



# April Newsletter



## A MESSAGE FROM THE PRINCIPAL

Spring means the fourth quarter at school. Every year I marvel at how fast the school years fly by. We have lots of learning to finish these final nine weeks of the school year. We will continue with our scope and sequence and will work to keep the learning happening right into June.

Students in grades 3-5 are in the midst of our Forward Exam right now. This is what we sometimes refer to as our state test that is required by districts around the state. More information about the test can be found at: <https://dpi.wi.gov/assessment/forward>  
We hope the students are doing their best!

As we wrap up our learning for the year, we have several field trips planned for the spring. An important part of field trips is parent permission slips. Please make sure to sign those slips and return them as soon as you get them. The district has a policy that says verbal permission is not enough for out-of-building travel. Students must have a written permission slip for any trips other than walking field trips around our school.

Looking forward to next year, we have a “parent input form” available for you if you would like to share input about next year’s homeroom placement. To access this form, please call Miss Piper at 608-789-3401 and she will share the Google Form with you. Responses are due by April 15th (tax day during many years for easy remembering!).



Happy Spring!  
Mrs. Lyga



# 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.



## Greens are the Harvest of the Month!

### Add greens to your favorite family meals:

- Add fresh spinach to your smoothie.
- Use fresh or frozen spinach in lasagna, casseroles, or soups.
- Saute Swiss chard with garlic and add to eggs or top a pizza.

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

**Select** – Look for greens that are a deep green color and have crisp leaves.

**Store** – Refrigerate in a plastic bag for 3-5 days.

**Prepare** – Rinse, then tear or chop the leaves.

### Did you know?

“Super green” refers to dark green vegetables that contain extra amounts of key nutrients like vitamins A and C, potassium, and dietary fiber. These dark green vegetables are important to eat often to grow and stay healthy. Try a variety of “super green” vegetables including spinach, Swiss chard, kale, collard greens, romaine lettuce, watercress, bok choy, and mustard greens.



Nutritious, Delicious, Wisconsin!  
#WIHarvestofTheMonth



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.

## RECIPE OF THE MONTH

### Seared Greens

Serves 6

#### Ingredients:

- 8 cups kale or collard greens
- 2 Tbsp oil
- 4 cloves garlic
- 1 cup water
- 1/4 tsp salt
- 1 tsp ground pepper
- 2 Tbsp cider vinegar

#### Directions:

Clean the greens thoroughly and cut stems away. Dry well and tear into salad pieces or slice across leaf into 1/2 inch pieces. In a large deep pot or skillet with a cover, sauté garlic in oil. Add greens in pan with 1 cup water.

Cover pan and steam for 4 minutes. Uncover, stir constantly until greens shrink. Add salt

and pepper and continue to stir on high until mixture is thoroughly wet. Sprinkle cider vinegar on mixture. Cover. Turn off heat. Let stand until ready to serve.

Per serving: 89 calories, 5g fat, 4g protein, 9g carbohydrate, 2g fiber, 133mg sodium

Source: laxf2s.org



LA CROSSE COUNTY  
Health Department  
Nationally Accredited

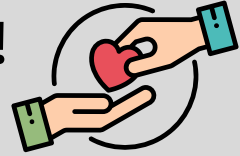
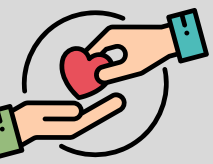


GUNDERSEN  
HEALTH SYSTEM.



Kindergarten will be doing a food drive to promote "Giving" The food drive will be April 15th- April 26th.

Items that are great to donate are below!



~~Canned Protein~~

Peanut Butter & Jelly

Canned Fruit or Fruit Cups

Canned Vegetables or

Vegetable cups

Spaghetti Sauce

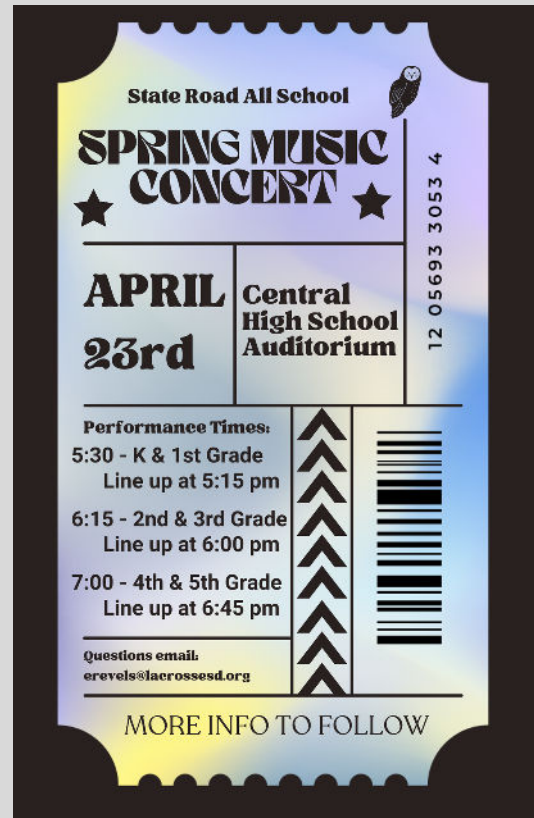
Noodles

Rice

Oatmeal Packs

Granola Bars

Mac & Cheese Non Perishable Kid Friendly items



Meal Kits

Shelf Stable Milk





# SCHOOL GARDEN NEWS

April 2024

## Exploring Community In Our Gardens

In this growing season we will be diving into pollinators and diversity in plants and cultures, bringing it all together to illustrate a sense of community in our gardens, classrooms, and surrounding neighborhoods.

Did you know that pollinators are needed for every 1 out of every 3 bites of food your eat? Students will have the opportunity to enhance or create pollinator habitats through growing native plants in or next to their school gardens during garden lessons this spring.



## Plant Sale

GROW YOUR GARDEN

STARTING **MAY 15<sup>th</sup>**

Plant sale is ongoing while supplies last.

<b>LOCATION:</b> Habitat ReStore 3181 Berlin Drive La Crosse, WI 54601	<b>HOURS:</b> Wednesday- Saturday 10 am to 6 pm
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This event is a Habitat for Humanity and GROW collaboration. Funds raised will support the ReNew The Block project & GROW.



GROWLaCrosse.org • HabitatLaCrosse.org



## Farm Camp

Registration is open for our fee-based farm camps to be held the week of August 5th.

## Thank You Garden Sponsors



GROWLaCrosse.org







# April 2024

Breakfast is served with white milk.  
Breakfast choice #2 is always cereal.  
Lunch includes fruit, veggie, & choice of milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 <b>NO SCHOOL!</b></p>	<p>2 <b>NO SCHOOL!</b></p>	<p>day 6 <b>BREAKFAST</b> #1 Egg, Bacon &amp; Cheese Sandwich <b>LUNCH</b> #1 Lasagna Roll-up #2 Yogurt &amp; Cheese Stick</p>	<p>day 1 <b>BREAKFAST</b> #1 Muffin <b>LUNCH</b> #1 Garlic Cheese Bread #2 EZ Jammer &amp; Cheese Stick</p>	<p>day 2 <b>BREAKFAST</b> #1 Breakfast Pizza <b>LUNCH</b> #1 Sloppy Joe Sandwich #2 Hot Ham &amp; Cheese Flatbread</p>
<p>day 3 <b>BREAKFAST</b> #1 Cinnamon French Toast <b>LUNCH</b> #1 Grilled Chicken Burger #2 Yogurt &amp; Cheese Stick</p>	<p>day 4 <b>BREAKFAST</b> #1 Chicken Patty on a Biscuit <b>LUNCH</b> #1 Chicken Taco #2 EZ Jammer &amp; Cheese Stick</p>	<p>day 5 <b>BREAKFAST</b> #1 Scrambled Eggs <b>LUNCH</b> #1 BBQ Pork Sandwich #2 Yogurt &amp; Cheese Stick</p>	<p>day 6 <b>BREAKFAST</b> #1 Breakfast Burrito <b>LUNCH</b> #1 Personal Cheese Pizza #2 EZ Jammer &amp; Cheese Stick</p>	<p>day 1 <b>BREAKFAST</b> #1 Cinnamon Roll <b>LUNCH</b> #1 Fish Filet #2 Turkey &amp; Cheese Sub</p>
<p>day 2 <b>BREAKFAST</b> #1 Mini Bagel + Cream Cheese <b>LUNCH</b> #1 Orange Chicken #2 Yogurt &amp; Cheese Stick</p>	<p>day 3 <b>BREAKFAST</b> #1 Pancakes <b>LUNCH</b> #1 Walking Taco #2 EZ Jammer &amp; Cheese Stick</p>	<p>day 4 <b>BREAKFAST</b> #1 Egg, Bacon &amp; Cheese Sandwich <b>LUNCH</b> #1 Breaded Ravioli #2 Yogurt &amp; Cheese Stick</p>	<p>day 5 <b>BREAKFAST</b> #1 Muffin <b>LUNCH</b> #1 Pepperoni Pizza Wedge #2 EZ Jammer &amp; Cheese Stick</p>	<p>day 4 <b>NO SCHOOL!</b></p>
<p>day 6 <b>BREAKFAST</b> #1 Cinnamon French Toast <b>LUNCH</b> #1 Chicken Patty Sandwich #2 Yogurt &amp; Cheese Stick</p>	<p>day 1 <b>BREAKFAST</b> #1 Chicken Patty on a Biscuit <b>LUNCH</b> #1 Pork Street Taco #2 EZ Jammer &amp; Cheese Stick</p>	<p>day 2 <b>BREAKFAST</b> #1 Scrambled Eggs <b>LUNCH</b> #1 Meatball Sub #2 Yogurt &amp; Cheese Stick</p>	<p>day 3 <b>BREAKFAST</b> #1 Breakfast Burrito <b>LUNCH</b> #1 Pepperoni Pizza #2 EZ Jammer &amp; Cheese Stick</p>	<p>day 4 <b>BREAKFAST</b> #1 Cinnamon Roll <b>LUNCH</b> #1 Cheeseburger #2 Ham &amp; Cheese Sandwich</p>
<p>day 5 <b>BREAKFAST</b> #1 Mini Bagel + Cream Cheese <b>LUNCH</b></p>	<p>day 6 <b>BREAKFAST</b> #1 Pancakes <b>LUNCH</b></p>			

