

NORTHSTAR NOTES

Northstar Calendar

October

7 Picture Retake Day
7 PTSA Interest Meeting, 6:30pm, Northstar Commons
9 & 10 Mile Run in Phy Ed
13-16 Book Fair Open
16 **No School**, Family Teacher Conferences, 7:45am-8:15pm
17 **No School**
20 **No School**, Staff Development
24 Polar Party, 2:51-4:15pm

November

3 Start of Q2 Athletics
4 PTSA Meeting, 6:30pm, Northstar Commons
7 End of Quarter 1

[2025-26 School Year Calendar]

HERE'S WHAT'S UP!

STUDENT SERVICES
FROM THE PRINCIPAL'S DESK
ANNOUNCEMENTS
VOLUNTEER OPPORTUNITIES
POLAR HIGHLIGHTS
IMPORTANT LINKS

Find us on

Lus Hmoob

Yog tias koj xav tau tsab ntawv no txhais hu rau Annie Moua, Northstar Hmong Educational Assistant, tus xov tooj yog 715-852-6577.

En Espanol

Si necesita ayuda para leer esta información, por favor contacte a Irene Salazar, profesora de español de Northstar a isalazar@ecasd.us o llame a 715-852-4943.

Student Services



Meet our Student Services Staff!

Welcome

We welcome students and parents/guardians to the 2025-2026 school year. Parents/guardians are encouraged to contact their student's counselor with any questions they may have. We look forward to working with you and your student. To learn more about Northstar Student Services and numerous other community resources, please check out the Northstar Student Servies webpage **here**.

Contact Information

Ms. Amanda Kikilas
Financial Secretary/Registrar
715-852-5103
akikilas1@ecasd.us

Ms. Jenni Berg
School Counselor (Last Names A-J)
715-852-5119
jberg@ecasd.us

Ms. Katarina House
School Psychologist
715-852-5165
khouse1@ecasd.us

Ms. Lisa Sproul
School Counselor (Last Names K-Z)
715-852-5118
lsproul@ecasd.us

Ms. Kassie Dunbar
School Social Worker
715-852-5114
kdunbar1@ecasd.us



Student Services

Student Information

We want to help your child be as successful as possible here at Northstar. We are aware that changes/events outside of school can have a substantial impact on a student's ability to focus and learn in school. Some of these impactful changes/events include: parents separating or divorcing, death of a family member or friend, significant change in socio-economic status or financial concerns, welcoming a new sibling, parent re-marrying, new step-siblings, etc. If your student or family is experiencing such an occurrence, please consider sharing this information with your student's school counselor so we can best meet their needs.

Student Conferencing for 6th Graders

In the coming weeks, we will begin meeting with all 6th grade students. We do this to get to know each student individually so we can better support all students during their three years at Northstar. We will cover personal/social/academic/career information during these meetings. These meetings will be scheduled to minimally disrupt the student's classes.

Academic and Career Planning (ACP)

Throughout the school year, your student will engage in several academic and career planning activities. What is ACP and why is it important? Academic and career planning allows students to become more self-aware, learn more about post-secondary options and resources, and practice lifelong skills that will allow them to be successful, productive citizens. The goal is to have all ECASD students graduate community, college, and career-ready!

Student Services

8th Grade Save-the-Date

- **November 19th**–JA in a Day Career Event at Northstar in the morning.
- **November 20th**–JA in a Day Community Field Trips in the afternoon.
- Please contact Jenni Berg at 715.852.5119 or jberg@ecasd.us with questions regarding this event.

School Supply Resources



In need of backpacks or miscellaneous school supplies? We are here to help! Please contact your student's School Counselor, Ms. Berg (last name A-J) at jberg@ecasd.us/715-852-5119 or Ms. Sproul (last name K-Z) at lsproul@ecasd.us/715-852-5118 or School Social Worker, Ms. Dunbar at kdunbar1@ecasd.us/715-852-5114, and we will help get you what you need.

Kitchen Cupboard Food Pantry

- For Northstar families who could use assistance keeping cupboards stocked and stretching their grocery budget. Hygiene and household products also available.
- **Kitchen Cupboard Order Form**. Paper copies available by request.
- Orders must be submitted by Monday, 8:00am.
- Pick up orders Tuesday - Friday (7:00 am - 3:30 pm) in Northstar's main office.
- Upcoming Orders Due: Mondays, Oct 6, 13, 20, and 27.
- If you are interested in donating to the Kitchen Cupboard, please contact akikilas1@ecasd.us or kdunbar1@ecasd.us.

From the Principal's Desk

School Wide Attendance

Daily school attendance is essential for student success. Each day of learning builds on the previous one, and consistent attendance helps students stay engaged, connected, and confident in their academic progress. When students are present, they benefit from classroom instruction, peer collaboration, and the support of their teachers—all of which contribute to a strong foundation for lifelong learning. Below, is a snapshot of our school wide and grade level attendance during our first month of the school year. Let's work together to ensure every child has the opportunity to thrive by being at school every day.

Attendance data as of 9/26/2025:
Overall- 93.9% (goal is 95%)



There's a bit of confusion about the differences between Average Daily Attendance (ADA) and Chronic Absenteeism. Chronic Absenteeism tracks the percentage of students who've missed 10% or more days of school in a year, whether those absences are excused or unexcused. On the other hand, Average Daily Attendance (ADA) reflects the average percentage of students present at school each day.

The good news is our Average Daily Attendance has improved from last year. However, it's worth noting that our percentage of Chronically Absent students has also risen to 21%

Announcements

Lifetouch

Picture Retake Day is Coming!

¡Ya llega el Día de las nuevas tomas fotográficas!

Tuesday, October 07, 2025
Northstar Middle School Retake Day!



How it Works:

Students are photographed on Picture Retake Day. Bring original package if available!

You can still order on mylifetouch.com. Create an account or login with your Picture Day ID: **EVT2JTKQF**

Orders will be sent home with your student after Picture Retake Day.

Cómo funciona: Los estudiantes son fotografiados el Día de las Nuevas Tomas Fotográficas. Trae paquete original ¡si está disponible! Aún puedes encargar en mylifetouch.com. Crea una cuenta o inicia sesión con tu identificación del Día de la Foto. Los pedidos serán enviados a tu casa con tu estudiante después del Día de las Nuevas Tomas Fotográficas.

Questions? Contact our Help Center at lifetouch.com/support-us. Select K-12 School Photography for assistance.
¿Preguntas? Comunícate con nuestro Centro de Ayuda en lifetouch.com/support-us. Selecciona Fotografía Escolar K-12 para recibir asistencia.

F25REEFUS © 2025 Shutterfly Lifetouch, LLC

Picture Retakes: Tuesday, October 7

- Families can order pictures at **mylifetouch.com** with the ID: EVT2JTKQF
- Families that would like picture retakes should return their original photo package on picture retake day.
- All students should have a photo taken for their student ID.

Announcements

Northern Lite by EC TRANSIT



BACK TO SCHOOL

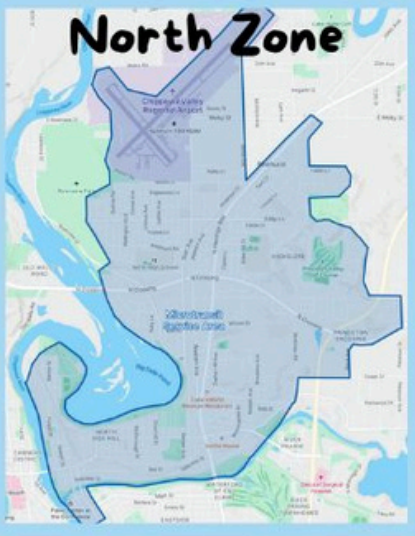
Need transportation for your student?

If you live in the North High or Northstar area, we can get you there!

Service hours:
Monday-Friday 6:45am-6:45pm

How it works:

- Download the Northern Lite app
- Pay with card on app OR enter Student Max Pass available for purchase at Festival Foods or Eau Claire Transit -910 Forest Street
- We pick you up in a shared van!
- Children must be 13 years old or accompanied by a parent or guardian
- Pick up and drop off in the "North Zone", or at the Transfer Center if going out of the North Zone



Northen Lite App

scan me!

EAU CLAIRE TRANSIT



ECBUS.ORG

ORDER YOUR YEARBOOK TODAY!

SCAN ME

Only $20.00

Scan the QR code or type the following link to your browser:
www.yearbookforever.com
(then search for **Northstar**)

Note: If you are unable to order online, please see or email Mr. Behnke to make accommodations: abehnke@ecasd.us

Announcements

ROYAL CREDIT UNION
MIDDLE SCHOOL

Royal Credit Union Returns to Northstar!

COMING UP...

RCU at Northstar is open every Friday morning, before school in the cafeteria. Stop by the RCU teller stand to make a deposit of at least $0.50 to earn a prize!

QUESTIONS??

Please contact Rachel Orlovsky at rachel.orlovsky@rcu.org with any questions.

DID YOU KNOW??

Before opening for the year, Royal Credit Union recruits student team members to operate the in-school branch. Interested students participate in an authentic hiring process, complete with an application and interview. Student team members have been hired and are being trained with Royal's computer system to process transactions at school!

OPENING DAY IS OCTOBER 24!

If your student would like to sign up for our program, follow this link to open an account www.rcu.org/schoolaccounts.
We welcome your questions about Royal Credit Union and how you can get your student started saving at school.

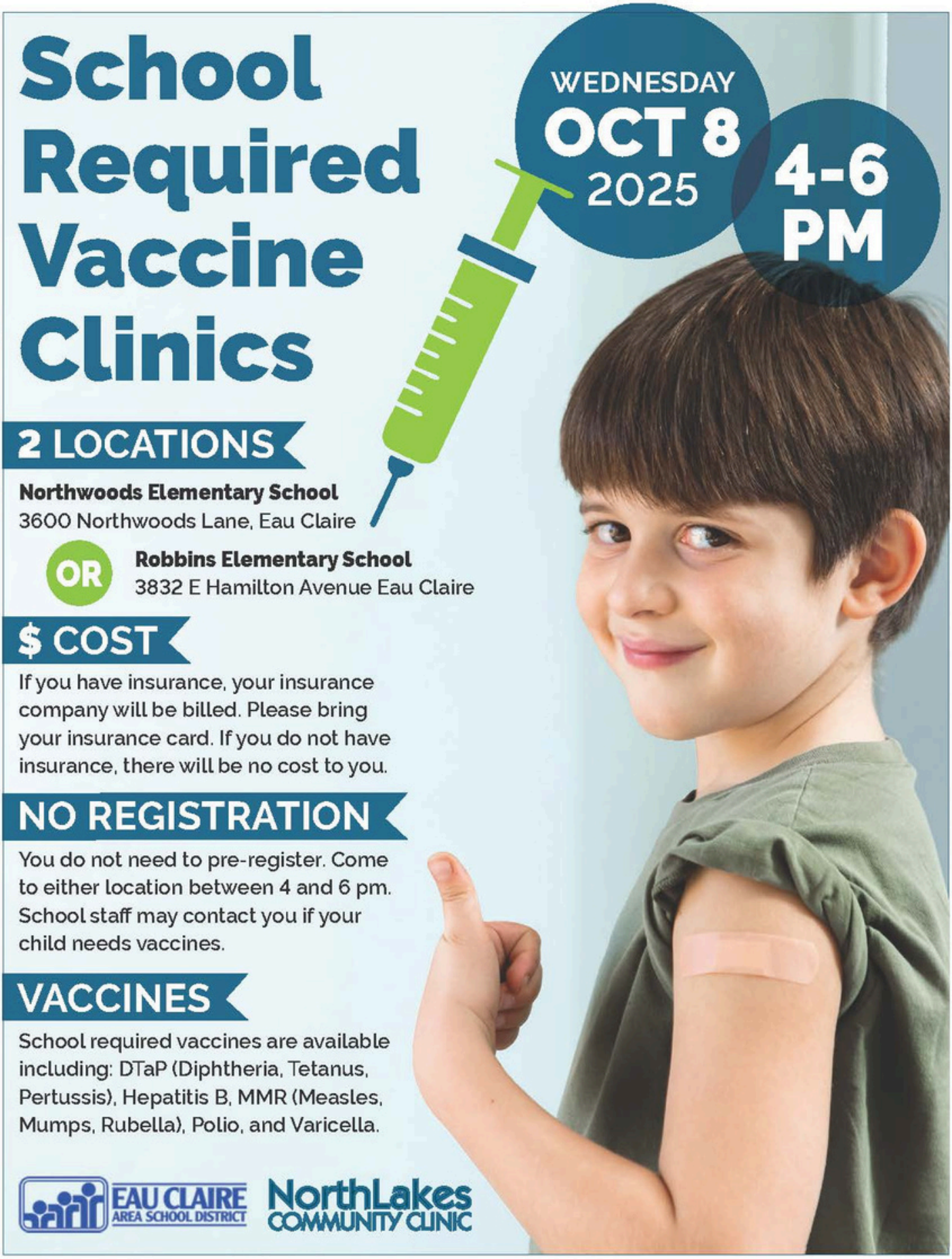


Mrs. Orlovsky (left)

Congratulations to 6th grader Morgan U. for winning the RCU basket raffle on September 11! (right)



Announcements



Announcements

FREE COMMUNITY EVENT

Everyone Welcome

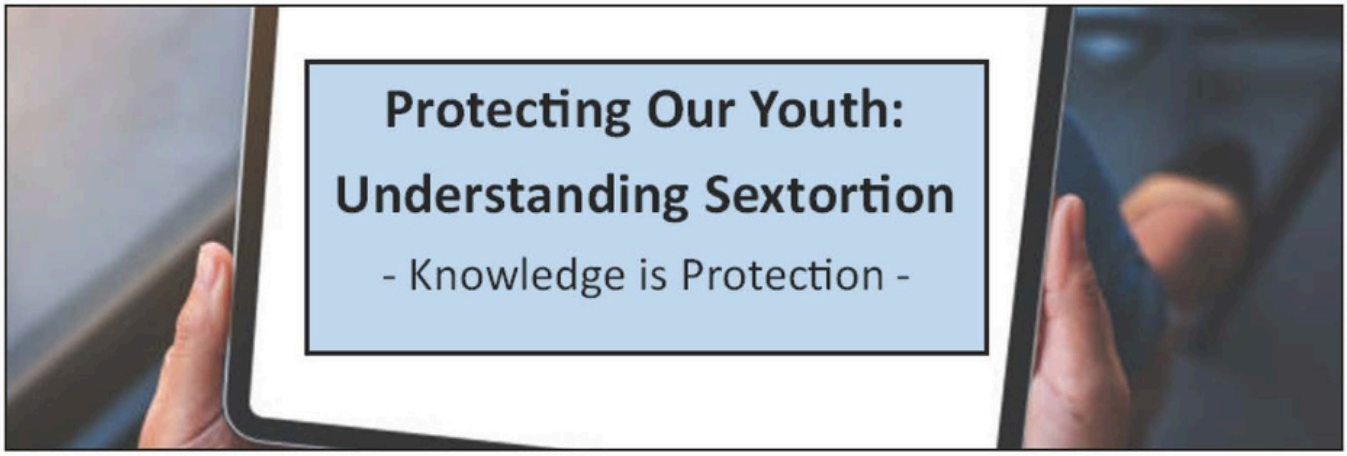
[Parental discretion advised]

Wednesday, October 1, 2025

The Crescent

Located within the Eau Claire Event District

5775 20th Ave Eau Claire, WI 54703



Protecting Our Youth: Understanding Sextortion

- Knowledge is Protection -

Sextortion is a serious online threat where predators manipulate or pressure youth into sharing explicit images, then use those images to demand more pictures, money, or to threaten exposure. This presentation is designed to help families recognize the risks, prevent sextortion, and respond effectively if it happens.

Speakers:

John DeMay &
Brittney Bird

Hear from parents who have experienced the devastating loss of a child due to sextortion.

Snack & Refreshment Provided

Resource Fair: 4:30 pm
Program: 6:00-8:00 pm

Informational resource tables will be available before and after the presentation.

Representatives from:

- Wisconsin Department of Justice
- Local Law Enforcement
- Mental Health Professionals
- Community Agencies

Organized by Eau Claire County Department of Human Services

Announcements

Cartwheel

2025-26 Webinar Series

For Parents, Caregivers & School Staff

If you think your child or student could benefit from skill building and/or mental health support, Cartwheel is here to help.

Learn More

Cartwheel's free webinar series provides caregivers and school staff with practical tools to support student and family wellness and mental health. **Can't attend live? Register to get the replay.**

Sept 17 at 12pm ET

You Are Not Alone:Strategies for Parents & Caregivers to Support Their Children's Mental Health

Christine M. Crawford, M.D., M.P.H.

▶ Register Here

Oct 8 at 12pm ET

From Conflict to Connection: How Families and Schools Can Work Together to Break the Cycle of Bullying

Fabian Ramirez

▶ Register Here

Nov 12 at 12pm ET

StudentAssessments & Evaluations: When To Seek Them, What To Know, And How To Make Sense Of Them

Ellen Braaten, Ph.D.

▶ Register Here

Dec 10 at 12pm ET

Talking to ChildrenAboutGrief and Loss in Developmentally Friendly Ways

Mekel Harris, Ph.D.

Jan 14 at 7pm ET

BuildingResilience and Emotional Exposure in Kids

Alex Hirshberg, Psy.D.

▶ Register Here

Feb 11 at 12pm ET

PromotingHealthy Relationships with Food and Body in Schools

Dana Sedlak, LCSW, CEDS-C

▶ Register Here

Mar 11 at 12pm ET

Navigating theTough Talks: Strategies for Talking to Teens about Substance Use

Amy McCarthy Baluch, LICSW

▶ Register Here

Apr 15 at 12pm ET

5 Keys to Parenting a Child with ADHD

Erin Schoenfelder Gonzalez, Ph.D.

▶ Register Here

May 12 at 7pm ET

Learning Howto Recognize and Treat Youth with OCD and Related Disorders

Erica Greenberg, M.D.

▶ Register Here

June 4 at 12pm ET

Supporting Boys: Mental Health Strategies for Young Men

Chris Smith

▶ Register Here

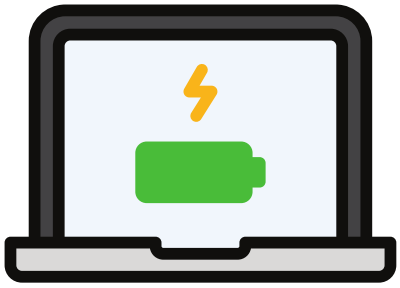
Cartwheel partners with schools to provide a evidence-based telehealth services for students, families, and school staff through 1≣1 teletherapy, psychiatry, family therapy, parent guidance, and staff therapy.

Learn more at: **www.cartwheel.org/families**

View the full webinar calendar here.

Announcements

Technology Tips



- Northstar families, please remind your students to:
  - Be careful with the new devices.
  - Close the chromebook with the keyboard/screen on the inside when transporting.
  - Report any damage promptly – the glass screens can shatter into small, sharp fragments.
  - Plug in their computers each night.
  - Bring their device to school each day. Loaners are only checked out for STAR of Forward testing.

Thanks for helping our students arrive at school ready for the day!

Sign Up for Quarter 2 Sports

- Quarter 2 Sports will begin on Monday, November 3 and run through Thursday, January 15.
- Sports offered include boys basketball (grades 7 and 8), girls swimming (all grades), and dance (all grades).
- To sign up:
  1) Complete online registration **here**. If you signed your student up for a Quarter 1 sport, please edit your students current registration and select any additional sports.
  2) Make sure your student has a valid sports physical on file. Physicals are valid for two years from the date of examination and must be signed by the physician.
  3) Pay the athletics fee at **myschoolbucks.com**. Free and reduced lunch also qualify for free and reduced athletic fees.





Announcements

Fall Family Conferences

- **Thursday, October 16** from **7:45am - 8:15pm**
- Families may choose in-person, video conferencing via Microsoft Teams, by phone, or a hybrid combination of one adult in-person and another via teams.
- Details on how to schedule a conference, including the Microsoft Bookings links necessary to sign up for individual conferences with your student(s) teachers, will be emailed early October. Make sure to check your email for the links to sign up!
- We are excited for this opportunity to connect with you! If you are unable to schedule a conference, please reach out to the teacher via email to connect regarding your child's progress, questions you may have, and more.

Community Events & Resources

- Please visit this **link** for a list of upcoming and ongoing events and resources available in our community.



Is your student leaving school for an appointment?

- If your student is leaving school for an appointment, the preferred method is to send a note with them the morning of the appointment. They should stop in the office upon arrival at school to get a pass. This ensures that they can present the pass to the teacher at the time they are going to be picked up. If you have made a parent requested absence in Skyward, they should stop in the office upon arrival to school to pick up their pass. This process ensures that teaching time is not interrupted.

Announcements

Student Council

The next Student Council meeting will be Wednesday, October 15th at 7:00am in the library. Students will plan for the first Polar Party and sign up for volunteer roles. Students interested in being a part of Student Council should contact Mrs. Metry or Ms. Dunbar.

Polar Party on October 24!

- Polar Parties are a staff and volunteer supervised activity for all Northstar students and happen quarterly.
- Polar Parties are planned by Student Council.
- Activities included at a Polar Party could include: open gym, open pool, music in the Commons, Karaoke, board games, concessions, and more!

The first Polar Party of the school year will be on Friday, October 24th after-school until 4:15pm. Please arrange for a ride home promptly at 4:15pm if your student is attending. Students can buy a $2 ticket for the Polar Party during their lunch shifts the week of October 20th. At the first Polar Party, we are planning to have the pool available, open gym, and music!



Book Fair

The Scholastic Book Fair is coming! SAVE THE DATE for October 13-16th and get your reader psyched to pick out their own books! Start exploring together: **Book Fair Homepage**
Sales will be during the school day October 13-15th and during Family Conferences on October 16th.

Announcements



Does something look familiar? Please have your student check our Lost & Found tables and rack outside the main office if you are missing anything. We will be moving and donating items after Family Conferences on October 16th.



Volunteer Opportunities

Volunteer Opportunities

- Wow! Thank you for the amazing response to the Mile Run and Polar Party volunteer opportunities in October!
- We have another volunteer opportunity in a couple of weeks. If you would like to help with the **Scholastic Book Fair**, it will be in the library this year during conferences on **October 16th**. You would be helping students shop and checkout. Library staff will be around to assist in teaching you the register or helping if there are any troubles. Volunteers are needed from 8:00am - 8:00pm on the Thursday of conferences. We are flexible in your time of availability, but would love if you could join us for 1-2 hours.
- If you are interested in signing up to volunteer with the Book Fair, you can do that **here**!

There will be more opportunities to volunteer throughout the school year. Thank you so much for your support!

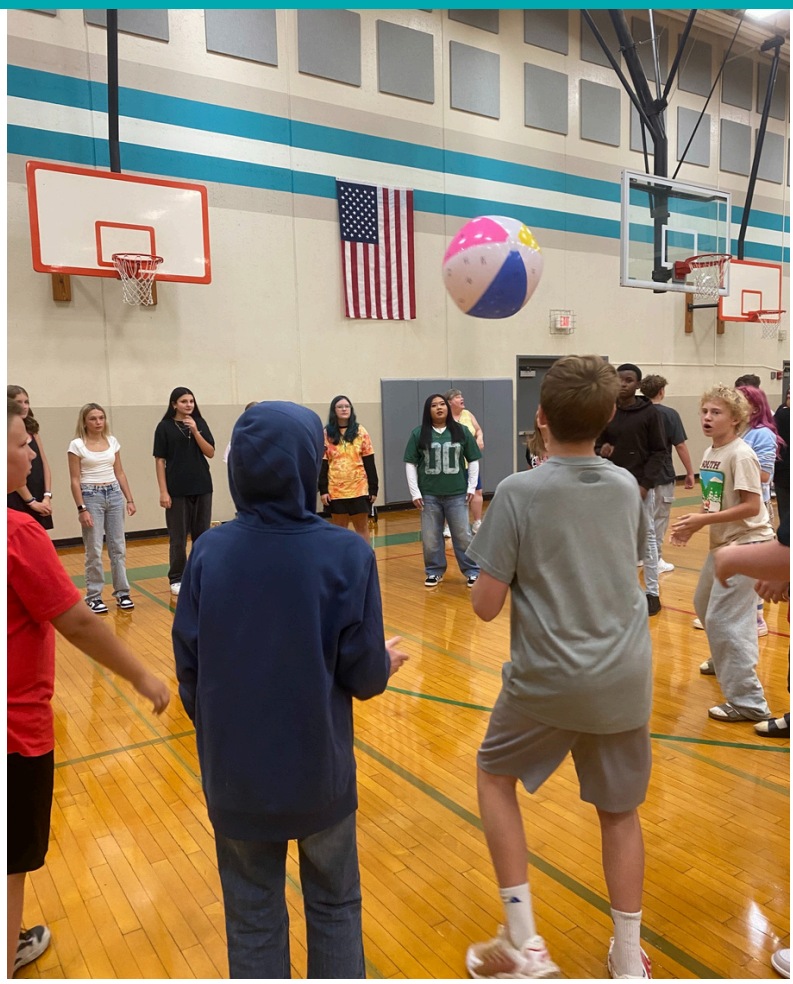
FAC Representatives

- Northstar is seeking three people to **serve as a representative on the ECASD Family Advisory Council (FAC)** this school year. School FAC representatives should be able and willing to attend monthly meetings, be in contact with our PTSA and our school community, and represent the general voice of our parents. You can learn more about FAC **here**.
- If you are interested in becoming a FAC representative, please contact Adam Keeton at akeeton@ecasd.us or 715-852-5110.



Polar Highlights

















We had a fabulous first day of school on September 2!

Polar Highlights





Student device distribution was a success! This year, each student received a Chromebook to use for academics.





There was a lot of green and gold in the hallways at Northstar on the September 11 Packers game day!





Polar Highlights









The 1st Week of School concluded with an all-school assembly. Students challenged staff in minute to win it games and Polaris made their 1st appearance of the school year!

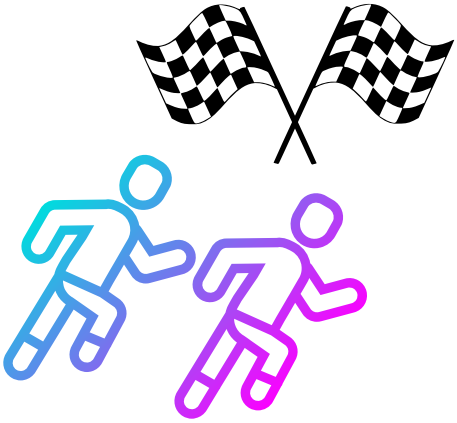




Polar Highlights



Northstar Girls Cross Country had great Polar Pride before their first meet of the year at South Middle School!







The library is home to great books and more! Students enjoy playing Candyland, chess, and a puzzle during Polar Time.



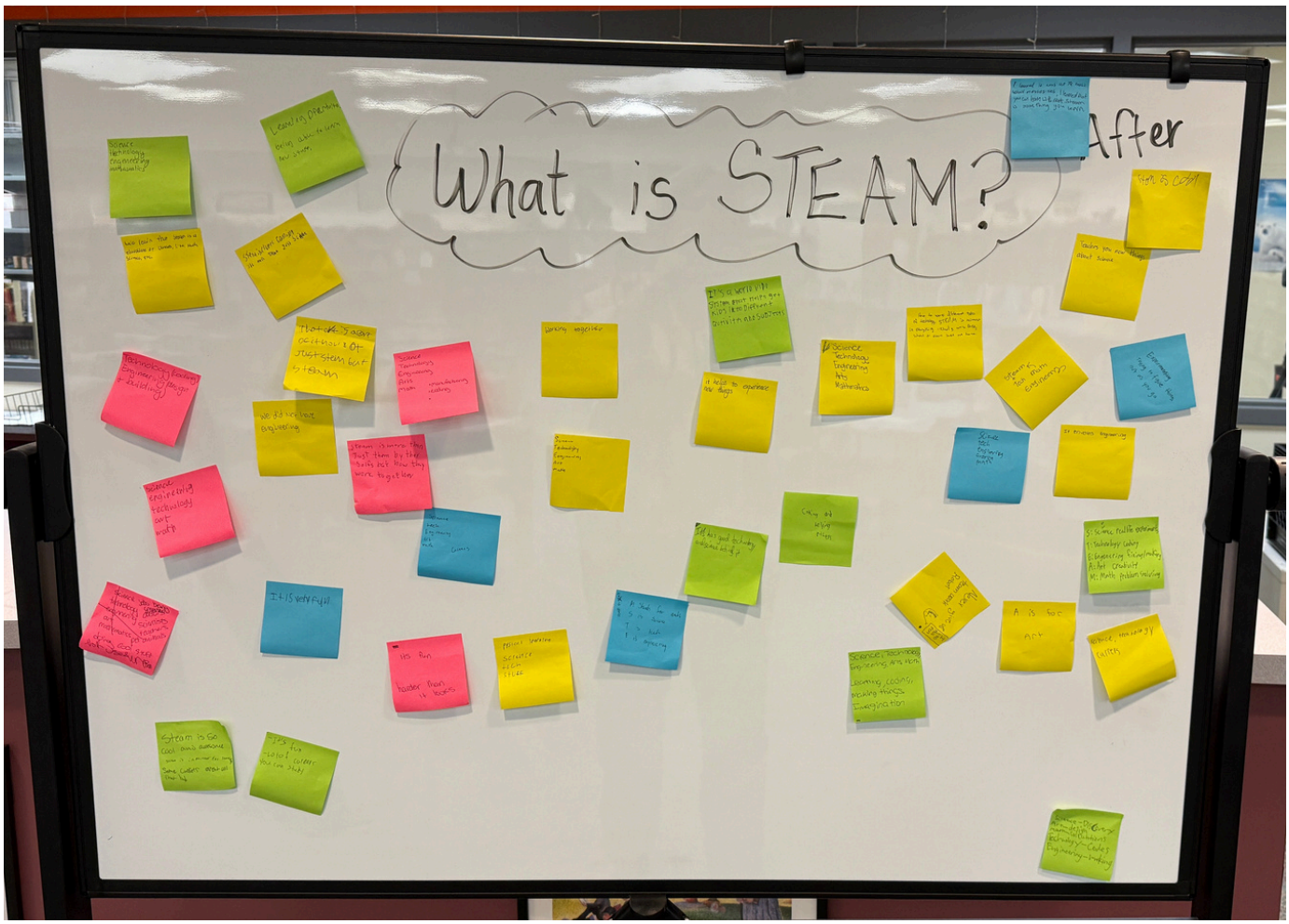


Polar Highlights





Students learn about STEAM (Science, Technology, Engineering, Arts, and Math), driving Sphero Robots.



Polar Highlights



Ask your student if they can find their dot! Pictured above is Northstar's Collaborative School Display of The Dot by Peter Reynolds.



Polar Highlights



Quarter 1 sports are in full swing! Competition schedules can be viewed **here**.



Important Links

Northstar Middle School Website	ECASD 2025-26 School Year Calendar
October Lunch Menu	ECASD Community Events and Resources
Skyward Family Access • Check Grades • Report an Absence • Update Contact Information • And More!	**Tech Support & Resources** • Student Device Support • How to set-up a parent observer account in Canva
Northstar Kitchen Cupboard Order Form • Submit by Monday 8am • Pick up from Main Office Tuesday-Friday, 7am-3:30pm	Northstar PTSA Information
My School Bucks • Check balance and deposit money into your child's lunch account	Who Should I Contact at Northstar with Questions?