SEL helps children succeed in school and life. With social and emotional skills, children can manage their feelings, build healthy relationships, and navigate social environments.

- Students receiving SEL instruction increased their achievement test scores by 11 percentile points.
- The soft skills developed by SEL are exactly what 59 percent of hiring managers surveyed look for in new hires.

SEL @ Spence
Spence Elementary School has developed an SEL Leadership team to promote the Five SEL Competencies (see image below). As a team, we work together to create and improve school-wide systems of support that address the social, emotional, and behavioral needs of our Mighty Mustangs!

SEL in the Classroom
Here’s what we’ve been learning in guidance class over the past month:

K - Solving problems with friends can be difficult, so we have been learning and practicing our conflict resolution skills.

1 - Students have been learning all about keeping the peace by using their problem-solving skills.

2 - 2nd graders have learned all about a growth mindset and that our brains are a muscle that gets stronger through hard work and perseverance.

3 - Do you have enough self-control to take the Marshmallow Challenge? The 3rd graders did, while learning about the power of being in control of their minds, bodies and feelings.

4 - Students have been learning to understand and care about each other’s feelings (Empathy) to reduce bully-like behavior.

5 - Too much stress can be really hard on our brains and bodies, so we have been learning to manage our stress in healthy ways.

Contact Information
Katie Jeseritz
School Counselor
(608) 789-8890
K.Jeseritz@lacrossesd.org
As we approach our last month of school, the Spence PTO would like to thank you for all of your support in making this year our most successful fundraising year yet! We still have a few opportunities for you to support the Spence Garden, as well as Spence PTO!

The Spence Garden fundraiser will take place during the Spence music concerts. This is your chance to purchase raffle tickets to win AMAZING prize baskets donated by local businesses, as well as special experiences with Spence staff! All proceeds will benefit the Spence Garden and outdoor classroom.

Spence Family Night at the Loggers will take place on Friday, May 31st. This is an opportunity to meet other Spence families while enjoying a night of baseball! Forms will be coming home in the next week regarding how to purchase tickets for this event. For $10 you get a general admission ticket to sit near other Spence families, as well as a Loggers hat!

Thank you once again for your support with our butter braid fundraiser! We raised nearly $4000 for the Spence PTO from this tasty fundraiser! This money will be used to purchase new risers for the music program, as well as support classroom field trips. Grandparents/VIP Day was also a hit, with over 200 guests joining students at Spence! Thank you again to those who volunteered to assist our guests on these two days!

Our last PTO meeting of the year will be held on Tuesday, May 14th, at 6:00 pm, in the Spence LMC. We will be voting on officers for the 2019-2020 school year. Below are the nominations:

- President - Jocelyn Buxton
- Vice President - Britney Zeimentz
- Secretary - Tricia George
- Treasurer - Lindsey Branson

Please consider attending this last meeting as we begin to prepare for next year!

Important dates:
- May 2, 3 and 7 - Garden Fundraiser raffle (before and after music concerts)
- May 14 - PTO meeting, 6:00 pm - Spence LMC
- May 31 - Spence Night at the Loggers, 7:05 pm at Copeland Park

If you have any questions, or would like to help with any of these events, please contact us at spencepto@gmail.com.

-Spence PTO
Jocelyn Buxton - President
Lifetouch will be at Spence to take your child’s school picture from 1:00 pm to 6:00 pm on Wednesday, August 28, 2019. To avoid long lines, please make every attempt to have your child’s picture taken during the assigned time:

- Last Names A-G: 1:00 pm to 2:00 pm
- Last Names H-N: 2:00 pm to 3:00 pm
- Last Names O-Z: 3:00 pm to 4:00 pm

If you are unable to come during the day, Lifetouch will also be taking pictures 4:00 pm to 6:00 pm. If you need to do your photos during this time, please make sure to allot for enough time to enjoy the open house festivities, and be aware the lines may be lengthy.

There will be a picture makeup day scheduled during October for students unable to attend our open house.

Spence Elementary Fall Open House activities will be from 4:00 to 7:00 pm. We will have food trucks (bring your dinner money!), music, and garden demonstrations. Check out our school garden while it is in full bloom!

Visit our Back to School Fair in the gym to connect with community groups and school nutrition, pick up your bus tag, and get your picture taken, if you haven’t already.

**Classrooms will be open from 5:00 pm to 6:00 pm only.** Stop to meet your child’s teacher, bring your school supplies, and check out the classroom! Note that classrooms will only be open during this one-hour period. Please do not go to the classroom before or after this time.

**Save the date!**

AUGUST 28, 2019
Kealy Connol Lonning, former SPENCE TEACHER, will read her first published children’s book...

OUR WONDERFUL YOU!

It is a heartfelt, rhyming story about her firstborn son, growing up, and following his dreams.

Her six children are her inspiration, and she plans to write books about each of them.

Kealy was born in La Crosse, and after second grade, her family moved to Waukon, Iowa, where she was raised. She has a BA in Elementary/Early Childhood Education, and an MA in Education/Reading. Kealy and her husband, Greg, lived in La Crosse and in Iowa, raising their six children. In 2015, they moved with 4 of their 6 kids, to New Jersey, near New York City. Kealy retired from 32 years of teaching. They love to visit the Midwest.

Our Wonderful You is available on Amazon.com. If you pre-order it, you can send it to school for Kealy to sign!

/KealyConnorLonning Author

KealyConn0716@gmail.com
Harvest of the Month

May Lettuce

Nutrition Info
Two cups of chopped lettuce has 10 calories.
Lettuce provides vitamin A and folate.

Fun Facts
Lettuce can be found in red and green varieties— and the darker the lettuce the more nutritional it is.

On average, Americans eat 30 pounds of lettuce a year!

Thomas Jefferson had 19 varieties of lettuce growing in his garden at Monticello.
Lettuce dates back nearly 6000 years when it was being eaten by ancient Egyptians.

Uses
Try a lettuce wrap with your hamburger instead of a regular bun. Simply wrap your burger in a big leaf of lettuce!
Not a fan of lettuce on its own? Top with fruits like strawberries or mandarin oranges for a sweeter taste or nuts and chicken for some extra protein.
You can even make a taco salad with lettuce. Replace chips with lettuce and add a protein, veggies, salsa and cheese.

Family Friendly Activities
Allow your child to help tear the lettuce into smaller pieces for salads and sandwiches. Children also love to operate a salad spinner!
Try growing your own lettuce! Cut off the stump/root end of Romaine lettuce. Place the stump in a small glass of water. Change the water every few days and watch the lettuce regrow. Or plant lettuce seeds in this year’s garden!

Pick:
• Choose lettuce that appears fresh and crisp with no wilting or brown spots.

Store:
• Store in a plastic bag in the refrigerator away from fruit and use within a week.
• Lettuce should be rinsed very thoroughly under cold water immediately before using.
• Dry clean leaves with a paper towel or salad spinner.

Prepare:
• When preparing, tear the leaves into bite-size pieces as using a knife will cause the greens to turn brown.
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<td>Chicken Nugget Sauces</td>
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<td>Hot Dog Fixins</td>
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<tr>
<td>Beef Taco (Local Beef)</td>
<td>Colby Omelet</td>
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<td>Buttermilk Pancakes</td>
<td>Homemade Pepperoni</td>
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<td>EZ Jammer</td>
<td>Pizza</td>
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<td>Yoga</td>
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<td>Chicken Alfredo</td>
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