

WEST SALEM MIDDLE SCHOOL



Ben Wopat - Principal ★ Amanda Beld - Associate Principal

440 East Ave West Salem, WI 54669

Dear WSMS Families,

It's been a fantastic start to the 2024 - 2025 school year! We are looking forward to working together as a team to provide your child the very best educational experience. The Panther Post is one way in which we maintain communication between school and home. It contains a variety of academic updates, important dates, and items of interest. Thank you for taking the time to read it.

WSMS is committed to ensuring a positive learning environment for all. This commitment comes with a focus on learning, consistent attendance, and adherence to the school rules. Consistency in these three areas will allow our students the opportunity to develop the positive habits that will make them successful young adults. While we recognize that students in middle school should be able to be in charge of their own success, parents/guardians can have a great impact in setting the stage. How? I always like to give our parents three specific areas they can support their students in having a happy, productive school year. Here they are:

Learning

- Let your child know you think school is important. Talk about what they're learning.
- Encourage persistence: Children learn persistence when they are successful at a challenging task. Let them know that not everything comes easy. This will help them gain confidence and successfully negotiate difficult situations when they are older.
- Talk to them about their future: School success is one of the keys to a happy and fulfilling future. Talk with them about their dreams/goals and make the connection to how school fits within this vision.

Attendance

- Encourage your child to get enough sleep to help them wake up easier in the morning.
- Leave home with plenty of time to get to school.
- Try to schedule appointments before or after school hours.

School Rules

- Familiarize yourself with the school rules, guidelines, and expectations in our handbook.
- Reinforce that school is currently their "job" and just like your job, there are expectations. This will help them prepare for high school and beyond.
- Talk to your kids about the rules at your job. Compare them. For example, what is the dress code at your job? This helps students understand the purpose of school rules.

Finally, encourage your child to develop a great work ethic. Vince Lombardi was quoted as saying, "The only place success comes before work is in the dictionary." A good work ethic will help develop personal pride and ensure that your student feels in control. Hard work pays off!

This is my 10 th year serving as Principal at WSMS. My own children graduated from the WSSD. We are blessed to be a part of such a strong learning community. We look forward to partnering with you to continue Serving With Passion to Ignite Creativity, Innovation, and Excellence in all of our students.

Let's have a great year!

Proud to be a Panther!

Ben Wopat
Principal

Twitter.com/coachwopat

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Morning Procedures

- Doors will open for students at 7:15 a.m. They can report to the Commons or make their way to the Success Center. Breakfast starts at 7:15 a.m. as well.
- Unless they have a pass from a teacher, students are to remain in the designated areas only until 7:43 a.m., when the first bell rings
- Homeroom starts at 7:50 a.m.** and all students will be expected to be in their appropriate classrooms at that time.

Middle School Security
The middle school doors will be locked during school hours of 8:00 a.m. - 3:10 p.m. When coming to the middle school, you will need to be buzzed into the building by using the button located on the east wall of the main entrance (on East Ave). Once you enter the building, please sign in the office.





Calendar of Events - School

September 26 - Torch Light Parade - 5:45 p.m. - 8:45 p.m.

September 27 - Homecoming Parade - 2:00 p.m.

September 27 - Homecoming Game - 7:00 p.m. vs. Luther

October 3 - 6th Grade Band and Choir Concerts - 7:00 p.m. @The Heider Center

Fall Sports Schedule Link

Please click on the link below to view fall game schedules for:

6th - 8th Grade Cross Country

7th and 8th grade Football

7th and 8th Grade Volleyball

Fall Athletic Schedule



Meet Us in the Middle



From the Office

Absences, Appointments, and Messages

If your child will be absent from school, please call the office at **608-786-2090, Option 1, by 7:50 a.m., or you can call/send a note in advance.** In the event you receive the voicemail, 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 the number of students ill with strep throat, stomach flu, colds, and chicken pox, so it is important that we have accurate information. We do not report student names, just numbers. If your child's absence is not called in to the school in a timely manner, it is considered an unexcused absence and consequences may be assigned to the student.

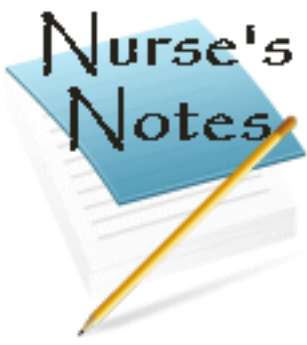
If your child needs to be picked up for an appointment, please send a note or call the office ahead of time so that your child can be given an out pass in advance. We appreciate prior notification as it eliminates the need for us to find your child at the last minute. **If your child brings a note from the medical or dental appointment as verification, 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.

We receive many calls daily from parents asking us to relay messages to their children. **Please make every attempt to relay these messages to your child before he or she leaves for school. Messages called into the office after 1:30 may not get to your child before dismissal.**



"Meet Us in the Middle"

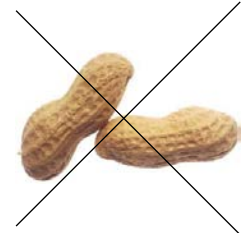
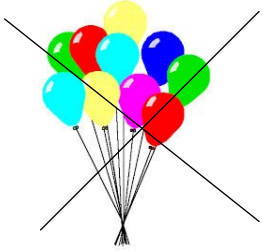




DOES YOUR CHILD HAVE A NUT OR LATEX ALLERGY?

We have several students in the district who have severe allergies to peanuts, tree-nuts and latex. For this reason we are asking that you follow the district policy below:

Our schools are designated as latex-controlled schools. Materials that contain high concentrations of latex, such as most balloons, are prohibited. Our schools are also designated peanut/tree-nut aware. We ask that you do not send any foods that contain peanuts or tree-nuts (cashews, almonds, pecans, etc.). If you have questions regarding any product or material you may wish to bring to the school, please contact the office or the school nurse before bringing the item into the school.



Student Drop Off and Pick Up

Buses will drop off students at the high school sidewalk then they will use the new sidewalk by the track/football field to walk to the middle school.

In the interest of your child's safety, all students dropped off or picked up by parents needs to take place on East Avenue. **Temporarily stopping your vehicle on Mark St. to have students get out is NOT safe.** Mark St. is very busy during peak morning and afternoon hours.

Please pull forward all the way to the end of the sidewalk to drop off your child so that more cars can get out of the street and in to the lot.



The Middle School Newsletters can be found on the district website - www.wsaalem.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.



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

Release at 12:20
Buses leave at 12:30

October 9, 2024

February 5, 2025

May 7, 2025



The West Salem School District prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact the Pupil Services Director at (608) 786-0700. To file a complaint of discrimination write to: Pupil Services Director at 405 East Hamlin Street, West Salem, WI 54669 or call (608)786-0700. The West Salem School District is an equal opportunity provider and employer.

Counselors' Corner

WELCOME To WSMS!



Ms. Becker and Ms. Broughton are so excited to welcome everyone back and get to know each of our students. Please encourage your learners to stop by our offices and introduce themselves. The middle school years can be exciting, as your child moves toward adulthood and enjoys new experiences. But, they can also bring challenges, please do not hesitate to reach out to us if you have concerns about your student. We want to partner with you to foster a positive experience each day here at the Middle School.

Homerooms:

Homerooms for grades 6-8 are utilizing the Reallyville program as our guiding curriculum. We believe this connection with small groups of students and teachers provides a sense of community and ownership in our school.

Routines:

Now more than ever is a good time to start developing healthy habits and routines. Decide what works best for you, when to get homework done, when to eat dinner, when to turn off electronics and when to get to sleep. A well-rested brain and body will be best prepared to excel in Middle School.

Reach out:

Ms. Becker and Ms. Broughton would love the opportunity to talk with you about any questions or concerns you have. We want this to be a positive experience for you and your child(ren). Let's have a great school year!

Ms. Becker

Ms. Broughton



"Meet Us in the Middle"



THE LMC - MS. DEDERICH

7th Grade Creative Computing

In the first trimester of Creative Computing, students will be learning foundational coding concepts using a block-based programming language called Scratch. The Scratch website can be found at scratch.mit.edu and students have already set up accounts on the website that will allow them to build programs and create animations and games. Students will be creating a series of mini-projects on their way to creating their own game in Scratch. Along the way, they will learn about events, sequencing, variables, conditional statements and more important, computing concepts.

5th Grade LMC

We are thrilled to welcome the new group of 5th graders to the middle school! For the first trimester, students in Ms. Folkers' and Ms. Schrader's classes will have LMC class. During the first month, our focus will be on teaching students how to locate books in the LMC and select books that are a perfect fit for them as readers. We will also be learning to navigate the LMC homepage as well as our online catalog, Destiny Discover. Additionally, on our "Maker Mondays," students will be introduced to basic coding concepts using the engaging app, Hopscotch.



“Meet Us in the Middle”

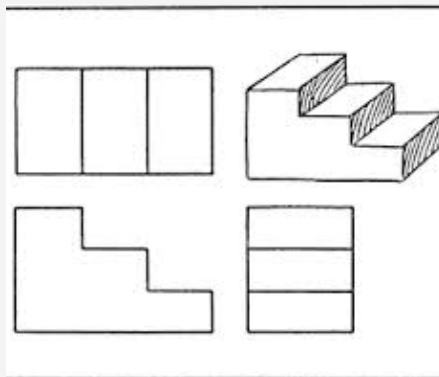


STEM NEWS

September 2024

6TH GRADE

Students in 6th grade are currently learning about the engineering design process. The students are using the engineering design process to develop an anklefoot orthosis for a child in need out of recycled materials. After successfully completing this challenge the students will present their results to the class.



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!



5th Grade Introduction:

We are so excited for you to be the newest group to “Meet Us in the Middle” at our school. We know there are going to be a lot of new and exciting experiences for us all, but we wanted to give you a few important reminders.

With a new building comes new expectations for 5th graders. Students are responsible for dressing appropriately for the weather. We want students to stay healthy and be at school because it is the best thing for their learning. If they do miss school, then they are also responsible for catching up after any absences. In 5th grade, we use Google Classroom and the Homework Hotline to help keep students up to date on assignments. The students will also have four different CORE teachers. CORE classes include: Math, Reading, Writing, Science, and Social Studies. If you have any concerns, please contact the CORE teacher. Their homeroom teacher will teach them two CORE classes, and then they will rotate to three different teachers for their other three CORE classes.

We understand that there will be some new challenges for our students, but we are here to help that transition go as smoothly as possible. With the help of WEB leaders and the rest of the Middle School staff, we can help all of our students feel comfortable and excited for this new adventure!

Let’s have a FANTASTIC year!

The 5th Grade Team

- Callie Fantz
- Katie Fink
- Kamry Kjos
- Whitney Folkers
- Ethan Ringlien
- Claire Schrader
- Sabrina Flood
- Caitlin Kopecky





MUSIC

Small Choir 6 students are reviewing rhythms and beginning to write their own rhythm compositions. These pieces will be played by the class on percussion instruments!

Soundscapes students are learning all about singing - how your body works to make sound, what your vocal cords do, what your articulators are, the different voice types, and ways that singers might sound... not so great! They will be using all of this information to be judges of old American Idol auditions, and name what things the singers are doing wrong.

African Drumming students have learned the names of all the instruments used in class so that we can begin putting together instrumental ensembles, or groups. Students will also be reviewing how to read rhythm patterns by using a program called Rhythm cups.

Choir 6 students are learning warm-ups of all kinds, and even starting to read choir music. They have also started sight-singing, which is reading a piece of music without having it played for them first. They are starting out small with simple rhythm patterns, but will soon add in the pitches Do, Re, and Mi.

Choir 7 and Choir 8 students are reviewing the best practices for singing, our warm-up routine, and previous sight-singing units. They will be adding concert music to their folders soon!

Special Note: All students currently enrolled in choir (grades 6, 7, and 8) are able to participate in Show Choir! The first rehearsal was Thursday, September 5, but new members will be accepted through the month of September. More information about show choir can be found at Ms. Nimm's website. Use the QR code to access it!



7TH AND 8TH GRADE BAND

West Salem Middle School Marching Band
Fall Parades - ALL 7th and 8th Grade Band Members

Thursday, September 26

TORCH LIGHT PARADE

Report Time in Uniform: 5:45 p.m.

Return Time: approximately 8:45 p.m.

Friday, September 27

Homecoming Parade

During School: starts at 2:00 p.m.

School Spirit Attire - NO UNIFORM



Panther Time & Spanish with Señor Hinman

5th & 6th Grade Panther Time

In 5th grade Panther Time, we will be learning greetings and farewells, which will be followed by the Spanish alphabet and numbers. In 6th grade Panther Time, we will be learning the days of the week and months of the year. We will also cover the importance of National Hispanic Heritage Month and events going on in our communities.

7th & 8th Grade Panther Time

In 7th and 8th grade Panther Time, we will be learning about world culture. This will entail some of the more popular places in the world other than places we covered last year. We will be exploring the cultural aspects of Central and South America, Western and Eastern Europe, Asia and Africa. We are also going over the importance of National Hispanic Heritage Month and events going on in our communities.

7th Grade Spanish

In 7th grade Spanish, we will be utilizing a method known as TPRS (Total Physical Response-Storytelling). The stories have a humorous twist to them and contain words which we will also be acting out. This acting out of words is called TPR or Total Physical Response. However, before we do this, we need to cover some other basics of Spanish that the 6th grade Panther Time group is learning this year. We will cover the importance of National Hispanic Heritage Month and events going on in our communities.

8th Grade Spanish

In 8th grade Spanish, we will continue doing TPRS and TPR, however, the stories we're doing this year are different from what we did last year. The vocabulary is similar to what they use in high school, along with the amount of vocabulary. This will be sufficient to satisfy what is covered in the first year of Spanish at the high school. The goal of this class is to help students skip level 1 and to enter directly into the Spanish 2 class at the high school level. We are also going over the importance of National Hispanic Heritage Month and events going on in our communities.

Welcome to 6th Grade!

Thank you for the great turnout at the open house. For those of you who couldn't make it or those of you who were overwhelmed with the amount of information, we wanted to remind you of a few things.

Personal responsibility is very important in middle school. If your child is absent, there are several ways to get caught up. Students should communicate with their teachers about what they missed, but they should also check Google Classroom, contact other students, and look at the Homework Hotline.

Speaking of homework, students should expect to have homework in math and reading on a daily basis. Math homework will be an extension of what is learned during class. Students will be given plenty of class time to work, but may have to take some math work home to complete it. Typically in reading, students are expected to read an independent reading book nightly for a minimum of 20 minutes or 20 pages. Most other classes will have homework on an intermittent basis. Please encourage your child to complete their homework the same night they had class so they are able to recall what they learned more readily.

During the first few weeks of school, the 6th grade team will be working with your student to make the transition run as smoothly as possible. Your child is in good hands! We are looking forward to a great year!

The 6th Grade Team

Jesse Alo

Becky Buisman

Maria Holicky



Meet Us in the Middle



September Thoughts from the 7th Grade Teachers:

WELCOME TO 7TH GRADE! WE ARE HAPPY TO HAVE YOU HERE!

Mr. Mahlum- Social Studies
 Mrs. Rochester- ELA
 Ms. Friell- ELA
 Mrs. Weber- Math/ Advanced Math
 Mrs. Piersma- Math
 Mr. Baker- Science
 Ms. Lovely- Special Education



Attendance

Please be in school when you are feeling well. We want students to be in our classes! If you know you are going to be absent, please call the main office.



Google Classroom

Teachers post to Google Classroom daily. The posts include the daily plan and handouts students need. When you are absent, it is your responsibility to check google classroom FIRST. If you still have further questions, please email the teacher.



Skyward

Homeroom teachers check grades on Skyward weekly. Students and parents can check Skyward, too. Please be patient with teachers to get grades entered after a test or project. When a student completes a reassessment, the most recent score will show.



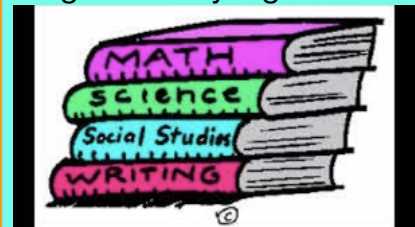
September Units of Study

Science- microscopes and cells
Social Studies- intro to government
Math- integers and rationale numbers
Advanced Math- equations
ELA- parts of speech and story elements

Homework

Students will usually have time to start homework during class. However, there will be times when the students need to finish work at home.

Please, please, please keep your iPad charged! Plug it in every night.



GRADE 8

newsletter



SEPTEMBER EDITION

ELA- Mrs. Meyer & Ms. Sackett

In 8th grade ELA, we are excited for the new year and will begin by getting to know each other and establishing our routine. Each day will include multiple opportunities to improve our reading and writing. Our first unit of the year will be focusing on identity; where we will have a chance to reflect on who we are and what makes up the people we have become. We will turn these ideas into a personal essay that will include paragraphs about our hobbies, our values and people who have influenced our lives. As writers throughout the year, we will focus on sentence variety and sentence fluency; we will begin by reviewing compound sentences.

September Learning Targets:

- R.1 Make logical inferences from a text.
- S.2 Analyze the purpose of information presented in diverse media and formats.
- S.3 Evaluate the effectiveness of the overall message in diverse media and formats
- L.1 Correctly write compound sentences.
- L.4 Demonstrate contextually appropriate use of the conventions of standardized English grammar and usage when writing or speaking.

ALGEBRA- Mrs. Coe

We will be reviewing some basic skills of algebra like solving linear equations while learning about absolute value and inequalities. We will start Mathcounts early in the month. Students will be required to complete mathcounts problems as a daily warm up.

The learning targets for Unit 1 and 2:

- 1.1: Write and solve equations.
- 1.6: Write and solve equations involving absolute value.
- 2.4: Write and solve inequalities.
- 2.5: Write and solve compound inequalities.
- 2.6: Write and solve inequalities involving absolute value.



GRADE 8

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“Meet Us in the Middle”



MATH 8- Mrs. Coe & Mrs. Snook

Welcome back! We will start the year getting to know each other through a student survey, math inventory, and spirolaterals. We are really looking forward to getting back into the routine of school!!

This will be our third year in our new textbook series called "Big Ideas Math." This series exposes students to highly motivating and relevant problems. Woven throughout the series are the depth and rigor students need to prepare for career-readiness and other college-level courses. In addition, the "Big Ideas Math" series prepares students to meet the challenge of state testing.

The learning targets for Chapter 1:

- 1.1: Write and solve one-step equations
- 1.2: Write and solve multi-step equations
- 1.3: Write and solve equations with variables on both sides
- 1.4: Solve literal equations for given variables

SOCIAL STUDIES- Ms. Morgan

Welcome to 8th Grade Social Studies! This year promises to be an exciting journey through the early history of our nation. As we approach the 250th Anniversary (Semiquincentennial) of our country's founding, we'll delve into the pivotal events that shaped our path to freedom. Our exploration will start with the lead-up to the American Revolution and continue through to the Reconstruction era following the Civil War.

Throughout the year, students will develop essential skills used by historians, including analysis, research, and critical thinking. Additionally, in alignment with Wisconsin's Act 30, implemented in 2022, we will also study the Holocaust and other genocides.

For September, our learning targets include:

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

Looking forward to a year of discovery and growth as we navigate these important historical milestones together!

SCIENCE- Ms. Smith- Waller

Welcome back everyone! I am so excited to be starting another new year at West Salem Middle School. I hope you enjoyed the summer break and are eager for a fun-filled year in 8th grade science. We are going to have a great time learning all about the Earth and its systems! Before we dig into learning about many aspects of our amazing planet Earth, we will briefly refresh our memories on how to become better scientists. To do this, we will take a look at some Science and Engineering Practices (SEPs) to help us in the process of thinking like a scientist. Then we will begin our Weather unit where we will make observations and predictions. Please don't hesitate to contact me with questions or concerns, and once again, welcome!

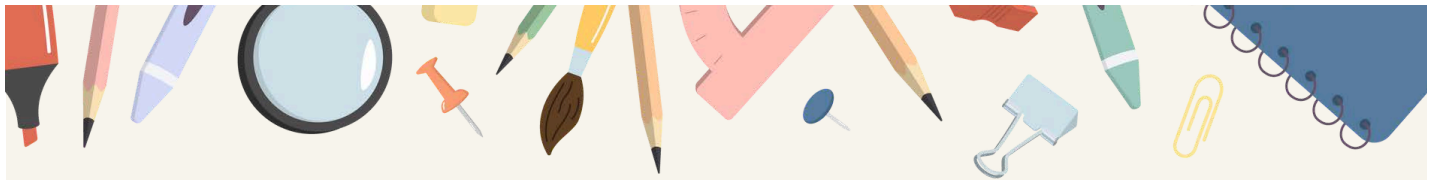
Essential Learning Outcomes:

- WC1-1: Show understanding that complex interactions determine local weather patterns and influence climate
- CS.1: Construct a scientific explanation based on valid and reliable evidence obtained from sources and the assumption that theories and laws that describe the natural world operate today as they did in the past and will continue to do so in the future
- DM.1: Develop, use, and revise models to describe, test, and predict more abstract phenomena and design systems
- SV.1: Use appropriate science vocabulary in different contexts

Reminders

- Charge your iPad every night
- Check Google Classroom when you are absent.
- Check Homework Hotline to see what is coming up or due.
- If you have questions about Target based grading, reach out to Mr. Wopat or your student's teacher.





SEPTEMBER

Art Room News

Welcome back to school students! We're excited for another year of fabulous things happening in the art room!
~Mrs. Hemker is starting her 27th year in WS!~



5th graders model their shoe designs before leaving for the day, check out that creativity!

After School Art →

- After School Art starts on October 24
- Permission slips coming out soon - find them by the art room door
- All are welcome

Did you know?

We reuse MANY things in the art room. Feel free to send in your plastic food container LIDS, brown paper bags, cereal boxes and newspaper

PRO tip: Windex (the blue window cleaner) is a great way to get art materials out of clothing fabric!
*Aprons are always available in the art room.



MUSIC "NOTES"

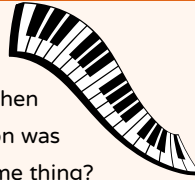


5th Grade General Music

We had a great start to our school year! We will be studying folk songs throughout the trimester while also focusing on rhythms and playing instruments. We hop you hear some of the songs we sing in class at home!

Mrs. Kinstler & Miss Nimm

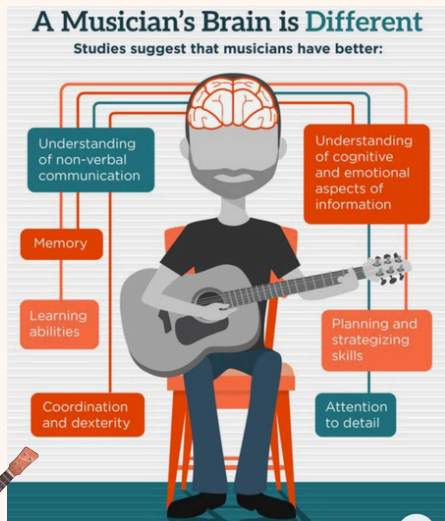
6th Grade Keyboards & More



We started our school year with a mini breakout box and then jumped into learning about rhythm. Our objective question was True or False The pulse and the rhythm of music is the same thing? Do you know? We used a Nearpod to explore this concept and will be applying this knowledge to the piano keyboards soon.

Meet Mrs. Kinstler!

- ~ 18th year in education
 - ~ 3rd year full time at WSMS
 - ~ Plays Saxophone & Steel Drum
 - ~ has 3 kids which are also WS Panthers!
- Graduated from Bangor HS



7th Grade Guitars & Musicals



After the 7th graders broke out of the mini breakout box, they started learning about the parts of the guitar and the names of the strings using the acronym Elephants and Donkeys Grow Big Ears. They have started finding and making different tones on their guitars by finding correct frets and strings.



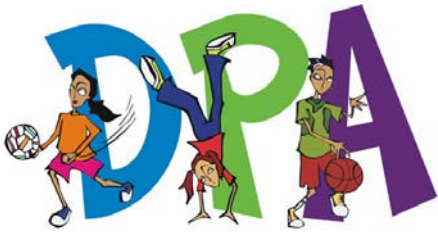
8th Grade Almost Daily Ukulele & More

After our initial Breakout Box fun, students got their hands on their ukuleles and learned about the origins of the ukulele and started learning about chords using Lego bricks and then learning those chords on the ukulele to play along with pop songs.



Did you know?
Schools that have music programs have an attendance rate of 93.3% compared to 84.9% in schools without music programs.





Daily Physical Activity

Welcome back! The Healthy Living Team is excited to get our school year going. We would like to remind all of our students to make sure that they have athletic shoes for our class. We will also be going outside as much as possible so an extra pair of shoes and an outfit at school would help as well.

Success Center

The Success Center is a resource room for students before and after school. Here, students can receive help from staff who attend WSMS classes and are equipped to walk students through information they may have missed or just do not understand. It is also the place where students can make up tests and quizzes. It is open from 7am until 7:45am and again from 3:10pm until 4pm. If students attend the Success Center, parents are responsible for transportation to and from school.

Homework

Students should expect to have homework in math and reading on a regular basis. Math homework will be an extension of what is learned during class. Students will be given class time to work, but most will have to take the homework home to complete. In reading, students are expected to read an independent reading book nightly for a minimum of 20 minutes. Most other classes will have homework on an intermittent basis. You should not expect more than an hour of homework nightly. When absent, students should be getting the information missed off Google Classroom.



“Meet Us in the Middle”



ASL 24-25
September/October Soccer Schedule

ASL SOCCER SCHEDULE

LOGAN HIGH SCHOOL

AT LOGAN

SEPTEMBER 10 - 4:00 PM

CENTRAL HIGH SCHOOL

AT CENTRAL

SEPTEMBER 12 - 4:15 PM

WS MIDDLE SCHOOL

VS ONALASKA

SEPTEMBER 17 - 4:15 PM

WS MIDDLE SCHOOL

VS BRF

*NON-CONFERENCE GAME

SEPTEMBER 19 - 4:15 PM

HOLMEN HIGH SCHOOL

AT HOLMEN

SEPTEMBER 24 - 4:15 PM

ONALASKA HIGH SCHOOL

AT ONALASKA

SEPTEMBER 26 - 4:15 PM

CENTRAL HIGH SCHOOL

VS CENTRAL

OCTOBER 1 - 4:15 PM

MS MIDDLE SCHOOL

VS LOGAN

OCTOBER 3 - 4:15 PM

WS MIDDLE SCHOOL

VS HOLMEN

*FAMILY NIGHT

OCTOBER 15 - 4:15 PM

TASTE A TOMATO



Tomatoes are the Harvest of the Month!

Add tomatoes to your favorite family meals:

- Add fresh tomato to salads or sandwiches.
- Cook down tomatoes for a fresh pasta sauce.
- Dice tomatoes with garlic, onions, peppers, and cilantro or basil for a fresh salsa.

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

Select – Choose tomatoes with bright skin and firm flesh.

Store – Keep at room temperature and away from sunlight for up to one week.

Prepare – Rinse under cool, running water and enjoy!

Did you know?

There are many types of tomatoes, including cherry, grape, beefsteak, plum, slicing, and pear. Tomatoes also come in different colors, such as red, orange, yellow, green, pink, and purple!



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

Tomato Bruchetta Salad

Serves 4

Ingredients:

- 2 large tomatoes cut into thick slices (about 1 inch)
- 1/3 cup shredded cheese (try parmesan, Swiss, or cheddar)
- 1 teaspoon oregano
- 1/4 teaspoon each salt and black pepper
- 1/4 teaspoon garlic powder or 1 clove garlic, minced

Directions:

1. Wash hands with soap and water.
2. Rinse fresh vegetables under running water before preparing.
3. Preheat oven to 400 degrees F. Place tomato slices in a single layer in a shallow baking dish.
4. In a small bowl, combine cheese, oregano, salt, pepper and garlic powder. Sprinkle mixture over tomatoes.
5. Bake 5 to 10 minutes, or until cheese turns golden brown and starts to bubble. Serve warm.
6. Refrigerate leftovers within 2 hours.

Per serving: 45 calories, 2 g fat, 3 g protein, 5 g carbohydrate, 1 g fiber, 270 mg sodium

Source: laxf2s.org



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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.

*Click on the link below to view the Middle School Lunch Menu for
September 2024*

September, 2024 Lunch Menu