Hello Spence Families!

It has been such a joy being in your children’s classrooms watching them work hard to gain valuable skills and knowledge. I have focused on getting into the classrooms during their reading and writing instruction, and it is amazing to see how many ways the teachers lead instruction to make learning fun and interactive. Moving, using sand trays and screens for tracing, “pounding” out the sounds in words, and more result in great student focus. I can tell the students are proud of their learning, and they have the right to be proud! I am proud of them, too.

Focusing on being respectful, responsible, and safe everyday continues to help to create a great atmosphere for learning. Teachers and students have established expectations and routines to help build a strong and predictable space for learning. They have also worked to create a place where making mistakes is welcome. According to Young and Reed in their article, “The Power of Making Mistakes,” neurological research indicates that making mistakes is a good thing as mistakes are opportunities for learning and result in brain growth. Please help us encourage your children to take academic risks and make mistakes in the interest of learning!

A couple of housekeeping things: 1. Please remember not to park between the cones in front of the school before 2:30 PM so that families who need to pick up students for appointments before the end of the day can pull in next to the curb safely and quickly. 2. Please make sure that students do not arrive at school before 7:30 AM as that is when supervision is available, and if they plan to eat breakfast at school, they need to come into the cafeteria right away when they arrive. They may go outside if interested after they eat if there is time. 3. Please “like” the Spence Facebook page to help keep up on happenings in the school. We have had some wonderful community partnership experiences recently, such as a Fire Prevention session, a visit from the Oktoberfest Family, and interactive sessions from Gundersen Staff.

Feel free to reach out with any questions you may have!
Sincerely,
Dana Eide
Spence Elementary School Principal • deide@lacrossesd.org

The School District of La Crosse Facilities Advisory Committee will make a recommendation regarding school consolidation to the Board of Education after their November 2nd meeting. There are two opportunities for public input regarding consolidation – November 27th and 29th. Please visit www.lacrosseschools.org/facilities-advisory-committee/ for more information.
Family Play Catch Nights

November 30                        December 7, 14, 21
January 11, 18                       February 1, 8, 29
March 7, 21

All grades are welcome to attend. Parents are expected to stay and participate with students.
6:00 pm to 7:00 pm
Spence Gymnasium with Mr. Holman

GRADE LEVEL NEWS

We have had a great month in Pre-K. We started learning our letters with a weekly theme. We explored our pumpkin patch, had a prince/princess parade and made pancakes for P week. For F week, we explored the fall, fire safety and the farm while learning about fiction and non-fiction books. During B week, we worked on retelling the classic story of “Brown Bear, Brown Bear” using beads. We also practiced using buttons and building bridges. We finished the month with the letter H, where we used puppets to share the story of the “Little Red Hen,” learned how to use hammers and nails, and finished with learning about homes and animal habitats. Some awesome learning has been happening in preschool!
Literacy - In October we focused on letter identification, letter sounds, sight words, rhyming, syllables, and letter formation. We will start writing words with letters we have learned starting at the end of October.

Math - Students have been working with numbers 0-10. They are also working on counting and writing numbers. Other topics covered include comparing numbers 0-5.

Science/Social Studies - Our Science and Social Studies themes for October included: What makes me, me, pumpkin life cycle, part of a pumpkin, and signs of fall.
October was such a fun month in second grade! In November, we have a lot more learning to do. Students will continue to work on strategies to add within 100 for math. It would be so great if students could practice fact fluency at home to help them practice their quick math facts. Students will learn about new phonics concepts such as bossy r’s (er, ir, ur) and vowel teams (oi and oy). Students will continue to practice comprehension strategies for reading with new read-alouds and lessons. When you are reading at home, don’t forget to ask your child what they read about to work on these retelling skills. In writing, students will begin to learn about informational writing. We are looking forward to another awesome month at Spence.

-Spence 2nd Grade Teachers
Happy Autumn! Our fifth graders have been a delight to teach the past two months. We recently finished our topic 2 math unit, which focused on adding and subtracting decimals. Currently, we are working through topic 3, which is all about multiplying multi-digit numbers! Practicing multiplication and division facts at home is always a great opportunity to boost your students' confidence with their facts. We have finished our first unit for Second Step, our social emotional learning curriculum, where students learned about S.T.E.P. S.T.E.P is a problem-solving strategy. We were so proud of our students' first writing piece of the year- their personal narratives! Students are bringing them home this week. We are now kicking off our informative writing unit! Your student will be selecting a topic to research and then will write about what they learned in a 5-paragraph paper. We would like to remind families that students should be reading each night for 20 minutes and having their assignment notebook signed. We look forward to the great discussions, learning, and laughter quarter two brings us!
**SPOTTLIGHT ON LMC**

In October, all students in the library spent time exploring the library collection and finding just-right books. Older students learned all about the different call number prefixes (sections) in the library and how to use the digital library catalog on their iPads. Younger students are still working on being responsible with their library materials and making sure to bring their library books back so they can bring new books home. It would be wonderful if all caregivers could help reinforce book care rules at home!

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**Book Care Rules**

1. Handle **ALL** books with **CARE** and **RESPECT**.
2. **ALWAYS** use a **bookmark**.
3. Be **RESPONSIBLE** and **RETURN** books **on time**.
4. Protect your books.
5. Keep your books **CLEAN**.

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**PBIS SCHOOL-TO-HOME CONNECTION**

Our November Champions of Learning lesson will be about RESPONSIBILITY. At Spence Elementary School, “Be Responsible” is one of our core behaviors that we incorporate into all areas of the school.

One definition of “responsibility” is:

*Responsibility is taking ownership of our actions and choices. It is about understanding the impact of our behavior and being accountable for it. Responsibility means fulfilling our assigned tasks and duties and following through on commitments.*

A child’s responsibilities at home may involve:

- Doing chores, such as cleaning their rooms, helping with dishes, or taking care of pets.
- Remembering to do homework, studying for tests, and being prepared for school.
- Taking care of their belongings.
- Being mindful of others’ property.

This is a great opportunity to talk to your child and make a list together of what their home responsibilities are! If you would like to create a chore chart together, there are great free printables at: [https://www.passionforsavings.com/free-printable-chore-charts-for-kids/](https://www.passionforsavings.com/free-printable-chore-charts-for-kids/).

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*Positive Behavior Intervention & Supports*

- *Spence PBIS Team*
The Spence Studio is a busy place right now with lots of projects in progress! K-2 artists are learning all about shapes and symmetry. Currently, they are working on folding, cutting and painting masks symmetrically, while learning about the great mask-making traditions in many African nations. 3-5 artists are going from 2D to 3D in our continued study of horses. They are practicing the technique of slotted sculpture. We are using recycled art materials like cardboard cylinders and cardboard boxes. One of the objectives in sculpture is to create something that balances. Don’t be surprised if you notice all your cardboard tubes getting used at home!

Artfully yours, Ms. Metz

2023-2024 PTO Officers
Emily Vien, President
Sierra Branson, Vice President
Tricia George, Secretary
Christie Lindberg, Treasurer

Upcoming Public PTO Meetings
Spence LMC • 6:00 pm, pizza provided
Children are welcome to attend.
Nov 14 • Jan 9 • March 12 • May 14

FUN RUN UPDATE
Spence Elementary students have surpassed the PTO fundraising goal of $12,500!!! Thank you to all that have supported and donated. Spencer delivered trail mix to classrooms this past week, and students will now vote on which staff member they think should kiss BRUTUS THE PIG! Each student will get one vote, and the winning (or losing?) staff member will kiss Brutus the Therapy Pig at the kids’ next assembly!

Please like and follow the Spence Elementary PTO Facebook page. This is the first place to check for important updates and information!
Session 1 of the Spence Elementary After School Youth Development Program will take place on Thursday afternoons (2:45 pm to 4:00 pm) from November 9 through December 21 (no ASYD will be held on November 23). A small snack and any materials needed for each club will be provided to students.

(Return this form to your child’s teacher by Thursday, Nov. 2)

Spence ASYD Program Session 1 Registration

Student Name: __________________________________________

Grade: _____ Classroom Teacher: __________________________

Please indicate your student’s session 1 club preference by numbering these classes in order (1 being most preferred to 6 being least. Third-graders should only number 1 through 5 and skip journalism club). Class sizes will be limited.

___ Jewelry Making Club (Ms. Veenstra)
___ Chess Club (Mr. Schmitz)
___ Yarn Crafts Club (Ms. Metz)
___ Journalism Club –Limited to 4th & 5th Graders (Mrs. Buxton)
___ Mindfulness Coloring Club (Mrs. George)
___ Fitness Club (Mrs. Blakstad & Miss Kelsey)

How will your student be getting home at the end of class?

___ Walk home       ___ Parent/Guardian Pickup       ___ YMCA Surround Care
___ Bus Needed (for students currently registered for bus transportation)

Parent/Guardian Signature: __________________________________ Date: __________

(Class placement preferences will be honored based on return date.)
Spence Elementary
Veterans Day Program

Spence Elementary is celebrating Veterans Day on
**Friday, November 10, 2023 at 10:00 am.**

Students are invited to submit the name(s), service branch(es), and photo(s) of veteran(s) that they would like honored in our Veterans Day video, which will be played at our live school program and posted on Facebook (step 1 below).

In addition, each student may invite **one veteran plus one guest** to join us for our program (step 2 below). Students inviting veterans to attend the program in-person are also encouraged to submit photos of these veterans for our video (complete both steps 1 & 2).

**STEP 1** If your student would like a veteran honored in our video presentation, please follow these guidelines:
Students should submit the name, military branch, & photo of veteran to harryspence@lacrossesd.org by **Monday, November 6 at 11:00 am**.
Photo must be veteran only or Spence student with veteran. Group photos will not be used. No late submissions are accepted. By making a submission for this program, family agrees to have veterans’ full name(s), military branch(es), student first name(s), student grade level(s), and all photos submitted shared via Facebook and public presentation.

**STEP 2** If your student has someone they would like to invite to our program, fill out the following and return it to school by **Monday, November 6**.

Student Name(s): ________________________________________________________________

Veteran Attending Name: _________________________________________________________

Branch (circle):  Army    Navy    Coast Guard    Marines    Air Force    Space Force

Is one guest attending with this veteran? ___Yes    ___No

Will you be submitting a photo of this veteran via email? ___Yes    ___No

→ PLEASE RETURN ONLY ONE FORM PER FAMILY ←
COMMUNITY PROGRAMS TO HELP FAMILIES
We live in a generous community with lots of resources and supports. If you would like to learn more about resources/supports in our community, please be in touch with Katie Jeseritz, School Counselor at kjeserit@lacrossesd.org or call (608) 789-8890.

Needing winter gear for your child? Spence can help!
If you or your student are in need of winter gear this season, Spence can help! Please contact Katie Jeseritz for more information.

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

Catholic Charities, Adopt a Family
- For more info and to sign up online: https://cclse.org/christmas-program/
- 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 the registration link.
- Contact email: toysfortotslac@gmail.com
- Facebook page for updates: https://www.facebook.com/lacrossejaycees/?fref=ts
- Website for updates: https://lacrossejaycees.org/default/registration/
- 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 & resources, please contact Katie Jeseritz, School Counselor
KJeserit@lacrossesd.org
(608) 789-8890
Herbalicious Popcorn, MyPlate & Caring Work in The Garden

Have you heard about the amazing herb flavored popcorn students sampled in their second garden lesson of the season? It was a hit! While doing an herb scavenger hunt in the garden we learned all about the differences between the fresh herbs growing in the garden and spices used to flavor foods. Then we mixed up a batch of herb flavored popcorn. It was possibly the most popular garden taste test yet! You can find the herbalicious popcorn and other garden recipes on our website: GROWLaCrosse.org/tasty-tips/

In the third and final garden lesson we discuss MyPlate and how to create a balanced diet before spending time doing the caring work needed to put the gardens to bed for the winter months. This work is the first step for a successful growing season next year. We are also harvesting the last of the garden goodness for this season. State Road 4th graders had fun harvesting the large pumpkins grown in their garden.

Kids Cooking Challenge Success

There were so many creative and delicious looking entries in our 6th Kids Cooking Challenge. Nearly 100 area youth took on the challenge to create a healthy meal using all of the mystery ingredients - some grown right in your school gardens! If you missed out on this event follow us on social media and subscribe to our e-newsletters to stay up to date on all GROW happenings.
Smart Bites Corner: November
Let’s make our plates colorful!
Greetings from 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 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. Stay Tuned!

Thank you to Gundersen Health System for providing our 3rd, 4th and 5th grade students with fantastic, hands-on science of medicine presentations!
Cranberries are The Harvest of the Month!

Add cranberries to your favorite family meals:

- Toss cranberries on oatmeal or cold cereal.
- Mix dried cranberries, raisins, cereal, and nuts for a healthy snack mix.
- Add cranberries to salads for a refreshing punch of tartness.

Make meals and memories together. It’s a lesson kids will use for life.

Select – Cranberries are available fresh, frozen, canned, dried, and as 100% juice. If selecting fresh, choose plump, firm berries with a deep red color.

Store – Refrigerate cranberries for up to 2 months or freeze for up to 9 months.

Prepare – Sort and discard bruised cranberries. Do not thaw frozen cranberries. Simply rinse the frozen berry and add to your favorite muffin or stuffing recipe.

Cranberry Pumpkin Muffin

Ingredients:
- 2 cups flour
- 3/4 cup sugar
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/3 cup vegetable oil
- 2 eggs (large)
- 3/4 cup pumpkin (canned)
- 2 cups cranberries (fresh or frozen chopped)

Directions:
Wash hands with soap and water. Preheat oven to 400°F. Sift together dry ingredients (flour through allspice) and set aside. Beat oil, eggs, and pumpkin together until well blended. Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until moistened. Fold in chopped cranberries. Spoon into paper lined muffin cups. Bake at 400°F for 15 to 30 minutes.

Per serving: 203 calories, 7g fat, 3g protein, 32g carbohydrate, 2g fiber, 255 mg sodium

Source: laxf2s.org

Recipe of the month

This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs. Funding for this publication was made possible by the U.S. Department of Agriculture’s (USDA) Agricultural Marketing Service through grant AM20191000000396. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.

COULEE REGION FARM TO SCHOOL
LOCAL FOODS, HEALTHY KIDS

Recipe of the month

Cranberry Pumpkin Muffin

Serves 12

Ingredients:
- 2 cups flour
- 3/4 cup sugar
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/3 cup vegetable oil
- 2 eggs (large)
- 3/4 cup pumpkin (canned)
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Source: laxf2s.org
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<tr>
<th>MONDAY</th>
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<td>#1 Banana Bread</td>
<td><strong>#1 Biscuit &amp; Sausage Gravy</strong></td>
<td><strong>#1 Ham &amp; Cheese Omelet</strong></td>
<td><strong>#1 Breakfast Burrito</strong></td>
<td><strong>#1 Pancake on a Stick</strong></td>
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<td>#1 Chicken Patty Sandwich</td>
<td>#1 Garlic Cheese Bread</td>
<td>#1 Cheese-Filled Breadstick</td>
<td>#1 Sausage Pizza</td>
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<td>#2 EZ Jammer &amp; Cheese Stick</td>
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<td>#1 Ham &amp; Cheese Omelet</td>
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<td>#1 Taco Triangles</td>
<td>#1 Garlic Cheese Bread</td>
<td>#1 Pepperoni Pizza</td>
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<td>#2 EZ Jammer &amp; Cheese Stick</td>
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