



School District of Holmen
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PRINCIPAL

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Prairie View 2019

DATES TO REMEMBER

12/3, 12/4 & 12/5 – Student Bell
Ringers in front entrances

12/5: 3rd Gr Music Program 6pm

12/6: PTO Kids Night Out 5:00
pm-7:30 pm

12/11: **Early Release**
(students are released at 1:40pm)

12/13: 1st Gr Music Program
2:15pm

12/17: Kindergarten
Grandparents Day 1:15pm

12/23-1/2: **NO SCHOOL**

PRINCIPAL PATRICE'S PONDERINGS:



DPI Report Card – The Wisconsin Department of Public Instruction released the 2018-19 School and District Report Cards. The purpose of the report cards is to help families and communities understand how well their school and district is performing. As a school, we use the data to assist with identifying our strengths and opportunities for improvement. The DPI website lists the report cards for every district and school in the state.

Historically Prairie View has done very well on our overall accountability score and rating.

2011-12 scoring 75.3 Exceeds Expectations

2012-13 scoring 80.8 Exceeds Expectations

2013-14 scoring 77.4 Exceeds Expectations

2014-15 Transition year (WKCE/Badger exam) No Report card

2015-16 scoring 87.4 Significantly Exceeds Expectations

2016-17 scoring 91.8 Significantly Exceeds Expectations

2017-18 scoring 93.0 Significantly Exceeds Expectations

2018-19 scoring 88.5 Significantly Exceeds Expectations

All complete public Prairie View report cards can be found on our [school webpage](#) starting with the 2011-12 school year. We are very proud of the hard work and dedication of our students and staff. We greatly appreciate the support of our families and the community as we continue to build on our successes and address our opportunities for growth. Thank you, for your continued support as we think, dream, believe, and achieve at Prairie View.



Attendance Reminders- Attendance at school is essential to the successful completion of an education. The student's attendance record is one of the most frequently used part of a school record. Students are considered absent if they miss part or all of a school day. A half-day absence is recorded if a student is not present between one and four hours of a school day. A full day absence is recorded if a student is not present for four or more hours. Parents/guardians and the school staff must work cooperatively to enable students to attend school. On-going communication is essential. Part of the school's mission is to teach students good work habits, which include regular attendance. A copy of the attendance policy and procedures can be found in the Elementary Handbook.

-Dr. Tronstad



COUNSELOR CONNECTION – MR. EIKEN

Happy Holiday Season! It has been a quick month here at PV--in Guidance in November we have discussed Communication and Social Skills as well as discussed the safety procedures for our annual ALICE drill. In December, our focus has shifted to Character Education and who we are and the choices we make when no one else is looking. In other exciting news, our building PBIS team has been undergoing Tier 2 training so we can put processes and systems in place to offer our students additional support during the course of the school day, such as a building-wide Check In/Check Out intervention. More information will be forthcoming as we progress through the training during the school year. If I can assist you or yours in any way, please do not hesitate to call or email me at (608) 526-1600 or eikbre@holmen.k12.wi.us.

Dear Prairie View Families,

Gift giving is an accepted part of Christmas, but giving a gift to a person who is in need is especially gratifying. We plan to have our staff and students experience that joy during the holiday season at Prairie View.

On November 25, 26, & December 3, 4, and 5th, children representing the 1st – 5th grade classrooms will take turns being “bell ringers” in front of the entrances. In addition, bell ringers will be present the evening of the music program on Thursday, December 5th. We encourage you or your child(ren) to bring any loose change to deposit in the bell ringers’ collection buckets. Some children may even want to do special chores around the house to earn money.

The money collected will be used to purchase gifts for individuals from the Caring Tree at a Holmen church which helps students from the School District of Holmen.

In conjunction with this we will be collecting gently used books to donate to Amy’s Closet in Onalaska who will distribute the books to area families in need of books in the home.

We thank you in advance for supporting us in these service projects. Please contact your children’s teachers with any questions regarding this.

Happy Holidays!

DECEMBER MUSIC CONCERTS in the Prairie View Cafetorium

Thursday, December 5
3rd Grade at 6pm

Friday, December 13
1st Grade at 2:15pm

*Students should report
to their classroom 15 minutes
before their concert time.*

SNOW DAYS AND EARLY DISMISSAL NOTIFICATION

Announcements regarding closing or late start of school due to weather conditions will be made frequently via the following Radio stations:

Radio Stations:

WQCC-FM	CC 106.03	106.3 FM
WLXR-FM	Magic 105	104.9 FM
WLFN-AM	AM 1490	1490 AM
WKBH-FM	Classic Radio	100.1 FM
WKBH-AM	Relevant Radio	1570 AM
WFBZ-FM	ESPN	105.5 FM
KQEG-FM	The Eagle	102.7 FM
WIZM-FM/AM	Z-93	93.3 FM/1410 AM
WKTY	Sports Radio	580 AM
WRQT	The Rock	95.7 FM
WCOW-FM	Cow 97	97.1 FM

Television Stations:

	WKBT TV Channel 8
	WXOW TV Channel 19

WINTER WEATHER IS HERE!

We would like to remind you that students will go outside daily when the temperatures/conditions permit.

Please make sure your child is dressed

appropriate for the weather with mittens, a hat, a scarf, appropriate coat, boots and snow pants on cold winter days.

- Students will go outside when the temperature is +1 degrees or above.
- Students will stay indoors when the temperature is below 0 degrees, or when the wind chill is 0 degrees or below.

NEWS FROM THE PRAIRIE VIEW PTO

Prairie View's 5th annual **KIDS NIGHT OUT** Parents night OFF!

Friday, December 6th from 5-7:30 p.m.

Dinner will be provided!

Registration Forms are due December 2nd. Space is limited!

Drop off your kiddos for a FUN-FILLED night of games, snacks, crafts and open gym!

SAVE THE DATE

Mark your calendars for the annual PTO
Barnes & Noble Book Fair at the
Valley View Mall on
Thursday, January 30, 2020
4:30 P.M. – 7:00 p.m.

Proceeds support the purchase of books in the Prairie View
LMC. Details coming soon!

Check us out on
Facebook:
Prairie View
Elementary
PTO- Holmen,
WI or on our
website by
[clicking here.](#)

Get Involved

We are still in need of volunteers to help with some very easy fundraisers! If you are interested, please reach out to us. Join us to learn more at our next meeting, January 13, 2020 at 6:30 pm in the Prairie View LMC. Child watch will be available. All parents/guardians and staff are invited to attend. We are always in need of volunteers, as many hands make light work!

Triumph Card Company and Spirit Chains

The Holmen High School Special Education Department students have cards and spirit chains available for sale in the Prairie View office.

The cards are \$1.00, made by the Project Bridge students which is a transition program for students age 18-21.

The Spirit Chains \$3.00, are made by students in the Tools class.

Special orders are accepted!

Don't forget to check Virtual Backpack for educational opportunities, activities, and events available in our area. The link to Virtual Backpack is located on the front page of the Prairie View Elementary website.

Some upcoming events include: Holiday Programs at the Library, All Ages Concert, Park and Rec classes, events and more!

LOST AND FOUND

Our lost and found has filled up quickly with sweatshirts, hats, gloves, jackets, and other items. Please be sure to label your child's items so if they are found, they can be returned back to them.

From the Health Office:

Is it a Cold, Flu or Pertussis?

Colds, flu and Pertussis are highly contagious and, in the initial stages, might seem alike. Check the following table for a comparison of the symptoms for each illness. *Source: Wisconsin Department of Health Services*

Symptom		Influenza ("Flu")	Cold (Viral URI)	Pertussis
Fever		Usually present and high (102-104°F or 39-40°C); typically lasts 3-4 days	Uncommon	Uncommon If present, typically low-grade (99.5-100.4F)
Headache		Very common	Uncommon	Uncommon
Aches and pains, muscle aches, chest discomfort		Common, Often severe	Slight to Moderate	Uncommon
Fatigue and weakness		Moderate - severe; can last up to 14-21 days	Mild	Mild to moderate
Extreme exhaustion		Very common early in illness	Extremely Rare	Rare
Stuffy or runny nose		Sometimes	Common	Common, early in the disease
Sneezing		Sometimes	Common	Common, early in the disease
Sore throat		Sometimes	Common	Uncommon
C O U G H	Character	Non-productive ("dry") cough is typical; nighttime cough rare	Hacking cough, often productive; nighttime cough rare; usually responds to cough medications	Variable character; fits/attacks and nighttime cough are common; generally not responsive to cough medications. Characteristic high-pitched "whoop" sound.
	Severity	Moderate	Mild to Moderate	Variable; can be mild in adults and very severe in infants and young children
	Duration	Typically 3-7 days; occasionally to 14 days	Typically 3-7 days	Persistent cough, almost always >1week, usually 2-6 weeks, sometimes 10+ weeks
	Cough Attacks/Fits	Uncommon	Rare	Common
Infectious Period		1-2 days before symptom onset to 5-10 days after	Variable; typically 4-7 days after symptom onset; can be longer	From start of catarrhal phase (before cough) to 21 days after cough onset*

*or until taking 5 days of appropriate anti-pertussis antibiotics.

Carbon Monoxide – Winter's Quiet Killer

Carbon monoxide is a colorless, odorless, tasteless gas that can be generated by improper ventilation of furnaces; generators; gasoline, propane or charcoal-burning devices; car exhaust systems; and wood-burning stoves. Breathing the gas displaces the oxygen in the blood and can cause death in minutes at high levels.

Symptoms of overexposure to CO are often mistaken for the flu and include headaches; fatigue; dizziness; shortness of breath/chest pain; nausea/vomiting; and confusion. If you experience any of these symptoms or your CO detector sounds an alarm, you should head outside immediately for fresh air and call 911.

You Can Prevent Carbon Monoxide Exposure

- **Do** have your heating system, water heater and any other gas, oil, or coal burning appliances serviced by a qualified technician every year.
- **Do** install a battery-operated or battery back-up CO detector in your home and check or replace the battery when you change the time on your clocks each spring and fall. If the detector sounds leave your home immediately and call 911.
- **Do** seek prompt medical attention if you suspect CO poisoning and are feeling dizzy, light-headed, or nauseated.
- **Don't** use a generator, charcoal grill, camp stove, or other gasoline or charcoal-burning device inside your home, basement, or garage or near a window.
- **Don't** run a car or truck inside a garage attached to your house, even if you leave the door open.
- **Don't** burn anything in a stove or fireplace that isn't vented.
- **Don't** heat your house with a gas oven.
- **Don't** use a generator, pressure washer, or any gasoline-powered engine less than 20 feet from any window, door, or vent.

For more information on CO poisoning, visit the CDC website at www.cdc.gov/co/.

Library Learning

Congratulations Prairie View families! Not only did we shatter the Book Fair goal of 802 books being purchased, we raised about \$100 for the Family Literacy Committee for their special literacy event scheduled in the fall of 2020. This Book Fair is our annual LMC fundraiser and the monies are used to pay for the author visit, covering the expenses of the presentations, lodging, travel and meals. In addition, I have used past funds to purchase comfortable reading furniture and storyroom cushions for the kids as well as book display cases for the LMC. Last year we acquired a book mending machine to lengthen the life of some of our well-loved books. I can't thank you enough for helping us get the items needed to enhance our LMC program. We will have another book event during spring conference time. We look forward to seeing you then.

Other news in the LMC:

- **Battle of the Books** - Interested students in 3rd - 5th grades are continuing to read books from the lists. [4th and 5th grade](#) [3rd grade](#)
- **Kindergarten** students continue to practice the use of the shelf marker and responsibility of using an LMC book. Please continue to use the baggies especially with upcoming wet snow pants and mittens/gloves. Students are learning the various parts of a book and discovering the differences between fiction and nonfiction text. We will make our way into the computer lab for mouse practice in December. Our current author study is Drew Daywalt.
- **First - Third grades** have been working on basic animal research using our paid subscription to [PebbleGo](#). Students can access this from home as well. The username is **prview** and the password is **read**. Students are also learning the importance and MLA format of citing the sources.
- **Fourth and fifth** grades have been working on citing sources using Destiny resource lists and NoodleTools.
- **Upcoming:** All grades will be participating in digital citizenship lessons.

Digital story resources:

Holmen Public Library - Playaways, VOX Books, books on CD

TumbleBooks - Username: prairieholmen Password: reads

Epic! - some teachers have their own accounts otherwise the LMC account is: zvi0517

Storyline Online - <https://www.storylineonline.net/>

Podcasts - check out these recommended [popular podcasts](#)

December News from the Student Council

This month, the Student Council will focus on kindness. We have many activities planned focused on spreading kindness throughout our school throughout this holiday season. In addition, Milton and a special friend will be joining our school again this month. We can't wait to see who he brings with him this year.

On December 20th, the Student Council will be holding an all school movie. This year we will be enjoying Frozen. This movie is PG, if you do not wish for your child to view this movie, please let your child's teacher know and alternative activities will be provided for your child during this time. The Student Council wants to wish you a very happy and healthy holiday season spent with those you love. See you in 2020.

December Kindness Challenge Calendar

Brought to you by Student Council

2 Kindness is eating lunch with someone new.	3 Kindness is drawing a picture for a friend.	4 Kindness is saying hi to someone you don't know.	5 Kindness is inviting someone to play with you on the playground.	6 Kindness is saying "please" and "thank you".
9 Kindness is helping a teacher or a friend.	10 Kindness is making a homemade gift for someone.	11 Kindness is giving a high five for a job well done.	12 Kindness is picking your classroom up each and every day.	13 Kindness is giving someone a compliment.
16 Kindness is pushing someone's chair in for them.	17 Kindness is letting someone in front of you in line.	18 Kindness is reading a book with friends. 3:00-3:25 Holiday Reading in Gym	19 Kindness is taking a walk with a friend. 8:45-9:00 Holiday Walk around the Hallways	20 Kindness is spending time together watching a movie in your pjs. 1:15-3:15 All School Movie at in the Gym

December 18- At 3:00 today, the entire school will meet in the gym and cafeteria area to read their books with friends. Send holiday books to school this day!

December 19- At 8:45, the entire school will walk laps through the hallways to Christmas music.

December 20- All school movie, Frozen, at 1:15 in the gym. Bring your blankets if you wish!



As of June 30, 2019 Administrative Rule 433.1 was discontinued. This means that we will no longer accept teacher/house requests. Rest assured, we will continue to create class configurations that take into account the needs of all learners. The School District of Holmen ensures a guaranteed and viable curriculum through highly trained and professional staff that are committed to meeting the District's mission and expectations.

School District of Holmen

TAG Information

November 2019

**TAG
Information**

TagLINES

Greetings from the TAGSIDE

Exciting things are happening in TAG this month! Battle of the Books is beginning for grades three through five. All students in third, fourth, and fifth grades are eligible and encouraged to participate. Book lists can be found in the LMC. All books on the lists are also available in the LMC.



Third grade Creative Problem Solving took place on November 21 in Blair, WI. Third grade students from each elementary building attended. Students spent the day solving problems using "out of the box" thinking. Students who attended will have a chance to share what they learned with their classmates in the coming weeks.

This fall, up to 30 fourth and fifth grade students from the School District of Holmen participated in the Noetic Learning Math Contest. During the con-

*Tell me and I forget.
Teach me and I remember.
Involve me and I learn.*
-Benjamin Franklin

test, students have forty-five minutes to solve twenty math problems designed to challenge and enrich problem solving experiences.

Please feel free to contact me with any questions you may have.

If you would like more information regarding TAG programming, the TAG Program Plan is available on the district's website. It provides an overview of the process for identifying students and the multi-tiered approach to services. Please contact me with any questions.

Jennifer Schams
schjen@holmen.k12.wi.us
608-526-1600 x1625

Math Challenge

Nine dots are arranged in a three by three square. Connect each of the nine dots using only four straight lines and without lifting your pen from the paper.



Battle of the Books

Battle of the Books lists have been shared with all third through fifth grade classes during LMC time. Students can begin reading anytime.

The fourth and fifth grade competition takes place online during the last full week of February with the winners announced the fol-

lowing week. Those who want to begin reading or find more information about fourth and fifth grade Battle of the Books can find information at www.wemta.org.

Third grade competitions will take place after fourth and fifth grade in March.



Northwestern University offers a program, the Northwestern University Midwest Academic Talent Search (NUMATS), in which top students in grades 3 through 9 have the opportunity to take standardized exams designed for older students. Why have students taken tests designed for older students? Students who score in the 97th percentile or higher on grade-level standardized tests often have hit the ceiling on those tests. These students are earning top scores, but the tests are unable to measure the full extent of their ability. Above-grade-level tests are more challenging and are better able to assess the knowledge, skills, and understandings of high-ability students.

- Third through sixth-grade students are able to take the PSAT 8/9, designed for eighth and ninth graders. **Please note that NUMATS is offering the PSAT 8/9 at Holmen Middle School on the three PSAT 8/9 dates which take place in January and February 2020. The registration deadline for the January test date is December 11 and the deadline for the February dates is January 3.**
- Sixth through ninth-grade students are able to take the ACT or SAT, college entrance exams taken by high school juniors. Dates for these tests are monthly through July 2020.

The Talented and Gifted Program is in the process of identifying 3rd through 9th-grade students who scored in the 97th percentile and above on any of the STAR assessments or Wisconsin Forward last year and will be sending information about the NUMATS program to the families of those students. NUMATS also is available to those students who scored in the 90th percentile or above on any of those assessments.

If you feel your student meets NUMATS' 90th percentile requirement and you would like more information about the program, please contact the TAG teacher at your school. You also can find more information at

www.ctd.northwestern.edu/program/numats

Art News

The Pump House Regional Art Center in La Crosse is currently having an art show featuring students from the four elementary schools in Holmen. The art teachers will be hosting a reception for the artists on Wednesday, December 11th (ER day) from 3:30-6:00 p.m. All are welcome. The show runs through January 6th, 2020.

Congratulations to the following Prairie View students who have artwork on display: Ava Mueller, Clara Nelson, Oliver Dzieweczynski, Kenzie Bornitz, Carson Dolesy, Jase Arneson, Ella Janke, Peter Waller, Morgan Hansen, Arianna Powell, Armani de la Rosa, Sophia Glaus, Maya Armstrong, Rylee Hoehn, Aspen Balow, Corey DeRuyter, Ellie Hoehn, Gaby Bellacero, Drew Hendrikson, Alex Jerome, Lahna Bloyer, Eden Cain, Paige Downing, Gabe Schlegel, Toby Powell, Harley Kleinsmith, Parker Dobkoski, Torin Houston, Zachary Lamb, Samantha Osgood, Taylor Irons, Carter Arneson, and Serena Baumgarn. We have so many students that do amazing work at Prairie View!

Home & School

Working Together for School Success

CONNECTION®

December 2019

Prairie View Elementary, Holmen WI

Brett Eiken, School Counselor



SHORT NOTES

Spot the object

Finding hidden pictures is not only fun—it also improves your youngster's attention to detail. Try a book from a series like *Where's Waldo?* (Martin Handford) or *I Spy* (Jean Marzollo). Or search the internet for "hidden pictures." She can print out the pages or play online.

Tell the truth

Show your child that being truthful matters—even in situations where no one would know the difference. For example, if you leave a store without noticing an item under your cart, let him see you return to pay for it. Explain that being honest is the right thing to do and it makes you feel good.

The best gifts

This holiday season, help your youngster brainstorm presents that don't cost a lot of money. For instance, she might make a book of coupons that family members can redeem ("Good for one dog wash"). Or the two of you could bake muffins for teachers and neighbors.

Worth quoting

"Kindness is like snow. It beautifies everything it covers." *Kahlil Gibran*

JUST FOR FUN



Q: Why did the walrus stand on the marshmallow?

A: So she wouldn't fall into the hot cocoa!

We're a family of readers

When families share a love of reading, children develop stronger literacy skills and are more motivated to pick up a book. Here's how some of our readers have made reading a family affair.

After-dinner novel

"We pick a novel all ages can enjoy—often one my wife or I enjoyed as a child—and take turns reading a chapter a night. The kids look forward to it, especially if we stopped at a cliff-hanger the day before. After each chapter, we share our opinions of the book and say what we think will happen tomorrow."

Reading adventures

"Every time we visit the library, we look for books related to someplace we're going soon. Before a visit to the aquarium, we found nonfiction books about sharks and dolphins. And before a trip to my sister's apartment in the city, we read about skyscrapers, subways, and taxis."



Treasure hunts

"When my son first learned to read, he searched for free reading 'treasure.' He'd collect maps from parks and malls, brochures from the vet's office, and even fortunes from cookies. Soon, our whole family was adding to the 'treasure chest.' We've learned a lot, like how dogs communicate and what fun things there are to do at our favorite park."♥

Clearing out clutter

Try these ideas for decluttering during winter break, and your youngster will start the New Year with organized spaces to work and play:

- Have your child sort through her backpack and study area. She could file old tests and quizzes, save favorite papers and projects, and discard anything she won't need when school starts again.
- Let your youngster start a donation box in her closet for outgrown clothes and toys. Once the box is full, decide together where to donate it—she'll discover the satisfaction that comes from helping others.
- Suggest that your child label separate containers for smaller items like erasers and sticky notes. Putting them into the correct bins gives her practice with sorting and makes school supplies easy to find at homework time.♥



I can handle that!

What is your child capable of doing for herself? Probably more than she realizes. Encourage her to become more responsible with these tips.

Manage a social life. Let your youngster call friends to set up her own get-togethers. She can also RSVP to birthday parties and pick out and wrap gifts. If she's sleeping over at a friend or relative's house, ask her to pack her own overnight bag herself.

Do minor repairs. Teach your child how to use a screwdriver and other tools safely. You can watch as she puts her



know-how to work fixing a younger sibling's toy or tightening a loose doorknob.

Track "inventory." Is your youngster running low on crayons, shampoo, or her favorite cereal? Have her keep a list on the refrigerator.

Cook food. Your child can learn to make sandwiches and salads, mash potatoes, and whisk eggs. With supervision, she could peel and chop vegetables and use the microwave. *Idea:* Encourage her to be creative in the kitchen and come up with her own recipes. ♥

ACTIVITY CORNER

Connect with history

Become history "tourists" in your own town. These activities help your child learn about history and make connections to what he's learning in school.

Exhibits

Visit historic sites and museums. Your youngster may learn how people made hand-dipped candles or crafted armor. Encourage him to ask staffers questions about the time period. He might inquire about chores children did, for instance.



Historical markers

These plaques tell what happened in specific locations. Perhaps a one-room schoolhouse once stood in your town or a famous inventor was born nearby. Stop to read and discuss the markers. *Tip:* Search for markers near you at hmdlb.org. ♥

OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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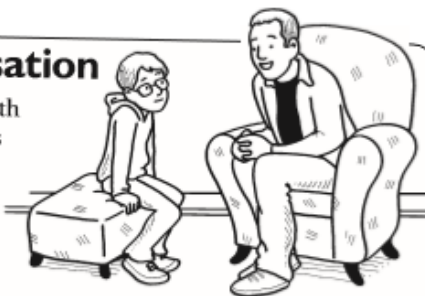
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Drugs: Start a conversation

It's never too early to discuss drugs with your youngster. In fact, opening the lines of communication now will pave the way for more serious conversations as he gets older. Consider this advice.

● **Begin with questions.** Find out what your child knows about drugs. What has he learned in health class or heard from other kids? Using his knowledge as a starting point will lead to a more meaningful discussion and allow you to correct misconceptions.

● **Discuss safety rules.** When you take medication or give any to your youngster, read the instructions together. Explain that taking more than directed is dangerous and that he's not allowed to take medicine without your permission. *Note:* Be sure to keep your medicine cabinet locked. ♥



Q & A Motivated from within

Q: My daughter told me that her friends "all" get rewards for good grades and she wants to get rewards, too. How should I handle this?

A: Help your child see that doing well is a reward in itself. That way, she won't get in the habit of depending on rewards like money or stickers.

First, encourage her to focus on the excitement of learning rather than just on her grades. Say she aced a science test. Of course you're proud of her and you'll let her know it. But also

ask her to explain a concept or show you an experiment or activity she did in class. ("You answered that an apple floats but a grape sinks—I'd like to see that!")

Also, help her see how her effort leads to natural rewards. If she brings home a good math grade on her report card, you could say, "Great job. I know you worked hard to learn multiplication facts. Bigger problems will be easier now that you've memorized those."

Over time, she'll realize how rewarding it is to learn new things, work hard, and succeed—without rewards from anyone else. ♥



Harvest of the Month



Pick:

- Choose winter squash with firm skin that is free of nicks, cracks, or soft areas.
- Select squash with an attached stem.

Store:

- Fresh, whole squash can be stored in a cool dark place for several weeks to months, depending on the variety.
- Store cooked squash for a few days in the refrigerator or freeze up to 6 months.

Prepare:

- Winter Squash is versatile. It can be baked, microwaved, roasted, sautéed, boiled, and/or steamed.
- Use a very sharp knife to cut or peel squash.

December



Winter Squash

Nutrition Info

One cup of cooked, cubed squash has 115 calories and provides vitamins A & C and fiber.

Fun Facts

In Native American folklore, winter squash was one of the "three sisters," along with corn and beans. These were staple foods in the Native American diet.

There are over 15 different types of winter squash including: butternut, Delicata, Hubbard, banana, acorn and spaghetti squash.

The heaviest squash ever recorded was 1234 pounds!

Uses

Puree cooked squash and add to soups for a creamy texture. Squash seeds can be roasted and eaten just like pumpkin seeds.

Try stuffing squash with a blend of rice, apples and kale, adding roasted squash cubes to a savory pizza, or using a spiralizer to make squash noodles. No spiralizer? Try a spaghetti squash!

Farm2School Update: Served at School Served at Home!

Try Fifth Season Cooperative's Winter Moon Blend. A colorful blend of Wisconsin root vegetables: butternut squash, gold potatoes, carrots, red and gold beets. The blend is diced, blanched and frozen, ready to toss with seasoning and roast to finish or add to recipes for a color and nutrition boost.

This kid-friendly, local, frozen veggie blend is used in school cafeterias and is now available at retail locations (Festival Foods and the People's Food Co-Op)! Look for it in the natural foods frozen section.

Roasted Butternut Squash Fries

Serves 6 (1/2 cup per serving)

Ingredients:

- 1 medium butternut squash
- 1 Tbsp. olive oil
- 1 tsp. dried thyme or 1 Tbsp. chopped fresh thyme
- 1 tsp. dried rosemary or 1 Tbsp. chopped fresh rosemary
- 1/2 tsp. salt

Directions:

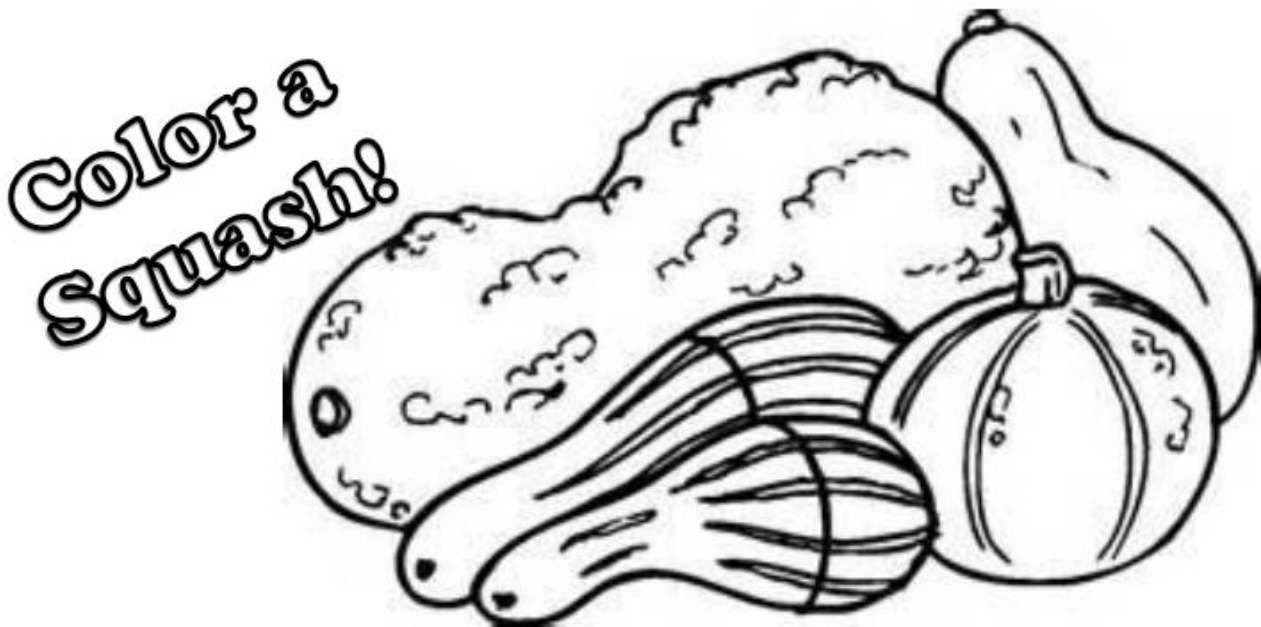
Heat oven to 425 degrees. Lightly coat a baking sheet with olive oil. Peel skin from butternut squash and cut into even sticks, about 1/2 inch wide and 3 inches long. In a medium bowl, combine the squash, oil, thyme, rosemary, and salt; mix until the squash is evenly coated. Spread onto the baking sheet and roast for 15 minutes. Remove the baking sheet from the oven and shake to loosen the squash. Flip squash and place back in the oven; continue to roast for another 15 to 25 minutes until golden brown.

Roasted Butternut Squash Fries Nutrition Facts (per 1/2 cup serving):

62 calories, 2 g fat, 1 g protein, 11 g carbohydrate, 3 g fiber, 168 mg sodium

For more information on Farm2School visit:

www.laxf2s.org



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Wendy McCoy @ 526-6610 for
assistance with the online
application.

The School District of Holmen is
an EOE