

WEST SALEM MIDDLE SCHOOL

Ben Wopat - Principal ★ Amanda Beld - Associate



440 East Ave West Salem, WI 54669
 Phone - (608) 786-2090 Fax - (608) 786-1081

SPECIAL POINTS OF INTEREST:

School Starts at 7:50!!

**Picture re-take day
 Wednesday, OCTOBER 23**

**NO SCHOOL
 OCT 18 & 25**

Dear Panther Families,

Last week was HOMECOMING WEEK at WSMS. It was great to see our school and community spirit on display. We are a full month into the school year and it's been a great start! Our staff is committed to a continuous improvement mindset in order to help your child learn and grow. We thank you for your continued support to make this possible. This year, the staff is already hard at work teaching, assessing, and examining data within teams to ensure student learning. Our students are engaged in learning during the school day and busy with their activities, athletics or interests afterwards. Our parents are hard at work supporting their children while they learn and grow. Given the busy schedules of our entire West Salem Middle School Learning Community, we see our WSMS Newsletter as one of the important ways we maintain communication between school and home. It contains a variety of academic updates as to what your child is learning and provides you with an overview of that learning and additional items about the middle school experience.

I want to take this opportunity to share with you how our teachers continue to learn about our profession and how they give back to the profession as they mentor future educators. We partner with both UW-La Crosse and Viterbo to create a Professional Development School (PDS). What is a Professional Development School? PDS are schools that have joined with a university to accomplish educational goals that are mutually beneficial. A PDS is a collaboratively planned and implemented partnership for the academic and clinical preparation of teacher candidates. WSMS has a quality team of highly-trained educators who continue to develop themselves as professionals while supporting future educators. Your children will see these future educators in their classrooms.

Finally, at WSMS, we have continued to emphasize our school wide expectations for our students. How do we show our Panther Pride?

1. Practice Kindness.
2. Act Respectfully.
3. Work Hard.

We are honored to work with you in this endeavor!

Ben Wopat
 Principal

Proud to Be a Panther!
www.twitter.com/coachwopat



Calendar/School Events/Activites/ Odyssey of the Mind	2
Counselors' Corner	3
Student of the Month	4
Parent Reminders/ Retake Photo Day	5
Attendance Procedures/From the Nurse	6
Cell Phone Use/Early Release Dates	7
5th Grade	8
STEM/Healthy Living	10
Choir/Band Concert	11
General Music	12
Spanish	13
ETC Update	14
Art	15
7th Grade	16
8th Grade	18 19 20
Farm to Table	21
Lunch Menu	22 23 24

Calendar of Events-School

October 3 - Grade 6 Band and Choir Concert - 7:00 p.m. (see below for more details)
 October 9 - EARLY RELEASE at 12:20, Buses at 12:30
 October 10 and 11 - Grade 7 at Trempealeau Wildlife Refuge
 October 16 - Unity Day
 October 17 - Parent/Teacher Conferences - 3:30 - 7:00
 October 18 - NO SCHOOL
 October 21 - Parent/Teacher Conferences - 3:30 - 7:00
 October 23 - Picture Makeup/Retake Day

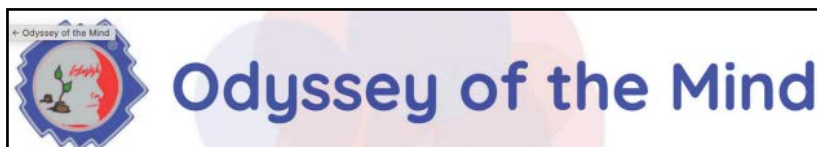
Calendar of Events-Athletics

Click on the link below and it will take you to our **Middle School Athletics** page. You will be able to click on the links for the **Fall Sports** to see the game times/locations.

24-25 Fall Athletics



Find out more about OM here



Does your child like to perform? Does your child like to build things? Does your child work well with others? Maybe Odyssey of the Mind is right for your child. Application forms can be found in the MS Office or from Mrs. Kinstler (room 146).

We will need coaches and parents make great coaches!!



Counselor's Corner Ms. Becker - Ms. Broughton



We finished September strong with homecoming festivities, dress-up days and a lot of Panther Pride. It has been wonderful to watch students participate in various fall activities, from athletics to the music and arts.

Now that school is in full swing, we want to emphasize staying current on schoolwork. Falling even a little behind can add tremendous stress and can quickly become overwhelming. Please stress to your child the importance of staying on top of their schoolwork. We want them to be successful, and our teachers are more than willing to help. We encourage you to reach out to us with questions or concerns. It is important that you and your child see us as partners in education.

This is also true of your child's mental health. Do not hesitate to contact the counselors (Ms. Lindsay Becker and Ms. Brienna Broughton) if your child is having overwhelming feelings about school, home or friendships. While those feelings are difficult, it is important to trust that our children are resilient and can get through these little 'fires', in order for them to become 'fireproof'. We are more than happy to assist with this.

Lastly, we also love it when students just stop and say 'hi.' We like to hear about the positive things that are going on in their lives, too!

~Ms. Becker and Ms. Broughton



STUDENT OF THE MONTH

Each month, teachers send nominations for Student of the Month. September's focus was on Practicing Kindness. Below is a list of three students from each grade level that were chosen because they embody Kindness. Mr. Wopat, Ms. Beld, Ms. Becker and Ms. Broughton notified parents of this accomplishment, and met with them for individual and group photos.

Grade 5

*Addison Bonsall
Walker Brenengen
Riley Sullivan*

Grade 6

*Adrienne Becker
Emmett Geier
Katya Zoma*

Grade 7

*Hailey Dockendorf
Hadley Fecht
Bennett Ihle*

Grade 8

*Ryker Athnos
Kenzi Peterson
Autumn Yang*

CONGRATULATIONS for making a difference in others lives! We appreciate YOU!

Parent Reminders...



EMERGENCY CONTACT INFORMATION:

Please remember to keep the office informed of any changes in your contact information as soon as possible. It is important for us to be able to contact you in the event of an emergency.

If you have caller ID and you have missed a phone call from the middle school, please understand that we are unable to identify the person, extension number, or department that was trying to reach you. Rest assured that if your child is sick or injured, the school nurse will leave a message for you.

Please remind your child to leave a message if they call you.

*Even though students are not allowed to use their cell phones in school, we understand that they may need to text, email or call you if they are not feeling well. Please make sure they have been to the school nurse first and the nurse will then contact you.

**PICTURE RE-TAKE DAY
IS THURSDAY, OCTOBER 23**



If your child is having retakes, you will need to return the original picture packet to the photographer on October 23. If this is the first time your child is having their picture taken, we will be calling down students alphabetically. They will need to be sure to follow the announcements.

The Middle School Newsletters can be found on the district website - www.salem.k12.wi.us. An e-mail reminder will be sent each month to let you know when it is available, along with a link to the actual newsletter. If you would like a hard copy of the newsletter, please let the Middle School office know.



"Meet Us in the Middle"





From the Office - Attendance

If your child will be absent from school, PLEASE follow the protocol below:

- Call the office at 608-786-2090, Option 1, **before 7:50 a.m.** If you receive the voicemail, please leave a message that includes your child's name, grade and the reason for the absence. If your child is ill, **please be specific with his/her symptoms.** We are required by state law to report numbers of students that are ill with strep throat, stomach flu, colds and chicken pox, making it important to have accurate counts. We only report numbers, not student names. If your child's absence is not called into the school in a timely manner, we will call home. If we don't speak to a parent/guardian, it is considered an unexcused absence and consequences may be assigned to the student.
- In lieu of calling, **you may also email Stephanie Pearson** at pearson.stephanie@wsalem.k12.wi.us with absences, medical appointments, etc.
- **Calling in absences ahead of time, like medical appointments, vacations, etc. is highly encouraged!** We will document it so you will not have to call again the day of the absence.
- If your child needs to be picked up for an appointment, **please send a note or call the office as far in advance as possible so that your child can be given an out pass ahead of time.** We appreciate advance notification as it eliminates the need for us to try and find your student at the last minute when he/she is being picked up.
- If your child returns with a medical or dental appointment verification form, it is not counted toward the 10 days allowed for your child to be absent from school.
- Thank you for your cooperation in keeping your child's attendance up to date and informing the school of absences in a timely manner!

From The School Nurse

Remember to sign your immunization waiver or send your student's immunization record to wsnurses@wsalem.k12.wi.us by October 4!

You may also drop the information off at any school!

Thank you!

Kate Brohmer
District Nurse
608-451-1185



OK

Student Cell Phone Use

Students at our middle school are **NOT allowed to carry cell phones** with them throughout the school day. If a student brings a cell phone to school it:

- ✱ Must be turned off
- ✱ Must be kept in the student's locker

Cell phones are absolutely **NOT allowed on the playground or in the bathroom/locker room.**



Students are NOT allowed to use cell phones to take video recordings of other students at school. Students not following the guidelines will be subject to disciplinary action. Please call if you have any questions.

Early Release Dates

Wednesdays

Release at 12:20
Buses leave at 12:30

October 9

February 5

May 7



"Meet Us in the Middle"





Reading: Students are working on finishing their reading books. They should be completing one weekly reading journal at school. We will be discussing character traits and will take our first assessment in October.

Writing: Students are working through the writing process and are publishing their first writing choice piece. They will be starting to write Narratives this month. We have also been working through our new phonics program.

Math: We will finish up our fraction unit in the beginning of October. Students will also be doing a mini-project related to the skills they learned in our first unit. We will start the second unit this month which focuses on adding and subtracting decimals.

Science: First trimester the students learn all about matter. We're using the scientific method to help us learn about phases of matter and how they change, chemical and physical changes, mixtures and solutions and much much more when it comes to MATTER.

Social Studies: Students are wrapping up their map skills unit which includes global awareness. We will be moving into our European Explorers unit.



iPads: Students are starting to get more assignments on their iPad. They will be able to bring their iPads home to complete their assignments. They will continue to leave them at school unless they have homework to complete. We would like to remind families that the iPads are a learning tool and should be used as such. Students need to have iPads fully charged when they come to school.

Homework Hotline: This tool is available on the school website. If you go under schools and click on the Middle School, then click on Families you will see Homework Hotline listed. This is a shared google sheets document that every teacher updates at the beginning of the week.

Success Center: The success center is a GREAT tool for students to get homework help. It is open from 7:15-7:45am and 3:15-3:45pm. Mrs. Gross is available to help 5th and 6th grade students and also works in many classrooms during the day.

Upcoming Dates:

October 9th: Early Release

October 11th: Mid Term of Tri-1

October 17th: Parent Teacher Conferences

October 18th: No School

October 21st: Parent Teacher Conferences

October 23rd: Picture Retake Day

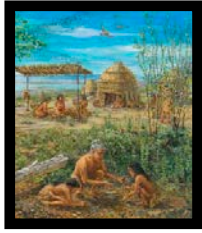
October 25th: No School (Teacher Inservice)





Social Studies - Mrs. Jeranek

Social Studies allows us to focus on non-fictional reading strategies to formulate a main idea and supporting details for better understanding of informational texts.



September allowed us to get to know each other, and we worked to improve our geographic skills. Map distribution had us analyzing various data on different types of maps. October will find us in the Paleolithic and Neolithic periods, as well as the ancient civilization of Mesopotamia. Our focus will be on human-environmental interactions, movements of people and technological innovations of these various groups of people.

Targets to Cover:

Map Use- Use various maps to ask and answer geographic questions

Spatial Thinking- Interpret patterns in a variety of maps, charts, and graphs to display geographic information and explain relationships among them.

Reasons People Move- Analyze patterns of migration of various types

Use of Technology- Differentiate between intended and unintended consequences of various forms of technology and how they effect societies

Math - Mrs Alo and Mrs. Jehn

Students completed Chapter 1 in September. Chapter 1 covered topics such as powers and exponents, order of operations, greatest common factor, and least common multiple. In October students will complete Chapter 2 learning how to multiply and divide fractions and mixed numbers as well as add, subtract, multiply, and divide decimals efficiently. Knowing multiplication and division fast facts will be imperative to your child doing well in Chapter 2 and the rest of the year.

Accelerated Math - Mrs. Jehn

Students completed Chapter 1 in September, which covered topics such as powers and exponents, order of operations, greatest common factor, least common multiple. They also began Chapter 2 and learned how to multiply and divide fractions and mixed numbers as well as add, subtract, multiply, and divide decimals efficiently. Students will finish Chapter 3 in October which

includes ratios, ratio tables, rates, unit rates, comparing ratios and rates, percents, and converting measures. This is a great chapter because it is so applicable to their lives now and forever. Who doesn't want to find the best deal or price and save the most money? When was the last time you had to tip a server or hairdresser? Ask your child to shop with you to help you find unit price, compare purchases, and find the best buy - happy shopping and saving!

English - Mrs. Buisman

6th grade English students will be finalizing their keeper small moment writing this month. They will be adding a lead and an ending as well as go through the revising and editing process. Students will wrap up their dialogue unit in grammar and focus on crafting complete sentences, rather than fragments. I am still needing to give lots of reminders about basic capitalization and punctuation usage, so we will continue to practice this as well.

Science - Mrs. Jarosh

Students have been learning the importance of working together in Science. We are breaking down all parts of the scientific method. Your child may come home and try some of the experiments! Learning to ask testable questions, set up and carry out experiments is so engaging. Students are learning and putting to use new vocabulary including independent and dependent variables!

STEM NEWS

October 2024

6TH GRADE

While learning about the design process students are creating a prototype of an ankle foot orthosis for a child in need. Kids are working hard in class cutting out cardboard for their project.

In 6th grade Panther Time students are designing their own keychains on Tinkercad. These are currently being 3D printed and will be coming home soon!



7TH GRADE

Students in 7th grade are experiencing some "technical drawings" which challenges them to draw from three perspectives. The students are learning how to multi-view sketch objects, measure them to the nearest 1/16 of an inch, and dimension the drawings on paper. These isometric and orthographic drawings will help as we work with a program called Tinkercad to generate 3D models on the computer. Soon we will be using our knowledge of sketching to create our own puzzle cubes to take home.

8TH GRADE

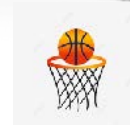
In 8th grade STEM the students are designing and building their own cardboard pinball machine. They are working hard and are about halfway through creating the project.

In 8th grade Panther Time, students are designing a paper rollercoaster. The goal is to see who can create a coaster that takes the longest time down the track with a marble.



Healthy Living - OK

The Healthy Living Department is excited that we have fall weather finally upon us! With that said, please remind your children to bring warm clothes as we plan on going outside for as long as possible before the snow is on the ground. The students have done a phenomenal job of being prepared for class in the first month of school. The 8th grade students will be going out to the Outdoor Education Center on November 7th and 8th. This is an amazing opportunity for your children to learn outdoors and find new ways to become life-long movers. Please keep an eye out for more information leading up to those dates.



"Meet Us in the Middle"



6th Grade Choir & Band Concert

Thursday, October 3 at 7:00 p.m.

Choir performs first
Followed by the band

Marie W. Heider Center for the Arts
405 East Hamlin Street in West Salem

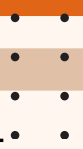
**Students should arrive at the Heider Center by 6:30 p.m.,
dressed in the concert uniform**



MUSIC "NOTES"



October



5th Grade General Music

The past few weeks we have explored sea shanties such as "Haul Away Joe" and "Who is the Captain Now?" and some other nautical themed songs such as "The Wellerman" and "My Bonnie Lies Over the Ocean." Students also graduated from rhythm sticks and have been showing their rhythmic knowledge through the use of rhythm cups and have even been writing some of their own rhythms. They have also started their "Fifty Nifty United States" song which will now be our Friday opening song.

~Mrs. Kinster & Miss Nimm

6th Grade Keyboards & More

Over the past few weeks, student have explored the black keys on their piano keyboard and have now master middle C position.

Currently we are taking a break from the piano and learning about traditional Chinese Instruments. They created 2 different GarageBand Projects using the Guzheng, Erhu & Pipa instruments. Ask to hear these! They were impressive.



7th Grade Guitars & Musicals

Students can now play a three string C and G7 chord on the guitar. They have played along to songs called "Are you Strumming" and "He's Got the Whole World in His Hands." Up next students will be learning a few individual notes on string number 1 to be able to play some melodies.



8th Grade Almost Daily Ukulele & More

Our Almost Daily Ukulele Play Along Songs have included "Radioactive" by Imagine Dragons, "Hey, Ho" by the Lumineers, and "Meant to Be" by Florida Georgia Line, among others. Students have learned the F, C, G7 & Am chords. They have also been studying the history of Hip Hop and are working on a class collaboration of a rendition of One Fish, Two Fish by Dr. Seuss. More to come on that soon!

71% of Americans surveyed by the Gallup Poll believe that teenagers who play an instrument are less likely to have disciplinary problems. ~ Gallup Poll, "American Attitudes Toward Music"





October - Spanish Class Newsletter

8th grade Spanish - We just finished reviewing the first story, "El cuento del gato". We did this last year in 7th grade. Next, we will be reviewing the second story this month, "La vaca y el mono". I am planning to have a fiesta for the Day of the Dead at the end of this month which will be on the 31st and November 1st, depending on A and B days, so be ready for that.

7th grade Spanish - Similar to 8th grade, we have been working on our first story, "El cuento del gato" and will be finishing it this month. Later, we will start our next story, "La vaca y el mono". I am planning to have a fiesta for the Day of the Dead at the end of this month which will be on the 31st and November 1st, depending on A and B days, so be ready for that.

7th & 8th grade Panther Time - We finished our journey going through Western Europe, and are continuing our exploration of Eastern Europe and Asia this month.

5th & 6th grade Panther Time - We finished going through the calendar, and are beginning our time-telling unit. Next, we will study the weather and seasons in Spanish.

October Holidays in Spanish-Speaking Countries

- October 10: Grito de Yara (Cuba)
- October 12: Día de la Raza o Día de la Hispanidad (Spain)
- October 18: Señor de los Milagros (Peru)

OCTOBER 2024

ETC UPDATE

WSMS NEWSLETTER

6TH GRADE

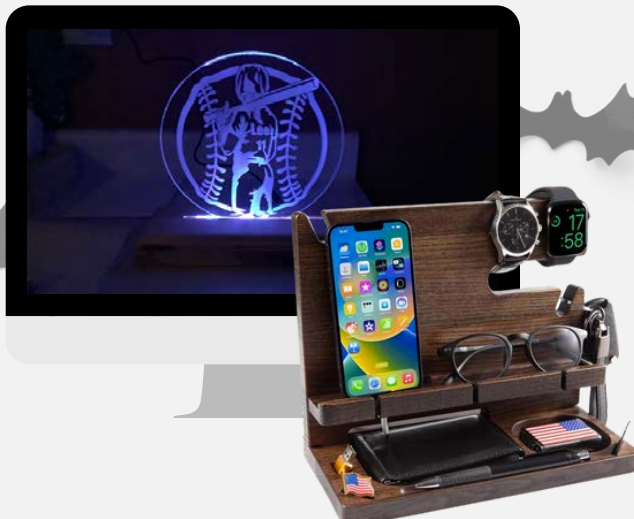
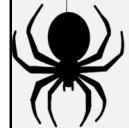
- Customizing Websites
- Measuring Unit
- Intro to CorelDraw

7TH GRADE

- Nightstand Valet
 - Designing
 - wood-gluing
 - band saw work

8TH GRADE

- LED Signs
 - designing
 - Planning
 - CorelDraw



PANTHER TIME NEWS

6th Grade Panther time is wrapping up their finger puppet unit and they will then be introduced to sewing machines as they move on from hand sewing.

7th Grade Panther time has been testing pinewood derby car designs for the past couple of weeks and now they are going to analyze their data and start to design their own car(s).

8th Grade Panther time has been working on the morning announcements since the 2nd week of school. We are looking to add some more segments and our video editors are almost ready to take full control of all of the editing.

RE-TESTS

As the gradebook starts to fill up, students are encouraged to retest. There are forms in my room to fill out, and retest practice sheets on google classroom.



PCR

Students are wrapping up their cricut education and will be transitioning into CorelDraw skills. CorelDraw is a graphic design studio that will make the foundation for our Laser Engraver education and further transition into CNC working on Vcarve.

shrake.tyler@wsalem.k12.wi.us

October Art News

All classes are well in to their art making experience. We are working on organization, quality work and work completion.

Photos of 5th graders in action.

AFTER SCHOOL ART

Forms are now available!
Pick up a form outside of the art room

DONATIONS

WE are still looking for

- newspaper
- brown paper bags
- plastic food cont. lids

BY GRADE

5th - finishing color wheels
6th - starting famous artist research
7th - Drawing various styles
8th - wall block prep begins
Art Elective - looking at pumpkins, drawing styles and sculpture





7th Grade October 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 October, we will be reading multiple suspense stories and analyzing elements of suspense. Students will also be reading self selected choice books.

Math

Mrs. Piersma and Mrs. Weber



We are off to a great start in 7th Grade! Our first unit introduced addition and subtraction of negative numbers, both integers and rational. We are very impressed with how well the kids are doing with this. In unit 2 we will be multiplying and dividing negative numbers and learning rules to help us.

Dates to Know



Oct. 10 and 11 - all 7th grade students will be going to Trempealeau Wildlife Refuge and Perrot State Park

Oct. 17 - P/T Conferences
3:30-7:00

Oct. 18 - No School

Oct. 21 - P/T Conferences
3:30-7:00

Oct. 25 - No School

Tips/Helpful Links

PLEASE CHARGE YOUR IPAD EVERY NIGHT

[HOMEWORK HOTLINE](#)

Pre-Algebra

Mrs. Weber



Our first unit in accelerated math was solving equations. They were introduced to this in 6th grade, however we get into more difficult equations. With a lot of practice and review, we are getting better. We also started our weekly mathcounts homework. I was very impressed with the effort on the first couple. I know this can be challenging but they learn so much math and great strategies from this challenge.



Science Mr. Baker

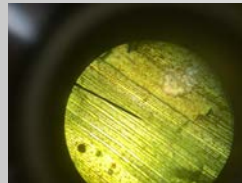


In Science this year, we are starting small and then working our way up to the big stuff! We broke out the microscopes and started looking at all the things we don't normally get to see. Students have been working on building their own three dimensional cells and will be spending a day at the Trempealeau Wildlife Refuge and a day at Perrot State Park October 10th and 11th! We will be canoeing, hiking up Brady's Bluff, biking, searching the muck for microinvertebrates, and learning about the archeology of the area!

Social Studies Mr. Mahlum



In October, the students will finish up the unit on immigration. Then, we will turn our attention to the beginning of our nation. We will look at what led up to the Revolutionary War and how we started out as a newly independent nation. Toward the end of October, we will start looking at the Constitutional Convention and how the people there created the document we still follow today.



THE KIDS ARE LOVING CHIEF
BEING HERE EVERY WEEK!

GRADE 8

newsletter



OCTOBER EDITION

ELA- Mrs. Meyer & Ms. Sackett

We are off to a great start in 8th grade ELA and have settled into our routine which includes both reading and writing every day. Throughout the entire year, we will practice using a variety of sentences to help our writing flow. Currently, we are reviewing compound sentences and beginning to study complex sentences. Our first unit of the year is focusing on Personal Identity. Students will read a variety of texts and relate them to their own identity while studying the writer's craft to gain new writing techniques. We will be reading and studying personal essays so that we are able to write our own personal essays, that focus on our hobbies, values and a person who has made an impact in our lives.

Scored Learning Targets:

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.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



"Meet Us in the Middle"



SCIENCE- Ms. Smith- Waller

How is it possible that the first month of school has already passed us by?!? Last month we started our Weather unit where we made observations both on maps and of the current weather we saw outside. We have collected data on the weather and now we will use that information to make a prediction and identify the locations of different air masses. We will spend the rest of the month learning about the Earth's surface and how it changes through weathering, erosion, and deposition. Please don't hesitate to contact me with questions or concerns.

Essential Learning Outcomes:

- WCI-1: Show understanding that complex interactions determine local weather patterns and influence climate
- WCI-2: Show understanding that evidence suggests human activities affect global warming. Decisions to reduce the impact of global warming depend on understanding climate science, engineering capabilities, and social dynamics
- Various Science and Engineering Practices throughout the units

SOCIAL STUDIES- Ms. Morgan

October brings our exploration of United States history to the years leading up to the American Revolution and the Revolution itself. Throughout our study, we will be using our skills as historians to explore different perspectives of those who experienced the events through primary and secondary sources.

Our learning targets this month are:

- RR.1 Create propaganda and analyze its role in spreading revolutionary ideas
- RR.2 Compare and contrast the views of loyalists and patriots
- RR. 3 Identify and explain the British actions that caused the conflict in the Americas
- RR.4 Justify the Patriots' decision to break away from Great Britain
- RR.5 Describe and critique the strategies the colonists used to protest British actions.

If your student is interested in attending the end of the year trip to Washington DC, please be on the lookout for details arriving home in October. There will also be a candle fundraiser in November to help defray the costs of any of the end of the year trip.

MATH 8- Mrs. Coe & Mrs. Snook

We began Unit 2 called "Transformations" at the end of September, and will be taking our test at the end of October.

Regular Math (Unit 2) - Mrs. Coe and Mrs. Snook

The learning targets for Unit 2:

- 2.1: Translate figures in the coordinate plane
- 2.2: Reflect figures in the coordinate plane
- 2.3: Rotate figures in the coordinate plane
- 2.4: Understand the concept of congruent figures
- 2.5: Dilate figures in the coordinate plane
- 2.6: Understand the concept of similar figures

ALGEBRA- Mrs. Coe

We will be starting Unit 3 which is Graphing Linear Functions. We will continue our Mathcounts each week.

The learning targets for Unit 3:

- 3.1: Understand the concept of a function
- 3.2: Describe characteristics of functions
- 3.3: Identify and graph linear functions
- 3.4: Understand and use function notation
- 3.5: Graph and interpret linear equations written in standard form
- 3.6: Find the slope of a line and use slope-intercept form
- 3.7: Graph transformations of linear functions
- 3.8: Graph absolute value functions



**HARVEST OF THE MONTH
NEWSLETTER
OCTOBER 2023**



Apples are the Harvest of the Month!

Add apples to your favorite family meals:

- Mix apple chunks into your hot cereal.
- Pair apple slices with cheese.
- Add thin apple slices to chicken salad or peanut butter sandwich.

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

- Select** – Choose firm apples with smooth and shiny skin.
- Store** – Refrigerate in a plastic bag for up to 3 weeks.
- Prepare** – Eat whole or sliced. Leave on the skin for extra nutrients!

Did you know?

There are over 7,500 varieties of apples grown across the world. Some Wisconsin favorites include Gala, McIntosh, Golden Delicious, Honey Crisp, and Cortland.



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

Apple Cranberry Cole Slaw
Serves 6

- 12 oz Green cabbage, shredded and chilled
- 1/2 lb Apples, Gala, chopped skin on
- 1/3 C Cranberries, dried
- 3 1/2 tsp Lemon Juice, fresh
- 2 Tbsp Oil, olive or canola
- 3 1/2 tsp Vinegar, apple cider
- 1 Tbsp Honey
- 1 Tbsp local Apple Cider, fresh

Directions:

1. Shred cabbage and refrigerate. Drain before combining.
2. Chop apples, place apples in lemon juice. Toss to coat to prevent browning.
3. Combine cold, shredded drained cabbage, apples, and cranberries. Toss to mix. Set aside.
4. Combine vinegar, fresh apple cider, and honey. Whisk in oil to incorporate. Taste for seasonings, adjust ingredients if too tart or too sweet.
5. Add dressing to cabbage mixture, tossing to coat. Taste, adjust seasonings if needed.

Per serving: 150 calories, 4.7g fat, 7g protein, 29g carbohydrate, 2.8g fiber, 10.5mg sodium

Source: laxf2s.org



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.

October 2024

Middle School
Middle Lunch 2024-25

	<p style="text-align: right;">01</p> <p>Lunch Entree Walking Taco on Fritos Bean and Cheese Burrito Ham & Swiss on WG Croissant <i>With</i> Tropical Fruit Panther PBJ Pack Panther YOGURT Pack Vegetables Garlic Seasoned Corn Taco Topping Bar Local Lettuce Blend Baby Carrots Celery Sticks Fruit Diced Pears Fresh Kiwi Milk FF Chocolate Milk 1% White Milk</p>	<p style="text-align: right;">02</p> <p>Lunch Entree BBQ Chicken Teriyaki Sweet and Sour Chicken Charcuterie Box Panther PBJ Pack Panther YOGURT Pack Grains Seasoned Brown Rice Vegetables Local Lettuce Blend Fresh Red and Yellow Pepper Strips Grape Tomatoes Fruit Fresh Banana Craisins, Cherry Craisins, Orange Craisins, Strawberry Milk FF Chocolate Milk 1% White Milk</p>	<p style="text-align: right;">03</p> <p>Sweet Treat Thursday! Assorted Ice Cream Cup Lunch Entree 6" Round Pepperoni Pizza 6" Round Taco Pizza Ham & Cheese Wrap <i>With</i> Cottage Cheese Panther PBJ Pack Panther YOGURT Pack Vegetables Steamed Season Peas and Carrots Local Lettuce Blend Baby Carrots Black Beans Fruit Mandarin Oranges Sliced Apples Milk FF Chocolate Milk 1% White Milk</p>	<p style="text-align: right;">04</p> <p>Lunch Entree Garlic Mozzarella Cheese Twists with Marinara Dipping Cup BBQ Pulled Pork Sandwich on WG Bun Cuban Pork Flatbread Sandwich <i>With</i> Coleslaw Panther PBJ Pack Panther YOGURT Pack Vegetables Crinkle Cut Fries Local Lettuce Blend Broccoli Florets Cucumber Slices Fruit Diced Peaches Applesauce Milk FF Chocolate Milk 1% White Milk</p>
<p style="text-align: right;">07</p> <p>Lunch Entree Breaded Chicken Patty on a WG Bun Hot & Spicy Breaded Chicken Patty on a WG Bun Ham, Turkey, and Cheddar Sub <i>With</i> Chicken and Wild Rice Soup Panther PBJ Pack Panther YOGURT Pack Vegetables Waffle Fries Local Lettuce Blend Broccoli Florets Garbanzo Bean (Chickpea) Fruit 10858 Pineapple Tidbits Fresh Apple Milk FF Chocolate Milk 1% White Milk</p>	<p style="text-align: right;">08</p> <p>Lunch Entree French Toast Sticks with Colby Cheese Omelet French Toast Sticks with Sausage Links (2) Chicken Caesar Wrap <i>With</i> Cheez It Crackers Panther PBJ Pack Panther YOGURT Pack Vegetables Local Lettuce Blend Broccoli Florets Radishes Fruit Warm Cinnamon Apples Mandarin Oranges Strawberry Cup Milk FF Chocolate Milk 1% White Milk</p>	<p style="text-align: right;">09</p> <p>Lunch Entree Beef Meatballs and LS Gravy with Buttermilk Biscuit Diced Chicken and LS Gravy with Buttermilk Biscuit Hot Ham & Cheese Sandwich <i>With</i> Baked Potato Chips Panther PBJ Pack Panther YOGURT Pack Vegetables Mashed Potatoes Local Lettuce Blend Baby Carrots Cucumber Slices Fruit Diced Pears Fresh Banana Milk FF Chocolate Milk 1% White Milk</p>	<p style="text-align: right;">10</p> <p>Lunch Entree Stuffed Crust Pepperoni Pizza Stuffed Crust Cheese Pizza Garden Salad w/ Choice of Meat, Yogurt, Cottage Cheese <i>With</i> Minestrone Soup Panther PBJ Pack Panther YOGURT Pack Vegetables Seasoned Cooked Broccoli Local Lettuce Blend Broccoli Florets Sugar Snap Peas Fruit Cinnamon Applesauce Blueberries Milk FF Chocolate Milk 1% White Milk</p>	<p style="text-align: right;">11</p> <p>Lunch Entree Breaded Fish Sticks with Goldfish Crackers Popcorn Chicken with Goldfish Crackers Turkey Bacon Sandwich on WG Roll <i>With</i> Guacamole and Tortilla Chips Panther PBJ Pack Panther YOGURT Pack Vegetables Glazed Carrots Local Lettuce Blend Baby Carrots Red Bell Pepper Strips Fruit Diced Peaches Fresh Orange Milk FF Chocolate Milk 1% White Milk</p>

OCTOBER, 2024 LUNCH MENU (continued)

<p style="text-align: right;">14</p> <p>Lunch Entree Pizza Crunchers with Marinara Dipping Cup Grilled Chicken Breast Fillet Sandwich on WG Bun Ham, Salami, & Provolone Cheese Sub <i>With</i> Chicken and Dumpling Soup Panther PBJ Pack Panther YOGURT Pack Vegetables Steamed Seasoned Mixed Veggies Local Lettuce Blend Broccoli Florets Hummus Fruit 10858 Pineapple Tidbits Fresh Apple Milk FF Chocolate Milk 1% White Milk</p>	<p style="text-align: right;">15</p> <p>Lunch Entree Cheese Quesadilla White Chicken Nachos with Corn Chips Pulled Chicken and Provolone Sandwich on WG Bun <i>With</i> Corn Salad Panther PBJ Pack Panther YOGURT Pack Vegetables Garlic Seasoned Corn Local Lettuce Blend Baby Carrots Celery Sticks Fruit Diced Pears Fresh Kiwi Milk FF Chocolate Milk 1% White Milk</p>	<p style="text-align: right;">16</p> <p>Lunch Entree Pasta with Chicken Alfredo Pepperoni Calzone Turkey & Swiss on WG Sandwich Bread <i>With</i> Broccoli Salad Panther PBJ Pack Panther YOGURT Pack Vegetables Seasoned Cooked Broccoli Local Lettuce Blend Fresh Red and Yellow Pepper Strips Grape Tomatoes Fruit Fresh Banana Craisins, Cherry Craisins, Orange Craisins, Strawberry Milk FF Chocolate Milk 1% White Milk</p>	<p style="text-align: right;">17</p> <p>Sweet Treat Thursday! Assorted 100% Fruit Juice Slushy Lunch Entree Mandarin Orange Chicken <i>With</i> Vegetable Fried Rice Homemade Sloppy Joe on WG Bun Southwest Chicken Salad <i>With</i> Corn Muffin Panther PBJ Pack Panther YOGURT Pack Vegetables Seasoned Steamed Green Beans Local Lettuce Blend Baby Carrots Hummus Fruit Mandarin Oranges Sliced Apples Milk FF Chocolate Milk 1% White Milk</p>	<p style="text-align: right;">18</p> <p>No School</p>
<p style="text-align: right;">21</p> <p>Lunch Entree Cheeseburger Hamburger Crispy Chicken Tender Wrap <i>With</i> Cinnamon Bug Bites Panther PBJ Pack Panther YOGURT Pack Vegetables Tator Tots Local Lettuce Blend Baby Carrots Hummus Fruit 10858 Pineapple Tidbits Raisins Milk FF Chocolate Milk 1% White Milk</p>	<p style="text-align: right;">22</p> <p>Lunch Entree Meatball Marinara Sub with Mozzarella Cheese Chicken and Waffles Turkey & Swiss on WG Sandwich Bread <i>With</i> Chicken Noodle Soup Panther PBJ Pack Panther YOGURT Pack Vegetables Steamed Carrots Local Lettuce Blend Broccoli Florets Radishes Fruit Mandarin Oranges Strawberry Cup Milk FF Chocolate Milk 1% White Milk</p>	<p style="text-align: right;">23</p> <p>Lunch Entree Popcorn Chicken Mashed Potato Bowl (like KFC) Popcorn Chicken with Goldfish Crackers Garden Salad w/ Choice of Meat, Yogurt, Cottage Cheese <i>With</i> White Chicken Chili Panther PBJ Pack Panther YOGURT Pack Vegetables Garlic Seasoned Corn Local Lettuce Blend Baby Carrots Cucumber Slices Fruit Diced Pears Fresh Banana Milk FF Chocolate Milk 1% White Milk</p>	<p style="text-align: right;">24</p> <p>Lunch Entree Tater Tot Hotdish <i>With</i> WG Dinner Roll Chicken Potstickers <i>With</i> Seasoned Brown Rice Hot Italian Sub <i>With</i> Baked Potato Chips Panther PBJ Pack Panther YOGURT Pack Vegetables Seasoned Steamed Green Beans Local Lettuce Blend Broccoli Florets Sugar Snap Peas Fruit Cinnamon Applesauce Blueberries Milk FF Chocolate Milk 1% White Milk</p>	<p style="text-align: right;">25</p> <p>No School</p>

OCTOBER, 2024 LUNCH MENU (continued)

28	29	30	31
<p>Lunch Entree Breaded Ravioli and Marinara Sauce Chicken Tenders <i>With</i> Cinnamon Bug Bites Turkey and Cheddar on a WG Bun <i>With</i> Sliced Apples with Caramel Dip Panther PBJ Pack Panther YOGURT Pack Vegetables Steamed Seasoned Mixed Veggies Local Lettuce Blend Broccoli Florets Hummus Fruit 10858 Pineapple Tidbits Fresh Apple Milk FF Chocolate Milk 1% White Milk</p>	<p>Lunch Entree Pork Taco on Soft Shell Chicken Fajita Taco on Soft Shell Crunchy Hawaiian Turkey Wrap <i>With</i> Pineapple Salsa <i>And</i> Baked Tortilla Chips Panther PBJ Pack Panther YOGURT Pack Vegetables Refried Beans Taco Topping Bar Local Lettuce Blend Baby Carrots Celery Sticks Fruit Diced Pears Fresh Kiwi Milk FF Chocolate Milk 1% White Milk</p>	<p>Lunch Entree Pasta and Beef Meatball Marinara Pasta with Marinara (Vegetarian) <i>Both With</i> Breadstick Ham & Cheese Chef Salad with Goldfish Crackers <i>With</i> Broccoli & Cheese Soup Panther PBJ Pack Panther YOGURT Pack Vegetables Steamed Peas Local Lettuce Blend Fresh Red and Yellow Pepper Strips Grape Tomatoes Fruit Fresh Banana Craisins, Cherry Craisins, Orange Craisins, Strawberry Milk FF Chocolate Milk 1% White Milk</p>	<p>Lunch Entree 6" Round Cheese Pizza 6" Round Hawaiian Pizza Grilled Cheese Sandwich <i>With</i> Tomato Soup Panther PBJ Pack Panther YOGURT Pack Vegetables Seasoned Cooked Broccoli Local Lettuce Blend Baby Carrots Hummus Fruit Mandarin Oranges Sliced Apples Milk FF Chocolate Milk 1% White Milk</p>

Menu likely to change based on product availability.

This institution is an equal opportunity provider.