A NOTE FROM THE PRINCIPAL

I am finding time to enjoy the beautiful autumn season and I hope you all can say the same. When the calendar turns over to November, that means our school year is one quarter over. Time goes so fast for me but I have seen student growth already. I hope you are seeing growth in your child!

We held parent/teachers conferences in October. Over 90% of families attended. Thanks to the many of you who came to see the great things your children are doing at school. It is fun to see the work around the building and I hope you got great samples as well.

Our wonderful PTO is doing a Turkey Trot this year on Tuesday, November 21st during the day. Look for more information on the flier sent home. It looks to be a super fun day.

November is a time of thanks. I believe we should all be thankful every day and practice gratitude, but I know life is hectic. Hopefully this November, many of us can pause and be grateful for the good things in our life, including a beautifully maintained school with a faculty that cares about kids. I hope you see the beauty in State Road that I see.

Thank you also, to you for sending your children to us to educate. Thanks to you for being part of a school community for which I am thankful! I count my job at State Road as a blessing every day. :-) Mrs. Lyga
October Assembly
Please Join us for:
State Road Elementary’s
Whoooooo Loves to Read?

Family Night

Tuesday, November 14th, 2023
5-6:30 PM
State Road Elementary
3900 Pammel Creek Road
RSVP by November 6th!

RSVP YES
to this QR CODE

Family Fun!
Owl craft, your choice of an owl book to take home!

State Road Elementary School
PBIS UPDATES

Our 3 school expectations:
Be Respectful
Be Responsible
Be Safe

For several years we have been working on Positive Behavior Supports and Interventions (PBIS) at State Road. The ultimate goal of implementing PBIS data, systems, and practices is to improve outcomes. Families, students, and educators set goals and work together to achieve them. In PBIS, outcomes might include behavioral, social, emotional, and academic growth; positive school climate; or fewer office discipline referrals.

Tiered Philosophy:

Tier 1: Universal, Primary Prevention (All)
Tier 1 systems, data, and practices support everyone (students, educators, and staff) across all school settings. They establish a foundation for positive and proactive support.

Tier 2: Targeted, Secondary Prevention (Some)
In addition to Tier 1 supports, students receiving Tier 2 supports get an added layer of systems, data, and practices targeting their specific needs. At State Road we utilize Check In Check Out (CICO), mentoring, and groups for our Tier 2 supports.

Tier 3: Intensive and Individualized, Tertiary Prevention (Few)
When Tier 1 and Tier 2 supports have not been sufficient for student success, Tier 3 allows students receive more intensive, individualized support to improve their outcomes.

PBIS at State Road:
School wide assemblies with positive character trait themes
School wide and classroom celebrations
Star winners
Expectation stations
Check In Check Out
... and so much more!
Recipe of the Month

Recipe of the Month: Quick Snack Mix

Ingredients:
- Dried cranberries (2 tbs)
- Raisins (2 tbs)
- Cheerios (2 tbs)
- Pretzel crackers (2 tbs)

Mix everything and enjoy!

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

Send your recipe with the harvest of the month and include a picture of your family to win a special prize every month!

Smart Bites Corner: November

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 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. Stay Tuned!
## NOVEMBER 2023

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<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>
<td>Breakfast #1 Cinnamon Roll 1 \ LUNCH #1 Cheese-Filled Breadstick 2 \ Yogurt &amp; Cheese Stick</td>
<td>Breakfast #1 Breakfast Burrito 1 \ LUNCH #1 Hamburger 2 \ EZ Jammer &amp; Cheese Stick</td>
<td>Breakfast #1 Breakfast on a stick 1 \ LUNCH #1 Double Dogs 2</td>
<td>NO SCHOOL!</td>
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<td>6</td>
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<tr>
<td>BREAKFAST #1 Banana Bread 6 \ LUNCH #1 Chicken Patty Sandwich 2 \ Yogurt &amp; Cheese Stick</td>
<td>BREAKFAST #1 Biscuits &amp; Gravy 7 \ LUNCH #1 Cheese Filled Breadstick 2 \ EZ Jammer &amp; Cheese Stick</td>
<td>BREAKFAST #1 Ham &amp; Cheese Omelet 8 \ LUNCH #1 Soft Shell Taco 2 \ Yogurt &amp; Cheese Stick</td>
<td>BREAKFAST #1 Muffin 9 \ LUNCH</td>
<td>BREAKFAST #1 Pancake on a stick 10 \ LUNCH</td>
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<td>13</td>
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<tr>
<td>BREAKFAST #1 Sausage Pizza Bagel 13 \ LUNCH #1 Chicken Nuggets 2 \ Yogurt &amp; Cheese Stick</td>
<td>BREAKFAST #1 Egg &amp; Sausage Sandwich 14 \ LUNCH #1 Cheese Quesadilla 2 \ EZ Jammer &amp; Cheese Stick</td>
<td>BREAKFAST #1 Cinnamon Roll 15 \ LUNCH #1 Cheese Omelet 2</td>
<td>BREAKFAST #1 Banana Bread 16 \ LUNCH #1 Personal Pizza 2</td>
<td>BREAKFAST #1 Pancakes 17 \ LUNCH #1 Chicken Alfredo 2</td>
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<tr>
<td>BREAKFAST #1 French Toast Sticks 20 \ LUNCH #1 Chicken Nuggets 2 \ Yogurt &amp; Cheese Stick</td>
<td>BREAKFAST #1 Breakfast Scramble 21 \ LUNCH #1 Sloppy Joe Sandwich 2 \ EZ Jammer &amp; Cheese Stick</td>
<td>NO SCHOOL!</td>
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<td>27</td>
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<tr>
<td>BREAKFAST #1 Sausage Pizza Bagel 27 \ LUNCH #1 Chicken &amp; Waffle 2 \ Yogurt &amp; Cheese Stick</td>
<td>BREAKFAST #1 French Toast Bites 28 \ LUNCH #1 Taco Triangles 2 \ EZ Jammer &amp; Cheese Stick</td>
<td>BREAKFAST #1 Muffin 29 \ LUNCH #1 Garlic Cheese Bread 2 \ Yogurt &amp; Cheese Stick</td>
<td>BREAKFAST #1 Pancakes 30 \ LUNCH</td>
<td>#1 Penne &amp; Meatballs in Sauce 2-EZ Jammer &amp; Cheese Stick</td>
</tr>
</tbody>
</table>
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.

Winter Attendance
• Absences, even if they are excused, can add up to academic trouble. This is as true in kindergarten as it is in high school.
• Children who miss too much school in kindergarten are less likely to read well by third grade. By middle school, absenteeism can predict who will graduate from high school.
• A study of weather-related absences in Massachusetts found that each missed day affected a student’s test scores and grades. This was especially true on snowy days when school stayed open but some students missed class.
• There’s not much we can do about the weather, but there are two key steps every parent can take to help avoid absences this year: Make backup plans for bad weather and keep your children healthy.
• It’s important to find a way to get your child to school even when the weather is bad. If you’re having trouble getting to school, reach out to other families, or call the school. We can connect you with families or staff members who can help.
• Do what you can to keep your children healthy. Dress them warmly for the cold weather and make sure they’ve got hats and gloves. Encourage them to wash their hands regularly, and send them to school with a bottle of hand sanitizer.
• Help your child learn to persevere. Today, he learns to overcome a snowdrift. In the future, he will have the grit to triumph over even greater obstacles to his dreams.
KINDERGARTEN

APPLE PARTY
November Social Work Updates

STUDENT COUNCIL

We are so proud of all of our 4th and 5th graders who ran for Student Council. It takes a lot of courage and bravery to speak in front of your class; they all did wonderfully! Congratulations to Blake, Cadence, Lela, Rayna, Kelsey, Annie, Cella, Harvey, Zander, Miguel, Claire, and Olive who will be our representatives this year!

Our representatives have been hard at work and already did a bake sale to raise money for Fall Fest! A huge thank you to all that donated goodies and purchased items to support our Student Council.

SCHOOL WINTER ASSISTANCE

A letter went home to all families for those in need of holiday support. Please complete the referral if interested.

- If you need assistance with winter gear, please reach out to Rachel Hying.
- If you have new or gently used winter gear, please consider donating it to State Road. Boots are currently our biggest need.

FOOD PANTRY

If there are any volunteers that would be open to helping with our food pantry this year—picking up food or packing backpacks, please reach out to Rachel Hying at rhying@lacrosseisd.org. Any help would be greatly appreciated!

Questions?
Reach out to:
Rachel Hying
rhying@lacrosseisd.org
608-789-3429

Community Holiday and Winter Support

Coats for Kids

Online registration link can be found on The Salvation Army website: SALacrosse.org.
Registration is open September 9th – October 10th, 2023.
A program to ensure children, infants to age 18, receive coats for the cold weather seasons.
Coat distribution is October 13th, 2023, at our Warehouse: 434 Nelson Place, La Crosse, WI 54601.

Monthly Food Distribution

Registration: October 2nd – 27th, 2023 (in person & online: SALacrosse.org)
Individuals who are not registering (or are not eligible for the Angel Giving Tree) can register in person for a Food Basket: 223 N. 8th Street, La Crosse, WI 54601.

Important eligibility requirements:
- Adult - Photo ID with residency in La Crosse County; photo ID; current bill showing name & address.
- Youth - Proof of guardianship; birth certificate; BadgerCare, SNAP benefits.

A program to ensure children, infants to age 12, receive toys, clothing (including shirts, pants, socks, and underwear), and a food basket for the family.
Distribution Day is December 13th, 2023, at our Warehouse: 434 Nelson Place, La Crosse, WI 54601.

Angel Giving Tree & Food Baskets

Households must present valid ID. For newcomers, ID is required for everyone in the family.
Upcoming distributions: October 20th, November 17th, Every third Friday of the month.
The Salvation Army and Hunger Task Force hold a public drive-through food distribution. No pre-registration required.
Food distributions are from 3:00pm – 4:30pm, at our Warehouse: 434 Nelson Place, La Crosse, WI 54601

La Crosse Community Thanksgiving Dinner

The La Crosse Community Thanksgiving is held annually on Thanksgiving day at the La Crosse Center.
This event celebrates our community every year and is made possible through the generosity and support of caring individuals and organizations throughout the Coulee Region.

Last year, doors opened at 10:00am, and dinner was served from 11am to 3pm and with dine-in, carry-out, and delivery options. More information will be advertised this year’s hours November 1st.

Check their website for updates: https://lasthanksgivingdinner.com/

Toys for Tots Registration

JCI La Crosse Toys For Tots helps provide toys to families in La Crosse County! La Crescent, MN, that are in need. 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. Toys For Tots registration link will be available the month of November. Registration is online only this year.
http://lacrossejaycees.org/default/registration/

Catholic Charities Christmas Support

If you and your family live in the La Crosse area and are in need of assistance with Christmas gifts, please complete the online application. If you can’t complete the application online, please call them a call at 608-782-0710 and they will help you fill out our Christmas Application. After you complete the application, the agency will be in contact with you by the middle of December through email, phone, or mail with your scheduled pick-up time. Please note that while it is their intention to provide assistance to all who come to our doors, their programs are supplemental programs and are based on the generosity of others in the community and we will do what we can. Please go to: https://ccls8.org/christmas-program
“Reading should not be presented to children as a chore or duty. It should be offered to them as a precious gift.”
– Kate DiCamillo

A note from the library teacher:

Hey Families,

In October all of our 4k-5th grade classes learned how to find books in the library, find just right books, and started exploring our Makerspaces. Our 1st graders learned about IPICK with a rap song so be sure to ask them to sing it to you. Some of our classes had a Book Tasting where they “tasted” our New books to see if they were to their liking. We also had our parent volunteer, Mrs. Fryseth bring her Leader Dog, Waffles, in each week to read with lucky visitors.

Happy Reading,

Mrs. Martin

Stay in touch:

If you have any questions or concerns feel free to email or call me!

Kmartin@lacrossesd.org

(608) 789-3405
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.
3rd grade visited with Hillview Health Care Center
Drop Off/Pick Up Parking

A
- Entry and Exit
- Access to main parking lot
- Yellow curb is for quick pick up and drop off. Driver must remain IN vehicle during AM dropoff and PM pickup.

B
- Entry and Exit
- When entering, must go left to side parking lot
- Yellow curb is for buses only - NO OTHER TRAFFIC ALLOWED

C
- Entry and exit
- When entering, must go right to side parking lot
- No pick up or drop off in bus lane or staff lot.