

# PANTHER POST



WEST SALEM MIDDLE SCHOOL  
 BEN WOPAT, PRINCIPAL  
 AMANDA BELD, ASSOCIATE PRINCIPAL

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Dear WSMS Families,

Winter sports have ended and everyone seems ready for spring. A big thank you to our staff, students, and parents in ensuring we maintain a focus on learning during the winter months. Our Trimester ends on March 7th.

We held our annual Winter Wellness day on Thursday, February 20th. It was great to witness the impact this day had for both our students and staff. This experience provides an opportunity for them to interact in a different setting than the day-to-day school experience. **PANTHER PRIDE** was on display in the community as our students were **Practicing Kindness, Acting Respectfully,** and **Working Hard** in the settings we visited.

In March we continue to provide engaging and enriching activities for our students: State Math Counts, WSMS Band Extravaganza, and our 5th Grade D.A.R.E. Graduation. As a staff we have also worked on updating a Mission Statement specific to WSMS. It is as follows: **Guide all students to become Independent, Kind, & Confident lifelong Learners.** This is the focus of our work each day, and on behalf of our staff, I want to thank you for your continued support.

Lastly, I would like to pass along an attendance reminder. From our Handbook: *School Attendance is the responsibility of students and parents/guardians. It is the responsibility of the parent/guardian to telephone the middle school office at 786-2090 on the day of the absence relative to the reason for the absence.* Quality attendance is crucial for student success and helps us live the above Mission Statement.

We look forward to working together as a team to provide your child with the an educational experience that strives to meet the DISTRICT'S mission - **Serve with Passion to Ignite Creativity, Innovation, and Excellence.**

Go Panthers!

Ben Wopat  
 Principal  
[www.twitter.com/coachwopat](http://www.twitter.com/coachwopat)

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# CALENDAR OF EVENTS

|               |                             |
|---------------|-----------------------------|
| MARCH 7       | TRIMESTER ENDS              |
| MARCH 7 & 8   | MATHCOUNTS STATE            |
| MARCH 11      | WWSMA MS SOLO & ENSEMBLE    |
| MARCH 11 & 12 | 7TH GRADE AT SCHOOL FOREST  |
| MARCH 17 & 18 | BAND EXTRAVAGANZA           |
| MARCH 21      | NO SCHOOL (SNOW DAY MAKEUP) |

## ATTENDANCE REPORTING

Each day we are in school, it is very important for us to have the most up-to-date attendance for our students. There are several ways to report absences for illness, appointments, vacations, etc:

We highly encourage you to **report any absences, appointments, or vacations by 8:00 a.m.** each day. Even if your child was sick the day before and will be out again, we still need to hear from you. If you are not in contact us, we then have to call each family that has not reported their child's absence, which can become very time-consuming.

**You can call 608-786-2090, Option 2, and leave a message at any time of the day or night.** You can leave all absence messages on this voicemail. You can even leave information that is scheduled weeks to months in advance. We keep a yearly spreadsheet with all absences that are reported to us.

**You can email at [msoffice@wsalem.k12.wi.us](mailto:msoffice@wsalem.k12.wi.us).** The office will be able to update your child's attendance in Skyward and call you back if there are any questions.


While we understand that appointments are sometimes forgotten, **advanced notification** allows us to have your child ready for pickup in a timely manner.

Final reminder...if your child has an appointment with a medical professional, **please try your best to get a doctor's note** so that we can verify the time away from school. Students are allotted 10 absences per year, and these doctor's notes are used so that appointments are not counted in the 10-day total.

**Our goal is to work side-by-side with families to ensure that all students are safe and accounted for each day!**



# STUDENT OF THE MONTH

Each month, teachers send nominations for Student of the Month. February's focus was Work Hard - Conflict Resolution & Act Respectfully - Problem Solving. Below is a list of three students from each grade level that exemplified this focus. Mr. Wopat, Ms. Beld, Ms. Becker and Ms. Broughton notified parents of this accomplishment. Mr. Wopat and Ms. Beld met with them as a group and took individual and group photos.

## GRADE 5

ABBY BERRA  
JENSEN RIEBER  
KINSEY FRONK

## GRADE 6

EMMA JANDT  
NATHAN ARNTSON  
JETT BISHOP



## GRADE 7

AVA KATONA  
CAMILLE ZARECKI  
LAYNE BOHL

## GRADE 8

OLIVIA SPREHN  
CAMILLE GODLEWSKI  
TRENTON BERLIN

# CONGRATULATIONS

for making a difference  
in others lives!

We appreciate YOU!



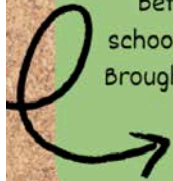

# COUNSELOR'S CORNER

Winter Wellness 2025 is officially in the books. We were a bit worried if we were going to be able to participate in the outdoor activities due to the cold, but luckily the weather turned it around and our outdoor activities had perfect conditions. A great time was had by students and staff, and we were all able to enjoy some fresh air and good camaraderie outside of the classrooms.

Homeroom lessons focus around identifying and managing strong emotions. We can all get restless and irritable during the February and March months. These lessons are offering us reminders to breathe, reach out and talk to others, immerse ourselves in things we love to do, and to find the positives in each day.

Lastly, State testing is near and we are preparing your students to do their best. 5th grade will be testing April 8-10th, 6th grade test dates are April 1-4, 14&15, 7th grade tests April 1-3, and 8th grade will test on April 7-11th. We know our students have the knowledge and drive to go into testing with confidence. This is evident in the strong academic success we see here in the School District of West Salem.

Before we know it, Spring will be just around the corner, followed swiftly by the end of school. Until that time, remember to dig deep and continue working hard! Ms. Becker and Ms. Broughton are always here to support your child in all areas, and they can sign up to see one of us right from their iPad.



Ms. Becker & Ms. Broughton

**SAVE  
THE  
DATE**

**WEST SALEM K-8  
SUMMER SCHOOL  
JULY 7-25, 2025**

Registration  
will be open  
April 1 - 15, 2025

More information on class offerings and  
registration will be sent out via Skyward in  
mid-March

# 5th Grade News!

## March 2025



**Math:** Students are continuing to work with whole numbers and decimal operations. Then we will switch to division. This unit will include long division with multi-digit divisors and decimal numbers! Keep working on those multiplication and division facts at home.

**Reading:** We will continue to pilot our new ELA Curriculum through Amplify. We have wrapped up our Oceans unit and are moving onto a novel study.

**Writing:** Students just completed their DARE project and presented it in class. During March, students will continue with our new ELA Curriculum through Amplify, responding to their reading.

**Social Studies:** We are wrapping up our learning about the 13 colonies. This will prepare the students as we move into the American Revolution. Students have also started mapping the regions of the United States. New England and Middle Atlantic maps are already complete. *Keep practicing those states, capitals, abbreviations, and geography! There are maps in their notebooks!*

**Science:** A new trimester brings forth a new science unit. We will be learning about the four Earth systems: hydrosphere, atmosphere, geosphere, and biosphere. As we learn about these systems, we will also explore how each system interacts with one another, and how the biosphere could not exist without the other three.

# 6th Grade News!

## March 2025



### **Reading– Mrs. Schultz**

Mid-March we will be wrapping up our Social Issues unit surrounding the Civil Rights Era. Many students have the opportunity to read all 10 of the Civil Rights novel options and some even choose to continue reading the novels during free read time! We also will be working with the suffixes -ology and -phobia, which are always fun and interesting for students. Students will have FREE READ time again at the end of the month. This is independent reading where students can choose any book they want to read for enjoyment.

Our next area of study will take on similar social issues, looking at them with a global perspective. Students will choose a Human Rights topic and conduct some intense research on this, which will be used for their final product to be completed in English class with Mrs. Buisman. While researching, students will use a variety of non-fiction reading strategies when delving into their different resources. They will begin in hardcopy sources, which will be the basis of their information so they can decipher what information on the internet is valid and what isn't. Happy Reading!

### **English- Mrs. Buisman**

In March, 6th grade English students will be practicing reading and writing in different text structures. This work will prepare us for our informational writing unit coming this spring. We will also be utilizing the laptops and will be practicing creating text features in Google Slides. These will also be incorporated into our informational writing unit. In grammar, our focus will be pronouns, but we will continue to review other areas as well.

**Math- Mrs. Alo and Mrs. Jehn**

At the start of March students will have just completed working in Chapter 7 which covered geometry topics including area, surface area, and volume. During the rest of March students will be working in Chapter 8 - Integers, Number Lines, and the Coordinate Plane. Understanding positive and negative integers typically is easy for students because they have grown up in Wisconsin. Students previously worked with graphing ordered pairs in one quadrant and will now use their integers skills to graph in all four quadrants. In the second half of the chapter students will recall skills they learned to write and solve equations and apply those to writing and solving inequalities.

**Advanced Math- Mrs. Jehn**

March brings us into the 7th grade textbook and Chapters A and B during which students will learn the integer rules using them to add, subtract, multiply, and divide integers and rational numbers. These chapters are a bit like elementary school when students first encountered fast facts because they will need to make time to do some fast fact practice on their own at home to be successful.

**Science- Mrs. Jarosh**

We wrapped up our chemical reactions unit with one of our most exciting labs, burning steel wool. The combustion of steel wool is an exciting science phenomenon that also demonstrates the conservation of mass. Currently, students are learning about how synthetic materials come from natural resources and the impacts they have.





### Social Studies- Mrs. Jeranek

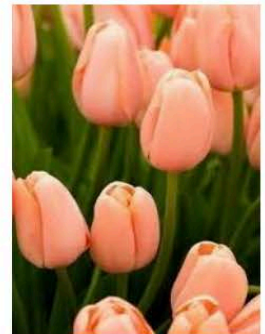
We finish Ancient Greece with the study of Alexander from Macedonia throughout March. Then move west to the Ancient Romans. Throughout the Roman Unit, we will use various text structured graphic organizers to learn the many ways Romans used the geographic landscape of the Italian peninsula to

prosper, govern and conquer lands throughout the Mediterranean Region.



### Reminders:

- Students need headphones at school every
- Students need to bring a charged iPad to school each day.
- Gum is not allowed in 6th grade.
- If students are absent, they need to check Google Classroom and Homework Hotline and get themselves caught up.







# 7th Grade March Newsletter

## ELA



### Ms. Friell and Mrs. Rochester

**Class Supplies:** All students are required to have their binder and composition notebook. Both are left in the classroom to ensure they are never lost and are easily accessible. In addition, students should bring headphones and an independent book to class each day.

**Lessons:** Work to be turned in for a grade is posted on the homework hotline. If a student needs to miss school, please check GC for required work.

**Writing and Language:** Each class period, we practice working on sentences and/or parts of speech. Word Work also includes learning roots and spelling words. Student have been reviewing and learning strategies to write paragraphs and summaries.

**Reading:** During the month of March, we will be reading The Giver as a read aloud. Students will be assessed on reading and writing learning targets as they read the novel. Students are reading a choice book dystopian choice book as well.

## Dates to Know



**March 11-** Mrs. Piersma's math classes at school forest

**March 12-** Mrs. Weber's math classes at school forest

**March 21-** No School (unless there is another snow day)



## Tips/Helpful Links

PLEASE CHARGE YOUR IPAD EVERY NIGHT

[HOMEWORK HOTLINE](#)

## Math



### Mrs. Piersma and Mrs. Weber

We just wrapped up our unit on ratios and proportions. We will now be learning how to solve percent problems in both the equation and proportion format. Kids will be encouraged to use the one they find easier. We had a great time at Winter Wellness. And finally, thank you to all those parents that took the time to stop in during conferences. It is always nice to touch base with you.

## Pre-Algebra Mrs. Weber



We finished our unit on slope and are now learning to solve systems of equations in a variety of ways. We are moving quickly in hopes to get through most of the 8th grade book before they take algebra next year. A big congratulations to Lydia W., Eli K., Mason G. and Beau B. who competed in the regional MathCounts competition on Feb. 14th at WTC. They all have worked so hard and made us proud. Lydia and Eli will compete at the state level on March 8.

Science  
Mr. Baker



We ended February by finishing up genetics and writing secret messages using DNA! March will now be a month for evolution and classification. We will start taking a look at all the different types of animals and what adaptations they need to survive. We are also planning to head out to the school forest on March 11 and 12 to wrap up some winter forest ecology!

Social Studies  
Mr. Mahlum



In 7th grade social studies the students will continue to look at the three branches of government. We will turn our attention to the Legislative branch and the Judicial branch. Students will understand the importance of both and how they are set up. To finish the month, the students will look at a Supreme Court case they find interesting and research it.

# GRADE 8

## newsletter



### MARCH EDITION

#### ELA- Mrs. Meyer & Ms. Sackett

The 8th graders just finished their research papers. They should be proud of the effort they put in the last couple of months researching and writing these papers, and we all agree that it feels good to be done. Before we start our next big unit, we are going to spend some time with poetry. We will learn to analyze poetry and will even spend some time writing our own poems. Students are back to reading a choice book for their STRAW reading time which gives them material for their journal writes. We continue to work on compound and complex sentences with the end goal of using these correctly and consistently in their writing. At the end of March, we will begin working on our argument writing project.

Targets covered in March:

- R.1 Make logical inferences from a text
- R.2 Cite textual evidence that strongly supports an analysis of a text
- R.5 Analyze how parts of a text reveals aspects of a character
- L.1 Correctly write compound sentences
- L.2 Correctly write complex sentences
- L.4 Demonstrate appropriate use of the conventions of standardized English grammar and usage when writing or speaking
- S.2 Analyze the purpose of information presented in diverse media and formats
- S.3 Evaluate the effectiveness of media presentations

## ALGEBRA- Mrs. Coe

The students finished up Polynomial Equations and Factoring in February and will begin Unit 8 on Graphing Quadratic Functions. We competed in the Regional Mathcounts Competition in February and one team of 4 placed 2nd and 1 individual competitor are moving on to state!. We will compete on March 8th in Sheboygan. Send good luck wishes to all of our competitors!

The learning targets for Unit 8:

- 8.1: Graph and describe fcn's of the form  $f(x)=ax^2$ .
- 8.2: Graph and describe fcn's of the form  $f(x)=ax^2+c$ .
- 8.3: Graph and describe fcn's of the form  $f(x)=ax^2+bx +c$ .
- 8.4: Graph and describe fcn's of the form  $f(x)=a(x-h)^2+k$ .
- 8.5: Graph and use fcn's in intercept form.
- 8.6: Compare the characteristics of linear, exponential, and quadratic fcn's

## MATH 8- Mrs. Coe & Mrs. Snook

### **Regular Math (Unit 8) - Mrs. Coe and Mrs. Snook**

We finished up our Data Analysis and Displays unit in February and started Unit 8 on Exponents and Scientific Notation.

The learning targets for Unit 8:

- 8.1: Use exponents to write and evaluate expressions.
- 8.2: Generate equivalent expressions involving products of powers.
- 8.3: Generate equivalent expressions involving quotients of powers.
- 8.4: Understand the concepts of zero and negative exponents.
- 8.6: Understand the concept of scientific notation.
- 8.7: Perform operations with numbers written in scientific notation.

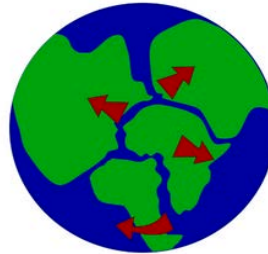


## SCIENCE- Ms. Smith- Waller

We have now made it through our unit on Weathering, Erosion, and Deposition, so we are moving our focus to plate tectonics, volcanos, earthquakes, and locations of fossils around the world. We will look at the progression of ideas on the Theory of Plate Tectonics. There will be a group project where students will research a topic supporting Plate Tectonic Theory, then present their findings to the class. We will use strategies in our research that you learned in ELA. That information will then be used to complete a Claim-Evidence-Reasoning Assessment on how the distribution of fossils and rocks, continental shapes, and seafloor structures provide evidence of the past plate motions. After we finish up this unit on plate tectonics, we will move on to learn more about Earth's history and Geologic Time. Bring on the warm weather!

Essential Learning Outcomes:

- PT3-1: Show understanding that plate tectonics is the unifying theory that explains movement of rocks at Earth's surface and geological history. Maps are used to display evidence of plate movement.
- PT3-2: Show understanding that energy flows and matter cycles within and among Earth's systems. Plate tectonics is one result of these processes.



## SOCIAL STUDIES- Ms. Morgan

In March, 8th Grade Social Studies will focus on the growth of the United States during the presidencies of Thomas Jefferson and James Madison. We will explore how this expansion impacted the Indigenous peoples living on the land. Mid-month, we will briefly pause our U.S. History studies to prepare for our visit to the Holocaust speaker event at Viterbo University. During this time, we will examine the stages of genocide and key events of the Holocaust, as required by Act 30, which mandates that middle and high school students learn about the Holocaust and other genocides.

Our learning targets for the month include:

- 8.FE.4: Assess Washington's and Adams' contributions to the creation of the presidency
- 8.JE.1: Critique the changes in Jefferson's political ideology
- 8.JE.2: Assess the Louisiana Purchase and the exploration of the region
- 8.JE.3: Summarize the causes and impacts of the War of 1812
- 8.HG.1: Explain the why, how, what, when, and where the Holocaust took place
- 8.HG.2: Provide examples from the Holocaust of the 10 stages of genocide

# NEWS FROM THE ART ROOM

MARCH 2025

## WHAT WE ARE LEARNING

- This month we are both finishing up a trimester and starting another for all grades. This switch occurs around the middle of the month.
- We are preparing for Youth Art Month and several pieces of art will soon be on display at the Heider Center.
- 5th and 6th graders who chose to submit their Water Posters to the Wisconsin Rural Water Association have been mailed.
- and lastly all students 5-8 who chose to participate in the June Dairy Days button contest all await the results of that.

## YOUTH ART MONTH

STATE Oli Dougherty

STATE Aubriella Hart

STATE Chloe Skrede

Art on display at the BRF Public Library

### Regional Qualifiers

Aubrey Anderson  
Emmitt England

## MS. STEGGALL ~ STUDENT TEACHER

Hi, My name is Alexis Steggall. I'm a student teacher from the University of Wisconsin La Crosse, studying Art Education. I am working with Mrs. Hemker until March 21st then I move to the High School until the end of the year. I am excited to work with everyone!

## AFTER SCHOOL ART DATES:

- Feb. 27
- March 6
- Marh 13
- March 20
- March 27 - Last Day
- Check Google Classroom for Daily Projects

## CURRENT WISH LIST

- Used Low-Temp Glue Guns
- Used Irons
- Endrolls of ribbon and/or yarn
- Ice Cream Buckets
- Cereal Boxes - Empty

# STEM AND ROBOTICS

MARCH 2025  
MR. JONES

## STEM AND ROBOTICS CLASSES

6th Grade STEM: Designing Toothpick Bridges

7th Grade STEM: Using CAD to Design 3D Puzzle Cubes

8th Grade STEM: Making Cardboard Pinball Machines

Robotics: Using optical sensors to sense color and distance



## MR. JONES' PANTHER TIMES

6th Grade: Designing a Dream House on the computers

7th Grade: Sphero Robots

8th Grade: Building Paper RollerCoasters



# ETC UPDATE

MARCH 2024

## WSMS NEWSLETTER

| 6TH GRADE                                                                                                                                     | 7TH GRADE                                                                                                                                                                                                     | 8TH GRADE                                                                                                                                                                                                     |
|-----------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>Starting Wesbite Design</li> <li>Career Planning on Xello</li> <li>Intro to Graphic Designs</li> </ul> | <ul style="list-style-type: none"> <li>Online Safety Test</li> <li>In Person Safety Test</li> <li>Measurement Test               <ul style="list-style-type: none"> <li>September 20th</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>Online Safety Test</li> <li>In Person Safety Test</li> <li>Measurement Test               <ul style="list-style-type: none"> <li>September 13th</li> </ul> </li> </ul> |



7th Grade Nightstand Valet Projects



## SAFETY GLASSES

New 7th and 8th Graders need Safety Glasses for ETC. We have a used bin for students but they are not in the best shape



## PCR

Students have been working on their Build a Business project and mid way through this month they will be presenting those businesses to their classmates. We will then start a T-shirt unit.

[shrake.tyler@wsalem.k12.wi.us](mailto:shrake.tyler@wsalem.k12.wi.us)



# **BAND**

## **Mr. Waldhart**

Tuesday, March 11

WSMS Solo & Ensemble 4:00-7:30pm

Tuesday, March 18

WSMS Band Extravaganza 7pm - Gym

Thursday, March 20

Piano Solo & Ensemble - during school at Luther HS

Wednesday, March 26

5th Grade Instrument Testing - during school

Thursday, March 27 - 6:00pm

WSMS Beginner Band Parent Meeting 6pm - Commons

**March is "MUSIC IN OUR SCHOOLS MONTH!"**

# **HEALTHY LIVING**

It feels like Winter has finally arrived with all of the snow and cold weather we've had lately! The Healthy Living Department would like to remind everyone that March can be very odd when it comes to weather and that the students should be prepared to go outside at any time. We will enjoy any warm, beautiful weather that will pop up! With that said, please have your child bring a pair of shoes that can go outside. With the beginning of Spring right around the corner, we are transitioning to Invasion and Striking/Fielding activities.

This month, Mr. Brewer will have two guest teachers from UW-La Crosse who will be coming in to work with his 5th and 6th graders on Mondays and Wednesdays. Ms. Serres will also have a guest teacher who will be coming in to work with her classes towards the end of the month and they will stay through the rest of the school year. We are extremely excited to continue our amazing partnerships with local universities!

Hopefully the groundhog was right and we will have an early Spring!!!  
-Healthy Living Team

# PANTHER TIME AND SPANISH

## with Señor Hinman

### 5th & 6th Grade Panther Time

March 3rd starts off our next Panther Time rotation. We will be starting off doing Spanish enrichment learning greetings and farewells, and will be learning the Spanish alphabet and numbers 0-100. The 6th grade group will be finishing up their rotation with weather, seasons and colors, and then after that the next group will be starting their rotation with a review from last year and then the months and days of the week in Spanish.



### 7th & 8th Grade Panther Time

In 7th grade PT, we will be finishing our mini unit on Asia and then the next group will be starting their last rotation, however, it will be different. I will be an iReady teacher for this rotation. Eighth grade PT will be finishing the mini unit on Asia, and the following group will continue with the usual world culture activities as the previous group. This will entail our first unit beginning with Europe and then Asia. If we have any extra time, we will also cover some of the Middle East and Africa.

### 7th Grade Spanish

We may continue with our story-telling, however, I would like to expose the students to more of the novel we started earlier, *Pobre Ana*. This is a book that goes along with the vocabulary we've been learning through the stories we've been doing. From there, I think we could review the past stories we've already done, but with different activities from what we've been doing. In between the stories we can do some filler activities - those things that they will need to know for high school Spanish down the road, like grammar and more conversation.

### 8th Grade Spanish

In 8th grade Spanish, we are still working on completing the curriculum work from the high school's Spanish 1 classes. Even though March will begin our last trimester, this is actually a critical time for students' learning to be successful in Spanish next year - especially if they're planning to be in level 2 Spanish. Many of my students did very well this year and are eligible to jump into level 2, but just because they earned my recommendation now doesn't mean they can rest on their laurels. We still have quite a bit to cover yet. Remember, we have about half the amount of time to cover the same amount of material that the high school covers in their first year of Spanish. I look forward to see what we can accomplish.



## 5TH GRADE LMC & 7TH GRADE CREATIVE COMPUTING

### 5TH GRADE LMC RINGLIEN & FINK

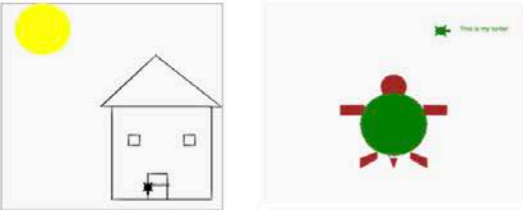
### 7TH GRADE CREATIVE COMPUTING

#### NATIONAL PARKS RESEARCH & GREEN SCREEN FUN

STUDENTS IN MR. RINGLIEN'S & MS. FINK'S HOMEROOMS HAVE JUST STARTED WORKING ON RESEARCH FOR OUR NATIONAL PARKS UNIT. EACH STUDENT WILL PICK A NATIONAL PARK TO LEARN MORE ABOUT THROUGH RESEARCH AND THEN CREATE A SHORT SCRAPBOOK PROJECT PRETENDING THAT THEY VISITED THAT PARK. STUDENTS WILL PRACTICE THEIR SKILLS CREATING GREEN SCREEN PHOTOS ALONG WITH THIS PROJECT BY INCLUDING IMAGES OF THEM EXPLORING THE PARK THEY RESEARCHED.



#### TURTLE GRAPHICS WITH PYTHON



```
1 import turtle
2 bob = turtle.Turtle()
3 bob.shape("turtle")
4
```

IN FEBRUARY, 7TH GRADERS IN CREATIVE COMPUTING STARTED WORKING ON CODING IN PYTHON. STUDENTS HAVE BEEN LEARNING TO USE CODE TO DRAW SIMPLE PICTURES. IN THE COMING WEEKS, WE WILL BE LEARNING TO USE VARIABLES, USER INPUT AND OUTPUT IN PYTHON.



# Activities to Support Reading at Home

Your child should read at least 20 minutes outside of school to maintain or increase their reading abilities. Research has shown that the best way to develop strong readers is to have them read more, with books at their level that are interesting to them. Let your child choose what to read within these guidelines.

The following are some suggestions for how to support reading at home:

- Have discussions about the current classroom novel or their independent reading book. Find out your student's opinions of them and what he/she think may happen as they continue to read. Revisit this discussion days later.
- Encourage your child to read to a younger sibling, a pet, or to you!
- Expose your child to sophisticated vocabulary. This will assist with understanding vocabulary he/she may encounter in their independent reading. Explain any challenging words you use.
- Subscribe to magazines that will interest your child.
- Read the newspaper together. Discuss interesting articles or editorials.
- Take your child to the public library. Check out books together. Check out audio versions of difficult text to follow along with. Read a book that was made into a movie and watch the movie together as a reward for finishing the book. Discuss similarities and differences.
- Find a book to read together. Read it aloud or individually, but stop every once in a while to discuss the text and see if your child has any questions or confusions to clear up.
- Listen to books in the car.
- Limit the amount of time spent watching TV and playing video games.
- Provide time and space for your child to read. Children love converting closets or corners of rooms into reading nooks with bean bags and reading lights!
- When out and about, have your student read aloud information. For example, at restaurants have your student read the descriptions of menu items. At a museum have him or her read the information available for the different exhibits. Pick up brochures for upcoming trips, and let your student read it to the family in preparation.

HARVEST OF THE MONTH  
NEWSLETTER  
MARCH 2025



With **POWER UP SWEET POTATO**



**Select** – Choose sweet potatoes that are firm and smooth.

**Store** – Store in a cool, dark place for 3-5 weeks.

**Prepare** – Rinse under cool, running water and scrub to remove dirt.

**Sweet Potatoes are the Harvest of the Month!**

**Add sweet potatoes to your favorite family meals:**

- Slice, toss with oil and seasonings, and bake to make sweet potato fries.
- Mash with butter and cinnamon for a sweet side dish.
- Bake whole and top with black beans & salsa or maple syrup & toasted pecans.

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

**Did you know?**

Sometimes people call sweet potatoes yams, but yams and sweet potatoes are different vegetables! Sweet potatoes are root vegetables that came from the tropical regions of Central and South America. Yams are large, starchy roots from Africa and Asia.



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*

**Sweet Potato and Black Bean Quesadillas**

Serves 4

**Ingredients:**

- 1 medium sweet potato (should equal about 1 cup mashed)
- 1/8-1/4 teaspoon chili powder/cumin (optional)
- 4 medium-size (~8 inch) tortillas
- 1/2 cup canned, low-sodium black beans, rinsed and drained
- 3/4 cup of shredded cheddar cheese

**Directions:**

1. Wash hand with soap and water.
2. Add a pinch of salt and chili powder or cumin (optional), to mashed sweet potatoes and stir.
3. Spread potato mixture over tortilla, then top with black beans and cheese. Fold in half. Repeat for 3 more tortillas.
4. Heat a pan on high heat and spray with nonstick cooking spray.
5. Brown quesadilla about two minutes on each side until the inside is warm and the cheese is melted.
6. Cut each quesadilla into 4 pieces, and optionally, serve with salsa or guacamole.

Per serving: 240 calories, 5g fat, 11g protein, 37g carbohydrate, 3g fiber, 680mg sodium

Source: laxf2s.org



LA CROSSE COUNTY Health Department  
Nationally Accredited



Coulee Region Farm to School is a partnership between UW-Madison Division of Extension, LaCrosse County Health Department, Mayo Clinic Health System-Franciscan Healthcare, Gundersen Health System, and the School Districts of Bangor, LaCrescent-Hokah, Holmen, LaCrosse, Onalaska, and West Salem.

# March

## Middle School Middle Lunch 2024-25

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| <p><b>Lunch Entree</b> <span style="float: right;">3</span><br/>Breaded Chicken Patty on a WG Bun<br/>Hot &amp; Spicy Breaded Chicken Patty on a WG Bun<br/>Ham, Turkey, and Cheddar Sub<br/><i>With</i><br/>Chicken and Wild Rice Soup<br/>Panther PBJ Pack<br/>Panther YOGURT Pack<br/><b>Vegetables</b><br/>Waffle Fries<br/>Spring Mix Lettuce Blend<br/>Broccoli Florets<br/>Hummus<br/><b>Fruit</b><br/>Pineapple Tidbits<br/>Fresh Apple<br/><b>Milk</b><br/>FF Chocolate Milk<br/>1% White Milk</p>                                  | <p><b>Lunch Entree</b> <span style="float: right;">4</span><br/>French Toast Sticks with Colby Cheese Omelet<br/>French Toast Sticks with Sausage Links (2)<br/><i>Both With</i><br/>Syrup<br/>Chicken Caesar Wrap<br/><i>With</i><br/>Cheez It Crackers<br/>Panther PBJ Pack<br/>Panther YOGURT Pack<br/><b>Vegetables</b><br/>Spring Mix Lettuce Blend<br/>Cauliflower Florets<br/>Radishes<br/><b>Fruit</b><br/>Warm Cinnamon Apples<br/>Mandarin Oranges<br/>Strawberry Cup<br/><b>Milk</b><br/>FF Chocolate Milk<br/>1% White Milk</p> | <p><b>Lunch Entree</b> <span style="float: right;">5</span><br/>Beef Meatballs and LS Gravy with Buttermilk Biscuit<br/>Diced Chicken and LS Gravy with Buttermilk Biscuit<br/>Hot Ham &amp; Cheese Sandwich<br/><i>With</i><br/>Baked Potato Chips<br/>Panther PBJ Pack<br/>Panther YOGURT Pack<br/><b>Vegetables</b><br/>Mashed Potatoes<br/>Spring Mix Lettuce Blend<br/>Baby Carrots<br/>Cucumber Slices<br/><b>Fruit</b><br/>Diced Pears<br/>Fresh Banana<br/><b>Milk</b><br/>FF Chocolate Milk<br/>1% White Milk</p>                                                               | <p><b>Lunch Entree</b> <span style="float: right;">6</span><br/>Stuffed Crust Pepperoni Pizza<br/>Stuffed Crust Cheese Pizza<br/>Garden Salad w/ Choice of Meat, Yogurt, Cottage Cheese<br/><i>With</i><br/>Minestrone Soup<br/>Panther PBJ Pack<br/>Panther YOGURT Pack<br/><b>Vegetables</b><br/>Seasoned Cooked Broccoli<br/>Spring Mix Lettuce Blend<br/>Broccoli Florets<br/>Hummus<br/><b>Fruit</b><br/>Cinnamon Applesauce<br/>Blueberries<br/><b>Milk</b><br/>FF Chocolate Milk<br/>1% White Milk</p>                                                                                                            | <p><b>Lunch Entree</b> <span style="float: right;">7</span><br/>Breaded Fish Sticks with Goldfish Crackers<br/>Popcorn Chicken with Goldfish Crackers<br/>Turkey Bacon Sandwich on WG Roll<br/><i>With</i><br/>Guacamole and Tortilla Chips<br/>Panther PBJ Pack<br/>Panther YOGURT Pack<br/><b>Vegetables</b><br/>Glazed Carrots<br/>Spring Mix Lettuce Blend<br/>Baby Carrots<br/>Red Bell Pepper Strips<br/><b>Fruit</b><br/>Diced Peaches<br/>Fresh Orange<br/><b>Milk</b><br/>FF Chocolate Milk<br/>1% White Milk</p> |
| <p><b>Lunch Entree</b> <span style="float: right;">10</span><br/>Pizza Crunchers with Marinara Dipping Cup<br/>Grilled Chicken Breast Fillet Sandwich on WG Bun<br/>Ham, Salami, &amp; Provolone Cheese Sub<br/><i>With</i><br/>Chicken and Dumpling Soup<br/>Panther PBJ Pack<br/>Panther YOGURT Pack<br/><b>Vegetables</b><br/>Steamed Seasoned Mixed Veggies<br/>Spring Mix Lettuce Blend<br/>Broccoli Florets<br/>Hummus<br/><b>Fruit</b><br/>Tropical Fruit<br/>Fresh Apple<br/><b>Milk</b><br/>FF Chocolate Milk<br/>1% White Milk</p> | <p><b>Lunch Entree</b> <span style="float: right;">11</span><br/>Cheese Quesadilla<br/>White Chicken Nachos with Corn Chips<br/>Pulled Chicken and Provolone Sandwich on WG Bun<br/><i>With</i><br/>Corn Salad<br/>Panther PBJ Pack<br/>Panther YOGURT Pack<br/><b>Vegetables</b><br/>Garlic Seasoned Corn<br/>Spring Mix Lettuce Blend<br/>Baby Carrots<br/>Celery Sticks<br/><b>Fruit</b><br/>Diced Pears<br/>Fresh Kiwi<br/><b>Milk</b><br/>FF Chocolate Milk<br/>1% White Milk</p>                                                      | <p><b>Lunch Entree</b> <span style="float: right;">12</span><br/>Pasta with Chicken Alfredo<br/><i>With</i><br/>Garlic Knot<br/>Pepperoni Calzone<br/>Turkey &amp; Swiss on WG Sandwich Bread<br/><i>With</i><br/>Broccoli Salad<br/>Panther PBJ Pack<br/>Panther YOGURT Pack<br/><b>Vegetables</b><br/>Seasoned Cooked Broccoli<br/>Spring Mix Lettuce Blend<br/>Fresh Red and Yellow Pepper Strips<br/>Grape Tomatoes<br/><b>Fruit</b><br/>Fresh Banana<br/>Craisins, Cherry<br/>Craisins, Orange<br/>Craisins, Strawberry<br/><b>Milk</b><br/>FF Chocolate Milk<br/>1% White Milk</p> | <p><b>Sweet Treat Thursday!</b> <span style="float: right;">13</span><br/>Assorted 100% Fruit Juice Slushy<br/><b>Lunch Entree</b><br/>Mandarin Orange Chicken<br/><i>With</i><br/>Vegetable Fried Rice<br/><i>And</i><br/>Fortune Cookie<br/>Homemade Sloppy Joe on WG Bun<br/>Southwest Chicken Salad<br/><i>With</i><br/>Corn Muffin<br/>Panther PBJ Pack<br/>Panther YOGURT Pack<br/><b>Vegetables</b><br/>Seasoned Steamed Green Beans<br/>Spring Mix Lettuce Blend<br/>Baby Carrots<br/>Hummus<br/><b>Fruit</b><br/>Mandarin Oranges<br/>Sliced Apples<br/><b>Milk</b><br/>FF Chocolate Milk<br/>1% White Milk</p> | <p><b>Lunch Entree</b> <span style="float: right;">14</span><br/>Stuffed Crust Cheese Pizza<br/>Chicken Nuggets<br/><i>With</i><br/>Cheez It Crackers<br/>Turkey Club Wrap<br/><i>With</i><br/>Broccoli &amp; Cheese Soup<br/>Panther PBJ Pack<br/>Panther YOGURT Pack<br/><b>Vegetables</b><br/>Steamed Peas<br/>Spring Mix Lettuce Blend<br/>Broccoli Florets<br/>Cucumber Slices<br/><b>Fruit</b><br/>Diced Peaches<br/>Applesauce<br/><b>Milk</b><br/>FF Chocolate Milk<br/>1% White Milk</p>                          |
| <p><i>Happy St. Patty's Day!</i> <span style="float: right;">17</span><br/><b>Lunch Entree</b><br/>Cheeseburger<br/>Hamburger<br/>Grilled Reuben Sandwich<br/><i>With</i><br/>Cheesy Potato &amp; Ham Soup<br/>Panther PBJ Pack<br/>Panther YOGURT Pack<br/><b>Vegetables</b><br/>Tator Tots<br/>Spring Mix Lettuce Blend<br/>Baby Carrots<br/>Hummus<br/><b>Fruit</b><br/>Pineapple Tidbits<br/>Raisins<br/><b>Milk</b><br/>FF Chocolate Milk<br/>1% White Milk</p>                                                                         | <p><b>Lunch Entree</b> <span style="float: right;">18</span><br/>Meatball Marinara Sub with Mozzarella Cheese<br/>Chicken and Waffles<br/><i>With</i><br/>Syrup<br/>Turkey &amp; Swiss on WG Sandwich Bread<br/><i>With</i><br/>Chicken Noodle Soup<br/>Panther PBJ Pack<br/>Panther YOGURT Pack<br/><b>Vegetables</b><br/>Steamed Carrots<br/>Spring Mix Lettuce Blend<br/>Broccoli Florets<br/>Radishes<br/><b>Fruit</b><br/>Mandarin Oranges<br/>Strawberry Cup<br/><b>Milk</b><br/>FF Chocolate Milk<br/>1% White Milk</p>              | <p><b>Lunch Entree</b> <span style="float: right;">19</span><br/>Popcorn Chicken Mashed Potato Bowl (like KFC)<br/>Popcorn Chicken with Goldfish Crackers<br/>Garden Salad w/ Choice of Meat, Yogurt, Cottage Cheese<br/><i>With</i><br/>White Chicken Chili<br/>Panther PBJ Pack<br/>Panther YOGURT Pack<br/><b>Vegetables</b><br/>Garlic Seasoned Corn<br/>Spring Mix Lettuce Blend<br/>Cauliflower Florets<br/>Cucumber Slices<br/><b>Fruit</b><br/>Tropical Fruit<br/>Fresh Banana<br/><b>Milk</b><br/>FF Chocolate Milk<br/>1% White Milk</p>                                       | <p><b>Lunch Entree</b> <span style="float: right;">20</span><br/>Tater Tot Hotdish<br/><i>With</i><br/>WG Dinner Roll<br/>Chicken Potstickers<br/><i>With</i><br/>Seasoned Brown Rice<br/>Hot Italian Sub<br/><i>With</i><br/>Baked Potato Chips<br/>Panther PBJ Pack<br/>Panther YOGURT Pack<br/><b>Vegetables</b><br/>Seasoned Steamed Green Beans<br/>Spring Mix Lettuce Blend<br/>Broccoli Florets<br/>Hummus<br/><b>Fruit</b><br/>Cinnamon Applesauce<br/>Blueberries<br/><b>Milk</b><br/>FF Chocolate Milk<br/>1% White Milk</p>                                                                                   | <p style="text-align: center;">21<br/><i>Snow Day</i></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |

Continued on next page

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| <p><b>Lunch Entree</b><br/>Breaded Ravioli and Marinara Sauce<br/>Chicken Tenders<br/><i>With</i><br/>Cinnamon Bug Bites<br/>Turkey and Cheddar on a WG Bun<br/><i>With</i><br/>Sliced Apples with Caramel Dip<br/>Panther PBJ Pack<br/>Panther YOGURT Pack</p> <p><b>Vegetables</b><br/>Steamed Seasoned Mixed Veggies<br/>Spring Mix Lettuce Blend<br/>Broccoli Florets<br/>Hummus</p> <p><b>Fruit</b><br/>Pineapple Tidbits<br/>Fresh Apple</p> <p><b>Milk</b><br/>FF Chocolate Milk<br/>1% White Milk</p> | <p><b>Lunch Entree</b><br/>Pork Taco on Soft Shell<br/>Chicken Fajita Taco on Soft Shell<br/>Crunchy Hawaiian Turkey Wrap<br/><i>With</i><br/>Pineapple Salsa<br/><i>And</i><br/>Baked Tortilla Chips<br/>Panther PBJ Pack<br/>Panther YOGURT Pack</p> <p><b>Vegetables</b><br/>Refried Beans<br/>Taco Topping Bar<br/>Spring Mix Lettuce Blend<br/>Baby Carrots<br/>Celery Sticks</p> <p><b>Fruit</b><br/>Diced Pears<br/>Fresh Kiwi</p> <p><b>Milk</b><br/>FF Chocolate Milk<br/>1% White Milk</p> | <p><b>Lunch Entree</b><br/>Pasta with Italian Meat Sauce<br/>Pasta with Spaghetti Sauce (Vegetarian)<br/><i>Both With</i><br/>Breadstick<br/>Ham &amp; Cheese Chef Salad with Goldfish Crackers<br/><i>With</i><br/>Broccoli &amp; Cheese Soup<br/>Panther PBJ Pack<br/>Panther YOGURT Pack</p> <p><b>Vegetables</b><br/>Seasoned California Blend<br/>Vegetables<br/>Spring Mix Lettuce Blend<br/>Fresh Red and Yellow Pepper Strips<br/>Grape Tomatoes</p> <p><b>Fruit</b><br/>Fresh Banana<br/>Craisins, Cherry<br/>Craisins, Orange<br/>Craisins, Strawberry</p> <p><b>Milk</b><br/>FF Chocolate Milk<br/>1% White Milk</p> | <p><b>Lunch Entree</b><br/>6" Round Cheese Pizza<br/>6" Round Hawaiian Pizza<br/>Grilled Cheese Sandwich<br/><i>With</i><br/>Tomato Soup<br/>Panther PBJ Pack<br/>Panther YOGURT Pack</p> <p><b>Vegetables</b><br/>Seasoned Cooked Broccoli<br/>Spring Mix Lettuce Blend<br/>Baby Carrots<br/>Hummus</p> <p><b>Fruit</b><br/>Mandarin Oranges<br/>Sliced Apples</p> <p><b>Milk</b><br/>FF Chocolate Milk<br/>1% White Milk</p> | <p><b>Lunch Entree</b><br/>Mini Corn Dogs<br/>Alaskan Pollock Fish<br/>Sandwich on WG Bun<br/>Chicken Bacon Ranch Wrap<br/><i>With</i><br/>Cheddar Simply Chex Mix<br/>Panther PBJ Pack<br/>Panther YOGURT Pack</p> <p><b>Vegetables</b><br/><i>Farm to School - Harvest of the Month</i><br/>Crinkle Cut Sweet Potato<br/>Fries<br/>Spring Mix Lettuce Blend<br/>Broccoli Florets<br/>Cucumber Slices</p> <p><b>Fruit</b><br/>Diced Peaches<br/>Applesauce</p> <p><b>Milk</b><br/>FF Chocolate Milk<br/>1% White Milk</p> |
| <p><b>Lunch Entree</b><br/>Bakalar's Hot Dog on a WG Bun<br/>Brat on a WG Bun<br/><i>Both With</i><br/>Three Cheese Cavatappi (Mac &amp; Cheese)<br/>Roast Beef and Provolone Sandwich<br/><i>With</i><br/>Vegetable Beef Soup<br/>Panther PBJ Pack<br/>Panther YOGURT Pack</p> <p><b>Vegetables</b><br/>Spring Mix Lettuce Blend<br/>Baby Carrots<br/>Hummus</p> <p><b>Fruit</b><br/>Pineapple Tidbits<br/>Raisins</p> <p><b>Milk</b><br/>FF Chocolate Milk<br/>1% White Milk</p>                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |

Menu likely to change based on product availability.

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