



MAY / JUNE 2024

# THE BOBCAT BULLETIN

Monthly newsletter of Southern Bluffs Elementary School



## PRINCIPALS' MESSAGE

BY MS. MAINE

Dear Southern Bluffs Families,

Happy May! It looks as though the feeling of summer might finally be approaching, as the weather turns warmer. Students and staff are ready for the days of more sunshine and less rain!

Springtime brings excitement as many activities take place during the final weeks of school. Save the date for some important events:

- PTO Family Picnic - May 9th @ 5:00-7:00pm
  - Environmental Education Day - May 16th
  - Orchestra Spring Concert - May 23rd @ 6:00pm
  - Preschool Graduation - May 29th @ 5:00pm
  - Wheels Day - May 31st
  - 5th grade Celebration at All-Star Bowling - May 31st
  - PE Fun Day - June 3rd
  - Bobcat Bash Block Party - June 4th @ 5:00-7:00pm
- and many grade-level field trips!

Watch for more information to come home in the future weeks.

Our 3rd-5th grade students recently completed their state testing. These students have worked extremely hard over the last several months to prepare to put in their best effort. We are very proud of all the progress our Southern Bluffs students have made.

We are into our final weeks of the year, and I cannot thank the Southern Bluffs community enough for your support in and outside of the classroom to make this a remarkable school year. Our students are growing academically and socially and are an absolute joy to have inside our building each and every day.

I wish you a spring filled with sunshine, green grass, and blooming flowers. I look forward to seeing many of you at the upcoming events.

Go Bobcats!

*Maggie Maine, Principal*



*May 9th*  
**PTO Family Picnic**  
5-7:00pm

*May 23rd*  
**Spring**  
**Orchestra Concert**  
6-7:00pm

*June 5th*  
**Last Day of School**  
**12:20 dismissal**  
(lunch will be served)



# END OF YEAR HAPPENINGS

May 6-10: Teacher Appreciation Week

May 9: Art Club, Board Game Club (3:30-5:30)

May 10: 2nd Gr. Field Trip (Hixon House, etc)

Jump Rope, Gr. 3-5 (3:30-5:00)

May 15: 3rd Gr. Field Trip (Trane/Erickson Parks)

May 16: Environmental Education Day

Art Club, Board Game Club (3:30-5:30)

May 17: Jump Rope, Gr. 1-2 (3:30-5:00)

May 20: PTO Meeting 6:00

May 22: 3rd Gr. Field Trip (Planetarium)

May 23: Spring Orchestra Concert (6:00)

May 24: Jump Rope, All Grades (3:30-5:00)

May 27: NO SCHOOL, Memorial Day

May 29: PreK concert/graduation (5:00)

May 30: Field Trips (4th-Villa Louis) (KD-Genoa)

May 31: Wheels Day

5th Gr. Bowling celebration

June 3: PE Fun Day

June 4: Bobcat Bash Block Party (5-7:00)

June 5: 12:20 Dismissal LAST DAY OF SCHOOL



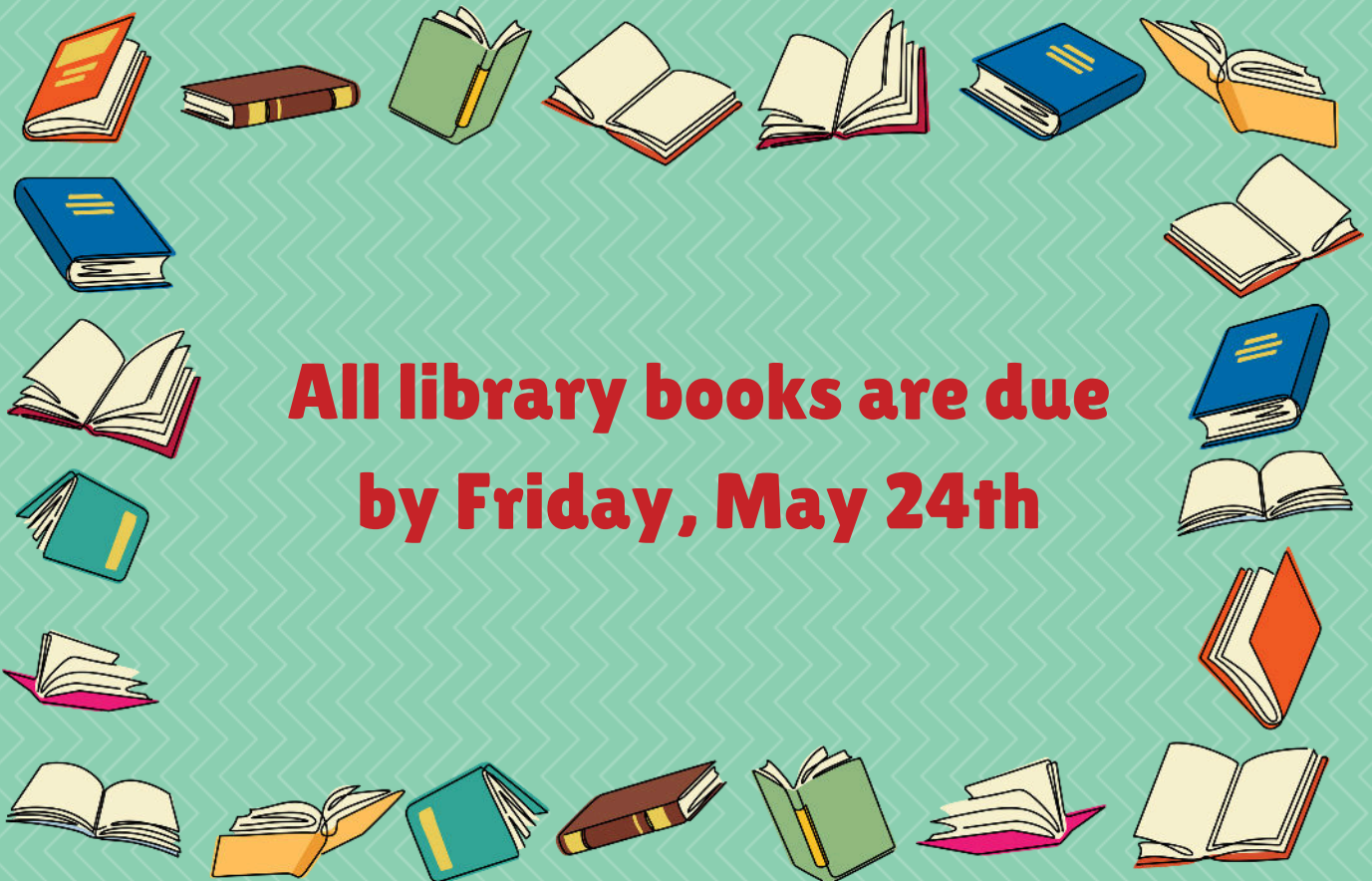


American Heart Association.

**KIDS** | **AMERICAN**  
**HEART** | **HEART**  
**CHALLENGE™** | **CHALLENGE™**

Thanks to our students and families who participated in the AHA Kids Heart Challenge. As a school, we raised over \$5500 and made a life-saving difference for people in our own community and across the nation.

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# Health Information...

## End-of-Year Medication Pickup

The end of the school year is fast approaching. If your child has any medications (prescription or over-the-counter) in the health office, they will need to be picked up by a parent or guardian by 3:30 pm on June 5th. Medications WILL NOT be sent home with students for safety reasons but inhalers will be sent home on the last day of school with your child.

2024-25 Supply Lists will be on our website shortly (under School Documents) and will be available at local retailers this summer.

*SUPPLY  
Lists*

## *2024-25 Teachers*

AM/PM Pre-K - Mrs. Umberger

KD - Mr. Mick, Mrs. Raatz, Mrs. Vermes

2nd Grade - Mr. Dutchin, Mrs. Rosel, Mrs. Stout

4th Grade - Mr. Kryshak, Mrs. L. Meyer

1st Grade - Mrs. Fried, Ms. Friedman

3rd Grade - Ms. Franke, Ms. Pittorf, Ms. Renaud

5th Grade - Mrs. Lenz, Mr. Masterson





We love our Kitchen Superheroes !!

The Southern Bluffs **Spring Orchestra Concert** will be May 23rd in the Gym at 6pm. Students should plan to arrive at 5:30. The concert is free and open to all!! Come check out the amazing work our Orchestra students have been doing this year!

Instruments and lesson books should be turned in to Ms. Hofland following the concert and are due by May 29th at the latest.



## KIDS FISHING DAY

Join the U.S. Fish and Wildlife Service and the Friends of the Upper Mississippi for a day of fishing fun!

**Saturday, May 18, 2024**  
**8:30 am - 12:00 pm**  
\*8:30-9:00 Registration

 **Genoa National Fish Hatchery**  
S5631 State Hwy 35  
Genoa, WI 54632

 **Ages 5-12 years old**

 **Poles & bait will be supplied**



 **FOR MORE INFORMATION**  
email: [Erica\\_Rasmussen@fws.gov](mailto:Erica_Rasmussen@fws.gov)  
or call: (608)689-2605





# PTO



## NEWS

**Next PTO Meeting:  
May 20th, 6:00**

### Tentative Meeting Dates for 2024-25

*(moving to Tuesdays)*

September 17, 2024

October 15, 2024

November 5, 2024

December 17, 2024

January 21, 2025

February 18, 2025

March 18, 2025

April 15, 2025

May 20, 2025

**THANK YOU FOR YOUR  
CONTINUED FAMILY  
SUPPORT!!**

**WE LOOK FORWARD TO  
NEXT YEAR. WATCH BACK-  
TO-SCHOOL INFO TO  
FIND ACTIVITIES AND  
OPPORTUNITIES TO GET  
INVOLVED!**

WE LOOK FORWARD TO SEEING  
OUR FAMILIES THIS WEEK AT  
THE PTO FAMILY PICNIC. FREE  
PIZZA DINNER, INFLATABLES,  
FACE PAINTING, CAKE WALK,  
KENNY THE CLOWN & MORE!

**MAY 9TH 5-7:00**

*Ordered yearbooks will  
also be distributed the  
last week of school.*

**Class  
Picture  
Info**

All students will be receiving a complimentary copy of their class composite this year. This will include an "autograph" sheet and will be distributed during the last week of school.





*Strawbridge will be here on Aug. 28th to take your child's school picture from 1:00-7:00 PM. (Retakes are scheduled for October 10th)*

## **OPEN HOUSE NIGHT** **WEDNESDAY, AUGUST 28th**

6:00-7:00 PM

Please stop by to meet your child's teacher, bring their school supplies & check out their classroom.

*We look forward to seeing you!!*



# Back2School

## Need Help with School Supplies?

All needing help with receiving some free school supplies are welcome to participate in the Back2School Program. **Begin by filling out an online application at [www.cclse.org](http://www.cclse.org).** If you need assistance with filling out the application, please call Catholic Charities at 608-782-0710, M–TH, between 9 am and 4 pm. The front desk volunteers will be available to assist you.

There will be four Back2School events where families can pick up supplies. Please choose your pick up location when you fill out your application.

### Back2School Pick Up Locations, Dates, & Times

- Erickson BGC (\*Northside students only) – July 9: 5 pm – 7 pm – 1331 Clinton Street, La Crosse**
- La Crosse Center – August 6: 1 pm – 6 pm – Arena Floor**
- La Crosse Center – August 7: 8 am – 12 pm – Arena Floor**
- Mathy BGC – August 20: 5 pm – 7 pm – 811 8th Street South, La Crosse**

\*Please note – the event held on July 9th at the Erickson – Boys and Girls Club will only be for students who attend Northside Elementary.

- Immunizations for all school aged children without insurance or with BadgerCare will be available at no additional charge during each of the Back2School Fairs.
- Dental screening, teeth cleaning, fluoride varnish, and sealants will be offered at no charge to all school aged children during each of the Back2School Fairs.
- Information and sign-up/scheduling for lead testing and other free services offered through La Crosse County will be available as well.

Please understand our Back2School supply program is a supplemental program. We will do our best to make sure basic requests are met. If your family does not need help with Back2School supplies, but would like to assist fellow students that do, please join us by donating backpacks, school supplies or school clothing. Learn how you can join the efforts by calling one of the collaborators listed below or visiting [www.cclse.org](http://www.cclse.org). Thanks!



LA CROSSE COUNTY  
Health Department  
Nationally Accredited







# *FREE SPORTS PHYSICALS*

by Rising Athletes

Friday, June 21 8:45-11:30

Central High School

1801 Losey Blvd S

La Crosse, WI

Friday, June 28 8:45-11:30

Logan High School

1500 Ranger Dr

La Crosse, WI

Rising Athletes and the St. Clare Health Mission will be offering free sports physicals to Middle and High School student athletes. The event will be held in the school parking lot using the Rotary Mobile Clinic. Students will need to attend with their parent/guardian and have the School District of La Crosse Physical Form signed. Physicals are for students of the School District of La Crosse.

Rising Athletes Organization is a 501(c) 3 non-profit founded in 2020 to provide support and assistance to youth athletes located in the greater La Crosse, WI region. We are dedicated to building bridges between the community and k-12 athletics.



# STUDENTS

*of the Month*



*1st Grade - Finley Chapman*

Finley's smiley personality brightens up every room. He is an amazing helper in the classroom and is always trying his best. Finley participates, answers questions, and provides great comments all throughout the school day!

Etta is always eager to participate fully and joyfully in music class. She comes with a big smile and bright ideas! She is kind and caring about her classmates and teachers and sets a great example for all!



*1st Grade - Etta Carrianga*



*1st Grade - Olin Kremer*

Olin is a very pleasant student, always giving hugs. He tries hard, loves PE & sports and gives his all every day in class.



# STUDENTS

## *of the Month*

Jace is funny and generous. He has worked hard to grow as a reader and mathematician. He has made considerable academic and socio-emotional gains this year. Keep trying your best, Jace!



*3rd Grade - Jace Clements*




*4th Grade - Aiden Melde*

Aiden has been a leader who steps up and helps others and models how to do different steps of the projects. He also rises to the challenges put before him with patience and a great sense of humor.



*5th Grade - Wesley Warren*



Wesley has been working extremely hard on his 5th grade hero project. He takes feedback and uses it to improve his quality of work. Way to go, Wesley!



# FREE CHILD CAR SEAT SAFETY CHECKS

**1st and 3rd Thursdays each month, April-Sept., 3 to 6 p.m.**

## **1st Thursday**

Rotates each month between Morrie's Auto Tomah, West Salem & Sparta locations (visit [gundersenhealth.org/events](http://gundersenhealth.org/events))

## **3rd Thursday**

Morrie's Auto Group, 331 Theatre Rd., Onalaska

Have your children's car seats and booster seats inspected and fitted by a certified child passenger safety technician.

**No appointment needed.**

**For more information, call (608) 775-2011.**

### **Sponsors:**



## DID YOU KNOW

- Motor vehicle crashes are a leading cause of death for kids?
- More than half of car seats are not used or installed correctly?
- The back seat is the safest place for children to ride?





# WELCOME TO THE SCHOOL AGE PROGRAM

## MEET THE SCHOOL AGE PROGRAM TEAM



**MADDIE LACOUNT**  
SENIOR SCHOOL AGE DIRECTOR



**ARIANNA SCHERMETZLER**  
LA CROSSE SCHOOL AGE DIRECTOR



**KYLEE JOSTAD**  
ONALASKA SCHOOL AGE DIRECTOR



**DANI HARTMANN**  
HOLMEN SCHOOL AGE DIRECTOR

## BEFORE & AFTER SCHOOL

HOURS OF OPERATION:

AM: 6:30 AM ( 6:15 AM HOLMEN)-START OF THE SCHOOL DAY

PM: END OF SCHOOL DAY-6:00P P.M.

## AFTERNOON SCHEDULE

- CHECK-IN AND GROUP MEETING
- HEALTHY SNACK
- OUTSIDE PLAY
- HOMEWORK AND READING TIME
- FACILITATED ACTIVITY TIME
- FREE CHOICE ACTIVITIES

## PROGRAMMING WE OFFER

- PHYSICAL ACTIVITY
- ARTS AND CRAFTS
- S.T.E.M (SCIENCE, TECHNOLOGY, ENGINEERING AND MATH)
- SOCIAL AND EMOTIONAL LEARNING
- NUTRITION EDUCATION/ Y ON THE FLY
- GUEST SPEAKERS/COMMUNITY PARTNERSHIPS
- SWIM LESSONS (SUMMER ONLY)
- ON-SITE AND OFF-SITE FIELD TRIPS (SUMMER ONLY)

## SUMMER DAY CAMP

HOURS OF OPERATION:

6:30 A.M (6:15 IN HOLMEN) TO 6:00 P.M.

## DAILY SCHEDULE

- FREE CHOICE
- BREAKFAST
- OUTSIDE PLAY
- MORNING GROUP MEETING
- CRAFTS/STEM
- PHYSICAL ACTIVITY
- LUNCH
- OUTSIDE PLAY
- AFTERNOON GROUP MEETING
- FIELD TRIP/SWIM LESSONS/CAMPS
- MINDFULNESS TIME
- SNACK
- READ ALOUD
- OUTSIDE PLAY
- FREE CHOICE

WE ARE A FEE-BASED PROGRAM. TO ENSURE ACCESS FOR ALL, THE YMCA OFFERS FINANCIAL ASSISTANCE AND ACCEPTS WISCONSIN SHARES STATE ASSISTANCE FOR THOSE WHO QUALIFY.

FOR ENROLLMENT QUESTIONS CONTACT:

**HOLLY KLEINER**  
CHILDCARE ACCOUNTS SPECIALIST



For more information regarding our program visit us online: [www.laxymca.org/sac](http://www.laxymca.org/sac)





**Free Parenting Classes**  
**April – June 2024**

**Registration**

**Online:** <https://theparentingplace.net/parenting-classes/>

**Call:** 608-784-8125, ext. 231

**Email:** [registration@theparentingplace.net](mailto:registration@theparentingplace.net)

**Groups are now offered online through Zoom or in Person with free childcare**

**La Crosse: 1500 Green Bay St**

**Sparta: 900 E Montgomery St**

**Tuesday, April 2** 2:00 pm to 3:00 pm  
*The Power of Positive Parenting (Zoom) with Brian*

**Monday, April 15** 2:00 pm to 3:00 pm  
*Raising Confident, Competent Children (Zoom) with Brian*

**Saturday, April 20** 10:00 am to 11:00 am  
*Potty Training Workshop (La Crosse) with Mike*

**Thursday, April 25** 10:00 am to 11:00 am  
*The Power of Positive Parenting (La Crosse) with Jeanette*

**Wednesday, May 1** 2:00 pm to 3:00 pm  
*Raising Confident, Competent Children (Zoom) with Brian*

**Wednesday, May 15** 2:00 pm to 3:00 pm  
*Raising Resilient Children (Zoom) with Brian*

**Thursday, May 16** 10:00 am to 11:00 am  
*Raising Confident, Competent Children (La Crosse) with Jeanette*

**Saturday, May 18** 10:00 am to 11:00 am  
*Potty Training Workshop (La Crosse) with Mike*

**Thursday, May 30** 12:00 pm to 1:00 pm  
*Stepping Stones- Positive Parenting for Children with a Disability (La Crosse) with Mike*

**Thursday, June 5** 2:00 pm to 3:00 pm  
*Raising Resilient Children (Zoom) with Brian*

**Thursday, June 5** 12:00 pm to 1:00 pm  
*Stepping Stones- Helping Your Child Reach Their Potential (La Crosse) with Mike*

**Thursday, June 13** 10:00 am to 11:00 am  
*Raising Resilient Children (La Crosse) with Jeanette*

**Thursday, June 13** 12:00 pm to 1:00 pm  
*Stepping Stones- Changing Problem Behavior to Positive Behavior (La Crosse) with Mike*

**Saturday, June 15** 10:00 am to 11:00 am  
*Potty Training Workshop (La Crosse) with Mike*

**Wednesday, June 26** 4:30 pm to 5:30 pm  
*Positive Parenting for Dads (Zoom) with Mike*

**Thursday, June 27** 2:00 pm to 3:00 pm  
*Raising Confident, Competent Children (Zoom) with Brian*

**Tuesdays, April 9, 16, 23, 30** 9:00 am to 11:00 am  
*Teen Triple P Discussion Group Series (Sparta) with Cara*  
*Getting Teenagers to Cooperate*  
*Reducing Family Conflict*  
*Coping with Teenagers' Emotions*  
*Building Teenagers' Survival Skills*

**Other Parenting Classes:**

**Thursdays, April 18- May 23** 1:00 pm to 2:30 pm  
*Five for Families Curriculum (La Crosse) with Megan*

**Tuesdays, April 23 – May 28** 10:00 am to 11:00 am  
*Nurturing Parenting (Zoom) with Amber*





## AT HOME

1. Listen to the radio.
2. Write an article or story.
3. Paint a picture, a mural, or a room.
4. Write to your elected officials.
5. Read a book. Read to someone else.
6. Learn to change the oil or tire on a car, or learn to fix something.
7. Write a letter to a friend or relative.
8. Make cookies, bread or jam and share with a neighbor.
9. Read magazines or newspapers. Swap them with friends.
10. Go through your closets and donate items to Goodwill, the Salvation Army, or a local rummage sale. Have a garage sale.
11. Start a diary/journal.
12. Play cards.
13. Make crafts to give as gifts. Try a new craft.
14. Do a crossword puzzle or play Sudoku.
15. Save money: cancel your cable TV!
16. Learn about a different culture. Have an international dinner.
17. Teach a child some of your favorite childhood games.
18. Study sign language.
19. Write a letter to your favorite author.
20. Cook dinner with friends or family.
21. Make cards for holidays or birthdays.
22. Play chess, bridge, or a board game.
23. Play charades.
24. Have a cup of coffee and a conversation.
25. Repair or refinish a piece of furniture.
26. Make a wooden flower box.
27. Wake up early and make pancakes.
28. Read a favorite poem. Read poems by poets new to you.

## OUTDOORS

29. Learn about native trees and flowers in your area.
30. Plan a picnic or barbecue.
31. Go bird watching. Learn the names of local birds.
32. Walk the dog. Wash the dog.
33. Plant a garden. Work in your garden.
34. Take a nature hike.
35. Feed fish or birds.
36. Watch the night sky through binoculars and identify different constellations. Observe the moon.
37. Learn to use a compass.
38. Take photographs and then organize them into an album.
39. Do yard work.
40. Go camping.
41. Take an early morning walk.
42. Climb a tree.
43. Watch a sunset; watch the sunrise with a friend.

## AROUND TOWN

44. Attend a community concert. Listen to a local band.
45. Visit the library. Borrow some books.
46. Visit a local bookstore.
47. Visit the zoo.
48. Visit the countryside or town. Travel by bus or train.
49. Attend a religious service.
50. Go to a museum.
51. Walk to work or school.
52. Attend a live sports event.
53. Look for treasures at a yard sale.
54. Try out for a play. Attend a play.







## ON THE MOVE

55. Collect recycling and drop it off at a recycling center.
56. Learn to play a musical instrument.
57. Go roller skating or ice skating.
58. Go swimming. Join a community swim team.
59. Start a community group that walks, runs or bikes.
60. Organize a game of touch football, baseball, or softball in the local park.
61. Go for a bicycle ride.
62. Learn yoga.
63. Play soccer, softball or pickleball.
64. Play Frisbee.
65. Workout.
66. Go dancing. Take a dance class.

## IN YOUR COMMUNITY

67. Organize a community clean-up or volunteer for charity.
68. Become a tutor.
69. Join a choir. Sing!
70. Start a bowling team.
71. Visit and get to know your neighbors.
72. Start a fiction or public policy book group.

## WITH THE KIDS

73. Make paper bag costumes and have a parade.
74. Design a poster for Screen-Free Week.
75. Discover your community center or local park activities.
76. Blow bubbles.
77. Draw family portraits.
78. Construct a kite. Fly it.

79. Build a fort in the living room and camp out.
80. Research your family history. Make a family tree.
81. Invent a new game and teach it to your friends.
82. Make a sign to tape across the TV during Screen-Free Week.
83. Play hopscotch, hide & seek, or freeze-tag.
84. Organize a neighborhood scavenger hunt.
85. Play board games with family & friends.
86. Clean up or redecorate your room.
87. Make puppets out of old socks and have a puppet show.
88. Write a play with friends. Perform it at a nursing home.
89. Go on a family trip or historical excursion.
90. If it's snowing, go sledding or make a snowman.
91. Create a collage out of old magazine pictures.
92. Shoot hoops with friends. Play a round of H.O.R.S.E.
93. Make a friendship bracelet.
94. Create a cookbook with all your favorite recipes.
95. Tell stories around a campfire.
96. Plan a slumber party.
97. Bake cakes or cookies and invite friends for a tea party.
98. Construct a miniature boat and float it on water.
99. Write a letter to your grandparents. Make a special card.
100. Create sidewalk art with chalk.
101. Have a huge party to celebrate a Screen-Free Week!





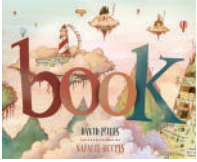
screen-free  
week



## 2023 Screen-Free Children's Booklist

Get inspired to unplug with these children's books, compiled in celebration of Screen-Free Week and Children's Book Week, May 1-7, 2023!

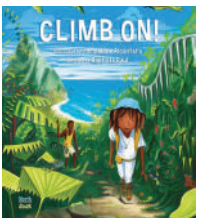
### NEW FOR 2023!



#### **Book**

by David W. Miles, illus. by Natalie Hoopes (Familius)

In a world dazzled by the latest gadgets and mesmerized by Internet videos, the humble book seems like the most ordinary thing that could be. And perhaps it is...until you learn to look closer... and closer...and closer...and you're suddenly in a world that only you can imagine. **(AGES 4-8)**



#### **Climb On!**

by Baptiste Paul, illus. by Jacqueline Alcántara (NorthSouth Books)

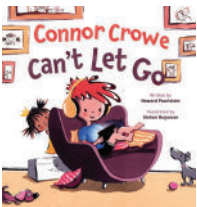
When a young child reminds her dad about the hike they planned, her father is hesitant because he wants to watch futbol (soccer). But as the two climb on, her enthusiasm is contagious. Filled with setbacks, surprises, and stunning views, this warm and humorous story highlights in vivid colors the bonding power of a shared experience. **(AGES 4-8)**



#### **Peacock and Sketch**

by Allan Peterkin, MD, illus. by Sandhya Prabhat (APA Books for Children and Teens)

A gorgeous peacock hatches an escape from the zoo in search of fame, only to realize that it's not all that it's cracked up to be! This story is a lighthearted exploration of the fleeting nature of social media stardom and the importance of real-world friendships. **(AGES 4-8)**



#### **Connor Crowe Can't Let Go**

by Howard Pearlstein, illus. by Stefani Buijsman (Clavis)

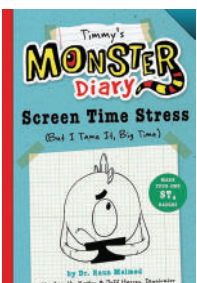
Connor Crowe loves his parents, he loves his dog, he even loves his sister. But, most of all, he loves... his tablet! He plays on it when he wakes up. He plays on it when he gets home. He plays on it before he goes to bed. But one day, he wishes he could just let it go...and can't! **(AGES 5-9)**



#### **Treasure Hunt**

by Stephanie Wildman, illus. by Estefania Razo (Lawley Publishing)

Twins Flor and Roberto scamper through their house, hunting for treasures hidden by big brother, Luis. Can these everyday objects really be treasures that offer more fun than video games or TV? **(AGES 5-12)**



#### **Timmy's Monster Diary: Screen Time Stress (But I Tame It, Big Time)**

by Dr. Raun Melmed, illus. Jeff Harvey (Familius)

Timmy, a lovable monster who can't get enough of the coolest gadgets and video games, doesn't realize how much time he spends each day in front of a screen—until he learns some new mindfulness techniques! **(AGES 7-11)**

## SCREEN-FREE FAVORITES

### PICTURE BOOKS

**Aunt Chip and the Great Triple Creek Dam Affair** by Patricia Polacco  
(Philomel Books)

**Bad Kitty Does Not Like Video Games** by Nick Bruel  
(Roaring Brook Press)

**Blackout** by John Rocco (Little, Brown Books for Young Readers)

**Boris and Betty** by Lee Harris (Jelly Bean Books)

**Bruno Has One Hundred Friends** by Francesca Pirrone (Clavis)

**Chloe** by Peter McCarty (Balzer + Bray)

**Couch Potato** by Jory John and Pete Oswald (HarperCollins)

**Doug Unplugged** by Dan Yaccarino (Dragonfly Books)

**Goodnight iPad** by Ann Droyd (Blue Rider Press)

**hello! hello!** by Matthew Cordell (Little, Brown Books for Young Readers)

**If You Give a Mouse an iPhone** by Ann Droyd (Blue Rider Press)

**Last Stop on Market Street** by Matt de la Peña  
(G.P. Putnam's Sons Books for Young Readers)

**Mario and the Aliens** by Carolina Zanotti (Design Originals)

**Me, Myselfie & I: A Cautionary Tale** by Jamie Lee Curtis  
(Feiwel & Friends)

**On a Magical Do-Nothing Day** by Beatrice Alemagna (HarperCollins)

**Sadie Sees Trouble** by Linda Jarkey and Julie Jarkey-Kozlowski  
(Linda Jarkey Communications)

**Tek: The Modern Cave Boy** by Patrick McDonnell  
(Little, Brown Books for Young Readers)

**The Berenstain Bears and Too Much TV** by Stan & Jan Berenstain  
(Random House Books for Young Readers)

**The Kingdom of Nothing** by Ronald Wohlman  
(Frances Lincoln Children's Books)

**The Liking Tree: An Anti-Social Media Fable** by John Allen Wooden  
(Sourball Media Inc.)

**Unplugged** by Steve Antony (Scholastic Press)

**Unplugged: Ella Gets Her Family Back** by Laura Pederson  
(Tilbury House Publishers)

**You're Missing It!** by Brady Smith and Tiffani Thiessen  
(Nancy Paulsen Books)

### CHAPTER BOOKS

**Braver Stronger Smarter** by Vincent Vincent (Sourcebooks Explore)

**Katie Friedman Gives Up Texting!** by Tommy Greenwald (Square Fish)

**Mia and Zola, Adventure One: Up and Out** by Connie-Vee Hawkins  
(3Hawk Sky)

**Queen of Likes** by Hillary Homzie (Aladdin)

**Unplugged** by Donna Freitas (HarperTeen)

**Unplugged** by Gordon Korman (Balzer + Bray)

**Unplugged and Unpopular** by Mat Heagerty (Oni Press)

### LAST YEAR'S FAVORITES



#### **The Day the Screens Stood Still**

by R. L. Ullman  
(But That's Another Story Press)



#### **Go Out and Play**

by Adam Ciccio  
(Clavis)



#### **The Manic Panic**

by Richa Jha and Mithila Ananth  
(Creaton Books)



#### **Chandu and the Super Set of Parents**

by Roopa Raveendran-Menon  
(Regal House Publishing)



#### **This is Not the Jess Show**

by Anna Carey  
(Quirk Books)





# SOUTHERN BLUFFS ELEMENTARY



# ABC COUNTDOWN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>APRIL 30</b> <b>A</b> NIMAL PRINT Zebras and cheetahs and tigers, Oh My!	<b>MAY 1</b> <b>B</b> OBCAT PRIDE Wear blue or your Southern Bluffs gear	<b>MAY 2</b> <b>C</b> OZY DAY Wear cozy clothes	<b>MAY 3</b> <b>D</b> ISCO DAY Rock your best 70s fit
<b>MAY 6</b> <b>E</b> XERCISE DAY Come to school ready to exercise	<b>MAY 7</b> <b>F</b> UTURE DAY Dress as what you want to be when you grow up	<b>MAY 8</b> <b>G</b> AME DAY Play lots of games inside and out	<b>MAY 9</b> <b>H</b> AT DAY Sport your favorite or most unique hat	<b>MAY 10</b> <b>I</b> CE POP DAY Enjoy a cold treat on a nice day
<b>MAY 13</b> <b>J</b> ERSEY DAY Support your favorite team	<b>MAY 14</b> <b>K</b> INDNESS DAY Do something kind for someone else	<b>MAY 15</b> <b>L</b> ANGUAGE DAY Learn how to say hello in another language	<b>MAY 16</b> <b>M</b> AKE A DIFFERENCE Get ready to learn about the environment	<b>MAY 17</b> <b>N</b> EW NAME DAY Choose a new name for the day
<b>MAY 20</b> <b>O</b> UTSIDE DAY Take a walk or play outside	<b>MAY 21</b> <b>P</b> UBLIC LIBRARY DAY Learn about the library's summer reading program	<b>MAY 22</b> <b>Q</b> UEST FOR THE GOLDEN PAW Find the golden paw for a chance to win a prize	<b>MAY 23</b> <b>R</b> IDDLE DAY Answer riddles throughout the day for a chance to win a prize	<b>MAY 24</b> <b>S</b> UNGLASSES DAY Wear your favorite pair
<b>MAY 27</b> <b>MEMORIAL DAY!</b> No School!	<b>MAY 28</b> <b>T</b> RADE A TEACHER Come and see if your teachers swap throughout the day	<b>MAY 29</b> <b>U</b> S A DAY Deck out in red, white, and blue	<b>MAY 30</b> <b>V</b> IRTUAL DAY Go on a virtual field trip in your classroom	<b>MAY 31</b> <b>W</b> HEELS DAY Bring your bike, scooter or skates! Don't forget your helmet!
<b>JUNE 3</b> <b>X</b> TRA FUN DAY All school PE fun day!	<b>JUNE 4</b> <b>Y</b> OGA DAY Take some time to stretch, pose, and breathe	<b>JUNE 5</b> <b>Z</b> ERO DAYS LEFT ZIP your backpacks & ZOOM out of school		



# furnishing homes

## with a little help from our friends



**OUR MISSION** | Through the effective reuse of donated items, theExchange collaborates with local organizations to provide home essentials for community members in need.

**DONATE GOODS** | We accept basic furniture and home goods in excellent condition. Please launder and clean items before donating. We do not accept excessively large, heavy furniture or decorative items. See our website for a complete list of what is acceptable. Businesses can participate too! Organize a drive at your business, organization or school to collect high-need items. Contact us in advance of large item drop off or if you need help with large item transport. We suggest a minimum \$10 donation to pick up a single large item or \$20 for multiple large items.

**DONATE YOUR TIME** | Volunteers accept and organize donations, assist clients with shopping, repair furniture/small appliances, and provide donation pick up and deliveries. Contact us to learn more.

**DONATE FUNDS** | Financial gifts are appreciated and needed to help with operations and supplies. Donation checks can be made payable to theExchange/Shelter Development, Inc. and mailed to 1009 4th Street South, La Crosse WI 54601.

**ABOUT US** | theExchange is a program under Shelter Development, Inc., a 501(c)(3) not-for-profit organization. Learn more at [www.theexchangelacrosse.org](http://www.theexchangelacrosse.org).



## we accept:

### LIVING SPACE

- Sofas & lounge chairs
- Kitchen tables & chairs
- Coffee & side tables
- Bookcases & cabinets
- TV stands
- Small desks

### BEDROOM

- Mattress & box springs (twin/full/queen in excellent condition)
- Metal bed frames
- Dressers
- Nightstands
- Sheets & new pillows
- Blankets & comforters

### BATHROOM

- Bath linens
- Bath mats
- Shower curtains & rings

### KITCHEN

- Dishes & glassware
- Flatware
- Knives & kitchen utensils
- Pots & pans
- Bakeware
- Toasters & coffee makers
- Slow cooker & microwaves

### ELECTRONICS & APPLIANCES

- Wall & alarm clocks
- Vacuum cleaners
- Flat screen TVs
- Fans/small AC units
- Lamps

### GENERAL

- Storage drawers or units
- Mirrors
- Area rugs
- New cleaning supplies

**We appreciate your gently used donations.** Please remember we do not accept excessively large or heavy furniture, non-essential or decorative items. Refer to our website for a complete list or use our email address for questions regarding donations.

## thank you

for supporting theExchange

**CONTACT US TO DONATE** | [theexchange@shelterdevelopment.org](mailto:theexchange@shelterdevelopment.org)

**LEARN MORE** | [www.theexchangelacrosse.org](http://www.theexchangelacrosse.org)

**FACEBOOK/INSTAGRAM** | theExchange - La Crosse Area Furniture Bank

**LOCATION** | 1009 4th Street South, La Crosse, WI 54601 | 608.301.5345

**HOURS** | Tuesdays & Thursdays | 1:30-4pm & by appointment  
(PLEASE NOTIFY US IN ADVANCE OF ANY LARGE ITEM DROP OFFS)



## DONATION GUIDELINES – THE DETAILS



ITEM	ACCEPT	ACCEPT WITH RESTRICTIONS or DO NOT ACCEPT
Mattress/Box Springs	Excellent condition free of tears/stains/smells Twin, Full & Queen	King - no
Bed sets/frames	Basic metal frame – all sizes	Headboards/footboards- no
Hospital bed		No
Trundle bed/Bunk Bed/Futon/Folding Cot		Maybe (complete sets only) – please send photo
Dressers	Max 48” tall, 60” long	
Couches	Basic couches and loveseats Max 36” x 96”	Oversized - no Sectionals – no Sofa Sleepers – no Recliner sofas - no
Lift chairs		Maybe – please send photo and measurements
Dining Tables	Max 60” long or 50” round	No heavy, oversize or formal tables. No glass or stone.
Desks	Small/standard desks Max 42” long	Computer desks with multiple parts – no
Coffee tables	Max 36” long	No glass or stone.
TV stands	Basic tvs stand Max 36” tall	Glass doors/shelves - no
Entertainment Centers		No
Buffet	Basic, max 48” tall, 60” long Serve as storage for clothing/ linens.	Glass doors - no
Hutch, China Cabinet/Armoire		No
Bookcases	Max 48” tall	
Rugs	Max 8 x10 ft (Please vacuum, roll, secure & label)	
Filing cabinets		No
Exercise equipment		No
Baby Furniture		No
TVs	Flat screen 36” or less	Tube tvs - no
Mirrors	Small framed mirrors	Heavy or frameless mounted mirrors – no

# 2024-2025 School Calendar

July 2024						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August 2024						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September 2024						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October 2024						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November 2024						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December 2024						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## Emergency Closing Info

Should more than one school day be lost due to an emergency closing, students and teachers will follow the schedule below:

1st Day Missed = Waived

2nd Day Missed = Waived

After 2 Missed = Minutes will be added to the daily schedule to extend the day at each level

**School District of La Crosse**

807 East Avenue South  
La Crosse, WI 54601  
(608) 789-7600



## Start & End

September 3 First Day of School  
June 6 Last Day of School  
Total Student Instructional Days: 175

## No School

August 20-22 New Teacher Induction - No School  
August 27-29 Staff Development - No School  
August 29 is FLEX Day

September 2 Labor Day - No School  
September 27 No School

October 18 Staff Development - No School  
November 1 Staff Development - No School  
November 27-29 Fall Break - No School  
December 23-Jan. 1 Winter Break - No School

January 17 Staff Development - No School  
January 20 MLK Jr. Day - No School  
February 13 Staff Development - No School  
February 14 No School  
March 7 Staff Development - No School  
April 18-21 Spring Break - No School  
May 26 Memorial Day - No School

## Semesters/Quarters

Quarter 1: September 3 - October 31  
Quarter 2: November 4 - January 17  
Quarter 3: January 21 - March 28  
Quarter 4: March 31 - June 6

## Family/Teacher Conferences

Family/Teacher Conferences are on **October 17** and **March 6** at all levels for approximately 4 hours after the regular student instructional day

Family/Teacher Conferences are on **October 21** and **March 10** from 12:00-7:50 at elementary levels

\*Teachers at MS/HS will have PD starting at 12:00 followed by conferences

## NOTES

August 27 is welcome back for all staff  
August 29 is flex day for teachers  
October 18 is PD for teachers and TAs

January 2025						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February 2025						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

March 2025						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April 2025						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May 2025						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



June 2025						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## Calendar Key

- No School
- Staff Development  
(No School for Students)
- No School: Family/Teacher Conferences from 12:00-7:50 for elementary and PD/Conferences from 12:00-7:50 for MS/HS
- Family/Teacher Conferences beginning after school for approximately 4 hours



# May 2024

MON	TUE	WED	THU	FRI
		day 1 <u>BREAKFAST</u> 1 #1 Egg, Bacon & Cheese Sandwich <u>LUNCH</u> #1 Cheese Omelet & Pancakes #2 Yogurt & Cheese Stick	day 2 <u>BREAKFAST</u> 2 #1 Muffin <u>LUNCH</u> #1 Pizza #2 EZ Jammer & Cheese Stick	day 3 <u>BREAKFAST</u> 3 #1 Breakfast Pizza <u>LUNCH</u> #1 Corndog #2 Sub or Sandwich
		day 4 <u>BREAKFAST</u> 6 #1 Cinnamon French Toast <u>LUNCH</u> #1 Orange Chicken #2 Yogurt & Cheese Stick	day 5 <u>BREAKFAST</u> 7 #1 Chicken Patty on a Biscuit <u>LUNCH</u> #1 Cheese Quesadilla #2 EZ Jammer & Cheese Stick	day 6 <u>BREAKFAST</u> 8 #1 Scrambled Eggs <u>LUNCH</u> #1 Lasagna Roll-Up #2 Yogurt & Cheese Stick
day 3 <u>BREAKFAST</u> 13 #1 Omelet & Toast <u>LUNCH</u> #1 Chicken Patty #2 Yogurt & Cheese Stick	day 4 <u>BREAKFAST</u> 14 #1 Pancakes <u>LUNCH</u> #1 Chicken Taco #2 EZ Jammer & Cheese Stick	day 5 <u>BREAKFAST</u> 15 #1 Egg, Bacon & Cheese Sandwich <u>LUNCH</u> #1 BBQ Pork Sandwich #2 Yogurt & Cheese Stick	day 6 <u>BREAKFAST</u> 16 #1 Muffin <u>LUNCH</u> #1 hot dog #2 EZ Jammer & Cheese Stick	day 1 <u>BREAKFAST</u> 17 #1 Breakfast Pizza <u>LUNCH</u> #1 Pizza #2 Sub or Sandwich
day 2 <u>BREAKFAST</u> 20 #1 Cinnamon French Toast <u>LUNCH</u> #1 Chicken Nuggets #2 Yogurt & Cheese Stick	day 3 <u>BREAKFAST</u> 21 #1 Chicken Patty on a Biscuit <u>LUNCH</u> #1 walking taco #2 EZ Jammer & Cheese Stick	day 4 <u>BREAKFAST</u> 22 #1 Scrambled Eggs <u>LUNCH</u> #1 Breaded Ravioli #2 Yogurt & Cheese Stick	day 5 <u>BREAKFAST</u> 23 #1 Breakfast Burrito <u>LUNCH</u> #1 Pizza #2 EZ Jammer & Cheese	day 6 <u>BREAKFAST</u> 24 #1 Cinnamon Roll <u>LUNCH</u> #1 Cheeseburger #2 Sub or Sandwich
27 <b>NO SCHOOL!</b>	day 1 <u>BREAKFAST</u> 28 #1 Pancakes <u>LUNCH</u> #1 Pork Street Taco #2 EZ Jammer & Cheese Stick	day 2 <u>BREAKFAST</u> 29 #1 Egg, Bacon & Cheese Sandwich <u>LUNCH</u> #1 Meatball Sub #2 Yogurt & Cheese Stick	day 3 Stick <u>BREAKFAST</u> 30 #1 Muffin <u>LUNCH</u> #1 Pizza #2 EZ Jammer & Cheese Stick	day 4 <u>BREAKFAST</u> 31 #1 Breakfast Pizza <u>LUNCH</u> #1 Corndog #2 Sub or Sandwich
day 5 <u>BREAKFAST</u> 3 #1 Chef's Choice <u>LUNCH</u> #1 & #2 Chef's Choice	day 6 <u>BREAKFAST</u> 4 #1 Chef's Choice <u>LUNCH</u> #1 & #2 Chef's Choice	day 1 <u>BREAKFAST</u> 5 #1 Chef's Choice <u>LUNCH</u> Hot dog meal only	Breakfast is served with white milk. Breakfast choice #2 is cereal. Lunch includes fruit, veggie, and choice of milk.	





## Radishes are The Harvest of the Month!

### Add radishes to your favorite family meals:

- Add cubed daikon radish to a pot roast or a pan of roasted vegetables.
- Sprinkle sliced fresh radish on soup, stew, or posole.
- Eat raw radishes with plain yogurt or ricotta cheese dip.

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

**Select** – Choose smooth, brightly colored radishes.

**Store** – Remove tops before storing. Refrigerate radishes in a plastic bag and use within 1 week.

**Prepare** – Rinse under cool running water.

### Did you know?

Not all radishes are red. Radishes come in different sizes, shapes, colors, and flavors. Next time you are at the grocery store try a new type of radish like Watermelon, Black Spanish, or Daikon.



Nutritious, Delicious, Wisconsin!  
#WIHarvestoftheMonth

**Check out the video**



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. Funding for this publication was made possible by the U.S. Department of Agriculture's (USDA) Agricultural Marketing Service through grant AM200100XXXXG060. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.

## Recipe of the month

### Quick Pickled Daikon Radish and Carrots

Serves 6

#### Ingredients:

- 1 cup daikon radish, scrubbed with clean vegetable brush under running water, peeled and julienned
- 1 cup carrots, scrubbed with clean vegetable brush under running water, peeled and julienned
- ½ cup apple cider vinegar
- ½ cup water
- 2 Tablespoons sugar
- ½ teaspoon salt

#### Directions:

Wash hands with soap and water. Pack julienned radish and carrots in clean canning jars or a glass container with a tight-fitting lid. In a medium saucepan, combine vinegar, water, sugar, and salt. Bring to a boil. Carefully pour the liquid into the jars, completely covering the vegetables. Close jars tightly and transfer to the refrigerator. Refrigerate overnight before serving. Drain before serving. Serve with sandwiches, rice bowls, wraps, or tacos. Store leftovers in a sealed jar or container in the refrigerator for up to four days.

Per serving: 30 calories, 0g fat, 0g protein, 8g carbohydrate, 1g fiber, 220 mg sodium

Source: laxf2s.org



LA CROSSE COUNTY  
Health Department  
Nationally Accredited



MAYO CLINIC  
HEALTH SYSTEM



GUNDERSEN  
HEALTH SYSTEM®



FOOD WISE  
UW-MADISON EXTENSION





2nd Grade Artwork for  
Teacher Appreciation Week

